



SUBURBAN HOSPITAL

Community Health Improvement Report

2017–2018



STRENGTHENING A CULTURE OF HEALTH

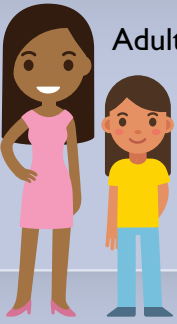

HEALTH EQUITY

When looking through the **HEALTH EQUITY** lens, 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.



Montgomery County Youth at a Glance

- 34.7%** of Hispanic high school students felt sad or hopeless.
 - 16.4%** of Hispanic adults have some college education or an associate degree.
 - 52.1%** of African-American high school students describe their health as “very good” or “excellent.”
- African-American youth are about half as likely as their white counterparts to get mental health care, despite having similar rates of mental health problems.

Barriers	How Suburban Addresses the Lenses Through Its Programming	Our Partners
 <p>Adult Role Models</p>	<ul style="list-style-type: none"> • Health Partner with Montgomery County Girls on the Run • #JustGirlsSocialClub Program 	<ul style="list-style-type: none"> • Girls on the Run
 <p>Health Literacy Education</p>	<ul style="list-style-type: none"> • Safe Sitter® Program at Linkages to Learning sites • Medical Exploring program at Suburban Hospital • Parenting Seminars 	<ul style="list-style-type: none"> • Safe Sitter; Linkages to Learning • Community Physicians • Johns Hopkins Community Physicians • YMCA Youth and Family Services • Parent Encouragement Program (PEP)

Our partners work across sectors to address complex health and social challenges our community encounters in their everyday lives.

HEALTHY BEHAVIORS

When looking through the **HEALTHY BEHAVIORS** lens, we provide individuals and families with the knowledge and tools to make choices that lead to the healthiest lives possible.



Montgomery County Seniors at a Glance

60% of Suburban inpatient and outpatient visits were 65+.

24.3% of people aged 65+ live alone in Montgomery County.

47.2% of adults living in Montgomery County do not exercise regularly.

Barriers

How Suburban Addresses the Lenses Through Its Programming

Our Partners

Loneliness

- Support Groups:
- Diabetes Support and Continuing Education
 - Better Breathers Club
 - Type 1 Support Group
 - Caregivers Support Group
 - Caregivers Support Group for Cancer Caregivers
 - Prostate Cancer Support Group
 - Head and Neck Cancer Support Group
 - Talk and Walk
 - Mall Walking Program
 - Memory Cafés

- American Lung Association
- JDRF
- OASIS Montgomery
- HCI Volunteer Helping Hands
- Lakeforest Mall
- Alzheimer's Association

Depression/
Anxiety

- Mindfulness Meditation
- Chronic Disease Self-Management Program
- Village Ambassador Alliance
- Healthy Lifestyles Classes

- The Mindfulness Center
- Quality Health Innovators

Sedentary Lifestyle

- Senior Shape Exercise Program
- Tai Chi
- Gentle Yoga for Seniors
- Pilates for Seniors

- Montgomery County Recreation Department
- Prince George's County Department of Parks and Recreation

Chronic Health Conditions

- Nutrition:
- Suitland Dine and Learn Program
 - Healthy Choices
 - Healthy Weigh
 - Healthy Cooking Classes
- Diabetes Education:
- Fine Tuning Your Diabetes
 - Pre-Diabetes Action Classes
 - Diabetes Self-Management Program
- Smoking Cessation:
- Freedom From Smoking

- Prince George's County Department of Parks and Recreation
- Prince George's County Health Department
- Quality Health Innovators
- American Lung Association






ACCESS TO CARE

When looking through the **ACCESS TO CARE** lens, 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.



Montgomery County Diversity at a Glance

53.1% Minorities are the fastest growing populations representing Suburban Hospital's Community Benefit Service Area.

Barriers	How Suburban Addresses the Lenses Through Its Programming	Partners
 <p>Location of Resources and Programs</p>	<ul style="list-style-type: none"> • MobileMed/NIH Heart Clinic at Suburban Hospital • MobileMed/NIH Endocrine Clinic at Suburban Hospital • Annual Hispanic Heritage Month Symposium* 	<ul style="list-style-type: none"> • MobileMed Inc. • National Heart, Lung and Blood Institute • National Institute of Diabetes and Digestive and Kidney Diseases
 <p>Language</p>	<ul style="list-style-type: none"> • Freedom From Smoking* • Diabetes Self-Management Program* 	<ul style="list-style-type: none"> • St. Catherine Labouré Catholic Church • American Lung Association • Quality Health Innovators
 <p>Resource Navigation</p>	<ul style="list-style-type: none"> • Chronic Disease Self-Management.* • Colorectal Cancer Education Program* <p>*Offered in English and other languages.</p>	<ul style="list-style-type: none"> • Montgomery Cares • Nexus Montgomery • Healthy Montgomery



BUILDING A HEALTHY COMMUNITY

Suburban Hospital is committed to the healthy future of our community. While the physical landscape has taken on many changes, over the past 75 years, our dedication to providing care and resources to our neighbors has remained unwavering. Suburban Hospital cares for those with chronic diseases, injuries, cancer, and addiction, including those who may be under- or uninsured, who do not speak English, or who need assistance when seeking medical care.

The community that Suburban Hospital serves is diverse in all aspects—racial and ethnic background, culture, life stage and socioeconomic status. While Montgomery County is home to some of the most affluent neighborhoods in the country and ranked No. 1 in health status in Maryland, many challenges exist when accessing health care. These challenges include more than just the complexities of treating a disease; they involve nuances such as personal choice, the policies and systems that frame the environment in

which we live, and the many complex connections within that environment that can help or hinder an individual from living their healthiest life.

When we make the promise to always be there when and where our community needs us most, it requires a deliberate approach. Using definitions shaped by the Robert Wood Johnson Foundation, we apply three different critical lenses—access to care, health equity and healthy behaviors—to everything we do.

HEALTH EQUITY

We ensure that everyone has the opportunity to live a healthier life, no matter who they are, where they live or their financial situation.

HEALTHY BEHAVIORS

We provide the knowledge and tools to make choices that lead to the healthiest lives possible.

ACCESS TO CARE

We create opportunities to promote and

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

Every three years, we conduct a community health needs assessment to identify priorities and deliver comprehensive services and programming to meet those priorities. We are pleased to present you with this report that illustrates our health improvement work; the priorities that are the most important to our community members; and the perspectives of our youth, seniors and diverse populations.

Our approach to community health improvement is a complex and critical part of what makes Suburban Hospital unique. Read on to learn about our programs and the committed members of our hospital staff who are creating significant and lasting changes in the health of our community.

Community Benefit FY17 UPDATE

This report illustrates the ways in which Suburban Hospital is carrying on its mission of “improving health with skill and compassion” by strengthening and improving communities that span both Montgomery and Prince George’s counties. Our framework for achieving significant and lasting changes requires cross-sector collaboration and leveraging the expertise of Suburban’s workforce.

CARING FOR OUR COMMUNITY FY17



In FY17, Suburban Hospital conducted **2,613** community health improvement programs, screenings, classes, seminars, and activities that served **69,489** individuals and dedicated **\$21,607,689.39** in community benefit contributions to support the needs of our residents.

Breast Cancer Nurse Navigator **Jamie Borns, R.N., B.S.N.**, started Suburban’s *Talk and Walk* program to provide breast cancer survivors with helpful tools and support. Survivors meet once a month at Washington Metropolitan OASIS in Westfield Montgomery to discuss topics such as treatment, research, nutrition and other issues affecting their lives. Following the discussion, participants walk together and share their experiences and challenges with fellow survivors. By creating a supportive environment to access health information and the clinical expertise of a nurse who specializes in breast cancer, the Talk and Walk program enables and promotes connections through the continuum of care to meet the needs of individuals.

In FY17, 24 Suburban Hospital departments partnered with local schools and nonprofits to identify 23 families experiencing financial hardships, assisting a total of 90 individuals during the holiday season. The *Adopt-A-Family* program focuses on meeting basic needs such as food and warm clothing, and hospital staff embrace this initiative as a commitment to caring for young children and families. For example, the hospital’s **Executive Team** leveraged the technical expertise of the **Maintenance and Engineering Department** to donate and assemble bicycles for three brothers and sisters who had never owned bikes. Not only did this fulfill a longtime wish, it helped promote physical activity and healthy behaviors in children who might not otherwise have had this opportunity.

The **#JustGirlsSocialClub** works to break down barriers to healthy living by focusing on self-empowerment and addressing health equity for girls ages 8 to 15 living in a local Montgomery County neighborhood. During monthly workshops, **Sara Demetriou**, program coordinator in the Community Health and Wellness Department, delivers hands-on, interactive sessions on nutrition, stress management, self-esteem, fitness and health, and personal safety. By holding these meetings steps away from their homes, Demetriou is able to increase the girls’ opportunities to be healthier, both physically and emotionally.

These are only a few of the ways that Suburban’s committed and talented staff gave of their time and resources to improve the health of our community members in FY17.