

## **Childhood Obesity**

In Paterson, NJ a city of 87,000 children between the ages of 3 and 18, of which 33% are African American and 58% are Latino, the prevalence of obesity far exceeds national averages. The City lacks grocery stores, and many residents rely on the prevalence of fast food restaurants or convenience stores.

*What have we done so far?*

- 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.

## **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 offers ongoing provider, patient, and community education sessions. Partnering with the Paterson School District, St. Joseph's practitioners conducted asthma education during the Paterson School 13 Health Fair.
- S. Mark Kosinski, MD, PhD presented "Allergies and Asthma" to 12 parents in the Passaic Park community at a presentation in Dr. Samet's (a local pediatrician) office. Dr. Kosinski described the "allergic march" and explained the progression of allergies in children, beginning with food allergies in infancy. A robust Q&A period and discussion followed the presentation.
- St. Joseph's initiated a smoking cessation program open to all members of the community.
- Recognizing that asthma medication compliance is a significant issue, St. Joseph's partnered with local pharmacies to initiate an asthma prescription bedside delivery program for Emergency Department patients prior to discharge.

### **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?*

- The Outpatient Heart Failure Center (HFC) at SJRMC is designed to provide expert cardiology care and prevent hospital readmissions in its underserved largely multi-racial, multi-ethnic local population, while improving standardized HF care and health-related quality of life in patients with this diagnosis.
- St. Joseph's program is managed by two Advanced Practice Nurses. Most recently, an Innovation grant was awarded to this program to develop novel approaches to CHF patient education.

### **HIV/ AIDS Services**

Passaic County has 2,546 people living with HIV/AIDS and Bergen County has 1,562. Paterson has 41% (1,692) of the living cases of HIV/AIDS.

*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
- In 2014, St. Joseph's conducted 4,123 screenings