

SUBURBAN HOSPITAL

2012 **Community Benefit Report**



One day, Carol Ford, from Suburban On-Call, received a message from a 14-year-old boy whose mother needed a mammogram. Sensing the urgency of the boy's message, Carol quickly returned the phone call.

Despite speaking only limited English, the mother was able to communicate with Carol her need for a doctor. Carol reached out to Suburban Hospital's Patricia Rios in Community Health and Wellness. The mother had abnormal changes in her breast that needed immediate attention. Patricia also contacted Judy Macon from Suburban Hospital's Cancer Center, who mobilized resources by contacting community partners and linked the mother to free care. Utilizing the hospital's partnerships with community members, this woman is now on her way to receiving the care she needs.

Stories like this serve as a daily reminder that, through compassion and community connections, we are making life-saving differences. Every year, Suburban dedicates resources to the community and is committed to closing the gap in health inequities, providing access to care for those in need and eliminating unhealthy behaviors in Montgomery County.

In FY12, Suburban Hospital conducted **2,432** community health improvement programs, screenings, classes, seminars and activities, that served **100,171** individuals. Suburban provided **\$20,408,406** in community benefit contributions to support the needs of Montgomery County residents.

Read on for more examples of Suburban Hospital's dedication and commitment to caring for our community.



Urologist Dr. Mark Rosenblum presents information on prostate cancer risk factors and new screening guidelines to the Alpha Phi Alpha Fraternity.



Health promoters from *Clinica Proyecto Salud* share information with the clinic's patients on the importance of early detection of colorectal cancer through the hospital's *Get a Check Up* program. The program has educated more than 10,000 residents about colorectal cancer prevention and screenings.

128 new cases of breast cancer,
162.1 new cases of prostate
cancer and 34.3 new cases of
colorectal cancer are diagnosed in
Montgomery County every year.



Through the *Check It Out* program and collaborating with members of the Greater Washington Area Chapter of Hadassah and Montgomery County Public Schools, Suburban Hospital Cancer Center's nurse educator Judy Macon educates young women on the importance of breast self-exams.

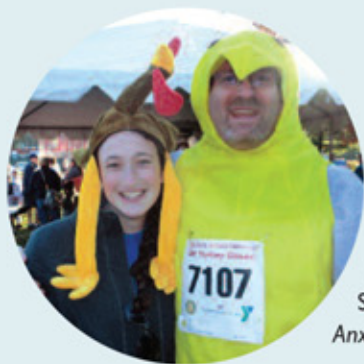
Maternal & Child Health



Medical Exploring remains one of the top programs at Suburban Hospital. Highlighting multiple careers in the medical and health care field for more than 20 years, the program has attracted hundreds of high school students who have attended educational sessions on global health, open heart surgery, pathology and a hands-on suturing lab featuring Dr. Leo Rotello and his staff.



Through interactive sessions, county fourth-graders learn about science and health at the Johns Hopkins University – Montgomery County Baking Bread event. Facilitated by Suburban Hospital nurses, activities include “*Exterm-a-Germ*,” in which a black light is used to emphasize the importance of thorough hand washing.



86.8% of students in Montgomery County graduate from high school

Along with sponsoring the Annual BCC-YMCA Turkey Chase, Suburban Hospital also supports young families by hosting biannual parenting seminars with the YMCA Youth and Family Services. Recent seminars include *Sharing the Task of Parenting and Anxiety: From Monsters Under the Bed to Preparing for College*.

Obesity Prevention



Hundreds of seniors find balance and stay in shape by improving their mobility, flexibility and strength through the hospital's Senior Shape Exercise Programs throughout Montgomery and Prince George's Counties.



56.1% of adults are overweight

Diabetes Education



Arthur Doe, an administrative assistant at Suburban Hospital, has accrued more than 150 volunteer hours at the MobileMed/NIH Endocrine Clinic since its opening in 2010. In FY12, the clinic treated more than 600 uninsured patients who required specialty care for endocrine conditions and diseases such as diabetes.



Partnering with *Clinica Proyecto Salud*, the hospital supports the clinic's Diabetes School, where participants learn how to manage their diabetes through healthy eating, staying active, positive coping strategies, medication management and glucose monitoring.

In Montgomery County, 5.1% of residents are diagnosed with diabetes.



Lida Molkara, Suburban Hospital's inpatient diabetes nurse educator, volunteers her time at health fairs educating community members on the importance of diabetes prevention.

Whether at a community center, worksite or local grocery store, Suburban staff take time out of their work schedules to educate the community about the significance of integrating whole grains, fruits and vegetables into one's diet to prevent chronic diseases and obesity.



At Suburban's *Heart Healthy Street Fair*, Scotland Community families learn how healthy habits such as proper nutrition and regular exercise can keep them out of the hospital for years to come.

or obese in Montgomery County.



At the annual *Ama Tu Vida* health fair, Suburban provides free cholesterol and blood pressure screenings to Montgomery County residents.



In addition to providing outreach in Montgomery County, Suburban Hospital provides cardiovascular outreach to Prince George's, Calvert and St. Mary's counties, reaching 14,667 community members in FY2012.



While serving at one of the four HeartWell locations, nurse Leni Barry ensures that seniors are aware of their blood pressure numbers with weekly checks and one-on-one counseling.

127.8 deaths in Montgomery County are a result of heart disease.

Suburban has heart! Hospital staff purchased custom-designed Heart T-shirts, with proceeds going toward free cardiac rehabilitation for MobileMed/NIH Heart Clinic patients. The Heart T-shirt was designed by the daughter of a hospital employee.





Suburban Hospital, in partnership with Johns Hopkins Healthy Living, hosts ongoing community seminars focusing on a variety of mental health topics ranging from Bipolar Disorder to how pleasure affects the brain, to dealing with the medical and legal maze of end-of-life care.

In Montgomery County, 83.3% of adults report they usually or always get the social and emotional support they need.



Being part of the *I Love to Walk/Stepping Out* Mall Walking program for more than 20 years, these women have built lasting friendships and participate in other social events together that keep them engaged and focused on staying well.

Caring for Our Community

