



# SUBURBAN HOSPITAL

## 2020 COMMUNITY HEALTH IMPROVEMENT

# Report

# Transcending THE WALLS OF THE HOSPITAL

“You must be the change you wish to see in the world.”

MAHATMA GANDHI

## Who We Are

For more than 75 years, Suburban Hospital, a member of Johns Hopkins Medicine, has worked to improve the health of our community by setting the standard of excellence in medical education, research and clinical care. This commitment transcends the walls of the hospital into the numerous neighborhoods we serve through our various community health improvement initiatives. Through innovative approaches and evidence-based programming, we tackle health inequity, promote healthy behaviors and improve access to care. Supported by a strong network of stakeholders, we seek to foster a community that is connected, engaged and resilient.

## What We Do

Suburban Hospital’s community health improvement goals and priorities are guided by a multi-phase, collaborative and data-driven process referred to as the Community Health Needs Assessment (CHNA). Conducted every three years, the CHNA collects and reviews data on the health status of the communities we serve. This process helps identify the most pressing needs and health priorities facing our residents. It also presents opportunities to design a strategy that supports positive health outcomes and improved quality of life. In this report, we highlight our approach and anticipated impact (as described in our Implementation Strategy) for the six health priorities identified through the 2019 CHNA. To read a complete copy of Suburban Hospital’s CHNA report and the Implementation Strategy, visit [www.hopkinsmedicine.org/suburban\\_hospital/community\\_health](http://www.hopkinsmedicine.org/suburban_hospital/community_health).

## Our Impact

Everyone has the opportunity to live healthier lives, regardless of who they are, where they live or income level. While data shows that Montgomery County is one of the nation’s most affluent counties, it also points to widespread health disparities and inequities. Health care institutions, in partnership with community organizations and local stakeholders, work together as one to address these disparities and bridge gaps.

Suburban Hospital’s framework for building a healthy community is deliberate and purposeful. Aligning health priorities—identified through the triannual Community Health Needs Assessment (CHNA) process—with the hospital’s area of expertise and fostering cross-sector collaboration, we aim to achieve significant and lasting changes. Via this report, we highlight our approach and anticipated impact for our community’s most pressing health needs.

CARING  
FOR OUR  
COMMUNITY  
FY19



SOURCE: SUBURBAN HOSPITAL'S HSCRC CBR REPORT

# STRENGTHENING

31.1%

of people are 55+ in Suburban's Community Benefit Service Area (CBSA)



52%

Female



Male

48%

Are currently living in Suburban's (CBSA)



Average household income

While the average household income for Suburban's CBSA is

\$156,596

35%



below

\$75,000

26%

of residents are Medicare or Medicaid beneficiaries.



Blacks, Hispanics/Latinos and Asians make-up in

48% Suburban's CBSA.



The most commonly spoken languages in Montgomery County, aside from English (60.7%), include Spanish (17.6%), other Indo-European (9.8%), and Asian and Pacific Islander languages (9.8%).



62%

of residents living in Suburban's CBSA hold a bachelor's degree or higher

At the County level, an estimated 6.9% of the total population and 4.7% of families live below the federal poverty line.



Who We Are

# A CULTURE OF



## *Access TO Care*

We create opportunities to enable and promote connections across health care, social services and public health systems to meet the needs of individuals and communities.

## *Healthy Behaviors*

We provide individuals and families with knowledge and tools to make choices that lead to improved quality of life.



## HEALTH *Equity*

We ensure that everyone has the opportunity to live a healthier life, no matter who they are, where they live or how much money they make.



# *What We Do*

# HEALTH

## 2019 CHNA TOP HEALTH PRIORITIES

### BEHAVIORAL HEALTH



A supportive culture where mental and behavioral health barriers are broken

- **Deliver ongoing programs and initiatives that foster social and emotional support**

### DIABETES



Reduce diabetes occurrence and associated health complications

- **Conduct ongoing health education seminars, classes and one-on-one counseling with a diabetes educator**

### CARDIOVASCULAR HEALTH



Lower the mortality rate from heart disease and stroke

- **Create ongoing opportunities for one-on-one consultation meetings with a health professional to assess risks and receive counseling**

### INFECTIONS



Recognize signs and symptoms of serious infection and seek appropriate treatment to avoid hospitalization

- **Build and deliver community-based programming to increase awareness of the warning signs and risks of sepsis**

### CANCER



Reduce cancer mortality rate and increase cancer survivorship rates

- **Provide access to preventive cancer screenings**

### UNINTENTIONAL INJURY



Reduce the incidence of preventable fall-related injuries among older adults

- **Lead evidence-based fall prevention programming**

*Our Impact*

# The Change

## WE WANT TO SEE

The following excerpts are from letters of gratitude and appreciation received throughout the year, highlighting the direct impact of our hospital, staff and programs in the community.

### *Blood Pressure Screenings*

Kate's smile and kind voice made me feel at ease right away. She not only took our blood pressure, but also took the time to talk to us and explain the dangers of high blood pressure and answered our questions without hesitation. She spoke to me a lot because my blood pressure ran very high for so long. She never stopped and kept after me until I finally saw the doctor. He put me on medication right away. I really believe to this day that Kate saved my life because she kept on me to go see a doctor about my blood pressure. Afraid and scared, I kept thinking about what Kate had said and finally went. Once at the doctor, I felt so good and at ease. Life has been good for me ever since. Kate's great smile and soft voice makes a person want to do the right thing. I will be forever grateful you sent Kate my way.

MEMBER, GLENARDEN  
SENIOR CENTER (PRINCE  
GEORGE'S COUNTY)

After the passing of my husband two years ago, I plunged into deep, slow and ever-present mourning and stopped exercising. To grind in salt on the injury, I was rear ended in December 2017, while my car had stopped at the red signal. Several months of rehabilitation exercise sessions followed. The physical therapist recommended that I take exercise classes, and I found the Senior Shape program offered by Suburban Hospital. Since January 2019, I filled my calendar with 4 days a week of 45 minutes classes, and the effect is remarkable. I can foresee that before long I might be able to go back to frequent yoga routine that I used to enjoy. My aging bones and muscles are gradually coming back to life. So is my spirit. I often wonder if the rear-ended accident was not a blessing in disguise. I feel that it might have been a present from my husband from the other side. I am grateful to Suburban Hospital for this wonderful gift to the community.

PARTICIPANT,  
SENIOR SHAPE  
PROGRAM

### *Stop the Bleed*

The Suburban Medical Explorers would like to thank you for helping us learn about how to stop severe bleeding. Many of us were unaware of the fact that severe bleeding is the number one cause of preventable deaths. Learning how to handle such a situation is a critical skill, and we are thrilled to have had such teachers to learn from.

HIGH SCHOOL  
STUDENTS, SUBURBAN  
MEDICAL EXPLORERS

### *Freedom from Smoking*

I am so grateful for all the support and help I have received from (the) group and from the "Freedom from Smoking" program, and I know that I would not have reached this milestone without you. For so many years, my dream was to be a non-smoker by January 1 the next year! I finally did it!

FORMER PARTICIPANT,  
FREEDOM FROM SMOKING

In FY19,  
Suburban Hospital  
conducted **2,553** community  
health improvement programs,  
screenings, classes, seminars and  
activities, serving **75,062** individuals  
with **\$28,999,485** in community  
benefit contributions dedicated  
to supporting the needs  
of our residents.

