



NATHAN LITTAUER

Hospital & Nursing Home

2017 Community Service Plan Update

Nathan Littauer Hospital & Nursing Home is committed to providing safe, high-quality health and wellness services and improving the health of our communities in a caring, contemporary environment. Our mission is accomplished not only through the efforts of our own dedicated employees, services and programs, but in cooperation with dedicated community partners.

Following a Community Health Needs Assessment (CHNA), completed in 2016 in coordination with our local health department and with input from local health and human service providers, a three year Community Service Plan (2016-2019) was developed. We were tasked by the New York State Department of Health (as were all NYS hospitals and local health departments) to cooperatively prioritize our community needs and identify focus areas using the framework provided by New York State's Prevention Agenda.

Our Community Service Plan is our guide to the future and our compass. The priorities we identified for action over the next three years are: To "increase access to high quality chronic disease preventive care and management in both clinical and community setting in regards to colorectal cancer". To "increase the proportion of NYS babies who are breastfed". As described under each priority is a summary of the area of focus and progress we have made, as well as the challenges we have encountered.

Priority #1- Increase access to high-quality chronic disease preventive care and management in both clinical and community settings in regards to colorectal cancer, specifically, **to increase the percentage of adults aged 50-75 years who received a colorectal cancer screening by 5%**. By improving colorectal cancer awareness and screening more people we will be addressing an identified disparity: access to care.

According to the Centers for Disease Control and Prevention (CDC), lifestyle factors that may contribute to an increased risk of colorectal cancer include- lack of regular physical activity, a diet low in fruit and vegetables, a low-fiber and high-fat diet, being overweight and obesity, alcohol consumption, and tobacco use. Based on data from a New York State Department of Health research team, 30.9% of

Fulton County residents are obese, 23.7% have food insecurities, 21.2% report heavy or binge drinking. Twenty-nine percent of all adults in Fulton County smoke.

Accomplishments:

- Littauer Primary Care Centers (PCC) continues our efforts to identify those at risk for colorectal cancer and encourage those who meet the criteria to be screened.
- HealthLink Littauer, in cooperation with PCC's, encourages participation in evidenced-based self-management programs for patients with a chronic condition or for those who are the caregiver to a person with a chronic condition.
- HealthLink Littauer & Fulton County Public Health continue their efforts to increase community awareness of risk factors and the need for screening at health fairs, community and worksite wellness events, and through social media.
- On May 9, 2017, HealthLink Littauer hosted a "Healthy Neighbor Event" in collaboration with Cancer Peer Services & New York Oncology Hematology. Over 50 farming family members were educated on best practices for the prevention of colorectal, breast and prostate cancer while they enjoyed a healthy meal. Nathan Littauer Providers were on site to answer questions and promote health literacy and communication. Insurance navigators were present to answer questions and set appointments for uninsured community members.
- HealthLink Littauer continues to offer ongoing community health and wellness education and referral, including cholesterol, glucose, blood pressure, and BMI screening as well as programs and events to engage community members in increasing physical activity (Tai Chi for Arthritis, hikes, Zumba, Yoga, in addition to fall prevention programs for seniors).
- Registered dietician provide outpatient nutrition counseling (as requested by provider) as well as nutrition specific community education programs including CORE 4, an evidence-based weight management program.
- Nathan Littauer Hospital in partnership with the NYS Cancer Services program offers breast, cervical and colorectal screening free of charge to uninsured and under insured community members.
- Nathan Littauer Hospital produced media campaigns including: "100 reasons to get a mammogram" which ran in our local newspaper every day during the month of October in 2016 and 2017 and A Social media campaign "What is scarier than a colonoscopy" to promote colorectal screening. The campaign ran daily for 31 days in 2016. Bill boards were created to increase awareness of breast cancer prevention.

Challenges Include:

- Not having dedicated staff time to plan, implement, evaluate and track activities.
- Engagement of our target population- to accept the severity of the problem for our community and empowering each person to do something about their health such as: smoking cessation, weight management, and increasing physical activity.
- Access to research-based interventions is limited as is the monitoring/tracking/process strategies.

- Access to public transportation for community members to get to classes and events is limited.
- Personal support systems of patients are limited which prevents them from accessing care. For example, not being able to complete a colonoscopy because no one is available to monitor at home post-procedure.

Priority #2- Promote healthy women, infants and children, **specifically focus on increasing the proportion of NYS babies who are breastfed.** Infants who are breastfed are less likely to be obese, develop respiratory and gastrointestinal infections, have lower risks of childhood cancers, developing asthma, and have a lower risk of Sudden Unexpected Infant Death (SUID). Mothers also benefit from breastfeeding. Evidence shows that moms who breast feed have a decreased risk of developing breast and ovarian cancer, they have less incidences of postpartum depression, osteoporosis, and they are more likely to return to their pre-pregnancy weight.

Accomplishments:

- Nathan Littauer Hospital is one of the few, International Board Certified Lactation Consultants (IBCLC) in the region.
- Nathan Littauer Hospital has increased access to care for breastfeeding moms by creating two new breastfeeding support groups at two new locations and times. In addition a “Beyond Moms”, a group was also formed for family members or support people of breastfeeding mothers.
- Nathan Littauer Hospital was able to obtain funding enabling the distribution of a baby box to every baby born at our hospital for 1 year. According to some studies, baby boxes are proven to decrease the rate of Sudden Unexpected Infant Death (SUID). Each baby box contained supplies and educational material including access to Baby Box University which supports safe sleeping and breastfeeding efforts.
- Nathan Littauer Hospital celebrated World Breast feeding week on August 2, 2017 with over 100 community members. After a healthy dinner attendees were welcome to meet with our Providers to answer any questions or to learn about services offered. Multiple other community agencies attended, including local law enforcement who offered fingerprinting to children, Mamava, a business that provides portable breastfeeding stations for events and Fulton County Public Health. Hospital staff and community members volunteered to show support of breastfeeding efforts.
- Nathan Littauer Hospital has designated multiple areas for moms to breastfeed on our hospital campus. There is a room in the Nursing Home, on the 2nd floor and on the 3rd floor. There is a pump available for anyone that needs it on the 3rd floor. HealthLink Littauer has also designated a room in their Johnstown location.
- Since January of 2017, 100 percent of Nathan Littauer Hospital’s maternity staff has completed the 20 hour module “10 steps to successful breastfeeding”.
- In October 2017, Nathan Littauer hospital became a Milk Depot.

Challenges Include:

- Little access to practical, research-based interventions.
- Little access to monitor/track/process strategies.
- Our experience shows us that Medicaid recipient moms are less willing to breastfeed their children. We will focus more directly on this demographic and collaborate with our Providers, community education department and local health departments to continually improve their participation.