

St. Joseph Hospital
Community Service Plan
2014–2016
Year Three Update



Approved by the Board of Trustees on October 4, 2016.



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 Three 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 August 1, 2015 to April 30, 2016, a total of 90 community surveys were collected. Responses were as follows (note that individuals frequently checked off more than one item in response to a question):

1. What are the biggest health issues or concerns in your community?
 - High blood pressure 39.77%
 - Heart disease 36.97%
 - Cancer 35.99%
 - Diabetes 31.62%
 - Overweight/Obesity 30.68%
 - Joint pain or back pain 25.00%
 - Stroke 18.54%
 - No health challenges 15.91%
 - Mental health issues 15.49%
 - Asthma/Lung Disease 11.93%
 - Other 7.95%
 - HIV/AIDS 4.65%

2. What keeps people in your community from seeking treatment?
 - Fear (not ready to face/discuss health problems) 33.33%
 - Transportation problems 20.83%
 - Unable to pay co-pays 20.83%
 - No insurance and unable to pay for the care 16.67%

- Don't understand need to see doctor 12.50%
 - Lack of availability of doctors 4.17%
3. What is needed to improve the health of your family and neighbors?
- Healthier food 48.34%
 - Wellness services 42.35%
 - Job opportunities 42.16%
 - Free or affordable health screenings 40.00%
 - Safe places to walk/play 18.51%
 - Recreation facilities 17.65%
 - Specialty physicians 15.29%
 - Mental health services 14.26%
4. What health screenings or education/information services are needed in your community?
- Heart disease 47.56%
 - Diabetes 43.12%
 - Blood pressure 39.75%
 - Cholesterol(fats in the blood) 37.78%
 - Nutrition 34.83%
 - Exercise/physical activity 31.25%
 - Cancer 30.00%
5. If you or someone in your family were ill and required medical care, where would you go?
- Doctor's office 84.44%
 - Emergency department 28.26%
 - Walk-in/urgent care center 7.78%
 - Other clinic 15.47%
6. Where do you and your family get most of your health information?
- Doctor/health professional 83.33%
 - Internet 42.22%
 - Television 27.78%
 - Family or friends 23.33%
 - Newspaper/magazines 17.78%
 - Hospital 14.44%
7. Have you had a routine physical exam in the past two years?
- Yes 47.78%
 - No 52.22%
8. What is your gender?
- Female 63.22%
 - Male 36.78%

9. What is your age category?

• Under 18:	0
• 18 – 29:	5
• 30 – 39:	10
• 40 – 49:	15
• 50 – 59:	26
• 60 – 69:	21
• 70 – 79:	12
• 80 – 89:	1
• 90+:	0
Total:	90

10. What is your race/ethnic identification?

• White/Caucasian	63.24%
• Black/African-American	19.56%
• Hispanic	14.52%
• Asian	9.87%
• Native American	1.18%
• Multiracial	0%

11. What is your highest level of education?

• K – 8 th grade	0%
• Some high school	0%
• High school graduate	25.58%
• Technical school graduate	5.81%
• Some college	27.91%
• College graduate	33.72%
• Graduate school	6.98%
• Doctorate	0%

12. Do you have health insurance?

• Yes	95.40%
• No, but I did at an earlier job	4.60%
• No	0%

These latest results indicate that high blood pressure is now a major concern for nearly 40% of respondents. Diabetes continues to be a significant issue, and nutrition and recreation/physical activity—which may assist in obesity prevention—are still areas of concern in the community.

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 continues to raise 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 through resources available at St. Joseph Hospital. The program supports all areas of diabetes care, including management and education in various locations, targeting high-risk populations.

Free diabetes community support groups have had 252 participants at the 11 lectures conducted August 2015 to April 2016. The pre-diabetes program uses body mass index (BMI) as one of the criteria to enroll a participant. Additional lectures are planned in 2016, exceeding the goal of at least one additional lecture in the year.

The goal to increase by 5% participation in all of the free support groups has been exceeded with a 69% increase in participants, going up from 13 attendees per lecture July 2014 to July 2015 to 22 per lecture in the August 2015 to April 2016.

Free Diabetes Education Lectures:

- 8/19/15: Diabetes Eye Care, Have You Seen Your Ophthalmologist Lately?: Guest Speaker Jordan Garelick, MD: 12 attended
- 9/16/15: Diabetes and Balance: Guest Speaker Kathleen Quinn: 9 attended
- 9/22/15: Diabetes Myths and Facts: Guest Speaker Alysa Ferguson: 75 attended at the Massapequa Senior Center
- 10/21/15: Grocery Store Tour: Making Good Choices/Reading Labels at Pathmark in Bethpage: 10 attended
- 11/18/15: Preparing for the Holidays/Stress Reduction Techniques: 15 attended
- 12/16/15: Holiday Recipes & Cooking Ideas: 3 attended
- 1/20/16: Secrets of Successful Weight Loss: 15 attended
- 2/17/16: February is Heart Month – The Top 10 Heart Healthy Foods and How to Include Them in Your Diet: 12 attended
- 3/16/16: Tips for Proper Foot Care: Guest Speaker John Jackalone, DPM: 5 attended
- 3/29/16: Diabetes Prevention: 90 attended at The Oaks in Massapequa
- 4/20/16: Sit Down and Get Moving, Diabetes and Chair Exercise: 5 attended

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 and Prevention (CDC) Diabetes Prevention Recognized Program (DPRP) has been offered at St. Joseph Hospital. The program focuses on how to recognize pre-diabetes and

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

prevent Type 2 diabetes and future complications. Each program ran 1 evening a week for 16 weeks from August 2015 to November 2015 with 4 participants, continuing 1 evening a month from February 2016 to May 2016 with 6 participants. The program is presented by registered dietitians and certified diabetes educators and provides a full year of education. The goal was to increase enrollment by 10% during 2015-2016. The goal of a 10% increase was met, and enrollment increased by 50%, from 4 in the 2015 program to 6 in the current 2016 program. Another program is scheduled for July 2016, which has an initial early enrollment of 2. The plan is to increase awareness of the program through the CHS and St. Joseph websites, social media, parish bulletins and local publications.

St. Joseph Hospital participated in 7 Healthy Sundays events from August 2015 to April 2016. Healthy Sundays is a CHS outreach program designed to deliver free health screenings, immunizations and education to the medically underserved. The body mass index (BMI) health screenings provide valuable information regarding a correlation between high BMI and diabetes, especially to the medically underserved communities in Roosevelt, Uniondale, Hempstead and Wantagh.

Date	Location	Screened
8/8/2015	Fidelis Care Fair, Freeport	60 screened
8/22/2015	Fidelis Care Fair, Hempstead	54 screened
8/30/2015	St. Bernard, Levittown	40 screened
10/3/2015	St. Kilian, Farmingdale	106 screened/105 flu vaccines
1/31/2016	St. Bernard, Levittown	8 screened/8 flu vaccines
4/2/2016	St. Kilian Church, Farmingdale	10 screened
5/14/2016	St. Joseph Flint, Bethpage	3 screened

A total of 1,170 people attended the 7 Healthy Sundays; 281 were screened. Of those screened, 78 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. Of those screened, 105 had high body mass index (BMI) and were advised of the correlation of high BMI in relation to diabetes. Four attendees screened were referred to CHS's Bishop McHugh Health Center in Babylon, as this location was more convenient for the participants referred. In addition to the Healthy Sundays blood pressure (BP) screenings, BP screenings also took place at the following locations: Farmingdale Library, January and March 2016, and Massapequa Library, October 2015 and February 2016, and Massapequa Senior Center, December 2015 for a total of 127 screenings.

Also, 114 free flu vaccines were offered at Healthy Sundays and administered to 113 attendees. More than 99% of the people in attendance at the Healthy Sundays events providing the flu vaccine who may not have had the opportunity to be vaccinated, were served. In addition to the Healthy Sundays events, 36 flu vaccines were administered at St. Mark's Church in Woodbury in October 2015.

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. On April 28, 2016 the wound care department hosted a free Foot Screening and Balance seminar from 3:00 pm–5:00 pm. Twelve members of the community received screenings and information on balance issues. Podiatry and wound care will continue to play 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.

Action Plan/Strategy:

- Since January 2015, diabetes education now includes BMI screenings at Healthy Sundays events, giving program participants a tool to benchmark weight loss/control. BMI is used as a screening tool to identify possible weight problems for adults. Making participants aware of their BMI scores helps them track progress in weight loss and diabetes self-management. The goal is to have 15% of the participants at Healthy Sundays events staffed by St. Joseph personnel screened for BMI in 2015/2016. At the 7 Healthy Sundays events held in from August 2015–April 2016, 32% of the participants were screened for BMI, exceeding the goal of 15%.
- Literature distributed at CHS Healthy Sundays events continues to include information on the correlation between obesity and high blood pressure/heart disease and diabetes.
- St. Joseph Hospital continues to 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 recorded, and a 5% increase in the combined events is anticipated annually. In the Marcum Challenge held in July 2015, the American Heart Association Walk in September 2015 and the Making Strides walk in October 2015, there was a 42.1% increase in staff participation from the previous year.
- On October 8, 2015, St. Joseph Hospital participated in the Senator Kemp Hannon “Health and Awareness Day” at St. Paul’s School in Garden City. Information was distributed regarding the correlation between obesity and high blood pressure/heart disease and diabetes. Other agencies provided information on housing, mental health services, substance abuse, transportation, support groups and how to obtain those much needed services. There were more than 1,000 attendees.
- St. Joseph 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. Joseph Hospital 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. Joseph 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. Joseph 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.
- The hospital was represented April 6, 2016, at the press conference held at the Eisenhower Park for the Recommendation for Walking Program. The event culminated in a one-mile walk around the park, with state officials, the public, St. Joseph Hospital staff and other LIHC members.
- On September 19, 2015 the hospital participated in the St. Vincent de Paul, "Friends of the Poor" walk at Bethpage Park. Non-perishable food items were collected to distribute by St. Vincent de Paul to those in need. The hospital provided BP screenings to 46 attendees.
- St. Joseph Hospital participated in the Community Health Summit Council at Farmingdale High School March 30, 2016, 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 600+ community members in attendance. The plan is to include BMI and BP screenings at the 2017 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 caused by loss and acts as a referral source for those with additional needs. The goal is 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.

From August 2015 to April 2016, St. Joseph Hospital held six week general bereavement group programs for those who had a loss within the year, and a “Next Steps” program 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 or www.stjosephhospital.chsli.org. The goal was to increase participation by 10% in the 2015-2016 groups. This goal was not met with a 47% decrease in participants, going down from 70 total attendees in 2014-2015 to 37 total in 2015-2016. The hospital will continue with the two current groups and assess the need for more specialized bereavement groups such as loss of a spouse or child.

Combined Bereavement Support Groups Pre-Registration	No-shows	Dropped Out	Completed Program
37	0	0	37

In August 2015, St. Joseph Hospital participated in the Annual Bi-County Empowerment Conference sponsored by The Mental Health Association of Nassau County, Inc. The hospital provided healthy eating and diabetes education information to 500+ attendees.

Community Partners

In order to better serve the community and decrease health disparities, St. Joseph Hospital promotes lectures, screenings and other outreach programs during the year with the following community partners:

- Bethpage Library
- Bethpage School District
- CHS Services in Rockville Centre/Melville
- Farmingdale Public Library
- Farmingdale School District
- Fidelis Care
- Girl Scouts of America, Nassau County
- 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
- St. Vincent de Paul

To better identify and address the region’s prevalent health needs, St. Joseph 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 www.lihealthcollab.org

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

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 by involving additional community partners such as schools and accounting for the number of participants within the programs in order to evaluate the effectiveness of the hospital’s efforts.
- Build support within the community for the identified initiatives.

- Further develop detailed work plans.
- 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 four blood drives per year, health screenings and immunizations, lectures, support groups, nutrition seminars, the Spring Fling Health Fair in conjunction with the Girl Scouts of America/ Nassau County and four needs-based drives each year: school supplies in September, coats in October, food in November, and toys and food in December. The toys are presented to representatives from the U.S. Marine Corps at the annual Christmas Tree Lighting for the Toys for Tots program. Also, St. Joseph participates with other CHS facilities in the annual Marcum Challenge, American Heart Association Walk and Making Strides Breast Cancer Walk. In conjunction with CHS, St. Joseph has participated in the St. Vincent de Paul *Friends of the poor Walk* in September 2015 and Vincentian Volunteer training in October 2015, providing information on services available for those in need. The hospital also attends the Nassau County Senior luncheons each month held at the Old Bethpage Village Restoration, where information on issues important to the community such as diabetes and heart disease are available to the 400+ attendees each month. In addition, hospital personnel staff CHS's Healthy Sundays outreach program, founded in 2005 to care for Long Island's medically underserved.

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. 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. Bringing forth information on Complete Streets and the LIHC Recommendation for Walking Program is a direction that can be taken in collaboration

with community partners. St. Joseph is committed to continuing to develop more ways to better serve the community.