



## COMMUNITY HEALTH NEEDS ASSESSMENT REPORT AND IMPLEMENTATION PLAN

### IMPLEMENTATION PLAN

#### A. COMMUNITY HEALTH NEEDS TO BE ADDRESSED

##### CHRONIC CONDITIONS

Barnes-Jewish St. Peters Hospital will support the management of chronic conditions by providing obesity and smoking cessation programs, two primary risk factors for disease development and poor control. The hospital also provides a Diabetes Self-Management Program and support programs such as Better Breathers for those with chronic breathing conditions, Mended Hearts and Women Heart for those with cardiac conditions, Conquer for those with any type of cancer, a Breast Cancer Support Group, and Man to Man for those with prostate cancer at any stage.

##### OBESITY

###### Rationale:

Overweight/obesity remains a growing concern in the county, state and country. Obesity is linked to major chronic conditions such as heart disease, diabetes, arthritis, cancer and stroke. The 2011 *Obese Adults in St. Charles County* was 25.2 percent, a decline from the 2007 rate of 29.3 percent; however, the 2011 rate of *Overweight Adults in St. Charles County* was 37.1 percent, an increase from the 33.9 percent rate in 2007 (HCI 2011).



If the obesity rate in St. Charles County is reduced it will positively impact the health of the community; therefore, the hospital will offer Biggest Winner of St. Charles County two times each year. Each session will last 10 weeks. Biggest Winner of St. Charles County does demonstrate a decrease in weight among participants by approximately two percent per round.

###### Program Goals:

- I. Reduce the incidence of overweight and obese individuals in St. Charles County.
- II. Improve management of obesity-related diseases in individuals.

###### Goal I. Objectives:

- I. Reduce the incidence of overweight and obese individuals in St. Charles County.
  - a. Increase Biggest Winner adult participation by 5 percent from the prior session.

- b. Overall educational class score for pre- and post-knowledge test will increase by 10 percent.
- c. Increase adult participation completion rate from 40 percent to 45 percent.
- d. Increase group weight loss from 2 percent to 3 percent per session.

**Action Plan: Biggest Winner of St. Charles County**

Since 2010, Barnes-Jewish St. Peters Hospital has offered the weight management program, Biggest Winner of St. Charles County, in collaboration with these partners:

- Progress West Hospital - provides social media support, program administrative support and educational programs
- St. Charles City-County Library District – provides weigh-in sites at all library branches and venues for programs
- St. Charles Community College – provide large venue for kickoff and celebration
- BJC Medical Group – provides physician expertise and multiple weigh-in sites
- Mid Rivers NewsMagazine – provides print publication at discounted fees
- St. Peters Rec-Plex, St. Peters – provides fitness experts and weigh-in site
- Renaud Spirit Center, O’Fallon – provides fitness experts and weigh-in site
- Fitness Fuzion – provides Zumba instruction and weigh-in site

In 2012, the program was recognized by Partners for Progress of St. Charles County with a Community Shapers Health Award. With a focus on prevention and wellness, the Biggest Winner is a model program that targets overweight and obese individuals.

To increase participation, the program will be promoted in the hospital community calendar that will be mailed to 100,000 homes in St. Charles County three times a year.

Prior to the 10-week competition, participants will attend a four-week education class on healthy weight loss and lifestyle changes. They will be offered a free dietitian consultation.

By keeping participants engaged and motivated, a higher percent should complete the 10-week session and be successful in losing weight. To maintain interest, additional programs will be conducted during the 10-week sessions. Attendees will be entered into prize drawings based on the number of programs attended. Biometric screenings will be provided at the beginning of the 10 week competition and at the end of the 10 weeks. Biometric screenings include blood pressure, Total Cholesterol and HDL and Body Mass Index (BMI).

The three individuals with the greatest percent of weight loss will be recognized and awarded prizes at the closing celebration. Before and after photos will also be displayed.

A family component will be introduced to the program to educate parents and children about



healthy lifestyle choices and the health concerns associated with obesity. Education will be provided on healthy BMI ranges and risks associated with childhood obesity. Families will track healthy behaviors and receive points based on specific behaviors and frequency. The family weighs-in as a combined weight 3 times during the competition.

## **Goal II. Objectives:**

- II. Improve management of obesity-related diseases in individuals.
  - a. Diabetes Class 1 participants will increase by 5 percent over prior year.
  - b. Fifty percent of Class 1 participants will attend Class 2.
  - c. Class 1 average pre- and post-knowledge scores will increase by 10 percent.
  - d. Twenty percent of Class 2 attendees will show a decrease in BMI from Class 1.
  - e. Class 2 average post-knowledge scores will demonstrate retention from Class 1.

## **Action Plan: Diabetes Self-Management Program**

The risk for diabetes developing or being poorly controlled increases in obese and overweight individuals. The hospital will offer a Diabetes Self-Management Class free to the community that will be promoted in the hospital community calendar mailed to 100,000 households in St. Charles County.

The program is ADA (American Diabetes Association) certified and is taught by a certified diabetes educator and a registered dietitian. Participants will attend two sessions, spaced three months apart. Class 1 and Class 2 will be repeated several times during the month in the morning and evening to make them easily accessible.

Individuals will meet with the dietitian and learn their BMI. They are also provided with resources and encouraged to enroll in the Biggest Winner of St. Charles County if overweight or obese. At the 3-month session their BMI is compared to see if they have lost weight.

## **Evaluation:**

Both Biggest Winner of St. Charles County and the Diabetes Self-Management Class will be evaluated using a pre- and post-knowledge test for all participants. Progress will also be evaluated by tracking data on the number of participants, completion rates, average group weight loss, BMI, and biometric screenings.



## SMOKING

### **Rationale:**

Tobacco use brings premature death to almost half a million Americans each year, and it contributes to profound disability and pain in many others. Approximately one-third of all tobacco users in this country will die prematurely because of their dependence on tobacco. Areas with a high smoking prevalence will also have greater exposure to secondhand smoke for non-smokers, which can cause or exacerbate a wide range of adverse health effects, including cancer, respiratory infections, and asthma ([source](#): HCI).

Tobacco use is the single most preventable cause of death in the United States ([source](#): CDC). Smoking leads to premature death and contributes to health care costs. Tobacco use treatment is one of the most cost-effective clinical preventive services.

Currently, 16.6 percent of the adults in St. Charles County smoke cigarettes. While this number is trending downward from 18.3 percent during 2002-2008 (time series data), the percent of smokers still exceeds *The Healthy People 2020* national health target for adults, aged 18 years and older who smoke cigarettes, to reach 12 percent ([source](#): HCI). Additionally, according to the Campaign for Tobacco-Free Kids, a 40-year decline in smoking leveled off about five years ago.

If there is a decrease in the number of people who smoke in St. Charles County it will have a positive impact on the health of the community. If information about risks associated with second-hand smoke is readily available to the community, they will be able to make informed decisions about their exposure risk.

Smoking cessation programs provide support and motivation; therefore, the hospital will offer eleven 4-week sessions yearly with a minimum of 5 participants per session.

### **Program Goals:**

- I. Increase the number of smokers that participate in a smoking cessation program.
- II. Increase the public's awareness about the harmful effects of second-hand smoke.

### **Goal I. Objectives:**

- I. Increase the number of smokers that participate in a smoking cessation program.
  - a. Seventy-five percent or more of class participants will complete the four weeks.
  - b. Twenty-five percent or more of class participants that complete the four weeks will quit on their quit date.
  - c. Ten percent or more of class participants that complete the four weeks will remain quit by 30 days post session.

### **Action Plan:**

The hospital will offer an ongoing 4-week smoking cessation class free to the community. The program is facilitated by a registered nurse. The program will be promoted at library branches in the county, physician offices, local media, the hospital website, community programs and organizations, childbirth classes, support groups, hospital event calendars and more. Inpatient smokers are visited by the facilitator and assessed for readiness to quit.

The class covers the following topics in an interactive group setting that provides support and encouragement:

- Preparing to quit
- Choosing your quit date
- Coping with withdrawal
- Focusing on ways to stay healthy

After the program is complete the facilitator will do follow-up calls to participants at 30 days. Participants can repeat the class if necessary for

support. The facilitator will monitor participant feedback following the class and make recommendations for adding a support group to the program.



### **Goal II. Objectives**

- II. Increase public awareness about the harmful effects of smoking.
  - a. Provide a minimum of 5 public presentations annually about the harmful effects from smoking and second-hand smoke.
  - b. Include messaging in all community calendars published by the hospital and direct mailed to 100,000 households in St. Charles County.

### **Action Plan:**

The hospital will provide topic experts to deliver community presentations covering the harmful effects of smoking and second-hand smoke. These experts will include physicians and nurses from the Siteman Cancer Center, the smoking cessation program facilitator and the BJC School Outreach Program. The hospital will incorporate community service messaging into the community calendar along with the smoking cessation program information.

### **Evaluation:**

The smoking cessation program will be evaluated using participant self-reported data on quitting. Progress will be evaluated by tracking data on the number of participants, program completion rate, and learning of coping mechanisms. The number of educational programs and direct mail messages will also be tracked.

## ACCESS

### Rationale:

Access to health care is an ongoing and national concern. Many issues fall under the umbrella of access. All nonprofit hospitals have policies in place to provide financial assistance to individuals that are underinsured or uninsured. In addition, these policies have been recently revised to expand the number of individuals qualifying for financial assistance. Barnes-Jewish St. Peters Hospital, as a member of BJC Health care, will advocate for policies that support sustainability and make sense for our community.

Organizations in place that address access issues in St. Charles County:

- Volunteers in Medicine (two sites in St. Charles County)
- Crider Health Center - integrated health care for underserved children and adults, including primary care, dental care and behavioral health at Crider Health Center, opened in September 2010. As part of the transformation, Crider Health Center obtained the designation of a Federally Qualified Health Center (FQHC)." A FQHC is a health care provider that serves medically underserved population, primarily those with Medicaid or without insurance.

Barnes-Jewish St. Peters Hospital provides the following services to support access for the residents of St. Charles County.

- Contracts with an outside vendor to provide an onsite Patient Account Representative who works with self-pay patients to determine eligibility for Medicaid or other insurance and facilitates the process if applicable.
- Communicates financial assistance and charity care guidelines to all patients.
- Provides free flu shots to the community.
- Provides Heart Check units at Mid Rivers Mall and the Middendorf-Kredell Library for patrons to access free blood pressure checks and information about heart attack and stroke. Current data for 1st quarter 2013 indicates 2147 readings at Middendorf-Kredell Library and 8880 readings at Mid Rivers Mall. Rolling digital messages on each unit provide information about acceptable ranges and other heart/stroke related information.

### Program Goal:

1. Provide access to under insured and uninsured individuals.

### Goal I. Objectives:

- I. Provide access to under insured and uninsured individuals.
  - a. Maintain outside vendor service for determining insurance eligibility and facilitating the process.
  - b. Provide 1500 free flu shots to the community.

- c. Conduct one health fair at Mid Rivers Mall in 2014 as part of the Heart Check program.

**Action Plan:**

Barnes-Jewish St. Peters Hospital will contract with an outside vendor to provide an onsite Patient Account Representative. This individual meets with uninsured patients to determine their eligibility for any insurance: If eligible, they receive assistance through the process. Patients that are not eligible are provided with financial assistance information and support.

The hospital will provide 1500 free flu shots to the community. A portion of the shots will be administered to the homeless in the City of St. Charles. The hospital will also administer flu shots to individuals with developmental disabilities in residential and day activity centers in St. Charles County.

Barnes-Jewish St. Peters Hospital funds a Heart Check unit at the mall and at the library. This contract includes the option to conduct an onsite event at the mall. The hospital will provide one health fair annually to reach individuals with health information, resources and screenings.

**Evaluation:**

The number of individuals that are contacted regarding eligibility for insurance and those that obtain insurance is tracked. Charity care is reported. The hospital tracks flu shot clinic locations and number of shots administered. The hospital will track the number served at the health fair, individual and aggregate findings for screenings, and the number of referrals made.

Senior Health and Health Literacy were not included in the priorities selected by the Community Benefit Team; however, the hospital plans to continue initiatives already in place for these community needs.

## SENIORS

Barnes-Jewish St. Peters Hospital and Progress West Hospital offer a membership program at the St. Peters City Hall that meets monthly called *Showcase on Seniors*. The program supports senior's need for socialization and education about matters that impact them. Program topics cover a variety of topics including health and wellness, health literacy, fraud prevention and more.

## HEALTH LITERACY

Barnes-Jewish St. Peters Hospital supports health literacy through a partnership with Progress West Hospital and the St. Charles City-County Library. The hospital provides financial support and ongoing programs at multiple library branches to educate the community about health issues and consumer questions. Progress West Hospital will formally address this community need on their hospital implementation plan.



## B. COMMUNITY HEALTH NEEDS THAT WILL NOT BE ADDRESSED

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### **MENTAL HEALTH AND SUBSTANCE ABUSE**

Barnes-Jewish St. Peters Hospital does not offer a behavioral health program. Organizations are in place to address mental health and/or substance abuse issues:

- Bridgeway Behavioral Health
- Crider Health Center
- County Health Department
  - St. Charles County Drug Task Force
- Preferred Family Care

### **DENTAL HEALTH**

Barnes-Jewish St. Peters Hospital does not provide preventive dental services. We do recognize that this is a serious health concern for those lacking dental care. Patients that are seen in the emergency department are referred to a dentist but this is often a difficult process as the county lacks providers willing to care for the underinsured or uninsured.

### **CHILDREN**

Barnes-Jewish St. Peters Hospital's partner hospital, Progress West Hospital will be addressing pediatric services and programs.