



**2025**  
**AdventHealth**  
**Lake Wales**  
**Community**  
**Health Plan**

**Executive Summary.....3**  
**About AdventHealth.....7**  
**Priorities Addressed.....9**  
Access to Health and Social Services.....10  
Exercise, Nutrition, and Weight.....12  
**Priorities Not Addressed.....14**

# Table of Contents

## Acknowledgements

This community health plan was prepared by Alison Grooms, with contributions from members of AdventHealth Lake Wales's Community Health Needs Assessment Committee, representing health leaders in the community and hospital leaders.

We are especially grateful for the internal and external partners who helped guide the development of the community health plan which will enable our teams to continue fulfilling our mission of Extending the Healing Ministry of Christ.



# EXECUTIVE SUMMARY



# I Executive Summary

AdventHealth Polk South, Inc. d/b/a AdventHealth Lake Wales will be referred to in this document as AdventHealth Lake Wales or the “Hospital”.

## Community Health Needs Assessment Process

AdventHealth Lake Wales in Lake Wales, Florida conducted a community health needs assessment in 2024. The assessment identified the health-related needs of the community including low-income, minority and other underserved populations. This assessment process was the most comprehensive to date and included survey questions related to diversity, equity and inclusion. In addition, the priorities were defined, when possible, in alignment with Healthy People 2030, national public health priorities to improve health and well-being.

In order to ensure broad community input, AdventHealth Lake Wales created a Community Health Needs Assessment Committee (CHNAC) to help guide the Hospital through the assessment process. The CHNAC included representation from the Hospital, public health experts and the broad community. This included intentional representation from low-income, minority and other underserved populations. The prioritization process sought to balance our ability to impact the greatest number of people who are facing the greatest disparities.

The CHNAC met throughout 2023. The members reviewed the primary and secondary data, helped define the priorities to be addressed and helped develop the Community Health Plan to address those priorities. Learn more about Healthy People 2030 at <https://health.gov/healthypeople>.

## Community Health Plan Process

The Community Health Plan (CHP), or implementation strategy, is the Hospital’s action plan to address the priorities identified from the CHNA. The plan was developed by the CHNAC, and input received from stakeholders across sectors including public health, faith-based, business and individuals directly impacted.

The CHP outlines targeted interventions and measurable outcomes for each priority noted below. It includes resources the Hospital will commit and notes any planned collaborations between the Hospital and other community organizations and hospitals.

The identified goals and objectives were carefully crafted, considering evidence-based interventions and AdventHealth’s Diversity, Equity, and Inclusion and Faith Accountability strategies. AdventHealth Lake Wales is committed to addressing the needs of the community, especially the most vulnerable populations, to bring wholeness to all we serve.



# I Executive Summary

## Priorities Addressed

The priorities addressed include:

1. Access to Health and Social Services
2. Exercise, Nutrition and Weight

*See page 9 for goals, objectives and next steps for each priority selected to be addressed.*

## Priorities Not Addressed

The priorities not addressed include:

1. Cancer
2. Heart Disease & Stroke
3. Behavioral Health (Mental Health and Substance Misuse)
4. Transportation
5. Food Security
6. Income
7. Housing
8. Immunization & Infectious Disease

*See page 14 for an explanation of why the Hospital is not addressing these issues.*



# Executive Summary

## Board Approval

On August 7, 2024, the AdventHealth Lake Wales Board approved the Community Health Plan goals, objectives and next steps. A link to the 2025 Community Health Plan was posted on the Hospital's website prior to May 15, 2025.

## Ongoing Evaluation

AdventHealth Lake Wales's fiscal year is January – December. For 2025, the Community Health Plan will be deployed beginning January 1, 2025, and evaluated at the end of the calendar year. Evaluation results will be attached to the Hospital's IRS Form 990, Schedule H. The collective monitoring and reporting will ensure the plan remains relevant and effective.

## For More Information

Learn more about the Community Health Needs Assessment and Community Health Plan for AdventHealth Lake Wales at <https://www.adventhealth.com/community-health-needs-assessments>.



# ABOUT ADVENTHEALTH



## **| About AdventHealth**

**AdventHealth Lake Wales is part of AdventHealth. With a sacred mission of Extending the Healing Ministry of Christ, AdventHealth strives to heal and restore the body, mind and spirit through our connected system of care. More than 80,000 skilled and compassionate caregivers serve 4.7 million patients annually. From physician practices, hospitals, outpatient clinics, skilled nursing facilities, home health agencies and hospice centers, AdventHealth provides individualized, wholistic care at nearly 50 hospital campuses and hundreds of care sites throughout nine states.**

**Committed to your care today and tomorrow, AdventHealth is investing in research, new technologies and the people behind them to redefine medicine and create healthier communities.**



### **About AdventHealth Lake Wales**

Residents of Polk County and surrounding communities have access to world-class Hospitals with a compassionate medical team that is dedicated to their whole-person health. AdventHealth Heart of Florida and AdventHealth Lake Wales share a primary service area and are located within Polk County. AdventHealth Lake Wales is a 202-bed acute care facility and AdventHealth Lake Wales is a 160-bed acute care facility, both encompass a full range of health care services for all ages. From expert emergency and surgical services to leading specialists in cardiology, orthopedics, urology and gastroenterology, we offer the quality care you need, close to home.

The AdventHealth Polk facilities are proud to have the Gold Seal of Approval through Joint Commission. The AdventHealth Polk facilities also offer a National Accreditation Program for Breast Centers (NAPBC), Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) and Diabetes Self-Management Education and Support (DSME) through the American Diabetes Association. AdventHealth Heart of Florida and AdventHealth Lake Wales are both Primary Stroke Centers. AdventHealth Heart of Florida is through Joint Commission and Lake Wales through DNV.



# PRIORITIES ADDRESSED



# Access to Health and Social Services

Access to Health & Social Services was a top health need identified from both the community survey and focus group discussions. According to secondary data, one in four community members do not have health insurance. Meanwhile, the Hospital's community has only 49.1 primary care providers (PCP) per 100,000 residents available compared to 55.7 for Polk County and 87.6 for the state. A lack of health insurance and availability of providers are both significant barriers to accessing and paying for health care. Focusing on access to care will help align local efforts and resources to create targeted strategies to improve access for Polk County residents.

**Goal 1.1:** Promote the attainment and maintenance of health through health education and access to care

**Objective 1.1.1:** Increase the number of community members trained in Hospital sponsored American Heart Association (AHA) Hands-Only CPR classes for adults from a baseline of 573 people trained to 4,200 people trained.

**Target Population:** Adults residing or working in low-income/low-access areas within the Hospital's primary service area

Activities/Strategies	Outputs	Hospital Contributions	Community Partnerships
Hands-Only CPR classes	<p># of classes scheduled</p> <p>\$ cash donations, purchased services, program expenses</p> <p>\$ value of in-kind donations</p>	<p>Staff member to train on Hands-Only CPR</p> <p>Cost associated with supplies for training (kits, cleaning supplies, etc.)</p> <p>AdventHealth Community Relations Manager, Amber Smith, and Division Community Health Program Manager, Alison Grooms, staff time to coordinate classes</p>	<p>Partner with community organizations to host classes at their locations, such as Bok Tower Gardens</p>

# Access to Health and Social Services

**Goal 1.1 continued:** Promote the attainment and maintenance of health through health education and access to care

**Objective 1.1.2:** Increase access to care for uninsured community members by donating \$5,000 to the Lake Wales Care Center. Lake Wales Care Center provides medical care and other needed resources to low-income and uninsured community members.

**Target Population:** Uninsured, underinsured, and low-income adults residing in the Hospital’s primary service area

Activities/Strategies	Outputs	Hospital Contributions	Community Partnerships
Financial contribution to Lake Wales Care Center to reach underserved patients with the care services they provide	\$ of cash donation	Hospital to provide a financial contribution-\$5,000 donation or more	Lake Wales Care Center

## Exercise, Nutrition and Weight

In the Hospital's community, 36.8% of adults are obese. This is higher than the county, although not significantly. Only 21% of community survey respondents reported eating at least five cups of fruits or vegetables every day. Additionally, 32% of adults in the Hospital's community stated they had not exercised in the past 30 days. By including exercise, nutrition, and weight as a priority, the Hospital can align to local resources and also impact other health conditions, such as heart disease and stroke, that were identified as issues in the community.

**Goal 2.1:** Improve health through health education and by promoting healthy eating, physical activity, and making nutritious foods available

**Objective 2.1.1:** Increase the pounds of produce distributed through the AdventHealth Food is Health® program by 20% from a baseline of 34,139 pounds to a target of 40,967 pounds.

The AdventHealth Food is Health® program provides series-based nutrition education and culturally appropriate, nutritious foods to participants in low income/low access areas in the Hospital's community. The program involves collaborations from a variety of community partners, including subject matter experts providing education, mobile produce vendors, and sites in the community where classes are held. AdventHealth sponsors the cost of produce for participants and assists with coordinating classes.

**Target Population:** Adults living in low-income/low access areas within the Hospital's primary service area

Activities/Strategies	Outputs	Hospital Contributions	Community Partnerships
Support AdventHealth Food is Health® nutrition classes	# of nutrition education classes supported  # of participants attending classes  \$ cash donations, purchased services, program expenses  \$ value of in-kind donations	Division community benefit team staff time to coordinate classes with locations, instructors, and produce vendors  Hospital to provide a minimum of \$900 per class series to cover incentives for participants (free vouchers to buy fruits and vegetables)  Hospital team member time to help promote class series	University of Florida/Institute of Food and Agricultural Sciences (UF/IFAS) Extension Polk County to provide nutrition education for class participants  Feeding Tampa Bay to provide nutrition education for class participants  The Freedom Tour to provide produce to participants and accept vouchers for fruits and vegetables

# Exercise, Nutrition and Weight

**Goal 2.1 continued:** Improve health through health education and by promoting healthy eating, physical activity, and making nutritious foods available

**Objective 2.1.2:** Partner with the City of Lake Wales to support the Lake Wales Community Garden through employee volunteerism and a cash donation.

The Lake Wales Community Garden, located in an underserved area within Lake Wales, is a community garden sponsored by the City of Lake Wales and other contributing organizations, where fresh fruits and vegetables are grown and are available to community members. Additionally, educational classes and workshops using garden produce will be delivered as well. The Hospital will provide a financial donation to help with planting, harvesting and maintaining the garden. Through volunteerism, hospital team members will help with garden maintenance and provide educational cooking demonstrations using produce from the garden.

**Target Population:** Adults living in low-income/low access areas within the Hospital’s primary service area

Activities/Strategies	Outputs	Hospital Contributions	Community Partnerships
Lake Wales Community Garden partnership	# of participants who attend classes  # of participants receiving free produce  % of participants who report an increase in knowledge about nutritious produce  \$ cash donations, purchased services, program expenses  \$ value of in-kind donations  # of paid volunteer hours	Hospital team members paid staff time to volunteer at the garden to plant, maintain, and harvest produce  Hospital’s Chef Serkan Sare to volunteer time to educate and demonstrate how to prepare nutritious foods found at the garden  Hospital to provide a financial donation to support the garden for planting, maintaining, and harvesting materials- \$5,000	City of Lake Wales- provide meeting space and monetary funds for garden  Lake Wales Community Redevelopment Agency (CRA)- provide staff and funds towards garden  The Freedom Tour- provide produce for participants as needed

# I Priorities Not Addressed

AdventHealth Lake Wales also identified the following priorities during the CHNA process. In reviewing the CHNA data, available resources, and ability to impact the specific identified health need, the Hospital determined these priorities will not be addressed.

## Cancer

Cancer was the second leading cause of death in Polk County (2018–2021) where the Hospital serves. In the Hospital’s community, 7.3% of adults indicated they’ve had cancer which was higher than the county, state, and national averages. Although, colorectal cancer screening and mammography rates are higher in the Hospital’s community compared to the county and state. The Hospital did not select cancer as a priority as it is not positioned to directly address this in the community at large.

## Heart Disease & Stroke

Heart disease and stroke were the first and fourth, respectively, leading cause of death in Polk County (2018–2021). In the Hospital’s community, 8.2% of adults have coronary heart disease which is higher than the county (6.5%) and the state (6%). Chest pain was the second most common diagnosis among uninsured patients presenting at the emergency department. The Hospital did not select this as a priority as there are already several other community organizations actively addressing this need in the community who are better positioned to make an impact.

## Behavioral Health (Mental Health and Substance Misuse)

Mental health and substance misuse were identified as top health needs from the secondary data, community survey and focus groups. About 29% of community survey respondents have been diagnosed with depression or anxiety. Additionally, focus group participants cited a need for increased affordable mental health programming and services. Secondary data showed an increased trend in the percentage of Polk County middle school (31.6%) and high-school (50.6%) students who reported using any alcohol or illicit drug in their lifetime. Sixty-four percent (64%) of community survey respondents felt illegal drug use/prescription medicine abuse is a problem in the community. The Hospital did not select behavioral health as a priority as it is not positioned to directly address this in the community at large.



# I Priorities Not Addressed

## Immunizations and Infectious Disease

Immunizations and infectious diseases did not come up as a top issue through community feedback. Infectious diseases were the third (COVID-19) and tenth (Flu) leading causes of death in Polk County (2018–2021). Acute upper respiratory infections and COVID-19 were the most common diagnosis for uninsured patients presenting at the emergency department. There are opportunities to impact through prevention education, however, the Hospital did not perceive the ability to have a measurable impact on the issue with current resources available.

## Income

The median household income in the Hospital's community is \$55,295. This is below the median for the state. Additionally, 15.3% of residents live in poverty, the majority of whom are under the age of 18. Income was cited as a major factor affecting health according to focus group participants. More than half (53%) of households in the Hospital's community are above the poverty line but cannot afford basic necessities such as housing, child-care, health care and food.

## Transportation

Transportation was added as a priority because it was a concern for focus group participants. According to secondary data, 4.8% of households in the Hospital's community did not have a vehicle available. Polk County, where the Hospital serves, is rural and lacks public transportation. This makes it essential to have a vehicle to get around. Although a top concern for focus group participants, the Hospital did not perceive the ability to have an impact on the issue.

## Food Security

About 16% of residents in the Hospital's community are food insecure according to Feeding America and 59.9% live in a low food access area. Additionally, 62.6% of households in poverty are not receiving SNAP benefits although they are eligible. The Hospital did not select food security as a priority as it is not resourced to directly address this in the community but will support other community partners where possible in their efforts.

## Housing

Housing was added as a priority because it was a concern for focus group participants. According to secondary data, in the Hospital's community 16.4% of households (including renters and owners) spent more than 50% of their income on housing (that means they are severely housing cost burdened). That's slightly higher than the county and nation but less than the state. Affordable housing is a need in the community; however, the Hospital did not perceive the ability to have an impact on the issue.



**AdventHealth Polk South, Inc. d/b/a  
AdventHealth Lake Wales**

CHP Approved by the Hospital Board on: August 7, 2024

For questions or comments please contact:

[WFD.CommunityBenefits@adventhealth.com](mailto:WFD.CommunityBenefits@adventhealth.com)