

Implementation Strategy

Community Health Needs Assessment FY13

LONG BEACH MEMORIAL

February 12, 2013

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Introduction

Long Beach Memorial, in collaboration with other Long Beach non-profit hospitals and the city's health department, conducted a community health needs assessment (CHNA) in FY13. This CHNA meets the California state law and the new federal requirements under the Patient Protection and Affordable Care Act 2010. The CHNA incorporated secondary data from existing sources such as the 2010 Census, cancer registry and the California Health Interview Survey (CHIS), and primary data collection from community members and identified key informants who represent the medically underserved, low-income, minority populations, and populations with chronic disease. Through an examination and review of these data, health needs were identified. The health needs were prioritized through a structured process using defined criteria. This Implementation Strategy addresses the health needs identified through the CHNA.

Priority Health Needs

For Long Beach Memorial, selected Community Benefit efforts focus on increasing and supporting access to health care services through direct programs and partnerships with local community-based organizations. Our programs address the following access to care priority health needs:

- Medical Homes
- Transportation
- Mental health
- Preventive care

Community Benefit efforts also focus on the prevention of and attention to key chronic health conditions. Our programs address these related chronic health priority health needs:

- Cardiovascular disease
- Diabetes
- Cancer
- Overweight/obesity: nutrition and exercise
- Preventive care
- Health education

Addressing the Health Needs

Long Beach Memorial (LBM) plans to meet the identified priority health needs; access to care, mental health, chronic disease, obesity/overweight and preventive care/prevention through a commitment of resources with the following programs and services.

Access to Care

As a teaching hospital, we are able to offer community based clinical services through our family medicine rotations. Residents serve the gynecologic clinic, Sigmoidoscopy clinic, The Children's Clinic, vaccination clinic and the Westside Neighborhood clinic, providing access to care for those who are living in poverty and/or uninsured. LBM has committed to provide a needed facility to house an FQHC to be operated by The Children's Clinic (a separate 501c3 non-profit) to build capacity for medical homes in the community.

Mental Health

LBM is an active partner with the Long Beach Police Department Homeless Assistance project, quality of life team, connecting with the local outreach multi-service center to connect individuals to needed social services thereby influencing the quality of life of our homeless patients.

LBM has provided a land lease, below fair market value, to the Long Beach Ronald McDonald House charity, which provides a 23-room Ronald McDonald House. This partnership provides a place for families to stay while their child is in the hospital for minimal or no charge. This house serves not only Miller Children's hospital on the LBM campus but the broader community.

Chronic Disease

We offer disease specific support groups such as stroke, cancer and diabetes, which are part of the community-based clinical services. Support groups are facilitated by physicians or nurses and social workers. Additionally, we provide an oncology life coach and help-lines, which community members can call to ask questions e.g., cancer related information.

Adult Diabetes Program

The Long Beach Memorial Adult Out-patient Diabetes Clinic was established in 2011 in response to requests from community providers, patients and patient families for geographically accessible support services for adults with diabetes related disorders. The purpose of the Out-patient Diabetes Clinic is to provide the individual with diabetes the knowledge and skills needed to perform self-care, manage crisis, and initiate lifestyle changes required to successfully manage their disease. Additionally for individuals using insulin therapy, group appointments with an Advanced Practice Nurse will provide support, resource management and insulin dosing adjustment in collaboration with the primary care practitioner. The goal is to

enable the individual to become an active participant in successful control of his or her diabetes through self-management training.

Self-management training helps individuals with diabetes make lifestyle changes to improve glycemic control. Self-management education includes self-monitoring of blood glucose, diet, physical activity, medications, and motivates individuals to obtain optimal glycemic control. The Out-patient Diabetes Clinic will promote: self-management skills so participants can make appropriate life style choices and changes. The LBM Diabetes Program is committed to providing community education in a variety of venues, at no cost to participants.

Prevention

Long Beach Memorial provides Community Health Improvement and Prevention services through 36 different programs and activities, which include community health education, community lectures, presentations and workshops in the areas of cancer, stroke, heart health, women's health, disaster preparedness, health screenings, respiratory care, senior health, employer wellness programs and tobacco education. We will expand these efforts to reach more people through partnerships with the Long Beach Health Department, California State University Long Beach and community based organizations.

Tobacco Use Prevention

The Los Angeles County report on cigarette smoking in 2010 found over 15% of Long Beach residents report smoking. To combat the start of use of tobacco products, the "Tar Wars" tobacco education will be conducted by the Family Medicine Residency Program targeting 5th grade students in the Long Beach Unified School District. The program was developed by the American Academy of Family Physicians in accordance with CDC national guidelines. Our goal is to reach 750 students during the school year.

Overweight/Obesity

LBM will work in partnership with the City of Long Beach to promote the Healthy Active Long Beach initiative to battle overweight and obesity in our community. In addition, we will provide nutrition communication in multiple languages. As well LBM staff is active participants on the Long Beach City Department of Health board.

Other Health Needs

Long Beach Memorial has chosen not to actively address the following health needs identified in the CHNA that were not selected as priority health needs. These health needs are:

- Dental Disease
- Arthritis
- Physical Injury
- Bone Loss
- Hearing Loss
- Sexually transmitted infections or disease

LBM has chosen not to focus on these health needs as there are existing resources in the community that are addressing these needs. Nevertheless, LBM may have some activities that address these health needs, and we will continue to investigate opportunities to address these identified health needs, however, the focus of the hospital's charitable resources will be placed on the identified priority health needs.