



**COMMUNITY SERVICE PLAN
UPDATE REPORT
2014**

The Prevention Agenda 2013-17 is the blueprint for state and local action to improve the health of New Yorkers in five priority areas and to reduce health disparities for racial, ethnic, disability, socioeconomic and other groups who experience them. Community hospitals and local health departments work collaboratively to assess the needs of their communities and to implement plans that focus on improving population health. Below is the 2014 update on two of the Prevention Agenda Items that were selected for WCA Hospitals Community Service Plan 2013-2015.

Prevention Agenda Items 2014 Update

- ***Prevent Chronic Disease – Obesity – Diabetes***

- Promote Healthy and Save Environment

- ***Promote Healthy Women, Infants and Children***

- Promote Mental Health and Prevent Substance Abuse
- Prevent HIV/STDs, Vaccine-Preventable Disease and Healthcare Associated Infections

WCA Healthy Beverage Guidelines - Collaborative Goal

Evidence based research shows that people who drink one or more sodas or other sugary drinks per day are more likely to be overweight or obese than those who do not consume these drinks.

Objective 1.1. By December 31, 2017 decrease the percentage of adults ages 18 years and older who consume at least one soda or sugary drink per day by 5% (Baseline: 25%; Target: 20%; Year: 2013; Source: Community Transformation Grant Population Survey Preliminary Frequencies from Baseline Data Collection)

WCA Hospital Goal: By September, 2017 WCA will sustain a healthy beverage guidelines for all of its purchased beverages in the WCA cafeteria and vending.

Objective 1: 70 % of items in beverage vending machines will be unsweetened, lightly sweetened (less than or equal to 80 calories per bottle or can) or artificially sweetened.

Objective 2: If available sweetened beverages will be placed on the bottom row and will be offered at a cost greater to that of all other items

Strategies:

Update: Healthy Vending Guidelines developed: 80% of items in beverage and vending machines will be unsweetened, lightly sweetened (<80 calories per bottle or can) or artificially sweetened. Water and seltzer have been placed at eye level or in the highest selling position. 20% sweetened beverages have been placed on the bottom row and are offered at a cost greater than that of all other items.

Outcome measures:

- Guidelines developed: Yes
- Vending machines monitored for consistency of product – monthly
- Sales increase in water, unsweetened – by 10% of sales

- Sales decrease in sweetened beverages- by 10% due to less offerings.

Diabetes Prevention Program (DPP) – Collaborative Goal

WCA Hospital What We Know: (2012) WCA participated and offered a National Diabetes Prevention Program (DPP) and had 10 people start the DPP core class, 6 completed it. These 6 lost a total of 60 lbs. Of the 6, 3 reached their goal of 5-7% body weight loss and reached their exercise goal of 150 mins per week. Post core sessions continue. On a side note, 4 class members say how much better their lab values are now to date.

WCA is now a CDC accredited DPP Site

WCA Hospital Next Steps : WCA is in the partnership with CCHN grant award for the DPP program through the New York Health Foundation

WCA Hospital Goal 1: WCA DPP program will increase the number of referred prediabetic patients seeing up to 24 prediabetic patients each year in 2013, 2014, and 2015.

Objective 1: WCA will facilitate 6 DPP programs from 2013, 2014, 2015, two programs a year targeting primary care practices with high Medicaid populations to encourage 5% more referrals for persons diagnosed with pre-diabetes that are underinsured and/or Spanish Speaking.

Strategies:

- Visit primary care offices and federally qualified health centers promoting the DPP program regarding referral of their patients to the national program.
- Work with CDC program to certify 2 DPP Coaches at WCA
- Become a accredited DPP site
- Identify all of the DPP health coaches in the county who facilitate DPP programs and coordinate class efforts with them throughout the county.
- Work with CCHN to identify prediabetic patients in primary care and clinic settings through the NDPP.
- Offer DPP to pregnant women identified at prediabetic in the NY OB/GYN Hospitalist Delphi clinic at WCA

Tracking Indicators: (2013 -2015)

- Number of trained DPP Health Coaches and DPP sites in the county
- Number of participants who complete the programs
- Pounds lost individually and collectively
- Minutes of moderate to vigorous physical activity weekly
- Changes in A1C Hemoglobin

Update:Outcome Measures:

- (2) WCA employees have been trained to become DPP Health Coaches – 1 Cummins Engine, 1 County DOH, 1 Brooks Hospital, 1 Westfield Hospital, 1 Chautauqua Center (FQHC), 1 Chautauqua County Health Network
- DPP class scheduled at WCA – January 3 (16 weeks) with monthly follow up thereafter for one year. Another DPP Class scheduled to start in April 2015

WCA Goal 2: By December 31, 2017: Increase availability of fresh and local produce to Chautauqua County residents and WCA Employees

WCA Objective 1 : Increase participation in hospital gardens to include employees and rehabilitation patient by 10%

Strategies:

- Maintain and care for existing vegetable gardens at WCA and JMHC campus. (Creating Healthy Places Live Work and Play 2012-2013)
- Educate patients on how to care for gardens especially to include Behavioral Health Patients and Cardiac Rehab Patients.
- Continue to sustain gardens through incorporating gardening in to Behavioral Health Rehabilitation and expand it to Cardiac Rehabilitation Patients as part of their Living Healthy Workshops

Outcome measures:: number of patients who help maintain gardens - 25

WCA Objective 3 – Increase access of fresh fruits and vegetables to WCA employees and families through weekly WCA Farmers Markets and cafeteria specials featuring garden harvest foods.

Strategies:

- Continue the Mobile Farmers Market Express to all departments in the hospital
- Continue the herb garden in the Cafeteria (Creating Healthy Places Live/Work/Play 2012-2013) and work with Cornell Cooperative Extension and Master Gardeners for assistance in growing and tending gardens in 2015.

Update: Outcome Measures

- Number of employees members who purchase from the WCA Farmers Markets - 221
- Number of employees who purchase healthy choices in the WCA Cafeteria –
- Survey to track change in purchasing habits of Fruits and vegetables

WCA Goal 3: Provide a worksite wellness program that offers weight loss support at the workplace.

WCA Objective - WCA Weight Watchers at Work

Strategies:

- 15 – 20 employees participate in the 12 or 17 week program
- Decrease in 5-7% of employees body weight

Update Outcome Measures:

- 17 employees – 15 finished – 367 pounds lost total.

Prevention Agenda Priority #2
Promote Health Women, Infants and Children

WCA Hospital What We Know: In 2013 WCA delivered 700 newborns. NYSDOH indicators show an increased need for early prenatal education and care to increase 1st trimester OB/GYN visits, breastfeeding education to increase breastfeeding at 6 months and standardized drug toxicity screening of newborns within the hospital, prenatal clinics and physician offices to identify and navigate new mothers and newborns to proper early treatment interventions.

WCA Hospital What We Did: Partnership with New York OB/GYBN Hospitalists at WCA - Delphi Prenatal Clinic providing 7 healthcare providers to accept low income/uninsured or underinsured mothers, prenatal education and case management after birth through WCA Hospital Case Management and the Chautauqua County Department of Health newly funded Maternal Child Health grant strategies.

WCA Hospital Next Steps: Increase access to prenatal care and sustain partnership and implementation with the Chautauqua County Health Department and Maternal Infant Child Health Collaborative (MICHC) grant strategies

Focus Area: Prenatal Care

CCCHPT/WCA Hospital Goal 1: Increase utilization of preventive health services among women of reproductive age to improve wellness, pregnancy outcomes and reduce recurrence of adverse birth outcomes. (NYS Action plan Goal 7)

WCA Objective 1.1: *By December 31, 2017 increase the percentage of pregnant women who access prenatal care during the first trimester by at least 10%.*

Strategies:

- Meeting with NY Ob/GYN Hospitalists at WCA Delphi Prenatal Clinic providers, Chautauqua County Health Department Coordinator of the Maternal Infant Child Health (MICH) program to discuss available Delphi prenatal services and Maternal Infant Community Health Collaborative (MICHC) grant –Community Health Worker Program (CHW) completed Oct 2013) - done
- Offer Baby and Me Tobacco Free program to all moms that use tobacco. (May 2013)
- Resolve 5 mile rule - transportation uncovered by Medicaid if hospital or Dr.s appointment is within 5 miles

Update Outcome Measures:

- WCA increased OB/GYN providers to 7 with prenatal visit access increasing from 3,338 to 3,846 visits. Prenatal clinic deliveries are 30% of the births that WCA labor and delivery perform to date. Goal of 10% met.
- 98% of WCA Delphi Prenatal clinic are referred to the MICH Community Health Worker program
- MICHC will track outcome measures of the CHW program - TBA
- Percentage of births with early (1st trimester) prenatal care.

- Increased pregnant mothers accessing prenatal care in the first trimester (CHW data) in the first trimester was 258 in the second trimester , 65 and third trimester 11.
- 94 referrals for tobacco cessation – 56 currently in counseling - 14 remain quit after 6 months voucher program
- Transportation issue resolved – all pregnant moms covered no matter the age or wherever they live are covered to receive medical transportation

Focus Area: Breast Feeding

CCCHPT/WCA Hospital Goal 1: Increase proportion of babies at WCA that are breastfed for longer than 6 months
(NYS Action plan Goal 2)

WCA Hospital Objective 1.1: By December 31, 2017 improve racial, ethnic and economic disparities in breastfeeding rate by 10%

Strategies:

- Introduce WCA Maternity Staff to Maternal Infant Child Health Programs and WIC
- Seek for opportunities to obtain a certified lactation consultant to be available as an inpatient and outpatient resource.
- Refer Spanish speaking moms to WIC for bilingual CLC

Update: Outcome Measure:

- WCA now has 2 trained certified lactation consultants – one staffed in Maternity and one as a Community /Inpatient/Outpatient consultant.
- Met with all Maternity staff at WCA to introduce WIC and Maternal Infant Child Health Program – and ways to partner with increasing breastfeeding - November 2013
- Follow up with moms at 3 months and 6 months to track breast feeding
- MICH CHW's have visited 77 mothers in WCA Maternity Ward to promote and discuss Breastfeeding resources available to them in Chautauqua County