



Nazareth Hospital Community Health Needs Assessment Implementation Strategy Fiscal Years 2013 - 2016

Nazareth Hospital (NH) completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors on May 28, 2013. NH performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act and by the Internal Revenue Service. The assessment took into account input from representatives of the community, community members, and various community organizations.

The complete CHNA report is available electronically at <http://www.mercyhealth.org/about/community-health-needs-assessment-2013-2015/>, or printed copies are available at Nazareth Hospital.

Hospital Information and Mission Statement

Hospital Information

Nazareth Hospital is a member of Mercy Health System, the largest Catholic healthcare system serving the Delaware Valley. Mercy Health System supports the Delaware Valley with four acute care hospitals, a home healthcare organization, several wellness and ambulatory centers, physician practices, a federal PACE program and a managed care plan.

Established in 1940 by the Sisters of the Holy Family of Nazareth, Nazareth Hospital is located in Philadelphia Pennsylvania and is a 205-bed acute care hospital with 28 skilled nursing beds serving the Northeast Philadelphia community. Nazareth is dedicated to being a transforming, healing presence in the community it serves. The hospital addresses the diverse health needs of individuals at various stages of life and ensures quality care is available to every patient regardless of their socioeconomic status. This is the core of Nazareth Hospital's Catholic identity and mission.

Nazareth Hospital is located in Northeast Philadelphia. The hospital's service area was defined as the community for the purposes of this assessment. The service area includes the following zip codes in Philadelphia, Pennsylvania: 19152, 19136, 19115, 19149, 19114, 19135, 19111, and 19116. The total population of Nazareth Hospital's service area increased to approximately 322,200 residents in 2010 from 305,400 residents in 2000. In the service area, more than one fifth of the residents are between the ages of 0-17 (22%), nearly two fifths are 18-44 (38%), one quarter are 45-64 (25%), and 15% are 65 and older. Approximately 49% of the service area is male and 51% is female. In Nazareth Hospital's service area, 63% of the residents identify as White, 15% identify as Black, 11% identify as Latino, 9% identify as Asian, and 2% identify as another race/ethnicity. When looking specifically at the Latino population in the service area, Latino residents most commonly identify as Puerto Rican. More than three quarters of the residents of Nazareth Hospital's service area speak English at home (78%); 13% speak an "other" language; 5% speak Spanish; and 4% speak an Asian language.

Less than one fifth of Nazareth Hospital's service area residents have less than a high school degree (17%); nearly two thirds have graduated from high school (64%); and nearly one fifth have a college degree or more (19%). The majority of residents in the service area are employed (95%) and 5% are unemployed. When looking at poverty status, 8% of families without children and 12% of families with children are living in poverty. The 2000 median household income in Nazareth Hospital's service area

was approximately \$38,000, which increased to \$47,300 in 2010. The median household income in Nazareth Hospital’s service area is higher than that of the county and slightly lower than that of the state. In the service area, nearly four in ten residents rent their home (37%) and more than six in ten own their home (63%).

Mission

We, Mercy Health System and Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities. In fulfilling our mission, we have a special concern for persons who are poor and disadvantaged.

Health Needs of the Community

The CHNA conducted in 2012 identified fourteen significant health needs within the Nazareth Hospital community. Those needs were then prioritized based on a review by the MHS-SEPA Prioritization Workgroup, and a Nominal Group Planning Method that involved ranking of the needs and group discussion that focused on prevalence, severity, available data, magnitude of persons affected, and the ability of the hospital to impact the need.

The fourteen significant health needs identified, in order of priority include:

Heart disease is the leading cause of death. Modifiable risk factors can prevent heart disease and stroke.	Cardiovascular Health	<ul style="list-style-type: none"> ○ Heart disease is the leading cause of death, 196.1 per 100,000 population.
	High Blood Pressure	<ul style="list-style-type: none"> ○ More than one third of the adults (36.9%) have been diagnosed with high blood pressure, reflecting an increase from 29.8% in 2010, which is higher than the Health People 2020 goal. ○ One in 10 adults in the NH service area (10.1%) did not have a blood pressure screening in the past year. This percentage represents 25,300 adults.
	Overweight/Obesity	<ul style="list-style-type: none"> ○ Obesity is a contributing factor to heart disease, stroke and diabetes. ○ More than one quarter of adults (28.1%) are obese, and more than one third (37%) are overweight.
Cancer is the second leading cause of death. Early detection can increase survival rates.	Cancer	<ul style="list-style-type: none"> ○ Cancer is the second leading cause of death – all forms of cancer 189.2 per 100,000 population, lung cancer 54.0 and female breast cancer 24.3.
	Smoking	<ul style="list-style-type: none"> ○ A higher proportion of poor adults (30%) smoke cigarettes, compared to non-poor adults (20.1%); ○ 54.0 lung cancer deaths per 100,000 population.
Access to preventive health care services	Primary Care Access	<ul style="list-style-type: none"> ○ 16.6% of adults reported that there was a time in the past year when they needed health care, but did not receive it due to the cost.

can help diminish disparities among the poor and vulnerable.	Health Care Access for Homeless Persons	<ul style="list-style-type: none"> ○ There were an estimated 6,180 homeless persons in the Philadelphia County Continuum of Care regional zone at any one point in 2011. ○ The most frequently cited reasons for each type of unmet need were inability to afford care and lack of health insurance coverage.
Language Barrier	Language	<ul style="list-style-type: none"> ○ More than three quarters of the residents speak English at home (78%); 13% speak an “other” language; 5% speak Spanish; and 4% speak an Asian language.
Affordable Dental Care	Dental Care	<ul style="list-style-type: none"> ○ Nearly one quarter of adults (23.5%) did not receive dental care because of the cost of the visit.
Mental Health for Residents	Mental Health	<ul style="list-style-type: none"> ○ 15.8% of adults have been diagnosed with a mental health condition; 36.5% are not receiving treatment.
Substance Abuse for Residents	Substance Abuse	<ul style="list-style-type: none"> ○ 6.6% of adults are in recovery for a substance abuse problem.
Affordable Prescriptions	Prescription Coverage	<ul style="list-style-type: none"> ○ One in five adults (21%) does not have prescription drug coverage.
Affordable Health Insurance	Health Insurance	<ul style="list-style-type: none"> ○ A sizable percentage of adults (ages 18-64 - 15.2%) do not have any private or public health insurance.
OB/GYN	Early Prenatal Care	<ul style="list-style-type: none"> ○ Four in 10 women (39.0%) receive prenatal care during the second or third trimester of pregnancy or no prenatal care at all.

Hospital Implementation Strategy

Nazareth Hospital resources and overall alignment with the hospital’s mission, goals and strategic priorities were taken into consideration in addressing the significant health needs identified through the most recent CHNA process.

Significant health needs to be addressed

Nazareth Hospital will focus on developing and/or supporting initiatives and measure their effectiveness, to improve the following health needs:

- **Cardiovascular Health** – Detailed need specific Implementation Strategy on page #6.
- **Cancer** – Detailed need specific Implementation Strategy on page #7.
- **Access to Health Services for Poor, Vulnerable and Homeless Persons** – Detailed need specific Implementation Strategy on page #8.

Significant health needs that will not be addressed

Nazareth Hospital acknowledges the wide range of priority health issues that emerged from the CHNA process, and determined that it could effectively focus on only those health needs which it deemed most pressing, under-addressed, and within its ability to influence.

Nazareth Hospital - MHS-SEPA believes that the following needs fall more within the purview of other Philadelphia County and community organizations, and limited resources and/or lower priority ranking excluded these areas from those chosen for action. NH will not take action on the following health needs:

- **Dental Care**
- **Health Insurance Coverage**
- **Mental Health**
- **Substance Abuse**
- **Prescription Coverage**
- **Early Prenatal Care**

This implementation strategy specifies community health needs that the Hospital has determined to meet in whole or in part and that are consistent with its mission. The Hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the three years ending June 30, 2016, other organizations in the community may decide to address certain needs, indicating that the Hospital then should refocus its limited resources to best serve the community.

**CHNA IMPLEMENTATION STRATEGY
FISCAL YEARS 2013 – 2016 (Year Three)**

HOSPITAL FACILITY:	Nazareth Hospital		
CHNA SIGNIFICANT HEALTH NEED:	Access to Cardiovascular Services		
CHNA REFERENCE PAGE:	14, 17, 20	PRIORITIZATION #:	1
BRIEF DESCRIPTION OF NEED: Heart disease is the leading cause of death. Modifiable risk factors can prevent heart disease and stroke.			
GOAL: Improve access to cardiovascular disease (CVD) services and achieve targeted outcomes.			
OBJECTIVE: Provide cardiovascular education and prevention services to increase awareness of cardiovascular disease risk factors.			
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:			
<ol style="list-style-type: none"> 1. Offer 6 free cardiovascular events. 2. Provide 300 free <i>Basic</i> cardiovascular assessments 3. Provide 3 nutrition education sessions to encourage healthy weight, nutrition & exercise habits. 			
ANTICIPATED IMPACT OF THESE ACTIONS:			
<ol style="list-style-type: none"> 1. Increase adult access to cardiovascular events and community member awareness of CVD risks. 2. Increase the number of cardiovascular assessments. 3. Increase adult awareness of healthy weight range and good nutrition and exercise habits. 			
PLAN TO EVALUATE THE IMPACT:			
<ol style="list-style-type: none"> 1. Total number of participants. 2. Total number of assessments. 3. Total number of at-risk persons identified; risk factors reviewed & resources provided to at-risk persons. 			
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:			
<ol style="list-style-type: none"> 1. Staff time to support implementation of the activities listed above. 2. Equipment, educational materials, supplies, marketing and event expenses for program initiatives. (The program budget is to be included within NH's Annual Community Benefit Budget)			
COLLABORATIVE PARTNERS: CVD Specialists, Gloria Dei, Wesley Enhanced Living, Delaire Landing, Mt. Zion Baptist Church, St. Jerome Church, Malayalee Community, Northeast Adult Day Care, Boulevard Seventh Day Adventist Church, 7 th PDAC, 8 th PDAC, LEHB, Northeast Times, Northeast Wellness Connection, PCA, New Foundations Charter School, American Heart Association, American Diabetes Association.			

**CHNA IMPLEMENTATION STRATEGY
FISCAL YEARS 2013 – 2016 (Year Three)**

HOSPITAL FACILITY:	Nazareth Hospital		
CHNA SIGNIFICANT HEALTH NEED:	Access to Cancer Services		
CHNA REFERENCE PAGE:	17, 18, 20	PRIORITIZATION #:	2
BRIEF DESCRIPTION OF NEED: Cancer is the second leading cause of death. Early detection can increase survival rates.			
GOAL: Improve access to cancer services and achieve targeted outcomes.			
OBJECTIVE: Provide cancer education and prevention services to increase awareness of disease risk factors.			
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED: 1. Offer 9 free cancer awareness events. 2. Provide 4 group risk assessment sessions.			
ANTICIPATED IMPACT OF THESE ACTIONS: 1. Increase adult access to cancer prevention services/screenings. 2. Increase community member awareness of disease risk factors.			
PLAN TO EVALUATE THE IMPACT: 1. Total number of participants. 2. Total number of screenings. 3. Total number of at-risk persons identified; risk factors reviewed & resources provided to at-risk persons.			
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT: 1. Staff time to support implementation of the activities listed above. 2. Equipment, educational materials, supplies, marketing and event expenses for program initiatives. (The program budget is to be included within NH's Annual Community Benefit Budget)			
COLLABORATIVE PARTNERS: Cancer Specialists, Local Churches, Senior Centers and Senior Independent Living Facilities, Ladies of Port Richmond, LAOH, American Cancer Society, American Lung Association, and the American Academy of Dermatology.			

CHNA IMPLEMENTATION STRATEGY FISCAL YEARS 2013 – 2016 (Year Three)			
HOSPITAL FACILITY:	Nazareth Hospital		
CHNA SIGNIFICANT HEALTH NEED:	Access to Health Services (Particularly for Persons Who Are Poor and Vulnerable)		
CHNA REFERENCE PAGE:	19, 20	PRIORITIZATION #:	3
BRIEF DESCRIPTION OF NEED: Poor and vulnerable adults frequently do not access health services because of cost.			
GOAL: Improve access to preventive services to diminish disparities among poor, vulnerable and homeless persons.			
OBJECTIVE: Provide free health risk assessments, disease prevention information, and health care support services for poor, vulnerable and homeless persons.			
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED: <ol style="list-style-type: none"> 1. Provide at least 250 free health risk assessments or screenings for target group. 2. Distribute new NH Senior Resource Guide to seniors. 3. Sponsor at least 2 collection drives and 6 free health education sessions for target group. 4. Provide disease prevention information and health care support services for target group. 			
ANTICIPATED IMPACT OF THESE ACTIONS: <ol style="list-style-type: none"> 1. Increase access to free health risk assessments, screenings, and health care support services. 2. Increase senior awareness of resource services available to them. 3. Increase collaboration with other local service providers who assist poor, vulnerable and homeless persons. 			
PLAN TO EVALUATE THE IMPACT: <ol style="list-style-type: none"> 1. Total number of participants. 2. Total number of risk assessments, screenings, and health care support services provided. 3. Total number of at risk persons identified; risk factors reviewed & resources provided to at-risk persons. 			
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT: <ol style="list-style-type: none"> 1. Staff time to support implementation of the activities listed above. 2. Equipment, educational materials, supplies, marketing and event expenses for program initiatives. (The program budget is to be included within NH’s Annual Community Benefit Budget) 			
COLLABORATIVE PARTNERS: King’s Kitchen at HUMC, St. Jerome Emergency Food Bank, Feast of Justice, St. Francis Inn, Rhawnhurst NORC, Northeast Times, CUA/CCS, Health Center #10, National Kidney Foundation, Senior Living Facilities.			

Adoption of Implementation Strategy

On May 26, 2015, the Board of Directors for Nazareth Hospital met to discuss the Nazareth Hospital FY 2013 - 2016 Implementation Strategy (Year Three) for addressing the community health needs identified in the three-year 2013 Community Health Needs Assessment. Upon review, the Board approved this Implementation Strategy and the related budget.