

# NYU WINTHROP HOSPITAL

## Community Service Plan

### 2019 - 2021

## Executive Summary



NYU Winthrop Hospital

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## EXECUTIVE SUMMARY

### SELECTION OF PRIORITIES

In 2019, NYU Winthrop Hospital joined with members of the Long Island Health Collaborative to review extensive data sets selected from primary and secondary sources to identify and confirm Prevention Agenda priorities for the 2019-2021 Community Service Plan cycle. Data analysis efforts were coordinated through the Long Island Population Health Improvement Program (LIPHIP), who served as the centralized data return and analysis hub. As directed by the data results, community partners selected: **(1) Prevent Chronic Disease: Focus Area 4: Chronic Disease Preventive Care and Management** and **(2) Promote Well-Being and Prevent Mental and Substance Use Disorders: Focus Area 2: Mental and Substance Use Disorders Prevention**.

Priorities selected in 2019 remain unchanged from the 2016 selection; however, for 2019, a specific priority regarding mental health and substance use was selected, as opposed to placing an overarching emphasis on these two issues as was done in the previous cycle.

### DATA

Primary data sources collected and analyzed include the Long Island Community Health Assessment Survey and the results from focus groups and key community-based organization leader interviews. The latter results were compiled in the report – *Focus Groups and In-Depth Interviews*.

Secondary, publically available data sets include Statewide Planning and Research Cooperative System (SPARCS), New York State Prevention Agenda dashboard, Prevention Quality Indicators (PQI), Behavioral Risk Factor Surveillance System (BRFSS), Extended Behavioral Risk Factor Surveillance System (eBRFSS), New York State Community Health Indicator Reports (CHIRS), and New York State Vital Statistics.

### PARTNERSHIPS

NYU Winthrop Hospital participates in the Long Island Health Collaborative (LIHC) activities. This includes review of all data collected and analyzed by the LIHC, with Nassau County Department of Health input and consultation offered when appropriate. The hospital relies upon the LIHC to disseminate information about the importance of proper nutrition and physical activity among the public in an effort to assist Nassau residents in better managing their chronic diseases and/or preventing the onset of chronic diseases. These efforts, along with process and outcome measures, are defined in the Prevention Agenda Work Plan.

NYU Winthrop Hospital participates in the LIHC's bi-monthly stakeholder meetings and avails itself of LIHC's extensive network.

Finally, the Hospital's local partners from the NYU Winthrop Community Cultural Advisory Committee meet quarterly to discuss health needs and seek solutions. Several of our partners, the Hispanic Counseling Center, in Hempstead, the Yes We Can Community Center in Westbury, the Hempstead Hispanic Civic Association, and St. Brigid's Church in Westbury, have offered to partner with us to encourage community participation and provide space for educational programs so that they may be conveniently located for their clients.

## **COMMUNITY ENGAGEMENT**

The broad community was engaged in assessment efforts through distribution and completion of the Long Island Community Health Assessment survey. This tool was developed in consensus with community partners from the LIHC and designed using the Prevention Agenda framework. Available in both online and hard copy format, this survey was translated into certified Latin American-Spanish language.

LIHC partners distributed and promoted the survey to a diverse range of community members from January 1, 2018 through December 31, 2018 at a variety of locations, including hospitals, doctors offices, health departments, libraries, schools, insurance enrollment sites, community-based

organizations and more. In addition, member organizations promoted the survey through social media efforts, posting links on their website, and distributing surveys at health fairs and other events.

Community engagement continues through monthly meetings with the LIHC to discuss evidenced-based programming, public outreach initiatives and changes in health trends. Local community partners are kept up to date through quarterly meetings of NYU Winthrop's Community Cultural Advisory Committee. NYU Winthrop maintains a survey on its website that requests input from the community on current health concerns. Evaluation forms at community programs are utilized as a method of feedback from community members. Social media platforms including Facebook, Twitter and Instagram keep the Hospital and the community connected.

### **INTERVENTIONS/STRATEGIES/ACTIVITIES**

Selection of initiatives is data-driven, supported by research and discussions with community partners, including NYU Winthrop's Community Cultural Advisory Committee, and senior leadership within the Hospital. Disparities will be addressed by collaborating with community-based organizations in select communities to hold culturally relevant chronic disease management educational programs.

Our initiatives support the NYS Prevention Agenda areas and include:

- Evidenced-based programming:
  - Stanford Program for Chronic Disease Management
  - Tai-Chi for Arthritis
  - Breastfeeding Initiative – Baby-Friendly® Hospital
  - 5-2-1-0 Healthy Lifestyle Program
- Increased efforts to raise participation in breast cancer and colorectal cancer screenings.
- Promote Tobacco Cessation.
- Promote Vaping Cessation.

- Mental Health and Substance Abuse – will be addressed through public education and stress-management techniques.
- Continued support of the LIHC *Are You Ready, Feet?™* physical activity/walkability campaign and walking portal

## **PROGRESS**

Progress will be tracked through quantitative data collection and analysis. The Prevention Agenda Work Plan is a dynamic document that will be continually reviewed according to the quality improvement measurement standards of the Hospital, PDSA (Plan, Do, Study, Act), and revised as needed according to changes in community need or resources. Process measures

- include:
- Number of students and parents participating in the 5-2-1-0 program in Nassau County; number of post evaluations.
  - Documented counseling rates of parents of children with unhealthy weights at NYU Winthrop Pediatric Clinic in Hempstead.
  - Number of participants in evidence-based chronic disease prevention programs, including the Stanford Chronic Disease Self-Management Program and CDC Diabetes Prevention Program.
  - Number of individuals who develop an action plan for self-management; number of post evaluations.
  - Increase number of self-reported lowered A1c levels and blood pressure readings.
  - Number of participants who report no incidents of falls in 12 months post Tai Chi program; Number of participants in Tai Chi; post-evaluation forms.
  - Number of students participating or in attendance in a vaping-cessation afterschool program, presentation and/or workshop; number of post evaluations.
  - Number of individuals referred for smoking-cessation programs; number attending