

2025 Implementation Plan for Unity Medical Center (UMC)

Priority Area: Adult and Youth Obesity

Goal: Support healthy behaviors that improve health outcomes and reduce adult Body Mass Index (BMI) scores

Strategies:

1. Increase provider referrals for community health and wellness resources and programming
2. Partner with the NDSU Extension Agency and the Walsh County Health Department to promote, expand, and sponsor prevention and wellness programs and educational offerings for youth and adults throughout the county
3. Grow partnership with the schools and the Clinic, UMC Physical Therapy and Dietetics departments
4. Actively participate in and host community events promoting wellness activities, healthy food options and weight loss throughout the county
5. Launch a campaign focused on food as medicine

Priority Area: Availability of Resources to Help Elderly Stay in their Homes

Goals: Assist patients with getting to the correct level of care that they need so that they can thrive

Strategies:

1. Partner with community groups by hosting and sponsoring area events and projects targeting the elderly
2. Create and distribute a resource guide for the elderly community referencing the many services available to them
3. Partner with Walsh County Health District & Helpful Hearts for referrals and health management
4. Increase participation in the Chronic Care Management Program
5. Improve discharge planning procedures and coordination with other entities to ensure smooth transitions

Priority Area: Availability of Mental Health Services/ Anxiety and Depression in Youth and Adults

Goal: Increase availability and access to mental health and other additional services to reduce adult and youth anxiety and depression levels

Strategies:

1. Assess current health services provided by UMC and see opportunities to expand services and resources
2. Partner with the Walsh County Health Department to deliver messages about hope
3. Include mental health service follow-ups in the Chronic Care Management program
4. Support county schools and businesses through supplemental education and resource guides highlighting mental health services offered by UMC and others throughout the county
5. Support local agencies providing behavioral health services and new agencies looking to expand resources in Walsh County

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Other Needs Identified in the Community Health Needs Assessment (CHNA), but not Addressed in this Implementation Plan

The health needs listed below were also identified to be important to the community. At this time the hospital will allocate its resources to the priority needs identified on the previous page. While the implementation plan for UMC will not focus attention on these topics, UMC is confident in the current or scheduled work being done to address these topics by numerous programs and initiatives operated by UMC, other organizations within the hospital system, community partners of UMC and statewide task forces.

“Attracting and Retaining You Families” and “Not Enough Affordable Housing”

UMC will collaborate with economic development and city agencies as they work on housing development in the county. The Park District has committed to growing programming options available and building new infrastructure. These programs and places offer a lot of great options to keep families engaged and give them a sense of belonging in the county.

“Alcohol Use and Abuse – Adults” and “Alcohol Use and Abuse - Youth”

Many initiatives are currently in place and multi-disciplinary groups throughout Walsh County are focused on reducing alcohol use and abuse in adults and youth. UMC will continue to support, promote, and sponsor these initiatives and provide representatives on the coalitions.

UMC also feels that a reduction in alcohol use and abuse will be one of the results realized through the collaborative work focused on reducing obesity and anxiety and depression, and, thus, improving health and wellness throughout the county.

“Not Getting Enough Exercise / Physical Activity”

This topic will be indirectly addressed as the teams focus on the priority areas in the following years. Empowering community members to exercise and to be physically active on a regular basis will, in turn, lower obesity levels and reduce anxiety and depression in adults and youth.