

**Columbus Community Hospital Featured in Compendium of Rural Health
Community Partnerships**

Case study highlights partnership with local fitness center to integrate rehabilitation and fitness services

As today's rural hospitals seek to improve community health in the face of ongoing provider shortages, limited access to specialty care and other challenges, many hospitals in Nebraska are finding effective solutions through community partnerships.

For example, to address high rates of obesity, diabetes and heart disease in the Columbus, Neb., area, Columbus Community Hospital joined forces with Columbus Family YMCA to offer a lifecare integration solution – one that combines the rehabilitative and wellness services offered by the hospital with the health and fitness services offered by the YMCA. Together, the two organizations brought the Columbus Wellness Center to life in 2015.



The Wellness Center was one component of a comprehensive plan to address the community's health and wellness concerns. Local residents continue to use the new facility at rates far exceeding expectations, with more than 7,500 individuals – equivalent to one-third of the Columbus population – using the facility.

The collaborative partnership behind this development was recently highlighted in Bryan Health's *2017 Compendium of Best Practices in Rural Health Hospital-Community Partnerships*, which is shared with hospital and health system leaders across the country.



“Hospital-community partnerships play a significant role in improving health and overcoming challenges unique to rural communities,” said Carol Friesen, Vice President of Health System Services at Bryan Health. “With this compendium, we are providing knowledge and ideas others can use to inspire healthy lives to take root in their communities.”

The 2017 compendium features 12 case studies, each describing a rural hospital-community partnership and the specific objectives it is designed to address. These studies also outline key steps, results and lessons learned as reported by the hospitals themselves.

Publishing the case studies and promoting them nationally is one of many ways Bryan Health supports rural hospital leaders in identifying strategies and creating opportunities to improve access to quality health care locally. The stories told in the compendium underscore how Nebraska hospitals are becoming a guiding light for rural health care transformation, demonstrating what is possible when hospitals and community organizations come together to share resources, skills and services for a greater impact on population health. The 2017 compendium is available now at bryanhealth.org/compendium.