

# Community Service Plan 2014-2016

## Update: March 2015

### John T. Mather Memorial Hospital

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#### Mather Hospital Activities Addressing NYS Prevention Priority Agenda Objectives

##### Prevent Chronic Diseases Action Plan

##### Focus Area 1: Reduce Obesity in Children and Adults

Need: In Suffolk County, 59.6% of adults are overweight or obese, slightly higher than the percentage of New Yorkers. 9% of Suffolk County adults ages 18+ have diabetes, slightly higher than the percentage of New Yorkers, exclusive of New York City. The Prevention Agenda goal is 5.7%. Given the prevalence of obesity in its community, Mather Hospital is addressing the following Prevention Agenda objective.

Objective 1.1.1.: By December 31, 2017 decrease the percentage of adults ages 18 years and older who consume one or more sugary drink per day.

Strategy: Mather will work with local businesses to create community environments that promote and support healthy food and beverage choices.

Mather Hospital's "Rethink Your Drink @ Work" Program, funded through a grant from the NYS Department of Health – Healthy Heart Program, will continue its work with worksites in Suffolk County over the next six months. The program aims to reach a total of 35 worksites. A Mather registered dietitian visits the worksites to educate employees about the risks associated with overconsumption of sugary drinks and helps the worksites to introduce a healthy beverage policy. The program collaborates with several community organizations including Healthy Schools NY, Cornell Cooperative Extension Suffolk County, the Nassau-Suffolk Hospital Council, and the Nutrition Division of Stony Brook School of Medicine.

Healthy beverage policies have been implemented at 32 worksites, affecting 9,231 employees. Policies vary from site to site but include a) only serving healthy beverages at office meetings/events; b) providing filtered water at no cost for employees; c) Increasing the variety of healthy beverages in vending machines; and d) limiting unhealthy beverages to the bottom two slots of the vending machine. All sites also agreed to hang informational posters near the point of purchase (vending machine/cafeteria etc.). Healthy beverages are as defined by the NYS DOH standards (typically a container with 40 calories or less or 100% fruit juice in a 12oz size or smaller).

At United Cerebral Palsy Suffolk, which installed water filtration systems in the kitchens of its 10 residences, the program also benefited approximately 60 residents in addition to the employees who work at these sites. While the program does not specifically target individuals with disabilities, implementation at this worksite may help to address a disparity for this population, which is disproportionately affected by obesity.

Through the collaboration with Nassau-Suffolk Hospital Council, the Rethink Your Drink Program has worked with regional hospitals, advising them on how to best implement a healthy beverage policy. As a result of the program, three hospitals have implemented policies to date including Mather Hospital, Good Samaritan Hospital and Southampton Hospital.

The hospitals receive support to implement recommendations of the Healthy Hospital Initiative. For example, Mather Hospital has pledged to increase the purchase of healthy beverages to 80% of all purchases by December 2015. The increased availability of healthy beverages is benefiting patients and visitors as well as employees through the hospital's coffee shop and vending machines. Progress in this area can be seen by the percentage of vending machine slots offering healthy beverages vs. unhealthy beverages. In December 2013, 58% of slots offered healthy beverages and 42% of slots offered unhealthy beverages. By October 2014, 89% of slots offered healthy beverages and 11% offered unhealthy beverages. The hospital has also improved its healthy beverage offerings for inpatients, including offering seltzer as the default choice on patient menus. Mather has also increased healthy snack offerings in its vending machines to meet the NYS DOH standards for hospitals. In December 2013, only 44% of snacks met the guidelines and by October 2014, 100% of the snacks met the healthy guidelines. All candy bars were eliminated from the vending machines.

As part of the Healthy Hospital Initiative, Mather has also pledged to reduce the amount of meat purchased by 20% over three years. Its cafeteria features Meatless Mondays, on which all meats are eliminated from the menu. The elimination of red meats and processed meats (including sausage and hot dog) just one day a week can help improve heart health. In addition, the cafeteria has increased its vegetarian options throughout the week. These changes build on the hospital's previous success with introducing a daily "Healthy Plate" for its 2,400-plus employees that meets standards for total calories and saturated fat and includes fruit and vegetables. The healthy plate is a value meal encouraging employees to choose the healthier option by offering it at a reduced cost.

### **Focus Area 3: Increase Access to High Quality Chronic Disease Preventive Care and Management in Both Clinical and Community Settings**

Need: PQI data indicate that in Mather Hospital's service area individuals with Congestive Heart Failure (CHF) could avoid hospitalizations with better management of their condition. CHF admissions are 109% of expected admissions. African Americans in our service area have 141% of expected admissions and the category of "Other" has 199% of expected admissions. Zip codes with higher than expected admissions include 11776 Port Jefferson Station (156%), 11720 Centereach (108%), 11784 Selden (116%), 11727 Coram (103%), 11953 Middle Island (108%), and 11961 Ridge (110%).

The PQI data also show that populations of individuals with diabetes in Mather's service area could avoid hospitalizations with better management of their condition. African Americans in our community have 173% of the expected admissions for Uncontrolled Diabetes; Hispanics have 136% of expected

admissions. Zip codes with higher than expected admissions include 11727 Coram (125%) and 11953 Middle Island (131%). Lower Extremity Amputation PQI for Coram is 180% of expected admissions.

Objective 3.3.1: By Dec. 31, 2017, increase by at least 5% the percentage of adults with arthritis, asthma, cardiovascular disease or diabetes who have taken a course to learn how to manage their condition.

Strategy: Mather will expand its outreach efforts to Congestive Heart Failure (CHF) patients through its CHF Support Group by targeting populations experiencing disparities and zip codes with higher than expected admissions for CHF. Program information will be shared with senior living communities and senior centers including those that serve the targeted populations. In addition, the hospital will hold free health seminars at churches or other community organizations in zip codes with higher than expected CHF admissions and that serve populations affected by disparities. Seminars on diabetes will also be offered following the CHF seminars for communities that also have higher than expected admissions for uncontrolled diabetes and populations affected by disparities (see above), increasing the impact of outreach efforts. Seminar participants will be informed of support groups at Mather that can further assist them in managing their condition. A targeted mailing publicizing the seminars will be sent to residents.

Mather Hospital's CHF Support Group began in January 2011 and meets monthly. This is a program for CHF patients and their caregivers in the community. We initiated the program to help CHF patients better understand and successfully manage their chronic disease, improve compliance, improve follow-up with their doctors after hospitalization, and improve their quality of life. It also gives them an opportunity to have their questions and concerns answered by expert physicians and clinicians and offers them the support of others with the same diagnosis. The program is offered to all patients who have been hospitalized with a diagnosis of CHF through a direct mailing, and will also be publicized through the methods discussed above.

Program topics have included Congestive Heart Failure – Signs & Symptoms; Stroke & TIAs; CHF and Atrial Fibrillation; Cardiac Medications; Nutrition for the Cardiac Patient – Healthy choices for the heart; Devices Used in CHF – Pacemakers, Defibrillators; Exercise for the Cardiac Patient – Improving your quality of life; Shortness of Breath – What the CHF patient should be aware of; and Sleep Apnea & CHF. Presenters have included cardiologists, neurologists, pulmonologists, the Director of Pharmacy, Director of Respiratory Therapy, Director of Nutrition, physical therapists, Director of Social Services/Social Work, and Employee Health/Family Medicine.

The free community health seminars will feature presentations by clinicians with the CHF seminar focusing on managing CHF and how to improve the quality of life for CHF patients and their caregivers, and the diabetes seminar focusing on managing and preventing diabetes through lifestyle changes and diet choices. The first seminars will be at Middle Island Congregational United Church of Christ in April 2015. A targeted mailing has been sent out to residents in Middle Island, Coram, Ridge, Medford (which includes Gordon Heights, a predominantly African American community) and Selden.

### **Focus Area 3: Increase Access to High Quality Chronic Disease Preventive Care and Management in Both Clinical and Community Settings**

Need: Suffolk County has an age-adjusted breast cancer incidence rate of 142.3 per 100,000 people, well above the New York State rate of 128.5. In addition, the breast cancer mortality rate is 22.5, whereas the New York State rate is 21.4.

For colorectal cancer, Suffolk County also has higher incidence and mortality rates (44.7 and 16.1 respectively) than in New York State (43.0 and 14.9 respectively).

Objective 3.1.1: By December 2017, increase the percentage of women aged 50-74 years with an income of <\$25,000 who receive breast cancer screening based on the most recent clinical guidelines (mammography within the past two years) by 5% from 76.7% to 80.5%.

Strategy: Mather Hospital will increase its outreach on behalf of the Fund for Uninsured/Underinsured Women at the Fortunato Breast Health Center. Posters and other materials will emphasize the availability of free breast cancer screening for qualifying women. In addition, Mather Hospital will distribute information on the importance of breast cancer screening and mammography and the availability of the Fund for Uninsured/Underinsured Women with an emphasis on reaching women with lower incomes and women in the targeted age group. Outreach will occur through community health fairs, including health fairs at libraries in lower income communities, and senior citizen centers and residences. In addition, a seminar on cancer prevention and screenings at an off-site venue such as a senior center or library is planned.

In 2014, information was distributed at the following events:

- Families Walk for Hope (600 attendees)
- Victory Day (600 attendees)
- Mather Health Fair at Smith Haven Mall (150 attendees)
- Port Jefferson Chamber Health Fair (200 attendees)
- Mather Healthy U Fair at Suffolk County community College (100 attendees)

Objective 3.1.3: By December 2017, increase the percentage of adults (50-75 years) who receive a colorectal cancer screening based on the most recent guidelines (blood stool test in the past year or Sigmoidoscopy in the past five years or a colonoscopy in the past 10 years)

Strategy: Mather Hospital will offer free stool guaiac testing kits with educational material on colon health and the importance of screening. All stool test kits will include a postage-paid envelope as well as educational material on colon cancer screening. The kits will be distributed at health fairs and senior centers, residences and clubs. In addition, as mentioned above, Mather is planning a seminar on cancer prevention and screenings at an off-site venue such as a senior center or library. A committee, including physicians representing the relevant specialty areas is being formed to guide the development of the seminar.

In 2014, stool guaiac testing kits were distributed at the Port Jefferson Chamber Health Fair (40 kits) and Mather's Healthy U Fair (55 kits). The return rate for the kits was very low (1 returned, negative). However, it is believed that the education participants received along with the distributed kits will result in an increase in the number of people who get colonoscopies.

## **Promote Mental Health and Prevent Substance Abuse Action Plan**

### **Focus Area 2 - Prevent Substance Abuse and other Mental Emotional Behavioral Disorders.**

Need: According to the Suffolk County DSRIP Community Needs Assessment (CNA), substance use is a significant health issue for the Medicaid/Uninsured population in Central North (Mather's service area), which had the highest percentages of current drinkers, chronic drinkers, smokers and illicit drug users.

At 14.6, Suffolk County's age-adjusted rate of drug-induced deaths is higher than the state's (9.5) and country's (13.1). According to stakeholders quoted in the CNA, substance abuse is a major problem with prevalence increasing and Emergency Departments seeing increases in the number of people who come in with substance abuse problems.

This is true in Mather Hospital's Emergency Department, which analyzed data and identified two school districts from which large numbers of the ED substance abuse related visits came: Comsewogue in Port Jefferson Station and Newfield in Selden. In 2014, there were 90 ED admissions for drug overdose or substance abuse for current students or past students in these districts. The patients were ages 12 to 29.

Objective 3.1.1: Identify and strengthen opportunities for sharing data on access to care, identifying service gaps, studying cost-effectiveness strategies for integration and coordination, and the impact of interventions.

Strategy: Mather will launch an outreach program to educate and prepare parents in the Comsewogue and Newfield school districts to assist in the identification and understanding of drugs in our community. Although parents are aware of how devastating illicit drugs can be to our children they are at times not able to identify the signs of early drug abuse even within their own family.

Mather's goal is to help the parents in this community:

- (1) Equip themselves with the tools necessary to address the issue of substance abuse;
- (2) Enhance their knowledge regarding the devastating effect that can occur in young people.

Mather's nursing managers in the ED, Critical Care and Psychiatry units developed a program in response to the study of ED admissions for drug overdose/substance abuse described above. The nurse managers reviewed the literature and developed a program targeting parents with a two-pronged approach – prevention and early detection.

The nurses met with leadership in the Comsewogue and Newfield School Districts, and collaborated with other community partners such as Phoenix House to provide two parent education seminars in 2014 at the districts' high schools. Approximately 150 people attended the seminar at Comsewogue High on Feb. 24 and 90 people attended the seminar at Newfield High on Oct. 2. In 2015, the nurses plan to focus on middle school students.