



Community Health Assessment and Improvement Plan Executive Summary for:

Vassar Brothers Medical Center

Putnam Hospital

Northern Dutchess Hospital

Executive Summary

Every three years, the New York State Department of Health (DOH) requires Local Health Departments and hospitals to submit Community Health Assessments and Community Service Plans, and Community Health Improvement Plans. These assessments and plans are meant to meet several requirements from state public health law and the Affordable Care Act. In recent years, the New York State DOH has encouraged local hospitals and health departments to collaborate in the creation of these documents in order to better serve their communities.

In 2017, the seven Local Health Departments of the Mid-Hudson Region, including Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester Counties, and HealtheConnections created the Local Health Department Prevention Agenda Collaborative (Collaborative) with the endeavor of creating the first regional Community Health Assessment for the Mid-Hudson Region. Shortly after, the Collaborative gained the support of 17 local hospitals. The Collaborative contracted with Siena College Research Institute to conduct a random digit dial regional community health survey to supplement the Regional Community Health Assessment and to gauge the perception of residents regarding health and resources in their communities. To further supplement the data collected from the community, Collaborative members held 12 focus groups with service providers to further understand the needs of specific communities and populations, and the barriers they face to achieving optimal health.

The HealtheConnections staff wrote the Community Health Assessment document with the support, feedback, review and input from the Collaborative's participating health departments and hospitals throughout the entire process. Along with the primary data collected by the Collaborative through the survey and focus groups, secondary data was compiled to show health indicators for the Region. A narrative was written around each health indicator to contextualize the data and outline how each indicator is related. The full Mid-Hudson Regional Community Health Assessment can be found at www.nuvancehealth.org/community.

For many years, the three NY hospitals of Nuvance Health have worked in close alliance with both the Putnam County Department of Health and the Dutchess County Department of Behavioral & Community Health. This well-established relationship serves as the foundation for the partnerships across the entire local public health system. Efforts toward health improvement planning have been most effective when approached through cooperative work. Since 2012, the New York State DOH has required local health

departments to work with local hospitals and community partners on development of the Community Health Needs Assessment (CHNA) and Community Health Improvement Plans. Currently, the basis of these plans is the state's own health improvement plan, the 2019-2024 Prevention Agenda.

Evaluation of 2016 CHNA and implementation plan

Putnam County

As a result of fall prevention for seniors being identified as a priority in the 2016 plan, a county-wide Fall Prevention Council was created with members from Putnam Hospital, Putnam County Department of Health, Putnam County Office of Senior Resources and other community organizations and medical providers. The Falls Prevention Council hosts many education and supportive events throughout the year like lectures, balance assessments and prescription assessments, all culminating with a large event for Falls Prevention Week in September each year. Additionally, Putnam Hospital started programs like Tai Chi for falls prevention and yoga for seniors that have continued beyond the 2016 CHNA.

The Farmer's Market started from the 2016 CHNA became a staple for the hospital staff and community and will continue on campus. Over 2,200 pounds of fresh fruits and vegetables are sold per year.

Putnam Hospital struggled with attendance for events despite robust advertising and social media campaigns. The team has explored bringing more programming out into the community, instead of hosting at the hospital. The hospital will be focusing on bringing programming out to places like Office of Senior Resources and hosting more events in the community.

Dutchess County

Vassar Brothers Medical Center also implemented a fall prevention program in conjunction with its trauma team. The team began fall and injury prevention programming as part of this CHNA that continues yearly. Dutchess County also has Southern Dutchess Falls Prevention Council that Vassar Brothers Medical Center staff works closely with and continues to create programming for Falls Prevention Week.

Northern Dutchess Hospital will continue its CDC-awarded National Prediabetes Prevention Program. The lifestyle changes implemented through this national program have proved to help participants lose 5 to 7 percent of their body weight, thus cutting their risk of type 2 diabetes by 50 percent, according to the Centers for Disease Control and Prevention. Hospital lifestyle coaches teach people who are overweight with high blood sugar levels how to make small changes that lead to better health without dieting or gym memberships.

Like Putnam Hospital, Vassar Brothers Medical Center and Northern Dutchess Hospital have struggled with attendance for some programming and will look to bring more community programs outside the hospital.

All NY hospitals continue to grow the Get Fit fitness challenge, which has been a successful community fitness program. There is evidence that supports the notion that community-based interventions for physical activity increases physical activity and physical fitness among both adults and children.

Partnering with Putnam County

How were priorities chosen?

The Putnam County DOH initiated the Mobilizing for Action through Planning and Partnerships (MAPP) strategic planning process with community partners in order to develop these assessments and plans. The MAPP process uses four unique assessments to determine community priorities: Community Themes and Strengths, Community Health Status, Local Public Health System and Forces of Change. These assessments inform the development of the county health improvement plan. During Phase Four of the MAPP process, the partners in the local public health system identified the most important issues facing the community based on data gathered from the assessments and discussed during coalition meetings.

Who is involved and how can the broader community be involved?

Established partnerships that are integral to community health planning include the: Community Resource Group, Putnam Hospital's Community Health Needs Committee, Live Healthy Putnam Coalition, Mental Health Provider Group, Fall Prevention Task Force, Putnam Communities That Care Coalition, and the Suicide Prevention Task Force. Each organization or coalition brings a particular agenda and strength to the collective; all work in concert with the ultimate goal of improving the health of the community. These partnerships form the basis for reaching out to individuals both at the organizational and personal level who want to participate in the MAPP planning process. The annual Public Health Summits have also provided an excellent platform to present and discuss data, review existing strategies and select priorities to concentrate on in the upcoming year. The annual Public Health Summits bring together a broad representation of community health partners and encourage participation in the identification of priorities. Additionally, the broader community is encouraged to participate in public health needs assessments and planning through a variety of forums and surveys.

What priorities were chosen and what strategies are being implemented to address the priority areas?

Through the MAPP process, two overarching priorities were identified and served as a foundation for developing the Putnam County community health improvement plan:

Priority Area: Prevent Chronic Diseases

Priority Area: Promote Well-Being and Prevent Mental and Substance Use Disorders

Partnering with Dutchess County

How were priorities chosen?

In addition to the Survey and focus groups, a data focused analysis of high priority health topics, known as the Hanlon Method, was conducted to objectively determine the impact of certain issues based on the size (prevalence) and seriousness of the problem.

The Hanlon Method is a technique created by J.J Hanlon to prioritize health problems. The trusted Hanlon Method minimizes personal bias and objectively prioritizes health problems based on baseline

data and numerical values. This method guides the decision-making process for selecting health priorities and focuses on four criteria of individual health problems: size of the problem, seriousness of the problem, estimated effectiveness of the solution, and PEARL factors (propriety, economics, acceptability, resources, and legality).

Who is involved and how can the broader community be involved?

A summary of the Regional Community Health Survey, service provider focus groups and Hanlon results was disseminated at an annual CHIP Forum in Spring 2019. In attendance were partners in the 2013-2018 CHIP, as well as members of committees associated with the Department of Behavioral & Community Health- including but not limited to representatives from national associations, local County departments, Vassar Brothers Medical Center, Northern Dutchess Hospital and other local healthcare systems, local universities, non-governmental organizations, nonprofit advocacy groups, and the general public. The Forum included break-out sessions consisting of different topic areas aligned with the NYS Prevention Agenda, where participants discussed the results of the Survey, focus groups and Hanlon prioritization and brainstormed initiatives that they would like to endeavor in the 2019-2021 CHIP cycle.

In addition to the research mentioned above, an extensive secondary data review and analysis was conducted through the CHA Collaborative. Data reviewed and analyzed included but was not limited to the American Community Survey, Behavioral Risk Factor Surveillance System, County Health Rankings and Roadmaps, NYS DOH Prevention Agenda Dashboards and Community Health Indication Reports.

What priorities were chosen and what strategies are being implemented to address the priority areas?

To develop the Dutchess County CHIP, a committee of individuals convened to review the results of the CHA and elected two priority areas for the 2019-2021 cycle:

Priority Area: Prevent Chronic Diseases

Priority Area: Promote Well-Being and Prevent Mental and Substance Use Disorders.

What strategies are being implemented By Nuvance Health to address the priority areas selected in each county?

Each Nuvance Health hospital has a Community Health Needs Committee (CHNC) with representation from board members, the executive team, hospital staff, community members and representatives from the local health departments and community agencies. The CHNC's at Vassar Brothers Medical Center, Northern Dutchess Hospital and Putnam Hospital convened workgroups at each hospital to review the findings of the Regional Community Health Assessment and review the local health department priority areas in order to determine their Prevention Agenda priorities for the 2019-2021 period.

Vassar Brothers Medical Center, Northern Dutchess Hospital and Putnam Hospital confirmed the following two priorities to align with the local health department priorities:

1. Prevent Chronic Diseases
2. Promote Well-Being and Prevent Mental and Substance Use Disorders

The workgroups developed goals, objectives, strategies action steps and metrics to measure success for these priority areas.

Priority Area One: Prevent Chronic Disease

| Focus Area | Goal Focus Area | Intervention | Objective |
|---|---|---|---|
| Focus Area 1: Healthy Eating and Food Security | Goal 1.1: Increase Access to healthy and affordable | Putnam Hospital Farmer's Market | Provide access to fresh fruits, vegetables and local foods to employees and community members |
| Focus Area 1: Healthy Eating and Food Security | Goal 1.3: Increase Food Security | Silver Plates, \$5 Heart Healthy Senior Suppers (Northern Dutchess Hospital) | Program that advocates healthy food as a direct path to disease prevention |
| Focus Area 4: Physical Activity | Goal 4.3: Promote evidence-based care to prevent and manage chronic diseases | Tai Chi for Arthritis (Putnam Hospital Center) | Flexibility exercises to help to reduce pain and stiffness, thus improving mobility. |
| Focus Area 4: Preventative Care and Management | Goal 4.3 Promote evidence-based care to prevent and manage chronic diseases including asthma, arthritis, cardiovascular disease, diabetes and prediabetes and obesity | Offer the CDC National Diabetes Preventions Program to the community (Northern Dutchess Hospital) | Evidence-based lifestyle change programs to reduce their risk of type 2 diabetes. |
| Focus Area 4: Preventative Care and Management | Goal 4.4 In the community setting, improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes and prediabetes and obesity | Chronic Disease Self-Management (Putnam Hospital) | Improve physical and psychosocial outcomes and quality of life for people with chronic health conditions |
| Focus Area 4: Preventative Care and Management | Goal 4.4 In the community setting, improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes and prediabetes and obesity | Pilot a Chronic Disease Food Clinic/Pantry (Vassar Brothers Medical Center) | Modeled after a program in Ohio, pilot a "food clinic" in partnership with the local food banks, local businesses, farmer's markets, and outreach organizations to address nutrition-related illnesses by linking doctors, nutritionists and patients to supplemental food to promote health, prevent future illness and facilitate recovery. |

Priority Area Two: Promote Well-Being and Prevent Mental and Substance Use Disorders

| Focus Area | Goal Focus Area | Intervention | Objective |
|--|--|--|--|
| Focus Area 2: Prevent Mental and Substance User Disorders | Goal 1.1: Strengthen opportunities to build well-being and resilience across the lifespan | Postvention Program (Putnam Hospital Center) | Increases the capacity of a community or organization to respond effectively to a suicide death in order to prevent additional suicides and promote healing for survivors of suicide loss. |
| Focus Area 2: Prevent Mental and Substance User Disorders | Goal 2.2: Prevent opioid overdose deaths | Offer Medication Assisted Treatment (MAT) training to physicians (system-wide) | Training to all providers to apply to the Drug Enforcement Agency for a waiver to prescribe buprenorphine, a medication approved by the FDA for the treatment of opioid use disorder. |
| Focus Area 2: Prevent Mental and Substance User Disorders | Goal 2.2: Prevent opioid overdose deaths | Participate in National Drug Take-Back Days (Dutchess and Putnam County) | Reduce the quantity of opioids available on the streets and provide safe disposal options for community members |
| Focus Area 2: Prevent Mental and Substance User Disorders | Goal 2.2: Prevent opioid overdose deaths | Develop System-wide Opioid Stewardship Program | Reduction in opioid use as first-line treatment; training of providers; establish a referral base |
| Focus Area 2: Prevent Mental and Substance User Disorders | Goal 2.2: Prevent opioid overdose deaths | Narcan Training for Community (Dutchess and Putnam County) | Explain how naloxone works to reverse an overdose, what to do when an overdose is suspected, and how and when to administer the medication |
| Focus Area 2: Prevent Mental and Substance User Disorders | Goal 2.5: Prevent suicides | SafeTalk Program (Putnam Hospital Center) | Teach participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. |

Discussion on Priorities Not Selected

Through discussions with community partners, additional prevention agenda priorities were identified as priorities for each county. While some of these needs are being met by other Nuvance Health programs, others are being addressed by the many valuable community organizations and health care partners in the community.

Dutchess County Focus Area Not Selected:

Physical Activity – Increase access to safe places for activity.

- This was a system-wide priority in the 2016 community health needs assessment. A robust program was built around its GetFit fitness challenge that continues today.

Tobacco Prevention – Prevent initiation of tobacco use, including combustible tobacco and electronic vaping products (electronic cigarettes and similar devices) by youth and young adults.

- Vassar Brothers Medical Center and Northern Dutchess Hospital currently addresses this with smoking cessation classes, screening questions in the patient electronic medical record, referrals to the NYS Quitline, a low-cost lung screening program and educational programs.

Putnam County Focus Area Not Selected:

Tobacco Prevention – Promote tobacco use cessation.

- Putnam Hospital currently addresses this with smoking cessation classes, screening questions in the patient electronic medical record, referrals to the NYS Quitline, a low-cost lung screening program and educational programs.

Promote Healthy Women, Infants and Children - Increase access to peer and professional breastfeeding support by creating drop-in centers in faith-based, community-based or health care organizations in communities.

- Putnam Hospital will continue to offer breastfeeding support and support groups to the community

Promote a Healthy and Safe Environment – Protect vulnerable waterbodies to reduce potential public health risks associated with exposure to recreational water.

- Putnam Hospital cannot directly impact this priority

It is important to note that, while some areas are not formally chosen for detailed inclusion in this report, Vassar Brothers Medical Center, Northern Dutchess Hospital and Putnam Hospital engage in many community benefit activities, some of which touch upon priorities identified during the CHNA process. We remain committed to our partnership with Putnam County Department of Health, the Dutchess County Department of Behavioral & Community Health and community agencies and are willing to participate in any programs the hospital's resources can advance.

How is progress and improvement being tracked?

The hospital Community Health Needs Committees meet on a regular basis to view progress toward the goals stated in this document and determine if any changes to objectives are required. Additionally, Nuvance Health compiles data on each implementation area and reports it to the New York State DOH on an annual basis.