



Suburban Community Hospital Community Health Needs Assessment Implementation Strategy Fiscal years FY 2017 - 2020

Suburban Community Hospital completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors in September 2017. Suburban Community Hospital performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act and by the Internal Revenue Service. The assessment took into account input from representatives of the community, community members, and various community organizations.

The complete CHNA report is available electronically at https://www.suburbanhosp.org/documents/CHNA-report-FINAL_Sep-2017.pdf, or printed copies are available at Suburban Community Hospital.

Hospital Information and Mission Statement

Suburban Community Hospital is a not-for-profit, acute care hospital, and a member of the Prime Healthcare Foundation, a 501(c)(3) public charity. For over 65 years, Suburban Community Hospital has been delivering quality healthcare to Montgomery County and the surrounding region.

Suburban Community Hospital is located in East Norriton Township in Montgomery County, Pennsylvania. The hospital's service area (2015 Population 205,910) was defined as the community. The service area includes the following zip codes in Montgomery County, Pennsylvania: 19401, 19403, 19408, 19422, 19428, 19462, 19405, 19406, 19426, and 19446. The total population of the service area is predicted to increase to approximately 210,909 residents in 2020. Under one-quarter of residents are between the ages of 0-17 (22%), more than one-third are 18-44 (36%), nearly three-in-ten are 45-64 (27%), and 14% are 65 or older. Approximately 49% of the service area's population is male and 51% is female. Nearly three-quarters of residents of the service area are Caucasian (70%), one-tenth are African-American (11%), 8% are Asian, 9% are Latino. The overwhelming majority of residents in the service area speak English at home (84%), 5% speak an Asian language, 6% speak Spanish, and 6% speak another language.

Five percent (5%) of families without children and 8% of families with children are living in poverty in the service area. The median household income in the service area is \$81,276, an increase from 2013 when it was \$76,709. Norristown community members described the Borough of Norristown as a higher need area due to a higher poverty rate. The median household income in the service area is comparable to that of Montgomery County, and substantially higher than that of Pennsylvania as a whole.

Mission

To deliver compassionate, quality care to patients and better healthcare to communities.

Health Needs of the Community

The CHNA conducted in 2017 identified nine significant health needs within the Suburban Community Hospital community. Those needs were then prioritized based on a review and a Nominal Group Planning Method that involved ranking of the needs and group discussion that focused on prevalence, severity, available data, magnitude of persons affected, and the ability of the hospital to impact the need. The nine significant health needs identified, in order of priority include:

Community Need	Definition	Significant Findings
Late prenatal care	Receiving pre-natal care during the first trimester of pregnancy can help ensure that health concerns are identified and addressed in a timely manner.	<p>One-third (33%) of women in the Suburban Community Hospital service area receive prenatal care beginning after the first trimester or receive no prenatal care.</p> <ul style="list-style-type: none"> • This percentage does not meet the Healthy People 2020 goal of 22%. • The percentage in the SCH service area is higher than the percentage in Montgomery County (26%), and similar to the percentage in SEPA (36%). • The majority of Latina (65%) and Black women (54%) in the service area receive late prenatal care or none at all. <ul style="list-style-type: none"> o This is more than two to three times the percentage of White women (22%) and Asian women (27%) who receive late or no prenatal care.
Poor nutrition and obesity	Overweight and obesity are strongly correlated with high blood pressure, diabetes, cancer, heart disease, and asthma.	<ul style="list-style-type: none"> • Nearly one-third of service area adults age 20 and over (31%) are obese, and a similar proportion are overweight (32%).¹¹ <ul style="list-style-type: none"> o This represents approximately 102,000 adults who are overweight or obese in the Suburban Community Hospital service area. o The percentage of obese adults in the service area (31%) is very similar to the Healthy People 2020 goal of 31% obesity in adults. • Adults in the service area are less likely to be obese or overweight (31% and 32%, respectively) than adults in Montgomery County as a whole (38% and 36%, respectively). <p>About 5,600 children in the service area (19%) are classified as obese, and 13% are overweight.</p> <ul style="list-style-type: none"> • The percentage of obese children (19%) does not meet the Healthy People 2020 goal for obesity in children, which is 15%. • A similar percentage of children in the service area (19%) are obese as in Montgomery County as a whole (19%), but fewer than in the SEPA region (21%).

<p>Serious mental illness in adults and children</p>	<p>Mental illness</p>	<p>Approximately 24,600 adults in the service area, 15%, have been diagnosed with a mental health condition at some point in their lifetime.</p> <ul style="list-style-type: none"> • Of those with a mental health condition, the majority (61%) are not receiving treatment for the condition. • According to one focus group participant, there is a stigma against mental health patients, particularly in Norristown, where many treatment programs are located. This makes it difficult to create more treatment options. <p>According to five key informants and focus group participants, there are several problems with the mental health system:</p> <ul style="list-style-type: none"> • Not enough providers, although 16 inpatient beds have been added in the county recently; • There is a cultural stigma against receiving mental health care; • Patients fear a loss of confidentiality; • There is a gap in treatment between the Emergency Room and providers; and • Treatment may be too costly for many patients. <p>About 10% of adults age 60 and older in the Suburban Community Hospital service area, or 4,300 individuals, report speaking to friends or relatives less than once a week.</p> <ul style="list-style-type: none"> • This may be an indicator of social isolation and is a higher proportion than socially isolated older adults in Montgomery County (6%) and is similar to the proportion in SEPA as a whole (6%).
<p>Infant mortality in Norristown Borough</p>	<p>Mortality</p>	<p>Every year, an average of 16 infants living in the Suburban Community Hospital service area dies before their first birthday. The SCH service area infant mortality rate is 6 infant deaths per 1,000 live births.</p> <ul style="list-style-type: none"> • The Suburban Community Hospital service area's infant mortality rate (6 per 1,000 live births) meets the Healthy People 2020 goal of 6 infant deaths per 1,000 live births. • The infant mortality rate in the SCH service area (6 per 1,000 live births) is similar to the rate for SEPA as a whole (7 per 1,000 live births) and to the rate for Montgomery County (5 per 1,000 live births). • However, the infant mortality rate in Norristown Borough (10 per 1,000 live births; representing 34 infant deaths during 2011-2015) is higher than the Healthy People 2020 goal of 6.

<p>Opioid addiction</p>	<p>Addiction</p>	<p>Substance abuse, particularly prescription and non-prescription opiate addiction, is one of the top problems in Montgomery County, including the hospital service area. The County is making great strides in dealing with this problem, particularly with NARCAN distribution and use to reverse drug overdoses.</p> <p>However, too many addicts are being seen in the hospital Emergency Room because there are too few providers and a stigma both against treating substance abusers and being identified as an addict</p>
<p>Smoking</p>	<p>Cancer/Tobacco Use</p>	<ul style="list-style-type: none"> • Among deaths due to cancer, lung cancer has the highest mortality rate (41 per 100,000 population: representing an average of 93 deaths annually). These rates are similar to rates in Montgomery County but lower than in the SEPA region as a whole. • Lung cancer rates in the Suburban Community Hospital area (41 deaths per 100,000 population) meet the Healthy People 2020 goal for lung cancer (46 deaths per 100,000 population) <p>In the Suburban Community Hospital service area, 13% of adults smoke cigarettes. This represents approximately 20,500 adults. This is significantly lower (p<.01) than the percentage of smokers in the remainder of Montgomery County (17%), and almost meets the Healthy People 2020 goal of 12%. The percentage of smokers in the service area is lower than in SEPA as a whole (16%), and similar to Montgomery County (12%).</p> <ul style="list-style-type: none"> • Within the service area, 55% of smokers have tried to quit during the past year. • This is higher than in Montgomery County (53%) but does not meet the Healthy People 2020 goal of 80% of smokers trying to quit.
<p>High lead levels in children</p>	<p>Not applicable to service population</p>	<p>Not applicable to service population</p>

<p>Access to dental care for children with Medicaid</p>	<p>Dental</p>	<p>One in four adults in the service area (26% or about 41,200) did not have a dental visit during the past year.</p> <ul style="list-style-type: none"> • This is comparable to Montgomery County (26%) but lower than SEPA as a whole (32%). • Service area adults (26%) are significantly more likely ($p < .001$) to have seen a dentist in the past year than adults in the remainder of Southeastern Pennsylvania (32%). • Fourteen percent of children in the service area (14% or about 6,000) did not have a dental visit during the past year
<p>Cancer screenings</p>	<p>Colonoscopy</p> <p>PSA or Rectal Exams for Prostate Cancer</p> <p>Mammogram</p> <p>Clinical Breast Exam</p> <p>Pap Smear Test</p>	<p>Regular screenings beginning at age 50 are recommended to prevent colorectal cancer. Three in ten adults 50 years of age and older in the SCH service area (31%) did not have a colonoscopy in the past ten years. The 2013 Pennsylvania State Health Care Innovation Plan goal for colorectal screening for adults age 30-75, 66.5%, is met in the SCH service area (69%).</p> <p>12 • Screening rates in the Suburban Community Hospital service area are comparable to Montgomery County as a whole (29%) and SEPA (30%).</p> <p>One-half of men aged 45 years and older in the Suburban Community Hospital service area (50%) did not have a screening for prostate cancer in the past year.</p> <ul style="list-style-type: none"> • This is comparable to the SEPA region and Montgomery County (49% and 48%, respectively). <p>The US Preventive Service Task Force recommends mammograms for women aged 50 to 74.</p> <ul style="list-style-type: none"> • The Healthy People 2020 goal for screening mammography is 81% of age appropriate women screened. • The Suburban Community Hospital service area does not meet this goal. One-fifth of women aged 50-74 did not have a mammogram in the past two years, 20% or about 13,000 women. • This represents similar screening rates to SEPA (20% unscreened), but higher than Montgomery County (16%). <p>Women age 18 and over in the service area (42%) are significantly more likely ($p < .05$) to have not had a clinical breast exam in the past year than women in the remainder of Southeastern Pennsylvania (35%). Service area women are also more likely to have not had a clinical breast exam than women in Montgomery County (35%).</p> <p>The Healthy People 2020 goal for cervical cancer screenings is 93% of women screened according to the most recent guidelines. The Suburban Community Hospital service area does not meet this goal.</p> <ul style="list-style-type: none"> • Approximately 13,000 women aged 21 to 65 in the service area (19%) did not receive a Pap test in the past three years.

	<ul style="list-style-type: none"> • This is higher than for SEPA as a region (13%) and Montgomery County (13%), and significantly higher ($p < .05$) than for the remainder of Southeastern Pennsylvania (15%).
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Hospital Implementation Strategy

Suburban Community Hospital resources and overall alignment with the hospital’s mission, goals and strategic priorities were taken into consideration of the significant health needs identified through the most recent CHNA process.

Significant health needs to be addressed

Suburban Community Hospital will focus on developing and/or supporting initiatives and measure their effectiveness, to improve the following health needs:

- **Smoking**– Detailed need specific Implementation Strategy on [page 7]
- **Poor Nutrition & Obesity** – Detailed need specific Implementation Strategy on [page 8]
- **Opioid addiction** – Detailed need specific Implementation Strategy on [page 9]

Significant health needs that will not be addressed

Suburban Community Hospital acknowledges the wide range of priority health issues that emerged from the CHNA process, and determined that it could effectively focus on only those health needs which it deemed most pressing, under-addressed, and within its ability to influence, Suburban will not take action on the following health need:

Suburban Community Hospital believes that the following needs fall more within the purview of other Montgomery County and community organizations, and limited resources and/or lower priority excluded these areas from those chosen for action. Suburban Community Hospital will not take action on the following health needs as these services either are not provided or are not core competencies of our health system:

- Maternal and Child Health
- Mortality
- Dental Care

This implementation strategy specifies community health needs that the Hospital has determined to meet in whole or in part and that are consistent with its mission. The Hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the three years ending FY 2020, other organizations in the community may decide to address certain needs, indicating that the Hospital then should refocus its limited resources to best serve the community.

CHNA IMPLEMENTATION STRATEGY FISCAL YEARS 2017 – 2020 (Year 3)			
HOSPITAL FACILITY:	Suburban Community Hospital		
CHNA SIGNIFICANT HEALTH NEED:	Community Tobacco Dependence		
CHNA REFERENCE PAGE:	25, 48	PRIORITIZATION #:	1
BRIEF DESCRIPTION OF NEED:			
<ul style="list-style-type: none"> Heart and Lung disease is the leading cause of death. Modifiable risk factors to prevent heart and lung disease by decreasing dependence on tobacco in our community. 			
GOAL: Decrease tobacco usage in our service community.			
OBJECTIVE: To modify risk factors specific at-risk populations to diminish likelihood of heart disease and stroke by reducing tobacco use.			
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:			
<ol style="list-style-type: none"> Integrate tobacco treatment efforts with existing clinical and community-based chronic disease prevention and wellness programs. Provide technical assistance to organizations and community employers and to Public Housing Authorities to advocate for tobacco-free worksite policies and smoke free buildings. 			
ANTICIPATED IMPACT OF THESE ACTIONS:			
<p>Action 1: Assist worksites in developing and implementing Tobacco-free Campus policies.</p> <p>Action 2: Administer PA DOH youth Risk Behavior Survey to high schools and middle school.</p>			
PLAN TO EVALUATE THE IMPACT:			
Provide report on assessment to stake holders.			
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:			
<p>Action 1 : Educator; Principal; RN-Cardio; Nutritionist; School Nurse</p> <p>Action 2: RN-Cardio; Nutritionist</p>			
COLLABORATIVE PARTNERS:			
<p>Action 1: 4 General Community; 4 Mental Health; 3 Worksites</p> <p>Action2: PA DOH</p>			

**CHNA IMPLEMENTATION STRATEGY
FISCAL YEARS 2017 – 2020 (Year 3)**

HOSPITAL FACILITY:	Suburban Community Hospital		
CHNA SIGNIFICANT HEALTH NEED:	Poor Nutrition and Obesity		
CHNA REFERENCE PAGE:	34, 35	PRIORITIZATION #:	2
BRIEF DESCRIPTION OF NEED:			
<ul style="list-style-type: none"> Community has a significant amount of poverty and obesity 			
GOAL: Improve the education on proper nutrition to our patients and community			
OBJECTIVE: To screen patients for proper nutrition and educate on ways to address their nutritional needs			
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:			
<ol style="list-style-type: none"> Dietary screenings on all elderly and malnourished patients Diabetic counseling and screening on all diabetic patients Assess nutritional needs and access to proper food and nutrition 			
ANTICIPATED IMPACT OF THESE ACTIONS:			
Action 1: Target population be aware of diabetic needs and to be educated on proper nutrition for better glucose control.			
Action 2: Nutritional consult on all patients who are identified as malnourished on exam or via laboratory result			
Action 3: Screening for potential supplemental food services for available patients			
PLAN TO EVALUATE THE IMPACT:			
Continue to monitor the number of patients who are admitted with documented malnutrition and obesity			
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:			
Action 1: Licensed Dietician to evaluate and recommend proper nutrition for all patients identified as at risk			
Action 2: Discuss nutritional status on patients at the daily Multidisciplinary Rounds			
Action 3: Register the at-risk patients for Meals on Wheels if available			
COLLABORATIVE PARTNERS:			
Dietician and Nutritionist, Montco S.A.A.C (Meals on Wheels)			

CHNA IMPLEMENTATION STRATEGY FISCAL YEARS 2017 – 2020 (Year 3)			
HOSPITAL FACILITY:	Suburban Community Hospital		
CHNA SIGNIFICANT HEALTH NEED:	Opioid Dependence in the Community		
CHNA REFERENCE PAGE:	38, 39	PRIORITIZATION #:	3
BRIEF DESCRIPTION OF NEED:			
<ul style="list-style-type: none"> Increased use and abuse of controlled substance is prevalent in our community. 			
GOAL: To assist and facility access to rehabilitation services for drug and alcohol use. This is especially in need for the significant increase in opioid usage.			
OBJECTIVE: Increase access to rehabilitation services for those dependent on Opioid and other drug and alcohol use.			
ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:			
<ol style="list-style-type: none"> Enhance the availability of resources to the people of Norristown by providing a venue for health and educational services. Provide our community members a place to seek treatment for acute needs of their opioid and alcohol dependence by having resources and referral capabilities available in our emergency and inpatient areas. 			
ANTICIPATED IMPACT OF THESE ACTIONS:			
Action 1: Patients will be offered information of available resources even if they are initially declining such information.			
Action 2: Improve the acceptance of resources and assistance in obtaining either inpatient or outpatient treatment after the initial contact with the hospital			
PLAN TO EVALUATE THE IMPACT:			
Monitor the monthly number of referrals for alcohol and drug resources.			
PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:			
<ul style="list-style-type: none"> Equipment to provide screenings and assessments Assessments completed in English & Spanish Resources available both in the Emergency Room and in the Inpatient areas 			
COLLABORATIVE PARTNERS:			
Action 1: Eagleville and Valley Forge Medical Center for Dual Diagnosis			
Action 2: MCES			
Action 3: Belmont			
Action 4: Horsham Clinic			

Adoption of Implementation Strategy

On April 29, 2019, the Board of Directors for Suburban Community Hospital met to discuss the FY 2017 - 2020 Implementation Strategy (Year Three) for addressing the community health needs identified in the three-year 2017 Community Health Needs Assessment. Upon review, the Board approved this Implementation Strategy and the related budget.