

St. Charles Hospital Community Health Needs Assessment and Implementation Plan 2013



**Reviewed and approved by the Boards of St. Charles Hospital on June 27, 2013,
and Catholic Health Services on July 29, 2013.**



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

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Introduction

New IRS Requirements

The Affordable Care Act (ACA), enacted March 23, 2010, added new requirements that all not-for-profit hospitals, recognized as 501 (c) (3) organizations, are required to complete a Community Health Needs Assessment (CHNA). A CHNA is designed to identify, prioritize and address health issues in the community served by the hospital and must be completed at least once every three years for tax years beginning after March 2012. A compliant CHNA report must include each of the following:

- Definition of community served by the facility
- Identification of key health partners or resources in the community
- Description of the process and methods used to conduct the health needs assessment
- Completion of a community-wide survey/focus groups or other means to obtain community input regarding significant health needs
- Identification and prioritization of significant community health needs
- Dissemination of the CHNA findings and report to the public

In compliance with the statute and IRS guidance and in an effort to positively impact health outcomes within the communities we serve, St. Charles Hospital recently conducted a customized CHNA. Our CHNA focused on the health behavior of individuals in our community, health issues and concerns facing residents of our community and access to care.

St. Charles Hospital reported \$2.0 million in charity care at cost net of offsetting revenues in 2012. Community service, uncompensated care and other charitable activities provided for the community totaled \$10.5 million at cost, and \$531 thousand was reported in bad debt at cost net of offsetting revenues in 2012.

Primary Service Area/Community Served

St. Charles Hospital is located on the north shore of Suffolk County in the Town of Brookhaven. A not-for-profit hospital with 231 beds, St. Charles is a member of Catholic Health Services.

The community served includes both the primary and secondary catchment area. The primary catchment area represents more than 261,000 residents, which accounts for 81% of the hospital's admissions. The hospital's secondary catchment area has more than 200,000 residents and accounts for another 16% of patient admissions. This service area (which has not changed since 2008) comprises underserved and economically challenged communities.

For the purposes of this CHNA, the area consisting of Port Jefferson, Port Jefferson Station, Rocky Point, Mount Sinai, Miller Place, East Setauket, Stony Brook, Ridge, Coram, Middle Island, Selden, Centereach, Sound Beach, Ronkonkoma, Shoreham, Wading River, Shirley, Saint James, Lake Grove, Riverhead and Yaphank comprises the facility's community, which is the area where the majority of the facility's patients reside.

Within a 15-mile radius of St. Charles Hospital's service area, there are 5 acute care community hospitals and 1 tertiary care state hospital. Also, within a 15-mile radius of the service area are 16 urgent care/walk-in centers, 11 free-standing imaging centers, 18 ambulatory centers providing outpatient surgery, colonoscopy, endoscopy and other interventional services. A total of 18 substance abuse services providers are located within a 15-mile radius and 52 providers of mental health services.

Additional resources are available through CBOs such as:

- Developmental Disabilities Institute, Smithtown
- Cody Center for Autism and Developmental Disabilities, Port Jefferson
- Hauppauge Industrial Association
- Patchogue UMCA
- Libraries: Port Jefferson Free Library, Three Village Public Library, Middle Country Library and Comsewogue Library
- Long Island Blood Center
- American Parkinson Disease Association
- Schools districts: Port Jefferson, Three Village, Comsewogue, Miller Place, Mt. Sinai and Rocky Point
- Suffolk County Department of Health Services
- Suffolk Y JCC
- The Rotary Club of Port Jefferson
- Lions Club
- Chambers of Commerce: Port Jefferson and Three Village
- United Cerebral Palsy of Suffolk, Hauppauge
- Volunteer Ambulance Corps: Port Jefferson, Medford, South Country, Mastic, Shirley, Patchogue, Stony Brook, Terryville
- Sunrise Assisted Living at East Setauket
- Atria Assisted Living at Port Jefferson Station
- Jefferson's Ferry at Stony Brook
- Churches: Infant Jesus RC Church and St. James RC Church

CHNA Findings

As a result of the CHNA, five significant health needs of the community served by the facility were identified:

- Nutrition/Healthy Eating
- Obesity/overweight (adults and children)
- Heart Disease
- Diabetes
- High Blood Pressure

Identification and Prioritization of Community’s Significant Health Needs

Based on the health concerns identified in the CHNA, the severity and urgency of the health needs and the importance placed on addressing them by the community, St. Charles Hospital’s senior leadership team prioritized the community’s health needs as follows:

- **Chronic Disease Prevention through education and awareness of preventive care**
- **Obesity, Heart Disease and Diabetes with a Focus on Nutrition and Exercise**

CHNA Process and Findings

Process

St. Charles Hospital conducted its CHNA in May, 2013, with numerous resident groups in the community, including physicians and business professionals, employees and patients. A letter and survey were mailed to all residents in the 11777 zip code (Port Jefferson, Port Jefferson Station and Belle Terre).

St. Charles Hospital distributed the survey at a community outreach event, Healthy Sundays, in Riverhead. Healthy Sundays is a Catholic Health Services initiative that provides health information and screenings specifically for underserved and uninsured population. A total of 18 Hispanic individuals completed the survey.

In addition to collaborating with the Suffolk County Department of Health and Nassau-Suffolk Hospital Council, St. Charles worked with 29 community-based organizations (CBOs) to conduct the survey. These include fire departments, libraries, civic organizations, YMCAs, school nurses, youth organizations, and churches. St. Charles received survey responses from the Port Jefferson Fire Department, the Port Jefferson Library, the Patchogue YMCA, Infant Jesus RC Church, Lions Club, Rotary Club, Port Jefferson Ambulance Company, and the Port Jefferson school district. The Port Jefferson Fire Department, the Port Jefferson Ambulance Company and Infant Jesus Roman Catholic Church serve minority and low-income populations.

The Suffolk County Department of Health mailed surveys to residents and CBOs in Suffolk County. The responses were compiled and aggregated and provided the following results:

Response to question, *What would be most helpful to improve your health:*

32.7%	Access to healthier food
56.4%	Health education programs
34.5%	Health screenings
36.4%	Weight loss programs
47.3%	Farmers markets
14.5%	Affordable housing
5.5%	Drug and alcohol services

Results

After compiling and analyzing the surveys, the results to critical questions in the survey identified specific needs within the community.

A total of 131 individuals completed the survey. 48.4% of respondents were 50-69 years old while 19.4% were 70-79 years. 82.4% were white and 14.4% Hispanic. 87.1% had health insurance and 59% of the respondents were female.

Individuals from towns responding to the survey included both the primary and secondary service areas as well as areas surrounding the Rehabilitation Networks:

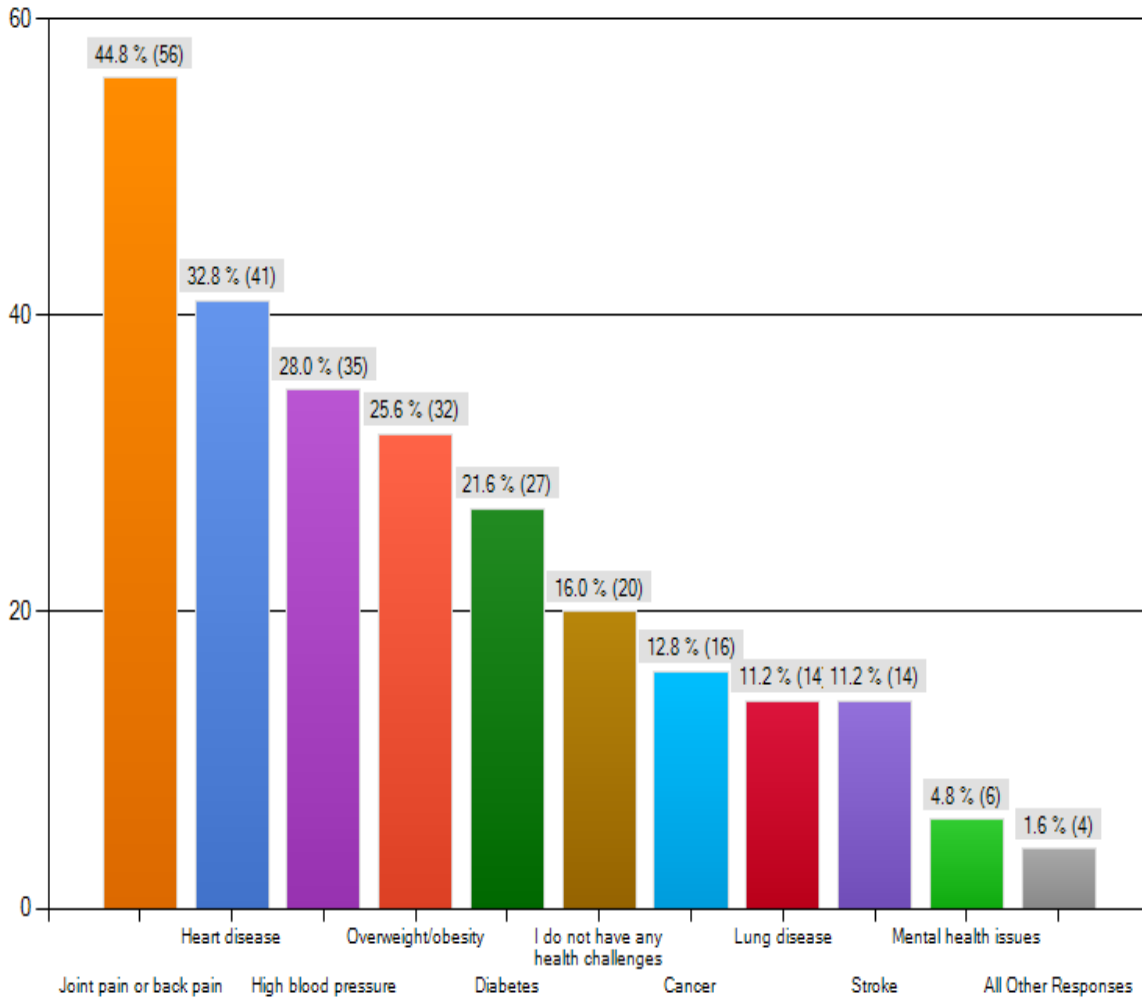
Albertson	Manorville	Ridge*
Bayside	Mastic*	Ronkonkoma
Centereach	Medford	Roosevelt
Commack	Middle Island	Roslyn
Coram	Mt. Sinai	Selden
Hampton Bays	Oakdale	Smithtown
Holtsville	Patchogue	Sound Beach
Lake Grove	Port Jefferson	Stony Brook
		Wantagh*

*Key area with population of underserved and uninsured individuals.

Information Gaps

An information gap in the survey was a lack of contact information for individuals who completed the survey. Contact information would provide an opportunity for St. Charles to provide information and services where needs were identified.

Please select the top three health challenges you face.

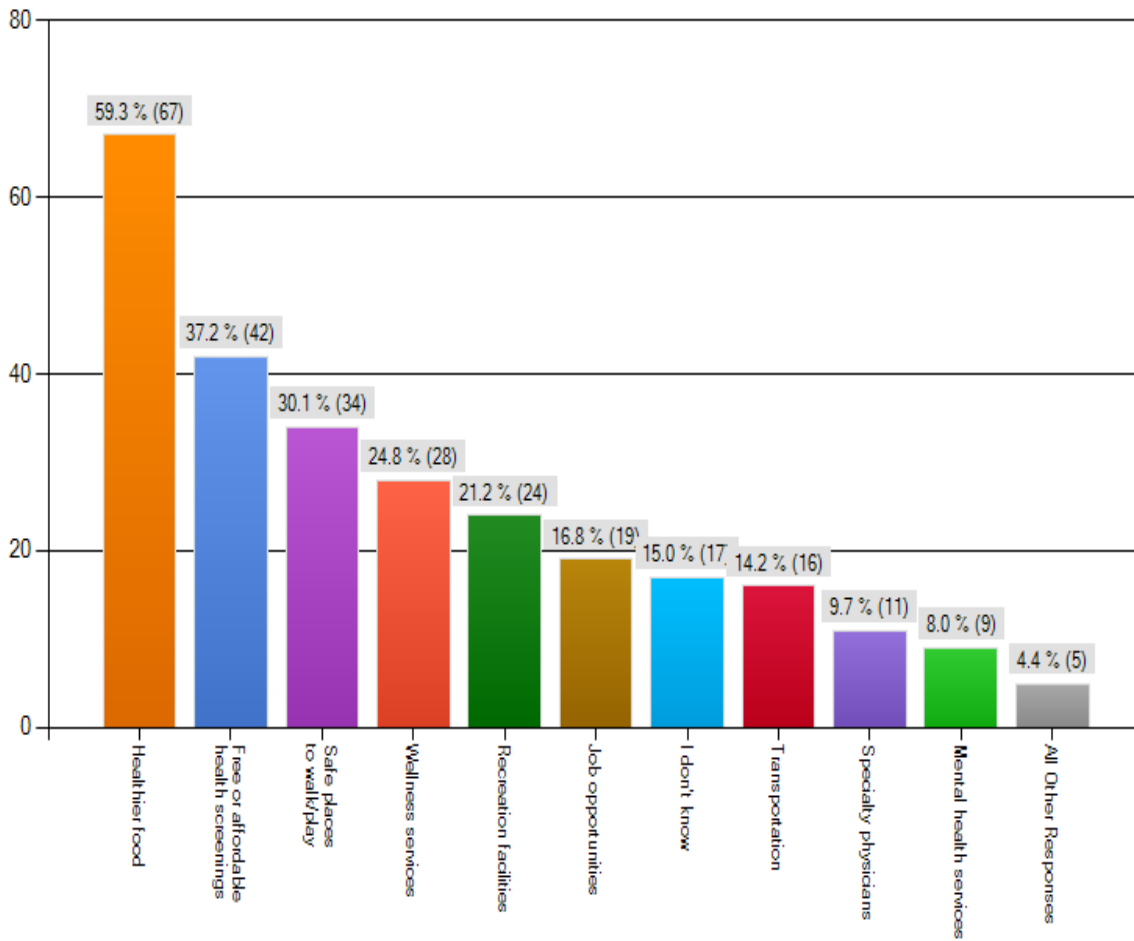


NOTE: 100% of joint/back pain respondents were current patients at one of the outpatient rehabilitation networks and were there for the purpose of physical therapy for joint or back pain.

Top Health Challenges:

- **Heart Disease**
- **High Blood Pressure**
- **Overweight/Obesity**
- **Diabetes**

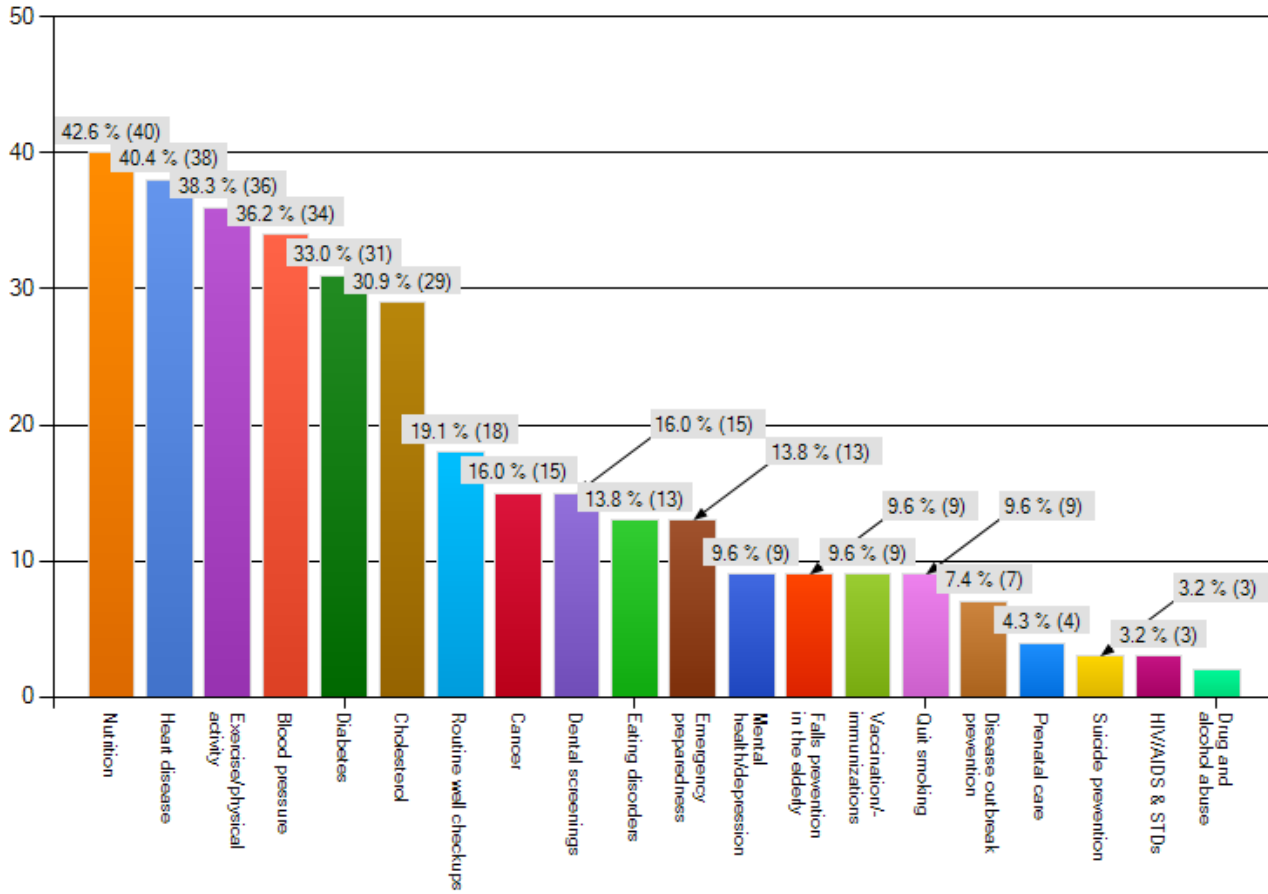
What is needed to improve the health of your family and neighbors? (Please check three.)



Needed for improved health of family/neighbors:

- **Healthier Food**
- **Affordable Health Screenings**
- **Safe Place to Walk/Play**
- **Wellness Services**

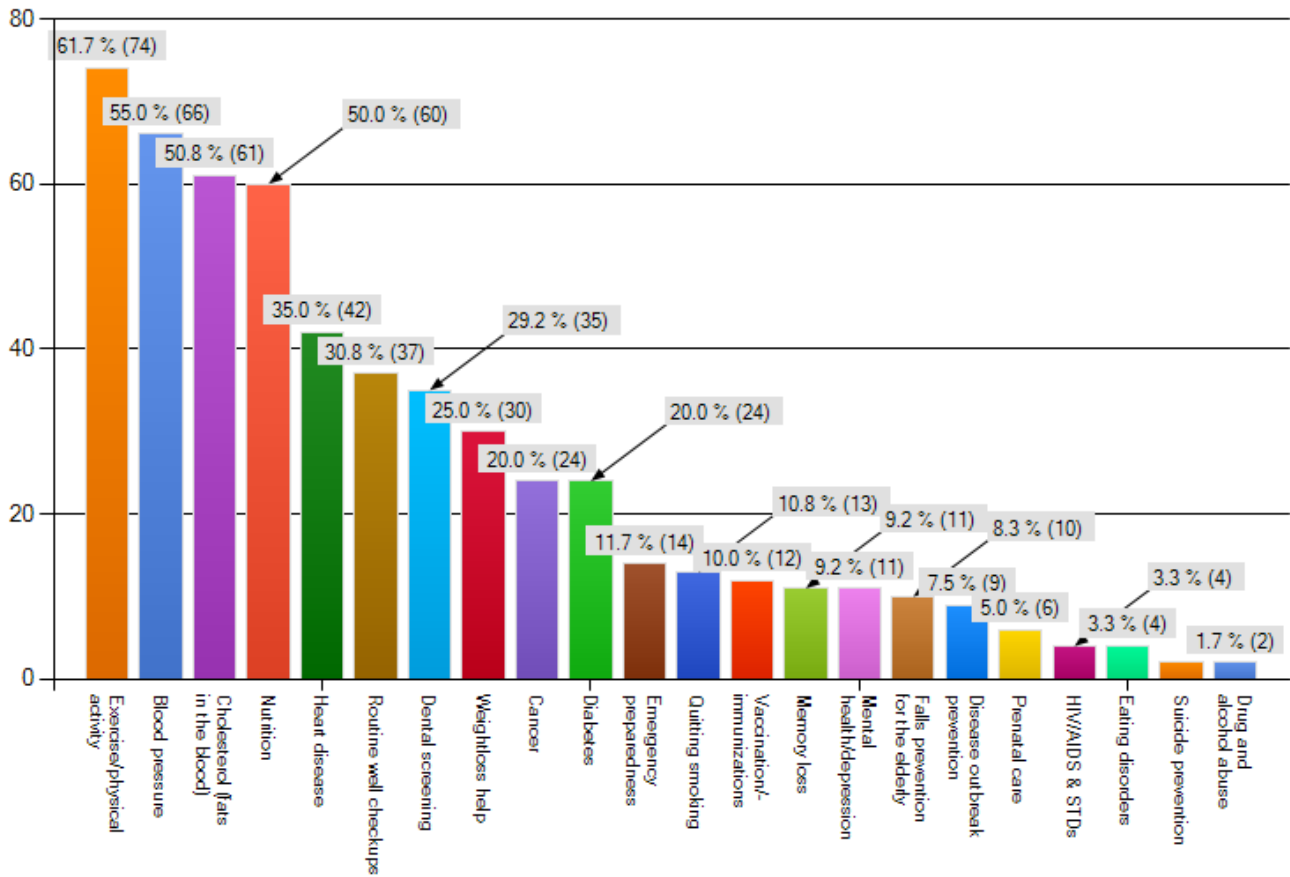
What health issues do you need education about? (Please check up to five.)



Five Health Issues Where Education is Needed:

- Nutrition
- Heart Disease
- Exercise/Physical Activity
- Blood Pressure
- Diabetes

**What types of health screenings and/or services are needed to keep you and your family healthy?
(Please check up to five.)**



Needed Health Screenings/Services to Maintain Health

- **Exercise/Physical Activity**
- **Blood Pressure**
- **Cholesterol**
- **Nutrition**
- **Heart Disease**

Implementation Plan

Based on the survey, St. Charles Hospital's Senior Leadership team elected to focus its Implementation Plan on the following two priorities:

Priority #1:

Obesity, Heart Disease and Diabetes with a Focus on Nutrition and Exercise

Goals:

- Develop customized healthy lifestyle programs for children, adolescents and teens and partner with two local school districts to rollout program.
- Develop and implement healthy lifestyle course hosted at St. Charles Hospital.
- Explore the possibility of partnering with a community organization/parish and/or Village of Port Jefferson to offer a safe walking program.

Action Plans:

- Identify "at risk" individuals through community health screenings
- Proactively engage "at risk" patients in healthy lifestyle programs.
- Identify opportunities to partner with community organizations to drive participation in "healthy" events and change in lifestyles.
- Create educational curriculum designed to address the top health concerns identified in our communities
 - Nutrition
 - Exercise Programs
 - Obesity
 - Heart Disease
 - Diabetes
- Partner with area schools to target childhood obesity and encourage healthy eating and exercise.
- Partner with local parishes to target "at risk" lifestyles and promote positive changes

Priority #2:

Chronic Disease Prevention through Education/Awareness of Preventive Care

Goals:

- Form a Speakers' Bureau with medical experts in key areas available to educate our communities on topics such as heart disease, blood pressure, cholesterol, diabetes and healthy eating/nutrition.
- Increase the number of health screenings provided to our communities and offer education and resources.
Screenings to include:
 - Blood Pressure Screenings – four times yearly
 - Cholesterol Screenings – four times yearly
 - Diabetes Screenings – four times yearly
 - BMI Screenings – four times yearly

- Implement one event for each of the National Recognition Months listed previously.
- Diabetes educator to increase by 10% the number of educational visits made to inpatients identified as having Type II diabetes.

Action Plans:

- Use “national awareness” opportunities to educate our communities on the importance of preventive care.
 - National Heart Month – February
 - National Nutrition Month - March
 - National Childhood Obesity Month – September
 - American Diabetes Month – November
- Offer educational lectures on healthy lifestyles at civic organizations, senior centers, parishes, schools and businesses.
- Increase access to health care screenings and relevant educational information and resources.

Next Steps for Priorities

For each of the priority areas listed above, St. Charles Hospital will work with the hospital’s CHNA Steering Committee to:

- Identify any related activities being conducted by others 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.
- Develop detailed work plans and measureable goals.
- Address budget and financial implications.

Priority Needs Not Being Addressed and the Reasons

Joint and back pain was identified as one of the top health challenges faced. It is important to note that the population identifying joint/back pain as a health challenge are, for the most part, patients at St. Charles Hospital’s outpatient rehabilitation network and actively being treated for joint and back pain. However, St. Charles Hospital currently provides free monthly lectures on hip, knee and back pain offered by orthopedic surgeons and will continue this outreach initiative going forward.

St. Charles Hospital does not have the resources at this time to address issues which ranked at 20% or below. Efforts will be made to increase and improve all aspects of health information and education that is provided to the community.

Conclusion

With the completion of the community health needs assessment, St. Charles Hospital will develop a hospital-based CHNA Steering Committee and begin to develop individual implementation plans. Employing the hospital’s strengths and resources, St. Charles will work to best address the community’s health needs and improve the overall health and well-being of the residents of the north shore of Suffolk County.