

St. Catherine of Siena Medical Center Community Health Needs Assessment and Implementation Plan Year One Update



Approved by the Board of Trustees on September 8, 2014



**St. Catherine of Siena
Medical Center**
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 One Update

St. Catherine of Siena Medical Center conducted a Community Health Needs Assessment (CHNA) in May of 2013 and, after reviewing data and mapping existing resources, ranked each need and developed an implementation plan with evidence-based strategies to address identified needs. The medical center identified strategic initiatives for three priority areas in its three-year, comprehensive 2013 CHNA Implementation Plan. The following areas were identified and approved by the Board of Trustees as of October 24, 2013:

Priority 1: Obesity and Nutrition Education

Priority 2: Chronic Disease Prevention

Priority 3: Mental Health and Substance Abuse

This Year One Update captures the metrics for each initiative in place from October 24, 2013, through July 1, 2014. This report cumulates data from the first year of the initiatives planned, which will be used as a baseline for setting engagement goals for 2015–2016. For a comprehensive overview of the health priorities, please review the 2013 CHNA Implementation Plan on the medical center's website: <http://www.chsli.org/sites/default/files/CHNA-SCS-2013.pdf>

In order to address priority needs, St. Catherine has considered successful programs implemented in other communities and is reviewing evidence-based practices. The hospital has expanded its collaborative efforts with community-based organizations already combating the prioritized needs, as well as town chambers, rotary clubs, the Hauppauge Industrial Association, and the New York State Recreation and Parks Department. These key community partners will assist in implementing evidence-based strategies across the service area.

Community Health Needs Assessment

From October 24, 2013, until July 1, 2014, an additional 105 CHNA surveys were collected. Responses were as follow (please note that respondents frequently checked off more than one item in response to a question):

1. Please select the top three health challenges you face
 - High blood pressure 33.17%
 - Joint pain or back pain 33.17%
 - Overweight/obesity 27.88%
 - Diabetes 13.94%
 - Heart disease 9.13%
 - Cancer 8.65%
 - Mental health issues 5.29%

2. Where do you go for routine health care?
 - Physician's office 87.16%
 - Urgent care clinic 4.59%
 - Emergency room 4.13%
 - Other clinic 1.83%
 - Health department 1.83%

3. Where would you go for emergency medical services, if you were able to take yourself?
 - Emergency room 71.36%
 - Physician's office 16.90%
 - Urgent care clinic 11.27%

4. Are there any issues that prevent you from accessing care?
 - Transportation 23.88%
 - Fear 20.90%
 - No insurance and unable to pay for the care 16.42%
 - Unable to pay co-pays/deductibles 16.42%
 - Lack of availability of doctors 11.94%
 - Don't know how to find doctors 8.96%
 - Don't understand the need to see a doctor 5.97%
 - Language barriers 2.99%
 - Cultural/religious beliefs 1.49%

5. What is needed to improve the health of your family and friends?
 - Healthier food 61.81%
 - Free or affordable health screenings 29.65%
 - Wellness services 24.62%
 - Job opportunities 19.10%
 - Safe places to walk/play 19.10%
 - Recreation facilities 19.10%
 - Mental health services 14.57%
 - Transportation 10.05%
 - Specialty physicians 9.55%

6. What types of health screenings and/or services are needed to keep you and your family healthy?
 - Blood pressure 59.90%
 - Cholesterol 43.48%
 - Dental screenings 39.61%
 - Routine well checkups 38.65%
 - Nutrition 38.65%
 - Exercise/physical activity 36.71%
 - Cancer 34.78%
 - Heart disease 27.54%
 - Weight-loss help 27.54%
 - Diabetes 26.09%
 - Vaccinations/immunizations 17.87%
 - Mental health/depression 13.04%
 - Quitting smoking 12.08%
 - Memory loss 10.14%
 - Eating disorder 9.18%
 - Drug and alcohol abuse 8.21%
 - Emergency preparedness 8.21%
 - Prenatal care 7.73%
 - Disease outbreak prevention 4.35%
 - Suicide prevention 3.38%
 - HIV/AIDS & STDs 2.90%

7. What health issues do you need education about?
 - Nutrition 40.36%

- Blood pressure 37.95%
- Cholesterol 34.94%
- Diabetes 30.72%
- Cancer 25.30%
- Exercise/physical activity 24.10%
- Heart disease 23.49%
- Emergency preparedness 18.67%
- Routine well checkups 15.66%
- Mental health/depression 15.66%
- Falls prevention in the elderly 14.46%
- Eating disorders 13.25%
- Dental screenings 12.65%
- Disease outbreak 10.24%
- Vaccinations/immunization 10.24%
- Prenatal care 9.04%
- HIV/AIDS & STDs 7.23%
- Drug and alcohol abuse 6.63%
- Quit smoking 6.63%
- Suicide prevention 3.61%

8. Where do you get most of your health information?

- Doctor/health care provider 81.04%
- Internet 48.82%
- Family or friends 35.55%
- Newspapers/magazine 18.01%
- Hospital 17.06%
- TV 14.69%
- School or college 11.37%
- Other social media 8.53%
- Health department 7.11%
- Facebook or Twitter 6.16%
- Library 5.69%
- Radio 4.27%
- Worksite 2.84%
- Church group 1.42%

9. What additional health services need to be offered to meet health challenges in your community?

- Respondents who chose to answer this question entered nutrition, free dental work, weight loss, affordable health care, and breastfeeding and prenatal education.

St. Catherine of Siena Medical Center’s ongoing assessment of the health needs in the area comprises county-level CHNA results and St. Catherine of Siena’s own surveys. One of the largest health problems in the service area is overweight/obesity. Overweight/obesity is a county-wide threat that has been recognized as leading to chronic disease such as heart disease, diabetes, stroke, cancer and hypertension. More than 60% of adults in the service area identified healthier food choices as what is needed to improve health. Blood pressure, cholesterol and nutrition screening was indicated by 40–55% of the respondents as needed to keep people healthy.

CHNA Implementation Plan Goals

Priority 1: Obesity and Nutrition Education

Goals: Increase education and support services to help reduce obesity in adults and children in Suffolk County, especially within the hospital’s service areas, including the disadvantaged and underserved communities.

Action Plan/Strategy

Specific Action	Anticipated Impact	Plan to Evaluate and Outcome	Programs & Resources	Planned Collaboration	Current Status/Baseline data
Community Outreach Programs- to address need for improved awareness/ education on healthy lifestyle options	Enhanced access to free or low-cost events and information on healthy living for all community members	Tracking number of attendees by location by month with 5% increase by 2015	Free Body Mass Index (BMI) screenings, information-nutrition, eating and wellness	Chamber festivals, community health fairs, food stores, senior housing, churches, employee wellness programs	Education materials provided to 2,368 participants-October 2013-July 2014
Board “Walk” to Wellness Walking Program”	Increased physical fitness in the community, access to health professionals	% of attendees/BMI and blood pressure screening referral, follow-up care; 3% increase of walkers by 2015	Free information on exercise, nutrition, chronic disease prevention, free blood pressure and BMI screenings, raffles for fitness membership	Long Island Health Collaborative (LIHC), Sunken Meadow State Park, Fitness Centers, community health professionals	May 2014 through July 2014-Surveys to date 40-more than 100 attendees have stopped at the SCSMC information table
Organized Community Walks in partnership with other groups	Increased involvement of the community in physical activity and healthy lifestyles	Track the number of attendees from SCSMC and hospital service area; 3% increase of attendees by 2015	Yearly walks to support community groups and raise awareness of healthy lifestyle choices	American Heart Association, Breast Cancer Association and Marcum Workplace Challenge	July 2014-Marcum Challenge, October 2014 Breast Cancer and Heart Walk scheduled.

- **Additional Initiatives in Place to Help Reduce Obesity and Increase Nutritional Education and Healthy Eating Options**

1. **Lifestyles at the Heart of Health:** CHS Presents: Lifestyles at the Heart of Health is a new series on Telecare TV that provides viewers with medical, nutritional, and fitness information they need to improve their health and well-being, either in their daily lives or for specific ailments. Hosted by award-winning broadcast professional Jane Hanson, health care experts from the Catholic Health Services of Long Island community share their knowledge to help others live healthier lifestyles. St. Catherine of Siena's registered nutrition dietician Marina Stauffer Bedrossin, RDN, CDN, was featured on Telecare's "Benefits of a Plant Based Diet".
http://www.telecaretv.org/ViewArticle.dbml?SPID=80195&DB_LANG=C&ATCLID=209425751&DB_OEM_ID=24700
2. **Bariatric Surgery Program:** While the medical center will focus on increasing education to reduce obesity, in the event that all alternatives have been exhausted for a participant, St. Catherine of Siena Hospital offers a bariatric surgery specialty, for those who may need it. In 2013, there were 66 cases. Year to date in 2014, 29 cases have been completed. In addition, for patients who have undergone a bariatric surgical procedure, St. Catherine of Siena Hospital offers a free bariatric support group to assist with the transition and encourage healthy eating and physical fitness for optimal health. This group is open to the public and was offered 19 times from October 24, 2013, through July 1, 2014, with a total of 370 participants.
3. **Hospital Cafeteria:** In January 2014, the administration of St. Catherine of Siena met with the management of the on-site cafeteria at the medical center, Café Rio, to incorporate healthier menu options which benefits employees and visitors. This initiative has been well received by both employees and visitors, since its implementation in March. The medical center will run a survey open to employees and visitors to track the success of the nutritional changes made at the cafeteria in September 2014, the six-month mark of the changes. In addition, the medical center will review the comments and suggestions for further improvement of nutritional options.
4. **Maternity Services Lactation Services**
Breastfeeding is proven to be the most nutritious and beneficial feeding option for babies, which directly relates back to the mother and her eating habits. The medical center's breastfeeding lactation consultant provides each mother with the education she needs for a healthy and balanced diet that benefits mother and baby. This approach helps mothers understand their body's needs and reduces the potential for obesity.

In 2014, the medical center modified its model of practice from traditional postpartum/nursery care to a couplet care model, to promote non-separation from delivery to discharge. The model is based on the Ten Steps to Successful Breastfeeding (Baby-Friendly, USA) to provide mothers and newborns with optimal standards of care. A team approach which includes staff, management and administration is essential to the success of the program.

St. Catherine's Maternity Department's goal was to increase breastfeeding exclusivity rates, which directly correlates to better nutrition for babies.^f The hospital participated in a state-wide collaborative, New York State Department of Health Breastfeeding Quality Improvement in Hospitals (NYS-DOH BQIH) which motivated the expert team of nurses to begin small tests of change by utilizing the "plan, do, study, act" (PDSA) approach. This resulted in changing the culture of care antepartum through postpartum. During the collaborative journey, the staff was eager to proceed with the best evidence-based care and practice. Though barriers were met, with persistence, education and commitment these obstacles became a learning tool to support best practices. The experiences built the team's confidence and assisted in the decision to initiate the Baby-Friendly Hospital Initiative (BFHI) designation process.

^f It is increasingly recognized that nutrition in early life may have long-term physiologic effects. Relationships between the types of postnatal feeding and the subsequent development of fat and fat-free mass are quite complex and are dependent on multiple factors including differences in food composition (human milk versus formula), food delivery (breast versus bottle), food "lifestyle" (breastfeeding versus formula feeding) and food behavior (self-regulation and feeding on demand versus set schedules of feeding of predetermined amounts). Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries, Relationship between Obesity and Breastfeeding. <http://www.ncbi.nlm.nih.gov/books/NBK38333/#B106822>

Baseline Data:

In 2013, 781 babies were born at St. Catherine of Siena, and each mother was offered lactation education support services for optimal breastfeeding success. The medical center’s breastfeeding lactation consultant provided each mother with the education she needs for a health and balanced diet that benefits both mother and baby. Year to date in 2014, 379 babies have been born at St. Catherine.

The medical center offered the following perinatal and postnatal support services to help address concerns of breastfeeding and further encourage healthy nutritional options and behaviors for mothers and their newborns:

Perinatal Breastfeeding Education: The medical center offered the free prenatal breastfeeding education class, monthly, from October 2013 through July 2014, with 72 people in attendance.

Postnatal Lactation Support: The medical center offered 1,924 free individual, postnatal lactation support sessions, to new mothers, from October 24, 2013, through July 1, 2014.

Measurable Outcomes:

1. The medical center will increase the number of postnatal lactation support services offered by 5% by the year end of 2015, in an effort to encourage breastfeeding as a primary source of feeding for newborns.
2. The medical center will increase the following metrics by 5%, based on 2014 end-of-year data:
 - % of continuous skin-to-skin contact
 - % of latch score initiation and compliance
 - % of families rooming-in
 - % of increasing breastfeeding exclusivity rates
 - % of increased perinatal education
 - % of private lactation consultations
 - % of transition nurse to promote non-separation
 - % of “expert nurses”— assistance with training
 - % of shared governance
3. Collecting data and surveys are excellent tools to ensure continued performance improvement and sustainability. We plan to re-evaluate the nurse expert study and distribute a mother/baby discharge survey to promote staff accountability and ensure patient satisfaction, beginning in 2015.

Priority 2: Chronic Disease Prevention

Goal: Improve management of high blood pressure to prevent heart disease and stroke; enhance diabetes awareness.

Action Plan/Strategy

Specific Action	Anticipated Impact	Plan to Evaluate/Outcome	Programs & Resources	Planned Collaboration	Current Status
Community Outreach Programs	Increased access to free/low-cost events open to all community members	Stroke statistics and metric development-tracking of attendees-referrals, increase free screenings by 5% year end 2015	Screening for blood pressure and glucose	Rotary, Shop Rite, Walt Whitman Mall, Annual Health Fair, Senior communities, local chambers	October 2013 to July 2014 -22 events within the community. * (See events list following table) 520 free blood pressure and glucose screenings

CHS Healthy Sundays program	Increased access to health care in medically underserved areas for those with limited access	Staff tracks the number of attendees by location, increase by 2% participants by 2015	Influenza vaccines, screenings, to families in medically underserved areas, food/ clothing distribution	St. Catherine coordinates with churches in underserved areas such as Huntington Station and Patchogue	Four church programs-December 2013-may 2014 -228 participants receive free flu vaccines and blood pressure screening
Emergency Response Appreciation and Education Dinners	Increased Knowledge for EMS personnel on quality and safety identification of early warning signs of stroke and proper care for individuals with altered mental status	Surveys of EMS personnel completed once a year. Increase the number of attendees by 5% in year 2015	Quarterly dinners with educational information	In partnership with St. Catherine local emergency response teams offer an opportunity to gain education credits at the dinners	Two dinners held-March 2014 and June 2014-127 participants
Free Community Support Groups	Support and education for patients and community members	Work with partners to increase the number of participants who attend support groups by 5% by the year end of 2015	Free smoking cessation programs offered twice per year. Weekly “Life after Stroke” support groups and monthly Diabetic education support groups which include attendees from underserved areas	In partnership with the Suffolk County Department of Health and St. Catherine professionals, lectures are geared toward prevention	Diabetic education support group held 8 times from October 24, 2013, through July 1, 2014, with a total of 240 participants, “Life after Stroke” was held 37 times from October 24, 2013, through July 1, 2014, with 740 participants, Smoking cessation program began on June 30, 2014 with another program scheduled for the fall of 2014

*From October 24, 2013, through July 1, 2014, 2,368 participants attended a Community Outreach coordinated event. The following events included specific information for chronic disease prevention, screenings, including blood pressure or glucose:

- **October 24, 2013:** The medical center participated in the “Paint the Mall Pink” event, sponsored by Walt Whitman Mall in Huntington Station, New York, and provided free information on women’s health issues and provided free blood pressure screenings to 25 attendees.

- **November 5, 2013:** The medical center offered a free lecture in partnership with Sunrise Assisted Living Facility in Smithtown, New York, focused on “Maintaining Brain Health”—30 attendees provided with free blood pressure screenings.
- **November 7, 2013:** The medical center offered a free lecture in partnership with the Smithtown Sunrise Rotary, focused on “Smoking and Lung Cancer”—25 attendees provided with free blood pressure screenings.
- **December 19, 2013:** A free community outreach coordinated event, in partnership with ShopRite of Commack, focused on Stroke/TIA Awareness and Risk Reduction, which was free and advertised to the service area, including underserved populations. More than 60 participants attended, and 34 received free blood pressure screenings.
- **February 7, 2014:** An annual hospital sponsored event, Healthy Heart Day, at the medical center—where free blood pressure screenings were provided to 24 attendees, and free prevention information on stroke, heart attacks and cardiac arrest was distributed.
- **February 8, 2014:** The medical center offered a free lecture on its campus, focused on “Heart Health”—50 attendees provided with free blood pressure screenings.
- **February 11, 2014:** The medical center attended the “Go Red for Heart Health” event, sponsored by Smith Haven Mall in Lake Grove, New York, and provided free information on stroke and heart health, and provided free blood pressure screenings to 35 attendees.
- **February 28, 2014:** A free community outreach coordinated event, in partnership with ShopRite of Commack, focused on stroke prevention, which was free and advertised to the service area, including underserved populations. More than 60 participants attended, and 24 received free blood pressure screenings.
- **March 1, 2014:** The medical center attended the Smithtown School district-wide Health Fair and provided free information on stroke and heart health.
- **March 8, 2014:** The medical center coordinated an event to raise awareness for colorectal cancer—free educational materials provided, and blood pressure screenings to 30 attendees.
- **April 2, 2014:** The medical center attended the League of Women Voters sponsored event and provided free information on stroke and heart health.
- **May 1, 2014:** The medical center participated in the annual Judy’s Run for Stroke Awareness, and provided free screenings and educational materials to 50 participants.
- **May 8, 2014:** The medical center provided a free lecture on “Maintaining Your Memory”, in partnership with the adult living facility, Kings Park Manor—25 attendees provided with free blood pressure screenings.
- **May 6, 2014:** The medical center hosted Board “Walk” to Wellness program in partnership with the Suffolk County Parks and Recreation Department at Sunken Meadow State Park. Staff provided free information on nutrition, chronic disease prevention and blood pressure and BMI screenings to 31 attendees.
- **May 22, 2014:** The medical center participated in the Hauppauge Industrial Association Annual Trade and Exhibition Show at Suffolk County Community College in Brentwood, New York. Staff provided free information on nutrition, chronic disease prevention and blood pressure screenings to 62 attendees.
- **June 1, 2014:** The medical center participated in the annual Smithtown Festival Day and distributed free information on chronic disease prevention.
- **June 3, 2014:** The medical center hosted Board “Walk” to Wellness program in partnership with the Suffolk County Parks and Recreation Department at Sunken Meadow State Park. Staff provided free information on nutrition and chronic disease prevention.
- **June 11, 2014:** The medical center hosted its annual Ladies Night Out event, attended by 100 community members in the service area, and provided free information on women’s health and chronic disease prevention.
- **June 14, 2014:** The medical center participated in the annual Kings Park Festival Day and distributed free information on chronic disease prevention.

**Screening results within normal range, unless indicated otherwise.*

Priority 3: Mental Health/Substance Abuse

Goal: To improve access to mental health programs and resources for patients with mental health or substance abuse issues, and promote mental, emotional and behavioral well-being in the surrounding communities.

Action Plan/Strategy

Specific Action	Anticipated Impact	Plan to Evaluate/Outcomes	Programs & Resources	Planned Collaboration	Current Status
Annual Community Health Fair	Greater awareness of services	Track the number of attendees	Information booth with referrals	Community groups that address mental and substance abuse included	Set to take place on 9/27/2014
Collaboration with Clubhouse of Suffolk	Optimal mental health recovery through services at external organizations	Dialogue between professionals to develop methodology focusing on strength of individual	Referrals for housing, food, employment	St. Catherine will participate in community programs with Clubhouse and sponsor events	Identifying sponsorships and events for fall 2014
Long Island Council on Alcoholism and Drug Dependence (LICADD) Partnership	Support for patients and community members	Monitor number of community attendees and increase NARCAN training sessions by 2%	NARCAN training, lectures on medications, referrals to primary care physicians	St. Catherine will provide space and promotion of events to the community to meet the NYS's Prevention Agenda 2013-2017	NARCAN training session on St. Catherine of Siena campus-85 attendees-additional program for fall 2014

Horizons Counseling and Education Center	Increased community awareness of drug/alcohol issues; provide tools to cope for family members	Track attendees at program and referrals through ED	Provide needed medical services to those referred to the hospital, educate for discharge and medication	St. Catherine professionals will provide lectures at Horizons in Smithtown, fall of 2014 and in the local high schools in the winter of 2015	Initiative in development
Support Groups	Addressing concerns of community members struggling with issues related to depression and grief	Tracking attendees and referral, follow up for behavior monitoring. Increase the number of mothers in attendance at Mother's Circle of Hope postpartum depression support groups by 1.5% by the year end of 2015	Postpartum and bereavement groups	Community lecture series by professionals-in progress, suicide intervention training by NYS OMH	Post-partum depression 10 week session: April-May 2014 - 20 attendees; general bereavement support group: May – June with 12 attendees

Community Partners

Community health education activities have greatly expanded over the past three years. The Nursing Education Department engages nurse volunteers in our service area to provide information and support, health screenings and influenza and Tdap vaccinations at health fairs and community events. St. Catherine of Siena recognizes the strengths of established programs in the service area, and will work to support and complement those organizations that are also working to improve the health and well-being of the population. The medical center has partnered and will continue to partner with the following organizations to address the health needs of the population, as follows:

- American Cancer Society
- American Heart Association
- American Parkinson Disease Association
- Catholic Home Care
- CHS Home Support Services
- Developmental Disabilities Institute
- Eugene Cannataro Senior Center (Smithtown Senior Center)
- Good Samaritan Hospital Medical Center
- Good Samaritan Nursing Home

- Good Shepherd Hospice
- Hauppauge Industrial Association
- Home Box Office (HBO) Employee Health Services
- Horizons Counseling and Education Center
- Huntington YMCA
- Island Harvest
- Judy's Run for Stroke Awareness
- Knights of Columbus, East Northport
- League of Women Voters
- Libraries: Commack, Smithtown, Kings Park and Nesconset
- Long Island Blood Center
- Long Island Council on Alcoholism and Drug Dependence
- Long Island Green Market
- Long Island Health Collaborative (LIHC)
- Lucille Roberts of Commack
- Martin Luther Terrace Senior Housing
- Maryhaven Center of Hope
- Mercy Medical Center
- New York State Parks and Recreation Department
- Our Lady of Consolation Nursing & Rehabilitative Care Center
- Retired Senior Volunteer Program
- ShopRite of Commack
- Smithtown, Commack and Kings Park School Districts
- Smithtown Food Pantry
- Smithtown Sunrise Rotary
- Sounds of Silence
- St. Catherine of Siena Nursing & Rehabilitation Care Center
- St. Charles Hospital
- St. Francis Hospital
- St. Joseph Hospital
- St. Patrick's Church
- Suffolk County Department of Health Services
- Suffolk Y JCC
- Sunrise Assisted Living of Smithtown
- The Arbors at Hauppauge
- The Rotary Club of Smithtown
- United Cerebral Palsy of Suffolk-Hauppauge
- Volunteer Ambulance Corps: Commack, Smithtown, Hauppauge, East Northport, Northport, Central Islip, Brentwood, Nissequogue and St. James

In 2013, to better identify and address the region's prevalent health needs, St. Catherine of Siena Medical Center joined forces with other hospitals, local health departments, health care providers, and public health specialists from academic institutions and community-based organizations to form the Long Island Health Collaborative (LIHC), one of the first bi-county initiatives of its kind in New York. LIHC launched its website in January, offering comprehensive information to promote good health and prevent chronic disease. In addition to providing numerous resources such as health program inventories, health insurance information and educational videos, LIHC and its members have organized walking programs and developed a universal screening tool to help measure the effectiveness of community health efforts. More information can be found at nshc.org/long-island-health-collaborative.

Next Steps for Priorities

For each of the priority areas listed above, St. Catherine of Siena Medical Center will continue to:

- Review methods used by other health systems to improve population health and wellness that could be built upon and report the findings to hospital leadership and the community.
- Develop programs with identification and implementation of key metrics to track progress and evaluate the effectiveness of education interventions.
- Build support within the community for the identified initiatives.
- Address any budget and financial implications.
- Continue to develop a social media campaign which will allow for greater ability to reach populations.

Living the Mission

In keeping with CHS's mission, St. Catherine of Siena Medical Center provides a wide range of free community health services, including blood drives, health screenings and immunizations, lectures, support groups, nutrition seminars, fall prevention programs for seniors, wellness fairs, smoking cessation assistance, and food and clothing drives. Also, hospital personnel staff CHS's Healthy Sundays outreach program, founded in 2005 to care for Long Island's medically underserved.

Conclusion:

St. Catherine of Siena Medical Center will continue to optimize the first interventions while building the necessary resources and capacity for population health improvement. The facility will continue to identify and monitor the needs of the community which it serves and engage key stakeholders in its processes. This process will create a platform for future community health initiatives. The medical center's administration team will develop an internal CHNA Committee that will meet quarterly to review the initiatives and programs in place and measure success and areas for improvement, by November 2014. St. Catherine of Siena is an active member of LIHC. All LIHC regional committee meetings are attended by a medical center staff member. The LIHC universal screening tool will be used at all community educational classes/seminars with two or more sessions. The wellness survey will be entered electronically by LIHC members into a common program, then aggregated and assessed by Stony Brook University Medical Center. Results will be provided in the form of quarterly reports to all members of LIHC, which will also be reviewed by St. Catherine's internal CHNA Committee. In addition, LIHC is working on projects that will be funded by a grant from the New York State Health Foundation and the Nassau-Suffolk Hospital Council Communication Committee. The funds will support community education activities related to "Complete Streets" and the Rx for Walking Program. These projects will enable further collaboration to promote physical activity on a daily basis to better manage chronic disease and reduction of obesity. St. Catherine of Siena remains committed to offering resources to the community for the enhancement of health quality.

References

1. St. Catherine of Siena Medical Center, Community Health Needs Assessment "CHNA" www.chsli.org/sites/default-SCS-2013.pdf
2. St. Catherine of Siena Medical Center, Community Service Plan http://stcatherines.chsli.org/sites/default/files/SCSMC_CSP_2014-2016_June2014.pdf
3. County Health Rankings/Roadmap to Health. CHNA Toolkit <http://www.countyhealthrankings.org/roadmaps>
4. New York state Government Prevention Agenda 2013-2017 https://www.health.ny.gov/prevention/prevention_agenda/2013-2017
5. Long Island health Network www.lihn.org
6. The Long Island Health Collaborative (LIHC) <http://nshc.org/long-island-health-collaborative/>