

# Chilton Medical Center 2013 CHNA Implementation Plan Final Report & Evaluation



## Behavioral Health

Data revealed high rates of poor mental health status, anxiety and depression alongside high substance abuse and prescription drug usage.

### What did we do?

- Increased opportunities for isolated seniors by offering a health and wellness program called New Vitality
- Partnered with schools and organizations for drug awareness programs for teens and parents
- Provided mental health programs and depression screenings in the community including our annual Brain Health Fair in which 393 people attended since 2013.



## Physical Activity and Nutrition

Data revealed that 14.4% of residents reported physical inactivity and over 60% of residents reported calculated BMIs ranges that were overweight or obese.

### What did we do?

- Provided My Plate and kids in the kitchen nutritional programs as well as Zumba for kids in which 1,652 kids participated.
- Supported community gardens and farmers markets in the area
- Offering nutritional and exercise classes to the community



## Cancer Prevention

Data revealed higher rates of breast and colon cancer were reported among residents.

### What did we do?

- Reached 987 people through programs and screenings in the community
- Provided Breast Health Educational Programs in the community along with our community partners



## Access to Care

Data revealed that residents have a limited understanding of where to seek available health resources.

### What did we do?

- Developed 1,000 resource directories for the community with local services.



# Morristown Medical Center

## 2013 CHNA Implementation Plan

### Final Report & Evaluation



## Access to Care

Data revealed that 9.2% of residents were uninsured, 9.4% didn't have a doctor and 9.3% were prohibited from visiting a doctor in the past year due to cost. These numbers were significantly higher for lower-income and Hispanic/Latino residents.

### What did we do?

- Increased access to specialists for patients of area clinics by 20%
- Created and distributed 5,000 resource cards for free and low-cost care in the community
- Provide health literacy training to 160 staff of the system and community organizations
- Hosted health literacy photovoice project to highlight patient voices
- Screened 8740 and provided health education to 2875 underserved individuals
- Provided application assistance for Health Insurance Exchange, presenting at 5 programs, fielding 300 calls, and submitting 39 applications for insurance coverage.



## Behavioral Health

Data revealed high rates of poor mental health status, anxiety and depression alongside high alcohol consumption and increasing trends in opiate use.

### What did we do?

- Provided educational programs to 115 pharmacists about prescription drug monitoring and 81 school nurses and student assistant counselors about brief alcohol screening. Sixteen pediatric residents completed a Pediatric Resident Alcohol Screening Survey.
- Hosted "Do No Harm" prescription drug abuse program for 150 physicians and healthcare providers.
- Presented "The Ins and Outs of Pediatric SBIRT: Screening and Brief Interventions with Substance Abusing Adolescents" to 71 Pediatricians
- Presented "Role Playing SBIRT" to 12 Pediatric Residents
- Provided "Project Purple" program for 1,400 parents and community members "Addiction, Opioids, The Good Samaritan Law and Naloxone" program reached 40 healthcare professionals and community members.
- Funded Mental Health First Aid Training Center, training 28 instructors and providing MHFA training to over 286 individuals across our communities.
- Screened 101 community members for Memory and educated 209 for Behavioral Health



## Healthy Eating, Active Living

Data revealed that 14.5% of the population was physically inactive and one in five did not eat fruits and vegetables on a regular basis.

### What did we do?

- Supported the creation of community garden in Morris Township
- Funded Project Fit America playground equipment at three area schools
- Screened 1770 at Morris County Supermarkets (ShopRite, Kings, Interfaith Food Pantry)
- Hosted 30 nutrition lectures to 934 participants for all ages
- Provided 6 TeenFit FX in the classroom programs



# Newton Medical Center 2013 CHNA Implementation Plan Final Report & Evaluation



## Access to Care

Data revealed that 7.5% of residents were uninsured, 9.0% didn't have a primary care doctor and 9.1% were prohibited from visiting a doctor in the past year due to cost.

### What did we do?

- Created and distributed 4,600 resource cards for free and low-cost care in the community.
- Provided information about the Affordable Care Act and provided application assistance for Health Insurance Exchange with 83 residents signing up for insurance.
- Created a *Transportation* resource sheet to distribute in the community



## Behavioral Health

Data revealed high rates of poor mental health status, anxiety and depression alongside high alcohol consumption and increasing trends in opiate use. 10% of respondents reported "poor mental health" status. Drug abuse in Sussex County is at an all-time high.

### What did we do?

- Provided educational programs to 350 physicians and pharmacists around prescription drug monitoring and the opiate epidemic.
- 75 participants attended "*Mental Health First Aid*" training that teaches how to help people developing a mental illness or are in a crisis situation.
- Promoted usage of prescription drop boxes in the community- over 50,000 residents reached.



## Healthy Eating, Active Living

Data revealed that 16.7% of the population was physically inactive, 22.7% were obese and 22% did not eat fruits and vegetables on a regular basis.

### What did we do?

- Taught the *We Can!* (Ways to Enhance Children's Activity and Nutrition) Program to over 950 individuals
- Hosted CPS-3 registration for the American Cancer Society's Cancer prevention study- 75 individuals signed up for the clinical study.
- Hosted "*Dinner and a Lecture*" series to over 780 participants.
- Partnered with community organizations to provide over 32 health screenings and educational events.
- Provides Community Nutrition Lectures in partnership with the Sussex County YMCA, at their facility, 2 times per month to over 255 participants



# Overlook Medical Center 2013 CHNA Implementation Plan Final Report & Evaluation



## Access to Care

Data revealed that low-income and Hispanic/Latino residents often had difficulty accessing medical care and had disparate rates of mental and chronic illness due to limitations in affordability, accessibility and health literacy.

### What did we do?

- Hosted 292 screenings in the community to increase preventive service utilization.
- Created and distributed 5,000 resource cards for free and low-cost care in the community
- Hosted health literacy photovoice project to highlight patient voices
- Screened 2,833 and provided health education to 4,419 underserved individuals
- Held 53 health education programs targeted at low income and Hispanic/Latino residents
- Healthy Avenues Van brought 103 screenings and educational programs to 20 towns in the community.



## Behavioral Health

Data revealed high rates of poor mental health status, anxiety and depression alongside high alcohol consumption and increasing trends in opiate use. High rates of senior isolation and caregiver needs were identified.

### What did we do?

- Increased opportunities for isolated seniors using Overlook Downtown, a new Senior Supper Club and the launch of the New Vitality Program
- Supported caregiver events Funded Mental Health First Aid Training Center, training 28 instructors and providing training to over 250 individuals.
- Programs addressing resilience in youth in collaboration with community partners.



## Physical Activity and Nutrition

Data revealed that almost one in five residents was physically inactive and 59.6% were overweight or obese.

### What did we do?

- Provided 30 bilingual classes taught by medical residents to low-income families
- Established community garden on hospital campus and the “Bee Healthy” program
- Provided nutrition programs to students in 35 schools in the Overlook service area.
- Provided weekly exercise sessions for seniors in Overlook’s downtown location





# Atlantic Health System 2013 CHNA Implementation Plan

## System-Wide Evaluation and Findings

*Through the preceding reports, it is clear that Atlantic Health System's community health improvement efforts made a difference for our community. From increasing access to specialists by 20% in Morristown Medical Center's service area to training 28 Mental Health First Aid Instructors in Overlook Medical Center's service area, our efforts impacted the health of the community in a positive way.*

*However, we recognize that the impact of our implementation plan is limited by our relationships, reach, resources, and perspective as a health care system. This was validated as we conducted the 2016 Community Health Needs assessment and all of the identified 2013 issues (with the exception of Cancer Prevention) that we had been working on, came up in one form or another again, in addition to a few newly identified health needs.*

*Building off the successes and limitations of the 2013 Community Health Needs Assessment & Implementation Plan, AHS learned that there was a great deal of duplication in other assessment and planning processes across the region, as well as a lack of coordination of services for community health improvement across sectors. We believe in the power of these processes to enhance the health of the communities that we serve; further, we firmly believe that we can accomplish more together than alone.*

*To address this, Atlantic Health System became a founding partner of the North Jersey Health Collaborative (NJHC) in October 2013. NJHC is an independent, not-for-profit organization consisting of over 120 partner organizations. Governed by 24 partner organizations in 2016, NJHC is responsible for convening a shared community health needs assessment and implementation planning process in Morris, Passaic, Sussex and Union Counties. AHS participated in NJHC as a whole and within each county throughout the 2016 assessment.*

*For the evaluation of the 2016 CHNA and Implementation Plan, we should be able to evaluate both Atlantic Health's contributions, as well as the effectiveness of the collaborative structure, to move the bar on the identified health issues.*