

# **The Villages Regional Hospital Community Health Needs Assessment Implementation Plan**

## **Overview of TVRH**

The Villages Regional Hospital includes a 223-bed acute care hospital which has more than tripled in size since opening in 2002. Located in the heart of The Villages, the country's premier active adult retirement community, The Villages Regional Hospital offers world class medical services accessible by golf car.

TVRH is home to the one of the world's first Phillips Ambient Light Catheterization Labs, state-of-the-art surgical suites, clinical laboratory and full-service emergency room. The Villages Regional Hospital also includes neurosurgery, stroke care (a Joint Commission Designated Stroke Center), wound healing and cancer care at our Moffitt Cancer Center – a 50,000 square foot outpatient facility.

This implementation plan summarizes the Community Health Needs Assessment process to date and priorities established for TVRH to sustain and develop community benefit programs that 1) address prioritized needs of the 2013 CHNA and 2) respond to additional community health needs. We will monitor and evaluate the impact of these initiatives annually.

## **Target Areas and Population**

TVRH identified the community and assessment area as the population within the zip codes that comprise 75% of the hospital's discharges. The entire population within this area is included in the assessment, not only TVRH patients. See Appendix A for a map of the assessment area.

## **How the Implementation Strategy Was Developed**

TVRH's implementation strategy was developed based on the findings and priorities established by the CHNA. Input was garnered from the WellFlorida Council, the Lake County Health Department, the Marion County Health Department, the Sumter County Health Department, staff and departments of the hospital, community agencies, and various community members.

## **Major Needs and How Priorities Were Established**

Both qualitative and quantitative data was gathered in the assessment process. The qualitative data included:

- Focus groups of community members
- Web surveys of providers and members of community based agencies
- Input from community stakeholders

Quantitative data included:

- Mortality data
- Hospital utilization data
- Emergency Room data
- Behavioral Risk Surveillance System (BRSS) from the Florida Department of Health

The assessment resulted in a number of themes and disparities in our community that need to be addressed. They fit within these areas:

- Accessibility and affordability to healthcare
- Health Behaviors and Community Wellness (Obesity, physical activity, substance/tobacco use etc.)
- Cardiovascular Disease
- Cancer
- Diabetes
- Aging Problems
- Women's Health
- Respiratory/Lung diseases
- Alcohol Abuse & Drug Abuse (including prescription drug abuse)
- Immunizations
- Mental Health
- Disparities of health issues for the black population

Five areas were prioritized based on degree of disparity, ability to provide clinical expertise, ability to partner with community organizations and alliances, historical success with community health outcomes and available resources. The areas TVRH will focus on to improve the community's health during this implementation phase, are:

1. Cancer prevention and early detection
2. Heart Disease prevention
3. Health Behaviors and Community Wellness, including Obesity
4. Disparities of health outcomes for the black population
5. Women's Health

### *Issue 1: Cancer Prevention and Detection*

Cancer is the leading cause of death in the TVRH service area. After discussions internally and with community partners, we propose the following:

1. Work with the American Cancer Society in signing up at least 100 people for the CPS-3 initiative in The Villages to understand how lifestyle, genetics, and the environment affect cancer and how better we can prevent the disease.
2. Continue to provide cancer screening exams for the community, including but not limited to skin cancer screenings.
3. Continue to support Breast Cancer Awareness by educating women the proper way to perform Breast Self Exams at health fairs and community education programs.
4. Continue to provide free community education programming by TVRH/Moffitt Cancer Center oncologists and clinical experts about cancer prevention and detection.
5. Continue to provide financial inducements for those employees who complete a comprehensive health risk appraisal with a biometric screening to establish a population base-line of health statistics, to include tobacco use metrics. The plan is structured with financial incentives to discontinue the use of tobacco products.
6. Continue to support the American Cancer Society and support the efforts of the Tobacco Free Partnership.

### ***Issue 2: Heart Disease Prevention and Education***

Heart disease is the second leading cause of death in the TVRH service area. According to the Behavioral Risk Factor Surveillance System of the Florida Department of Health, Lake & Sumter Counties have a higher percentage of adults who have ever had a heart attack, angina or coronary heart disease compared to Florida. Lake County also has a higher percentage of adults with diagnosed hypertension. To prevent or reduce cardiovascular disease we will:

1. Identify individuals with hypertension or those at risk for hypertension by providing blood pressure screenings and education at local health fairs and at free community education programs in the service area. The screenings will include referrals to physicians for individuals with abnormal blood pressure and low heart rates.
2. Establish a Heart Failure Class/Clinic for TVRH inpatients discharged with a diagnosis of Heart Failure within the hospital to educate them on how to eat properly, exercise appropriately for their condition and other methods to manage their condition.

### ***Issue 3: Health Behaviors & Community Wellness, including Decreasing Obesity in the Community***

The American Hospital Association recommends that all hospitals “serve as a role model of health for your community: be a beacon of trust by creating robust health and wellness programs as examples to the communities they serve;” and “create a culture of healthy living for all employees. Wellness should be a strategic priority for the hospital.” To that end, after discussions with internal groups and community partners, we propose:

1. Continue to provide financial inducements for those employees who complete a comprehensive health risk appraisal with a biometric screening to establish a population base-line of health statistics, to include body-mass index (BMI) metrics.
2. Continue and/or increase hospital-based wellness initiatives (Weight Watchers at Work, discounted membership to Wellness Center, Better 4U cafeteria choices, etc.), with the intent that as employees learn to eat more healthy and exercise more frequently, they will pass down those newly formed habits to their families.
3. Design and coordinate a Community Wellness Challenge for community members to increase physical activity and healthy eating. Include faith-based and community action agency groups to pull in those underserved clients who would benefit.
4. Feature articles in our community newsletter, Discover, regarding issues brought to light from the CHNA (including dehydration, COPD, and cellulitis).

#### ***Issue 4: Disparity of Health Outcomes for Black Residents***

More black residents live in poverty in Lake and Marion Counties than in Florida, which directly impacts their access to care and prevention measures. In addition, black residents have a higher age adjusted rate for heart disease, cancer, stroke and diabetes than white residents. After discussions internally and with community partners, we propose to:

1. Analyze national evidence-based best practices for improving outcomes in black populations
2. Increase screening programs in black residential neighborhoods and/or churches for hypertension initially, and later expanding to other education programs.

#### ***Issue 5: Women's Health***

As shown in the Behavioral Risk Factor Surveillance System data, there are a larger number of women in TVRH's service area versus Florida who have not received a Pap Smear test in the past year and who have not had a clinical breast exam. After discussions internally and with community partners, we propose to:

1. Host and/or participate in a Women's Health Expo geared toward healthcare decision makers, women. The event will highlight the importance of breast cancer screenings, bone density checks, gynecological issues, healthy life style choices, exercise, nutrition programs and more.
2. Utilize "national awareness" opportunities to educate our communities on the importance of preventative care, including
  - a. Breast Cancer Awareness month – October
  - b. Cervical Health Awareness & Cancer Screening Month – January

### **Issues not covered by impact initiatives**

Our assessment also identified other issues not listed above. Although we are not planning direct initiatives for these, we will support their importance in the following ways:

1. Aging problems – partner with the local Alzheimer’s Family Organization, and other agencies to promote programs and services for this population
2. Respiratory/Lung diseases – Partner with the local chapter of the American Lung Association as appropriate and promote tobacco cessation classes by the Lake, Sumter and Marion County Health Departments.
3. Mental Health – our local mental health hospital, LifeStream, provides both inpatient and outpatient services for children and adults.
4. Alcohol Abuse & Drug Abuse (including prescription drug abuse) – partner with LifeStream Behavioral Center, when appropriate, regarding education related to alcohol and drug abuse
5. Immunizations – we will continue to provide our team members with annual flu shots. For the community, we will work with our local health departments in promoting the importance of immunizations to our communities.
6. Diabetes – we will promote our Diabetes Coordinator’s services at community education programs and health fairs. In addition, our initiatives on healthy eating and physical activity will address this disease.