

## EXECUTIVE SUMMARY

### Developing our Community Service Plan

Every three years, all non-profit hospitals are required to create a Community Service Plan – a plan to offer programs that meet the community’s top health needs. A Community Service Plan begins with a community health needs and assets assessment. This includes a review of community data and information from community members about their health needs and priorities. This assessment shows us what health concerns the communities are experiencing and how we can help address these concerns. We then create a plan to address these needs that aligns with the New York State Prevention Agenda and New York City and Nassau County public health priorities.

### Our Communities

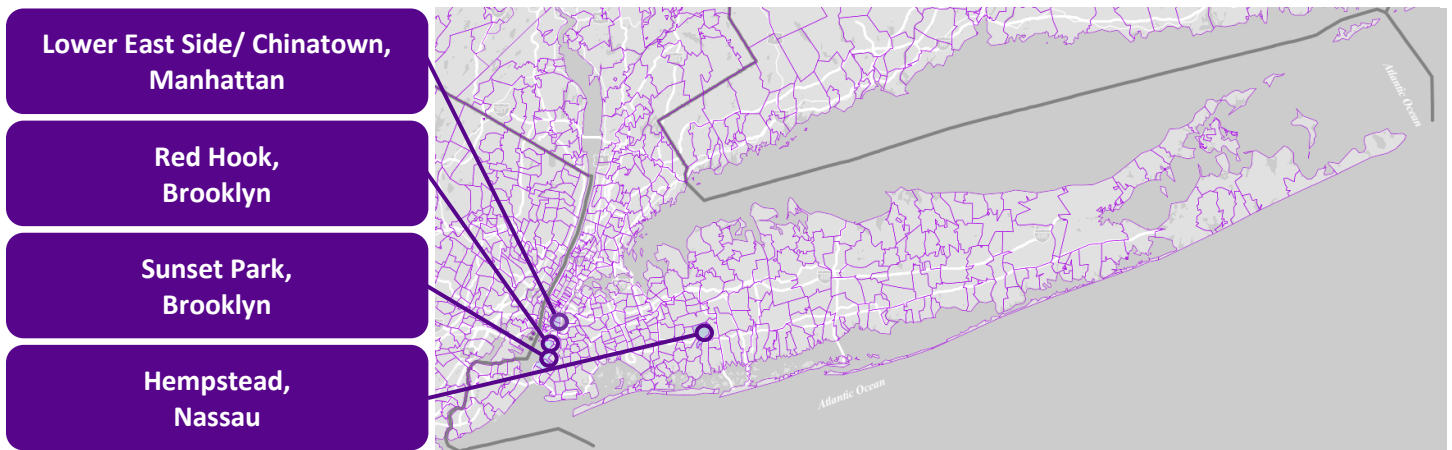
NYU Langone Health (NYULH) serves communities of diverse people with a variety of health concerns. As with our previous Community Service Plan, the 2022-2024 Plan focuses on the Lower East Side and Chinatown in Manhattan, and Sunset Park and Red Hook in Brooklyn. In 2022, with the addition of NYU Langone Hospital – Long Island (formerly Winthrop University Hospital), we also completed a needs and assets assessment with community leaders and residents in Hempstead, Nassau County, Long Island.

These communities reflect the Hospitals’ patient population and are geographically close to the hospitals that comprise NYU Langone Health. Although these communities are not close to each other, they share important similarities, including the diversity of their populations, strong community-based organizations, and pockets of poverty in areas of higher wealth.

#### Who We Are

NYU Langone Health is one of the nation’s premier academic medical centers. Composed of NYU Langone Hospitals (“NYULH”), NYU Grossman School of Medicine (“NYUSoM”), NYU Long Island School of Medicine (“NYULISoM”), and Family Health Centers at NYU Langone, NYU Langone Health has a trifold mission: to serve, teach and discover. Located in the heart of Manhattan, with additional facilities throughout the New York City area.

Throughout NYU Langone Health, we provide financial assistance for patients with limited income regardless of their insurance status. For information about the NYULH financial assistance program go to: <https://nyulangone.org/insurance-billing-financial-assistance>



Map Source: U.S. Census Bureau, generated using data.census.gov; <https://data.census.gov/cedsci>; (30 Mar 2022).

## Our Priorities

Public participation is an important part of our process. We spoke with community residents, service providers, and public health and policy experts to understand needs, strengths, and health priorities. We also reviewed data to understand risks, health disparities, and existing resources and services. Our communities share similar health concerns. Reducing tobacco use, ensuring access to healthy food and safe environments, and preventing cardiovascular disease, and supporting families through early childhood and teen programs continue to be top priorities. There is also a growing concern about the intersection of health and social and economic needs, particularly housing, across all communities and partners.

### PREVENTING CHRONIC DISEASE

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#### By Reducing Tobacco Use

Smoking in New York City has dropped to 11%. But 14% of low-income New Yorkers smoke. The smoking rate for Asian men in New York City is even higher (19%) and has remained relatively unchanged since 2002. Smoking is also higher in Hempstead (17%) than Nassau County (12%).

#### By Addressing the Intersection of Health and Housing

Many studies have shown the link between housing instability and poor health and increased need for health care services. Homelessness increases risk for chronic and infectious diseases and mental health issues. Severe rent burden, overcrowding and eviction can lead to stress, depression, anxiety, and less access to care and medications. Structural issues, mold, and pests can cause respiratory problems and falls and other injuries. Housing instability and quality are high priority social determinants of health in all of our communities.

#### By Promoting Healthy Eating and Food Security

Food insecurity (lack of enough food or access to nutritious food) is harmful to health and is especially problematic for young children as it can affect development. Even before the COVID pandemic, one out of ten adults in New York City often or sometimes did not have enough food to eat. Rates are higher for Latinx, Black, and Asian adults compared with White adults. The COVID pandemic has made food insecurity worse and many community organizations have reported dramatic increases in the number of families served at food pantries.

Obesity continues to be epidemic. It is more common in low-income communities where neighborhood resources – like healthy food and safe places for physical activity – may not be available. Many children seen at Sunset Park and Hempstead pediatric practices are overweight or obese. Preventing and addressing obesity is a high priority for community residents and leaders.

### PROMOTING HEALTHY WOMEN, INFANTS, AND CHILDREN

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Poverty often puts mothers at risk for depression and problems during pregnancy, and puts children at risk for poor health and developmental problems. The COVID pandemic has increased stress for many families. The rise in anti-immigrant feelings and the impact of violence and racism also increase concerns about mother and child well-being. In addition, while teen birth rates have declined, rates remain higher in Sunset Park and Hempstead. Supporting the wellbeing of women, infants, children, and teens is a priority in all of our communities.

### PROMOTING A HEALTHY AND SAFE ENVIRONMENT

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Falls are the leading cause of injury-related death and hospital visits for adults ages 65 years or older in New York State. As the population ages, preventing falls is key to promoting health and enabling older adults to remain independent.

# Our Plan to Prevent Chronic Disease



## Healthy Food Initiative

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The Healthy Food Initiative is an evidence-informed intervention to address food insecurity that includes emergency food assistance, screening and case management, community education, and a community-wide food systems coalition. The Healthy Food Initiative serves households in Sunset Park and neighboring communities.

## Greenlight

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Greenlight is an evidence-based, culturally-adapted nutrition and healthy lifestyle program for parents of children ages newborn to 2 years old to improve health literacy and foster healthful behaviors through provider training, family engagement, and booklet and tool distribution. Greenlight serves children and their families in pediatric primary care centers in Lower East Side and Chinatown, Sunset Park, and Hempstead.

## Racial and Ethnic Approaches to Community Health for Asian Americans

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Racial and Ethnic Approaches to Community Health for Asian Americans (REACH FAR) is a culturally-tailored health coaching, screening, and healthy food access program for Asian- and Arab-Americans to prevent and improve management of diabetes and cardiovascular disease. REACH FAR works with mosques in Lower East Side and Sunset Park.

## Tobacco Free Community

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Tobacco Free Community addresses high smoking rates among immigrant populations by facilitating access to smoking cessation treatment and reducing children’s exposure to secondhand smoke through community-based partnership, advocacy, outreach, counseling, and referrals to cessation and health services. Tobacco Free Community serves residents in Lower East Side and Chinatown, Red Hook, Sunset Park, and other New York City neighborhoods.

## Stanford Chronic Disease Self-Management Program

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The Stanford Chronic Disease Self-Management Program is an evidence-based education series facilitated by registered nurses in community settings, such as public libraries, to help people with chronic diseases manage their symptoms and live healthy, fulfilling lives. The Stanford Chronic Disease Self-Management Program serves residents from Hempstead and other Long Island neighborhoods.

## Red Hook Community Health Network

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The Red Hook Community Health Network is a network of community-based organizations and health partners expanding access to health services for Red Hook residents, especially those living in public housing, through a community health worker program and community workgroups. The Red Hook Community Health Network works with organizations and residents in Red Hook.

# Our Plan to Prevent Chronic Disease



## Community Health Worker Resource and Research Center

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The Community Health Worker Resource and Research Center (CHW-RRC) expands access to training and up-to-date information on health topics and community resources for Community Health Workers (CHWs). The CHW-RRC provides social and professional development opportunities for CHWs within the NYU Langone Health system. It also provides technical support, evaluation, and convening opportunities to support community-based organizations, health systems, municipal agencies, and research organizations to help them strengthen their CHW programs and better understand the role of CHWs in promoting the health of vulnerable communities.

## Health x Housing Lab

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Health x Housing Lab aims to advance health and health equity by contributing toward a future in which all people have safe, stable, and affordable housing through providing evidence-based guidance on initiatives, policy, and education and career development for future leaders at the intersection of health and housing. Health x Housing Lab works with New York City and national policy leaders, advocates, people with lived experience of homelessness, and housing and healthcare providers.

## Brooklyn Health & Housing Consortium

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Brooklyn Health & Housing Consortium is a collaborative network of healthcare, housing, homeless and social services organizations, and government partners to improve health equity and housing stability through fostering cross-sector relationships, informing policy, and building the capacity of frontline workers who support Brooklyn residents with unmet health and housing needs.

# Our Plan to Promote Healthy Women, Infants, and Children



## ParentChild+

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ParentChild+ is a national, evidence-based home visiting program that promotes early literacy, parenting and school-readiness through twice-weekly home visits for two years. ParentChild+ serves parents and their 2-4 year old children in Sunset Park.

## Project SAFE

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Project SAFE is a teen pregnancy and HIV/ AIDS prevention program, using an evidence-based youth leadership and peer education model. Particular focus is on disparities for youth who live in low-income households and/or identify as racial or ethnic minorities. Project SAFE serves youth 11-24 years old in Sunset Park and other Brooklyn neighborhoods.

## ParentCorps

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ParentCorps is an evidence-based, family-centered early childhood intervention for pre-K parents, educators, and children designed to improve child health, behavior and learning. ParentCorps works with parents, educators, and children in Sunset Park.

## Family Support Services

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Family Support Services is an evidence-informed program that supports childhood health and development through family social needs screening and care coordination. Supports include the national, evidence-informed Reach Out and Read program, which delivers books and messaging about the importance of reading at routine pediatric checkups. Family Support Services works with families with children who are patients of the NYU Langone Health – Long Island Pediatric Primary Care Center in Hempstead.

## Video Interaction Project

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Video Interaction Project (VIP) is an evidence-based parenting program in pediatric clinics that provides 25-minute one-on-one visits with a VIP Coach who uses videotaping and developmentally-appropriate toys, books and resources to help parents support early development and literacy in their children. VIP serves families in pediatric primary care centers and community sites in Sunset Park.

## Our Plan to Promote Healthy and Safe Environments



### Tai Chi for Arthritis for Fall Prevention

Tai Chi for Arthritis for Fall Prevention is an evidence-based Tai Chi fall risk-reduction program for adults over 60 in hospital and community settings. Tai Chi for Arthritis for Fall Prevention serves older adults from Hempstead and other Long Island neighborhoods.

### A Matter of Balance

A Matter of Balance is an evidence-based eight-session exercise program to reduce the fear of falling and increase activity levels among older adults offered in hospital and community settings. A Matter of Balance serves older adults from Hempstead and other Long Island neighborhoods.

## Our Plan for Ongoing Evaluation and Adaptation

Our Coordinating Council, composed of community partners and NYU Langone Health program leaders, will continue to meet every three months to review the progress of all programs. In 2020, the Coordinating Council adopted principles to increase community engagement, improve health equity, and implement an anti-racist agenda. Each Community Service Plan initiative selected one or more of these principles as a focus for improvement. We will continue to work with the community and our partners to understand the impact of our programs, identify new community needs, and develop strategies to improve the health of our communities.

### Brooklyn Data Station

The Brooklyn Data Station provides analysis and technical assistance to Coordinating Council members for ongoing needs assessments, partnership building, program planning, and evaluation.

## Our Core Values

**Performance – Respect – Integrity – Diversity – Excellence**

Copies of the full Community Health Needs Assessment & Community Service Plan 2022-2024 can be downloaded from the NYU Langone Health website at: <http://www.nyulangone.org/our-story/community-health-needs-assessment-service-plan>.

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