



Photo Rendering of SGMC Health's Main Campus expansion, set to be completed in late 2026, courtesy of SGMC Health

Community Health Needs Assessment

SGMC Health Main Campus and Smith-Northview Campus



Prepared by:
Drs. Joseph Robbins & Keith Lee

Acknowledgments

We would like to express our appreciation to the Lowndes County community for their participation in the 2025 Community Health Needs Assessment (CHNA) study, particularly with the community survey. We also would like to thank the SGMC Health organization and all parties involved with this study; it was essential to completing this assessment plan.

2025 CHNA Project Participants

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- Keith Lee
- Joseph Robbins

2025 Focus Group Participants

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- Christie Moore President, Valdosta-Lowndes Chamber of Commerce
- Dr. Dee Ott Nurse Practitioner and Associate Professor of Nursing at Valdosta State University
- Michael Smith President and CEO, Greater Valdosta United Way
- Sandra Wilcher Superintendent, Lowndes County Schools



SGMC Health's Smith Northview Campus, courtesy of SGMC Health

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SGMC Health Perseveres through Hurricane Helene: <https://valdostaceo.com/features/2024/10/sgmc-health-perseveres-through-hurricane-helene-provide-necessary-care-region/>

Executive Summary

SGMC Health is pleased to present this 2025 Community Health Needs Assessment (CHNA) for the Valdosta and Smith Northview Campuses in Valdosta, Georgia. The plan was developed by SGMC staff in conjunction with input from the data gathered by Drs. Keith Lee and Joseph Robbins (Valdosta State University faculty). Drs. Lee and Robbins have extensive consulting experience, having worked with numerous public and private organizations on needs assessment reports, feasibility studies, and economic impact analyses.

The data gathered for this report includes both primary and secondary data to offer a holistic account of the healthcare challenges and needs facing Lowndes County. Secondary data compiled from national and state organizations offer objective, aggregate measures that offer insights into socioeconomic conditions, healthcare challenges, service provider availability, and leading morbidity causes. These measures also show how Lowndes County compares with state and national metrics. Primary data sources come from two data collection methods: a Focus Group and a community survey. Summaries from each of these three methods are provided below before turning to a discussion of SGMC Health's Implementation Plan.

Secondary data indicator analyses

- Healthcare access remains a challenge for Lowndes County. The county falls below the Georgia rates when it comes to Primary Care Physicians and Dentists per capita, while the area has more Mental Health Providers per capita than the state average.
- Lowndes County economic metrics fall below state averages as well. Median house price, labor force participation, child poverty rate, and the number of uninsured adults all show that Lowndes residents are below state averages economically.
- The following measures exceed state benchmarks:
 - Heart disease, COPD, and diabetes death rates
 - Emergency Department visit rates
 - Adult obesity
 - Physical inactivity
 - Smoking and tobacco use
- Between 2020-2024, Georgia's Online Analytical Statistical Information System (OASIS) reports that Lowndes County's leading causes of death were: ischemic heart and vascular disease, COPD, cerebrovascular disease, hypertension, Alzheimer's disease, malignant neoplasms, diabetes, and endocrine, nutritional, or metabolic diseases.
- Lowndes County generally ranks in the upper 50% of Georgia Counties for County Health rankings such as Clinical Care (55th out of 159), Health Outcomes Length of Life (63rd), Quality of Life (65th), Health Behaviors (56th), and Social & Economic Factors (64th).

Focus Group session

The primary social and behavioral risk factors emphasized as having a negative impact on Lowndes County were:

- Under or uninsured families
- Emergency Department overuse
- Adult obesity
- Illegal substance and alcohol abuse
- Physical inactivity
- Insufficient healthcare and healthy lifestyle knowledge
- Mental and behavioral health issues

Healthcare services that could improve the access and quality of care available to residents were:

- Additional specialists (neurologists, pediatricians, gastroenterologists, mental health providers, etc.)
- Reduced strain on Emergency Departments and more preventive care facilities or services
- Expanded general care facilities to assist with transportation issues, housing insecure residents
- Family support services
- Mental health and suicide prevention support

Additional suggestions raised by Focus Group participants include:

- Expanded community awareness campaigns and programming activities
- Increase the number of providers in the area (e.g., specialists, nurse practitioners, primary care physicians)
- Services to support healthy lifestyles particularly to support the aging population and those with chronic health issues such as heart disease, diabetes, hypertension, etc.



SGMC celebrates ribbon cutting of second urgent care facility in Valdosta

Community survey results

The primary social and behavioral risk factors emphasized as having a negative impact on Lowndes County were:

- Mental and behavioral health issues
- Under or uninsured families
- Adult obesity
- Illegal substance and alcohol abuse
- Physical inactivity
- Poor nutrition

Healthcare services that could improve the access and quality of care available to local residents were:

- Expanded access to primary and urgent care
- Additional mental health services
- Expanded access to emergency care
- Greater access to pediatric care
- Additional cardiology care
- Additional prenatal care services

Healthcare services that are difficult to access or are not readily available:

- Healthcare for low-income individuals
- Mental health treatment
- Healthcare for special needs children
- Weight loss services
- Substance abuse support
- Chronic disease care
- Primary care physicians
- Elderly care
- Emergency Department care

Implementation Plan

In response to these findings, SGMC Health's team has prepared an Implementation Plan that lists ongoing efforts to address community needs. The plan presents multiple initiatives that are ongoing or soon to be launched and provides an assessment of these programs' impact. There are five broad issue areas that SGMC Health has worked to address in recent years, and these are:

- Need for enhanced access to behavioral health services, including mental health screenings and treatment, to address the high prevalence of mental health issues and the community's difficulty accessing care.
- Need for improved access to primary care for uninsured and underinsured individuals, especially low-income families, to reduce barriers to care and prevent reliance on emergency services for treatable conditions.
- Need for expanded chronic disease prevention and management programs, particularly for diabetes, heart disease, high blood pressure, and cancer, through education, screenings, and lifestyle interventions.

- Need for increased availability of substance abuse treatment services, including support for illegal drug and alcohol addiction, to address community concerns and improve access to care.
- Need for community-wide health promotion initiatives, focusing on obesity, physical inactivity, and aging-related health issues, to encourage healthier lifestyles and reduce preventable conditions

Introduction and Background

The Patient Protection and Affordable Care Act (ACA) mandates that non-profit hospitals conduct a Community Health Needs Assessment at least once every three years to retain tax-exempt status. Input from community stakeholders (including those with special knowledge or expertise in public health) is required for CHNAs. These reports must be made available to the public and should also include an Implementation Plan, which describes how the organization will address the community's identified health needs.

The primary objective of CHNAs is to identify those factors which influence community health and to identify the availability or need to pursue resources to address the primary challenges. The CHNA objectives:

- Report on the current state of the area's healthcare market, access to care of various services, and which needs are currently unmet.
- Ascertain health status and risk factors present that shape a community's overall health.
- Compare and contrast local indicators with state and/or national measures to identify areas of concern.
- Compile an inventory of healthcare facilities, providers, and services available in the community.
- Use qualitative and quantitative data to identify and prioritize community needs.
- Create an action plan with specific tactics to describe how the organization can address community health needs.

Project Methodology

To comply with regulatory requirements, the steps below summarize the process used to develop this CHNA for SGMC Health. The steps involved were:

Step 1: Establish the SGMC Health Lowndes County CHNA Team. A CHNA team was formed to provide guidance on this project, promote the community survey, select members for the community task force interviews, and prepare the Implementation Plan, and healthcare provider and services inventory.

Step 2: Collect community feedback. The second phase of the project consisted of quantitative and qualitative feedback that were used to gather information on the community's local healthcare needs, summary of available care and preventive services, social and behavioral community risks, and healthcare needs not currently present in the immediate area. The information for this phase was compiled through (1) interviews with community representatives who possessed appropriate knowledge regarding the area's health situation and (2) a survey of Lowndes County citizens.

Step 3: Gather community measures for health status, demographics, economics, etc. The third phase of this project entailed gathering secondary data from various agencies and organizations to produce a comparison of Lowndes County's demographic, socioeconomic, and

environmental status vis-à-vis state and national benchmarks. These indicators are useful for identifying areas of concern or attention for the Community Health Action Plan.

Step 4: Assemble an inventory of healthcare services in the community. In cooperation with SGMC Health officials, an inventory of healthcare facilities, services, and programs were produced to better promote these assets to the broader community.

Step 5: Identify primary health issues in Lowndes County. The team next prioritized the most pressing health issues gleaned from the interviews, surveys, and indicator assessment. Identifying the top priorities makes for a more manageable action plan.

Step 6: Create an Implementation Plan. After reviewing the key health issues to be addressed, the CHNA team next sought to identify specific actions to address these areas of needs while remaining mindful of the available resources. Timelines, goals, objectives, and assessment benchmarks were also developed in this step.

Step 7: Publicize CHNA to the community. The final phase in this project was to publicize the entire plan to the local community. This includes all components of this CHNA, including the community overview, prioritized healthcare needs, Health Action Plan, and implementation strategy.



Photo courtesy of SGMC Health

Organizational Profile

SGMC Health is the most comprehensive medical system in South Georgia. Supported by a workforce of nearly 3,000 employees who care for 400,000 patients annually across 15 counties, SGMC Health operates 4 hospitals, ambulance services, 28 medical office locations, a cancer center, a hospice facility, a retirement center, a skilled nursing facility, an imaging center, and urgent care centers.

The award-winning facility has been part of the Valdosta, Georgia community since 1965. Valdosta facilities include the medical system's main campus (2501 N. Patterson) and its Smith Northview location (4280 N. Valdosta Road).

The main campus facility is home to 418 licensed beds, 600 providers, and nearly 3,000 total employees¹ who serve the residents of Lowndes County and the surrounding areas. The hospital provides general medical care for inpatient, outpatient, and Emergency Department services. The main campus' services and specialties include:

- Anesthesiology
- Behavioral healthcare
- Cancer care
- Cardiology
- Cardiac Electrophysiology
- Cardiac Rehabilitation
- Cardiothoracic surgery
- Emergency medicine
- Gastroenterology
- General Surgery
- Imaging services such as diagnostic radiology, MRI, and mammography
- Infectious Disease
- Interventional Physiatry
- Laboratory services
- Metabolic & Bariatric Surgery
- Obstetrics
- Orthopedics
- Neurosurgery
- Pain Management
- Pediatrics
- Plastic Surgery
- Pulmonary Rehabilitation
- Vascular Surgery
- Wound Care, Hyperbarics, & Burn Center

¹ <https://www.sgmc.org/about-sgmchealth/>

The Smith Northview campus is home to 45 acute care beds and 12 emergency room beds. The hospital provides general medical care for inpatient, outpatient, and Emergency Department services. The Smith Northview campus' services and specialties include:

- Imaging services
- Gastroenterology
- Laboratory services
- Neurology
- Outpatient Surgery
- Sleep Center
- Urgent Care

Community Profile & Health Rankings

Founded in 1821,² Lowndes County is located in South Georgia and is north of the Florida border. Lowndes County is bordered by Brooks, Cook, Berrien, Lanier, and Echols Counties. Valdosta, the home of SGMC Health's main campus and county seat, was originally called Troupville and was founded in 1837.³ Valdosta was established as the county seat in 1860. Other Lowndes County cities include Hahira, Lake Park, Dasher, and Remerton.

Lowndes County Map⁴



According to 2024 Census estimates, Lowndes County has a population of 122,082 residents.⁵ The population has increased approximately 3.2% from the 2020 Census, when the population was 118,253 people.⁶ Lowndes County's racial composition includes White residents (56.5%), Black or African American (38.1%), Hispanic or Latin-Americans (7.3%), Asian Americans (2.0%), American Indian or Native American (0.5%), and others. Meanwhile, approximately 13.6% of the county's population is 65 years old and over. Economically, Lowndes County generally falls below the state average when it comes to various indicators such as per capita income (\$29,757), median household income (\$55,887), education level (27.1% with bachelor's degree or higher). Conversely, the county surpasses state averages when it comes to the poverty rate (19.5%), and the percentage of the population without insurance (14.3%).⁷

² <https://qpublic.net/ga/lowndes/>

³ <https://www.valdostacity.com/history>

⁴ https://d-maps.com/carte.php?num_car=85442&lang=en#google_vignette

⁵ <https://www.census.gov/quickfacts/fact/table/lowndescountygeorgia/PST045224>

⁶ Ibid.

⁷ Ibid.

Lowndes County Community Profile (2024)

Profile	Lowndes County	Georgia
Population		
• Population	122,082	11,180,878
• Percent change (2020-2024)	3.2%	4.4%
Age and Sex		
• Persons under 5 years	6.7%	5.8%
• Persons under 18 years	24.6%	23.0%
• Persons 65 years and over	13.6%	15.4%
• Females	51.6%	51.3%
Race and Hispanic Origin		
• White	56.5%	58.7%
• Black or African American	38.1%	33.2%
• Hispanic or Latino	7.3%	11.1%
Housing		
• Housing Units	8,095	4,539,156
• Homeownership	68.7%	64.5%
• Median Housing Value	\$103,700	\$206,700
Families & Living Arrangements		
• Households	53,566	4,668,859
• Persons per household	2.55	2.64
Education		
• High school graduate or higher	89.0%	89.8%
• Bachelor's degree or higher	27.1%	34.2%
Health		
• Persons with a disability (under age 65)	9.3%	9.2%
• Persons without health insurance (under age 65)	14.3%	13.3%
Economy		
• Labor force participation age 16 years and over	57.5%	63.0%
Income & Poverty		
• Median household income	\$55,887	\$74,664
• Per capita income	\$39,757	\$39,525

Source: U.S. Census Bureau Quick Facts (2024)⁸

⁸ <https://www.census.gov/quickfacts/fact/table/GA,lowndescountygeorgia/PST045224>

Community Indicators

A variety of benchmarks and comparisons can further illustrate the status of a community's overall health, healthcare, and general standing. This section is informed by data from the State of Georgia's OASIS dashboard, the Community Health Rankings Annual Report, and the U.S. Census Bureau.

Overall, Lowndes County generally ranks in the top third of Georgia's counties for most of the metrics reported below. More specifically, the county ranks 63rd and 56th in Health Outcomes and Health Factors, respectively.⁹ Health Outcomes are derived from Quality of Life and Length of Life indicators, whereas Health Factors scores are based on Health Behaviors, Clinical Care, Social & Economic Factors, and Physical Environment. The rankings for each indicator are included in the table below. Note: The Community Health Rankings Annual Report data was obtained from the 2023 report, as this was the most recent report to include these rankings.

Lowndes County Health Rankings Within Georgia

Indicator	Lowndes County Rank
Health Outcomes	63
Health Factors	56
Clinical Care	55
Health Behaviors	56
Length of Life	62
Physical Environment	59
Quality of Life	65
Social & Economic Factors	64

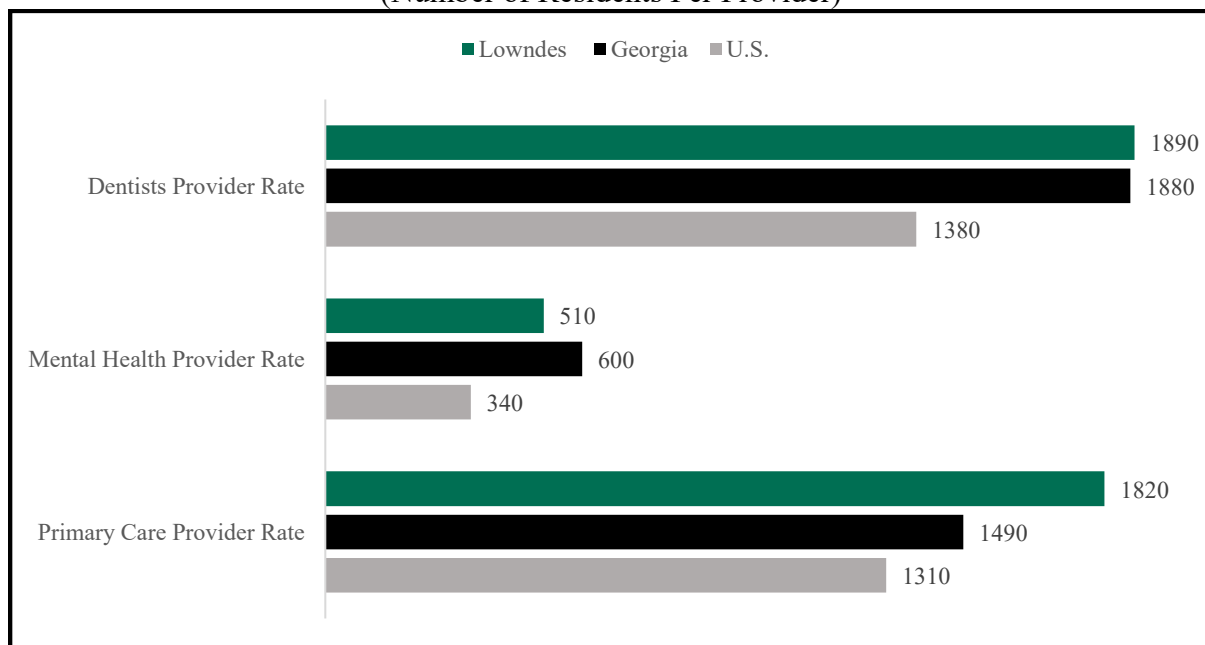
Source: Community Health Rankings Annual Report (2023)¹⁰

⁹ <https://www.countyhealthrankings.org/health-data/georgia/lowndes?year=2023>

¹⁰ <https://www.countyhealthrankings.org/health-data/georgia/data-and-resources>

Community Health Rankings (2023) data indicate that the number of medical care providers per capita in Lowndes County is generally in line with state averages while both county and state averages are behind national numbers. Specifically, clinical care access in Lowndes County is similar to the state average for Dentists Provider rate while the county outperforms the state average for Mental Health Provider rate. By contrast, the number of primary care providers in the county is slightly behind the state average. Emergency Department service usage also reflects the availability of healthcare providers. In Lowndes County, the Emergency Department usage is particularly high and even outpaces the state average.¹¹

Lowndes County: Clinical Care Healthcare Providers Per Capita (Number of Residents Per Provider)

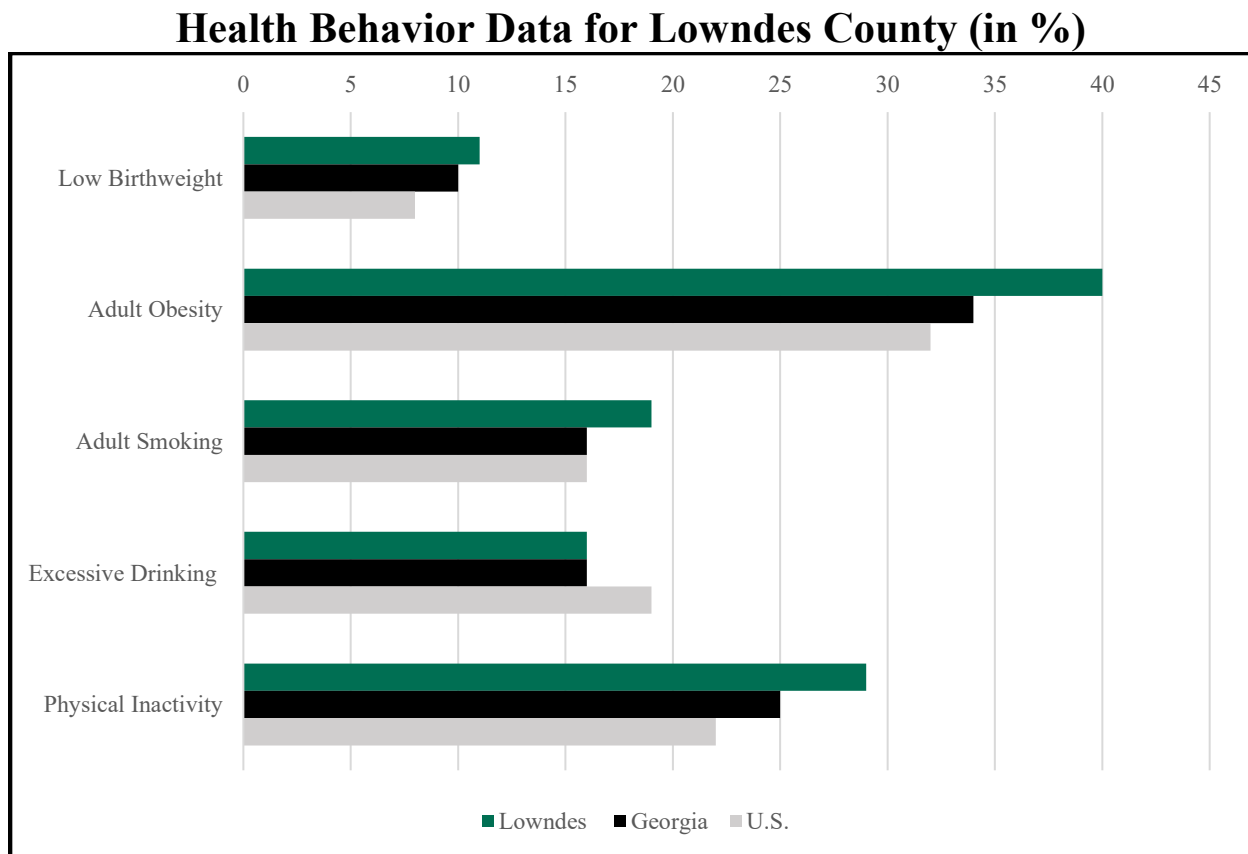


Source: Community Health Rankings Annual Report (2023)¹²

¹¹ <https://oasis.state.ga.us/oasis/webquery/qryER.aspx>

¹² <https://www.countyhealthrankings.org/health-data/georgia/lowndes?year=2023>

Health Behavior data from the Community Health Rankings Annual Report (2023) shows that Lowndes County residents have a higher preponderance of health challenges than when compared with some state and national metrics. In 2023, 11% of Lowndes County births were reportedly low birthweights, which is slightly more than state (10%) and national (8%) averages. Obesity, smoking, and physical inactivity rates in the county are higher than the state and national averages as well. Excessive drinking, however, is less of a problem locally than compared to the national average.

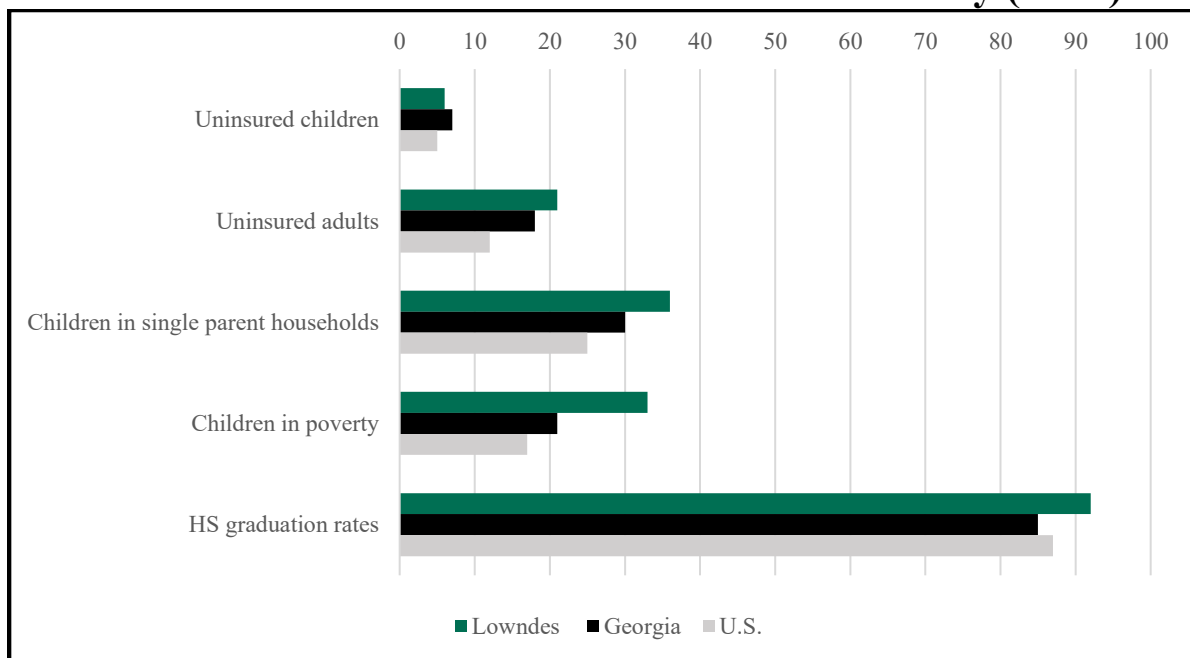


Source: Community Health Rankings Annual Report (2023)¹³

¹³ <https://www.countyhealthrankings.org/health-data/georgia/lowndes?year=2023>

Social and economic indicators provide important insights into a county's overall well-being and can also offer contextual information that can contribute to a community's health behaviors. For Lowndes, the county fares well with respect to high school graduation rates (over 90%, which surpasses state and national averages). In contrast, though, the county's metrics for uninsured adults and children, children in poverty, and children in single parent households reveal some concerning trends. On average, there are more uninsured persons in the county than in Georgia or in the U.S. Similarly, the same is true for the percentage of children in poverty and for those in single parent households. These metrics offer important insights to local healthcare providers as uninsured populations have been shown to rely more on emergent care,¹⁴ which can adversely affect these facilities' effectiveness and efficiency in treating truly emergency situations.

Social & Economic Indicators in Lowndes County (in %)



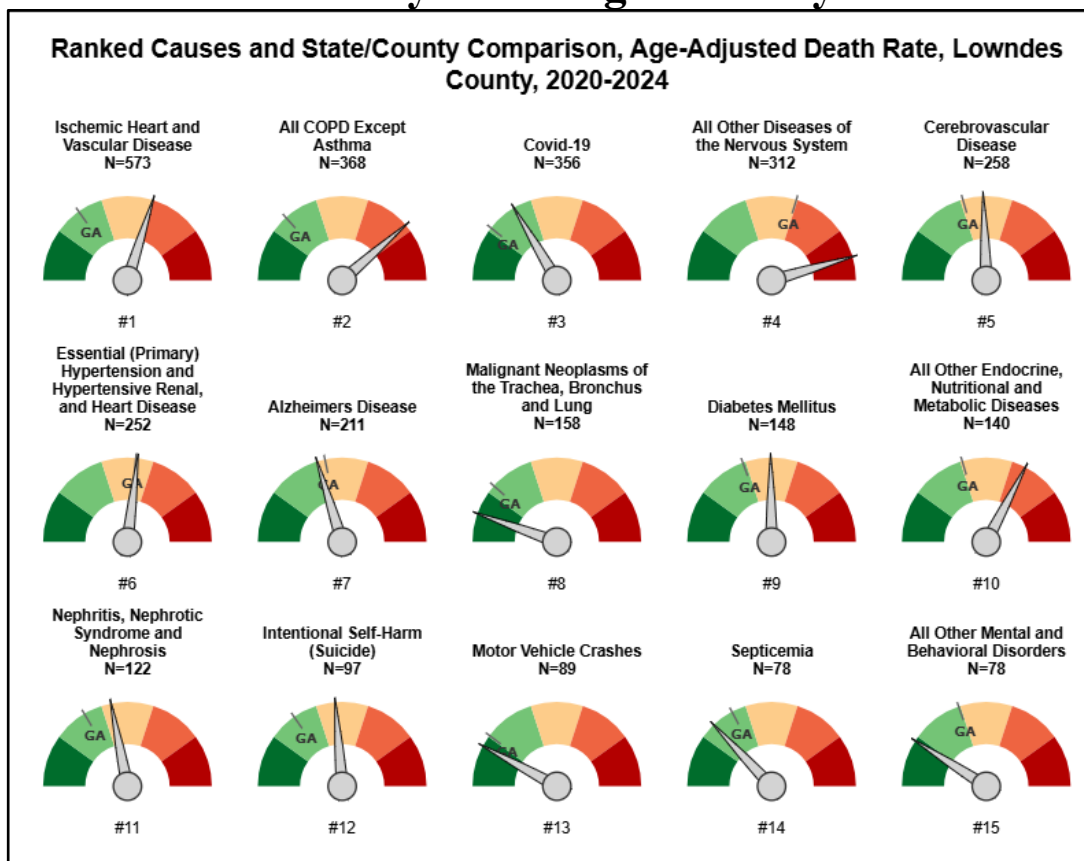
Source: *Community Health Rankings Annual Report (2023)*¹⁵

¹⁴ <https://www.census.gov/library/stories/2022/01/who-makes-more-preventable-visits-to-emergency-rooms.html>

¹⁵ Ibid.

Community indicators can also provide much information about an area’s leading health challenges. The findings in this section report data from various sources to summarize the primary causes of death and cancer-related statistics for the county.

Lowndes County: Leading Mortality Factors¹⁶



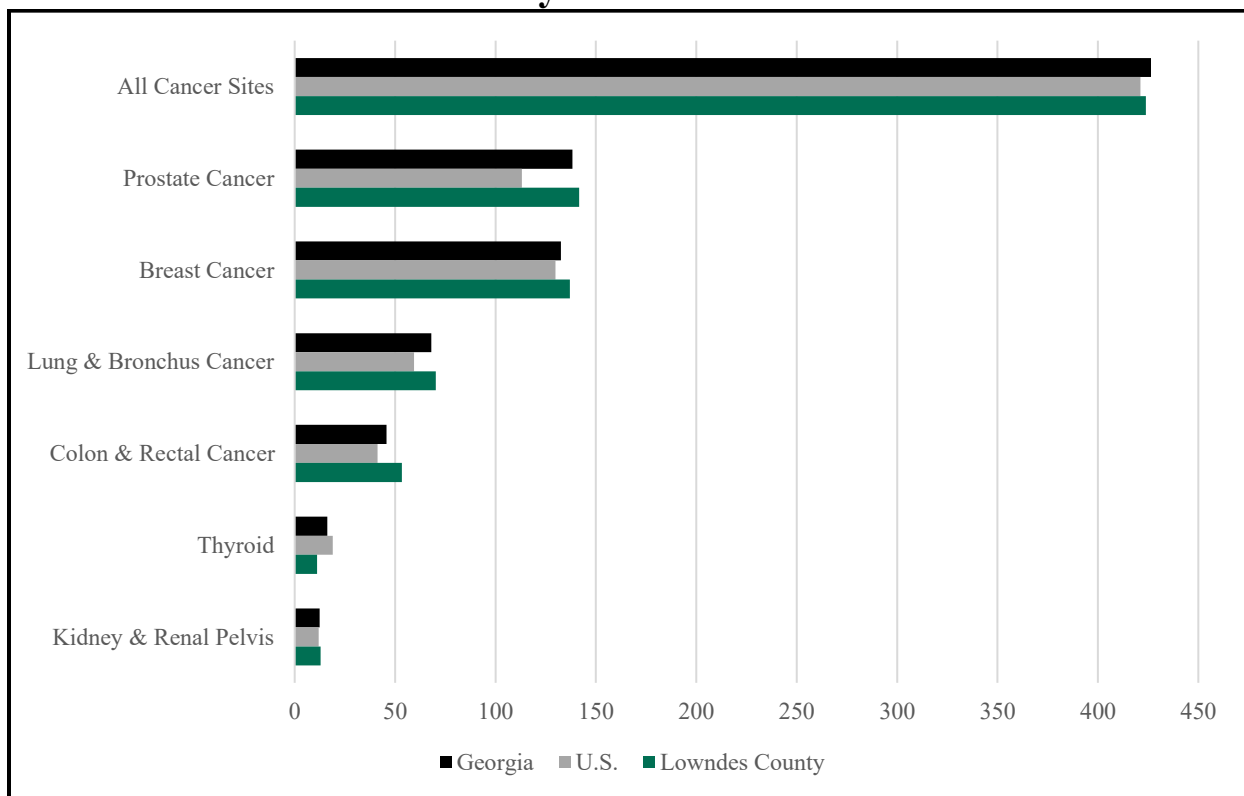
Source: OASIS Trending Tool

The Georgia Department of Public Health’s OASIS tool provides aggregated data on various health and healthcare indicators for the state. The dashboard included below reports the leading mortality causes in Lowndes County between 2020-2024. Heart and vascular disease, COPD, COVID-19, cerebrovascular disease, hypertension, and Alzheimer’s disease were the leading causes of death in the county over the past five years. Lowndes County mortality rates surpassed state averages apart from hypertension and Alzheimer’s cases. A full listing of the top 15 mortality factors is included in the dashboard below.

¹⁶ <https://oasis.state.ga.us/CHNADashboard/>

Various forms of cancer are a leading cause of death throughout the United States, and the graph below presents Lowndes County's cancer profile. The statistics reported were gathered from the National Cancer Institute's (NCI) State Cancer Profile and reflect incidence rates from 2017-2021. The figures provided here reflect the age-adjusted rates per 100,000 residents. The NCI labels Lowndes County cancer rates as stable in all the categories reported below, except for lung and bronchus cancer rates, which they deem as falling. Lowndes County incidence rates are consistent with state averages, though slightly higher than national averages in all categories except kidney and thyroid cancers.

Lowndes County Cancer Disease Profile¹⁷



Source: National Cancer Institute

¹⁷ National Cancer Institute, State Cancer Profiles: <https://statecancerprofiles.cancer.gov/index.html>

Focus Group Discussions

A focus group session was held on August 6, 2025, via Zoom with several leaders from the community. These knowledgeable stakeholders represent various aspects of Valdosta and Lowndes County and include: Kristin Hanna (President and CEO, Boys and Girls Club of Valdosta), Christie Moore (President, Valdosta-Lowndes Chamber of Commerce), Dr. Dee Ott (Nurse Practitioner and Associate Professor of Nursing at Valdosta State University), Michael Smith (President and CEO, Greater Valdosta United Way), and Sandra Wilcher (Superintendent, Lowndes County Schools).

The discussions focused on gathering feedback on:

- Social and behavioral factors negatively impact health in the community
- Identifying those services that SGMC Health does well and what growth opportunities are available
- The primary health concerns for community members
- The main obstacles to those seeking medical care in the area
- What healthcare services would most help area residents
- How often do community members generally travel outside the area to seek medical treatment (and for what services)
- What healthcare services or facilities, that are currently absent, would residents like to have available to them?

What primary social and behavioral factors have a negative impact on this community's overall health?

The primary social and behavioral factors mentioned include Lowndes County poverty levels, which lead to lower levels of trust in healthcare, lower education levels when it comes to nutrition and healthy lifestyle practices, and limited access to healthcare coverage. Regarding education, one of the participants noted that many individuals are unaware of the resources available in the area, particularly when it comes to payment assistance and prescription drug discounts. Several residents also reported transportation issues as a reason they may not be able to take advantage of preventative healthcare or, in other cases, where limited transportation means could require individuals to choose between using a family vehicle for work or to get healthcare. Consequently, this could place greater pressure on emergency care as individuals do not regularly seek out or utilize preventative care. Furthermore, residents in the area may experience job insecurity such that they feel as though they cannot sacrifice work to get medical care or may not have the financial means to pursue specialist care (examples given mentioned vision, dental, pediatric neurology, etc.). Individuals with precarious employment situations may also have limited or no health insurance which contributes to the health and healthcare issues raised earlier. Poverty among the aged population was also emphasized given that this demographic in the area has suffered from rising or unaffordable drug prices and food insecurity.

Personal or lifestyle choices were shared as factors that lead to community health challenges. Lowndes residents from lower economic backgrounds may rely on cheaper or less nutritious foods that can contribute to health challenges. Personal or lifestyle choices also manifest themselves through limited physical activity.

Local schools have become involved with providing healthcare services for students in the area. However, this is not a perfect solution due to schools depending upon grant funding for many of these services as well as the limited number of healthcare professionals on staff in the school systems (this is particularly true with respect to mental health providers or therapists).

Transportation was mentioned in a different vein. Given the population dispersion in Lowndes County (of Lowndes County's 118,251 residents, 53% live outside Valdosta)¹⁸, many individuals reside in rural areas, which presents challenges with healthy lifestyles and attending preventative healthcare appointments. It was shared that Valdosta On-Demand ride sharing has helped but is not sufficient for a population the size of Lowndes'.

While SGMC Health is viewed as the leading healthcare facility in South Georgia by many in the area, surrounding counties also depend on this. Focus group participants mentioned Echols and Lanier County residents who may rely on the institution's Emergency Department for healthcare needs due to provider shortages in their respective counties.

What is this facility known for doing well?

Focus group participants identified several notable attributes of the SGMC Health facility. In particular, they lauded these units or services:

- Labor and Delivery
- Critical Medical Care
- Cardiology Center
- Cancer Center
- Urgent Care

The group also noted that the facility has improved dramatically through investment and expansion over the past 5-10 years. As a result, it is widely viewed by many as the healthcare hub or leader for South Georgia medical care.

While the institution has improved dramatically, the group also shared that room for improvement remains. It was mentioned that the number of specialists for certain areas is limited. The examples given were pediatric neurology, neurology, and gastrointestinal providers. It was also shared that Emergency Department wait times can be an issue for some patients and, in some cases, some individuals needing urgent medical care to travel to neighboring counties for immediate care.

¹⁸ https://data.census.gov/profile/Lowndes_County,_Georgia?g=050XX00US13185

What are the primary health concerns for community members?

Numerous challenges pertaining to children or young adults were shared. One participant mentioned the alarming rise in teenage suicide rates in the area and another participant echoed these problems by citing the rise in self-harm incidents (i.e., cutting). Many young people often have poor eating habits and exercise less frequently than state or national averages.

Poverty was mentioned in response to this question. In some cases, the challenges stemming from poverty were tied to homes with mold infestations which cause numerous health problems and are expensive to remediate. For those without adequate insurance or reliable transportation, they may not be able to secure preventative care for issues requiring healthcare specialists (e.g., eye care, dental coverage, regular health check-ups, neurological issues, etc.). For those with more ample means, they can seek care outside of the area in places such as Jacksonville, Atlanta, Tallahassee, but for many Lowndes residents this is not an option.

Local schools have become more involved with providing some basic healthcare services in the area (e.g., mobile dental clinics, vouchers for eyecare, basic healthcare support via school nurses) but in multiple instances these services are grant-dependent (which complicates sustainability) and are more predisposed to identifying healthcare problems than to providing sufficient care. As a result, children in need of various healthcare services may be at particular risk.

What is the primary obstacle to those seeking medical care who may not be able to receive it?

Factors stemming from poverty were frequently mentioned. Examples of this include limited reliable transportation, lack of awareness of what community healthcare services are offered at free or discounted rates (or with payment assistance or where discount prescription drugs are available), job insecurity (which could force individuals to choose between getting timely or preventive care or waiting for an ailment to improve), lack of health insurance, or the lack of sufficient means to obtain care needed (with or without health insurance).

Others noted issues such as limited education and language barriers. Language barriers can complicate effective care while limited education can lead to distrust of healthcare treatment or providers or lead to lack of understanding of what is needed to maintain a healthy lifestyle or to have a nutritious diet.

What are some services or facilities that would most help local residents?

The most common refrain shared was the need for additional providers and services. Specific examples given were for additional neurological providers (pediatric and general), additional EMS staff to avoid level zero ambulance instances, mobile healthcare clinics to alleviate the strain on other facilities. It was suggested that this could take the form of an immunization drive at local community centers or in neighboring counties.

Additional support for homeless populations could help many in the community, especially to provide them with means to get care without relying on local Emergency Departments for care that could have been delivered through other means.

In the past 12 months, how often does the average member of the community seek medical care outside of the county?

The consensus of the group with respect to this question was that it largely depends on the individual and the need. Individuals with greater financial means may seek emergency care in neighboring counties with shorter wait-times or they may seek out healthcare specialists in larger cities (Shands Hospital in Gainesville, Mayo Clinic or Nemours Children's Health in Jacksonville) in the area to avoid extended appointment times. However, these are not viable options for many Lowndes County residents.

Pediatric and general neurological care was mentioned as a reason why individuals may seek care outside of SGMC Health. During the focus group session, one of the participants noted that for concussion diagnoses and treatments, many youths seek care through a facility in Tallahassee. With additional providers, patients with this need could stay closer to home for care. It was also shared that physical therapy and neurological physical therapy were areas of need with gaps in available coverage.

Are there any other ideas or suggestions you would like to pass along for this report?

Multiple focus group participants mentioned the shortages with medical providers in the area. One noted that if SGMC Health improved its standing with nurse practitioners, it could bring on more of these professionals which could help stem the issues with paucity of care providers. Another participant concurred with this view as they noted that greater collaboration with providers and various groups in the area could expand coverage to those in the area. One possible solution mentioned was to embrace mobile clinics to help with primary care, mental health, and social work.

The elderly, disabled, and impoverished populations warrant further support. One focus group participant noted that Oxygen access and the availability of CPAP machines remain an unmet need in the community. Similarly, handicap accessible facilities or homes are not universal and additional support for individuals would benefit many. Services to support or provide care for homeless individuals would help as well given that hydration can be a major issue for this demographic.

Transportation was again mentioned by the focus group but was expanded from the earlier discussion. While reliable transportation remains a need for community members, multiple participants shared that ambulatory or EMS personnel are short-staffed and there were multiple references to calls made for an ambulance where callers were informed that no ambulance available (level zero ambulance).

SGMC Health was praised for having a robust marketing team and with the help of this unit, the organization could help advertise community resources, local care facilities, etc. that could improve residents' knowledge of available services and could help more individuals benefit from regular preventative care. A resource guide was shared by one of the participants and can be shared with SGMC Health officials if requested.



Photo courtesy of SGMC Health

Community Survey Results

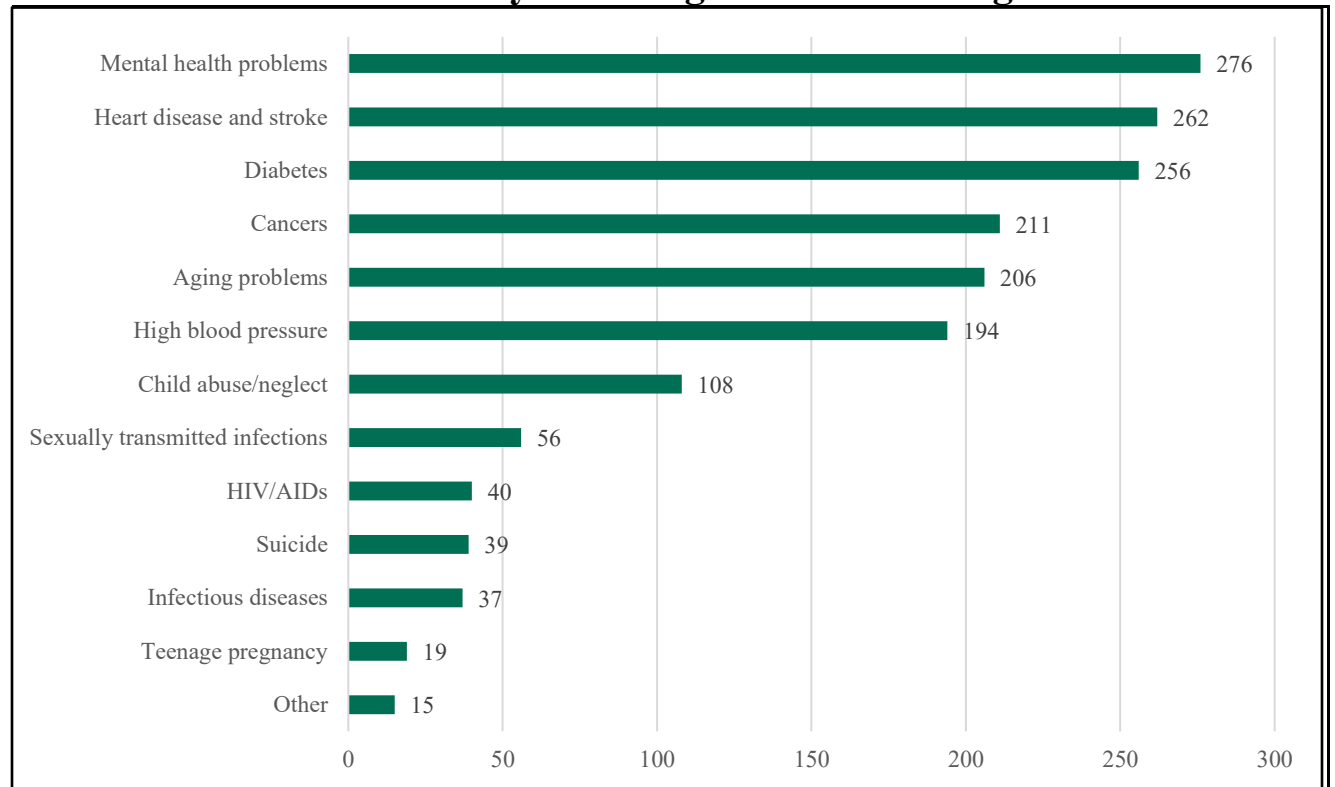
A community survey was conducted from June to August 2025. The survey was promoted by the hospital and disseminated through social media and posted flyers. In total, 724 community surveys were completed and submitted.

The demographic breakdown of survey respondents is presented below. The data in the following table indicate that women were more likely to complete the survey than men. Beyond this category, more college-educated, married, and White individuals completed this survey than other groups.

Gender				
Females			Males	
78.4%			21%	
Marital Status				
Married	Divorced	Never Married	Other	
53.6%	13%	22.9%	10.39%	
Age				
18-29 Yrs	30-39 Yrs	40-49 Yrs	50-59 Yrs	60+
15.7%	25.6%	19.2%	17.4%	22.1%
Household Income				
<\$30,000	\$30,001-\$50,000	\$50,001-\$70,000	\$70,001-\$90,000	>\$90,000
17.7%	21.8%	16.5%	16.3%	27.7
Education Attainment Level				
Some HS	HS Diploma	Some College	College Degree	Advanced Degree
4.03%	14.1%	25.1%	38.4%	18.3%
Race				
White	Black		Other	
68.4%	25.4%		6.21%	

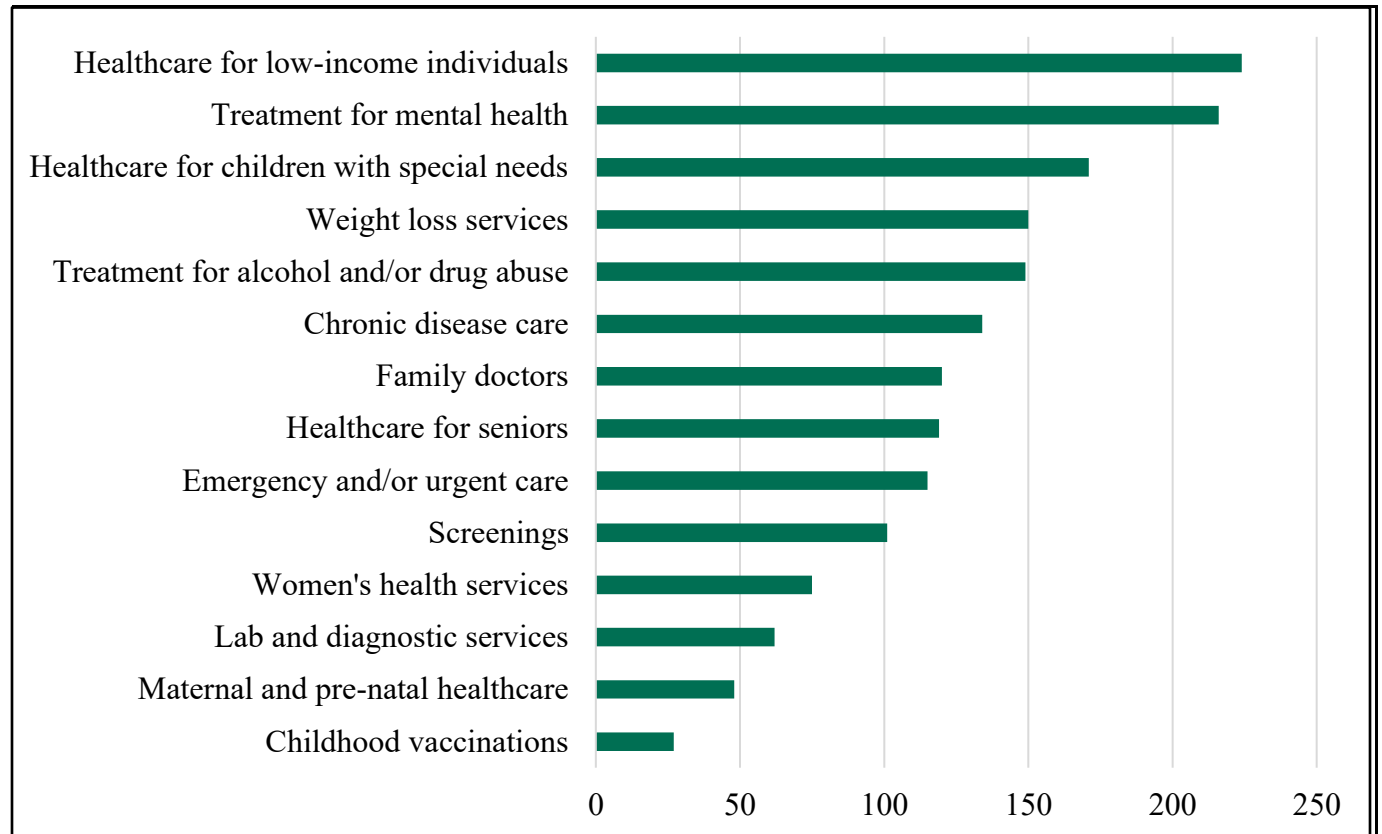
The first portion of the survey asked respondents to share their thoughts on the leading health challenges. The figure below presents the responses to this question. The top concerns mentioned by survey respondents were mental health problems, diabetes, heart disease and stroke, cancers, aging problems, and high blood pressure.

Lowndes County: Leading Health Challenges



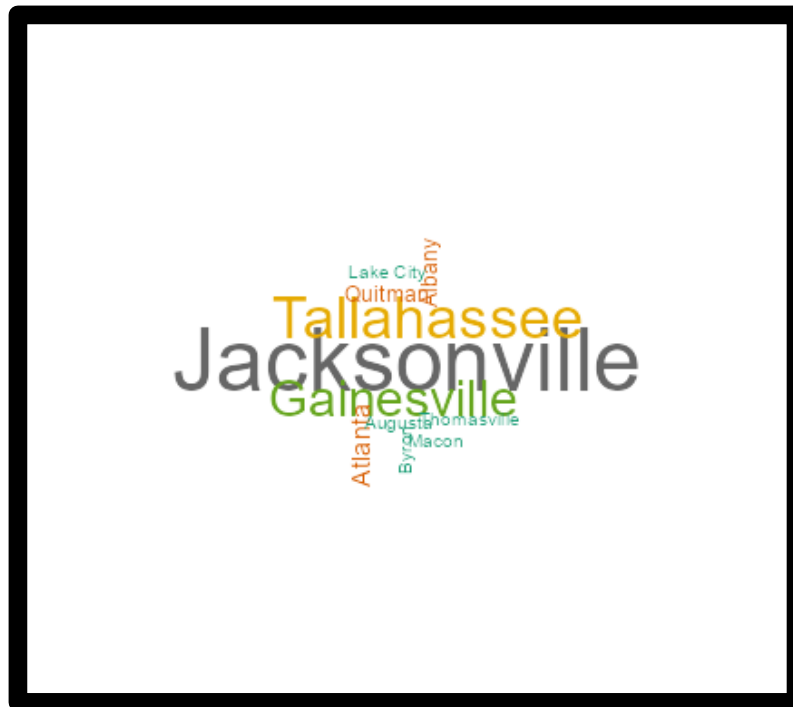
Lowndes residents were also asked which healthcare services were difficult to attain (and were not readily available). The responses shown below are healthcare for low-income individuals, mental health services, healthcare for children with special needs, weight loss services, treatment for alcohol and/or drug abuse, chronic disease, and healthcare for the elderly.

Difficult to Access Healthcare Services



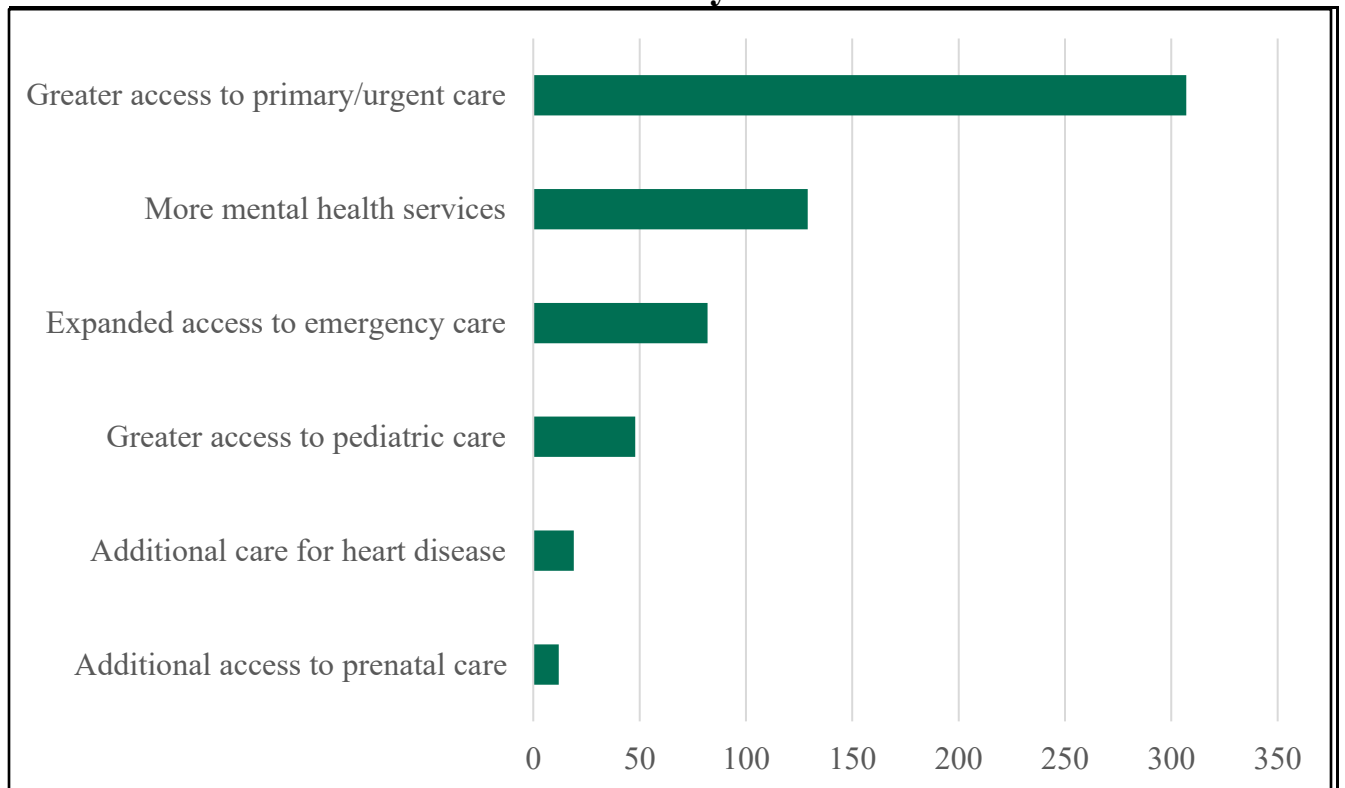
Respondents were asked to provide information about traveling outside of Lowndes County for various treatments. They were given a set of options from the surrounding areas along with an option to provide open-ended responses that listed what other cities they traveled to get medical care. The word cloud below presents the findings from the open-ended responses. Cities in larger fonts represent those responses that garnered the most responses. Thus, Jacksonville, Gainesville (Florida), and Tallahassee were the most visited out-of-area destinations for healthcare treatment.

Word Cloud Depiction of Most Common Destinations for Healthcare Treatment



Respondents were next asked which services would most help Lowndes County residents. Many of the responses speak to the reported concerns or health challenges in the community (e.g., obesity, limited access to specialists, after-hours care, etc.). The graph below shows that greater access to primary/urgent care, additional mental health services, expanded emergency care, more care for heart disease, and greater prenatal care for pregnant women were the services that could have the greatest impact on the community.

Which Healthcare Service Would Have Greatest Impact on Community?



Implementation Plan

In response to these findings, SGMC Health's team has prepared an Implementation Plan that lists ongoing efforts to address community needs. The plan presents multiple initiatives that are ongoing, or soon to be launched, and provides an assessment of these programs' impact. The rest of this section provides a discussion of each initiative's description, objectives, ongoing programs/services, and progress.

Need for enhanced access to behavioral health services, including mental health screenings and treatment, to address the high prevalence of mental health issues and the community's difficulty accessing care.

Description:

Mental health issues are prevalent in Lowndes County, yet access to screenings, treatment, and ongoing care remains limited—especially for underserved populations. Barriers include stigma, provider shortages, and lack of integrated care.

Objectives:

- Continue mental health screening in primary care settings.
- Increase partnerships with behavioral health providers.
- Promote awareness and reduce stigma around mental health.
- Improve access to outpatient and inpatient psychiatric services.
- Support crisis intervention and suicide prevention efforts.

Ongoing Programs/Services:

- SGMC Psychiatry offers outpatient care and oversees inpatient psychiatric services across SGMC Health facilities.
- SGMC Dogwood Senior Behavioral Health provides inpatient treatment for geriatric psychiatric patients at SGMC Health Berrien.
- Primary Care Mental Health Screenings: SGMC Health's primary care providers routinely screen patients for mental health conditions and refer them to appropriate behavioral health services.
- Community Education Initiatives: Includes Mental Health First Aid training and public awareness campaigns to reduce stigma and promote early intervention.

Progress:

- In 2025, SGMC Health opened SGMC Psychiatry, expanding access to high-quality mental health services across South Georgia. SGMC Psychiatry offers comprehensive psychiatric services with no age restrictions, serving both children and adults throughout patient care as well as providing oversight of inpatient psychiatric services at SGMC Health facilities.
- SGMC Health is building a new Emergency and Trauma Center that will feature a dedicated behavioral health unit; projected to be completed by October 2026.
- SGMC Health also partners with local non-profits like Greater Valdosta United Way and United2Prevent to support suicide awareness and destigmatizing mental illness.

Need for improved access to primary care for uninsured and underinsured individuals, especially low-income families, to reduce barriers to care and prevent reliance on emergency services for treatable conditions.

Description:

Many residents, especially low-income families, face barriers to accessing routine care, leading to overuse of emergency services for preventable conditions.

Objectives:

- Continue to identify appropriate opportunities for nurse practitioners and physician's assistants to extend primary care access options within the community.
- Continue to facilitate recruitment efforts to attract new primary care physicians to the service area, particularly physicians willing to accept Medicaid patients.
- SGMC Health will continue to provide funding for the provision of free and low-cost primary care services through the Partnership Health Center.
- Strengthen partnerships with community clinics and outreach programs.
- Decrease use of emergency services for non-emergent needs.

Ongoing Programs/Services:

- SGMC Health's Financial Assistance Program
- Residency programs in Internal Medicine, Transitional Year, and Family Medicine
- Physician recruitment and retention
- SGMC Health provides more than \$1.3 million in funds to the Partnership Health Center, for the provision of primary care services to uninsured individuals between the ages of 18 and 64.

Progress:

- SGMC Health has expanded its primary care network to 14 locations with 26 providers and 9 physician extenders.
- In 2021, SGMC Health opened SGMC Internal Medicine, a continuity clinic that now has 26 Internal Medicine resident physicians. Each year, another class will join to train for 3 years with the health system.
- In 2026, SGMC Health will launch a Family Medicine residency and open another continuity clinic for those resident physicians. It will improve access to critical services such as OB/GYN and pediatric care.
- Plan to partner with the Department of Public Health and the local migrant clinic to provide additional support to populations that are uninsured through the residency continuity clinics.
- Launch of ClearBalance payment system and CareCredit credit card to assist patients in paying off medical bills.

Need for expanded chronic disease prevention and management programs, particularly for diabetes, heart disease, high blood pressure, and cancer, through education, screenings, and lifestyle interventions.

Description:

Chronic diseases such as diabetes, heart disease, high blood pressure, and cancer are among the leading causes of morbidity in Lowndes County. Prevention and effective management through education, screenings, and lifestyle interventions are essential to improving health outcomes and reducing healthcare costs.

Objectives:

- Increase community-based screenings and education.
- Promote lifestyle interventions
- Enhance disease management through care coordination.
- Expand outreach and engagement through digital platforms and media.
- Strengthen access to specialty care in key areas such as cardiology, endocrinology, and oncology.

Ongoing Programs/Services:

- Inpatient Diabetes Educators
- Outpatient Case Management for Congestive Heart Failure
- Patient/family support groups
- Targeted marketing campaigns to identify and engage patients with care gaps in critical cancer screenings.
- Annual community outreach events promoting men's health and women's health

Progress:

- Certified Diabetes Educators host educational classes across Lowndes, Berrien, and Lanier counties to promote diabetes awareness and self-management in addition to their inpatient role.
- SGMC Health launched an outpatient case management program specifically designed to support patients discharged with Congestive Heart Failure, aiming to reduce hospital readmissions by providing personalized follow-up care and coordination.
- Support groups for stroke and cancer patients offer peer connection, education, and emotional support throughout the recovery journey.
- The “What Brings You in Today?” podcast features SGMC Health physicians and healthcare professionals discussing topics such as heart health, cancer, nutrition, and chronic disease management.

- The SGMC Health Foundation hosts annual fundraisers promoting women's health in September and men's health in March, aligning with Breast Cancer Awareness Month and Colorectal Cancer Awareness Month.
- SGMC Health actively promotes cancer screenings, including mammograms, Low-Dose Lung CTs, and colonoscopies, to encourage early detection and treatment.
- In 2025, SGMC Health launched targeted marketing campaigns through Epic's MyChart to identify and engage patients with care gaps in critical screenings.
- SGMC Health continues to expand its physician network to meet growing demand for specialists in cardiology, endocrinology, and oncology.

Need for increased availability of substance abuse treatment services, including support for illegal drug and alcohol addiction, to address community concerns and improve access to care.

Description:

Substance abuse involving illegal drugs and alcohol continues to be a growing concern in Lowndes County. Access to treatment and recovery support remains limited, especially for individuals in crisis or those needing long-term care. Addressing this need requires a coordinated approach across emergency care, education, and community partnerships.

Objectives:

- Expand access to detox and rehabilitation services.
- Partner with local agencies for integrated care and recovery support.
- Promote prevention and education in the community.
- Support peer recovery networks and community-based outreach.

Ongoing Programs/Services:

- SGMC Health's Emergency Department follows established protocols for substance abuse referrals to appropriate treatment providers.
- SGMC Health Berrien offers a Medical Stabilization Program to support patients in acute phases of substance withdrawal.
- SGMC Health collaborates with behavioral health and addiction recovery centers to ensure continuity of care.
- SGMC Health Trauma and EMS teams provide Narcan (naloxone) training to first responders and interested community groups to prevent opioid overdose deaths.
- Community education focused on drug and alcohol abuse prevention, including opioid misuse and overdose awareness.

Progress:

- SGMC Health Trauma and EMS continue to host first responder and group trainings on overdose signs and treatment.
- SGMC Health's Emergency Department has established protocols to refer patients experiencing substance-related crises to local rehabilitation centers, ensuring timely access to detox and recovery services.
- SGMC Health Berrien collaborates with recovery agencies to support patients in acute withdrawal phases, providing medical stabilization before transitioning to long-term treatment programs.
- SGMC Health works closely with behavioral health and addiction recovery centers to ensure patients discharged from emergency or stabilization services are connected with ongoing outpatient care and support.

Need for community-wide health promotion initiatives, focusing on obesity, physical inactivity, and aging-related health issues, to encourage healthier lifestyles and reduce preventable conditions

Description:

Obesity, physical inactivity, and aging-related health issues contribute significantly to preventable conditions in Lowndes County. Community engagement and education are essential to promoting healthier lifestyles and improving long-term health outcomes.

Objectives:

- Promote physical activity and nutrition education across all age groups.
- Support aging populations with targeted wellness programs.
- Engage schools, workplaces, and faith-based groups in health promotion efforts.
- Continue supporting existing initiatives that promote healthy nutrition, lifestyle, exercise, and smoking cessation.
- Enhance communication channels and social support networks to encourage healthy choices.

Ongoing Programs/Services:

- SGMC Health offers a variety of programs and activities focused on promoting healthy nutrition, lifestyle, and exercise to reduce the prevalence of chronic conditions such as cancer, diabetes, hypertension, heart disease, and obesity.
- SGMC Health collaborates with local community partners to support initiatives that encourage healthy living.
- SGMC Health provides speakers for civic organizations, clubs, and community groups to educate on healthy lifestyle topics.
- SGMC Health promotes and sponsors community events throughout the year, including walks and runs.
- SGMC Health hosts Walk with a Doc events annually in partnership with its residency programs to encourage physical activity and healthy habits.

Progress:

- SGMC Health added a full-time Obesity Medicine physician in 2025 and launched a Bariatric Surgery program to support patients with obesity-related health concerns.
- The “What Brings You in Today?” podcast features discussions on obesity, aging, physical activity, and nutrition, helping to educate and engage the community.
- Targeted marketing campaigns through Epic’s MyChart began in 2025 to identify and engage patients with care gaps in preventive screenings and wellness services.

Appendix Materials

Appendix A: Focus Group Participants

Name	Title
Kristin Hanna	President and CEO, Boys and Girls Club of Valdosta
Christie Moore	President, Valdosta-Lowndes Chamber of Commerce
Dr. Dee Ott	Nurse Practitioner and Associate Professor of Nursing at Valdosta State University
Michael Smith	President and CEO, Greater Valdosta United Way
Sandra Wilcher	Superintendent, Lowndes County Schools

Appendix B: Additional Survey Results

Table B.1: Which choice best describes the community's perception of the local hospital's services?

Response	Count	Percentage
Unfavorable	163	27.12
Favorable	162	26.96
Neutral	153	25.46
Very favorable	63	10.48
Very unfavorable	60	9.98

Table B.2: What type of health insurance coverage do you have?

Response	Count	Percentage
Commercial Insurance	369	61.71
Medicare	91	15.22
Self-Pay (No Insurance)	52	8.70
Medicaid	46	7.69
Medicare Advantage	40	6.69

Table B.3: When you need medical care, where do you typically receive care?

Response	Count	Percentage
Primary care physician	412	54.00
Urgent Care or Walk-in clinic	213	27.92
Public Health Department	19	13.50
Emergency Department	103	13.50
Other	16	2.10

Table B.4: In the past 12 months, have you sought medical care outside of the local community or county in which you live?

Response	Count	Percentage
No	387	66.84
Yes	192	33.16

Table B.5: Where did you seek treatment?

Response	Count	Percentage
Other	128	66.67
Lakeland	21	10.94
Thomasville	16	8.33
Tifton	15	7.81
Nashville	12	6.25

Table B.6: Do you have a primary care physician (PCP)?

Response	Count	Percentage
Yes	465	81.58
No	105	18.42

Table B.7: What is your experience with appointment wait times for primary care providers?

Response	Count	Percentage
Less than 1 week	118	25.99
Between 1 and 2 weeks	143	31.50
Between 3 and 4 weeks	98	21.59
4 weeks or longer	95	20.93

Table B.8: Have you seen a healthcare specialist in the past 2 years (e.g., cardiologist, OBGYN, dermatologist, gastroenterologist, psychiatrist, etc.)?

Response	Count	Percentage
Yes	469	82.72
No	98	17.28

Table B.9: Which statement best describes your willingness to use telehealth or telemedicine services (telehealth is defined as the use of electronic information or use of phones or computers to support long-distance clinical healthcare)?

Response	Count	Percentage
Very interested	191	33.87
Somewhat interested	256	45.39
Not interested	98	17.38
Opposed to using either service	19	3.37

Table B.10: If you have utilized hospital services or facilities in the past 3 years, how would you rate your experience(s)?

Response	Count	Percentage
Very favorable	124	22.46
Favorable	206	37.32
Neutral	143	25.91
Unfavorable	58	10.51
Very unfavorable	21	3.80

Appendix C: Inventory Directory of Healthcare Providers, Senior and Aging Care Facilities, and Wellness Centers

Family & General Practice Physicians in Valdosta, GA

<u>Physician</u>	<u>Practice / Clinic</u>	<u>Specialty</u>	<u>Address</u>	<u>Telephone Number</u>
Dr. Leon Smith, MD	Valdosta Family Medicine Associates, P.C.	Family Medicine	2412 N Oak St, Valdosta, GA 31602	(229) 244-1400
Dr. Stewart Williams, MD	Valdosta Family Medicine Associates, P.C.	Family Medicine	2412 N Oak St, Valdosta, GA 31602	(229) 244-1400
Dr. David Pierce, MD	Valdosta Family Medicine Associates, P.C.	Family Medicine	2412 N Oak St, Valdosta, GA 31602	(229) 244-1400
Dr. Craig Bishop, MD	Valdosta Family Medicine Associates, P.C.	Family Medicine / Nutrition	2412 N Oak St, Valdosta, GA 31602	(229) 244-1400
Dr. Daniel Bennett, MD	Valdosta Family Medicine Associates, P.C.	Family Medicine	2412 N Oak St, Valdosta, GA 31602	(229) 244-1400
Dr. Brian M. Griner, MD	Griner Medical Group	Internal Medicine / Pediatrics / Primary Care	3301 N Oak St Ext, Valdosta, GA 31605	(229) 242-6061
Dr. Madison Hill, DO	SGMC – Primary Care / Family Medicine	Family Medicine	3207 Country Club Dr, Valdosta, GA 31605	(229) 242-9565
Dr. Bennett Hogan, MD	SGMC – Family Medicine	Family / Sports Medicine	3207 Country Club Dr, Valdosta, GA 31605	(229) 333-0616
Dr. Anthony Johnson, MD	SGMC – Family Medicine	Family Medicine	3207 Country Club Dr, Valdosta, GA 31605	(229) 433-7920
Kenneth Kiser, NPC	Southwell	Internal Medicine, Family Medicine	3014 N Patterson St, Valdosta, GA 31602	(229) 262-6815
Dr. Mandy Lucas, MD	SGMC – Family Medicine	Family Medicine	3207 Country Club Dr,	(229) 247-7700

			Valdosta, GA 31605	
Dr. Richard Rickman, MD	SGMC – Family Medicine – Oak St	Family Medicine	2720 N Oak St, Valdosta, GA 31602	(229) 469-7730
Dr. Ronald Herrington, MD	SGMC – Family / Internal Medicine	Family / Internal Medicine	3207 Country Club Dr, Valdosta, GA 31605	(229) 433-8820
Dr. Austin Sorchik, DO	SGMC – Family Medicine	Family Medicine	3207 Country Club Dr, Valdosta, GA 31605	(229) 433-7920
Lowndes County Health Department		Public Health Clinic	206 S Patterson St, Valdosta, GA 31601	(229) 333-5257
Maranatha Medical Plaza		Pulmonary Clinic Facility	3334 Greystone Way, Valdosta, GA 31605	(229) 247-1667
North Oak Family Medicine (multiple providers)	North Oak Family Medicine	Family Medicine / Primary Care	2718 N Oak St, Valdosta, GA 31602	(229) 242-5145
Northside Family Health Center		Primary Care Facility	247 Northside Dr, Valdosta, GA 31602	(229) 253-1206
South Central Primary Care		Primary Care Facility	2301 N Ashley St, Valdosta, GA 31602	(229) 270-2403
South Health District		Public Health Clinic	325 W Savannah Ave, Valdosta, GA 31601	(229) 333-5290
VIP Care Valdosta		Primary Care Facility	353 Northside Dr, Valdosta, GA 31602	(229) 588-8042

Mental Health Providers in Valdosta, GA

<u>Provider / Healthcare Professional</u>	<u>Clinic / Organization</u>	<u>Address</u>	<u>Telephone Number</u>
Valdosta Psychiatric Associates, LLC	Valdosta Psychiatric Associates	3541 North Crossing Circle, Valdosta, GA 31602	(229) 244-4200
SGMC Psychiatry	SGMC Health	2109 N Patterson Street, Suite B, Valdosta, GA 31602	(229) 433-7473
EnSpire Counseling & Wellness, LLC	EnSpire Counseling & Wellness	3790 Old US Hwy 41 N, Suite A, Valdosta, GA 31602	(229) 262-1000
Oakwood Counseling Center, LLC	Oakwood Counseling Center	2310 N. Patterson St., Building H, Valdosta, GA 31602	(229) 333-0300
FamilyWorks Clinic	Valdosta State University – FamilyWorks Clinic	Farbar Hall, 1800 N Oak Street, Valdosta, GA 31602	(229) 219-1281
Behavioral Health Services of South Georgia – Crisis Center	Legacy Behavioral Health / Behavioral Health Crisis Center	3120 North Oak Street Extension, Valdosta, GA 31602	(229) 671-3500
Living Well Therapy Center	Living Well Therapy Center	3310 Bemiss Rd, Valdosta, GA 31605	(229) 586-6082
Emotional Wellness Center of Valdosta	Emotional Wellness Center of Valdosta	1102 Williams Street, Valdosta, GA 31601	(229) 588-2266
Therapy Center Counseling & Consultation	Therapy Center Counseling & Consultation	1817 Green Circle, Valdosta, GA 31602	(229) 244-9688
Valdosta Premier Counseling Services	Valdosta Premier Counseling Services	1108 N Patterson St, Valdosta, GA 31601	(229) 262-7333
Renewed Mind Psychiatry and Counseling	Renewed Mind Psychiatry & Counseling	2109 N Patterson Street, Suite B, Valdosta, GA 31602	(229) 232-4833

Healthcare Specialists in Valdosta, GA

<u>Organization/Provider</u>	<u>Address</u>	<u>Telephone Number</u>
Advanced Dental Care	3211 Wildwood Plantation Dr, Valdosta, GA 31605	(229) 235-4196
Advanced Dental Care	3362 Greystone Way, Valdosta, GA 31605	(229) 350-6373
Aspen Dental	1609 Norman Dr, Valdosta, GA 31601	(229) 269-4607
Hester and Morris Orthodontics	3229 N Oak St Extension, Valdosta, GA 31605	(229) 245-1800
North Valdosta Dental Care	802 Northwood Park Dr, Valdosta, GA 31602	(229) 469-9789
Valdosta Dental Associates	3119 N Oak St Extension, Valdosta, GA 31602	(229) 249-0717
Valdosta Dental Associates	103 W Cranford Ave, Valdosta, GA 31602	(229) 249-0717
SGMC Health Internal Medicine	604 E Park Ave, Valdosta, GA 31602	(229) 433-5260
South Georgia Pediatric & Allergy Center	3440 N Valdosta Rd, Valdosta, GA 31602	(229) 247-2211
Southern Pediatric Clinic	406-M Northside Dr, Valdosta, GA 31602	(229) 241-0059
Valdosta Children's Health Care Center	105 W Cranford Ave, Valdosta, GA 31602	(229) 247-1455

Senior Care and Aging Care Facilities in Valdosta, GA

<u>Organization/Provider</u>	<u>Address</u>	<u>Telephone Number</u>
Bethany Hospice and Palliative Care	2700 N Oak St, Valdosta, GA 31602	(229) 249-8687
The Canopy at Azalea Grove	6002 N Oak St Ext, Valdosta, GA 31605	(229) 262-7370
Fellowship Brookside Assisted Living Community	470 Fellowship Home Ln, Valdosta, GA 31602	(229) 244-9200
Georgia Hospice Care	2941 N Ashley St, Ste D, Valdosta, GA 31602	(888) 428-7348
Golden Services Personal Care	930 W Magnolia St, Valdosta, GA 31601	(229) 671-9020
Heart of Hospice Valdosta	515 St Augustine Rd #D, Valdosta, GA 31601	(229) 333-5005
Hospice of South Georgia	2263 Pineview Dr, Valdosta, GA 31602	(229) 433-7000
Langdale Place	2720 Windmere Dr, Valdosta, GA 31602	(229) 247-4300
The Orchard at Stone Creek	4900 Tillman Crossing, Valdosta, GA 31632	(229) 251-2201
Pruitt Health—Holly Hill	413 Pendleton Pl, Valdosta, GA 31602	229) 244-6968
PruittHealth Hospice	407 Cowart Ave, Valdosta, GA 31602	(229) 242-1187
Pruitt Health—Lakeview	410 E Northside Dr, Valdosta, GA 31602	(229) 242-7368
Pruitt Health—Valdosta	2501 N Ashley St, Valdosta, GA 31602	(229) 244-7368
Sands Horizon, Inc.	1195 Old Statenville Rd, Valdosta, GA 31601	(229) 242-4025

Urgent Care Facilities in Valdosta, GA

<u>Organization/Provider</u>	<u>Address</u>	<u>Telephone Number</u>
Airport Clinic., Inc. Primary Care, Family Medicine, Urgent Care & Occupational Medical Clinic	704 Gil Harbin Industrial Blvd, Valdosta, GA 31601	(229) 242-9003
Peachtree Immediate Care	3281 Inner Perimeter Rd, Valdosta, GA 31602	(229) 671-9100
Peachtree Immediate Care	1708 Norman Dr, Valdosta, GA 31601	(229) 588-8017
Mainstreet Family Care	1609 Norman Dr Ste A, Valdosta, GA 31601	(229) 262-3149
SGMC Health (main campus, ER)	2501 N Patterson St, Valdosta, GA 31602	(229) 433-1000
SGMC Urgent Care—Griffin Ave.	520 Griffin Ave, Valdosta, GA 31601	(229) 433-7350
SGMC Urgent Care—North Valdosta	4256 N Valdosta Rd, Valdosta, GA 31605	(229)-433-8200
SGMC Health—Smith Northview	4280 N Valdosta Rd, Valdosta, GA 31602	(229) 433-1000
Valdosta Family Medicine	2412 N Oak St, Valdosta, GA 31602	(229) 244-1400

Workout and Fitness Centers in Valdosta, GA

<u>Organization/Provider</u>	<u>Address</u>	<u>Telephone Number</u>
Bodyworks Family Fitness 24/7	4510 Valnorth Dr, Valdosta, GA 31602	(229) 253-9977
Crossfit Valdosta	4548 Valnorth Dr Unit A&B, Valdosta, GA 31602	(904) 382-3991
Crunch Fitness	1710 Norman Dr Suite A-1	(229) 437-0521
The Firm	118 N Patterson St, Valdosta, GA 31601	(229) 223-5353
Heart Rize Fitness	1845 Norman Dr, Valdosta, GA 31601	(229)-588-0646
Horizons Xtreme Fitness	2234 Bemiss Rd, Valdosta, GA 31602	(229) 415-9255
Planet Fitness	3200 N Ashley St, Valdosta, GA 31602	(229) 244-0084
Valdosta-Lowndes County Family YMCA	2424 Gornto Rd, Valdosta, GA 31602	(229) 244-4646
Winnersville Fitness	1711 Norman Dr, Valdosta, GA 31601	(229) 469-4292