

### What's new?

We are continuing work on our Community Health Needs Assessment, which is completed every three years to help track community health, respond to community needs, increase access to care and address health inequities and underlying social determinants of health. Our last CHNA was completed in 2022.



We're looking forward to discovering more about how we can help the community, and it's important that we hear from you. We will send out our CHNA survey to key stakeholders in the coming months. Please contact us if you would like to make sure you are on our list to receive the survey.

I'm so proud of our hardworking community relations team at Baptist. They help make our CHNA possible, and because of their dedication, we're also able to reach people in the community with events and initiatives that allow us to address chronic diseases, health disparities, maternal and infant health, and mental health.

This team is even stronger now that we've added two community relations coordinators, Monica Rodriguez-Alcantara and Tiana Poirier-Sheffer. Both Monica and Tiana were already part of the Baptist family, and we're happy to have them working with us to further our mission.

Through the Baptist Health Sciences University HealthCORE initiative, we have worked to address health disparities by promoting diversity in health care. This summer, BHSU HealthCORE offered young students tools to pursue careers in health care with such educational events as summer camps and nurse camp. With our community events and programs, we have increased health care for underserved communities and helped with addressing chronic diseases.

I would like to thank all those in the community and our staff who made these events and initiatives a success. We look forward to continuing to serve the Mid-South and following the Baptist mission of healing, preaching and teaching.

**Keith Norman**  
Vice President/Chief Government Affairs and Community Relations Officer  
Baptist Memorial Health Care

### Addressing Health Disparities



**BHSU HealthCORE Events**

We hosted 52 high school students and 26 middle school students from the tristate area for the third HealthCORE STEM (science, technology, engineering and math) Summer Camp in June. The camp, held at BHSU, aims to promote greater diversity in health care for improved equity in care. This year, we were able to reach even younger kids with the inclusion of middle school students for the first time. The summer camps immersed students in the world of health care and offered opportunities to learn about fields most students weren't aware existed. Activities included laboratory exercises, clinical observation, tours and educational events.

The BHSU HealthCORE Crash Course Nurse Camp in June offered opportunities for students to observe what it's really like to be a nurse. Nearly 70 students attended the camps at Baptist Memorial Hospital-Calhoun, Baptist Memorial Hospital-DeSoto, Baptist Memorial Hospital-Golden Triangle, Baptist Memorial Hospital-Leake and NEA Baptist Memorial Hospital.

View the [BHSU HealthCORE Black Men in White Coats: Building Diverse Health Care Professionals Summit](#), which was attended by more than 200 students in April.

### Addressing Chronic Diseases



**Rhythm of Life**

Baptist Cancer Center hosted the Rhythm of Life Cancer Survivor and Awareness Day community event in June at Shelby Farms Park. The event honored cancer survivors, extended support to those affected by cancer and encouraged others to take proactive steps for prevention and early detection.



**Baptist Union County Back-to-School Health Fair**

The back-to-school health fair hosted by Baptist Memorial Hospital-Union County featured 30 exhibitors, free school supplies and education on nutrition and how to avoid spreading germs, as well as car seat and fire safety.



**Crittenden County Cares Inaugural Community Initiative**

The Crittenden County Cares event in August featured NEA Baptist Memorial Hospital's mobile health unit. The unit's staff completed 10 mammograms, while Baptist Memorial Hospital-Crittenden employees provided CPR demonstrations. Baptist plans to participate in upcoming Crittenden County Cares events.

### Hitching Lot Farmers' Market

Baptist Memorial Hospital-Golden Triangle provided free blood pressure and blood glucose screenings at the Hitching Lot Farmers' Market in Columbus, Mississippi, on the second Saturday of each month in May, June and July. During the screenings, several participants learned their readings weren't in normal range and were referred to their physicians.

### Health and Wellness Classes

Baptist sponsored free health and wellness classes for the community this summer. The *Levitt Shell Health & Wellness Series* in Memphis Overton Park provided classes throughout the week in the mornings and late afternoons, including activities, such as twilight yoga and Pilates, sound healing and meditation, cardio kickboxing, Zumba classes and even short fun runs. The Get Outside! Fitness Programs at Shelby Farms Park offered a chance for the whole family to get fit, stay active and enjoy nature.

Our free RENEW eight-week wellness program aims to help participants learn healthy behaviors and change their lives. Classes are offered in English and Spanish. Since the program began in summer 2021, participants have lost a total of 527 pounds.

If you would like to join a future RENEW class, please contact [robin.wallace@bhmcc.org](mailto:robin.wallace@bhmcc.org)

### Upcoming Events

[SHE Leads the Way](#)

### Stay in Touch

Bookmark our [Events](#) and [Resources](#) pages, and check them frequently to find out about free community health events and to access free health resources.

Not on the list for our quarterly newsletter? [Click here](#) to sign up!