

St. Joseph Hospital
Community Service Plan
2014-2016
Year One Update



Approved by the Board of Trustees on September 8, 2014



St. Joseph Hospital
Catholic Health Services
At the heart of health

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Mission Statement

Catholic Health Services of Long Island (CHS), as a ministry of the Catholic Church, continues Christ's healing mission, promotes excellence in care and commits itself to those in need.

CHS affirms the sanctity of life, advocates for the poor and underserved, and serves the common good. It conducts its health care practice, business, education and innovation with justice, integrity and respect for the dignity of each person.

Year One Update

St. Joseph Hospital has continued to advance health initiatives identified in the hospital's Community Service Plan (CSP)—diabetes education and control; obesity prevention, control and treatment; and information on mental health services—as its three priority areas for community health improvement projects in 2014 – 2016.

Community Health Needs Assessment

St. Joseph Hospital continues to collect data from the Community Health Needs Assessment (CHNA) survey tool (available in both English and Spanish). Survey data is obtained from individuals who attend in-house programs, offsite community programs and screenings, and visitors/family members at St. Joseph Hospital. From September 2013 to June 2014, a total of 176 responses were collected. Responses were as follows (note that respondents frequently checked off more than one item in response to a question):

1. What are the biggest health issues or concerns in your community?
 - Cancer 40.65%
 - Heart disease 38.74%
 - Diabetes 37.85%
 - Stroke 20.23%
 - Mental health/depression/suicide 14.07%
 - Asthma/lung disease 10.62%
 - HIV/AIDS 5.63%

2. What keeps people in your community from seeking treatment?
 - Lack of insurance 43.71%
 - Unable to pay co-pays 24.44%
 - Transportation problems 20.17%
 - Fear (not ready to face health problem) 17.45%
 - Don't understand need to see doctor 14.95%
 - Too long of a wait to get an appointment to see a doctor 8.65%

3. What is needed to improve the health of your family and neighbors?
 - Healthier food 56.15%
 - Job opportunities 37.56%
 - Recreation facilities 28.38%
 - Wellness surveys 24.33%
 - Transportation 18.36%

- Safe places to walk/play 15.74%
 - Mental health services 12.58%
4. What health screenings or education/information services are needed in your community?
 - Heart disease 52.72%
 - Blood pressure 47.63%
 - Diabetes 42.98%
 - Exercise/physical activity 36.54%
 - Nutrition 31.69%
 - Dental screenings 23.46%
 - Mental health 17.23%
 5. If you or someone in your family were ill and required medical care, where would you go?
 - Doctor's office 58.92%
 - Hospital emergency department 22.58%
 - Walk-in/urgent care center 14.74%
 - Clinic 5.68%
 6. Where do you and your family get most of your health information?
 - Doctor/health professional 65.24%
 - Family/friends 37.23%
 - Internet 28.56%
 - Newspaper/magazines 17.11%
 - Television 14.37%
 - Library 6.76%
 7. Have you had a routine physical exam in the past two years?
 - Yes 77.86%
 - No 22.14%
 8. What is your gender?
 - Female 72.59%
 - Male 24.71%
 9. What is your age category?
 - Under 18: 0
 - 18 – 29: 9
 - 30 – 39: 17
 - 40 – 49: 23
 - 50 – 59: 32
 - 60 – 69: 43
 - 70 – 79: 37
 - 80 – 89: 13
 - 90+: 2
 - Total: 176

10. What is your race/ethnic identification?
- White/Caucasian 67.23%
 - Black/African-American 18.54%
 - Hispanic 8.66%
 - Asian 3.63%
 - Native American 1.94%
 - Multiracial 0%
11. What is your highest level of education?
- K – 8th grade 2.26%
 - Some high school 3.58%
 - High school graduate 28.76%
 - Technical school graduate 8.61%
 - Some college 17.58%
 - College graduate 24.21%
 - Graduate school 13.27%
 - Doctorate 1.73%
12. Do you have health insurance?
- Yes 77.86%
 - No 15.54%
 - No, but I did at an earlier job 6.6%

These latest results indicate that nutrition and recreation/physical activity, which may assist in obesity prevention, are areas of concern in the community. Diabetes remains a significant issue, as well; and mental health is also a concern.

Community Service Plan Goals

Priority 1: Diabetes Education and Control: Increase access to preventive care, management and education for diabetes and pre-diabetes.

Goal: Promote culturally relevant chronic disease self-management education for diabetes.

Action Plan/Strategy:

St. Joseph Hospital is raising awareness about its outpatient Diabetes Education Program. This initiative allows certified diabetes educators, along with a certified translator, to deliver free programs to help members of the community to take better care of their health, employing the resources available at St. Joseph Hospital. The program supports all areas of diabetes care, management and education in various locations, targeting high-risk populations.

Diabetes support groups have had 104 participants from September 2013 to July 2014. Free lectures took place in September 2013, “Back to Basics—Diabetes 101” with 60 attendees; and in November 2013, “Eating Healthy for the Holidays” with 47 people in attendance. The goal is to add an additional lecture in 2015 and increase participation by 5%. Diabetes education is working on a new initiative to include BMI starting January 2015.

Goal: Promote use of evidence-based care to manage diabetes.¹

Action Plan/Strategy:

In addition to the free diabetes support groups, beginning in January 2014 a Centers for Disease Control (CDC) Diabetes Prevention Recognized Program (DPRP) has been offered at St. Joseph Hospital. The program focuses on how to recognize pre-diabetes and prevent Type 2 diabetes and future complications. The program runs one evening a week for 16 weeks from 6/10 to 9/23/2014, and continues one evening a month from 10/28/2014 to 5/26/2015. The program is presented by registered dietitians and certified diabetes educators and provides a full year of education. There are five participants in the current group as of July 2014. The next session is scheduled to begin October 2014, and the goal is to increase enrollment by 10%.

St. Joseph Hospital participated in five Healthy Sundays events from September 2013 through March 2014. (A sixth program at St. Kilian in Farmingdale was canceled due to weather.) Healthy Sundays is a CHS outreach program designed to deliver free health screenings, immunizations and education to the medically underserved.

Date	Location	Attendance/ Screened
9/22/2013	Our Lady of the Assumption, Copiague	170/120
11/17/2013	St. Brigid, Westbury	400/209
12/8/2013	Our Lady of Loretto, Hempstead	200/139
1/26/2014	St. Martha, Uniondale	100/57
3/30/2014	Our Lady of the Assumption, Copiague	76/41

A total of 946 people attended the 5 Healthy Sundays, and 566 were screened. Of those screened, 35 individuals had higher than desired BP results and were advised to follow up with their primary care physician or health care provider. As hypertension/high blood pressure can exacerbate diabetes complications, this is a focus for this priority.

Also, free flu vaccines were offered and administered to 482 of the attendees. More than 50% of the people in attendance who may not have had the opportunity to be vaccinated were served.

St. Joseph's podiatry and wound care departments continue to work together to impact the treatment of patients with diabetes. Delayed wound healing is one of the most common complications associated with both Type 1 and Type 2 diabetes. Podiatry and wound care will continue to provide an important role in the treatment of complications of diabetes.

Priority 2: Obesity Prevention, Control and Treatment: Reduce obesity in adults through community-based awareness initiatives.

Goal: Expand the role of health care providers and insurers in obesity prevention, with an emphasis on physical activity and other preventive measures.

¹ This is suggested goal #3.2 for othis Focus Area at www.health.ny.gov/prevention/prevention_agenda/2013-2017/plan/chronic_diseases/focus_area_3.htm#goals.

Action Plan/Strategy:

- St. Joseph has been invited to participate with the Bethpage School District in the student initiative “Get Fit” program. The Bethpage School District was approached by a local organization, Lift Up Long Island, to have a student-driven health and wellness program. Students from each Bethpage school attended a training session with students from many other schools around Long Island. Schools were asked to consider a problem to tackle and Bethpage students chose health and wellness.

The goals are to have the entire community involved in the pursuit of healthier lifestyles, for families to have more nutritious diets and more active lifestyles and that they (schools and communities) all do it together. St. Joseph will participate in the calendar of community events to begin in the fall 2014. Most events will be free and open to students, their families and school faculty. The calendar includes, but is not limited to: classes in pilates, yoga and Zumba, family “Walk the Track Night”, family Zumba class on the front lawn of Bethpage High School and the Bethpage 5K race. Other plans are for St. Joseph to co-host a healthy cooking seminar at one of the schools and explore the possibility of engaging other surrounding districts such as Farmingdale and Massapequa. Attendance will be taken to assess which aspects of the program are most successful.

- The hospital will explore the possibility of partnering with a community organization/parish to offer a safe walking program. Attendance for the initial programs will be measured against subsequent programs for effectiveness and sustainability.
- Diabetes education is working on a new initiative to include Body Mass Index (BMI) screenings at Healthy Sundays events starting January 2015, which will give program participants a tool to benchmark weight loss/control. BMI is used as a screening tool to identify possible weight problems for adults. By making participants aware of their BMI score, it can help them track progress in weight loss and diabetes self-management. The goal is to have 15% of the participants at Healthy Sundays staffed by St. Joseph personnel screened for BMI.
- Literature distributed at CHS Healthy Sundays will include information on the correlation between obesity and high blood pressure/heart disease and diabetes.
- Continue and expand participation in community fitness-focused activities such as the annual Marcum Workplace Challenge, the American Heart Association Walk and the Making Strides Against Breast Cancer Walk. Hospital staff attendance at these events will be taken, and a 5% increase in the combined events is anticipated annually.
- St. Joseph will work with LIHC by attending regional meetings; promoting the “Walk LI” walking program project via the hospital website, newsletters and social media; and using the universal screening tool developed through LIHC and distributed at events.
- St. Joseph Hospital participated in the Community Health Summit Council at Farmingdale High School on March 25, 2014, disseminating information on diabetes self-management and complications of diabetes; heart disease/high blood pressure and stroke and the possible correlation of obesity to chronic disease, with 200+ in attendance. In 2015, St. Joseph plans to include BMI screening at this event.

Priority 3: Mental Health Issues: Increase awareness of programs available for those seeking assistance with mental health issues.

Goal: Increase the frequency of mental health-oriented lectures and presentations providing information and education to the community.

Action Plan/Strategy:

Currently, St. Joseph Hospital does not offer mental health services; however, the hospital has a successful bereavement group that meets twice a week. The program addresses depression through loss and acts as a referral source for those with additional needs. The goal in this area will be to provide additional information, education and resources on certain aspects and challenges in the mental health arena and, when a lack of access to mental health resources is identified, help direct those in need to other CHS or Nassau facilities that have mental health programs in place.

Since September 2013, St. Joseph Hospital has hosted five six-week general bereavement group programs for those who have had a loss within a year, with an average of six – eight participants registered per program. Three out of the five extended their meetings to eight-week sessions, as the program was found to be beneficial. In response to community inquiries, an evening program has begun with the most recent spring/summer sessions. A new support group entitled “Next Steps” has formed as a follow-up to the general bereavement group helping to establish a “new normal”. Information regarding availability of the programs has been promoted in local parish bulletins, in local papers and on the St. Joseph hospital website www.stjosephhospitalny.org. The plan for the future is to continue with the two current groups and assess the need for more specialized bereavement groups such as loss of a spouse or child. The goal is to increase participation by 10% in the current groups.

Combined Bereavement Support Groups Pre-Registration	No-shows	Dropped Out	Completed Program
41	10	4	27

Community Partners

In order to better serve the community and decrease health disparities, St. Joseph Hospital has an ongoing relationship with the following community partners, by promoting lectures, screenings and other outreach programs during the year:

- Bethpage Library
- Bethpage School District
- CHS Services in Rockville Centre/Melville
- Farmingdale Public Library
- Farmingdale School District
- Girl Scouts of America
- Good Samaritan Hospital Medical Center in West Islip
- Mercy Medical Center in Rockville Centre
- Our Lady of Consolation Nursing & Rehabilitative Care Center in West Islip
- Our Lady of the Assumption Church in Copiague

- Our Lady of Loretto Church in Hempstead
- St. Brigid Church in Westbury
- St. Catherine of Siena Medical Center in Smithtown
- St. Charles Hospital in Port Jefferson
- St. Francis Hospital in Roslyn
- St. Kilian Church in Farmingdale
- St. Martha Church in Uniondale
- St. Martin of Tours Church in Bethpage

In 2013, to better identify and address the region’s prevalent health needs, St. Joseph joined forces with other hospitals, local health departments, health care providers, public health specialists from academic institutions and community-based organizations to form the Long Island Health Collaborative (LIHC), one of the first bi-county initiatives of its kind in New York. LIHC launched its website in January, offering comprehensive information to promote good health and prevent chronic disease. In addition to providing numerous resources such as health program inventories, health insurance information and educational videos, LIHC and its members have organized walking programs and developed a universal screening tool to help measure the effectiveness of community health efforts. More information can be found at nshc.org/long-island-health-collaborative.

Next Steps for Priorities

For each of the priority areas discussed above, St. Joseph Hospital will continue to:

- Identify any related activities being conducted by existing partners or other organizations in the community that could be built upon.
- Develop measurable goals and objectives in order to evaluate the effectiveness of the educational interventions.
- Build support within the community for the identified initiatives.
- Further develop detailed work plans and measurable goals.
- Address any budget and financial implications.

Living the Mission

In keeping with CHS’s mission, St. Joseph provides a wide range of free community health services, including blood drives, health screenings and immunizations, lectures, support groups, nutrition seminars, the Spring Fling Health Fair in conjunction with the Girl Scouts of America and four needs-based drives each year: school supplies in September, coats in October, food in November, and food and toys in December. Also, St. Joseph participates with other CHS facilities in the annual Marcum Challenge, American Heart Association Walk and Making Strides Breast Cancer Walk. In addition, hospital personnel staff CHS’s Healthy Sundays outreach program, founded in 2005 to care for Long Island’s medically underserved.

Conclusion

St. Joseph, along with community partners, will work to continue to best address health disparities and needs. We will strive to improve the overall health and well-being of individuals and families by expanding free health promotion and disease prevention/education screenings and programs in communities where they are most needed.

St. Joseph has been experiencing more success in gaining access to the adult population in our communities than our youth population, where statistically obesity has been on the rise. It is the goal of St. Joseph to reach this group through the schools and assist the districts in educating the youth and their families on the benefit of a healthier lifestyle by providing resources on better available food choices and exercise. St. Joseph is committed to continuing to develop more ways to better serve the community.