

Childhood Obesity

Obesity amongst children and adolescents is an issue that *must* be addressed. There are serious adverse long-term health consequences associated with being overweight and obese in childhood including asthma, depression, diabetes, heart disease as well as psycho-social issues and concerns. Childhood obesity is an alarming disease that has reached epidemic proportions in today's America. Nearly 55% of elementary school children are overweight or obese. Obesity does not discriminate and is a rampant problem in children of all racial and ethnic groups.

What have we done so far?

- SJHS formalized the formation of the Paterson Childhood Obesity Prevention Program Consortium ("Consortium") consisting of William Paterson University, New Jersey Community Development Corporation, and the Paterson Public Schools.
- St. Joseph's presented, "Parental perceptions as a risk factor of children's weight management concerns," to school educators and administrators, nurses, guidance counselors and other healthcare professionals during William Paterson University's Children's Health Issues Workshops.
- St. Joseph's Children's Hospital developed the Reaching Ultimate Student Health (R.U.S.H.) School-Based Wellness Program. In the 2014-2015 school year, 650 students were enrolled in school-based wellness program. Since program started in 2013, 1,000 students have been enrolled.
- St. Joseph's Outpatient Pediatric Nutrition Department conducts multiple clinics and programs throughout the Healthcare System, as well as individual nutrition counseling for children and their parents. One-on-one sessions are specific for children birth to 21 years of age with medical conditions ranging from obesity, failure to thrive, food allergies, hypertension, hyperlipidemia, eating disorders, all GI disorders, etc. Nutrition services were expanded to the Pediatric Subspecialty Clinic in Wayne. In an interdisciplinary approach to care, a clinical dietitian is available to counsel patients and their parents during their appointment with the gastroenterologist.

HIV/ AIDS Services

Passaic County has 2,546 people living with HIV/AIDS and Bergen County has 1,562.

What have we done so far?

- St. Joseph's addresses this community need by offering comprehensive care management services which includes medical, psychosocial and case management services to individuals diagnosed with HIV. Additionally, rapid testing to target those individuals who identify with at-risk profiles.
- In 2014: 1,204 patients were treated over 8,260 visits; 4,123 patients screened

Asthma Care

Passaic County reports a higher than average incidence of asthma than the other counties in New Jersey. To address this significant health need, St. Joseph's has developed a robust asthma education and outreach program.

What have we done so far?

- St. Joseph's Healthcare System offers ongoing provider, patient, and community education sessions. Recently, Neal Nakra, MD, attending Pediatric Pulmonologist at St. Joseph's Children's Hospital, presented on "Children and Asthma" to 40 school staff, mostly nurses, during a seminar entitled, "It's All About The Kids," held at William Paterson University in Wayne. Dr. Nakra described the presentation and symptoms of asthma, the management---both in school and at home, the treatment approach and management in the hospital and the various medications.
- St. Joseph's supports the asthma education for some of the largest employers in Wayne. In 2014, St. Joseph's staff provided asthma education during the health fairs conducted at BP and BAE Systems.
- St. Joseph's Healthcare System initiated a smoking cessation program, open to all members of the community.

Cardiac Services

Cardiac Services Heart Failure (HF) is the number one Medicare Diagnosis Related Group (DRG) across the United States. The disease is the primary reason for over 6.5 million hospital days per year. At St. Joseph's, inpatient volume has increased incrementally from 773 cases in 2005, to approximately one thousand cases annually.

What have we done so far?

- St. Joseph's has identified and partnered with sub-acute facilities that maintain a standard of excellence in post-acute cardiac care with the goal of providing expert cardiology care and preventing hospital readmissions, while improving standardized heart failure care and health-related quality of life in patients with this diagnosis.
- Working collaboratively with our Visiting Nurse Association, St. Joseph's offers care via telemedicine to our cardiac patients at home.
- Dr. Chirag Badami, attending cardiothoracic surgeon, and Ruthanne Braddock, Director of Nursing at St. Joseph's Wayne, educated the community at the North Haledon Community Health Fair. Educational materials were distributed and participants had their blood pressure measured.