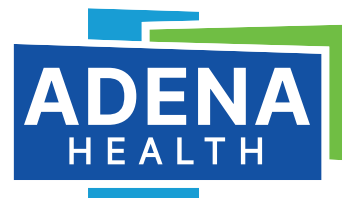


Together for a healthier region



Community health needs overview

A summary of key findings from the 2026 Regional
Community Health Needs Assessment



Community health needs overview

A summary of key findings from the 2026 Regional Community Health Needs Assessment

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Purpose of the Regional CHNA

Adena Health conducted the 2026 Regional CHNA to create a clear, shared picture of the health realities across our nine-county service area — the barriers residents face, the disparities that persist, and the gaps that most urgently require coordinated action.

This regional overview serves as a key evidence-based lens that informs the vision for Adena 2030 and strengthens the system’s long-term focus, investments, partnerships, and programs that expand access and improve health outcomes across the region.

Guiding our communities toward better health

How we're turning insights into action

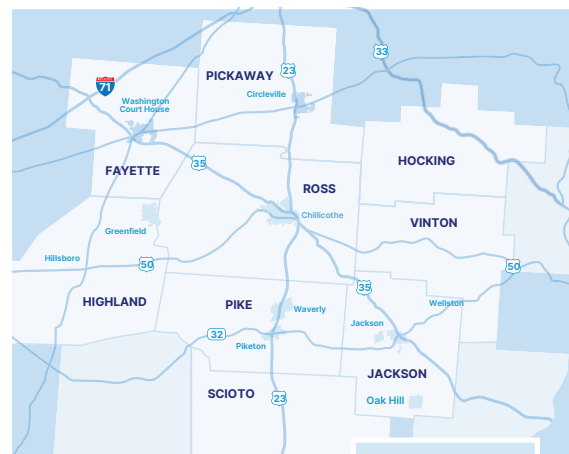
People across our region face real health challenges every day. Adena Health's 2026 Regional Community Health Needs Assessment (Regional CHNA) brings those needs into focus so we can work together on solutions that truly make a difference. This work helps our organization partner closely with local leaders, community organizations, and grant funders to build a community-focused plan that strengthens health and well-being in our communities.



It also lays essential groundwork for the **Adena 2030 strategic plan**, which charts a long-term path to improving access, advancing prevention, and reinforcing our commitment to elevating health outcomes across south central and southern Ohio.

Adena serves a nine-county service area — Fayette, Highland, Hocking, Jackson, Pickaway, Pike, Ross, Scioto, and Vinton — where many of the nearly 400,000 residents live in rural or Appalachian communities.

These areas face longstanding challenges like limited transportation, fewer local providers, and economic stress. These everyday realities make it harder for people to stay healthy and connected to care, contributing to higher rates of chronic disease, behavioral health needs, and preventable deaths across the region. Since 1895, Adena has remained committed to proactive, community-driven health improvement, and we invite residents and partners to join us in building a healthier region together.



Nearly
400K
residents across
a nine-county
service area

Regional CHNA methodology

The 2026 Regional CHNA brings together what we heard from residents with trusted public health data. We reviewed local health trends, hospital use, and the everyday challenges families face across our nine Appalachian counties.

Insights came from individual county CHNAs, community member surveys and listening sessions, and conversations with local community partners. We also used information from county health departments, the Ohio Department of Health, and the University of Wisconsin Population Health Institute's 2025 County Health Rankings & Roadmaps, developed with support from the Robert Wood Johnson Foundation.

Together, these sources help us understand what's impacting health throughout our south central and southern Ohio communities, and where support is needed most.

"Adena Health is aligning people and resources across our region to make care easier to access. The community health needs assessment shows families aren't struggling because of poor quality care — they're struggling because access is too hard. We're responding with investments in workforce, transportation, and navigation."

— Kathi Edrington,
president
and CEO



Rural health systems nationwide face challenges

Conditions every rural provider must navigate

Rural health systems nationwide work through complex barriers that make access to care and better health outcomes more difficult. The realities below aren't unique to Adena. They reflect the environment in which rural health care providers across the country operate every day, and they shape the work we do to deliver high-quality care to the communities we're honored to serve.



Rural geography makes access difficult

Health systems like Adena must cover wide, low-density areas, which raises costs, stretches resources, and makes it harder for patients to access routine care.



Transportation and infrastructure barriers

Many rural residents delay or forgo care because travel is difficult, and many must leave their home county or region for specialty services. Lack of public transit and limited infrastructure — including unreliable broadband and, in some areas, inconsistent access to running water — compounds these challenges by making it harder for people to connect with providers, manage chronic conditions, or receive care close to home.



Rural communities carry a heavier disease burden

Providers see more medically complex patients with higher health care utilization and greater care-coordination needs, including elevated rates of chronic disease, behavioral health concerns, and substance-related harms.



Workforce shortages limit care availability

Recruiting and retaining providers is harder in rural areas, leading to longer waits and more patients relying on emergency departments for needs that should be met in outpatient settings.



Economic instability drives health challenges

Many rural households struggle with affordability, transportation, and access to preventive care — all of which contribute to delayed treatment and increased emergency department use.



Regional outcomes lag despite the availability of strong clinical care

Rural health systems are often judged on outcomes driven by structural factors — geography, workforce shortages, transportation gaps, and economic vulnerability — rather than the quality of the care they provide.

“Our clinical and leadership teams work together to expand what’s possible locally so more patients can get high-quality care without traveling outside the region. People in our service area deserve excellent care close to home, and we strive to make that a reality every day.”

— Emily Johnson, MD, chief medical officer, Adena Medical Group



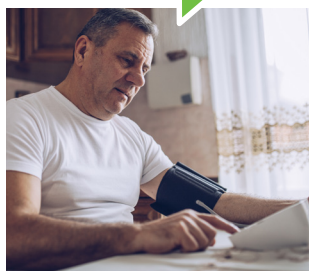
Community voices: what residents told us

Why these needs matter for the people who call this region home

Community members across our nine counties told us clearly that staying healthy is getting harder, even with strong local care. Their experiences — from challenges managing chronic conditions to long waits for behavioral health support or for access to screenings — shaped every priority in the Regional CHNA. These voices guided our work and remind us why working together to strengthen community health and local support systems matters so deeply.

Our region faces **TOUGH HEALTH CHALLENGES** — even with strong clinical care.

Across our region, many residents are facing health challenges that shorten life expectancy compared to the Ohio average.



Heart disease, cancer, lung disease, injuries, and behavioral health issues are the biggest drivers of preventable early death.

Demand for BEHAVIORAL HEALTH SUPPORT is outpacing the region's capacity.

Rates of mental distress, suicide, and substance-related deaths remain high across our region.

Many people struggle to find timely help because of long waits and workforce shortages, and too often, emergency departments become the first place families turn when a crisis hits.



CHRONIC DISEASES remain widespread and closely tied to daily realities.



High rates of obesity, diabetes, and high blood pressure are widespread across our service area, driven by everyday pressures like economic strain, transportation challenges, and limited access to care.

Smoking rates are also twice the national average.

With earlier, more easily accessible support, many complications and hospital visits can be prevented.

What residents told us, continued:

These disparities *vary widely* within counties and are *often hidden* in county-level averages.

CANCER OUTCOMES SHOW GAPS in early detection and access

Our region has lower screening rates for breast, cervical, and colorectal cancers than the rest of the state, and several counties face higher death rates from lung, breast, colorectal, and prostate cancers.



People in rural and high-vulnerability communities are also more likely to learn about their cancer later, when treatment is harder and outcomes are worse.

SOCIAL AND ECONOMIC CONDITIONS shape health across the region

More than one-third of all households across Adena’s nine-county service area, representing nearly 135K people, are ALICE (asset-limited, income-constrained, and employed) — working but unable to afford basic needs.



Challenges with transportation, housing, childcare, and broadband make it harder to stay healthy and connected to care.

Regional health performance snapshot:

Data showing where our nine-county region’s health outcomes are worse than state averages.

	Nine-county region	State of Ohio
Life expectancy	73.4	76.5
Obesity	42.0%	36.0%
Smoking/vaping	28.0%	22.0%
Food insecurity	18.0%	13.0%
Cancer deaths	197.1 (rate per 100,000)	169.6 (rate per 100,000)

The conditions behind our region's health needs

And why these needs matter for the people who call this region home



Chronic disease burden remains high

across our communities, placing real strain on individuals and families and adding pressure to already stretched local systems.



Economic insecurity is widespread

and is driving food and housing instability, childcare gaps, limited broadband access, and other barriers that compound health needs.



Health care workforce shortages

in primary care, behavioral health, dental, and specialty services continue to limit timely access to essential care.



Behavioral health needs and substance-related harms continue to rise,

affecting the stability and well-being of families and entire communities.



Transportation barriers make it difficult

for many residents to reach chronic disease care, behavioral health services, cancer screenings, and maternal care.

Community voices played an important role in shaping the Regional CHNA

Access to care and transportation

"It shouldn't be this hard to

stay healthy."

— Community member

"If you don't have a car or someone to drive you, getting to appointments is

almost impossible."

— Community member

Behavioral health

"People want to help, but it's hard to find someone who is taking new patients. By the time you get an appointment,

crisis has already hit."

— Community member

Our nine-county region's priority health needs

Taking action on the challenges residents experience most

After surveying residents, reviewing local data, and understanding the realities our communities face, we identified six major health needs affecting people in our nine-county service area. These priorities reflect the most pressing challenges affecting families today — what they mean for daily life and how Adena and community partners are identifying possible solutions in response.

PRIORITIES	Access to care and workforce capacity	Chronic disease and risk factors	Behavioral health and substance abuse
INSIGHTS	Several counties are designated as primary care and behavioral health shortage areas, with long wait times and limited access to specialty care.	Obesity rates exceed 40% in multiple counties, and diabetes prevalence is higher than state benchmarks throughout the region.	Suicide rates in several counties exceed the Ohio average, and substance-related deaths remain among the highest in the state.
IMPACT/ CONSEQUENCE	Workforce shortages and transportation barriers are causing people to delay care, leading to avoidable emergency department visits and hospital stays.	High rates of obesity, diabetes, and hypertension are driving years of potential life lost and increasing preventable disability across the region.	Rising mental health needs and substance-related harms are contributing to premature death, repeated emergency department visits, and significant strain on families and communities.
POSSIBLE SOLUTIONS	Deploy regional workforce strategy, navigation, and telehealth expansion.	Increase investment in prevention, self-management, and access to primary care.	Partner across communities to expand the behavioral health workforce, strengthen crisis-diversion pathways, and connect people to the right care faster.
	✓	✓	✓

The way *priority classification* works



Considerations include:

- How big and serious each issue is
- Which communities are most affected and where disparities are greatest
- Whether the problem is getting better or worse over time
- What we heard from residents, caregivers, and community partners
- How often people cross county lines for care, and where needs overlap
- Where Adena and local partners can make the biggest measurable impact

PRIORITIES	Cancer burden and screening	Maternal, child, and youth health	Social and economic conditions
INSIGHTS	Lung, colorectal, breast, and prostate cancer mortality exceeds state averages, and late-stage diagnoses are more common in rural and high-vulnerability communities.	Infant mortality and youth behavioral health concerns remain elevated and preventable.	More than one-third of households are ALICE (asset-limited, income-constrained, and employed) — working but unable to afford basic needs such as housing, childcare, food, and transportation.
IMPACT/ CONSEQUENCE	Finding cancer later makes treatment harder and more expensive, and outcomes worse.	Early-life health challenges and youth behavioral health concerns shape long-term outcomes for children, families, and the region's future.	Housing instability, childcare gaps, limited broadband, and transportation barriers are undermining health at every stage of life, especially for ALICE households.
POSSIBLE SOLUTIONS	Improve screening access, navigation, and diagnostic capacity.	Strengthen prenatal care, school-based mental health, and family support.	Facilitate working together across health care, education, and other community organizations to screen for social needs like food, housing, and transportation.
	✓	✓	✓

From commitment to action

Adena's community-focused mission

To turn community insights into meaningful progress, we defined a set of focus areas supported by a collaborative action plan. Together, these areas guide how we work with others to expand access, strengthen behavioral health, support families, and address the social conditions shaping health across our region.



Create a regional plan that works for every community

Adena will lead a shared, collaborative health improvement plan (CHIP) — a coordinated, multi-year roadmap that sets regional health priorities, aligns partners, and outlines the strategies, resources, and metrics needed to improve outcomes. Each county will still have the flexibility to tailor specific actions to its local needs while contributing to a unified regional direction.



Inspire behavioral health transformation

Collaborate to help find solutions to expand the behavioral health workforce, increase telehealth options, strengthen school-based services, and reduce the need for people in crisis to rely on emergency departments.



Support maternal, child, and youth health

Adena will pair clinical investments with better care navigation, childcare and transportation support, and improved insurance/network coordination to reduce preventable emergency department visits and hospital stays for mothers, infants, and youth.



Address the conditions that shape health

We're prioritizing ALICE households — families who work, but struggle to afford basics — by improving access to housing, childcare, broadband, food, and other essentials that directly affect long-term health.



Strengthen community partnerships and regional collaboration

Adena will use shared regional metrics to track progress, strengthen accountability, and show impact. Because many residents cross county lines for care, coordinated regional strategies help reduce duplication and improve access to specialty services.

"With [school-based health] resources, we have the chance to change young people's lives in elementary through high school and beyond.

This is our chance to impact multiple generations."

— John Gabis, MD, medical director of community partnerships



Fast facts: expanding care access

In the nine counties Adena serves:

83%

of the population
reported not eating
enough fruits and
vegetables for a
healthy diet

18%

or more
reported
being food
insecure

15%

or more
reported
considering
suicide

15%

or more of
the population
reported living
in poverty

7%

or more do
not have
access to any
transportation

More than 50% reported economic concerns

**2,554 mobile
mammography
screenings
in 2025**



**Advocacy efforts
supporting rural
hospitals, EMS
expansion, and
access to care**



**126.8K lives
touched**

by our community health
programming in our
nine-county region



**More than \$18M
invested in school-
based clinics**

**More than \$3.8M
annually in grants**



supporting community health initiatives



**5 additional
school-based
health clinics**



**2,233 lung
screenings
in 2025**

**176 patients
benefited**

from our new patient
assistance
transportation
service



Driving impact across our communities

Advancing better health across every community we serve

Adena has been a trusted health care partner for families across our rural region for more than 130 years. Our deep roots in the area guide every investment we make to expand access, support families, and improve health. These examples show the progress we're making together — and the momentum we're building for the future.



Adena Mobile Clinic

launched 2023

Access to care

"We bring primary care, screenings, and health education directly to underserved rural communities."

— Holly Tackett, nurse practitioner



Coats for Kids

annual since 2007

Youth health and wellness

"Thanks to Adena and other community partners, our students have benefited from the Coats for Kids distribution effort."

— Sara Ramsey, director of special programs, Waverly School District



School-based health clinics

2024 grants

Social and economic conditions

"We established partnerships with Adena Local, Southeastern Local, Huntington Local, Zane Trace, and Waverly school districts. We also secured more than \$5.75M in Appalachian Children's Health Initiative grant funding for centers providing primary care, mental health, dental, and nutrition services."

— Jessica Collins, service line director



Adena Health EMS transport

launched 2025

Access to care

"With support from the Appalachian Regional Grant and Adena Health Foundation, we launched a 24/7 internal patient transport service that cuts wait times and streamlines transfers across our four hospitals and area nursing homes."

— Cici Dobough, patient transportation dispatcher



Investing in solutions that meet people where they are, in places they *live, learn, and gather* throughout their communities.



Access to care

New Adena Fayette Medical Center

opening 2027

“This complete rebuild in Washington Court House ensures that high-quality, personalized care remains close to home, provided by people who genuinely understand our community.”

— Lauren King, west market vice president and senior operations executive officer



Shawnee State University partnership

launched 2025

Workforce and access to care

“Together with Adena, we’ve expanded local pathways into health care careers, addressing critical provider shortages in the region.”

— Dr. Eric Andrew Braun, president, Shawnee State University



Chronic disease

Community education and screenings

ongoing

“It takes a village to help a community live healthier, more active lives. That’s why the YMCA partners with Adena on programs that help cancer survivors regain strength, support diabetes prevention, and pre-surgery readiness for orthopedic patients.”

— Steve Clever, chief executive officer, Scioto County YMCA



“We’re proud of the progress Adena teams are making across the communities we serve, but we also know meaningful, lasting change doesn’t happen alone. It takes strong partnerships and a shared commitment. By working together with our community partners, we can continue improving the health of our region and make a real, lasting impact.”

— Luis Figueroa, vice president, external affairs

The Adena 2030 vision

Our journey from regional insight to regional impact

The journey from the 2026 Regional CHNA to Adena 2030 represents a unified commitment to advancing health, strengthening partnerships, and improving outcomes across our south central and southern Ohio region.

2026

Release of the regional CHNA

Establishing a shared understanding of our region's pressing health needs.

- Share a comprehensive picture of the health realities and priorities across Adena's nine-county service area
- Continue to develop greater community-centered strategies with a baseline for shared regional metrics

2027 - 2028

Build the collaborative vision for regional health improvement

Build coordinated solutions that strengthen health across our region.

- Release a collaborative health improvement plan in partnership with community organizations
- Prioritize collaborative health and wellness transformation
- Focus on preventive health across communities

Progress toward Adena 2030 vision

Anchor Adena's long-term commitment to improving health outcomes across the region.

- Work to expand access to care
- Develop programs to help mitigate social drivers of health
- Launch stronger, action-focused partnerships
- Communicate the path toward healthier communities for generations to come



Have you heard about Adena 2030?

It's our five-year strategic plan — a clear roadmap for how the health system will continue advancing care for the people and communities we serve, while supporting the long-term vitality of our region.

Adena 2030 defines Adena Health's strategic priorities from 2026 - 2030. The Regional CHNA provides important community context, highlighting the health needs across our nine-county region as we carry out this broader system strategy alongside collaborative health improvement plans.

For more information about the Adena 2030 strategic plan, visit www.adena.org/2030.

2029

Measure and optimize regional impact

Track progress across community initiatives and programs.

- Lives touched across the nine-county region
- Screenings completed
- Patients supported
- Community investment
- Grant funding received
- New programs and initiatives established

2030

Drive measurable regional health improvement

Build coordinated solutions that strengthen health across our region.

- Care that meets or exceeds national quality standards
- Strong focus on patient outcomes and experience
- Continued investment in advanced care and clinical expertise
- High-quality care available locally, reducing the need to travel

Beyond 2030

Adena has cared for our communities for more than 130 years, and that commitment continues well beyond 2030.

The progress achieved through this five-year journey is a foundation, not a finish line. Our work to strengthen access, prevention, and community well-being will continue long after these important milestones are reached.

				
ACCESS	EXCELLENCE	CULTURE	STEWARDSHIP	ADVANCEMENT
Be the easiest system in the region to access and navigate	Deliver nationally recognized rural health care	Celebrate an engaged, accountable, mission-driven workforce	Achieve financial and operational sustainability	Grow our reach and expand our impact

Adena 2030 is more than a plan. It's a commitment — built across five key pillars — to ensure high-quality, accessible care remains strong and local for generations to come.

OUR MISSION TO SOUTH CENTRAL
AND SOUTHERN OHIO:

**Being Called to Serve
Our Communities**
means investing in the
health of people both
inside and outside the
walls of health care
facilities.



2026 Community health needs overview

Fayette | Highland | Hocking | Jackson | Pickaway | Pike | Ross | Scioto | Vinton

Would you like to partner with Adena to help advance regional pilots in workforce, transportation, and behavioral health that translate clinical strength into improved population outcomes? For more information, email CommunityHealth@adena.org.

To access the full Regional CHNA, visit www.adena.org/Regional-CHNA or scan the QR code.

