

St. Joseph's Health

Community Health Needs Assessment Implementation Strategy 2023-2025



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PRIORITIZATION CRITERIA

Key informants and hospital senior leadership ranked the identified needs based on two criteria:

1. **Scope & Severity** – the first rating was to gauge the magnitude of the problem in consideration of the following:
 - How many people are affected?
 - How does the local community data compare to state or national levels, or Healthy People 2020 targets?
 - To what degree does each health issue lead to death or disability, impair quality of life, or impact other health issues?
2. **Ability to Impact** – a second rating was designed to measure the perceived likelihood of the hospital having a positive impact on each health issue given available resources, competencies, and spheres of influence.

Outcomes and Impact Measures:

- Events and educational outreach programs and services provided.
- Participation in screening events
- Referrals for services, interventions, or higher levels of care based on screening outcomes and community engagements.
- Improvement in chronic disease management
- Increase in community's knowledge base and intent to change behavior.
- Collaboration with community agencies

Priority Areas:

Diabetes, Nutrition, Physical Activity & Weight

• Opportunities:

- Prevalence of Borderline/Pre-Diabetes
- Prevalence of Kidney Disease
- Food Insecurity
- Difficulty Accessing Fresh Produce
- Fruit/Vegetable Consumption
- Access to Recreation/Fitness Facilities
- Overweight & Obesity [Adults]
- Overweight & Obesity [Children]

Heart Disease & Stroke

• Opportunities:

- Leading Cause of Death
- High Blood Cholesterol Prevalence
- Overall Cardiovascular Risk

Mental Health

• Opportunities:

- "Fair/Poor" Mental Health
- Symptoms of Chronic Depression
- Mental Health Provider Ratio

Key Data Findings: Comparison to Benchmark

DIABETES NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Southern Passaic County	vs. Paterson	vs. Wayne	vs. NJ	vs. US	vs. HP 2023
Age-Adjusted Rate	22.9			18.2	22.6	
% Diabetes/High Blood Sugar	14.3	16.3	14.2	10.0	13.8	
% Borderline/Pre-Diabetes	17.3	20.9	13.5		9.7	
% [Non-Diabetics] Blood Sugar Tested in Past 3 Years	50.7	48.9	56.6		43.3	
Population With Low Food Access (Percent)	15.2			23.8	22.2	
% "Very/Somewhat" Difficult to Buy Fresh Produce	27.1	34.8	15.7		21.1	25.2
% 5+ Servings of Fruits/Vegetables per Day	20.5	16.6	19.1		32.7	27.3
% 7+ Sugar-Sweetened Drinks in Past Week	23.0	26.7	20.3			21.1
% No Leisure-Time Physical Activity	27.0	31.7	17.8	21.0	31.3	29.1

HEART DISEASE & STROKE	Southern Passaic County	vs. Paterson	vs. Wayne	vs. NJ	vs. US	vs. HP 2023
Diseases of the Heart (Age-Adjusted Death Rate)	157.4			6.2	6.1	5.6
% Heart Disease (Heart Attack, Angina, Coronary Disease)	6.2	4.2	10.6			
Stroke (Age-Adjusted Death Rate)	29.4			30.6	37.6	33.3
% Stroke	2.7	3.1	1.5	2.7	4.3	2.5
% Told Have High Blood Pressure	38.9	40.9	39.1	33.0	36.9	39.7
% Told Have High Cholesterol	39.6	42.1	39.3		32.7	36.6
% 1+ Cardiovascular Risk Factor	88.1	90.1	81.5		84.6	87.5

MENTAL HEALTH	Southern Passaic County	vs. Paterson	vs. Wayne	vs. NJ	vs. US	vs. HP 2023
% "Fair/Poor" Mental Health	20.3	22.7	18.1		13.4	13.6
% Diagnosed Depression	17.2	18.4	18.5	15.2	20.6	17.0
% Symptoms of Chronic Depression (2+ Years)	37.8	45.0	31.7		30.3	32.8
% Typical Day Is "Extremely/Very" Stressful	14.9	15.1	11.5		16.1	15.4
% Mental Health Has Worsened Since Pandemic	18.5	19.0	16.6			

MENTAL HEALTH CONT.	Southern Passaic County	vs. Paterson	vs. Wayne	vs. NJ	vs. US	vs. HP 2023
Suicide (Age-Adjusted Death Rate)	5.6			17.8	13.9	6.0
Mental Health Providers per 100,000	60.5			115.3	138.2	
% Taking Rx/Receiving Mental Health Treatment	13.9	12.7	22.8		16.8	12.5
% Unable to Get Mental Health Svcs in Past Yr	7.4	5.9	9.9		7.8	5.3

Note: In the section above, each subarea is compared against all other areas combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

Implementation Action Plan

The Implementation Action Plan is developed based on the findings and priorities established by the needs assessments. The Action Plan delineates the focus of SJ-Paterson’s community outreach and health improvement efforts over the next three years. With a commitment to achieving the “triple aim” – improved health through better quality of care at lower costs with positive patient and family experiences – SJHS will focus on three priority areas identified by the SJH leadership and community informants. Appropriate resources will be allocated to achieve health improvement goals related to the three priority areas.

Goal 1: Continue to improve health status through chronic disease and care management within Southern Passaic County for Diabetes, Nutrition, Physical Activity & Weight.

Diabetes

1. Focus educational outreach in the community based on requests related to diabetes prevention and risk factors through partnership with the Health Coalition of Passaic County, Passaic County Health Department, and other community organizations.
2. Expand Diabetes Education Program on the Paterson, Totowa, and Wayne campuses and in high-risk zip codes in Paterson.
3. Share experiences and learnings from SJHS internal Diabetes awareness and prevention program with community stakeholders.
4. Offer Pre-Diabetes / Diabetes Prevention awareness education to primary care physicians/residents on healthy lifestyle changes program.
5. Reduce the proportion of adults who don’t know they have prediabetes.

Increase knowledge about and access to healthy foods and participation in physical activity programs.

1. Continue to partner with the Health Coalition of Passaic County and area organizations to promote health and wellness in the community related to nutrition, physical and healthy weight activities.
2. Increase educational outreach in the community based on requests related to nutrition, physical activity and healthy weight initiatives.
3. Continue to offer nutritional and wellness education to monthly support groups across service lines, such as heart health, stroke, and diabetes support groups.
4. Market and expand community access to St. Joseph’s Health - Healthy Recipes Website.

Advisors/Internal Stakeholders:

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Dr. Roberto Jodorkovsky, Pediatrics Subspecialty
Dr. Patrick Michael, Program Director, Internal
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Dr. Kevin Vasquez, Chief Residents
Dr. Eric Yuneman, Chief Residents
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Christiam Fajardo, Director Nursing –Wayne
Joan Darnsteadt, Director of Care Management
Lisa M. Brady, Senior Vice President Chief Strategy
Mike Cairoli, Vice-president
Wayne Site Administrator
Cloris Bustamante, Director of Community Outreach

Community Stakeholder and Partners:

The Victor Machuga Diabetes and Nutrition Center
SJH Food and Nutrition
American Diabetes Association
American Endocrinologist Association.
Health Coalition of Passaic County
Faith-Based Leadership Group
Passaic County Food Council
The DePaul Center
Clinical Integrated Network
Cardiac Rehabilitation
William Paterson University
Paterson Public Schools
Passaic County Community College
City of Paterson Health Department
Black Lives Matter Organization,
Women and Families Ascending Association (WAFAA)
Boys and Girls Club,
New Destiny Family Success Center
Senior Resource Group
YMCA of Paterson & Wayne,
ShopRite of Wayne Hills,
St. George's University
Calvary Baptist Church
Community Charter School of Paterson,
New Jersey Jackals,
Immigration and American Citizenship Organization (IACO)
Borough of Woodland Park, Totowa, Prospect Park, Hawthorne
Wayne Township
City of Paterson
St. Elizabeth's College
DaVita
Rotary
Catholic Charities
Heart of Hannah
SJH Nursing Department

Goal 2: Continue to improve Health Status Through Chronic Disease and Care Management within Southern Passaic County for Heart Disease and Stroke

Heart Disease

1. Continual focus on educational outreach in the community based on requests related to heart disease prevention and risk factors through partnership with the American Heart Association and community organizations.
2. Increase awareness of life-saving programs in the community through Hands on CPR and AED trainings.
3. Focus educational outreach in the community based on requests to offer heart health initiatives targeting women and other minority groups.

Stroke

1. Continual focus educational outreach in the community based on requests related to stroke prevention and risk factors through partnership with the American Heart Association and other community organizations.
2. Continual focus on post-stroke care through the addition of a Nurse Navigator/Community Outreach Worker, and the offering of a weekly Stroke Clinic to assist post-stroke patients in lowering their readmission rates.
3. Educate community stakeholders on stroke awareness through outreach to nursing homes and primary care physician offices in to decrease the time from the onset of a stroke to medical treatment.

Advisors/Internal Stakeholders

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Dr. Eric Yuneman, Chief Residents
Joseph S. Dyl, Manager Sim Lab Program
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Lindsey Duffy, Executive Director, Strategic Planning

Community Stakeholder and Partners:

Health Coalition of Passaic County
Faith-Based Leadership Group
The DePaul Center
Clinical Integrated Network
William Paterson University
Paterson Public Schools
Passaic County Community College
City of Paterson Health Department
Black Lives Matter Organization,
Women and Families Ascending Association (WAFAA)
Boys and Girls Club,
New Destiny Family Success Center
YMCA of Paterson & Wayne,
Borough of Woodland Park, Totowa, Prospect Park, Hawthorne
Wayne Township, City of Paterson
SJH Nursing Department
Cardiac Rehabilitation, Pulmonary Rehabilitation, Respiratory Therapy
American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), American Heart Association, American Stroke Association

Goal 3: Meaningfully address **Mental Health and Mental Disorders** of community residents within Southern Passaic County through Behavioral Health and Care Management.

Mental Health

1. Continue to offer behavioural health education and screenings in the community.
2. Integrate behavioural health into the primary care setting.
3. Increase access to behavioural health programs and services in black and brown communities.
4. Destigmatize mental health disorders such as depression, anxiety, and stress.
5. Seek to increase the number of mental health providers that represent minority communities.
6. Collaborate with other providers in cross-continuum initiatives and develop processing capacity.
7. Expand OP MH programs, and ITCOD program at Harbor House.

Advisors/Internal Stakeholders:

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Community Stakeholder and Partners:

Eva's Village
Straight and Narrow
Catholic Charites
Able2
Turning Point
Health Coalition of Passaic County
Faith-Based Leadership Group
William Paterson University
Paterson Public Schools
Passaic County Community College
City of Paterson Health Department
Black Lives Matter Organization,
Women and Families Ascending Association (WAFAA)
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YMCA of Paterson & Wayne,
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SJH Nursing Department
Mr. Gs Kids
Heart of Hanna
NJCDC
Harbor House