

# AdventHealth Lake Placid

2026 – 2028 Community Health Plan



AdventHealth

# Table of Contents

**3 Executive Summary**

**7 About AdventHealth**

**10 Priorities Addressed**

11 Health Care Access and Quality

15 Mental Health

18 Nutrition and Healthy Eating

**22 Priorities Not Addressed**

## Acknowledgements

This community health plan was prepared by Amberhope Montero with contributions from members of AdventHealth Lake Placid's Collaborative both representing health leaders in the community and Lake Placid 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



# Executive Summary

Adventist Health System/Sunbelt, Inc. d/b/a AdventHealth Lake Placid will be referred to in this document as AdventHealth Lake Placid or the “Hospital”.

## Community Health Needs Assessment Process

AdventHealth Lake Placid in Lake Placid, Florida, conducted a community health needs assessment from October 2024 to February 2025. The assessment identified the health-related needs of the community, including low-income, minority and other underserved populations. The priorities were defined in alignment with Healthy People 2030, the national initiative aimed at improving the health and well-being of people in the United States.

To ensure broad community input, AdventHealth Lake Placid participated in a Collaborative, All4HealthFL, to help guide the Hospital through the assessment process. The Collaborative 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 Collaborative met seven times in 2024-2025. The members reviewed the primary and secondary data, helped define the priorities to be addressed and helped develop the Community Health Plan (CHP) to address those priorities. Learn more about Healthy People 2030 at [health.gov/healthypeople](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.

AdventHealth Lake Placid, AdventHealth Sebring, and AdventHealth Wauchula have adopted a joint CHP. This strategy is based on a shared CHNA, common service area, community partnerships, and collaborative leadership. All three facilities will jointly implement and achieve the strategies outlined in the plan.

The plan was developed by the Collaborative, and input was received from stakeholders across sectors, including public health, faith-based, business and those individuals directly impacted.

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

The defined goals and activities were carefully crafted, considering evidence-based resources and sought to align with AdventHealth’s organizational and strategic plans. AdventHealth Lake Placid is committed to addressing the needs of the community, especially the most vulnerable populations, to bring wholeness to our communities.

# Executive Summary

## Priorities Addressed

The priorities addressed include:

1. Mental Health
2. Nutrition and Healthy Eating
3. Health Care Access and Quality

See page 10 for the defined strategies and next steps for each priority selected to be addressed.

## Priorities Not Addressed

The priorities not addressed include:

1. Cancer
2. Heart Disease and Stroke
3. Economic Stability
4. Neighborhood and Built Environment

See page 22 for an explanation of why the Hospital is not addressing these issues.



**The Community Health Plan is a three-year strategic plan and may be updated during implementation based on changing community needs and priorities. AdventHealth recognizes community health is not static and high-priority needs can arise or existing needs can become less pressing. The Hospital may pivot and refocus efforts and resources to best serve the community.**



# Executive Summary

## Board Approval

On February 19, 2026, the AdventHealth Lake Placid Board approved the Community Health Plan goals, activities and next steps. A link to the 2026-2028 Community Health Plan was posted on the Hospital's website on May 15, 2026.

## Ongoing Evaluation

AdventHealth Lake Placid's fiscal year is January 1 – December 31. For 2026, the Community Health Plan will be deployed beginning February 19, 2026, and evaluated at the end of the calendar year. In 2027 and beyond, the CHP will be evaluated annually for the 12-month period beginning January 1 and ending December 31. 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 Placid.

[adventhealth.com/community-health-needs-assessments](https://adventhealth.com/community-health-needs-assessments).

# About AdventHealth

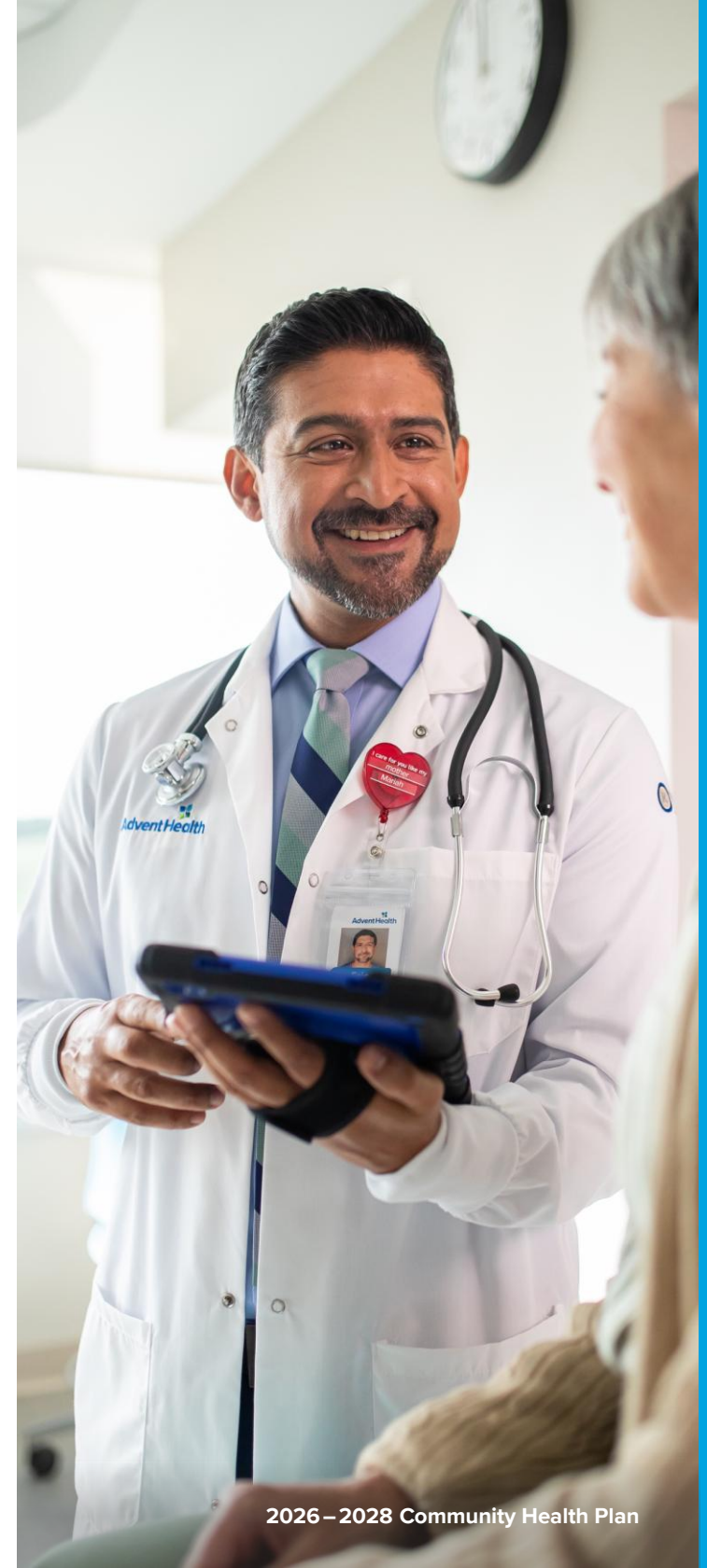


# About AdventHealth

**AdventHealth Lake Placid 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 100,000 talented and compassionate team members serve over 8 million patients annually. From physician practices, hospitals and outpatient clinics to skilled nursing facilities, home health agencies and hospice centers, AdventHealth provides individualized, whole-person care at more than 50 hospital campuses and hundreds of care sites throughout nine states. Committed to your care today and tomorrow, AdventHealth is investing in new technologies, research and the brightest minds to redefine wellness, advance medicine and create healthier communities.**

In a 2020 study by Stanford University, physicians and researchers from AdventHealth were featured in the ranking of the world's top 2% of scientists. These critical thinkers are shaping the future of health care. Amwell, a national telehealth leader, named AdventHealth the winner of its Innovation Integration Award. This telemedicine accreditation recognizes organizations that have identified connection points within digital health care to improve clinical outcomes and user experiences. AdventHealth was recognized for its innovative digital front door strategy, which is making it possible for patients to seamlessly navigate their health care journey. From checking health documentation and paying bills to conducting a virtual urgent care visit with a provider, we're making health care easier — creating pathways to wholistic care no matter where your health journey starts.

AdventHealth is also an award-winning workplace aiming to promote personal, professional and spiritual growth with its team culture. Recognized by Becker's Hospital Review on its "150 Top Places to Work in Healthcare" several years in a row, this recognition is given annually to health care organizations that promote workplace diversity, employee engagement and professional growth. In 2024, the organization was named by Newsweek as one of the Greatest Workplaces for Diversity and a Most Trustworthy Company in America.



# About AdventHealth Lake Placid

AdventHealth Lake Placid is a 33-bed hospital that opened in 1981 to better serve the members of Highlands County. In 2018, AdventHealth Lake Placid saw 13,276 total ED visits and has received national recognition in patient safety, Ultrasound and CT, and ER. To better meet the health needs of Highlands County, the hospital offers a Wellness Center, along with educational classes, to the community. Key Service lines include, ER, ICU, and the Medical Surgical Unit. AdventHealth Lake Placid is on the leading edge of technology in Highland County, being the only hospital to utilize virtual and room sterilization technology.



# Priorities Addressed



# Health Care Access and Quality

Health Care Access and Quality ranked third in the prioritization of community health needs in Highlands County. Health care provider shortages are significant: primary care (91 per 100,000 vs. 261.2 statewide), dental (32.7 vs. 61.5), and mental health (60.2 vs. 133.2). Additionally, 23.2% of Highlands County adults ages 19–64 lack health insurance, compared to 17.5% statewide. Prioritizing access to health care enables the hospital to align resources and develop targeted strategies to improve access to quality health care for Highlands County residents.

## Goal

**Improve access to high-quality health care services for uninsured and underinsured populations in Highlands and Hardee County.**

## Activity

**Provide free health screenings and health education programs for community members.**

## Output

- Number of community health events
- Number of community members impacted
- Number of team member hours donated

## Outcome

By December 31, 2028, provide health screenings and health education for 2,500 community members in Highlands and Hardee County.

## Hospital Contributions

- In-kind donation of supplies
- Donation of team member time

## Community Partnership

- American Heart Association
- Senior Connection Center
- Champion for Children
- Neuro Challenge Foundation for Parkinson's

# Health Care Access and Quality

## Goal

**Improve access to high-quality health care services for uninsured and underinsured populations in Highlands and Hardee County.**

## Activity

**Support local community organizations working to improve and expand access to health care services.**

## Output

- Number of individuals impacted
- Number of organizations supported
- Amount of funding

## Outcome

By December 31, 2028, provide support to at least four organizations annually assisting uninsured and underinsured community members with access to health care services.

## Hospital Contributions

- Cash donations
- In-kind space donations
- Donation of team member time
- Marketing and referrals

## Community Partnership

- Champion for Children Foundation
- Neuro Challenge Foundation for Parkinson's
- United Way of Central Florida
- Samaritan's Touch Care Center

# Health Care Access and Quality

## Goal

Improve access to high-quality health care services for uninsured and underinsured populations in Highlands and Hardee County.

## Activity

Implement the annual Day of Wholeness to improve access to health services and education in Highlands and Hardee County.

## Output

- Number of people served
- Number of team member hours donated
- Amount of funding

## Outcome

By December 31, 2028, provide access to health services and education for 1,500 community members during the annual Day of Wholeness.

### Hospital Contributions

- Cash donations
- Donation of team member time

### Community Partnership

- Pioneer Medical Group
- South Florida State College



# Health Care Access and Quality

## Goal

Improve access to high-quality health care services for uninsured and underinsured populations in Highlands and Hardee County.

## Activity

Provide ongoing community support groups for cancer, diabetes, and heart failure.

## Output

- Number of people served
- Number of team member hours donated

## Outcome

By December 31, 2028, serve at least 450 participants through community support groups for cancer, diabetes, and heart failure.

### Hospital Contributions

- Donation of team member time

### Community Partnership

- Local health care providers as guest speakers



# Mental Health

In the Hospital's community, 16% of residents report poor mental health. Survey results show 29.6% of respondents have been diagnosed with depression or anxiety, and 8.2% reported frequent thoughts of self-harm in the past year. Additionally, 51% of respondents ranked mental health as the most pressing health issue. With growing national awareness on the issue, prioritizing mental health allows the hospital to align with local, state, and federal efforts, leveraging resources and local partnerships to make a meaningful impact.

## Goal

**Reduce the impact of mental health and substance use disorders on the Highlands and Hardee County communities.**

## Activity

**Implement the Hospital CORE/Bridge program in the Emergency Department.**

## Output

- Number of patients screened
- Number of patients referred to behavioral health services
- Number of patients enrolled in behavioral health services

## Outcome

By December 31, 2028, 25% of patients referred by a peer specialist will be enrolled in behavioral health services based on community partner metrics.

### Hospital Contributions

- In-kind space donation
- Donation of team member time

### Community Partnership

- Tri-County Human Services

# Mental Health

## Goal

**Reduce the impact of mental health and substance use disorders on the Highlands and Hardee County communities.**

## Activity

**Establish continuous support for Trust-Based Relational Intervention® (TBRI®) training in the community through the Worthy and Known Family Project.**

## Output

- Number of people trained
- Amount of funding

## Outcome

By December 31, 2028, support TBRI® trainings for 1,500 community members throughout Highlands and Hardee County.

## Hospital Contributions

- Cash donations
- In-kind space donations
- Donation of team member time
- Marketing and referrals

## Community Partnership

- Worthy and Known Family Project

# Mental Health

## Goal

**Reduce the impact of mental health and substance use disorders on the Highlands and Hardee County communities.**

## Activity

**Support organizations providing mental health programs in the community.**

## Output

- Number of people served
- Number of organizations supported
- Amount of funding
- Number of team member hours donated

## Outcome

By December 31, 2028, maintain continuous partnership and support for at least four community organizations providing mental health education and services in Highlands and Hardee Counties.

## Hospital Contributions

- Cash donations
- In-kind space donations
- Donation of team member time
- Referrals and marketing

## Community Partnership

- Worthy and Known Family Project
- Central Florida Area Health Education Center (AHEC)
- Lake Placid Seventh Day Adventist Church
- Avon Park Seventh Day Adventist Church

# Nutrition and Healthy Eating

In Highlands County, 34% of adults have obesity, slightly above the state average. Food insecurity affects 15.6% of the community's residents (Feeding America, 2022), and 19.4% of survey respondents reported having food insecurity. Additionally, 79.4% do not consume at least three servings of fruits and vegetables daily. Poor nutrition may contribute to chronic illnesses. By prioritizing this issue, the hospital can collaborate with community partners to improve access to healthy foods and promote better health outcomes.

## Goal

**Improve access to healthy food and nutrition programming for Highlands and Hardee County community members.**

## Activity

**Support the United Way of Central Florida's End Hunger Initiative in Highlands and Hardee County.**

## Output

- Number of individuals served
- Number of families served
- Number of children served
- Pounds of food served
- Amount of funding
- Number of team member hours donated

## Outcome

By December 31, 2028, increase the number of Highlands and Hardee County residents connected to healthy food and nutrition resources through the End Hunger Initiative and related community programs.

## Hospital Contributions

- Cash donations
- Donation of team member time
- Referrals and marketing

## Community Partnership

- United Way of Central Florida

# Nutrition and Healthy Eating

## Goal

Improve access to healthy food and nutrition programming for Highlands and Hardee County community members.

## Activity

Provide continuous pre-diabetes, gestational diabetes, and cardiac nutrition classes for the community.

## Output

- Number of people served
- Number of team member hours donated

## Outcome

By December 31, 2028, serve at least 650 participants through pre-diabetes, gestational diabetes, and cardiac nutrition classes.

## Hospital Contributions

- Donation of team member time



# Nutrition and Healthy Eating

## Goal

**Improve access to healthy food and nutrition programming for Highlands and Hardee County community members.**

## Activity

**Provide community-based nutrition education programs.**

## Output

- Number of community nutrition education programs provided
- Number of people served
- Number of team member hours donated

## Outcome

By December 31, 2028, provide community-based nutrition programs for 1,500 people.

## Hospital Contributions

- Donation of team member time
- Donation of local produce

## Community Partnership

- Local non-profits and faith communities
- Double K Farm, LLC
- Solace Farms
- Burgin Farms

# Nutrition and Healthy Eating

## Goal

**Improve access to healthy food and nutrition programming for Highlands and Hardee County community members.**

## Activity

**Provide support to local organizations addressing food insecurity in Highlands and Hardee County.**

## Output

- Number of people served
- Pounds of food donated
- Number of organizations supported
- Amount of funding

## Outcome

By December 31, 2028, increase the number of Highlands and Hardee County residents connected to healthy food, nutrition resources and related community programs.

## Hospital Contributions

- Cash donations
- Referrals and marketing
- Donation of team member time
- Donation of local produce

## Community Partnership

- Lake Placid Seventh Day Adventist Church
- Avon Park Seventh Day Adventist Church
- Wauchula Seventh Day Adventist Church
- Cutting Edge Ministries, Inc

# Priorities Not Addressed



# Priorities Not Addressed

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

## Cancer

Although cancer is the second leading cause of death and Highlands County's cancer mortality rate (335 per 100,000) exceeds the state rate (141.6), the Collaborative did not select it as a priority. Other issues were deemed more impactful and feasible for the Hospital to address through partnerships and programs.

## Heart Disease and Stroke

Heart disease and stroke were not identified as top priorities by the Collaborative, despite being the leading cause of death and 39.9% of survey respondents reporting having a diagnosis of hypertension or heart disease. The Collaborative chose not to prioritize this issue because other community organizations are already actively addressing it and are better positioned to make an impact.

## Economic Stability

In the hospital's community, 25.5% of residents are housing cost-burdened, paying 30% or more of their income on housing. Additionally, 15.4% of Highlands County residents live below the federal poverty level, and 33% fall into the ALICE category—households earning above poverty but still unable to afford basic needs. While the cost of living is a significant challenge, the Collaborative determined it could not make a measurable impact on this issue within the three-year Community Health Plan given current resources.

## Neighborhood and Built Environment

Transportation was frequently identified as a barrier to care during the assessment. In Highlands County, 5.5% of households lack a vehicle, limiting access to health care services. While this is a concern, the Collaborative determined that addressing other needs was more feasible within the current plan and resources.



**Adventist Health System/Sunbelt, Inc. d/b/a  
AdventHealth Lake Placid**

CHP Approved by the Hospital Board on: February 19, 2026

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