Executive Summary

Who We Are

NYU Hospitals Center ("NYUHC") is a tertiary care teaching hospital with campuses located in Manhattan and Brooklyn and is the principal teaching hospital of New York University School of Medicine. Following the January 1, 2016 merger of NYU Lutheran Medical Center into NYUHC, NYUHC’s operations now include three inpatient facilities and over thirty off-campus hospital extension clinics in Manhattan and Brooklyn. In addition, the Sunset Park Health Council, Inc., a federally qualified health center network, is an NYUHC affiliate, operating nine primary care sites in Brooklyn and over forty school- and shelter-based extension clinics under the name of NYU Lutheran Family Health Centers.

NYUHC and the NYU School of Medicine operate as an integrated academic medical center known as NYU Langone Medical Center.

The Medical Center’s trifold mission to serve, teach, and discover is achieved 365 days a year through the seamless integration of a culture devoted to excellence in patient care, education, and research.

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 assessment. This is 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.

- Complete assessment of communities’ health
- Identify most important health priorities
- Implement programs for the most important health concerns
- Review to decide if the programs made a difference
**Data Reviewed**
We reviewed data to understand who is living in our partnering communities including age, sex, race and ethnicity, education levels, countries of origin and income levels.

We looked at data from the New York City Department of Health and Mental Hygiene’s 2014 Community Health Survey to determine the range of chronic diseases and risk factors in each community.

We also examined Hospital Admission and Emergency Department data to understand who uses these services and what are the health conditions for which they seek care.

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**Public Participation & Partners**
We involved community residents and leaders through surveys, interviews, focus groups, and community workshops.

Our Community Service Plan Coordinating Council, which includes leaders from NYUHC and from our community partners, meets every three months to coordinate programs and to make sure that they are on track. NYU Lutheran’s advisory structure includes the Sunset Park Health Council as the community governing board; advisory groups from different cultures; and program-specific advisory groups, including the Teen Health Council.

We also spoke to many public health experts in the City and State Health and Mental Health Departments, the City Department of Education, and other organizations, including community leaders, resident associations, faith- and community-based organizations, advocacy groups, and members of Community Boards. A list of people and organizations we spoke to and our partners is included in the full Plan.

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**Our Partnering Communities: Lower East Side/Chinatown, Manhattan & Sunset Park, Brooklyn**

NYU Hospitals Center serves communities of diverse people with a variety of health concerns. As with our previous Community Service Plans, the 2017-2019 Plan focuses on the Lower East Side (LES) and Chinatown in Manhattan (Community District 3), and Sunset Park in Brooklyn. We will also assess health needs in Red Hook, Brooklyn. These communities were selected based on the need for services and their general proximity to NYU Hospitals Center.
For generations, the Lower East Side/Chinatown and Sunset Park have been a first destination for new immigrants. The two major immigrant groups – Latinos and Asians – live in busy and lively streets of stores, restaurants, and neighborhood services.

However, both communities have challenges, including poverty, limited English, and health inequalities.

Community residents in the two neighborhoods share similar health concerns. Obesity and smoking were two of the top five health concerns at meetings with community residents in Sunset Park and the Lower East Side/Chinatown held by the NYC Health Department. Here are the top five concerns for each community:

<table>
<thead>
<tr>
<th>New York City Department of Health and Mental Hygiene (NYCDOHMH) Take Care New York 2020 Community Meetings Top Five Health Concerns</th>
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</thead>
<tbody>
<tr>
<td><strong>LOWER EAST SIDE/CHINATOWN</strong></td>
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<tr>
<td>Obesity</td>
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<tr>
<td>Smoking</td>
</tr>
<tr>
<td>Physical Activity</td>
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<td>High Blood Pressure</td>
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<td>Air Quality</td>
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Our Priorities

PREVENTING CHRONIC DISEASE

By Preventing and Addressing Obesity
Childhood obesity continues to be epidemic throughout New York City. It is more common in low-income urban communities where neighborhood resources – like healthy food and safe places for physical activity – may not be available. Although the rates of obesity in the Lower East Side/Chinatown and Sunset Park are no higher than the New York City average (25% as of 2014), low-income children in both communities are vulnerable, and preventing and addressing obesity is a high priority for community residents and leaders. For the large immigrant populations in Sunset Park and the Lower East Side/Chinatown, addressing healthy eating and physical activity in early childhood can prevent later generations from developing obesity and diabetes.

By Reducing Tobacco Use
Smoking rates in New York City have dropped. Only about 14% of New Yorkers now smoke. But 16% of low-income New Yorkers smoke. The smoking rate for Asian men in New York City is even higher (over 21%) and they are more likely to be heavy smokers than other racial and ethnic groups. The rates of smoking in the Lower East Side/Chinatown and Sunset Park, communities with large low-income Asian populations, remain higher than the rest of the City.

PROMOTING HEALTHY WOMEN, INFANTS, AND CHILDREN

Mothers and children who are exposed to stress are at risk for many health problems. In New York State, mother and child health has not improved over the past decade and, by some measures, has gotten worse. Poverty, which is a problem faced by many immigrant families, puts mothers at risk for depression and problems during pregnancy and puts children at risk for poor health and developmental problems. Many low-income immigrant families on the Lower East Side/Chinatown and in Sunset Park are subject to these stresses and at risk for poor health outcomes.
Implementing Programs That Work

PREVENTING CHRONIC DISEASE

Healthy Families Program/Programa de Familias Saludables addresses obesity for pre-adolescent children. The program uses a shared medical appointment model with a one-on-one medical evaluation and group education and activities for the entire family. It will be expanded to four NYU Lutheran Family Health Centers sites.

Goals:
- Increase knowledge about nutrition, physical activity, and healthy lifestyles
- Eat more fruits and vegetables
- Decrease TV and computer time
- Increase activity
- Drink fewer sugary drinks
- Body Mass Index scores, a measurement of obesity, will remain the same or decrease

Greenlight works in pediatric offices to improve parents’ understanding of health and healthy behaviors for children starting at age two months. The Greenlight program for Chinese American families has been developed in partnership with the Charles B. Wang Community Health Center and will be extended to the NYU Lutheran Family Health Centers Brooklyn-Chinese in Sunset Park.

Goals:
- Increase parent knowledge about nutrition, physical activity, and healthy lifestyles
- Increase parent engagement and confidence
- Healthier eating
- Decrease TV and computer time
- Increase activity

REACH FAR prevents heart disease by increasing access to healthy foods and providing health coaching and blood pressure monitoring. The program is starting in two mosques in the Lower East Side/Chinatown in Manhattan and then will be extended to two mosques in Sunset Park.

Goals:
- Healthier eating at home and communal meals
- Better blood pressure control
- Increase knowledge about heart disease
The Health+Housing Project is a program in partnership with Henry Street Settlement in which Community Health Workers help residents in two buildings on the Lower East Side by connecting them to needed health and social services.

Goals:
- Healthier eating
- Increase physical activity
- Decrease smoking
- Improve access to health care and social services
- Improve management of health problems
- Decrease need for emergency care and hospitalizations

Tobacco Free Community helps smokers get access to treatments and counseling to help them quit and works to reduce children’s exposure to secondhand smoke. It is being offered in the Lower East Side/Chinatown in partnership with Asian Americans for Equality and the Asian Smokers’ Quitline and will expand to Sunset Park.

Goals:
- Increase knowledge about services and medications to help smokers quit
- Increase use of services and resources
- Increase support for smoke-free housing
- Decrease rates of smoking

PROMOTING HEALTHY WOMEN, INFANTS, AND CHILDREN

ParentCorps works with teachers and parents in early childhood and pre-kindergarten programs to strengthen family involvement in children’s education and help teachers and parents create environments that improve child health, behavior and learning. This program will continue in University Settlement sites and expand to other areas in Brooklyn.

Goals:
- Increase parent involvement in school
- Improve children’s behavior
- Healthier eating and increase physical activity
- Decrease in obesity
Project SAFE helps teens work with their peers to prevent pregnancy and HIV/AIDS and other sexually transmitted diseases. The program is being expanded in Sunset Park and other Brooklyn communities.

Goals:
- Increase teens’ knowledge about pregnancy prevention, sexually transmitted diseases and HIV/AIDS
- Increase skills and behaviors that reduce these risks
- Increase knowledge of HIV status

Two Generations is developing a model maternal and infant health program that will be implemented in the Lower East Side/Chinatown in partnership with Gouverneur Health and in Sunset Park with NYU Lutheran Family Health Centers.

Goal:
- To improve maternal mental health, positive parent-child interactions, and care coordination across prenatal and pediatric settings

Tracking Progress & Evaluating Impact

Our Coordinating Council, composed of community partners and NYUHC program leaders, will continue to meet every three months to track and measure the progress of all of the programs. In addition, each program collects data about how many people are participating, whether they are satisfied with the services, and what impact the program is having on people’s health and well-being. This is done through attendance records, surveys, and other information available about the health of the community. More information is available in the full Community Service Plan.

What’s Next?

We will continue to work with the community and our partners to understand community need and to plan and monitor progress on our goals for each of the programs. In addition, in Year 1, we will conduct a Community Health Needs Assessment in Red Hook, Brooklyn and develop a plan to address pressing health concerns. We will post a progress report in August 2017.
Our Core Values
Performance – Respect – Integrity – Diversity – Excellence


For questions and comments, please contact Sue A. Kaplan, JD, Research Associate Professor and Director of the Community Service Plan, Department of Population Health at: sue.kaplan@nyumc.org or Kathleen Hopkins, Vice President for Community Programs, NYU Lutheran at: kathleen.hopkins@nyumc.org.