



Hackensack University Medical Center

**Community Health Needs Assessment
Implementation Strategy Executive Summary
2017-2019**



Hackensack
Meridian Health
Hackensack University
Medical Center



METHODOLOGY

Hackensack University Medical Center (HUMC), offers its Community Health Needs Assessment (CHNA) Implementation Strategy for 2017-2019. The implementation strategy is the result of the hospital's CHNA adopted by the Hackensack Board of Directors on December 1, 2016. The Hackensack CHNA identified twenty-seven (27) Areas of Opportunity. These areas were determined after consideration of various criteria, including: standing in comparison with benchmark data (particularly national data); the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. Complete details are available within the Hackensack 2016 CHNA, which may be viewed at <http://www.hackensackumc.org/mobile/2016-community-health-needs-assessment-report/>.

PRIORITIZATION CRITERIA

Key informants ranked the identified needs based on two criteria:

1. Scope & Severity – the first rating was to gauge the magnitude of the problem in consideration of the following:
 - How many people are affected?
 - How does the local community data compare to state or national levels, or Healthy People 2020 targets?
 - To what degree does each health issue lead to death or disability, impair quality of life, or impact other health issues?
2. Ability to Impact – a second rating was designed to measure the perceived likelihood of the hospital having a positive impact on each health issue given available resources, competencies, and spheres of influence.

OUTCOMES AND IMPACT WILL BE MEASURED BY:

- Increased ease of access to care
- Events and educational outreach programs and services provided
- Participation in screening events
- Referrals for services, interventions, or higher levels of care based on screening outcomes
- Improvement in chronic disease management
- Increase in community's knowledge base and intent to change behavior
- Creation of protocols for certain programs
- Participation in clinics

PRIORITIZATION OF RESULTS

- Substance Abuse
- Mental Health
- Diabetes
- Nutrition, Physical Activity and Weight
- Access to Healthcare Services
- Heart Disease and Stroke
- Dementias, Including Alzheimer's Disease
- Immunization & Infectious Diseases
- Cancer
- Potentially Disabling Conditions
- Respiratory Diseases

KEY FINDINGS

KEY DATA FINDINGS: COMPARISONS TO BENCHMARK DATA

	Service Area	vs. Bergen County	vs. NJ	vs. US	vs. HP 2020
Access to Health Services					
% [Age 18-64] Lack Health Insurance	5.8	5.6	15.0	10.1	0.0
% Difficulty Accessing Healthcare in Past Year (composite)	43.3	40.7		35.0	
% Inconvenient Hrs Prevented Dr Visit in Past Year	21.5	21.5		14.4	
% Cost Prevented Physician Visit in Past Year	16.3	15.5		11.5	
% Difficulty Getting Appointment in Past Year	18.4	19.2		15.4	
% Difficulty Finding Physician in Past Year	13.9	11.5		8.7	
% Language/Culture Prevented Care in Past Year	4.2	2.7		1.7	
% Low Health Literacy	27.0	22.2		23.3	
Diabetes					
% Diabetes/High Blood Sugar	11.7	9.2	9.7	14.5	
% Borderline/Pre-Diabetes	8.4	8.6	1.4	5.7	
% [Non-Diabetes] Blood Sugar Tested in Past 3 Years	52.4	55.3		55.1	
Mental Health & Mental Disorders					
% "Fair/Poor" Mental Health	12.2	10.6		15.5	
% Diagnosed Depression	13.7	11.4	13.4	17.9	
% Symptoms of Chronic Depression (2+ Years)	32.2	26.6		29.9	
% Ever Sought Help for Mental Health	22.8	23.4		27.4	
% Taking Rx/Receiving Mental Health Treatment	11.7	10.3		13.6	
% Unable to Get Mental Health Services in Past Year	6.0	4.7		4.4	
% Typical Day Is "Extremely/Very" Stressful	14.7	14.4		11.7	
Nutrition, Physical Activity & Weight					
% Eat 5+ Servings of Fruit or Vegetables per Day	25.9	30.5		27.4	
% "Very/Somewhat" Difficult to Buy Fresh Produce	21.6	15.3		21.9	
% Children [Age 5-17] Overweight (85th Percentile)	34.1	28.5		24.2	
% Children [Age 5-17] Obese (95th Percentile)	20.7	18.6		9.5	14.5
% No Leisure-Time Physical Activity	27.4	23.4	23.3	27.9	32.6
% Child [Age 2-17] Physically Active 1+ Hours per Day	33.2	33.6		47.9	
Oral Health					
% [Age 18+] Dental Visit in Past Year	66.0	73.0	70.2	67.2	49.0
% Child [Age 2-17] Dental Visit in Past Year	73.5	74.7		90.7	49.0
% Have Dental Insurance	66.5	67.3		66.5	
Substance Abuse					
% Took Prescription Drugs On Own in Past Year	6.6	5.4			
% Ever Sought Help for Alcohol or Drug Problem	2.7	2.4		4.1	
% Life Negatively Affected by Substance Abuse	32.7	30.1		32.2	

IMPLEMENTATION STRATEGY ACTION PLAN

Hackensack University Medical Center (HUMC), our flagship location, is committed to achieving the “triple aim:” improved health through better quality of care at lower costs. To address the needs of the community, Hackensack UMC is committed to the strategies outlined below. Hackensack UMC has allocated resources in the form of staff, facilities, programs and financial support over the next three years to ensure the achievement of the implementation strategy goals outlined here in order to provide the necessary education and services to the community.

Goal 1: Promote Mental Health and Prevent Substance Abuse

1. Collaborate with other Bergen County providers in cross continuum initiatives
2. Continue to offer behavioral health education to the community in support of the Stigma Free Initiative
3. Work with Healthy Futures Weight Management Program to administer mental health screenings to participants
4. Create protocols in the ER for mental health and substance abuse screenings
5. Provide outreach and screening activities that identify those with depression
6. Continue to offer Hackensack’s Inpatient Unit to those patients who require some medical management in a behavioral health setting
7. Continue to offer the Behavioral Health Program to promote mental health through diet and exercise with less focus on medication

Goal 2: Improve Health Status Through Chronic Disease and Care Management Across the Continuum

1. Diabetes
 - a. Continue outreach to the community with a focus on prevention and early diagnosis
 - b. Certify two nurses to become certified Diabetes Nurse Educators
 - c. Continue to educate the community on Diabetes management through the Hackensack Diabetes Center
 - d. Implement the Stanford Program into the community
 - e. Continue to participate in outreach programs through health fairs and speaking engagements
2. Nutrition, Physical Activity and Weight
 - a. Continue to offer employee wellness program
 - b. Continue to offer corporate wellness programs to the community
 - c. Continue to incorporate Matter Your Balance Program into offerings and education at Hackensack’s Wellness Center (HARP)
 - d. Increase nutritional education and programs across the continuum, including kitchen demos at HARP
 - e. Increase physical activity education and programs across the continuum
 - f. Continue to participate in outreach programs through health fairs and speaking engagements
 - g. Continue to participate in and sponsor community physical activity offerings

Goal 3: Increase Access to Healthcare Services

1. Continue support of the Bergen Volunteer Medical Initiative, Inc.
2. Continue to Subsidize Access to Quality Healthcare for the underserved and economically challenged
3. Provide Culturally Appropriate Care, i.e., the Korean Medical Initiative
4. Continue to partner with local physicians and dentists to offer a dental clinic program
5. Continue to offer the Compassionate Care Program for those without insurance

