

Community Benefit 2018

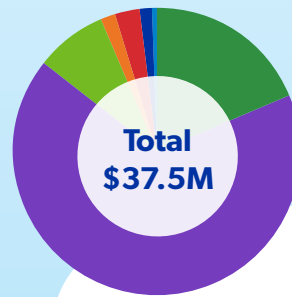
Investing in the Social Determinants of Health

Healthcare is undergoing significant transformation, and with it, a growing focus on integrating care activities with public health, community-based organizations and social support services. In 2018, SCL Health completed Community Health Needs Assessments for six of our eight hospitals. Persistent health needs in behavioral health, substance abuse and cardiovascular disease continue to be prevalent. However, we are also seeing needs prioritized for root cause areas like housing and economic development. These social determinants of health reveal the next generation of community benefit and health improvement investments, further amplifying the need to incorporate population health strategies to leverage multi-sector stakeholder engagement. The 2018 Community Benefit report highlights all of these trends and moves our health ministry toward greater impact on building a culture of health and overall well-being.

SCL Health Community Benefit 2018



Lutheran Medical Center
WHEAT RIDGE, CO



System Total \$242M

- Subsidized Health Services
- Government Shortfalls
- Financial Aid and Charity Care
- Community Health Improvement Services
- Health Professions Education
- In-Kind Contributions
- Other Means-Tested Government Programs

Lutheran Medical Center | Wheat Ridge, CO

In 2018, Lutheran Medical Center participated in the collaborative **Community Health Needs Assessment** process for Jefferson County. Through ongoing work with its community partners, Lutheran Medical Center has committed to shared goals focused on improving health outcomes in the community.

More than **200** community members and organizations contributed to the needs assessment.

Mental illnesses are among the most common health conditions in the United States.

In 2018, SCL Health continued its efforts to support the ongoing need for mental health awareness, education and prevention by offering a variety of mental health trainings to community members and associates. Offering these additional training opportunities allowed SCL Health to educate individuals around stigma reduction, suicide prevention and trauma-informed attitudes.

Over **2,000** individuals trained

23% increase from 2017

4 new Mental Health First Aid instructors trained



1 in 5 U.S. adults experience mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

Montana and Colorado are among the **top 10 states** with the **highest suicide rates**

Depression is the leading cause of disability worldwide



Lutheran Medical Center Initiatives

FRIENDS DON'T LET FRIENDS FALL

In 2018, the third most common reason for an individual to visit the Lutheran Emergency Department was trauma related to falling down. Through partnership with the Arvada Fire Protection District, Lutheran Medical Center created a falls prevention program designed around an obstacle course. The course is a fun and effective way for participants to build confidence and train muscles on fall avoidance. In 2018:

311 community members participated

Participants **reduced their fear of falling by more than 100%**



JOURNEY OF RECOVERY

The Recovery Nurse Advocate Program at Lutheran Medical Center is designed to support mothers struggling with addiction through home visitation and connection to resources. Participants are provided with prenatal and pediatric care, substance abuse and mental health counseling, as well as social supports such as health insurance, stable housing, food and transportation to provider visits. Program outcomes include:

Increased number of mothers who remained abstinent for at least 12 months

Increased number of babies able to remain in the home

HEAL FOR HEALTH

In Jefferson County, one in 10 residents is food insecure and 37% are overweight. As part of its commitment to helping the community eat healthy and stay active, Lutheran Medical Center joined forces with the HEALTHY Wheat Ridge program – an initiative connecting community members with opportunities to increase healthy eating and active living. In 2018:

526 participants

17 free Heart Health Week activities

Collaboration with 15 community partners



Friend Don't Let Friends Fall

In 2018, the third most common reason for an individual to visit the Lutheran Emergency Department was trauma related to falling down. Vulnerable elders represent the vast majority of this population, with most individuals living in the community surrounding Lutheran Medical Center. This phenomenon is due to a confluence of a variety of social factors related to aging, including limited access to education about preventing falls, lack of resources to make modifications that would create a safer environment and diminished social connections and community connectivity.

One fall prevention program, researched and tested in the Netherlands, takes older adults through an obstacle course designed to teach them how to navigate different types of terrain. The course is a fun and effective way to build confidence and train muscles to respond to falling in a safe and supervised environment. A group of Lutheran Medical Center associates recently traveled across the Atlantic to attend the first English-speaking training course on the "Nijmegen Falls Prevention Program." The program, featured in the *New York Times*, is being rolled out for the first time in the U.S. in Jefferson County.



The obstacle course simulates fall hazards encountered during daily activities. Obstacles such as the "Belgian Sidewalk" (a wobbly, wooden sidewalk affectionately named for the Netherlands' southwestern neighbor) challenge balance and coordination, while heightening awareness and teaching safe strategies for negotiating dangerous situations.

With the support of local partners such as the Arvada Fire Protection District, Lutheran Medical Center is able to target those with the highest need for fall prevention education and successfully encourage them to participate in the obstacle course.

This hands on, experiential approach differs greatly from traditional approaches which have poor attendance and high dropout rates. Lutheran Medical Center found many older adults do not self-identify as having a risk of falling, which could explain this trend. The SCL Health workshop, dubbed "Friends Don't Let Friends Fall" has successfully reduced participants' fear of falling by more than 100% since its launch in late 2018. Eleven sessions in total have been attended by 311 community members.

Journey of Recovery

Through the 2018 Community Health Needs Assessment, the community identified access to mental health and substance use treatment as a top priority. The Recovery Nurse Advocate Program (RNAP) at Lutheran Medical Center is designed to support mothers struggling with addiction through home visitation and connection to resources. Patients are eligible during pregnancy and for up to one year post-partum. A nurse advocate guides patients to ensure access to the following: prenatal and pediatric care, substance abuse and mental health counseling, health insurance, stable and safe housing, food, clothing and transportation to provider visits. Education about addiction/substance use effects on pregnancy, labor and delivery and caring for a newborn experiencing withdrawal is also provided.

Community partners are engaged to offer each mom an

experience tailored to her needs. In 2018, a variety of organizations, including Aspen Center, A Precious Child, All Health Network, Family Tree, Joshua Station, Stride and WIC, supported the moms in RNAP.

Since the start of the program in September 2016, 109 referrals have been received, with 47 enrolling in the program. Five individuals completed the length of the program, have maintained custody of their children and are actively participating in their recovery. There are currently 15 participants enrolled in the program.

To date, outcomes include an increase in the number of mothers who remain abstinent for a minimum of 12 months as shown through random drug testing and an increase in the number of babies able to remain in the home. Future studies in 2019 will look at breastfeeding rates and NICU admissions as further evidence of impact.

Food as Medicine

2018 saw the beginning of a pilot program called Food Farmacy, an initiative focused on patients with diabetes who identify themselves as food insecure. In Jefferson County, 5.6% of the adult population is diagnosed with diabetes. The Food Farmacy offers community members an opportunity to learn about controlling their disease through education, access to healthy foods and lifestyle modifications.

The program is held at the Food Farmacy, once a week for two hours. Participants gather around the community table and enjoy beverages while a registered dietician discusses education about food choices and reviews recipes provided for the week. The Lutheran Medical Center chef provides a healthy food sampling from one of the weekly recipes, followed by a diabetic educator facilitating a 30-45 minute discussion on diabetes topics. After lively discussion, participants meet one-on-one with



a social worker to address areas of need, set goals and complete a depression screening. Referrals are made to other community organizations when necessary to meet individual needs. Through partnership with Lyft, transportation is also provided if needed. Participants are invited to shop for healthy foods before heading home.

The program is cost-covered and early results of the pilot are encouraging. Not only have all participants shown improved scores around mood and feelings of isolation, they have also demonstrated signs of better control and management of their diabetes.

Please visit the Lutheran Medical Center website to access the full Community Health Needs Assessment:

<https://www.sclhealth.org/locations/lutheran-medical-center/about/community-benefit>



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