

Benefit

Community Benefit Report 2008



In times of great uncertainty, it helps to know that someone cares. Suburban Hospital has been caring for the community for 65 years, and our mission has never been more important than it is today. Through our partnerships, affiliations, and programs, Suburban Hospital continues to find innovative ways to provide needs-based health education, wellness and promotion services for our immediate community and beyond.

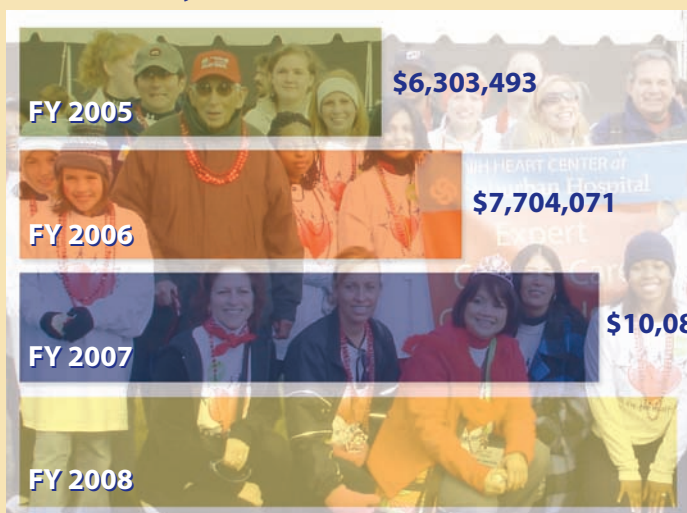


As part of our commitment to care for our community, Suburban Hospital dedicated more than **\$11.8 million** to outreach programs and services in fiscal year 2008.

Improving the health of the community means providing the services needed to help residents take better care of themselves and their families.

To achieve this goal, Suburban Hospital established four key priorities to guide the development of the hospital's far-reaching community benefit initiatives.

Community Benefit Dollars



Access

Expanding access to care for the uninsured

In Montgomery County, an alarming 80,000 to 100,000 individuals lack health insurance. As this number grows, so, too, does the need for access to primary and specialty care services.



In recognition of Hispanic Heritage Month, Suburban Hospital organized health education programs and screenings for diabetes, eye health, and cardiovascular disease, as well as one-on-one consultation appointments with various Spanish-speaking specialty physicians.

This access is endangered by an identified shortage of physicians as well as dramatic growth in the county's proportion of racial and ethnic minority groups. These individuals face multiple financial, linguistic, and cultural barriers that affect their ability to access available resources.

A Few of Our Accomplishments

- To alleviate the identified gap in specialty providers, Suburban Hospital operates the MobileMed/NIH Heart Clinic, which provides access to Suburban cardiologists, cardiovascular specialty diagnostic screenings, and open heart surgery for patients who require advanced care. This onsite specialty care clinic has provided care to 411 patients to date and conducted four open heart surgeries at no cost to the patient.



- In June 2008, a formal agreement was signed to enable Suburban Hospital to support *Proyecto Salud* in achieving Montgomery Cares' goal of increasing uninsured adult patients' access to primary care. Suburban Hospital's financial support will enable the clinic to provide approximately 1,680 additional patient appointments.
- In fiscal year 2008, Suburban Hospital provided 7,001 uninsured patients with just under \$8.7 million in medical care.
- In June 2008, Suburban Hospital joined forces with Holy Cross Hospital to fund operational support for the Gaithersburg Health Clinic.

The MobileMed/NIH Heart Clinic is operated and staffed by volunteer cardiologists, surgeons, nurses, echo techs, registrars and hospital staff who extend their workday to improve the health of the community.



SOME OF OUR PARTNERS | Mobile Medical Care, Inc. | Montgomery Cares | Montgomery County Department of Health and Human Services | National Heart, Lung and Blood Institute of the NIH | Primary Care Coalition | *Proyecto Salud* Clinic

Awareness

Improving health through awareness

By fostering an environment that promotes increased health awareness, Suburban Hospital is motivating Maryland residents with chronic illnesses and conditions such as heart disease, stroke, diabetes, and cancer to take greater responsibility for their health.

A Few of Our Accomplishments

- In 2008, Suburban's Community Health and Wellness Department organized and participated in more than 2,400 health education and screening events, reaching approximately 126,000 community members.

- More than 500 *Proyecto Salud* patients have been enrolled in the diabetes school, taking advantage of proper disease management education. The first annual prostate cancer screening served more than 50 clinic patients, facilitating access to specialty care and proper management for abnormal results.
- Through the NIH Heart Center at Suburban Hospital, 427 health and wellness events reached 19,303 individuals in Prince George's, Calvert, Charles, and St. Mary's counties.



SOME OF OUR PARTNERS | African American Health Program | American Heart Association | Community Ministries of Rockville | G

Future

Building a healthier future for our families

The best way to ensure a healthier future for our families is to provide individuals of all ages with the tools they need to live healthy lifestyles. By helping all family members improve their own quality of life, Suburban Hospital is laying the foundation for a healthier community.

A Few of Our Accomplishments

- Suburban Hospital was named one of the Top 10 Safe Sitter teaching sites based on the number of students enrolled in the program in 2008.
- Since 1993, Suburban Hospital has partnered with the Greater Washington Area Chapter of Hadassah to bring the *Check It Out* program to 11th and 12th grade girls in 21 Montgomery County public schools, educating more than 5,000 young women about the importance of early detection of breast cancer.
- The Scotland Community Health Partnership, established in 1993, includes approximately 100 families living in Montgomery County. In 2008, Suburban Hospital's Department of Community Health and Wellness staff designed and implemented a health promotion program in partnership with the Scotland Community Center and undergraduate students from American University.
- In conjunction with the Maryland Hospital Association, Suburban Hospital held an MRSA education awareness forum designed to teach individuals how to protect themselves from contracting this resistant staph infection in community settings, and to answer questions about how Suburban Hospital is addressing MRSA.
- In fiscal year 2008, Suburban Hospital held 29 educational events for 542 students interested in pursuing careers in the healthcare field.



The gift of giving! This local troop from Burning Tree ES offers a Friday evening to assist Suburban Hospital with a community partnership event at the Scotland Community Center.



Members of the Suburban Hospital Medical Venturing Crew #1984 participate in a hands-on cardiovascular lab. Medical Venturing is an educational program in partnership with the Boy Scouts of America designed for high school students exploring various careers in medicine.

SOME OF OUR PARTNERS | American Trauma Society | Boy Scouts of America | Hadassah, Greater Washington Area Chapter | Maryland Hospital Association | Montgomery County Department of Parks and Recreation | Montgomery County Public Schools | Safe Kids Coalition | Safe Sitter International | YMCA Youth and Family Services | Scotland Community



These students are earning community service hours by preparing packets that will increase awareness of the importance of early detection of breast cancer. The *Check It Out* program reaches thousands of 11th and 12th grade girls via a school-based educational assembly.



G.O.S.P.E.L. participants learn the recipe for a healthy heart. Partners at the Center for Health Disparities at the Uniformed Services University of the Health Sciences provide valuable technical support for G.O.S.P.E.L.'s Heart Health Symposium.

- Suburban Hospital's cancer care program provided 481 community members with access to free colorectal, prostate, and skin cancer screenings.
- Suburban Hospital was awarded a grant by the Montgomery County Council to facilitate the acquisition of new screening equipment for conditions affecting the eyes, lungs, and heart, reaching **3,972** Montgomery County residents, **2,048** of whom were ethnic minorities.

- Suburban Hospital was recognized as a "Top 10 Fundraising Company" for the American Heart Association Greater Washington Heart Walk. More than \$27,000 was raised for American Heart Association programs and services to fight heart disease and stroke.



Supporting the annual YMCA/BCC Rotary Turkey Chase benefits local parenting and youth programs.

G.O.S.P.E.L. | Housing Opportunity Commission | Latino Health Initiative | Montgomery County Cancer Crusade | Montgomery Housing Partnership, Inc.

Seniors

Keeping our seniors strong

Suburban Hospital engages the area's growing senior population by encouraging active, healthy lifestyles through programs designed to help older adults gain optimum health.



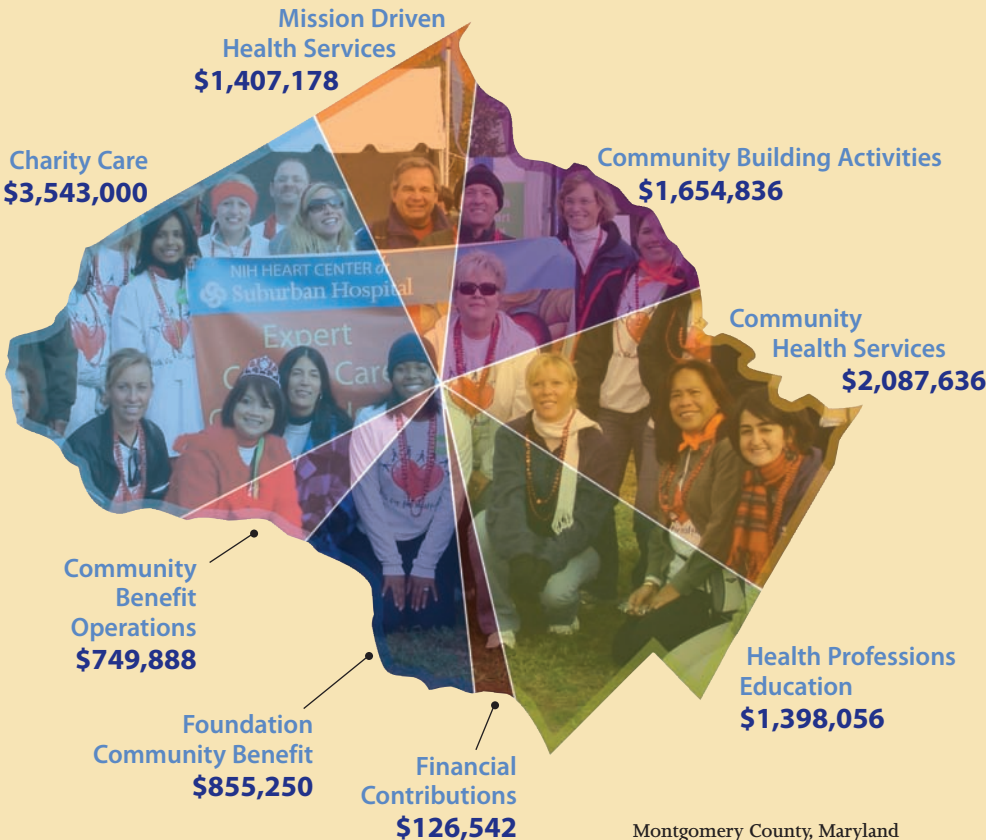
For more than 20 years Suburban Hospital has partnered with Westfield Montgomery Mall to provide blood pressure screenings and educational programs to *Stepping Out* mall walker participants. Keep your heart strong; join us Tuesdays and Thursdays from 7:30 to 9:30 a.m.

A Few of Our Accomplishments

- The 413 blood pressure screenings held at our *Stepping Out* mall walking programs and community centers reached more than 30,000 individuals. These older adults are able to monitor their own health and to benefit from educational seminars and prevention counseling, and increase their social health with friendships established.
- The 416 free Senior Shape classes held in Montgomery and Prince George's counties helped more than 23,000 seniors build flexibility and strength to maintain a healthy heart, and improve balance for fall prevention.
- Our ElderWell nurses made 1,680 home visits in fiscal year 2008 (an average of 140 per month), optimizing the health of our patients with chronic diseases and allowing them to live independently in their own homes.
- Seniors visit our free *HeartWell* nurse-run clinics 6,194 times (an average of 516 visits per month). This chronic-disease management program is located in five Montgomery County community centers.
- Community Home Care Management team members vaccinated 1,130 people in a variety of venues, including newly piloted walk-in clinics where residents received free health advice along with their flu shots.



SOME OF OUR PARTNERS | OASIS | Prince George's County Department of Parks and Recreation | Prince George's County Health Department | Westfield Montgomery



Community members attended the Healthy Heart Carnival at the Gaithersburg Community Center in partnership with our *HeartWell* Program.



To help keep the older adult population strong and independent, Community Health & Wellness staff hits the road nearly 20 times a month for preventative health and blood pressure screening events.