

## Advancing Health through Collective Impact

Suburban Hospital's footprint has long been rooted in community health. In living out its mission of improving health with skill and compassion, the services of Suburban's workforce expand beyond the walls of the hospital and deep into Montgomery County, nurturing a healthy, vibrant and resilient community.

As an integral player in the local health care system, Suburban Hospital has built strong and long-standing relationships with a multitude of community partners in Montgomery County, including hospitals, government agencies, minority health initiatives, advocacy groups, academic institutions and community-based organizations. To influence good health, Suburban and its partners have adopted an innovative and structured approach to address the increasingly complex health and social problems we face as a society, such as the rising obesity epidemic, high occurrences of hospital readmissions and spiraling health care costs. This approach, known as **collective impact**, recognizes that no one organization can solve these complex issues alone. The collective impact approach calls for multiple entities from across different sectors to work in more than just a collaborative way, but rather, to align their individual agendas into one, with a clear, common and measurable outcome.

Because improving the health of our community means more than just addressing diseases, Suburban Hospital and its community partners have sharpened their health improvement lens to focus on three perspectives: unhealthy behaviors, health inequities

and lack of access to care. Through a structured process referred to as a Community Health Needs Assessment (CHNA), Suburban Hospital has taken deliberate steps as both a hospital and a community partner to address the area's most pressing health issues from these perspectives.

Suburban Hospital addresses these issues in a multitude of ways, across various settings, and we are excited to share some highlights from 2015-16 within this *Community Health Improvement Report*. Hundreds of hospital medical providers and staff are committed to community health improvement and work daily to address the needs of our residents. Suburban's Community Benefit FY15 update presents how the hospital provides resources to advance community health.



The community benefit strategic plan supports the priorities of both the hospital and county CHNAs by tailoring and focusing the implementation of its programs to address the specific barriers identified by the needs assessment. Read on to learn more about the CHNA process and the ways in which Suburban Hospital supports programs and outreach to nurture a healthy community. For the full report, log onto: [suburbanhospital.org/CHNA](http://suburbanhospital.org/CHNA).

## Community Benefit FY15 Update

For close to 75 years, caring for the health and well-being of patients and families has been a deliberate focal point of Suburban Hospital's workforce and operations. On a daily basis, Suburban Hospital employees dedicate their time and expertise to addressing the community's most pressing health issues.

For example, the hospital's transition guide nurses Margie Hackett and Cathy Clark spend hours working with vulnerable patients and their families, ensuring a smooth transition from hospital to home. Along with fellow Suburban nurses, they also participate in the annual Bread Baking and Science Day at the Johns Hopkins University Montgomery County Campus, educating local elementary school students on the importance of hand washing, physical activity and good nutrition. Margie and Cathy also educate residents of community villages, small neighborhood-based organizations that create networks of neighbors who help one another

remain in their homes as they grow older. Topics include advance care planning, what to expect during a hospital stay, community resources for specific health care needs and Medicare. In addition, Addiction Treatment Director Beth Kane-Davidson and her staff spend time outside the Addiction Treatment Center traveling throughout Montgomery County to high schools, where they advise teens and parents on the dangers of substance abuse and addiction, helping to establish venues for open communication for families. Notably, Beth recently appeared on the *Diane Rehm Radio Show*, sharing her professional insight on the heroin epidemic, which not only affects our community, but also the nation.

Alongside Suburban physicians and nurses, EKG technician Mohammad Choubdar dedicates time each week at the MobileMed/NIH Heart Clinic at Suburban Hospital, where uninsured

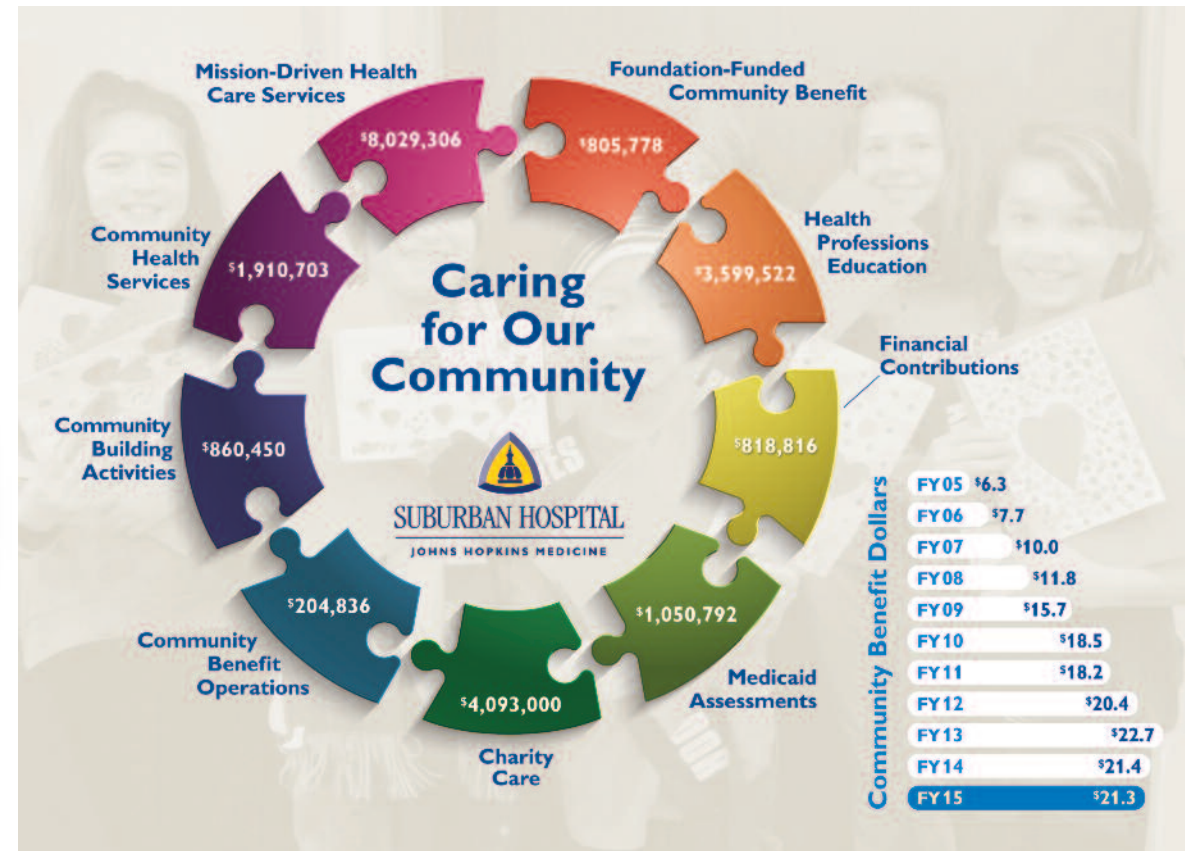
individuals have access to cardiac care, diagnostic testing, surgery and rehabilitation services, at little or no cost. He also volunteers on the hospital committee for the United Way campaign and assists the Community Health and Wellness Department by collecting data through surveys from Montgomery County residents to include in the hospital's Community Health Needs Assessment.

Nurse Judith Macon, from the hospital's Cancer Outreach program, coordinates with local physicians to offer free skin and oral, head and neck cancer screenings to Montgomery County residents. For almost 20 years, Judy has spent time educating high school 11th and 12th-grade students on the importance of breast and testicular cancer awareness through the Check It Out program. Her colleague Susan Jacobstein, a social worker in the Cancer Outreach program, facilitates a free monthly prostate cancer support group at Suburban Hospital and coordinates a yearly prostate cancer symposium, which reaches over 200 local men and their partners.

These are only a few of the many individuals who dedicate their expertise to help nurture a culture of health in our community. In **FY15**, Suburban Hospital conducted **80,273** community health improvement programs, screenings, classes, seminars and activities that served **80,273** individuals and dedicated **\$21,373,204** in community benefit contributions to support the needs of Montgomery County residents.

# SUBURBAN HOSPITAL

## 2015-2016 Community Health Improvement Report

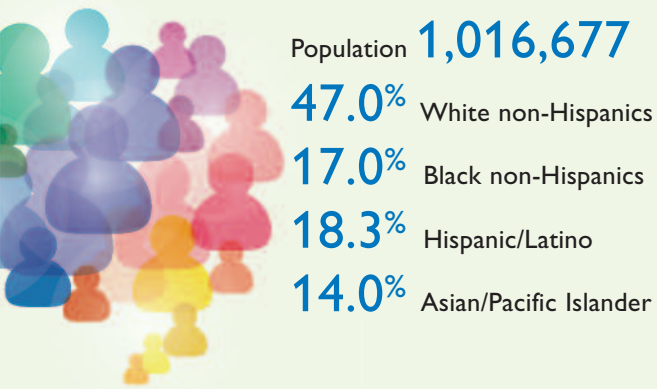


# Strengthening a Culture of Health

Health inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age. — WORLD HEALTH ORGANIZATION

## Health Status Snapshot

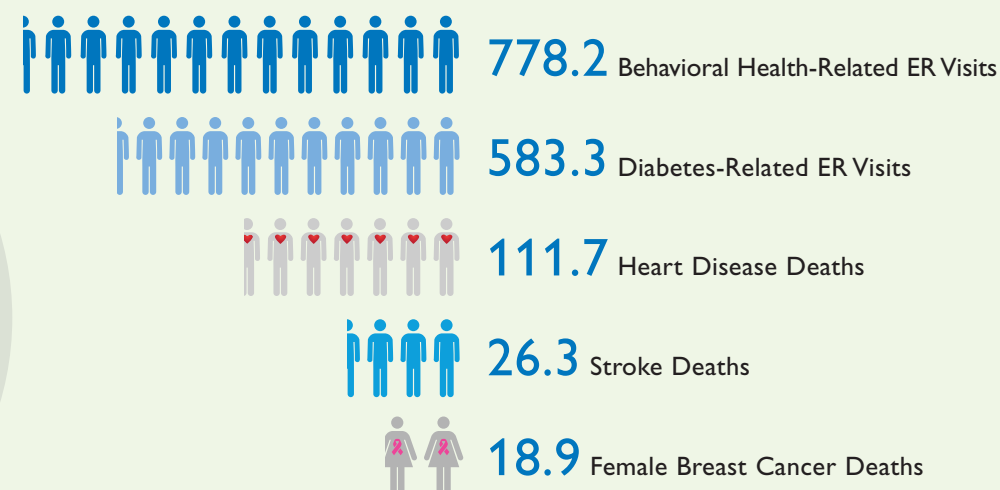
The hospital serves a community that is diverse in its racial and ethnic background, culture, life stage and socioeconomic status. Although Montgomery County is home to some of the most affluent communities in the country, we are presented with many health challenges.



- 8.2% of county residents **smoke**
- 57.4% are overweight or **obese**
- 18% of adults age 20 and older report having no **physical activity** and 14% partake in excessive or **binge drinking**
- 11<sup>th</sup> in the nation as the most Linguistically Diverse County, with **96 languages spoken**
- 9.7% of residents are **uninsured**
- 10.4% of adult residents reported not being able to **afford** to see a doctor in the past year

84.3 years. Life expectancy of the average individual living in Montgomery County

### In our Community Benefit Service Area — per 100,000 population



In Montgomery County, the leading causes of death for all races continues to be **heart disease, cancer** and **chronic lower respiratory diseases**.

## 2016 Community Health Needs Assessment Process

Suburban Hospital identifies priority health issues through local data and community surveys and uses this information to better integrate public health and health care to provide high-quality care for the improved well-being of our residents.

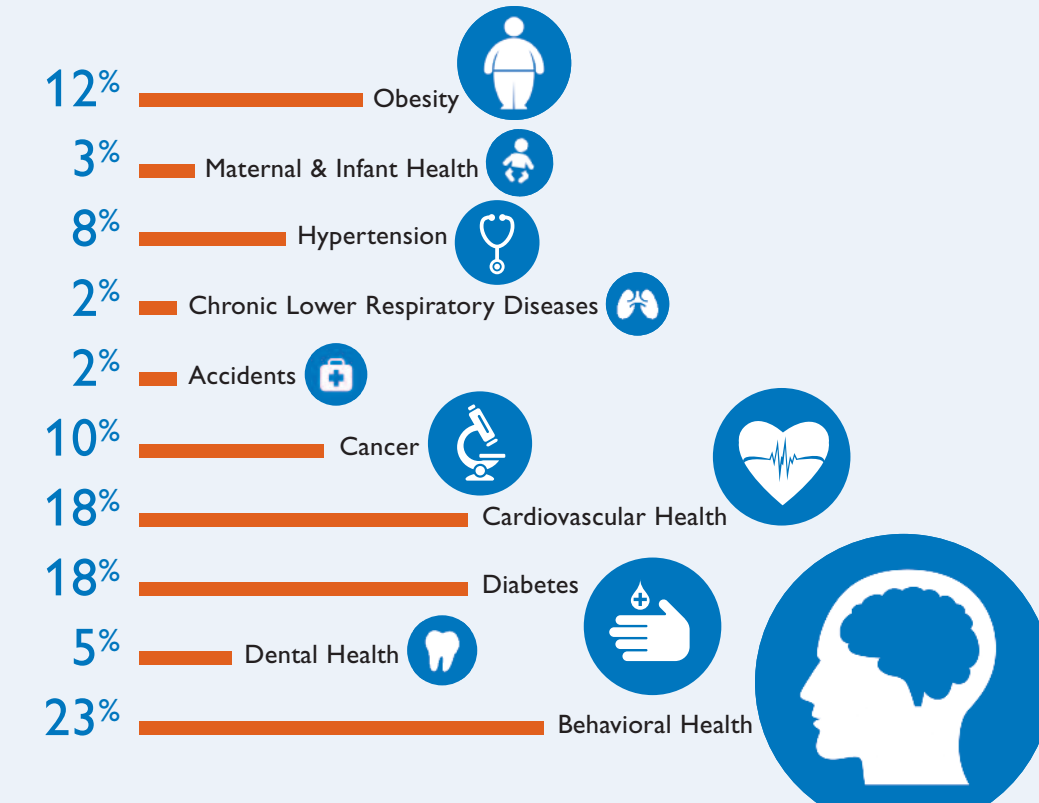
### DATA COLLECTION

Community Benefit Service Area high need zip codes, health survey distribution and collection

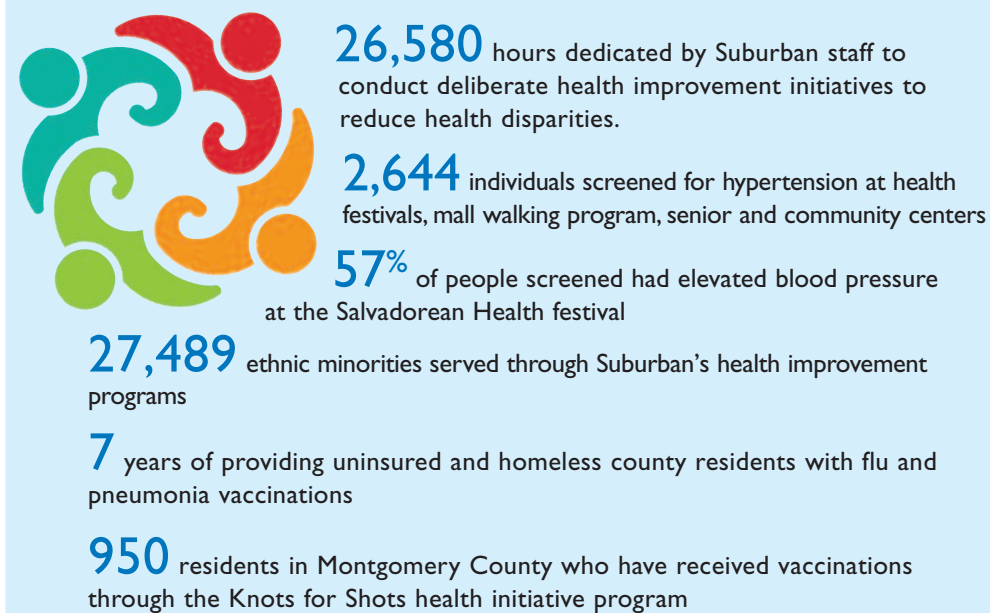
Secondary Data Review (i.e. Healthy Montgomery, County health rankings, vital statistics, U.S. Census)

Input from public health experts and stakeholders (i.e. Community Benefit Advisory Council, Healthy Montgomery Steering Committee, community partners)

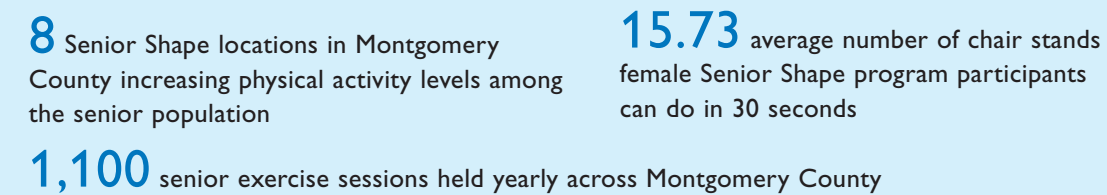
### Identified Health Priorities



## Health Equity: Reduce gaps in access to preventive services for vulnerable populations



## Healthy Behaviors: Promote healthy and active living



## Access to Care: Increase access to specialty care for low-income and uninsured residents

