

# *Community Service Plan 2016-2018*



**South Nassau Communities Hospital**  
**3-Year Community Service Plan** **2016 – 2018**

**Cover Page**

1. Identify county/counties or service area covered in this assessment and plan.

The hospital's service area comprises all communities in Nassau County that lie east of the Cross Island Parkway, west of Route 110 and south of the Southern State Parkway. The 10 primary service areas are Oceanside, Rockville Centre, Baldwin, Freeport, Merrick, East Rockaway, Lynbrook, Long Beach, Island Park, and Roosevelt. The 23 secondary communities we serve are Bellmore, Wantagh, Seaford, Massapequa, Massapequa Park, Atlantic Beach, Franklin Square, West Hempstead, Elmont, Hempstead, Lido Beach, Levittown, Garden City, Uniondale, East Meadow, Inwood, Cedarhurst, Hewlett, Lawrence, Malverne, Valley Stream, Woodmere, and Far Rockaway.

2. Participating hospital and contact information

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**South Nassau Communities Hospital**  
**3-Year Community Service Plan** **2016 – 2018**

**Executive Summary**

**Question 1:**

What are the Prevention Agenda priorities and the disparity you are working on with community partners including the local health department and hospitals for the 2016-2018 period?

The Prevention Agenda priorities for the 2016-2018 Community Service Plan are 1) to reduce obesity in children and adults and 2) to increase preventive care and management of chronic disease. These priorities were identified via several sources of input which is further defined in the context of this report.

Of note, by county demographics Nassau residents are healthy and earn significant incomes. However, substantial health inequities, or disparities, between the county as a whole and some of its communities exist. Health inequities are reflected in differences in length of life; quality of life; rates of disease, disability, and death; severity of disease; and access to treatment. In Nassau County, population pockets are disproportionately burdened with a poorer health status. They have a higher proportion of minorities, are younger in age and have more residents of lower socio-economic status; in essence, they comprise a population at-risk. Of the 9 at-risk communities identified by Nassau County Department of Health, 7 of them are within SNCH's catchment area. To illicit input from the at-risk communities, the CHNA was placed in community centers of those areas (Elmont, Freeport, Hempstead, Inwood, Long Beach, Roosevelt and Uniondale), as well as in the Oceanside and Long Beach SNCH Family Medicine Centers.

**Question 2:**

What has changed, if anything, with regard to the priorities you selected since 2013 including any emerging issues identified or being watched?

Priorities selected in 2016 remain unchanged from the 2013 selection; however, a stronger emphasis has been placed on the need to integrate Mental Health throughout intervention strategies. As recommended by the New York State Department of Health, South Nassau Communities Hospital, with this three year community service plan, will now be aligned with the State cycle. Therefore, below is a summary of the 1<sup>st</sup> and 2<sup>nd</sup> quarters of 2016 during which time year 3 of the original goals and objectives of the 2014-2016 service plan were met.

Screening rates and educational lectures were increased for cardiovascular disease reaching a total of 978 lives. Breast, Cervical, and Colorectal Cancer presentations reached 254 community members. In promotion of self-care for those with Diabetes, programs offered reached 244 people. To improve the health of the communities we serve, South Nassau Communities Hospital conducted smoking cessation programs of which there were 17 attendees. Worksite wellness programs consisting of cardiovascular screening, skin cancer screening, and smoking cessation classes reached 243 employees. In support of healthier lifestyles, participation in local community health fairs with a focus on healthy food choices and increasing physical activity resulted in 537 lives touched. Additionally, laying a strong

foundation for our newest community members, South Nassau Communities Hospital's robust breast-feeding initiative resulted in Baby Friendly™ designation on March 24, 2016.

### Questions 3:

What data did you review to identify and confirm existing priorities or select new ones?

The Long Island Community Health Assessment Survey, the Community-Based Organization (CBO) Summit events and the Long Island Health Collaborative (LIHC) Wellness survey served as the primary data sources. The CBO Summit event had over 120 participating organizations represented. Roundtable facilitated discussions were recorded and transcribed by court stenographers and analyzed using Population Health Management software to identify key themes. Secondary publicly-available data sets have been reviewed to determine change in health status and emerging issues within Nassau County. Sources of secondary data include: Statewide Planning and Research Cooperative System (SPARCS), New York State Prevention Agenda dashboard, County Health Rankings, Behavioral Risk Factor Surveillance System (BRFSS), Extended Behavioral Risk Factor Surveillance System (eBRFSS) and New York State Vital Statistics.

### Question 4:

Which partners are you working with and what are their roles in the assessment and implementation process?

In 2013, South Nassau Communities Hospital and other Long Island hospitals, in concert with Nassau and Suffolk County Health departments, convened to work collaboratively on the Community Health Needs Assessment survey. The format of the survey was derived from a template that was tested and used by one of the participating hospitals (St. Francis) in prior years. The team agreed that the use of a uniform survey distributed widely would help ascertain the health perceptions and key concerns of residents, as well as identify service needs and barriers to care. Criteria used to develop key questions and multiple choice responses included the Prevention Agenda priorities, goals and barriers to health, and demographic information. The survey was written with adherence to Culturally and Linguistically Appropriate Standards (CLAS) and was translated into several languages including Spanish.

Based upon the total population of Nassau County, survey totals assume a confidence level of 95% (2,335 surveys were returned) and a confidence interval of 2.03.

Below are samples of survey questions:

When asked **what the biggest ongoing health concerns in the community where you live are:**

- Nassau County respondents agreed that Cancer, Drugs and Alcohol Abuse, and Obesity/Weight Loss were the top three concerns
- These three choices represented roughly 43% of the total responses

When asked **what the biggest health concerns for yourself are:**

- Nassau County respondents felt that Heart Disease and Stroke, Cancer, and Obesity/Weight Loss were the top three concerns
- These three choices represented roughly 43% of the total responses

The next question sought to **identify potential barriers that people face when getting medical treatment:**

- Nassau County respondents felt the No Insurance, Inability to pay co-pays or deductibles, and Fear were the most significant barriers
- These choices received roughly 55% of the total responses

When asked **what was most needed to improve the health of your community:**

- Nassau County respondents felt that Healthier Food Choices, Clean Air and Water, and Weight Loss Programs were most needed
- These choices accounted for 40% of the total responses

When asked **what health screenings or education services are needed in your community**

- Nassau County respondents felt that Blood Pressure, Cancer, and Diabetes services were most needed

Two quotes related to input from survey respondents included “Chronic disease is a problem for the community, many people are troubled with obesity and tobacco use” and “I think obesity is a big problem, people don’t know what is healthy to eat”.

In 2015, the Long Island Health Collaborative was awarded the Population Health Improvement Program (PHIP) grant by the New York State Department of Health. The PHIP is a data-driven entity, pledged to pursue the New York State of Health’s Prevention Agenda, making the program a natural driver for the Community Health Needs Assessment cycle. The current Community Health Needs Assessment (CHNA) survey was approved and finalized at the November 19, 2015 LIHC monthly meeting. Hard copies of the survey, as well as Survey Monkey™ access was available as of December 17, 2015. The CHNA survey served as a primary source of input related to community member’s health concerns. Publicly-available data sets also served as input and were reviewed to determine changes in health status and emerging issues within Nassau County. Sources of secondary data included: Statewide Planning and Research Cooperative System (SPARCS), New York State Prevention Agenda dashboard, County Health Rankings, Behavioral Risk Factor Surveillance System (BRFSS), Extended Behavioral Risk Factor Surveillance System (eBRFSS) and New York State Vital Statistics.

South Nassau Communities Hospital continues to participate in the Long Island Health Collaborative (LIHC). This multi-disciplinary entity works collectively toward improving health outcomes for Long Islanders. This has been evident in LIHC’s establishment of sub-workgroups which provide focused expertise and strategizing efforts involving the development of specific interventions, strategies and activities. The sub-workgroup areas include Public Education, Outreach and Community Engagement, Academia, Data, Nutrition and Wellness, and Cultural Competency and Health Literacy.

In 2016, South Nassau participated in the following meetings:

January 13, 2016 (Public Education, Outreach, and Community Engagement sub-group)

January 14, 2016 (Data sub-group)

February 11, 2016 (LIHC Webex)

March 11, 2016 (general meeting)

March 16, 2016 (Public Education, Outreach, and Community Engagement sub-group)

March 30, 2016 (CHNA analysis)

April 20, 2016 (general meeting)

May 18, 2016 (general meeting)  
June 16, 2016 (general meeting)  
August 11, 2016 (general meeting)  
August 31, 2016 (Public Education, Outreach, and Community Engagement sub-group)  
September 14, 2016 (general meeting)  
November 9, 2016 (general meeting)

South Nassau Communities Hospital has also partnered with the following: American Cancer Society, Asthma Coalition of Long Island, New York City Poison Control, YMCA of Long Island, the local Jewish Community Center (JCC), Circulo de la Hispanidad, local school districts, local churches, the Jewish Association for Services for the Aging (JASA), Farmingdale State College, and Molloy College. These organizations played a vital role in the needs assessment input. The Nassau county community-based organizations (CBO) summit event took place on February 2, 2016 in Garden City, New York in which 119 CBOs participated.

#### **Question 5:**

How are you engaging the broad community in these efforts?

The broad community was engaged in assessment efforts through distribution and completion of the Long Island Community Health Assessment Survey (Appendix 2). This tool was developed in consensus by community partners from the Long Island Health Collaborative and designed using the Prevention Agenda framework. Available in both online and hard copy format, the survey was also available in Spanish. LIHC community partners distributed and promoted the survey to a diverse-range of community members at a variety of locations including hospitals, doctor's offices, health departments, libraries, schools, insurance enrollment sites, community-based organizations and beyond.

#### **Question 6:**

What specific evidence-based interventions /strategies/activities will be implemented to address the specific priorities and the health disparity and how were they selected?

Evidence-based interventions to be implemented to address the specific priorities and health disparities selected will include:

- Diabetes Management, Smoking Cessation, Reducing Screen Time (tips for reducing children's television and computer screen time and replacing it with increased physical activity time), Healthy Food/Beverage Choices, Cardiac Disease and Stroke education programs
- Cancer prevention and screening with emphasis on male and female cancers
- "Are You Ready, Feet?<sup>TM</sup>" walking campaign and portal
- Physician-driven *Recommendation for Walking Program*
- Stress Reduction and Mental Wellness

These interventions were selected after careful review of evidence-based programs available through the following agencies: Center for Disease Control and Prevention (CDC), Agency for

Healthcare Research and Quality (AHRQ) and The Community Guide, a website that houses the official collection of all Community Preventive Services Task Force (<https://www.thecommunityguide.org>) findings and the systematic reviews on which they are based.

**Question 7:**

How are progress and improvement being tracked to evaluate impact? What process measures are being used?

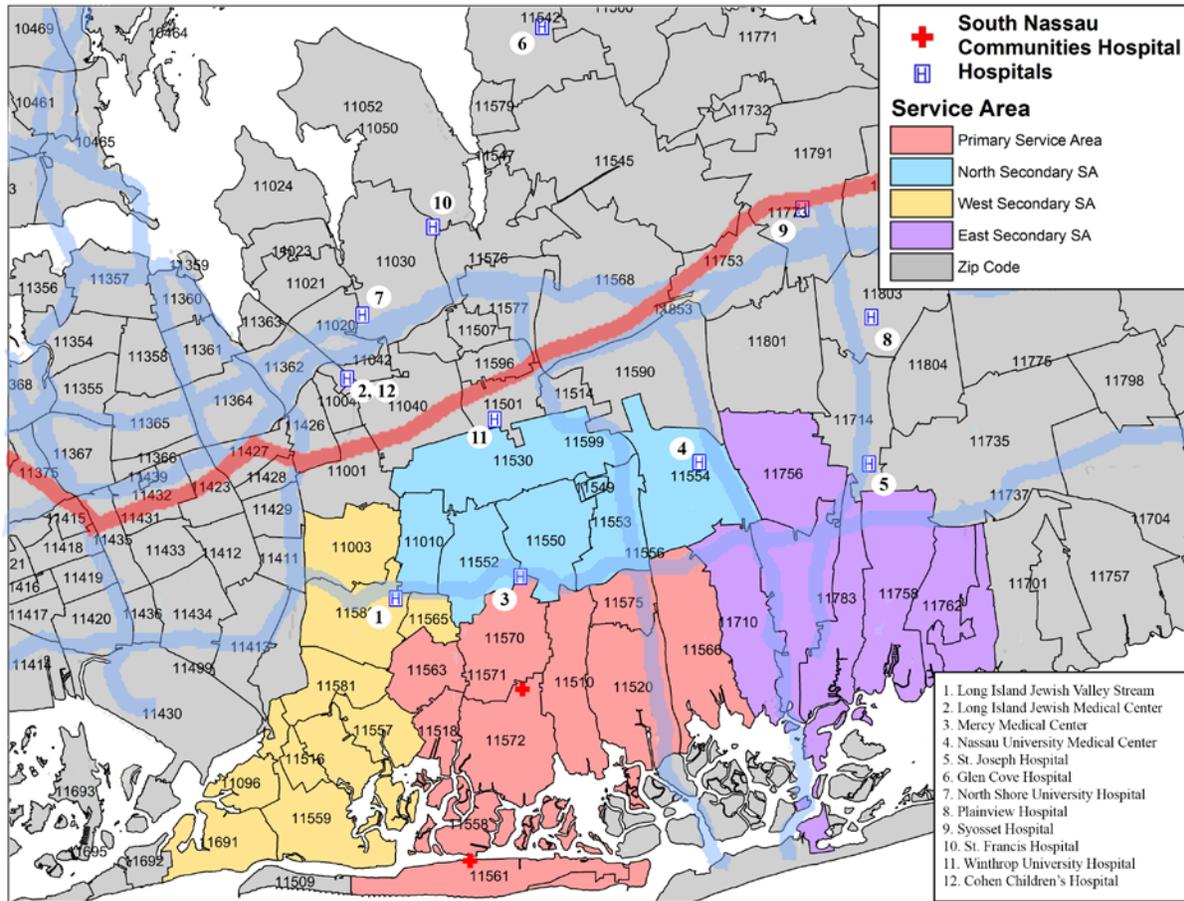
The following process measures will be employed to track the impact of the above evidence based programs:

- Number of community education programs provided
- Number of residents reached
- Pre and Post test scores of program participants
- Increase in the number of blood pressure screenings obtained
- Number of participants that have decreased the number of cigarettes smoked and/or quit
- Participant feedback / program evaluations

**Report**

**Community Served**

South Nassau Communities Hospital’s service area comprises all villages in Nassau County that lie east of the Cross Island Parkway and south of the Southern State Parkway, including the city of Long Beach, the villages of Levittown, Garden City, Roosevelt, Uniondale, East Meadow, Malverne, and Far Rockaway. The Hospital’s service area has not changed. See the complete list of primary and secondary service areas listed below the map. These service areas are defined by zip code as follows:



**Primary:** Oceanside, Rockville Centre, Baldwin, Freeport, Merrick, East Rockaway, Lynbrook, Long Beach, Island Park and Roosevelt.

**Secondary:** Bellmore, Wantagh, Seaford, Massapequa, Massapequa Park, Atlantic Beach, Franklin Square, West Hempstead, Elmont, Hempstead and Lido Beach. Levittown, Garden City, Uniondale, East Meadow, Inwood, Cedarhurst, Hewlett, Lawrence, Malverne, Valley Stream, Woodmere and Far Rockaway.

It is the mission of South Nassau Communities Hospital to provide high quality, comprehensive, and easily accessible health care services to all residents of the South Shore communities in a manner which reflects a culture of excellence, personalized culturally competent care and innovation.

The community service plan is in alignment with the Hospital's mission. The mission statement remains unchanged. All Community Service Plan activities and all of SNCH's Department of Community Education activities and staff are funded by the hospital. South Nassau Communities Hospital supports the findings of the data review and proposes the following 3-year plan of action.

## **Selected Prevention Agenda Priority #1) Reduce obesity in children and adults**

South Nassau Communities Hospital's first Prevention Agenda Priority will be addressed through various activities coordinated through the Department of Community Education. These activities will aim to help prevent children and adults from becoming obese as well as reduce risk factors that are associated with obesity, such as diabetes, cardiovascular disease and stroke. South Nassau Communities Hospital will raise public awareness of the economic and personal impact of obesity and social media will be utilized to advertise upcoming program offerings. Those who are obese will be educated regarding healthier lifestyle choices and South Nassau Communities Hospital will continue to support community environments that promote healthy food/beverage choices and physical activity.

### **Year 1**

Each September, South Nassau Communities Hospital conducts its annual 5K Walk / Health & Wellness Fair. At this important community function there will be a focus on obesity and the potential associated sequela. Activities addressing this health care epidemic will include BMI assessment, Diabetes risk assessment, Blood Pressure screening, Sleep Apnea assessment, Cholesterol screening, Asthma screening, Cancer screening and Cardiac/Stroke risk assessment. Hospital departments will display and distribute educational materials to support these efforts during the fair. Community members will interact directly with health care professionals who can provide one-on-one screening, education, and appropriate referrals. Interpreter services will be available.

Throughout the year, in support of Prevention Agenda Priority #1, additional educational programs will be offered to the community using standardized education, assessment, and pre/post measurement tools using nationally recognized best practices. The following programs are planned for Year 1 and the communities of focus will be Long Beach and Oceanside:

- Promote the “Are You Ready, Feet™” walking initiative
- Provide information and education regarding increasing fruit and vegetable consumption while decreasing high sugar and fat intake
- Conduct “Eat Healthy-Be Active” Community Workshops for adults Participate in community health fairs and/or related activities as appropriate to the above-listed topics

Successful implementation of the above-mentioned strategies will be measured by the following:

- Number of community education programs provided
- Number of residents reached
- Pre- and Post-test scores of program participants
- Participant feedback / program evaluations
- Incorporate “Teach Back” into community presentations

### **Year 2**

South Nassau Communities Hospital will continue to raise public awareness of the economic and personal impact of obesity through community activities and various media outlets. There will be ongoing re-evaluations of screening tools and presentations to ensure effective outcomes for the

populations served with resultant program modification as deemed necessary. The communities of focus for Year 2 will be Long Beach and Baldwin.

Process measures utilized in Year 1 will be repeated in Year 2.

### **Year 3**

Risk assessment and educational programs will be ongoing. The Department of Community Education will continue to evaluate the programs offered to redirect education and make any other necessary modifications. The communities of focus for Year 3 will be Long Beach and Freeport.

## **Selected Prevention Agenda Priority #2) Increase Preventive Care and Management of Chronic Disease**

South Nassau Communities Hospital's second Prevention Agenda Priority will be addressed through various activities coordinated through the Department of Community Education. These activities will aim to mitigate the associated conditions and complications of chronic disease. As noted in Prevention Agenda Priority #1, South Nassau Communities Hospital will also incorporate awareness and education regarding the economic and personal impact of chronic disease. Various media networks will be utilized to advertise and increase attendance at upcoming educational program opportunities. Those who are living with a chronic disease will be educated regarding healthier lifestyle choices and the importance of self-care and management.

### **Year 1**

At the annual Fall Health Fair, a large focus will be on chronic disease risk assessment and management. Several tables will be devoted to screening for, and increasing knowledge about, chronic disease including Diabetes risk assessment, Blood Pressure screenings, PSA and Cholesterol screenings, Asthma screening, Head & Neck Cancer screening, and Cardiovascular risk assessment. Community members will interact directly with health care professionals who can provide one-on-one screening, education, and referral to appropriate programs. Interpreter services will be available.

Throughout the year, in support of Prevention Agenda Priority #2, additional educational programs will be offered to the community using standardized education, assessment, and pre/post measurement tools using nationally recognized best practices. The following activities are scheduled for Year 1 and the communities of focus will be Long Beach and Oceanside:

- Increase public knowledge regarding educational programs and screening events through social media reach
- Increase awareness and make referrals to South Nassau's new Diabetes Education Center
- Encourage participation in the "Are You Ready, Feet?<sup>TM</sup>" walking initiative
- Engage Primary Care Practitioners in the physician-driven *Recommendation for Walking Program*
- Offer 5-Week Smoking Cessation Programs

- Collaborate with local schools, libraries, community based organizations and legislators to provide educational programs and screenings within their respective communities
- Promote the reduction of chronic disease risk factors through South Nassau Communities Hospital’s participation in community health fairs and activities.

Successful implementation of the above-mentioned strategies will be measured by the following:

- Number of community education programs provided
- Number of residents reached
- Pre- and Post-test scores of program participants
- Participant feedback / program evaluations
- Incorporate “Teach Back” into community presentations
- Track the number of participants who attend the Diabetes Education Center and monitor their progress through documented behavior changes and ongoing collection of clinical data

### **Year 2**

South Nassau Communities Hospital will continue to raise public awareness of the economic and personal impact of chronic disease through community activities and various media outlets. There will be ongoing re-evaluations of screening tools and presentations to ensure effective outcomes for the populations served with resultant program modification as deemed necessary. The communities of focus for Year 2 will be Long Beach and Baldwin.

### **Year 3**

Risk assessment and educational programs will be ongoing. The Department of Community Education will continue to evaluate the programs offered to redirect education and make any other necessary modifications. The communities of focus for Year 3 will be Long Beach and Freeport.

The community of Long Beach has been selected as a focus community for all three years of this service plan due to the closure of its hospital related to Superstorm Sandy and the community’s expressed desire for medical services.

### **Goals, Objectives, Interventions, Strategies, and Activities**

Please refer to the attached grid (Appendix 3) which identifies the goals and objectives, as well as the interventions, strategies, and activities to be implemented and the process measures to be utilized over the three year period. Of note, South Nassau Communities Hospital will offer programs in Spanish to our Hispanic communities.

### **Partner Engagement**

Sustained engagement with local partners will be achieved through active listening, clarifying questioning, timely response to requests for programs, and expressed appreciation for the opportunity to partner for healthier communities.

Of note, with the Long Island Health Collaborative continuing to serve as the hub for data collection and analysis, there will be ongoing input and feedback with our partners in community health. For the two identified Prevention Agenda Priorities, a review of key health indicators will guide the modification and delivery for the term of this community service plan.

### **Dissemination**

The plan will be made widely available to the public through the following mechanisms:

- Advertisements on the hospital's website, with opportunity to write comments, in the community newsletter, physicians' newsletter and employee newsletter
- Dissemination to the public through community organizations and the hospital's External Affairs Department
- Dissemination to the public through South Nassau's Community Advocacy Committee

Appendix 1

**LHC Member List**

<b>Hospitals, Hospital Association and Hospital Systems</b>	<b>Website</b>
Brookhaven Memorial Hospital Medical Center	<a href="http://www.brookhavenhospital.org">www.brookhavenhospital.org</a>
Catholic Health Services of Long Island	<a href="http://www.chsli.org">www.chsli.org</a>
Eastern Long Island Hospital	<a href="http://www.elih.org">www.elih.org</a>
Glen Cove Hospital	<a href="http://www.northwell.edu">www.northwell.edu</a>
Good Samaritan Hospital Medical Center	<a href="http://www.goodsamaritan.chsli.org">www.goodsamaritan.chsli.org</a>
Huntington Hospital	<a href="http://www.northwell.edu">www.northwell.edu</a>
Long Island Jewish Valley Stream	<a href="http://www.northwell.edu">www.northwell.edu</a>
John T. Mather Memorial Hospital	<a href="http://www.matherhospital.org">www.matherhospital.org</a>
Mercy Medical Center	<a href="http://www.mercymedicalcenter.org">www.mercymedicalcenter.org</a>
Nassau-Suffolk Hospital Council	<a href="http://www.nshc.org">www.nshc.org</a>
Nassau University Medical Center	<a href="http://www.numc.edu">www.numc.edu</a>
North Shore University Hospital	<a href="http://www.northwell.edu">www.northwell.edu</a>
Northwell Health System	<a href="http://www.northwell.edu">www.northwell.edu</a>
Peconic Bay Medical Center	<a href="http://www.pbmchealth.org">www.pbmchealth.org</a>
Plainview Hospital	<a href="http://www.northwell.edu">www.northwell.edu</a>
St. Catherine of Siena Medical Center	<a href="http://www.stcatherines.chsli.org">www.stcatherines.chsli.org</a>
St. Charles Hospital	<a href="http://www.stcharles.chsli.org">www.stcharles.chsli.org</a>

St. Francis Hospital	<a href="http://www.stfrancis.chsli.org">www.stfrancis.chsli.org</a>
St. Joseph Hospital	<a href="http://www.stjoseph.chsli.org">www.stjoseph.chsli.org</a>
Southampton Hospital	<a href="http://www.southamptonhospital.org">www.southamptonhospital.org</a>
South Nassau Communities Hospital	<a href="http://www.southnassau.org">www.southnassau.org</a>
South Oaks Hospital	<a href="http://www.south-oaks.org">www.south-oaks.org</a>
Southside Hospital	<a href="http://www.northwell.edu">www.northwell.edu</a>
Stony Brook University Hospital	<a href="http://www.stonybrookmedicine.edu">www.stonybrookmedicine.edu</a>
Syosset Hospital	<a href="http://www.northwell.edu">www.northwell.edu</a>
Veterans Affairs Medical Center	<a href="http://www.northport.va.gov">www.northport.va.gov</a>
Winthrop University Hospital	<a href="http://www.winthrop.org">www.winthrop.org</a>
<b>Local County Health Departments</b>	<b>Website</b>
Nassau County Department of Health	<a href="http://www.nassaucountyny.gov">www.nassaucountyny.gov</a>
Suffolk County Department of Health Services	<a href="http://www.suffolkcountyny.gov">www.suffolkcountyny.gov</a>
<b>Medical Societies and Associations</b>	<b>Website</b>
Long Island Dietetic Association	<a href="http://www.eatrightli.org">www.eatrightli.org</a>
Nassau County Medical Society	<a href="http://www.nassaucountymedicalsociety.org">www.nassaucountymedicalsociety.org</a>
New York State Nurses Association	<a href="http://www.nysna.org">www.nysna.org</a>
New York State Podiatric Medical Association	<a href="http://www.nyspma.org">www.nyspma.org</a>
Suffolk County Medical Society	<a href="http://www.scms-sam.org">www.scms-sam.org</a>

Community-Based Organizations	Website
Adelphi New York Statewide Breast Cancer Hotline and Support Program	<a href="http://www.breast-cancer.adelphi.edu">www.breast-cancer.adelphi.edu</a>
Alzheimer's Association, Long Island Chapter	<a href="http://www.alz.org">www.alz.org</a>
American Cancer Society	<a href="http://www.cancer.org">www.cancer.org</a>
American Foundation for Suicide Prevention	<a href="http://www.afsp.org">www.afsp.org</a>
American Heart Association	<a href="http://www.heart.org">www.heart.org</a>
American Lung Association of the Northeast	<a href="http://www.lung.org">www.lung.org</a>
Association for Mental Health and Wellness	<a href="http://www.mentalhealthandwellness.org">www.mentalhealthandwellness.org</a>
Asthma Coalition of Long Island	<a href="http://www.asthmacommunitynetwork.org">www.asthmacommunitynetwork.org</a>
Attentive Care Services	<a href="http://www.attentivecareservices.com">www.attentivecareservices.com</a>
Caring People	<a href="http://www.caringpeopleinc.com">www.caringpeopleinc.com</a>
Community Growth Center	<a href="http://www.communitygrowthcenter.org">www.communitygrowthcenter.org</a>
Cornell Cooperative Extension - Suffolk County	<a href="http://www.ccesuffolk.org">www.ccesuffolk.org</a>
Epilepsy Foundation of Long Island	<a href="http://www.efli.org">www.efli.org</a>
Evolve Wellness	<a href="http://www.evolvewellness.net">www.evolvewellness.net</a>
Family & Children's Association	<a href="http://www.familyandchildrens.org">www.familyandchildrens.org</a>
Family First Home Companions	<a href="http://www.familyfirsthomecompanions.com">www.familyfirsthomecompanions.com</a>
Federation of Organizations	<a href="http://www.fedoforg.org">www.fedoforg.org</a>
Girls Inc. LI	<a href="http://www.girlsincli.org">www.girlsincli.org</a>
Health and Welfare Council of Long Island	<a href="http://www.hwcli.com">www.hwcli.com</a>

Health Education Project / 1199 SEIU	<a href="http://www.healthcareeducationproject.org">www.healthcareeducationproject.org</a>
Hispanic Counseling Center	<a href="http://www.hispaniccounseling.org">www.hispaniccounseling.org</a>
Hudson River Healthcare	<a href="http://www.hrhcare.org">www.hrhcare.org</a>
Life Trusts	<a href="http://www.lifetrusts.org">www.lifetrusts.org</a>
Long Island Association	<a href="http://www.longislandassociation.org">www.longislandassociation.org</a>
Long Island Association of AIDS Care	<a href="http://www.liaac.org">www.liaac.org</a>
Long Island Council of Churches	<a href="http://www.liccny.org">www.liccny.org</a>
Make the Road NY	<a href="http://www.maketheroad.org">www.maketheroad.org</a>
Maurer Foundation	<a href="http://www.maurerfoundation.org">www.maurerfoundation.org</a>
Mental Health Association of Nassau County	<a href="http://www.mhanc.org">www.mhanc.org</a>
Music and Memory	<a href="http://www.musicandmemory.org">www.musicandmemory.org</a>
New York City Poison Control	<a href="http://www.nyc.gov">www.nyc.gov</a>
Options for Community Living	<a href="http://www.optionscl.org">www.optionscl.org</a>
Pederson-Krag Center	<a href="http://www.pederson-krag.org">www.pederson-krag.org</a>
People Care Inc.	<a href="http://www.peoplecare.com">www.peoplecare.com</a>
Pulse of NY	<a href="http://www.pulseofny.org">www.pulseofny.org</a>
Retired Senior Volunteer Program	<a href="http://www.rsvpsuffolk.org">www.rsvpsuffolk.org</a>
RotaCare	<a href="http://www.rotacareny.org">www.rotacareny.org</a>
SDC Nutrition PC	<a href="http://www.call4nutrition.com">www.call4nutrition.com</a>
Smithtown Youth Bureau	<a href="http://www.smithtownny.gov">www.smithtownny.gov</a>

Society of St. Vincent de Paul Long Island	<a href="http://www.svdpli.org">www.svdpli.org</a>
State Parks LI Regional Office	<a href="http://www.nysparks.com">www.nysparks.com</a>
Sustainable Long Island	<a href="http://www.sustainableli.org">www.sustainableli.org</a>
The Crisis Center	<a href="http://www.thecrisisplanner.com">www.thecrisisplanner.com</a>
Thursday's Child	<a href="http://www.thursdayschildofli.org">www.thursdayschildofli.org</a>
TriCare Systems	<a href="http://www.tricareystems.org">www.tricareystems.org</a>
United Way of Long Island	<a href="http://www.unitedwayli.org">www.unitedwayli.org</a>
YMCA of LI	<a href="http://www.ymcali.org">www.ymcali.org</a>
<b>School and Colleges</b>	<b>Website</b>
Adelphi University	<a href="http://www.adelphi.edu">www.adelphi.edu</a>
Farmingdale State College	<a href="http://www.farmingdale.edu">www.farmingdale.edu</a>
Hofstra University	<a href="http://www.hofstra.edu">www.hofstra.edu</a>
Molloy College	<a href="http://www.molloy.edu">www.molloy.edu</a>
St. Joseph's College	<a href="http://www.sjcnyc.edu/long-island">www.sjcnyc.edu/long-island</a>
Stony Brook University	<a href="http://www.stonybrook.edu">www.stonybrook.edu</a>
Western Suffolk BOCES Creating Healthy Schools and Communities, NYS DOH	<a href="http://www.wsboces.org">www.wsboces.org</a>
<b>Performing Provider Systems (DSRIP PPS)</b>	<b>Website</b>
Nassau Queens PPS	<a href="http://www.nassauqueenspps.org">www.nassauqueenspps.org</a>
Suffolk Care Collaborative	<a href="http://www.suffolkcare.org">www.suffolkcare.org</a>

<b>Insurers</b>	<b>Website</b>
1199SEIU/Health Education Project	<a href="http://www.1199seiu.org">www.1199seiu.org</a>
Fidelis Care	<a href="http://www.fideliscare.org">www.fideliscare.org</a>
North Shore-LIJ CareConnect Insurance Company	<a href="http://www.careconnect.com">www.careconnect.com</a>
United Healthcare	<a href="http://www.unitedhealthcare.com">www.unitedhealthcare.com</a>
<b>Regional Health Information Organizations</b>	<b>Website</b>
Healthix Inc.	<a href="http://www.healthix.org">www.healthix.org</a>
New York Care Information Gateway	<a href="http://www.nycig.org">www.nycig.org</a>
<b>Businesses and Chambers</b>	<b>Website</b>
Air Quality Solutions	<a href="http://www.iaqguy.com">www.iaqguy.com</a>
Greater Westhampton Chamber of Commerce	<a href="http://www.westhamptonchamber.org">www.westhamptonchamber.org</a>
Honeywell Smart GRID Solutions	<a href="http://www.honeywellsmartgrid.com">www.honeywellsmartgrid.com</a>
PSEG of Long Island	<a href="http://www.psegliny.com">www.psegliny.com</a>
TeK Systems	<a href="http://www.teksystems.com">www.teksystems.com</a>
Temp Positions	<a href="http://www.tempositions.com">www.tempositions.com</a>
Time to Play Foundation	<a href="http://www.timetoplay.com">www.timetoplay.com</a>
<b>Municipal Partners</b>	<b>Website</b>
New York State Association of County Health Officials	<a href="http://www.nysacho.org">www.nysacho.org</a>
New York State Department of Parks and Recreation	<a href="http://www.nyparks.com">www.nyparks.com</a>
Suffolk County Legislature	<a href="http://www.legis.suffolkcountyny.gov">www.legis.suffolkcountyny.gov</a>

## **LONG ISLAND COMMUNITY HEALTH ASSESSMENT SURVEY**

*Your opinion is important to us!*

The purpose of this survey is to get your opinion about health issues that are important in your community. Together, the County Departments of Health and hospitals throughout Long Island will use the results of this survey and other information to help target health programs in your community. Please complete only one survey per adult 18 years or older. Your survey responses are anonymous. Thank you for your participation.

### **1. What are the biggest ongoing health concerns in THE COMMUNITY WHERE YOU LIVE? (Please check up to 3)**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Asthma/lung disease     | <input type="checkbox"/> Heart disease & stroke     | <input type="checkbox"/> Safety                       |
| <input type="checkbox"/> Cancer                  | <input type="checkbox"/> HIV/AIDS & Sexually        | <input type="checkbox"/> Vaccine preventable diseases |
| <input type="checkbox"/> Child health & wellness | Transmitted Diseases (STDs)                         | <input type="checkbox"/> Women's health & wellness    |
| <input type="checkbox"/> Diabetes                | <input type="checkbox"/> Mental health              | <input type="checkbox"/> Other (please specify)       |
| <input type="checkbox"/> Drugs & alcohol abuse   | depression/suicide                                  | _____   |
| <input type="checkbox"/> Environmental hazards   | <input type="checkbox"/> Obesity/weight loss issues |   |

### **2. What are the biggest ongoing health concerns for YOURSELF? (Please check up to 3)**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Asthma/lung disease     | <input type="checkbox"/> Heart disease & stroke     | <input type="checkbox"/> Safety                       |
| <input type="checkbox"/> Cancer                  | <input type="checkbox"/> HIV/AIDS & Sexually        | <input type="checkbox"/> Vaccine preventable diseases |
| <input type="checkbox"/> Child health & wellness | Transmitted Diseases (STDs)                         | <input type="checkbox"/> Women's health & wellness    |
| <input type="checkbox"/> Diabetes                | <input type="checkbox"/> Mental health              | <input type="checkbox"/> Other (please specify)       |
| <input type="checkbox"/> Drugs & alcohol abuse   | depression/suicide                                  | _____   |
| <input type="checkbox"/> Environmental hazards   | <input type="checkbox"/> Obesity/weight loss issues |   |

### **3. What prevents people in your community from getting medical treatment? (Please check up to 3)**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Cultural/religious beliefs     | <input type="checkbox"/> Lack of availability of doctors | <input type="checkbox"/> Unable to pay co-pays/deductibles |
| <input type="checkbox"/> Don't know how to find doctors | <input type="checkbox"/> Language barriers               | <input type="checkbox"/> There are no barriers             |
| <input type="checkbox"/> Don't understand need to see a | <input type="checkbox"/> No insurance                    | <input type="checkbox"/> Other (please specify)            |

doctor

Transportation \_\_\_\_\_

Fear (e.g. not ready to face/discuss health problem)

**4. Which of the following is MOST needed to improve the health of your community? (Please check up to 3)**

Clean air & water

Mental health services

Smoking cessation programs

Drug & alcohol rehabilitation services

Recreation facilities

Transportation

Healthier food choices

Safe childcare options

Weight loss programs

Job opportunities

Safe places to walk/play

Other (please specify)

Safe worksites \_\_\_\_\_

**5. What health screenings or education/information services are needed in your community? (Please check up to 3)**

Blood pressure

Eating disorders

Mental health/depression

Cancer

Emergency preparedness

Nutrition

Cholesterol

Exercise/physical activity

Prenatal care

Dental screenings

Heart disease

Suicide prevention

Diabetes

HIV/AIDS & Sexually

Vaccination/immunizations

Disease outbreak information

Transmitted Diseases (STDs)  Other (please specify)

Drug and alcohol

Importance of routine well \_\_\_\_\_

checkups

**6. Where do you and your family get most of your health information? (Check all that apply)**

Doctor/health professional  
etc.)

Library

Social Media (Facebook, Twitter,  
etc.)

Family or friends

Newspaper/magazines

Television

Health Department

Radio

Worksite

Hospital

Religious organization

Other (please specify)

Internet

School/college \_\_\_\_\_

*For statistical purposes only, please complete the following:*

**I identify as:**  Male  Female  Other

**What is your age?** \_\_\_\_\_

**ZIP code where you live:** \_\_\_\_\_ **Town where you live:** \_\_\_\_\_

**What race do you consider yourself?**

- White/Caucasian  Native American  Multi-racial  
 Black/African American  Asian/Pacific Islander  Other (please specify)

\_\_\_\_\_

**Are you Hispanic or Latino?**  Yes  No

**What language do you speak when you are at home (select all that apply)**

- English  Portuguese  Spanish  Italian  Farsi  Polish  
 Chinese  Korean  Hindi  Haitian Creole  French Creole  Other

**What is your annual household income from all sources?**

- \$0-\$19,999  \$20,000 to \$34,999  \$35,000 to \$49,999  
 \$50,000 to \$74,999  \$75,000 to \$125,000  Over \$125,000

**What is your highest level of education?**

- K-8 grade  Technical school  Graduate school  
 Some high school  Some college  Doctorate  
 High school graduate  College graduate  Other (please specify)

\_\_\_\_\_

**What is your current employment status?**

- Employed for wages  Self-employed  Out of work and looking for work

Student  
looking

Retired

Out of work, but not currently

Military

**Do you currently have health insurance?**  Yes

No

No, but I did in the past

**Do you have a smart phone?**

Yes

No

<b>PREVENTION AGENDA PRIORITY FOCUS AREA 1: Reduce Obesity in Children and Adults</b>					
Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
To decrease the incidence of obesity in those communities identified as being at risk	To engage community members in physical activity	Encourage participation in the “Are You Ready, Feet?”™ walking initiative	Analysis of registration data by zip code in hospital catchment area	Long Island Health Collaborative will serve as the data analysis hub	Brochures with enrollment instructions
	To increase participation in nutrition/physical activity workshops	Conduct “Eat Healthy, Be Active” community workshops for children and adults	Incorporate the “Teach Back” technique into community presentations  Pre-post test scores	School districts, libraries, community centers, civic associations, religious organizations	Provide and assist with logistics of venue  Advertise programs and speaking engagements
	To increase the community’s perception of SNCH as their partner in health	Increase involvement of SNCH’s community outreach via health fairs and related activities	Number of community events  Number of residents reached	Community/religious organization partners	Provide an audience and assist with logistics of venue

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
To decrease the incidence of obesity in those communities identified as being at risk	To increase consumption of fruits and vegetables and decrease intake of sugar and fat	Conduct the “5-2-1-0: Numbers to Live By” program for elementary school children	Play a “What have you learned?” game that incorporates the “Teach Back” technique	School districts, community centers	<p>Advertise programs and speaking engagements</p> <p>Provide an audience and assist with logistics of venue</p>
	Increase awareness regarding the adverse effects of stress on Obesity and Mental Health	<p>Certified Meditation Specialist to provide classes on meditation and stress reduction techniques</p> <p>This information is to be incorporated into other community educational offerings, as appropriate</p>	<p>Number of participants</p> <p>Participant feedback</p>	<p>Certified Meditation Specialist will provide educational programs and in-service community education staff</p> <p>Assist in the incorporation of stress reduction information in community programs</p>	<p>Content expertise</p> <p>Community education resources</p>

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
To decrease the incidence of obesity in those communities identified as being at risk	Increase public knowledge regarding educational programs and screening events through social media reach	Collaborate with the Department of External Affairs to showcase events through the following: <ul style="list-style-type: none"> <li>• Facebook</li> <li>• SNCH website</li> <li>• Email distribution</li> <li>• SNCH mailings: “Save the Date”- the Hospital’s Annual Health and Wellness Fair/5K Walk, Healthy Outlook newsletter distributed 5 times per year, event flyers, and print media</li> </ul>	Number of hits to website  Number of likes on Facebook page  Increase in attendance at scheduled events  Participant feedback	Post information regarding upcoming events to both Facebook page and website   Include timely community education activities in print media for mailing, newspaper, or press release/public service announcements	Linkages with vendors for advertising space in print media   Software programs to create posters, event flyers, and signage

PREVENTION AGENDA PRIORITY FOCUS AREA 2: Increase Preventive Care and Management of Chronic Disease					
Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
<p>To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease</p>	<p>Promote the reduction of chronic disease risk factors through participation in community health fairs and activities</p>	<p>Offer chronic disease educational programs and screening opportunities via community venues</p>	<p>Number of community programs provided</p> <p>Number of residents reached</p> <p>Number of referrals made to SNCH providers based on clinical findings</p> <p>Participant feedback</p> <p>Incorporate the “Teach Back” technique</p>	<p>Schools, libraries, community-based organizations, civic associations, legislators, and senators</p>	<p>Advertise programs and speaking engagements</p> <p>Provide an audience and assist with logistics of venue</p>

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease	Promote the reduction of chronic disease risk factors through participation in SNCH's annual Health and Wellness Fair	Promote SNCH's Annual Health and Wellness Fair/5K Walk	Number of attendees availing themselves of screening and educational opportunities  Number of registered walkers	Various SNCH departments distributing health information and conducting screenings	Staff expertise in many areas related to chronic disease and prevention
	Engage community members in the "Are you Ready, Feet?"™ walking initiative	Distribute promotional brochures at community functions	Number of registrants enrolled based on zip code data from hospital catchment area	The Long Island Health Collaborative (LIHC) will provide brochures and walking portal information  Data from hospital catchment area	Access to data analyst and brochures, as needed
	Invite other SNCH departments to promote this walking campaign with patients and staff	Promote this initiative at hospital department meetings for dissemination to all staff	Patient and staff feedback	SNCH staff	Patient and family access  Employee access

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
<p>To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease</p>	<p>Increase public knowledge regarding educational programs and screening events through social media reach</p>	<p>Collaborate with the Department of External Affairs to showcase events through the following:</p> <ul style="list-style-type: none"> <li>• Facebook</li> <li>• SNCH website</li> <li>• Email distribution</li> <li>• SNCH mailings: “Save the Date”- the Hospital’s Annual Health and Wellness Fair/5K Walk, Healthy Outlook newsletter distributed 5 times per year, event flyers, and print media</li> </ul>	<p>Number of hits to website</p> <p>Number of likes on Facebook page</p> <p>Increase in attendance at scheduled events</p> <p>Participant feedback</p>	<p>Post information regarding upcoming events to both Facebook page and website</p> <p>Include timely community education activities in print media for mailing, newspaper, or press release/public service announcements</p>	<p>Linkages with vendors for advertising space in print media</p> <p>Software programs to create posters, event flyers, and signage</p>

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
<p>To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease</p>	<p>Provide educational programs and encourage screening regarding men &amp; women's health</p>	<p>Offer educational programs and promote screening regarding cancers that affect women &amp; men</p>	<p>Number of community programs provided</p> <p>Number of residents reached</p> <p>Track number of participants who avail themselves of SNCH screening events</p>	<p>Collaborate with SNCH cancer center staff to conduct educational programs</p> <p>Libraries, schools, civic associations</p>	<p>Content expertise</p> <p>Interactive educational displays</p> <p>Advertise programs and speaking engagements</p> <p>Provide an audience and assist with logistics of venue</p>
		<p>Offer educational programs and screenings regarding cardiovascular health</p>	<p>Number of community programs provided</p> <p>Number of residents reached</p> <p>Track the number of participants who avail themselves of SNCH screening events</p>	<p>Collaborate with cardiac/stroke teams</p> <p>Libraries, schools, civic associations</p>	<p>Content expertise</p> <p>Advertise programs and speaking engagements</p> <p>Provide an audience and assist with logistics of venue</p>

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
<p>To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease</p>	<p>Implement the <u>Recommendation for walking program</u> within the primary care setting by engaging SNCH participating physicians</p>	<p>Encourage hospital-affiliated medical staff to support the use of the prescription pads to reinforce the <u>Physician recommendation for walking program</u> via the practice managers</p>	<p>Number of SNCH medical offices provided with program information</p> <p>Track number of participants within zip code of medical offices</p>	<p>Report the number of medical offices aware of the walking initiative program</p> <p>LIHC analysis of data from hospital catchment area</p>	<p>Practice managers have access to providers at SNCH medical facilities</p> <p>Access to data analyst</p>
	<p>Provide smoking cessation classes for residents needing assistance in quitting</p>	<p>Offer 5-week smoking cessation programs as needed</p> <p>Refer class participants to SNCH’s Early Lung Cancer Action Project (ELCAP) lung cancer screening program, as appropriate</p>	<p>Number of attendees completing programs</p> <p>Number of attendees reporting tobacco status</p> <p>Number of participants screened</p>	<p>SNCH staff</p> <p>SNCH cancer center staff</p>	<p>Smoking cessation specialist</p> <p>New York State Smokers’ Quitline</p> <p>Patient access</p>

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease	Promote SNCH's new Diabetes Education Center (DEC)	Literatures and brochures will be distributed at community events	<p>Number of people requesting information about the center</p> <p>Number of those attending the center based on community outreach referrals</p>	<p>Provide data</p> <p>Provide data</p>	<p>Diabetes-specific materials</p> <p>Include center attendees in mailings for community health events</p>
	Increase knowledge of those with diabetes regarding self-care and minimizing the effects of diabetes	Diabetes self-management programs and workshops conducted by Certified Diabetes Educators	<p>Number of participants completing the program/workshop</p> <p>Number of attendees who have made positive behavior changes due to the program</p> <p>Improvement in A1C results</p> <p>Pre-post test scores</p>	Diabetes center staff will track and report data collected	<p>Dedicated staff assigned to the center</p> <p>Content expertise</p> <p>Easy accessibility of venue</p>

Appendix 3

Goal	Outcome Objectives	Interventions/Strategies/Activities	Process Measures	Partner Role	Partner Resources
<p>To raise awareness about risk factors including the importance of screening through education and prevention; to mitigate the complications associated with chronic disease</p>	<p>Increase awareness regarding the adverse effects of stress on chronic disease and mental health</p>	<p>Certified Meditation Specialist to provide classes on meditation and stress reduction techniques</p> <p>This information is to be incorporated into other community educational offerings, as appropriate</p>	<p>Number of participants</p> <p>Participant feedback</p>	<p>Provide educational programs</p> <p>In-service community education staff and assist in the incorporation of stress reduction information in community programs</p>	<p>Content expertise</p> <p>Community education resources</p>