

NYACK HOSPITAL COMMUNITY SERVICE PLAN 2009 TO 2011

Nyack Hospital's Community Service Plan is a reflection of the Hospital's commitment to improve the health of Rockland County residents. In order to determine priorities for improvement in public health, the Hospital sought input from the community and actively participated in the Rockland County Department of Health's Community Health Assessment process. As a result of this collaborative process, Nyack Hospital has chosen three Public Health Priorities on which to focus its outreach and prevention activities through 2011:

**Mental Health
Obesity and Diabetes
Breast Cancer**

A summary of the Community Service Plan for these three Public Health Priorities is as follows.

Collaborative Planning Process for Enhanced Mental Health Services in Rockland County

Need

Nyack Hospital has recognized that the Mental Health services delivery system in Rockland County is fragmented, particularly in regard to the lack of a hospital based inpatient psychiatric unit. Further support for the need to address the mental health system is shown in the results of the 22 focus groups conducted by the Rockland County Department of Health (DOH) as part of their 2010-2013 Community Health Assessment. Mental Health was ranked as priority #2 out of the 9 choices given. There was concern over the reduction and accessibility of a number of Mental Health services across the health system. The DOH Public Health Priorities Steering Committee determined that one of the greatest needs was to advocate for residents in crisis and to increase the availability of intensive case management services that include Mental Health treatment.

Program Description

In August of 2009, Nyack Hospital hired consultants from TRG Healthcare to facilitate a collaborative effort by the Hospital and State and County officials, to develop a plan that would improve access and continuum of care within Rockland County's Mental Health services delivery system. A Work Group was formed and a comprehensive assessment of the mental health resources within the county was conducted.

Based on this assessment, the Work Group proposed a business model/service configuration for the development of a comprehensive Psychiatric Emergency Program including the relocation of Rockland County's Intake Center and Inpatient Service to Nyack Hospital. The financial implications of the proposal were profiled in relationship to the various participants in this collaborative effort. Additional financial and operational analysis is being conducted in order to assess project feasibility in more detail.

Partners

Rockland County Department of Mental Health
NY State Office of Mental Health

Goal

The goal of this ongoing collaborative effort is to produce a final feasibility analysis that is endorsed by all participating State, County, and Nyack Hospital officials.

LTW (Lose to Win): Reduction of Obesity and Prevention of Diabetes

Need

According to the NY State Strategic Plan for the Prevention and Control of Diabetes, research studies conducted by the State's Diabetes Prevention Program (SDPP) and others have shown that obesity and a sedentary lifestyle are modifiable risk factors for people with, or at risk for, type 2 diabetes. People with pre-diabetes will likely go on to develop type 2 diabetes within 10 years unless they make modest changes in their diet and level of physical activity. Moreover the U.S. Surgeon General has declared obesity in children and adolescents in the United States an epidemic. Some of reasons for this trend are a lack of physical activity and the increased consumption of fast foods that are high in calories and fat. The more overweight children are the greater is their risk of developing diabetes. Adolescents are being diagnosed with type 2 diabetes at an alarming rate. According to the National Institutes of Health, for persons born after the year 2000, one in three of those persons will develop diabetes in their lifetime if they do not make healthy lifestyle changes. According to the 2007 Rockland County DOH Steps Youth Survey, 27% of the County's high school students are overweight or obese, and 86% eat less than the recommended 5 or more fruits and vegetables per day. As for diabetes in Rockland County, the CDC's BRFSS (Behavioral Risk Factor Surveillance System) reports show that the prevalence in adults has risen from 6.6% in 2003 to 9.0% in 2008.

Program Description

Nyack Hospital's **LTW** program for adults is an 8 week community based program facilitated by specially trained members of the community. **LTW** incorporates specific ethnic, cultural, and religious food preferences into healthier meal plans. Handouts are available in English, Spanish, Creole and French. Program participants receive a pedometer and enroll in the Rockland County DOH walking program. Eli Lilly and Company has donated "Nutrition in the Fast Lane: a Guide to Nutrition and Dietary Exchange Values for Fast Food" for every participant.

Through 2011 Nyack Hospital will expand its fight against overweight and obesity. A "**Donate to the Cause**" Campaign has been initiated. The campaign asks Rockland County residents to "contribute a few pounds" for the health of the County and incorporates the following activities.

- In collaboration with the Rockland County DOH, raise awareness of the County's overweight/obesity problem; utilize various media to communicate inspiring healthy hints and encourage local restaurants to name specific **LTW** low calorie meals on their menus.
- Continue to implement the eight week **LTW** Programs

- Implement a 12 week **LTW** Program for Teens in school districts identified by school nurses, to have students who would benefit from the program. The first program was conducted at Nyack High school in February 2010.
- Continue current Diabetes Self Management Training Programs.
- Conduct risk assessments for diabetes throughout the County.
- Collaborate with the local Lions Club to raise community awareness of diabetes, its prevention and disease management.

Partners

Rockland County DOH, Nyack High School, Dominican College, Nyack College, American Diabetes Association, Lions Club, Hudson River Health Center, Senior groups, Faith based organizations, Corporations participating with the Rockland County DOH Worksite Wellness Program, Libraries, Community Action Plan.

Goal

From 2009 to the end of 2011, the goal of Nyack Hospital's **LTW** Program is to motivate 1000 Rockland County overweight or obese residents to lose an average of five pounds over three years. ***They will "Donate to the Cause" a total of 5000 pounds.***

Breast Cancer Screening for Underserved Women

Need

The incidence of breast cancer in Rockland County is consistently rated one of the highest in New York State, which increasingly reflects not only underlying epidemiological phenomena but also vigilant screening that identifies treatable cancers at a much earlier stage. According to the NY State Department of Health Cancer Indicators for 2002-2006, the age-adjusted incidence per 100,000 of female breast cancer for Rockland County is 131.1, significantly higher than the NY State incidence of 118.9. Because underserved (uninsured and underinsured) women present with breast cancer at a later stage and tend to have higher mortality rates due to lack of targeted preventive services, it is essential for Nyack Hospital to continue to enable these women to have access to annual breast cancer screening. 1400 underserved women in Rockland County received mammography screenings in 2008. However this number decreased to 1105 in 2009, primarily due to decreased funding for women aged 40-49.

Program Description

In collaboration with the RCCP (Rockland County Cancer Services Program), Nyack Hospital offers special programs to target underserved women for breast cancer screening and to provide resources for needed interventions. The Hospital offers a comprehensive continuum of care for breast cancer patients. Its Breast Center features a one-stop experience for breast cancer prevention, diagnosis, treatment, and support, with access to state of the art technologies, clinical research protocols and supportive therapies. The Center now provides state-of-the-art mammograms through utilization of the GE Healthcare Digital Mammography System. In the spring of 2009, Nyack Hospital recruited Dr. Patricia Joseph a dedicated breast surgeon with special interest in community outreach and education, as Director of Breast and Women's Health Prevention Services. Fund raising efforts to support services for the underserved, and to enable Nyack Hospital to offer state of the art technology continue. The Kennedy Funding Invitational Tennis Tournament has been raising funds for the Hospital's Breast Center since 2007. The Hospital received a

Susan G. Komen Foundation grant for 2010/2011 which is targeted for women aged 40-49 and the RCCSP supports screenings through their receipt of federal and state funds.

Partners

Rockland County Cancer Services
Rockland County Department of Health
Susan G. Komen, Greater NY Affiliate

Goals

Nyack Hospital is committed to re-screening a minimum of 1100 underserved women for breast cancer during the 2010/2011 time period.