

**2022 - 2025  
Community Health  
Needs Assessment**

UPMC St. Margaret

AUGUST 18, 2021

**UPMC**  
LIFE CHANGING MEDICINE

# Agenda

- ▶ 2019-2022 CHNA Update
- ▶ Community Input Survey Results
- ▶ Identify and Prioritize Significant Health Needs
- ▶ 2022-2025 Implementation Plan
- ▶ Next Steps

# Recap: Caring for the Community

## Providing Care for the Region

### UPMC St. Margaret



In Fiscal Year 2020, UPMC St. Margaret contributed **\$20.7 million** in community benefits and dedicated **\$10.7 million** of that amount to care for those without means to pay.

## Supporting Programs that Enhance the Health of the Community

Many of these programs address health priorities identified in UPMC St. Margaret's Community Health Needs Assessment.

## Fueling the Region's Economy

UPMC St. Margaret's annual economic impact to the region is **\$491.7 million**.

# Recap: Community Health Needs Assessment

## LIVING OUR MISSION

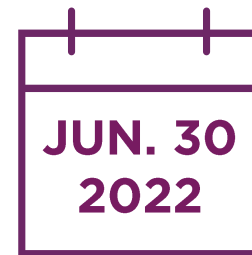
UPMC's mission is to **serve our community** by providing outstanding patient care and to shape tomorrow's health system through clinical and technological innovation, research, and education.

## CHNA REFRESHER

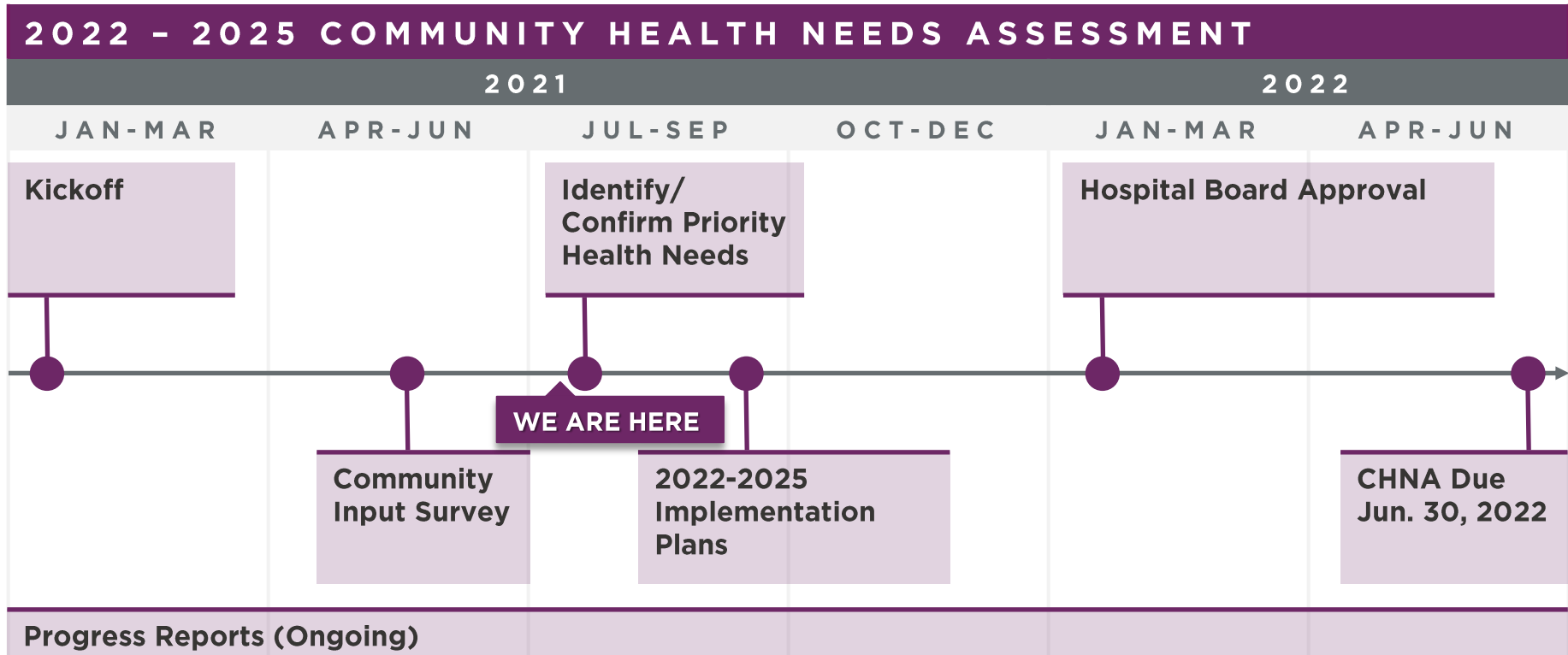
- ▶ Conducted every three years to meet IRS 501(r) guidelines
- ▶ Hospitals provide CHNA updates to hospital boards at least once a year

## NEXT CHNA

DUE DATE



# Recap: High-Level CHNA Process and Timeline



# UPMC COMMUNITY HEALTH NEEDS, 2019-2022

UPMC St. Margaret

## CHRONIC DISEASE MANAGEMENT

## BEHAVIORAL HEALTH

## ACCESS TO CARE AND NAVIGATING RESOURCES

## PREVENTION AND COMMUNITY-WIDE HEALTHY LIVING

OBEISITY

HEART DISEASE AND STROKE

RESPIRATORY DISEASE

DIABETES

CANCER

OPIOID & SUBSTANCE ABUSE

ACCESS TO BEHAVIORAL HEALTH

PRIMARY CARE

SPECIALTY CARE

CARE COORDINATION

PALLIATIVE & END-OF-LIFE CARE

COMMUNITY PREVENTION & WELLNESS INITIATIVES

INTERPERSONAL SAFETY

HEALTH-RELATED SOCIAL NEEDS

UPMC ST. MARGARET

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UPMC MAGEE-WOMENS

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UPMC EAST

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UPMC MERCY

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UPMC CHILDREN'S

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# UPMC St. Margaret: Making Significant Progress

PRIORITY	PROGRAMS	PROGRESS
<b>1 BEHAVIORAL HEALTH</b> <i>Opioid Addiction and Substance Abuse</i>	<ul style="list-style-type: none"><li>▶ Medication-Assisted Treatment (MAT) Program</li><li>▶ Consumer Drug Take-Back Program</li><li>▶ Educational programs in community settings and for hospital employees</li></ul>	 <b>191</b> Total patients participating in MAT at the hospital's three Family Health Centers (July 2019 – June 2021)
<b>2 ACCESS TO CARE AND NAVIGATING RESOURCES</b> <i>Primary Care, Care Coordination, and Palliative &amp; End-of-Life Care</i>	<ul style="list-style-type: none"><li>▶ UPMC St. Margaret Family Health Centers</li><li>▶ Geriatric Care Center</li><li>▶ Free Rides for Seniors</li><li>▶ The Rod Rutkowski Bed Fund</li><li>▶ Living-at-Home program</li><li>▶ New Location for FHC in New Kensington</li></ul>	 <b>49,601</b> Total Visits to Family Health Centers (July 2019 – June 2021)
<b>3 PREVENTION AND COMMUNITY-WIDE HEALTHY LIVING</b> <i>Community Prevention and Wellness Initiatives</i>	<ul style="list-style-type: none"><li>▶ Free Immunizations</li><li>▶ Roots of Faith Neighborhood Table</li><li>▶ Community Dinner at Verona United Methodist Church</li></ul>	 <b>299</b> Free flu shots administered to vulnerable populations (July 2019 – June 2021)

# Progress Report

## NEXT STEPS

- **APPROVE** hospital's Progress Report
- **DISCUSS** top priority CHNA programs and actions taken to address COVID-19 in the community

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**UPMC | COLE** Progress Report, 2016-2019  
OBESITY, PHYSICAL ACTIVITY, AND NUTRITION

**GOAL**  
Enhance the culture of health for our communities by promoting good nutrition, regular physical activity, and healthy lifestyles through education, policy, and environment

**STRATEGY**  
The hospital is taking a comprehensive approach to address obesity, encourage increased physical activity, and educate the community about healthy eating

**ACTIONS:**




- ✓ Decrease the percentage of adults and children who meet the criteria for overweight and obesity.
- ✓ Increase access and promote fruits and vegetables through a variety of outreach efforts such as gardens, farms, home and school programs, farmers' markets, and local grocery stores.
- ✓ Increase opportunities for and engagement in physical activity.

**PROGRAMS:**

<p>Obesity</p> <ul style="list-style-type: none"> <li>• Healthy cooking classes</li> <li>• Healthy Habits for Life</li> <li>• Workplace Wellness</li> <li>• Link with Penn State Extension</li> </ul>	<p>Physical Activity</p> <ul style="list-style-type: none"> <li>• Guided hikes</li> <li>• Workplace Wellness</li> <li>• Everybody Walk PA</li> <li>• Running clubs</li> <li>• 4-H clubs</li> </ul>	<p>Nutrition</p> <ul style="list-style-type: none"> <li>• Local farmers' markets</li> <li>• "How to Make a Meal" class with Penn State Extension</li> <li>• Healthier drink and food options at local school districts</li> </ul>
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**PROGRESS:**

**MAKING A MEASURABLE IMPACT IN THE COMMUNITY (EST. ANNUAL TOTALS)**

 <b>500</b> Participants in Physical Activity and Nutrition Programs	 <b>9</b> School Districts Implemented Healthier Food and Drink Options	 <b>67</b> Patients Seen to Develop Weight Loss Strategies and Manage Chronic Disease
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**UPMC | COLE** Progress Report, 2016-2019  
OBESITY, PHYSICAL ACTIVITY, AND NUTRITION

**PROGRAM HIGHLIGHTS:**

*Helping to Reduce Obesity Rates*

Over the last three years, UPMC Cole has continued its efforts to address obesity through initiatives that aim to decrease the percentage of community residents who are overweight or obese. Since 2016, the hospital has:

- Worked with the Northern Tier Community Health Collaborative to develop a resource guide that identifies community resources for adults and children for healthy eating and activity choices.
- Implemented programs that reach parents and children to improve nutrition and/or physical activity levels at home, as well as at school. In 2017, approximately 500 parents and children participated in these programs.
- Continued to help revise and expand school policies that have a strong focus around nutrition and physical activity. The policies will be piloted with one school district and implemented in at least three additional local school districts.
- Provided nutrition counseling in its primary care settings through the Cole Memorial Medical Group. In the first six months, 67 patients were seen to develop weight loss strategies and manage chronic diseases.
- Collaborated with six employers to offer wellness and preventive services for their employees.
- Linked with Penn State Extension on programs such as "Mediterranean Diet" and "Everybody Walk PA."
- Implemented Healthy Habits for Life at Cole Memorial Medical Group's Coudersport pediatric office.

*Encouraging People to Be More Active*

The hospital is working to provide and promote affordable and accessible opportunities, such as parks, trails, fitness events, and recreational facilities, to help children and adults be physically active. Over the last three years, UPMC Cole has:



- Worked with six school districts and community organizations to incorporate physical activity into the school culture.
- Encouraged people to learn about alternative transportation and recreation options, such as walking and bicycling.
- Explored the idea of using virtual fitness at local wellness centers to make fitness more accessible for individuals.
- Partnered with the Department of Conservation and Natural Resources (DCNR) to promote outdoor recreational activities, such as "Winter Outings," and encourage people to be more active at various local state parks.
- Promoted approximately 10 after-school programs, including 4-H Club, Running Club, and Family Fitness Programming — in conjunction with the Northern Tier Community Health Collaborative.

*Promoting Healthier Food Choices*

In 2016, UPMC Cole set a goal to increase the percentage of community residents who reported eating at least five servings of fruits and/or vegetables from 21 percent in August 2015 to 23 percent by June 2019. The hospital has met this goal through diverse efforts:

- Promoted fruits and vegetables through a variety of outreach efforts, such as community gardens, farms, home and school programs, farmers' markets, and local grocery stores.
- Offered educational activities to learn more about healthy eating, such as the Whole Share Program and "How to Make a Meal," in partnership with Penn State Extension.
- Implemented healthier drink and food options at vending machines in nine schools.

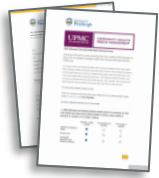
**COMMUNITY PARTNERS:**  
Cole Memorial Medical Group, Penn State Extension, Northern Tier Community Health Collaborative, Department of Conservation and Natural Resources (DCNR), local school districts



# 2021 Community Input Survey

## Survey Instrument



Developed and facilitated by the University of Pittsburgh Graduate School of Public Health from May-Jun. 2021

## Participant Profile

Hospitals identified stakeholders who represent the broad interests of the community, including:

- Board members
- Physicians
- Government Officials
- Employees

## Participation Results

### UPMC ST. MARGARET

**32**

Community stakeholders were invited to participate in the survey



**63%**

Participated in the survey



**95%**

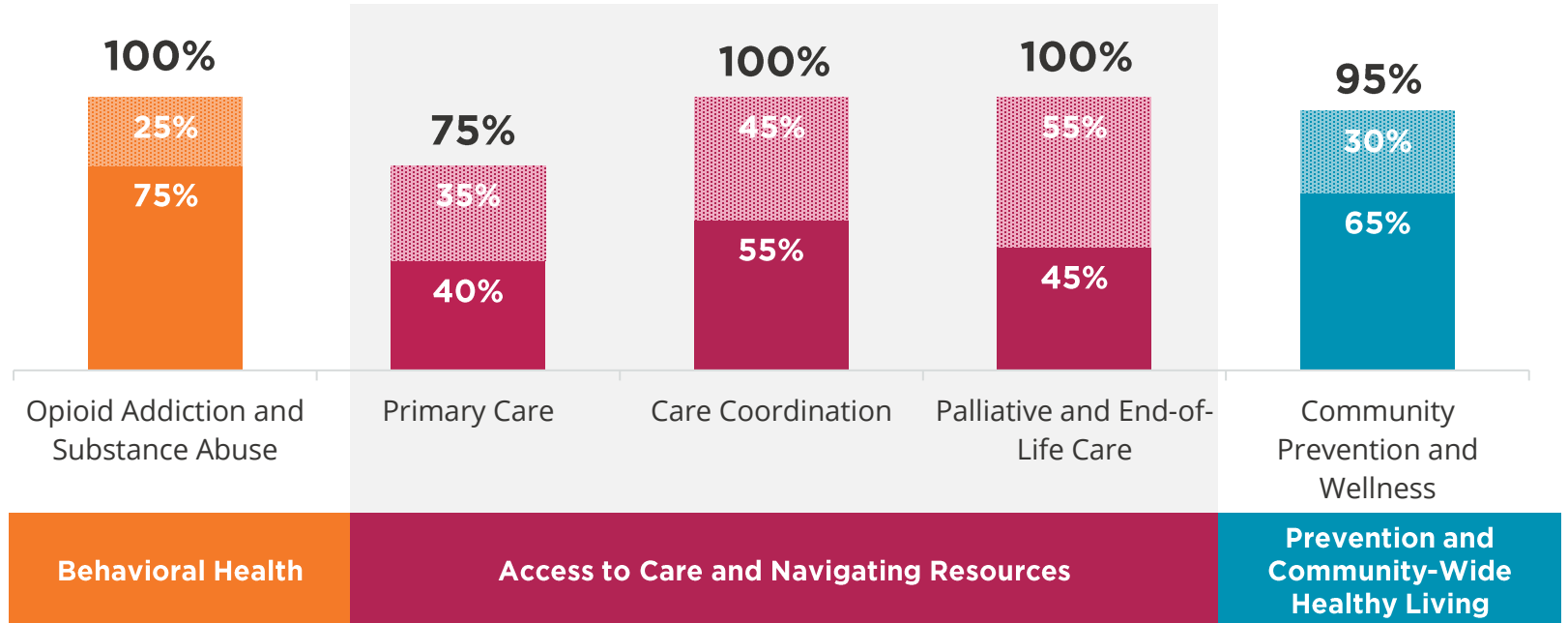
Represented medically underserved, low income, and minority populations



# Existing Priorities Remain a Problem

## SURVEY RESULTS

◆ 2019 significant community health needs continue to be problems UPMC St. Margaret can address in the 2022-2025 cycle



### LEGEND

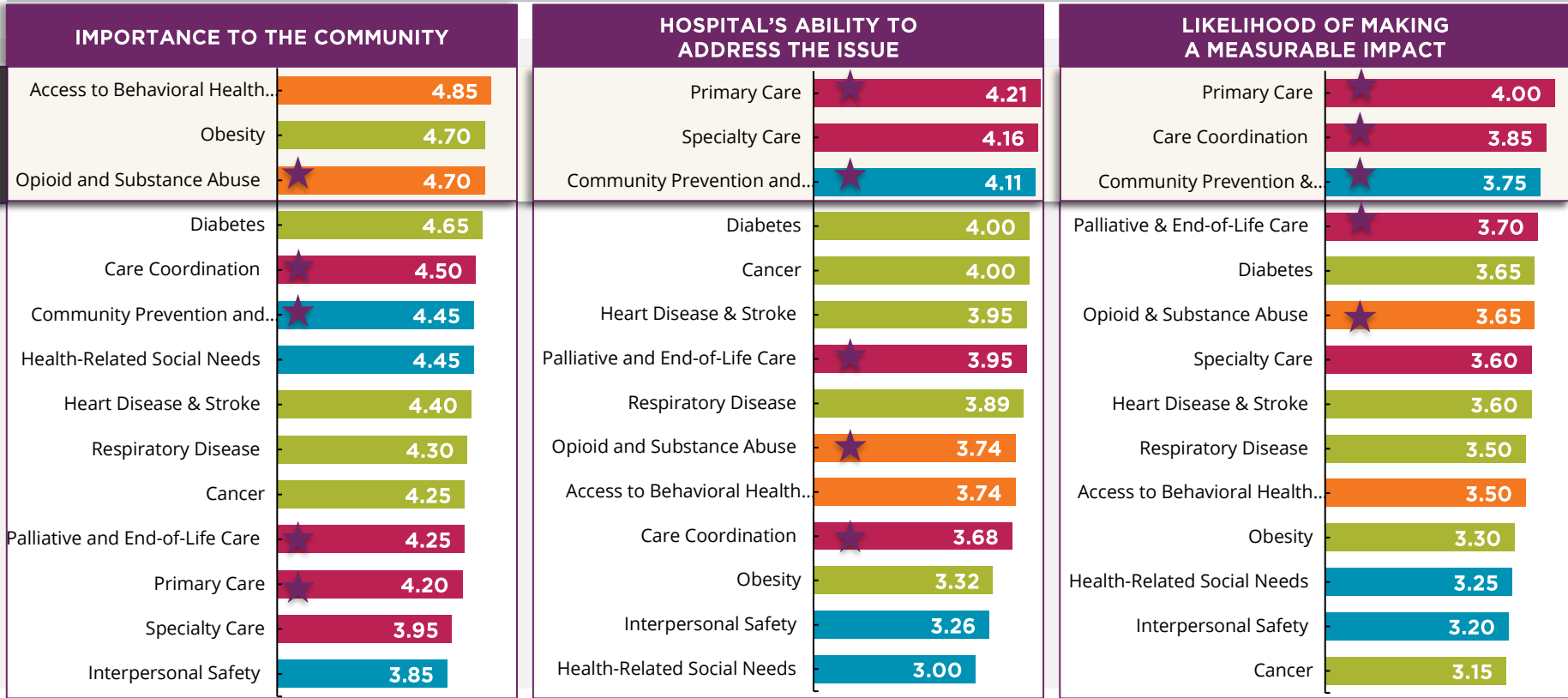
■ Remains a Major Problem



■ Remains Somewhat a Problem

# Survey Results: UPMC St. Margaret

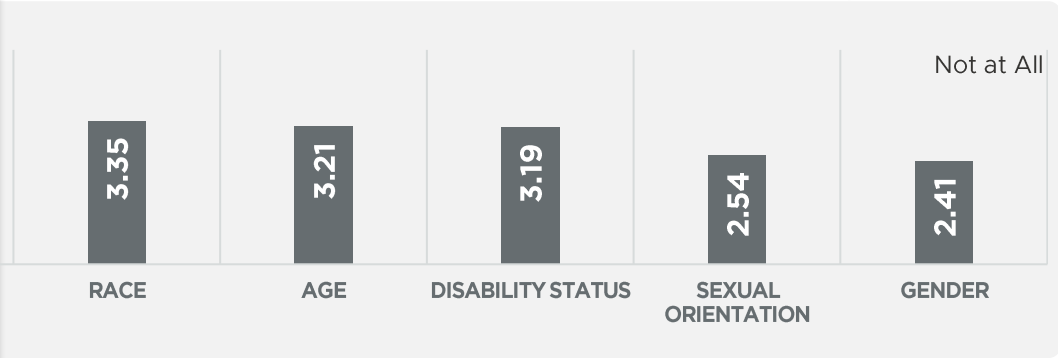
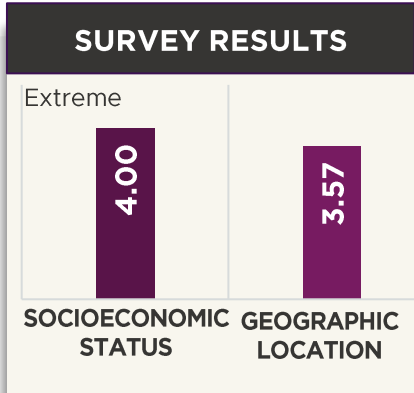
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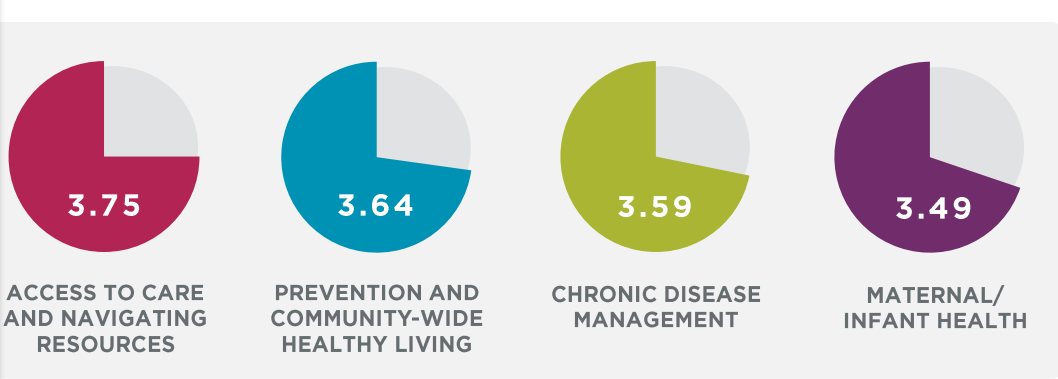
# Health Disparities: UPMC System-wide

Total Number of Responses = 1,123

**A**  
HOW MUCH DO FACTORS CONTRIBUTE TO HEALTH DISPARITIES IN THE COMMUNITY?

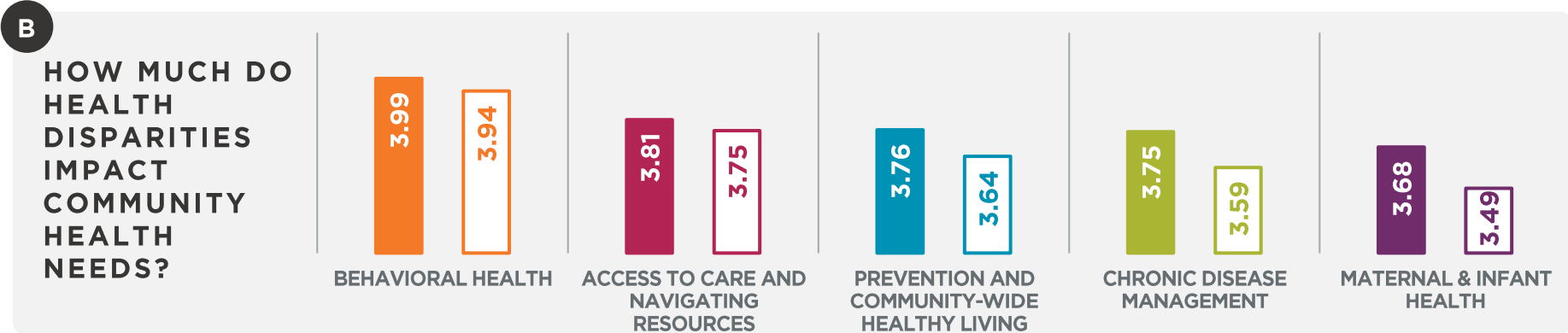
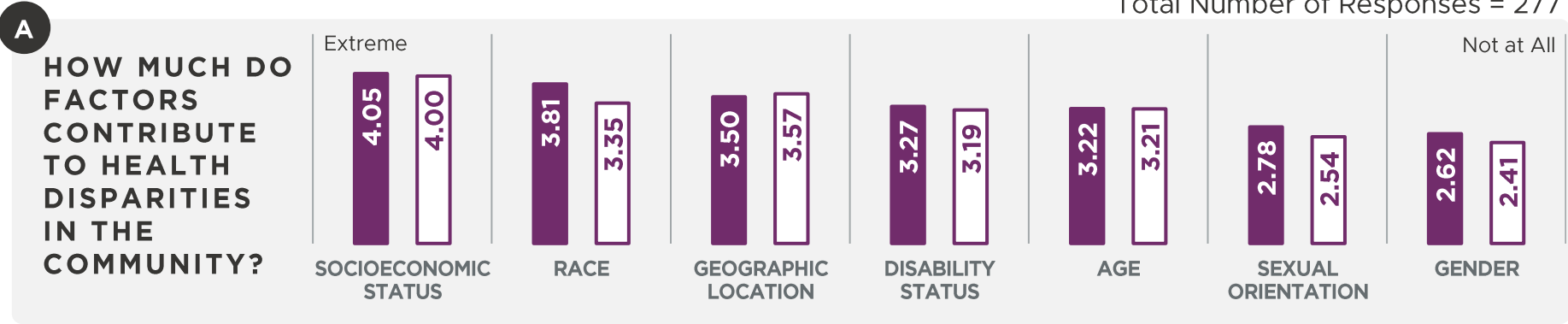


**B**  
HOW MUCH DO HEALTH DISPARITIES IMPACT COMMUNITY HEALTH NEEDS?



# Health Disparities: Allegheny County

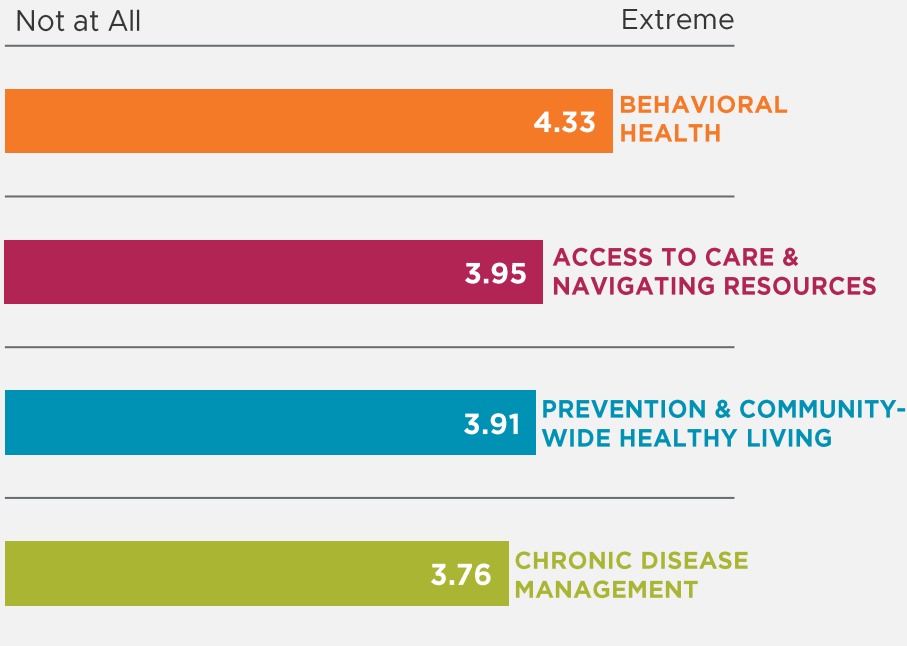
Total Number of Responses = 277



# Impact of COVID-19 in the Community

## IMMEDIATE EFFECT OF THE COVID-19 PANDEMIC IN THE COMMUNITY ON EACH HEALTH NEED

Community stakeholder insights from a system-wide perspective



## SURVEY RESULTS

- ◆ Within the past year, COVID-19 had the largest impact on behavioral health conditions in the community

# Looking Beyond The Pandemic

The perception of short and anticipated longer-term effects of the COVID-19 pandemic in the community

## IMMEDIATE EFFECT

- ◆ Controlled spread of diseases (e.g., flu) due to attention to hygiene, hand washing and mask wearing
- ◆ Reduced physical activity and mobility; Reduced access to resources including healthy food, gyms and wellness centers
- ◆ Decreased socialization and increased isolation
- ◆ Delayed or neglected health care; Increased telemedicine visits, but often inaccessible and ineffective

## LONG-TERM EFFECT

- ◆ Mental health
- ◆ Obesity
- ◆ Catch-up of postponed care and missed diagnoses of new disease conditions
- ◆ Management of ongoing ailments resulting from COVID-19 infections

## OTHER ISSUES

- ◆ Social and environmental determinants of health
- ◆ Health disparities/racism
- ◆ Gun violence/injury prevention
- ◆ Oral health

# Implementation Plan: Survey Implications



## 1. DETERMINE ANY ADJUSTMENTS TO EXISTING PRIORITIES

- **Focus on Existing Priorities:** Continue to focus on highly rated priorities that remain a problem in the community
- **Consider Modifications:** Potential opportunity to streamline topics and incorporate any new initiatives or remove initiatives that are no longer a priority
- **Focus on a Few High-Urgency Issues and Follow-Through:** Recommend concentrating on a limited number of health issues that will address the significant health needs in the community



## 2. POTENTIAL FOCUS AREAS

- **Focus on specific populations**
- **Focus on factors contributing to health disparities (e.g., geography, underserved populations)**



# UPMC St. Margaret

**ACTION REQUIRED**  
Mark an "x" to indicate 2022 priorities and submit to Special Projects

HEALTH NEEDS	ISSUES	EXISTING PRIORITIES 2019 CHNA	NEW PRIORITIES 2022 CHNA
CHRONIC DISEASE MANAGEMENT	Obesity		
	Heart Disease and Stroke		
	Respiratory Disease		
	Diabetes		
	Cancer		
BEHAVIORAL HEALTH	Opioid Addiction and Substance Abuse	X	
	Access to Behavioral Health		
ACCESS TO CARE AND NAVIGATING RESOURCES	Primary Care	X	
	Specialty Care		
	Care Coordination	X	
	Palliative & End-of-Life Care	X	
PREVENTION AND COMMUNITY-WIDE HEALTHY LIVING	Community Prevention & Wellness Initiatives	X	
	Interpersonal Safety		
	Health-Related Social Needs		

**IMPLEMENTATION PLAN CONTACT:** Enter Name Here

# Next Steps

- ◆ Approve 2019-2022 Progress Report
- ◆ Confirm priorities for the 2022-2025 CHNA cycle
- ◆ Begin developing three-year implementation plan
- ◆ Provide dates for upcoming board meetings