

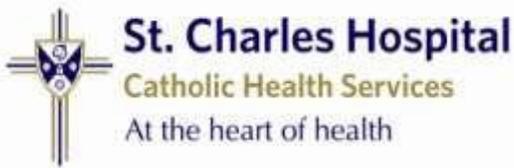
St. Charles Hospital Community Service Plan 2014-2016

Year Three Update



Approved by the Board of Trustees on October 4, 2016

200 Belle Terre Road, Port Jefferson, NY
(631) 474-6797
stcharles.org



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 Three Update

St. Charles Hospital has continued to work closely over the past year with the Long Island Health Collaborative (LIHC), including fellow member hospitals of Catholic Health Services (CHS), as well as with partners in the community including fire departments, libraries, civic organizations, YMCAs, youth organizations, local physicians and churches. Relationships were established to create and implement various programs and services that would provide preventive care and education for residents of this community and address the needs identified in the Community Health Needs Assessment (CHNA). Details of these programs and services, and of the community relationships established to support them, are below.

Community Health Needs Assessment

St. Charles Hospital continues to obtain input from the community as an important part of its planning process. Data is gathered using the Community Health Needs Assessment survey tool (available in both English and Spanish). Survey data is obtained from individuals attending community lectures at St. Charles Hospital, at lectures provided offsite, screenings, and health fairs, and from visitors, patients and employees. From August 1, 2015 to April 30, 2016, a total of 278 responses were collected. Results were as follows (Note: some respondents checked more than one item when responding to a question):

1. What are the biggest ongoing health concerns in the community where you live?

- Drug & Alcohol Abuse 53%
- Cancer 45%
- Obesity/Weight Loss Issues 35%
- Heart Disease & Stroke 32%
- Diabetes 22%
- Safety 17%
- Mental Health Depression/Suicide 14%
- Asthma/Lung Disease 14%
- Child Health & Wellness 10%
- Women's Health & Wellness 10%
- Environmental Hazards 8%
- Other 3%
- HIV/AIDS & Sexually Transmitted Diseases 3%
- Vaccine Preventable Diseases 3%

2. What are the biggest ongoing health concerns for yourself?

- Obesity/Weight Loss Issues 36%
- Women’s Health & Wellness 33%
- Heart Disease & Stroke 31%
- Diabetes 15%
- Asthma/Lung Disease 12%
- Environmental Hazards 8%
- Mental Health Depression/Suicide 6%
- Other 6%
- Cancer 5%
- Drug & Alcohol Abuse 4%
- Safety 1%
- HIV/Aids/Sexually Transmitted Disease 1%

3. What prevents people in your community from getting medical treatment?

- Unable to Pay Co-pays/Deductibles 54%
- No Insurance 45%
- Fear 32%
- Don’t Understand Need to See a Doctor 21%
- Transportation 18%
- Language Barriers 12%
- Lack of Availability of Doctors 12%
- There are No Barriers 10%
- Don’t Know How to Find Doctors 9%
- Cultural/Religious Beliefs 4%
- Other 3%

4. Which of the following is the MOST needed to improve the health of your community?

- Drug and Alcohol Rehabilitation Services 40%
- Healthier Food Choices 37%
- Weight Loss Programs 27%
- Job Opportunities 24%
- Clean Air and Water 23%
- Mental Health Services 22%
- Recreation Facilities 20%
- Safe Places to Walk/Play 18%
- Safe Childcare Options 15%
- Transportation 14%
- Safe Worksites 7%
- Other 3%

5. What health screenings or education/information services are needed in your community?

- Drug and Alcohol 35%

- Mental Health/Depression 30%
- Exercise/Physical Activity 29%
- Cancer 27%
- Importance of Routine Well Checkups 26%
- Nutrition 24%
- Blood pressure 23%
- Diabetes 19%
- Heart Disease 17%
- Emergency Preparedness 16%
- Cholesterol 14%
- Suicide Prevention 12%
- Eating Disorders 11%
- Dental Screenings 9%
- Vaccination/Immunizations 8%
- HIV/AIDS/STDs 6%
- Disease Outbreak Information 6%
- Prenatal Care 3%
- Other 2%

6. Where do you and your family get most of your health information?

- Doctor/health professional 83%
- Internet 52%
- Family or Friends 37%
- Hospital 21%
- Television 20%
- Newspaper/Magazines 16%
- Worksite 15%
- Social Media 15%
- School/College 10%
- Library 4%
- Health Department 4%
- Radio 3%
- Other 2%
- Religious Organizations 1%

7. I identify as:

- Female 81%
- Male 19%
- Other <1%

8. Which category below includes your age?

- 18-29 years old 15%

- 30-39 years old 17%
- 40-49 years old 13%
- 50-59 years old 19%
- 60-69 years old 9%
- 70-79 years old 8%
- 80-89 years old 6%
- 90+ years old 1%
- No answer 12%

9. What town do you live in?

- More than 80% of the survey responses came from St. Charles Hospital’s primary and secondary service areas.
- Primary service area highest response rates were from:
 - Port Jefferson 10%
 - Port Jefferson Station 8%
 - Coram 8%
 - Mt. Sinai 6%
 - Selden 6%
- 8% of those surveyed failed to indicate where they lived.

10. What is your race? (Please choose one or more.)

- White 84%
- Multi-racial 5%
- Black or African-American 2%
- Asian/Pacific Islander 1%
- I prefer not to answer 3%
- Other 5%

11. Are you Hispanic or Latino?

- No 84%
- Yes 11%
- No answer 4%

12. What language do you speak when you are home?

- English 86%
- Spanish 4%
- French Creole 2%
- Italian 1%
- Haitian Creole 2%
- Other 2%
- Hindi 1%
- Polish 1%
- Chinese 1%

- Portugese 0%
- Farsi 0%
- Korean 0%

13. What is your annual household income from all sources??

- No answer 6%
- \$0-\$19,999 3%
- \$20,000-\$34,999 13%
- \$35,000-\$49,999 11%
- \$50,000-\$74,999 14%
- \$75,000-\$125,000 32%
- >\$125,000 22%

14. What is your highest level of education?

- College Graduate 47%
- Some College 20%
- Graduate School 13%
- High School Graduate 10%
- Technical School 4%
- Doctorate 4%
- Blank 1%
- Some High School 1%
- K-8 Grade 0%
- Other 0%

15. What is your employment status?

- Employed for Wages 89%
- Retired 7%
- Student 2%
- Self-employed 1%
- Out of Work/Looking for Work 1%
- Military 0%
- Out of Work but Not Currently Looking 0%

16. Do you currently have health insurance?

- Yes 86%
- No answer 11%
- No 2%
- No but I did in the past 0%

17. Do you have a smart phone?

- Yes 89%
- No 6%
- No answer 5%

Analysis of surveys again indicates continued community concern over obesity and co-morbidities of diabetes, stroke and heart disease. It is important to note that the issue of drug and alcohol abuse was perceived as the number one ongoing health concern in the community. However, for the survey respondents and the health issues they are facing, the top listed is obesity followed by women's health and heart, diabetes, stroke; mental health drops to 6%.

Community Service Plan Goals

Priority 1: Prevent obesity, including co-morbidities of heart disease and diabetes, with a focus on nutrition and exercise

- *ThinkHEALTHY!* Program for Elementary Schools

Goals:

- Develop and implement a *ThinkHEALTHY!* health and wellness program for elementary schools
- Increase participants' knowledge of the importance of making healthier choices and staying active
- Improve participants' behaviors concerning food choices and physical activity
- Expand the program to a total of four schools by the end of 2016
- St. Charles Hospital's registered dietitians are working with the Sagem School District to exact policy change to ensure the availability of healthy foods before, during and after school. While there has not been a policy change to date St. Charles Hospital's executive chef met with the district's cooks to provide education and a cooking demonstration on healthy foods to be added to the menu.

Action Plan/Strategy:

- January 2016
 - Wenonah Elementary School Health Fair
 - Seven departments from St. Charles Hospital presented prevention and educational material including nutrition, sleep disorders, concussion, common pediatric illnesses and treatment/immunizations and registered dietitians.
 - St. Charles's Executive Chef prepared nutritious eating options for families and provided recipes.

- Attendance: approximately 300, including children ages 5 to 11, teachers, teacher aides, administration and parents.
- March 2016
 - Farm Fresh Nutrition Health Fair
 - St. Charles's Executive Chef prepared nutritious eating options, featuring farm to table recipes and provided recipes.
 - Registered dietitians discussed healthy eating options.
 - Attendance: approximately 500, including children ages 5 to 11, teachers, teacher aides, administration and parents.
- April 2016
 - A team from St. Charles Hospital met with the Superintendent of the Comsewogue School District in Port Jefferson Station, NY. Included in the team were the director, Public & External Affairs, the manager, Community Outreach, and the director, Nutritional Services.
 - The group proposed a partnership between St. Charles Hospital and the Comsewogue School District (in the hospital's primary service area), where clinicians from St. Charles would provide healthy eating curriculum and obesity awareness education to students.
 - 3,807 students are enrolled in the district with 72% of the students identified as White/Caucasian, 22% as Hispanic or Latino, 3% as Asian, 2% as Black/African American and 1% as Multi-Racial (see status update below).
- Additional Community Partnerships:
 - Sachem School District
 - Comsewogue School District
 - Sachem School District Parent Teacher Association (PTA)
 - Suffolk County Community College Culinary Arts Program
 - NYS Department of Education/Common Core Curriculum

Progress

St. Charles Hospital has made exceptional progress in implementing its *ThinkHEALTHY!* program in the Sachem School District (3 elementary schools). To date, the response to the program and events sponsored by St. Charles Hospital has been overwhelmingly positive with request from the district to continue the program. The recent, new partnership with the Comsewogue School District to implement the *ThinkHEALTHY!* program allowed St. Charles to achieve its goal of expanding the *ThinkHEALTHY!* program to a total of 4 schools by the end of 2016.

- *Children's Cooking Classes*

Goals:

- Develop and implement a series of 6 cooking classes for children ages 5 to 10
- Educate participants on the importance of making healthier choices
- Improve participants' behaviors concerning food choices
- Reduce the number of meals eaten outside the home
- Offer healthier, low-calorie foods at home
- Involve children in meal planning, shopping, and food preparation
- Expand the program to accommodate four sessions each year

New Community Partnerships:

- Sachem School District Elementary Schools (total of 3)
- Suffolk County Community College Culinary Arts Program

Progress

The cooking classes were filled to capacity with so much interest expressed by children and parents that St. Charles Hospital considered adding a second set of classes. The challenge is the hospital's ability to secure the resources necessary to continue the program, while providing resources for the *ThinkHEALTHY!* program at local elementary schools. With limited resources, it was decided to focus on the *ThinkHEALTHY!* program since the scope of the educational reach and potential to change eating habits to combat childhood obesity is far greater than it would be with the cooking classes.

- *Walk for Health*

Goals:

- Develop and implement a walking program in conjunction with Stony Brook University Medical Center and John T. Mather Memorial Hospital. The walking program would:
 - Increase participants' knowledge of the importance of ongoing physical activity
 - Demonstrate improvement of participants' behaviors concerning physical activity
 - Demonstrate the importance of daily physical activity
 - Demonstrate the importance of decreasing "screen" time and sedentary activity
 - Demonstrate how to measure BMI and what range is considered healthy
- Walk for Health Community Partners:
 - John T. Mather Memorial Hospital
 - Stony Brook University Medical Center
 - Heritage Park Foundation

Action Plan/Strategy:

- At this time, St. Charles Hospital is actively participating with the Long Island Health Collaborative's (LIHC) walking program. The Long Island Health Collaborative is an initiative funded by the New York State Department of Health through the Population Health Improvement Program grant.
 - During the period of August 1, 2015, to April 30, 2016, St. Charles partnered with LIHC in the development and implementation of the LIHC website and the Are You Ready, Feet?TM walking program for Long Islanders.
 - The LIHC website launched in March 2016 and is available at www.lihealthcollab.org.
 - The Are You Ready, Feet?TM physical activity portal on the LIHC website launched in April 2016. It offers Long Islanders an opportunity to log their minutes moved, miles traveled, or steps walked, calculate their BMI, and be rewarded for engaging in healthy habits as registrants are entered into a raffle for health and wellness prizes every time they log their activity.
 - St. Charles Hospital used resources distributed by LIHC to inform the hospital's medical staff about the walking program and seek their participation in "prescribing" walking as part of a healthy lifestyle. A mock prescription slip was developed by LIHC for physicians to use as a visual cue and prompt to engage their patients in this walking program. Participation by physicians is considered integral to the program's success as research confirms that patients are more inclined to follow exercise advice when it is offered by a physician.
 - A link to the LIHC website is on St. Charles Hospital's website and marketing material for the Are You Ready, Feet?TM program is available in public areas throughout the hospital and network sites.

Progress:

Participation and partnership with the LIHC Are You Ready, FeetTM program has allowed St. Charles to offer a walking program to its community that exceeds the scope of the walking program originally planned.

- *Health-Related Lectures*

Goals:

St. Charles Hospital will expand its *Speakers to Go* program offering the services of expert speakers on the following topics to address obesity and co-morbidities through community lectures:

- Nutrition
- Diabetes awareness
- Stroke prevention/high blood pressure
- Osteoporosis
- Knee and hip pain
- Back Pain
- Proper night's sleep
- Advances in Parkinson's disease
- Stress management
- Falls Prevention
- Improving Memory
- Preventing injuries in sports
- Drug and alcohol awareness and prevention
- Heart disease
- Learning disabilities

Action Plan/Strategy:

- In August 1, 2015 to April 30, 2016, St. Charles Hospital provided free community lectures as follows:
 - St. Charles Hospital
 - Hip and knee pain and back pain lectures were provided on:
 - 2015: September 14, October 12, November 9,
 - 2016: March 8, April 12
 - Average attendance of 25. Average age 65 and over.
 - Lecture provided by an orthopedic surgeon
 - Parkinson's Disease: Latest Treatments
 - April 2016
 - 84 people attended
 - Lecture provided by the director of St. Charles Hospital's Movement Disorders Center
 - Rose Caracappa Senior Center
 - Six lectures were provided at the Rose Caracappa Senior Center, Miller Place, from August 2015 April 2016. Average attendance of 20. Average age 65 and over.
 - August 2015: Stepping On Falls Prevention Program—7 weeks
 - September 2015: Get Sharp, Stay Sharp-Improve Brain Function & Memory
 - October 2015: Managing Diabetes
 - November 2015: Healthy Meals for a Healthy Heart,

Benefits of Music Therapy

- December 2015: A Good Night's Sleep: Common Sleep Disorders, Get Sharp, Stay Sharp—Improve Brain Function & Memory
- March 2016: *Stepping On* Falls Prevention Program – 7 weeks
 - St. Charles Hospital offered three additional lectures in this time period as compared to the same time period last year.
- Ward Melville High School
 - Preventing shoulder injuries in student athletes
 - January 2016
 - Free community and professional symposium
 - 100 coaches, players, parents attended.
- Boy Scout Troop
 - Drug and alcohol awareness
 - March 2016
 - Presented by two social workers at St. Charles Hospital
 - 12 Boy Scouts attended as well as leaders and parents
- Port Jefferson Health & Wellness Fest
 - Healthy Nutrition/BMI/Nutritional Counseling
 - April 2016 at Earl L. Vandermeulen High School, Port Jefferson
 - St. Charles Hospital's chefs, dietitians, culinary students created St. Charles Hospital's Healthy Food Court. Free homemade, healthy food choices included yogurt bar, shaker salads, low fat-dips and vegetables, meat-free tacos.
 - Healthy recipes were provided to attendees
 - Dietitians offered free mini-nutritional counseling sessions
 - 450 in attendance
- Lake Ronkonkoma Pre-school
 - Awareness, education, treatment options for children with special needs
 - April 2016
 - 30 children attended, each with a parent

Progress:

St. Charles Hospital is currently exceeding its goal of increasing by 2%, year over year, the number of free lectures offered in the community through its Speakers to Go program and health fairs. The hospital will continue to expand program topics and locations.

- *Health Screenings*
 - Dental Screening
 - February 5, 2016: St. Charles Hospital's Dental Clinic
 - Five children were screened for cavities, received a fluoride treatment and had their teeth cleaned. Initially 48 children were signed up for the screening however, a winter blizzard prevented most from traveling.
 - Community Blood Pressure Screening
 - April 2016: Port Jefferson Public Library
 - 10 individuals screened.
 - 2 individuals identified as high risk and recommended to follow up with primary care physician.

Progress:

St. Charles Hospital is currently on target to exceed its goal of increasing by 2%, year over year, the number of free screenings offered in the community.

Priority 2: Chronic Disease Prevention through Education/Awareness of Preventive Care

Goals:

- Increase awareness of diabetes risk factors and prevention measures among at-risk populations through free health screenings and educational seminars on healthy lifestyles. The at-risk population was identified by completion of a risk assessment tool provided by the Suffolk County Department of Health. The tool was reviewed by the Suffolk County Department of Health and at-risk individuals were enrolled.
- Increase by 20% educational visits to provide education and counseling on diabetes self-management for patients admitted to St. Charles with Type 2 diabetes
- Provide evidence-based programs addressing strategies for diabetes prevention to high-risk patients
- Improved access to diabetes management programs for residents of low-income areas including residents in Port Jefferson Station, Coram and Ridge, in order to reduce disparities. This will be accomplished by offering nutrition and diabetes education lectures in the community and at St. Charles Hospital. The goal of providing nutrition and diabetes management lectures to low-income individuals was not accomplished due to lack of resources.
- Registered dietitians refer 100% of appropriate patients admitted to St. Charles to Outpatient Nutrition for counseling and to the Diabetes Education Center at St. Charles Hospital
- Partner with Suffolk County Department of Health (SCDOH) to offer a 16-week Diabetes Prevention Program at St. Charles. St. Charles partnered with the SCDOH in 2014-2015

in offering the 16-week Diabetes Prevention Program and then offered the course solely through St. Charles in fall 2015. A second partnership with the Suffolk County Department of Health to offer the Diabetes Prevention Program is scheduled for the fall of 2016.

Action Plan/Strategy:

- Diabetes Prevention Class
 - St. Charles Hospital’s diabetes educators and a registered dietitian completed training in the Diabetes Prevention Program and are certified instructors in the Suffolk County Department of Health’s Diabetes Prevention Program..
 - St. Charles Hospital sponsored a 16-week Diabetes Prevention Program taught by a registered dietitian. Program began September 2015 with 11 participants enrolled. Three individuals who applied for the class were found to have diabetes already and were referred to St. Charles Hospital’s Diabetes Care Center. One individual did not qualify for the program due to low BMI and was referred to nutrition counseling with a registered dietitian.
 - The seven remaining individuals finished the class. Each one exceeded their weight loss goals and lowered their BMI.
- Diabetes educators have increased inpatient counseling for patients admitted with a diagnosis of diabetes and/or complications by 25% as compared to year over year, exceeding the goal of 20%.
- 100% of appropriate inpatients were referred to the Diabetes Education Center at St. Charles Hospital for outpatient education. We have met the 2015-16 goal of referring 100% of appropriate inpatients to the Diabetes Education Center.
- One Diabetes Prevention Program is planned for fall 2016.

Addressing Disparities: Healthy Sundays

Goal:

- To provide the under- and uninsured non-English speaking population with health care screenings and medical information on health and wellness.

Action Plan/Strategy:

- St. Charles Hospital clinicians provide blood pressure, body mass index (BMI) screenings and flu shots at houses of worship as part of the Healthy Sundays program, a Catholic Health Services initiative that provides free preventive health screenings and education to members of medically underserved communities on Long Island. Translation services provided by St. Charles Hospital. Services offered following the Spanish mass on at:
 - St. John the Evangelist Church, Riverhead
 - St. Frances Cabrini Church, Coram

- St. Rosalie Church, Hampton Bays
 - Church of the Resurrection, Farmingville
- **2015 Events**
 - St. Charles Hospital's Healthy Sundays outreach team provided health screenings to uninsured Spanish-speaking individuals from August 2015 to December 2015 as follows:
 - September 27, 2015: St. John the Evangelist Church, Riverhead
 - October 11, 2015: St. Rosalie Parish, Hampton Bays
 - November 11, 2015: St. Francis Cabrini, Coram
 - A total of 395 Spanish-speaking individuals were screened for overweight/obesity, blood pressure, high body mass index (BMI) and received flu vaccines. Eight individuals met the criteria for obesity; 1 individual referred to Bishop McHugh Health Center, Bay Shore, for follow-up. A total of 54 individuals screened for high blood pressure, 2 were referred to Bishop McHugh Health Center. Flu vaccines were provided to 216 individuals.
- **2016 Events**
 - St. Charles Hospital's Healthy Sundays outreach team provided health screenings to uninsured Spanish-speaking individuals from January to April 2016 as follows:
 - April 17, 2016: St. John the Evangelist Church, Riverhead
 - 76 Spanish-speaking individuals attended; 32 screened for blood pressure and BMI; 17 individuals screened with high blood pressure; 26 individuals screened with high BMI; 6 referrals made: 1 person sent to the Emergency Department, 5 referred to Bishop McHugh Health Center, Babylon.
 - With only one Healthy Sundays event completed in 2016, it is too early to compare results to the previous year. There are two additional events scheduled for the fall of 2016.

Progress

St. Charles Hospital has exceeded its goal of patient counseling for at least 20% of patients admitted with a diagnosis of diabetes as well as referring 100% of appropriate inpatients to the Diabetes Education Center. St. Charles Hospital partnered with the Suffolk County Department of Health and completed a 16-week Diabetes Prevention class from 2014 into early 2015. A second partnership with the Suffolk County Department of Health will take place in the fall of 2016. St. Charles Hospital offered the program solely in the fall 2015.

Priority 3: Mental Health

Prevent Substance Abuse and Other Mental Emotional Behavioral Disorders

Goals:

- Improve access to mental health programs and resources for our Medically-Supervised Detoxification Unit and rehabilitation population and patients admitted with a cancer diagnosis.
- Develop a depression screening tool to assess all patients admitted with a cancer diagnosis for depression and referred to appropriate resources as needed.
- Screen all patients admitted to the Medically Supervised Detoxification Unit for depression and provide resources for assistance.
- Screen all patients admitted to the Alcohol and Chemical Dependency Rehabilitation unit for depression and provide resources for support and assistance. 100% of patients were screened for depression and appropriate resources were provided.

Action Plan/Strategy:

- The Medically-Supervised Detoxification Unit is continually at 100% capacity. In 2015, there were a total of 1,513 admissions to the unit (this number does not represent total patients admitted, rather total admissions, as many patients are admitted more than once).
- In addition to safe, supervised detoxification, the program offers a mental health screening.
- The depression screening tool has been created and is used by social workers on all patients admitted with a primary or secondary cancer diagnosis. 100% of all patients on the Medically-Supervised Detoxification Unit were screened for depression and appropriate resources were provided.
- Referrals and support resources are provided for all individuals identified as in need.
- 114 of the 1,513 patients admitted to the Medically-Supervised Detoxification unit were admitted for inpatient rehabilitation following detoxification. The low number of admits is mainly due to factors attributed to this patient population. Since the program is voluntary, many patients decide not to enter the program for personal reasons or decide to leave the program before completion. Additionally, many patients are denied admission by their insurance company.

Progress

St. Charles Hospital has met all goals in this area, including the development of a depression screening tool and successfully screening 100% of patients admitted to this unit. The opening of the unit provided access to care for 2,888 patients since opening in April 2014; patients would not have received medically-supervised detoxification elsewhere due to an extreme lack of beds on Long Island for this service.

HOSPITALS & OTHER HEALTH PROVIDERS

- Brookhaven Memorial Hospital Medical Center
- Catholic Health Services
- Catholic Home Care
- Eastern Long Island Hospital
- LI Jewish Valley Stream
- Glen Cove Hospital
- Good Samaritan Hospital Medical Center
- Good Samaritan Nursing Home
- Good Shepherd Hospice
- Huntington Hospital
- John T. Mather Memorial Hospital
- Maryhaven Center of Hope
- Mercy Medical Center
- Nassau University Medical Center
- North Shore University Hospital
- Our Lady of Consolation Nursing & Rehabilitative Care Center
- Peconic Bay Medical Center
- Plainview Hospital
- South Nassau Communities Hospital
- Southampton Hospital
- Southside Hospital
- St. Catherine of Siena Medical Center
- St. Catherine of Siena Nursing & Rehabilitation Care Center
- St. Francis Hospital, The Heart Center®
- St. Joseph Hospital
- Stony Brook University Hospital
- Syosset Hospital
- Veterans Affairs Medical Center
- Winthrop-University Hospital

LOCAL COUNTY HEALTH DEPARTMENTS

- Nassau County Department of Health
- Suffolk County Department of Health Services

COMMUNITY-BASED ORGANIZATIONS

- Alcoholics Anonymous
- American Diabetes Association, LI Chapter
- American Heart Association, LI Chapter
- American Lung Association, LI Chapter
- Asthma Coalition of Long Island
- American Parkinson's Disease Association
- Association for Mental Health and Wellness
- Colette Coyne Melanoma Awareness Campaign
- Cornell Cooperative Extension of Suffolk County
- Cystic Fibrosis Foundation, Long Island Chapter
- Economic Opportunity Commission of Nassau County, Inc.
- Hispanic Counseling Center
- Jamesport Fire Department
- LI 2 Day Walk
- Long Island Health Collaborative

- Mental Health Association of Suffolk County
- Mental Health Association, Long Island Chapter
- Nassau County School Wellness Coalition
- Nassau-Suffolk Hospital Association
- National Coalition for Women With Heart Disease
- North Fork Breast Health Coalition
- Overeaters Anonymous
- Preventive Cardiovascular Nurses Association
- Project Independence
- Pulse of NY
- Suffolk County United Veterans
- Suffolk Perinatal Coalition
- Sustainable Long Island
- United Way of Long Island
- YMCA of Long Island

SCHOOL DISTRICTS/COLLEGES

- Adelphi University
- Farmingdale State College
- Hofstra University
- NYS Department of Education/Common Core Curriculum
- Port Jefferson School District
- Sachem Parent Teacher Association (PTA)
- Sachem School District
- St. Joseph's College
- Stony Brook University
- Suffolk County Community College Culinary Arts program
- WSBOCES – Healthy Schools NY

BUSINESSES AND CHAMBERS

- Greater Westhampton Chamber of Commerce
- Miller Place Civic Organization
- Port Jefferson Chamber of Commerce

MUNICIPAL PARTNERS

- Heritage Park Foundation
- New York State Department of Parks and Recreation

FAITH-BASED ORGANIZATIONS

- Church of the Resurrection, Farmingville
- Our Lady of Mount Carmel Church, Patchogue
- St. Frances Cabrini Church, Coram
- St. John the Evangelist Church, Riverhead
- St. Rosalie Church, Hampton Bays

SENIOR FACILITIES

- Breton Woods Assisted Living
- Brighton Woods Senior Center
- Rose Caracappa Senior Center

COMMUNITY PARTNERS

Community Partners

In order to promote active and healthy lifestyles, St. Charles Hospital participates with other CHS facilities in the American Heart Association Walk, Breast Cancer Walk, and Marcum Challenge. In addition, the hospital hosts an annual four-mile walk/run for able-bodied individuals and individuals with disabilities.

Community partners are involved in the identification of needs, planning, implementation, and evaluation of community health programs that are conducted by St. Charles Hospital.

Community Health Needs Assessment forms are given out at sites (in English and Spanish), and results are analyzed for ongoing collaborative, future planning efforts.

To better identify and address the region's prevalent health needs, St. Charles Hospital collaborates with other hospitals, local health departments, health care providers, public health specialists from academic institutions and community-based organizations in the Long Island Health Collaborative (LIHC). In late 2014, the Nassau-Suffolk Hospital Council, on behalf of LIHC, was identified as the Population Health Improvement Program (PHIP) contractor for the Long Island region, with a grant of \$2.4 million* over two years to facilitate LIHC's population health-related activities. LIHC continues to focus on chronic disease prevention and treatment, particularly obesity, and provide resources such as health program inventories and health insurance information. In September 2014, LIHC piloted a wellness survey to compile baseline health data, with a full rollout in development. Through the Recommendation for Walking Program, LIHC provided questionnaires, scripts and other materials for doctors to make specific recommendations for patients. LIHC sponsored the free "Your Feet Are Made for Walking" series of community walks on Oct. 4, 11, 18 and 25, and Nov. 1 at North Shore Heritage Park in Mount Sinai. On April 9, 2015, the "Walk in the Park" was held at Belmont Lake State Park in North Babylon, where LIHC's Recommendation for Walking was unveiled and the public joined government officials from both Nassau and Suffolk counties and LIHC members in a walk around the lake. More information can be found at nshc.org/long-island-health-collaborative.

In March 2016, CHS once again partnered with Our Lady of Mercy Academy in Syosset, NY, to present the second annual "Focus on the Future: Healthy College Choices" seminar for students and their families. Panelists addressed obesity/weight management, mental health, physical safety and other issues.

Next Steps for Priorities

St. Charles Hospital's Community Service Plan is an ongoing effort to improve the health of residents in this community. A major focus in 2015 and 2016 was the implementation of the New York State Diabetes Prevention Program at St. Charles Hospital. Goals stated in 2013 and 2014 were not met due to New York State's mandate that blood glucose monitors could not be

used to screen for diabetes. The goals stated by St. Charles Hospital had to be re-addressed and a focus on diabetes prevention was implemented. In addition, St. Charles Hospital has expanded the scope of free lectures to the community through a successful Speakers To Go program and has far exceeded its goal of increasing by 2%, year over year, the number of free lectures offered in the community. Currently, a total of 15 topics are offered, as outlined above, with more to be added. Finally, the ThinkHEALTHY program has also met its goals by partnering with four schools in the primary service area with an additional school in the secondary service area. Programs for the four schools in primary service area will be developed over the summer 2016.

Living the Mission

CHS provides an array of resources to promote good health in the region. Its TV series “CHS Presents: Lifestyles at the Heart of Health” and “CHS Presents: Health Connect” feature experts providing medical, nutritional and fitness information and is broadcast on Telecare TV, reaching 6.2 million households in the tri-state area, and accessible on www.telecaretv.org. Also, these programs and other health-related videos can be viewed on demand on CHS’s YouTube channel at <https://www.youtube.com/user/chsli>, and programs in the series are available on CHS’s website under “Community Health”, along with “Recipes for Healthy Living”. In addition, CHS’s online Events calendar in the same location lists free health screenings, blood drives, lectures and other programs open to the public across Long Island, with social media used, as well, to widely disseminate this information.

Conclusion

St. Charles Hospital’s Community Service Plan is a living document that will continue to evolve through updates and be expanded, amended or revised as needed. Since submission of the plan in November 2013, St. Charles has worked to establish community partnerships and plans overarching and comprehensive programs that will address the priority areas of chronic disease. The hospital will continue to work with community partners to best address health disparities while striving to improve the overall health and well-being of the individuals in this community through outreach, education and screenings.

A major challenge is acquiring specific measureable and achievable goals. St. Charles strategized to overcome these obstacles and worked to provide the surveys through different resources. These included providing electronic surveys on our website and marketing them through community newsletters and at lectures. Also, we have contacted school districts and asked to have the surveys sent to parents of children attending the school. We achieved a better response than over the past two years and look to increase the responses even more in the coming year. A lack of participation from the medical community and the public in the cooking classes for children who are at risk for obesity and the local walking program, resulted in St. Charles having to recreate programs as documented. While this initially stalled progress, St. Charles is currently on track to achieve its goals.

St. Charles Hospital's strength is an unwavering 108-year mission of serving all in need. The hospital began when 27 children who were homeless and disabled were entrusted to the care of four French Daughters of Wisdom by the Bishop of the Diocese of Brooklyn. That heartfelt mission continues today as the hospital offers free educational and preventive health care screenings and lectures to the community. The expansion of such programs over the last year has been successful, as evidenced by the number of participants attending.