

Lakeside Medical Center

Community Health Implementation Plan

2022



COMMUNITY HEALTH IMPLEMENTATION PLAN

2022



Date Approved by Authorized Governing Board: September 7, 2022

Introduction

In 2022, Lakeside Medical Center spearheaded a Community Health Needs Assessment (CHNA) for the hospital's service area, the Glades Region of Palm Beach County, Florida. Service area demographics and health data was collected for the assessment to enable and guide the hospital, local health department officials, and community leaders to identify strategic health issues that present areas of concern, gaps in care or services, and opportunities for improvement. The information was used to develop and implement the Implementation Plan, which focuses on improving health outcomes by identifying and utilizing community resources and forming collaborative partnerships for strategic actions, while accounting for the community's needs.

The Implementation Plan uses evidence-based strategies that align with the community's strategic health issues identified in the CHNA. The purpose of the Implementation Plan is not only to focus attention and resources on the health priority areas, but to continuously monitor and evaluate progress towards these priorities.

The Implementation Plan identifies the goals, outcome measures, strategies, activities, and process measures for the following priority areas:

- Focus on Prevention through Workshops and Nutrition Education
- Participation in Health Fairs and Community Events

The Implementation Plan utilizes evidence-based strategies that align with the community's strategic health issues identified in the Community Health Needs Assessment. The purpose of the Implementation Plan is not only to focus attention and resources on the two health priority areas selected, but to continuously monitor and evaluate progress towards these priorities.

Goals and Strategies

The goals and proposed strategies selected for the Lakeside Medical Center Implementation Plan are:

Goal 1: Focus on Prevention through Workshops and Nutrition Education

- Strategies will include workshops both in the community and workshops hosted at the hospital to increase residents' awareness and knowledge related to a variety of health topics that may include Diabetes, Nutrition and Healthy Eating, Importance of Physical Activity, Importance of Prenatal Care, Breastfeeding, Stress Management, and other General Health and Wellness topics

Goal 2: Participate in Health Fairs and Community Events

- Strategies will include efforts to go out into the community or invite the community to the hospital for health fairs and community events that may include interventions like Health screenings, Fitness demonstrations, Healthy food samples, Educational health content, and Local health and wellness resources that are available.

Goal 1: Focus on Prevention through Workshops and Nutrition Education

Preventable risk factors have a significant impact on individual health. Risk factors like smoking, high blood cholesterol, diets high in cholesterol and saturated fat, sedentary lifestyle and obesity have a direct relationship with many conditions, including cardiovascular diseases. As of 2019, 24.3% of adults in Palm Beach County are obese. The prevalence of obesity is also high among mothers at the time pregnancy. In the Glades Region, 41.7% of pregnant mothers at the time of their child's birth were obese. Furthermore, in 2019, adults in Palm Beach County were hospitalized from coronary heart disease at a rate of 215.6 per 100,000 adults.

The opportunity to address risk factors that negatively impact health outcomes in Lakeside Medical Center's service area were identified as a priority area for the Implementation Plan. Some of the factors identified by the Needs Assessment advisory group, focus group participants, and key informant interviews included chronic conditions such as diabetes, high blood pressure, heart disease, obesity, and cancer. Risk factors like smoking, high levels of sugar consumption, eating too much fast food, fats and cholesterol, as well as sedentary lifestyles were identified through key informant interviews and focus groups. By implementing strategies to address these issues it is the hope that residents will engage in prevention efforts and reduce the incidence and prevalence of diabetes, overweight and obesity, and cardiovascular diseases.

Goal 1: Focus on Prevention through Workshops and Nutrition Education

Objective 1.1: Decrease the percentage of adults who are obese in Palm Beach County from 24.3% (2019) to 23.8% by December 31, 2025.¹

Objective 1.2: Decrease the percentage of births in the Glades Region to obese mothers at the time pregnancy occurred from 41.7% (2020) to 40.7% by December 31, 2025.²

Objective 1.3: Decrease the percentage of adults who have been hospitalized from or with coronary heart disease in Palm Beach County from 215.6 per 100,000 (2019) to 205.6 per 100,000 by December 31, 2025.³

Strategies	Activities	Process Measures	Possible Partner Agencies
Strategies will include efforts to increase residents' awareness and prevention knowledge to improve their health outcomes	<p>Activities may include:</p> <ul style="list-style-type: none"> • Hold provider led prevention workshops on a variety of health topics in the community • Provide nutrition education workshops including healthy recipes and cooking techniques 	The hospital will promote/facilitate the collection of data on the effectiveness of the programs, services, and/or interventions (e.g., pre- and post-test)	<ul style="list-style-type: none"> • Diabetes Coalition of Palm Beach County • American Heart Association • Palm Health Foundation • UF/IFAS Family Nutrition Program • Lake Okeechobee Rural Health Network • St. John Missionary Baptist Church • Community United Methodist Church • Grace Fellowship BRIDGES at Belle • Glade BRIDGES at Pahokee

¹ Florida Behavioral Risk Factor Surveillance System

² Florida Health CHARTS, Florida Department of Health, Bureau of Vital Statistics, 2020

³ Florida Agency for Health Care Administration (AHCA), 2019

Best Practices & Evidence-Supported Initiatives

As the saying goes, an ounce of prevention is worth a pound of cure. Historically, data has proven out that prevention can reduce risk factors that lead to chronic diseases, slow their progression, and improve overall health. Prior work of the Bipartisan Policy Center's Prevention Task Force included recommendations to invest in prevention as a way to improve health outcomes. To achieve this goal, recommendations included better connecting clinical providers and community organizations and their efforts. Studies have documented success from these community - provider initiatives. One such example included a YMCA Diabetes Prevention Program as a working example where community group-based interventions promoting healthy eating and physical activity found that participants lost 5 to 7 percent of their body weight, reducing their likelihood of developing type-2 diabetes. Similar studies in Minnesota and Rhode Island have demonstrated success with community-based cardiovascular disease prevention programs that focused on reducing risk factors like smoking, high blood cholesterol, diet high in cholesterol and saturated fat, hypertension, sedentary lifestyle and obesity. Other studies have shown success with community led prenatal education to improve the overall health of the mother and baby.

Community Resources and Possible Partner Agencies

Diabetes Coalition of Palm Beach County

American Heart Association

University of Florida Institute of Food and Agricultural Sciences Family Nutrition Program

Palm Health Foundation

Palm Beach State College

Lake Okeechobee Rural Health Network

St. John Missionary Baptist Church

Community United Methodist Church

Grace Fellowship

BRIDGES at Belle Glade

BRIDGES at Pahokee

Goal 2: Participate in Health Fairs and Community Events

According to the American Diabetes Association, 11.3% of the United States population had diabetes in 2019. That same year, 10.5% of Palm Beach County residents had been told they have diabetes. In Lakeside Medical Center's service area, the Glades Region of Palm Beach County, there has been a steady increase in deaths due to diabetes from 2016 to 2020. This increased prevalence of diabetes in the community impacts many health conditions including diseases affecting the heart, eyes, kidneys, nerves, feet, skin, thyroid gland, sexual function, oral health, mental health, and as noted early deaths.

The opportunity to address diabetes, that is negatively impacting health outcomes in Lakeside Medical Center's service area, was identified as a priority area for the Implementation Plan. Some of the factors identified by the Needs Assessment advisory group, focus group participants, and key informant interviews included diabetes being highlighted as a key health issue that respondents personally are impacted by or someone in their family or community struggle with.

Goal 2: Participate in Health Fairs and Community Events

Objective 2.1: Decrease the percentage of adults who have ever been told they have diabetes in Palm Beach County from 10.5% (2019) to 10.0% by December 31, 2025.¹

Objective 2.2: Decrease the rate of hospitalizations from or with diabetes among residents in Palm Beach County from 1,845.8 per 100,000 (2019) to 1,810.8 per 100,000 by December 31, 2025.²

Objective 2.3: Reverse the trend from 2016 to 2020 where data showed an increased number of deaths due to diabetes in the Glades Region by December 31, 2025.³

Strategies	Activities	Process Measures	Possible Partner Agencies
Strategies will include efforts to increase residents' knowledge of diabetes and diabetes resources.	Activities may include: <ul style="list-style-type: none"> • Participate in health fairs where residents can come and receive an A1c screening test along with other screenings • Participate in community events where healthy and nutritious foods designed for people living with diabetes can be distributed 	The hospital will promote/facilitate the collection of data on the effectiveness of the programs, services, and/or interventions (e.g., pre- and post-test)	<ul style="list-style-type: none"> • Diabetes Coalition of Palm Beach County • UF/IFAS Family Nutrition Program • Lake Okeechobee Rural Health Network • St. John Missionary Baptist Church • Community United Methodist Church • Grace Fellowship BRIDGES at Belle • Glade BRIDGES at Pahokee • Local farmers to provide fresh produce

¹ Florida Health CHARTS, Florida Behavioral Risk Factor Surveillance System telephone survey conducted by the Centers for Disease Control and Prevention (CDC) and Florida Department of Health Division of Community Health Promotion, 2019

² Florida Health CHARTS, Florida Agency for Health Care Administration (AHCA), 2019

³ Florida Health CHARTS, Bureau of Vital Statistics, 2021

Best Practices & Evidence-Supported Initiatives

Recent estimates claim that many individuals are not fully self-aware of their risk for diabetes. Misperceptions and lack of knowledge of their actual risk can put them on a fast track to developing diabetes if they do not reduce risk factors such as being overweight or obese, smoking, and physical inactivity. Identification of individuals who are undiagnosed cases or at high risk is paramount before any intervention program can be launched to improve diabetes and cardiovascular disease factors in community settings. A 2016 study in the Journal of Diabetes Research looked at the benefit of community outreach events where A1c screenings were performed. The findings indicated that community-based screenings were an effective way to assess diabetes risk. Linking diabetes screenings with referrals to lifestyle programs for high risk individuals can help reduce the burden of diabetes.

A co-occurring challenge to individuals with diabetes and individuals at risk for diabetes is access to healthy food. This is especially problematic for low-income food insecure populations. The 2019 poverty level for the Glades Region was 41% indicating a significant number of low-income food insecure residents. To address the barrier to healthy food, a Feeding America Diabetes Initiative has been involved in a multi-year initiative looking at several programs to help bring healthy foods to low-income food insecure populations. The community-based initiatives showed success through partnering in the community with food banks and other organizations to help bring healthy food to adults with diabetes.

Community Resources and Possible Partner Agencies

Local Farmers

Diabetes Coalition of Palm Beach County

University of Florida Institute of Food and Agricultural Sciences Family Nutrition Program

Palm Beach State College

Lake Okeechobee Rural Health Network

St. John Missionary Baptist Church

Community United Methodist Church

Grace Fellowship

BRIDGES at Belle Glade

BRIDGES at Pahokee

Conclusion

The Lakeside Medical Center's Implementation Plan was guided by community stakeholders and builds upon local initiatives. This plan aims to tackle some of the health issues in the community. Prevention, screenings, and healthy foods not only to address the measurable health conditions like diabetes and cardiovascular disease, but also the downstream impact on numerous other conditions and the overall health and wellbeing of our residents. Strengths in Lakeside Medical Center's service area such as the tightness as a community, their faith-based community, and the local agriculture in the community can be used to improve the health of the community. This Implementation Plan will aid and guide planning, foster collaborative and capacity building, and ultimately promote the well-being and quality of life for residents in Lakeside Medical Center's service area.