



Alcorn County Community Cardiovascular Health Improvement plan.

Alcorn County is Located in the State of Mississippi. Mississippi is located in the Southeast United States. Mississippi borders the states of Alabama, Tennessee, Louisiana, and Arkansas. Mississippi has 82 Counties and is considered one of the most Rural States in the Nation.

Mississippi has a total population of 2,967,023 (EMSI-population estimate). Alcorn County has a total population of 34,964 (EMSI-population estimate).

Gender and Age composition is similar to the Nation; however, Mississippi has a substantially larger percentage of residents who identify as African American. Mississippi has a smaller population who identify as Latino in comparison with the Nation.

Mississippi is a rural state which affects health status and healthcare services. Mississippi is affected by many social determinants of Health including poor social conditions, such as poverty and unemployment.

Mississippi has a lower High School Education attainment rate and a lower proportion of residents earning a Bachelor's Degree or higher than compared to the rest of the Nation.

Chronic Diseases that affect Mississippians include:

- 1) Heart Disease**
- 2) Stroke**
- 3) Diabetes**

Behavioral Risk Factors that can be changed or prevented include:

- 1) Tobacco Use**
- 2) Lack of Exercise**
- 3) Poor Nutrition**

By promoting Tobacco Cessation, encouraging a regular Exercise Plan/balanced with Rest, and promoting a Healthy Diet we can Improve Health in the State of Mississippi.

Early detection and ease of access to preventative and primary healthcare services can help support Mississippi Residents in their efforts to improve and maintain good health.

Community Based Education and Screening is needed to change Health Behaviors.

Our Vision at Magnolia Regional Health Center is to improve the Cardiac Health of the Community by conducting quarterly events that include Education and Early Detection of Medical Conditions such as Hypertension, Diabetes, and Obesity. This will Result in a Healthier Lifestyle and a Reduction in Healthcare Costs.

Goals Include:

- 1) Early Detection/Prevention of Hypertension in the Community by holding quarterly Blood Pressure Screenings. Encouraging the Community to have regular BP Screenings and Wellness Checks.**
- 2) Early Detection/Prevention of Obesity in the Community by holding quarterly BMI Screenings and encouraging a Lifestyle with regular physical activities and promotion of adequate rest.**
- 3) Promotion of a Healthy Diet to include more plant based foods, whole-grains, low-fat dairy, lean proteins, and less saturated fat.**
- 4) Promotion of a Lifestyle free of Tobacco Dependence by having smoking status screenings and smoking cessation information.**

Educational and Community Screenings offered quarterly in Partnership with various Community Agencies include:

- 1) STEM Saturday Community Event held 2/11/23 at Corinth Elementary with Focus on EHAC and Hands Only CPR Education.**
- 2) Alcorn County Annual Public Coke Race Community Event held 5/6/23 in downtown Corinth with Focus on EHAC/Hands Only CPR Education, and Blood Pressure Screening.**
- 3) Community Event held 5/17/23 at First Methodist Church in Corinth with Focus on EHAC/Hands Only CPR and AED Education.**

- 4) Shiloh Apothecary Community Event held 6/8/23 at Local Pharmacy In Corinth with Focus on EHAC/Hands Only CPR, with available blood pressure screening, BMI screening, AED use, and Information on healthy diet and smoking cessation.**
- 5) Alcorn County Dispatch Event held 7/5/23 at Alcorn County Dispatch with Focus on EHAC/Hands Only CPR.**
- 6) Alcorn County School District Event held 7/24/23 and 7/25/23 at Oakland Baptist Church in Corinth with Focus on EHAC/Hands Only CPR, with available blood pressure screening, BMI screening, AED use, and Information on healthy diet and smoking cessation.**
- 7) Alcorn County Community Event to be held 9/9/23 at First Presbyterian Church in Corinth with Focus on EHAC/Hands Only CPR, with available blood pressure screening, BMI screening, AED use, and Information on healthy diet and smoking cessation.**
- 8) Magnolia Regional Community Wellness Event to be held 10/5/23 in the MRHC front lobby with screening mammogram, COVID-Influenza-Pneumonia-and Shingles Vaccination, Diabetes Tools and Education, GI Health Tools and Education, Primary Care Options, and Insurance Information. I will have a Focus on EHAC/Hands Only CPR, with available blood pressure, BMI screening, AED use, and Information on healthy diet and smoking cessation.**

Acknowledgements:

**Demographic/Statistic Information obtained from the Mississippi
Primary Care Needs Assessment as outlined by the Mississippi
State Department of Health.**

