



Cullman Regional Medical Center, Inc.

2025 Community Health Needs Assessment Implementation Plan

Overview

Cullman Regional is a fully accredited 175-bed hospital and health system serving a five-county area in North Alabama. As the largest employer in Cullman County, the hospital has grown to include an employed physician group of more than 50 providers and a network of convenient outpatient services urgent care, imaging, surgery, wound care, and physician care.

Cullman Regional completed a comprehensive Community Health Needs Assessment (CHNA) that was approved and adopted by the Board of Directors on March 11, 2025. Both the CHNA and implementation strategy were developed in compliance with Internal Revenue Code, section 501(r).

Evaluation Process and Criteria Utilized

Thirteen community health needs were identified and prioritized based on information gathered through primary and secondary data collection and analyses, and after consideration of various criteria, including: standing in comparison with benchmark data; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; the potential health impact of a given issue; and the greatest concern to the community stakeholders (key informants) giving input to this process.

1. Mental Health
2. Substance Abuse
3. Nutrition, Physical Activity & Weight
4. Tobacco Use
5. Diabetes
6. Heart Disease & Stroke
7. Disabling Conditions
8. Cancer
9. Respiratory Diseases
10. Infant Health & Family Planning
11. Injury & Violence
12. Oral Health
13. Access to Healthcare Services

Significant Health Needs

Based on the evaluation criteria described previously, and by prioritizing the health needs with the strongest alignment to its mission, ability and capacity to address those health needs, Cullman Regional identified the seven health needs below as those it will address.

MENTAL HEALTH

GOAL	Develop existing behavioral health services to support more patients.
1.	Continue to support and collaborate with partner organizations that also serve individuals with mental health challenges. Cullman Regional has recently partnered with Project Zero Suicide, a nationally recognized initiative aimed at improving the identification and treatment of individuals at risk for suicide. Through this collaboration, the hospital is equipping staff with the tools and training needed to recognize warning signs, respond effectively, and connect patients with appropriate care.
2.	Continue to offer outpatient psychiatric services through Medical Group Turning Point clinic. Cullman Regional employs a board-certified psychiatrist to provide psychiatric care in an outpatient clinic setting. As part of the hospital's commitment to suicide prevention through Project Zero Suicide, a licensed professional counselor has joined the clinic.
3.	Maintain enhanced emergency care through the established dedicated behavioral health treatment area in the ER. The hospital continues to provide specialized care for patients in mental health crisis through its dedicated behavioral health treatment area, which was developed as part of a previous emergency department expansion. Along with the implementation of Project Zero Suicide, a second licensed counselor has now been added in the ER to ensure timely evaluation, intervention, and support for patients presenting to the ER with behavioral health concerns.
4.	Continue to conduct depression screenings and follow up in hospital-owned physician clinics to meet and exceed CMS benchmarks.
IMPACT	Increased local resources for individuals needing outpatient or emergency mental health treatment enabling more patients to be evaluated, treated and supported.
RESOURCES	Support/fund continued recruitment of mental health providers and further develop partnerships that enable the hospital to expand mental health services.
PARTNERS	Cullman Police Department, Cullman Sheriff's Office, WellStone Behavioral Health, The Sanctuary at the Woodlands, The Foundry Farm Recovery Center, Lighthouse, Inc., Restoring Women Outreach, Alcoholics Anonymous- Cullman, SKG Foundation, Court System, The Link of Cullman County, Zero Suicide Project

Infant Health & Family Planning

GOAL	Continue to expand awareness and strengthen services related to infant and pediatric care.
1.	Expand awareness of Cullman Regional's Neonatal Intensive Care Unit. Continue to promote the capabilities and services of the Level II Neonatal Intensive Care Unit to the community and healthcare providers. Highlight the specialized care available for newborns with moderate to high-risk conditions to ensure families know they can receive advanced neonatal care locally. Ongoing outreach will support families in understanding the benefits and resources of the NICU.
2.	Maintain and Strengthen Pediatric Care Services. Support the growth and retention of the pediatric care team, including the three recently hired pediatricians, to ensure families have consistent access to comprehensive pediatric care. Continue support for the new Pediatric Hospitalist Program to deliver high-quality care across inpatient and outpatient settings.
3.	Maintain partnership with Children's of Alabama through the Community Healthcare Education Stimulation Program. Continue using simulation training to improve staff competency and pediatric patient outcomes, reinforcing Cullman Regional's ability to deliver high-quality pediatric care locally.
IMPACT	Increased community awareness and utilization of local neonatal and pediatric services lead to improved health outcomes for infants and children, reduced need for families to seek care outside the region and strengthened trust in local healthcare resources.
RESOURCES	Ongoing investment in NICU staffing and technology, support for pediatric provider recruitment and retention, dedicated resources and time for simulation-based training programs, and continued collaboration with Children's of Alabama to maintain high standards of pediatric care.
PARTNERS	Cullman Regional Maternity Center, Cullman Regional Pediatric Clinic, Children's of Alabama, Cullman Regional Hospitalist Program

Cancer

GOAL	Integrate cervical cancer screening into broader preventive care strategies to ensure all eligible patients are screened appropriately.
1.	Continue to track and improve cervical cancer screenings in physician clinics to meet and exceed CMS benchmarks.
IMPACT	Earlier identification of precancerous conditions and cervical cancer, leading to improved patient outcomes, reduced mortality rates, and stronger alignment with CMS quality benchmarks.
RESOURCES	Continued investment in data tracking systems, quality improvement initiatives, and provider education to monitor screening compliance, identify care gaps, and ensure timely patient follow-up. Patient outreach materials, appointment reminders, and collaboration with care coordinators also support increased screening uptake.
PARTNERS	Cullman Regional OB-GYN Clinic, Cullman Regional Medical Group, Cullman Regional Quality Department, Centers for Medicare & Medicaid Services (CMS)

Nutrition, Physical Activity & Weight

GOAL	Connect individuals interested in weight loss with healthcare resources that can help them achieve and sustain weight loss goals.
1.	Expand awareness of Cullman Regional's Bariatric Surgery program. Highlight the hospital's comprehensive surgical weight loss services, including gastric sleeve and gastric bypass procedures through outreach, education, and patient success stories.
2.	Continue to track and improve weight assessments for children and adolescents in physician clinics to meet and exceed CMS benchmarks.
IMPACT	Individuals will have a variety of ways to learn about different healthy weight loss methods and access to weight loss specialists for support.
RESOURCES	Time commitment from providers at the Bariatric Center of Excellence and Metabolic & Surgical Clinic to offer regular, free information sessions and support groups as well as time commitment costs associated with production of education video series.
PARTNERS	Cullman Regional Surgical Arts, Cullman Regional Physician Services, Cullman Regional Medical Group, Cullman Regional Marketing Department

Heart Disease & Stroke

GOAL	Enhance the community's access to more advanced cardiovascular and neurology care.
1.	Continue to achieve top performance in Stroke Head CT Scan Results as a participating hospital in CMS Hospital Compare.
2.	Continue to achieve top performance in Acute Myocardial Infarction Fibrinolytic Therapy Within 30 Minutes as a participating hospital in CMS Hospital Compare.
3.	Continue to achieve top performance in Acute Myocardial Infarction Median Time to Transfer for Intervention as a participating hospital in CMS Hospital Compare.
4.	Continue to partner with the American Heart Association and American Stroke Association on education and quality initiatives.
IMPACT	Continued high performance in CMS heart and stroke metrics for ER to provide patients with better outcomes.
RESOURCES	Hospital investment in technology. Time commitment from hospital department partners and quality team.
PARTNERS	Cullman Regional Emergency Department Cullman Regional Quality Department Cullman Regional Marketing Department Cullman Regional Cardiovascular Services Cullman Regional Cardiology Clinic American Heart Association Cullman Regional Physician Services American Stroke Association

Diabetes

GOAL	Enhance diabetes care and patient support through staff certification and continuous performance improvement.
1.	Support staff in seeking certification in diabetes education to provide patients with evidence-based education, support and strategies to manage their diabetes more effectively.
2.	Continue to track and improve diabetes management in physician clinics to meet and exceed CMS benchmarks, focusing on key indicators such as A1C control.
IMPACT	Patients with diabetes will benefit from improved care coordination, enhanced education, and better disease management strategies.
RESOURCES	Time and financial support for staff pursuing Certified Diabetes Educator accreditation. Continued investment in data tracking systems, quality improvement initiatives, and provider education to monitor and enhance diabetes outcomes.
PARTNERS	Cullman Regional Medical Group, Cullman Regional Quality Department, Centers for Medicare & Medicaid Services (CMS)

Tobacco Use

GOAL	Reduce the prevalence of tobacco use among patients.
1.	Continue to track and improve tobacco use-screening and cessation intervention in physician clinics to meet and exceed CMS benchmarks.
IMPACT	Increased delivery of cessation counseling and resources to those who use tobacco products to help support better patient outcomes and reduce the long-term burdens of tobacco related illnesses.
RESOURCES	Continued investment in data tracking systems, quality improvement initiatives, and provider education to monitor screening rates, ensure consistent documentation of tobacco use status, and support effective delivery of cessation interventions.
PARTNERS	Cullman Regional Medical Group, Cullman Regional Physician Services, Centers for Medicare & Medicaid Services (CMS)