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Tidelands Health Community Care Resources Relations to SDG Goals 3, 10, and 11 Sustainability 310: Methods/ Tools in Sustainability

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Tidelands Health Community Care Resources Relations to SDG Goals 3, 10, and 11

Sustainability 310: Methods/ Tools in Sustainability

Diquasha Simmons

April 11, 2022

Project/Organization Relation to SGDs

My internship for the spring 2022 semester was at Tidelands Health Community Resource Center. This department focuses more on the community level of healthcare. Their latest Community Health Needs Assessment (CHNA) led them to the areas of diabetes, mental health, substance abuse, obesity, alcohol abuse, and cancer. This department is also a support for Tidelands Emergency Department. During my internship, I have been making Covid monitoring kits for patients diagnosed with Covid. By building these kits, patients will monitor their symptoms at home and hope to keep as many patients as possible out the ED. The kit includes a Pulse Meter, Thermometer, hand sanitizer, and instructions. Many kits go out daily to all parts of Tidelands that test patients for Covid. I have also been sealing and mailing flyers promoting our Covid testing clinic that is coming up. Aside from the hands-on portion, I have been communicating with office flow from community clients who will come in the office for a specific need. I have also been communicating with residents through our Covid call line.

My internship relates to the Sustainable Development Goals (SDGs) significantly. We have many programs that work closely with the community. TTCN, Triple P, LivWell, and breast health. All these programs tie into the sustainable cities and communities which is Goal 11 of the SDGs. All of the programs have goals and objectives that they work to meet the needs of the community. The LivWell program will fall under the Zero Hunger & health and well-being section of the SDGs. This program promotes better nutrition and physical activity and acts like assessing food drives and creating playgrounds for residents. The CHR center will also fall

under the sanitation part of the SDGs. When Covid hit the company made sure the community had the equipment to stay germ free by providing sanitation products like hand sanitizer.

By the company helping the uninsured and underinsured, this fulfills Goal 1: No Poverty. Many families do not have the funds in Georgetown to afford health care, so our company has a program that helps with getting residents approved for affordable health insurance. The company also offers immigrants health insurance, therefore that would fall under the reduced inequality section. Tidelands Health encompasses a number of the SDGs.

Project/Thesis

The determinants of health have a significant effect on how healthy an individual is or can become. In low poverty communities you see a clear decrease in healthy people making healthy choices. Tidelands Health Community Care Resource Center is a center that ensures better health in Georgetown, SC through their programs and services provided to the community. Through data collection from the assessments, Tidelands Health examines different needs and implements programs that positively impact the community.

I'm serving as an Administrative Intern for Tidelands health Community Resource Center. My role in the office is to be an extra hand in any area in need. I am currently working on a need-based survey that happens every other year in the community wellness area of this department. This survey is very important for the community wellness area. This survey will help assess needs that parent have in the Georgetown community. This will give the office the correct knowledge for events and programs to implement that would be a great asset to the mothers of the community. My role in this project is to produce the questions that we will ask the mothers of our community. My role in this project and in the company relates perfectly with SDGs 3, 10, and 5. Goal 3 of the SDGs explains the importance of health and well-being. My

role in this upcoming project is to dig deep and find things that could make parenting easy for mothers. The entire Triple P program operates around the needs of mothers and their well-being. Goal 10 explains how important it is to support the marginalized and disadvantaged, however this also relates to my project and role in the company. The company helps insure the uninsured even those who aren't originally from the U.S. In the project I'm working on, every voice will be heard, therefore even those who are from disadvantaged and marginalized places will have a voice. Lastly, Goal 5 promotes the importance of gender equality. Triple p is a program that's for mothers to become a better all-around parent. My project will work closely with the mothers of the Georgetown community to ensure their troubles are heard and not just their votes on a ballot. They will have the rights and an opportunity for their needs to be heard in the place they call home.

Literature Review

Tidelands Health Community Resource Center Is a very important part when it comes to the health of the Georgetown community, and the programs they offer are very essential to individual wellness. Tideland's Health Community Resource Center is a non-profit organization that houses all types of resources and programs. Triple P, LivWell, DPP, and Breast Health are all programs run by employees of the Community Resource Center. The agency provides resources from Diabetes screening to medical rides. Community health centers are something many people don't include when discussing disease prevention or bettering one's wellness. This reading will go into detail in discussing the importance and benefit of a Community Resource Center.

The Triple P Program is one of many of the agency's programs. Triple P is short for Positive Parenting Program. The program has core principles and 5 steps to positive parenting.

The five steps are to create a safe, interesting environment, have a positive learning environment, use assertive discipline, have realistic expectations, and take care of yourself as a parent. This program is very important for those parents with children ages 12 and under. The program has 3 levels. Level one is to promote the power of positive parenting. Level two is to educate on raising confident competent children. Level three is to educate parents on raising resilient children. The program holds seminars and workshops to get the knowledge to parents of the Georgetown community. The program also offers one on one sessions to parents that submit a referral for a parenting problem more unique. The Triple P program has served 1,000 families and impacted 4,582 children.

LivWell Georgetown is also an important program the Center runs. The LivWell program promotes changes in behavior that bring awareness to chronic issues along the lines of Obesity, diabetes, and heart disease. LivWell was brought to Georgetown in 2016. The program provides knowledge and objects to take on physical activity to engage in overall health improvement. An article published by tidelands states. A local coalition led by Tidelands Health has received a \$450,000 grant from The Duke Endowment to improve health in Georgetown County. The program also provides the community with nutritional needs. They hold food drives for families to receive the proper nutrients to live the expected healthy lifestyle. Grocery store tours are something that the program implemented as an educational activity to promote healthy food choices. The Coalition wants grade school recess to be mandatory and not a privilege, therefore they are now working hard to change school playground policies.

As of 2016, the Community Care Resources center offers Safe sitter training. The training is offered to children ages 11 and older. According to an article published by Tidelands Health, "The program teaches safe and nurturing childcare techniques, behavior management skills, and

appropriate responses to medical emergencies”. This program offered is very beneficial to children and families. Not every family has the support for a family member to watch after a child, so Tideland Health offering this program will give siblings of families the opportunity to get the perfect training to watch after each other. Every parent will feel safer with a trained sitter in their absence.

DPP is short for Diabetes Prevention Program. This program promotes changes in one's lifestyle to prevent Diabetes. According to an article published by Tideland's health states, “The Tideland's Health Diabetes Prevention Program recently became only the ninth of its kind in South Carolina to earn full recognition from the CDC”. This is an effort that Tideland's Health is putting into the community for them to engage in a tremendous change. They provide the tools along the lines of scales, weights, and bikes for the participants to take control of their health. Coalition building includes putting goals and objectives in place. The DPP objectives are to have each participant participate in two hours and thirty minutes of exercise weekly, and they also vow to provide the tools and resources for participants to lose five percent of their weight in a year.

TCCN stands for Tideland's Health Community Care Network. The Community Resource Center is the headquarters for TCCN. Tideland's health community care network offers many services to the community and is a very important part of Tideland's Health. This program offers primary care, specialty care, and medication. They also offer tools to manage one's health. According to the Tideland Health website, “Tideland's Community Care Network helps uninsured adults ages 19 to 64 access timely medical care in our service area” (tidelandshealth.org, 2022). The program also helps residents access insurance for medical care. There is a process to be approved for accessibility to insurance services.

All the programs discussed earlier are essential to community health. According to an article published by Tulane University, "The goal of a community health provider is to offer comprehensive services that grant communities direct and immediate access to essential resources, including medical, dental, pharmacy, and mental health care" (tidelandshealth.org, 2022). Without many of the Community Health Resources services Georgetown, SC would be in even more need than the data recorded today.

The Sustainable Development Goals (SDGs) are aimed at everyone: policymakers, civil society, business, academia, and everyone, Sustainable Development Goals have a great purpose for everyone who plays a part in the community. According to an article published by the World Health Organization, "They set out a vision for a world free from poverty, hunger, and disease" ([WHO.org](https://www.who.org), 2022). It is important that one follow the SDGs to have a sustainable community. The Sustainable development goals are all tied into these programs and resources listed above. Sustainable Development has 17 goals. Tidelands Health Community Resource center works towards many of those goals, however, the agency aligns significantly with Goal Two, Three, and Ten. Goal three ensures healthy lives and promotes well-being for all at all ages. Goal two ends hunger, achieve food security and improve nutrients. Goal ten reduces inequality within and among countries.

Empirical Data

Tidelands Health conducts a Community Health Needs Assessment every 3 years for Georgetown, SC. Tidelands Health conducted the reports by gathering information from the community to determine the needs for Georgetown, SC. Most needs have remained the same from the previous year the report data was recorded. The most recent report was conducted in 2019. Surveys were sent out electronically and by paper to receive data from non-profit leaders, government officials, religious leaders, medical facilities, business leaders, tidelands health staff members, and the Georgetown residents. There were 585 responses from community members¹. The data collected from the community is compared to national & states to get the best fit for community needs. The 2016 CHNA was the last previous report that was conducted before the 2019 CHNA. The 2016 CHNA and the 2019 CHNA areas of focus was slightly different. In the chart below, you will see how the areas of focus changed from 2016 to 2019. All these areas are

areas that the Georgetown community voted upon to have programs they could positively benefit from implemented in the community. The Agency held two events to select the most effective

2016 CHNA FOCUS AREAS	2019 CHNA FOCUS AREAS
Mental Health	Mental Health
Diabetes	Diabetes
Obesity	Obesity
Mental Health/Substance Use	Alcohol & Substance Use
Physical Inactivity	Cancer

health needs at that time. The first event was a Tidelands Health Data Walk. This event was supported by numerous of agencies along the lines of South Carolina Hospital Association and the South Carolina Office of Rural Health. There were 29 participants that participated during

the event that represented different agencies all over the county². The survey was present to the participants during the event. At the end of the event the needs above were what the community felt was the most important when asked. Those areas are relatively important on a national and local level. Therefore, Georgetown was compared in different areas to national averages to show how poorly and/or how good Georgetown was in that specific area.

In the Obesity area 8.5% of people in Georgetown were more likely to have a BMI of Morbid/Obese³. 9.4% less likely to Vigorously Exercise, affecting 51.8%⁴. 8.5% more likely to have a BMI of Morbid/Obese, affecting 33.1%⁵. 9.4% less likely to Vigorously Exercise, affecting 51.8%⁶. 12.9% more likely to have Consumed 3+ Drinks Per Session, affecting 31.8%⁷. 18.5% less likely to receive Cervical Cancer Screening every 2 years, affecting 39.3%⁸. 7.9% more likely to have Chronic Lower Back Pain, affecting 33.3%⁹. 6.5% more likely to Visit the

¹ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

² Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

⁴ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

⁵ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

⁶ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

⁷ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

⁸ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

⁹ Tideland's Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

Emergency Room (for non-emergent issues), affecting 37.0%¹⁰. All the previously discussed data was recorded during the events by those in the community.

Throughout my observation and interview with the Community Wellness team Georgetown, SC is somewhat improving in different areas. Many people have signed up for the programs that are offered due to the data recorded in 2019. Many people born outside of the United States are getting insured through the TTCN program offered at the CHR center. As of 2019, 2.84% of Georgetown, SC residents (1.76k people) were born outside of the United States, which is lower than the national average of 13.7%¹¹. In 2018, the percentage of foreign-born citizens in Georgetown, SC was 2.58%, meaning that the rate has been increasing¹². Comparing across all counties in the state, Williamsburg County has the highest prevalence of diabetes (23.4%)¹³. Many people are insured by all types of coverage in Georgetown they have Employee Plans, Medicaid, Medicare, Non-group plans, and Military Plans. 89.8% of the population of Georgetown, SC has health coverage, with 31.7% on employee plans, 19.1% on Medicaid, 20% on Medicare, 17.1% on non-group plans, and 1.89% on military or VA plans¹⁴.

Analysis

Most of the data recorded in the CHNA were from the community which was very effective for the CHNA. CHNA is very important to conduct for Tidelands Health. The Data recorded for the

¹⁰ Tidelands Health. (2019). "Community Health Needs assessment and Implementation strategy". Retrieved March 21, 2022, from <https://www.tidelandshealth.org/app/files/public/fe3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

¹¹ Georgetown Data. (2019). Accessed March 21, 2022, from, <https://datausa.io/profile/geo/georgetown-sc-31000US23860>

¹² Georgetown Data. (2019). Accessed March 21, 2022, from, <https://datausa.io/profile/geo/georgetown-sc-31000US23860>

¹³ Georgetown Data. (2019). Accessed March 21, 2022, from, <https://datausa.io/profile/geo/georgetown-sc-31000US23860>

¹⁴ Georgetown Data. (2019). Accessed March 21, 2022, from, <https://datausa.io/profile/geo/georgetown-sc-31000US23860>

assessment gives Tideland's Health more insight on which ways to go and which needs to meet for the community to be sustained. There were a good number of participants for the data to be effective. The data from the previous report to the current 2019 assessment slightly changed. Some categories fell under one and some stayed the same. Each category influences the Georgetown community in some way. That's why Tideland's Health made those areas priority areas to focus on when bringing new programs into the community. An event is the best way to get some effective feedback to record data. Getting the community involved is the main concern when conducting a needs assessment because it is all about meeting their needs. If the community isn't involved in the CHNA it could be very misleading and not as beneficial for residents and agencies in Georgetown. Georgetown, SC is changing and growing according to the data found during research. More diverse people are moving to the area which will require some type of healthcare coverage. From 2018 to 2019 the number increased for diverse residents in the county. Many people are facing the backlash of Covid in is in a time where Health Coverage is needed more than ever. Most of Georgetown is covered by some type of healthcare plan than before. Any plan is important whether that's a military, Employee, or Medicaid Plan. TCCN is the program I see most diverse people working with to receive different services that may require coverage. Diabetes is also a big concern in Georgetown along with other things, Along the lines of Mental Health, Substance abuse, Cancer, and Alcohol. The data recorded compared to national data was adverse studies that were influencing more than 30% of the population and statistically unusually different from the national average.

Conclusion

To sum up everything that has been stated thus far, Tideland's Health Community Care resource center has a huge impact on the residents of Georgetown, SC, and is meeting their needs each

day. The agency prioritizes the needs of Georgetown County and makes sure the community needs are up to date every 3 years. Once the Needs Assessment is recorded the agency plans out how they're going to meet the needs of the community in the report. Healthy Outcomes Plan (HOP) partnership with Waccamaw Mental Health (WMH): mental health appointments are being paid for by HOP program participants (program requirements include being uninsured, income falling at 200% or below the Federal Poverty Level and having a qualifying chronic condition)¹⁵. Each significant need is followed by an implementation strategy. The effect of the agency service is amazing and growing. Since I've started in the office, I've observed many residents coming into the office uninsured trying to get specialty care. The CHR is an office that could help change one's life by making medical procedures affordable. The numbers of participants in each program change each year and are recorded through the yearly recorded dashboards. The company makes sure they are pressing forward and each possible way they can. The next CHNA was just completed and is in the progress of being recorded. The agency has the power to make Georgetown more sustainable than it is now. The agency is already covering more than one of the Sustainable development Goals, and with progress being made within the agency more is yet to come. Tidelands Community Care resource center covers Goal 1: No Poverty, Goal 3: Good Health and Well-being, and Goal 10: Reduced Inequalities. However, The agency ties into all the SDGs in a specific way. Whether that be through food drives to promote healthier food choices or through a seminar hosted by the Triple P program promoting positive parenting for numerous of reasons.

Future Recommendations

¹⁵ Tideland's Health. (2019). "Community Health Needs Assessment and Implementation strategy". Retrieved March 28, 2022, from <https://www.tidelandshealth.org/app/files/public/fc3505d9-354e-4189-9d59-0d44ad7c841e/2019-Community-Health-Needs-Assessment.pdf>

Tidelands Health has a great system of getting things done within the community. The biggest problem many communities' health professionals face is getting the community involved. Through research, there were only two events the surveys were live at. One of those events only had 29 participants. The creation of a community engagement team will go a long way with Tidelands Health. This team will be able to meet and strategically plan ways in which to get the community involved during the time community engagement is essential. CHNA is based on assessing the community's care, so community participation in completing the survey is very important. The number of participants is also very important to receive effective accurate feedback. How surveys are being sent out could also expand. Now, the Support Services team is going to events to get surveys completed for the 2022 CHNA. Every person enrolled in any program through the Community Care Network should receive an email allowing them to complete the survey via email. This will make the Survey process easier, and it'll be a bigger variety of feedback. If you go to an event that's targeting a specific area to get surveys complete, the feedback could be biased in a way. Many people's voices want to be heard and don't have the transportation or access to make it to the events surveys go live at. Expanding the ways surveys could be completed would make the community feel more important and more in control of the services being brought to them by Tidelands Health.

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