Suburban Hospital’s footprint has long been rooted in the community. In living out its mission of advancing health with skill and compassion, the services of Suburban’s workforce expand beyond the walls of the hospital and deep into Montgomery County, nurturing a healthy, vibrant and resilient community.

As an integral player in the local health care system, Suburban Hospital has built strong and long-standing relationships with a multitude of community partners in Montgomery County, including hospitals, government agencies, minority health initiatives, advocacy groups, academic institutions and community-based organizations. To influence good health, Suburban and its partners have adopted an innovative and structured approach to address the increasingly complex health and social issues we face as a society, such as the rising obesity epidemic, high occurrences of hospital readmissions and spiraling health care costs. This approach, known as collective impact, recognizes that no one organization can solve these complex issues alone. The collective impact approach calls for multiple entities from across different sectors to work in more than just a collaborative way but rather to align their individual agendas into one, with a shared common and measurable outcomes.

Because improving the health of our community means more than just addressing diseases, Suburban Hospital and its community partners have sharpened their health improvement lens to focus on three perspectives: unhealthy behaviors, health inequities and lack of access to care. Through a structured process referred to as Community Health Needs Assessment (CHNA), Suburban Hospital has taken deliberate steps to address the community’s most pressing health issues from these perspectives.

Suburban Hospital addresses these in a multitude of ways across various settings, and we are excited to share some highlights from 2015-16 with this Community Health Improvement Report. Hundreds of hospital medical providers and staff are connected to the hospital’s community health improvement and work daily to address the specific barriers identified by the needs assessment in order to learn more about the CHNA process and the ways in which Suburban Hospital supports programs and outreach to nurture a healthy community. For the full report, log onto suburbanhospital.org/CHNA.

The community benefit strategic plan supports the priorities of both the hospital and county CHNAs by tailoring and focusing the implementation of its programs to address the specific barriers identified by the needs assessment in order to learn more about the CHNA process and the ways in which Suburban Hospital supports programs and outreach to nurture a healthy community. For the full report, log onto suburbanhospital.org/CHNA.

For close to 75 years, focusing on the health and well-being of patients and families has been a fundamental focal point of Suburban Hospital’s workforce and operations. On a daily basis, Suburban Hospital employees dedicate their time and expertise to addressing the community’s most pressing health issues. For example, the hospital’s transition guide nurses Margie Hackett and Cathy Clark spend hours working with vulnerable patients and their families, ensuring a smooth transition from hospital to home. Along with fellow Suburban nurses, they also participate in the state’s Breast and Colon Cancer screening at the Johns Hopkins Montgomery County Campus, educating local elementary school students on the importance of healthy eating, physical activity and good nutrition. Margie and Cathy also educate residents in the area about the benefits of neighborhood-based organizations that create networks of neighbors who help one another remain in their homes as they grow older.

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**Health Status Snapshot**

The hospital serves a community that is diverse in its racial and ethnic background, culture, life stage and socioeconomic status. Although Montgomery County is home to some of the most affluent communities in the country, we are presented with many health challenges.

- Population: 1,016,677
- White non-Hispanics: 47.0%
- Black non-Hispanics: 17.0%
- Hispanic/Latino: 18.3%
- Asian/Pacific Islander: 14.0%
- 84.3 years Life expectancy of the average individual living in Montgomery County
- 8.2% of county residents smoke
- 57.4% are overweight or obese
- 18% of adults age 20 and older report having no physical activity and 11% are binge drinkers
- 11% of residents are uninsured
- 9.7% of residents are insured
- 10.4% of adults residents reported not being able to afford to see a doctor in the past year

In our Community Benefit Service Area: per 100,000 population

<table>
<thead>
<tr>
<th>Service Area</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Health-Related ER Visits</td>
<td>778.2</td>
</tr>
<tr>
<td>Diabetes-Related ER Visits</td>
<td>583.3</td>
</tr>
<tr>
<td>Heart Disease Deaths</td>
<td>111.7</td>
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<tr>
<td>Stroke Deaths</td>
<td>26.3</td>
</tr>
<tr>
<td>Pancreatic Cancer Deaths</td>
<td>18.9</td>
</tr>
</tbody>
</table>

**Health Equity: Reduce gaps in access to preventive services for vulnerable populations**

- 26,580 hours dedicated by Suburban staff to conduct deliberate health improvement initiatives to reduce health disparities
- 2,644 adults screened for hypertension at health fests, mall walking program, senior and community centers
- 57% of people screened had elevated blood pressure at the Spanish Speaking Health Festival
- 47 residents served through Suburban’s health improvement programs
- 950 residents in Montgomery County who have received vaccinations through the Knox for Shots health initiative program

**Healthy Behaviors: Promote healthy and active living**

- 8 Senior Shape locations in Montgomery County increasing physical activity levels among the senior population
- 1,100 senior exercise sessions held yearly across Montgomery County
- 15.73 average number of chair stands female Senior Shape program participants can do in 30 seconds

**Access to Care: Increase access to specialty care for low-income and uninsured residents**

- $14,093,000 in charity care
- 317 residents received cardiovascular care at the MobileMed/NIH Heart Clinic at Suburban Hospital
- 1.5 average number of times a patient visits the MobileMed/NIH Heart Clinic
- 3x increase in the number of patients treated for hypertension compared with previous year at the MobileMed/NIH Heart Clinic
- 1.1 average drop in diabetes HbA1C at the MobileMed/NIH Executive Clinic at Suburban Hospital
- 157 residents received free care at the MobileMed/NIH Executive Clinic at Suburban Hospital

**2016 Community Health Needs Assessment Process**

Suburban Hospital identifies priority health issues through local data and community surveys and uses this information to better integrate public health and health care to provide high-quality care for the improved well-being of our residents.

**Data Collection**

- Community Benefit Service Area high need zip codes, health survey distribution and collection
- Secondary Data Review (i.e. Healthy Montgomery County health rankings, visit counts, US Census)
- Input from public health experts and stakeholders (i.e. Community Benefit Advisory Council, Healthy Montgomery Steering Committee, community partners)

**Identified Health Priorities**

- Hypertension: 12%
- Obesity: 8%
- Maternal & Infant Health: 3%
- Behavioral Health: 23%
- Chronic Lower Respiratory Disease: 18%
- Diabetes: 18%
- Cancer: 10%
- Access: 8%

**Data Analysis**

- **Heart Disease**
  - 57.4% of adults age 20 and older report having no physical activity.
  - 11% of residents are uninsured.

- **Cancer**
  - 8.2% of county residents smoke.
  - 9.7% of residents are uninsured.

- **Obesity**
  - 57.4% are overweight or obese.
  - 18% of adults age 20 and older report having no physical activity.

- **Access to Care**
  - 26,580 hours dedicated by Suburban staff to conduct deliberate health improvement initiatives to reduce health disparities.
  - 2,644 adults screened for hypertension at health fests, mall walking program, senior and community centers.

- **Healthy Behaviors**
  - 8 Senior Shape locations in Montgomery County increasing physical activity levels among the senior population.
  - 1,100 senior exercise sessions held yearly across Montgomery County.

**Health ineqities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.**

— WORLD HEALTH ORGANIZATION