



## **South Lake Hospital 2016-2019 Community Health Needs Assessment**

**ORLANDO**  
**HEALTH®**

**South Lake Hospital**

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## Introduction

Community engagement is the process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest or similar situations to address issues affecting their well-being. It is a powerful vehicle for bringing about environmental, cultural, health and behavioral changes that will improve the quality of life of the community. It often involves partnerships and coalitions that help mobilize resources and influence systems, change relationships among partners, and serve as catalysts for changing policies, programs and practices.

South Lake Hospital, in affiliation with Orlando Health, partnered with Impact Partners, LLC, a community engagement and assessment team, to conduct its 2016 Community Health Needs Assessment (CHNA) in two parts: a regional needs assessment for four counties in Central Florida (Lake, Orange, Osceola and Seminole Counties), which is the Central Florida Community Benefit Collaboration, followed by assessments focused on South Lake Hospital's primary service area (PSA).

Impact Partners worked to build on top of South Lake Hospital's first CHNA completed in 2013 and integrated it with the work done by the Central Florida Community Benefit Collaboration in their 2013 CHNA to maintain the integrity of the original benchmark data, to evaluate the progress of the previous priorities by comparing historical benchmark data and to measure long-term progress.

The content that follows includes data from a number of sources referencing Lake County and South Lake Hospital's PSA. This implementation strategy does not include all of the indicators analyzed in the multi-county CHNA; rather, concentrates on South Lake Hospital's PSA.

This document is specific to South Lake Hospital, in affiliation with Orlando Health.

## Hospital Description

South Lake Hospital, in affiliation with Orlando Health, is a comprehensive community hospital serving the residents of south Lake County. South Lake Hospital offers a wide scope of medical care, including diagnostic imaging, orthopedics and rehabilitation, robotic surgery, women's care and cardiovascular services. With our advanced facilities, technology and expertise, we are able to provide a full continuum of care to all residents of south Lake County.

As a 180-acre health, wellness and education campus, South Lake Hospital is home to the National Training Center that provides total body fitness, advanced rehabilitative services and athletic training. We also serve as one of Orlando Health's three Air Care Team helicopter bases, allowing critical patients to be transported directly to Orlando Health Orlando Regional Medical Center's Level One Trauma Center, where they will receive the highest level of care available.

South Lake Hospital's advanced cardiovascular services can provide quick diagnosis and the most effective treatment plans. South Lake Hospital has earned Chest Pain Center and Heart Failure Accreditation from the Society of Cardiovascular Patient Care. Our comprehensive heart care includes both inpatient and outpatient cardiology services and procedures, including cardiac rehabilitation at the South Lake Heart & Vascular Institute.

Our experienced orthopedic team is dedicated to the complete diagnosis, treatment and prevention of physical injuries, diseases and conditions. From diagnosis to recovery, we offer the advanced services throughout south Lake County. South Lake Hospital's Clermont campus offers a high caliber of rehabilitation services. The National Training Center is a leading outpatient facility for orthopedic rehabilitation and sports medicine. Our physical therapists and health professionals take a multidisciplinary approach to rehabilitation therapy that includes physical and occupational therapy. We also offer specialized aquatic therapy at our Olympic-size pool. The center also offers intensive post-rehab programs for sports performance, attracting both amateur and professional athletes for recovery management and performance training.

Our Center for Women's Health is designed to meet the special needs of women throughout all phases of life. The center combines innovative technologies with a comforting facility to foster healthy living from maternity to maturity. We offer a variety of community classes covering childbirth, breastfeeding and newborn care to prepare families for their new arrival. We're pleased that our Obstetrics Department was recently honored by the American College of Obstetricians and Gynecologists and the March of Dimes for reducing the number of early elective inductions and cesarean deliveries. Diagnostic imagery services offered includes: 3D and digital mammography, 4D ultrasound, bone densitometry and stereotactic breast biopsies.

## **Mission and Vision**

Four not-for-profit hospitals — Orlando Health, South Lake Hospital, in affiliation with Orlando Health, Florida Hospital and Aspire Health Partners — alongside the Florida Department of Health in Lake, Orange, Osceola and Seminole Counties collaborated in 2015 and 2016 to create a CHNA for Lake, Orange, Osceola and Seminole Counties. The CHNA describes the health of Central Floridians for the purpose of planning interventions relevant to the community and to fulfill the IRS Community Benefit requirements for all licensed not-for-profit hospitals. A CHNA — driven by community input — is a systematic approach to collecting, analyzing and using complex data and information to identify priority areas for health improvement efforts.

Using national strategies including Healthy People 2020 (HP2020) and the Robert Wood Johnson Foundation's County Health Rankings as a framework for the CHNA, data were compiled from the most up-to-date, publicly available resources and primary research with community residents, providers and stakeholders. A number of indicators about physical, behavioral and mental health; built environment; as well as healthcare access, utilization and insurance coverage were evaluated using both secondary and primary data as well as hospital claims data. Secondary data were gathered on the county level from the U.S. Census Bureau, including the American Community Survey; Florida Community Health Assessment Resource Tool Set (CHARTS); the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS) Data; County Health Rankings; the Central Florida Cares Health System (CFCHS) 2015 Behavioral Health Needs Assessment; and hospital utilization data. Primary data included surveys distributed to both providers and consumers, in-depth interviews with community stakeholders, and community conversations within Lake County and South Lake Hospital's PSA. In order to provide more geographically granular information, facility utilization data were used to generate hot spots in the community. In combination with the other data sources, hot spotting allows the Collaboration to prioritize community need in the provision of care (Cutts, Rafalski, Grant, & Marinescu, 2014).

The findings from the Collaboration's CHNA document identify the need for improvement in social determinants of health, health status, access to care and built environment elements across the four counties. The four-county area falls short of HP2020 goals in multiple areas, and is worse than state statistics in many others. Disparities in access and preventative care as well as food access demonstrate the need for concerted action in order to achieve health equity and overall health improvement for the entire population. Health disparities are differences in health outcomes between groups that reflect social inequalities. According to the CDC's 2011 Health Disparities and Inequalities Report, "Since the 1980s, our nation has made substantial progress in improving residents' health and reducing health disparities, but ongoing racial/ethnic, economic and other social disparities in health are both unacceptable and correctable." Throughout this report, we will highlight health disparities in the identified CHNA region.

There are benefits to addressing the health of the community beyond simply having healthier residents. According to the Robert Wood Johnson Foundation, improving the health of the community benefits the bottom line of local businesses and the local economy. Healthier communities help to cultivate a healthy, more productive workforce fueling future economic growth. Healthy communities are also associated with higher rates of education, which benefits both workers and employers. Finally, healthier communities attract more talented employees and a healthier customer base that can strengthen their economies.

County Health Rankings are published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation to help counties understand what influences how healthy residents are now (Health Outcomes) and how healthy a county will be in the future (Health Factors). Health Outcomes weigh Length of Life and Quality of Life equally and Health Factors are comprised of Health Behaviors (weighted at 30 percent), Clinical Care (20 percent), Social and Economic Factors (40 percent) and Physical Environment (10 percent). This results in a number of rankings given to each county in a state. Thus, decision-makers in said counties can see how they stack up relative to the other counties in their state on each of the aforementioned eight measures. They can also help these same decision-makers pinpoint areas of focus to improve the health and well-being of the residents. All 67 counties in Florida receive rankings. Lake County's health rankings for 2015 are:

#### Lake County Health Rankings (2015)

HEALTH OUTCOMES	HEALTH FACTORS	LENGTH OF LIFE	QUALITY OF LIFE	HEALTH BEHAVIOR	CLINICAL CARE	SOCIAL & ECONOMIC FACTORS	PHYSICAL ENVIRONMENT
19	16	21	15	11	19	17	31

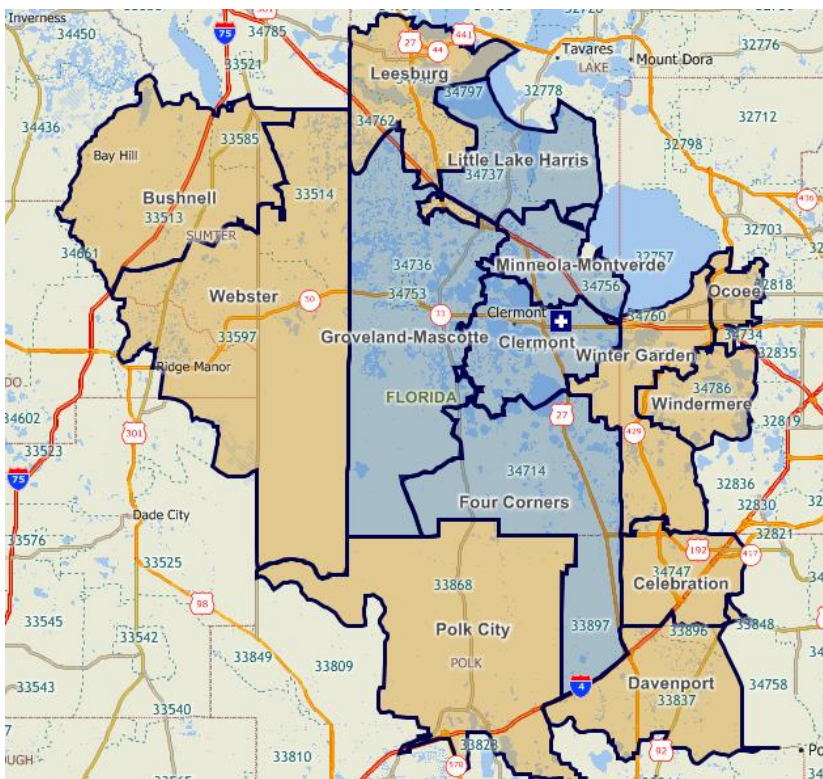
Source: County Health Rankings and Roadmap - The Robert Wood Johnson Foundation Program

## Hospital Service Area

### ZIP Codes and Map

The PSA for South Lake Hospital includes:

- Clermont (34711, 34712, 34713, 34714)
- Minneola (34715, 34755)
- Ferndale (34729)
- Groveland (34736, 34737)
- Mascotte (34753)
- Montverde (34756)



### Community Description

Lake County is located north and west of Orange County. Tavares is the county seat and Clermont is the largest city. The county has a population of just over 300,000 residents and is included in the Orlando-Kissimmee-Sanford metropolitan statistical area. Lake County was established in 1887 from portions of Sumter County to the west and Orange County to the east. The county has a total area of 1,157 square miles, 219 square miles (18.9 percent) of which is water.

## Target Area and Populations

The 2016 CHNA serves as a baseline of health statuses for the south Lake County area that South Lake Hospital serves. This includes the cities of Clermont, Groveland, Minneola, Mascotte and Montverde, along with surrounding unincorporated Lake County residents.

Some key findings in the CHNA specific to the area's population that the hospital focused on while prioritizing the needs to address include the following:

- 25.3% of the service area population is of adolescent age (less than 18 years of age) compared to 21.3% of the state's population.

- There is a consistent, projected increase of population in Lake County in the next five decades from 297,052 in 2010 to 520,720 in 2040 (75.3% change).
- 41.8% of adults in the service area have been told they have high cholesterol compared to the HP2020 goal of 13.5% (from 2002-2013 stayed around 42-39% in Lake County).
- Percent of Black population has the highest of infant mortality (11.8 HP2020 Goal is 6), preterm births (21.6) and low birth weight (17.1) compared to other races.
- Adults who couldn't see a physician due to cost (2007-2013) in Lake County, Florida has increased through the years. (Lake 13.6%-19.1%).

## Implementation Strategy Development and Prioritization of Community Health Needs

A number of community health needs for the South Lake Hospital service area were identified through this process and they are as follows:

### Top Causes of Death

Top Causes of Death - Lake County (Rate per 100,000) (2008-2014)

CAUSE OF DEATH	2008	2010	2012	2014	HP2020 GOALS
CANCER	161.4	172.9	159.9	157.8	161.4
HEART DISEASE	145.4	158.3	139.0	160.5	103.4
UNINTENTIONAL INJURY	53.2	55.4	52.0	64.2	36.4
CHRONIC LOWER RESPIRATORY DISEASE	38.0	36.7	37.9	39.5	N/A
CEREBROVASCULAR DISEASE	30.8	34.0	28.7	33.4	34.8
ALZHEIMER'S DISEASE	26.3	30.8	18.5	22.3	N/A
DIABETES	22.8	23.8	21.4	21.7	65.8

Source: Florida Charts, 2015: Florida BRFSS. N/A = no data reported in source. Causes of death are sorted from highest to lowest for each county based on the average age-adjusted death rate over the four years measured. This table reflects the most current open-sourced data available at the time the report was printed.

## **Top 15 Identified Lake County Concerns:**

- |                                  |                            |
|----------------------------------|----------------------------|
| 1. Mental Illness/Depression     | 8. Inappropriate ER visits |
| 2. Diabetes                      | 9. Poverty                 |
| 3. Heart Disease                 | 10. Asthma                 |
| 4. Poor Access to Food/Nutrition | 11. Falls                  |
| 5. Obesity                       | 12. Cancer                 |
| 6. Substance Abuse               | 13. HIV/AIDS               |
| 7. Infant Mortality              | 14. Drowning               |
|                                  | 15. Dental Care            |

## **South Lake Hospital Top 4 Identified Concerns:**

1. Heart Disease
2. Diabetes
3. Infant Mortality
4. Obesity (Childhood/Student)

## **Additional concentrations:**

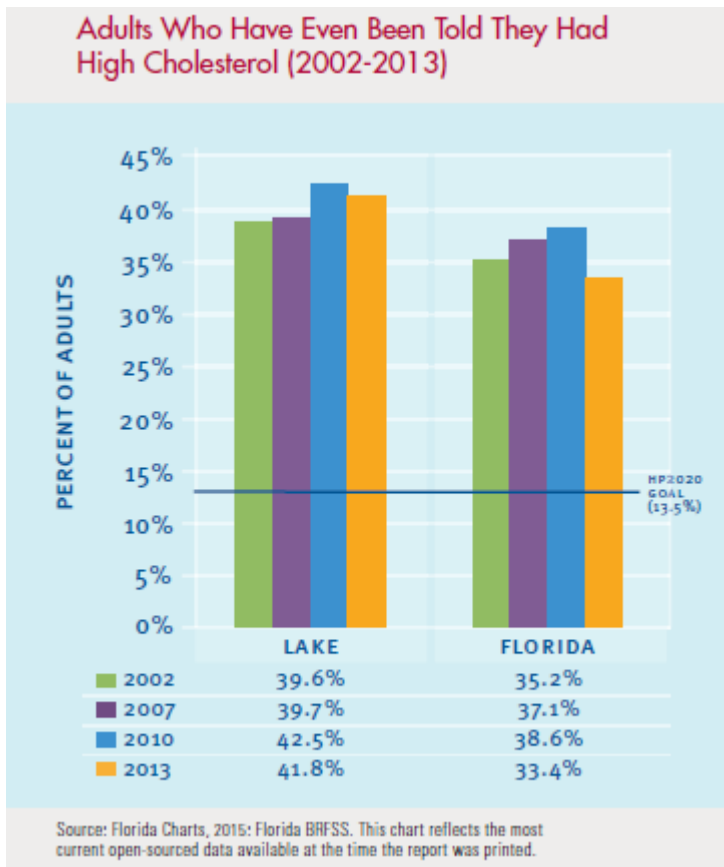
- Asthma
- Unintentional Deaths
  - Falls
  - Drownings

## Implementation Plan (Needs To Address)

South Lake Hospital will involve numerous departments throughout the organization and community partners to use best-practices to strategically address the needs highlighted below in the South Lake community.

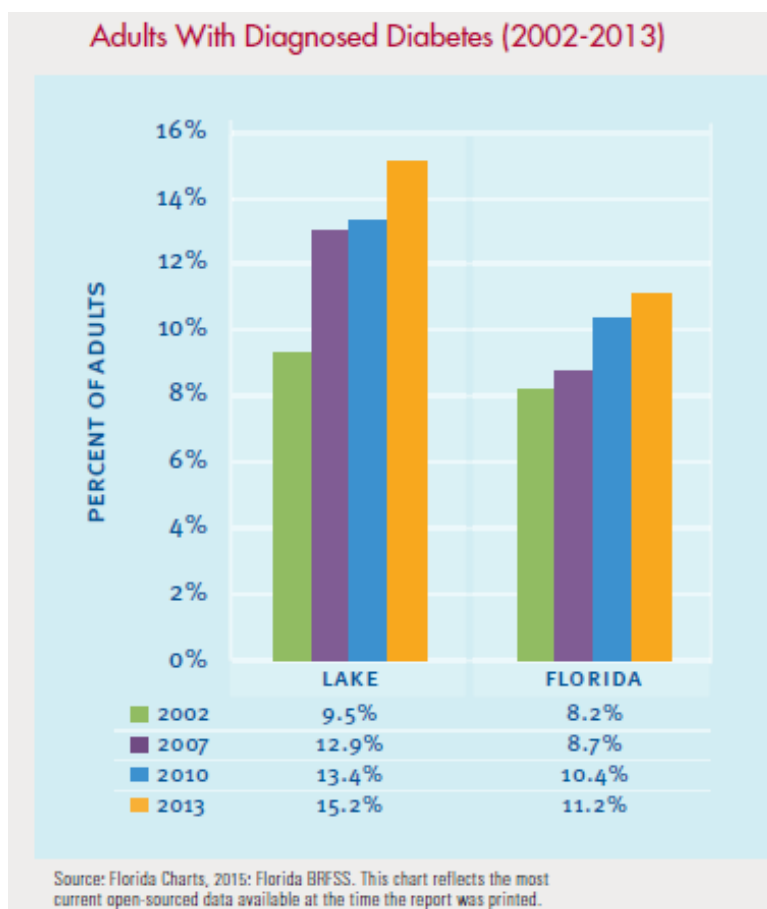
South Lake Hospital will focus prevention, detection and education efforts in the specific needs listed below:

- Heart Disease** - Lake County consistently experiences a high level of high cholesterol, hovering around 40 percent, well above the 13.5 percent target for HP2020. The prevalence of adults with high blood pressure has increased across the region upwards of 57 percent in Lake County, above the HP2020 goal of 26.9 percent.



GOAL
<b>Hold Health Screenings (Cholesterol, Blood Pressure, and Glucose) for the community. Implement an educational Heart Healthy Eating class at South Lake Hospital.</b>
<b>Provide local seminars throughout the community, partnering with specialists and physicians, to educate on various diseases and treatment care focused on cardiovascular care.</b>
<b>Visit and assemble multiple health fairs with experts to explain values in cholesterol, blood pressure and heart disease.</b>

- Diabetes** - Lake County and the state of Florida, as a whole, have been showing a steady increase in the percent of adults with diagnosed diabetes. A majority of those diagnosed with diabetes have Type 2 diabetes, which is typically preventable in the majority of people. According to the National Diabetes Education Program (part of the Center for Disease Control and Prevention), the disease can be prevented or delayed by losing just five to 10 percent of current weight in those that are pre-diabetic (10 to 20 pounds for someone who is 200 pounds). For diabetes hospitalizations among children aged 12-18 years, Lake County's 2014 rate is the highest it's been for the county (3-year rolling rate) and much higher than the state level.



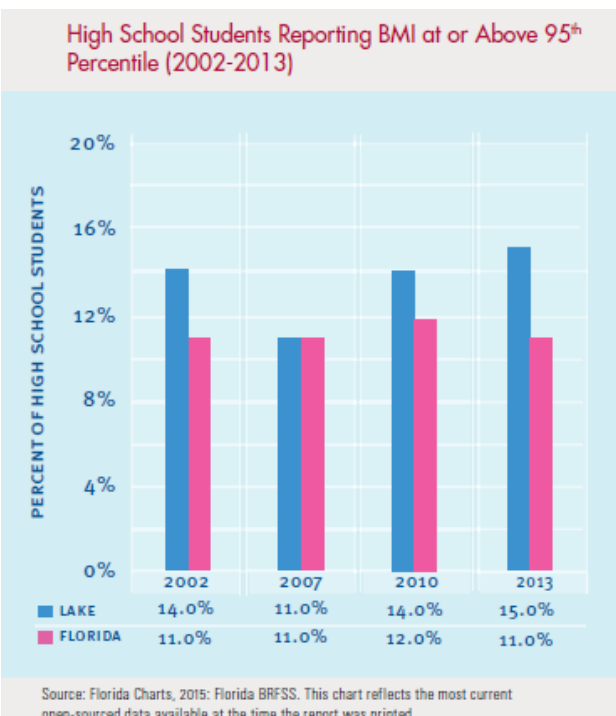
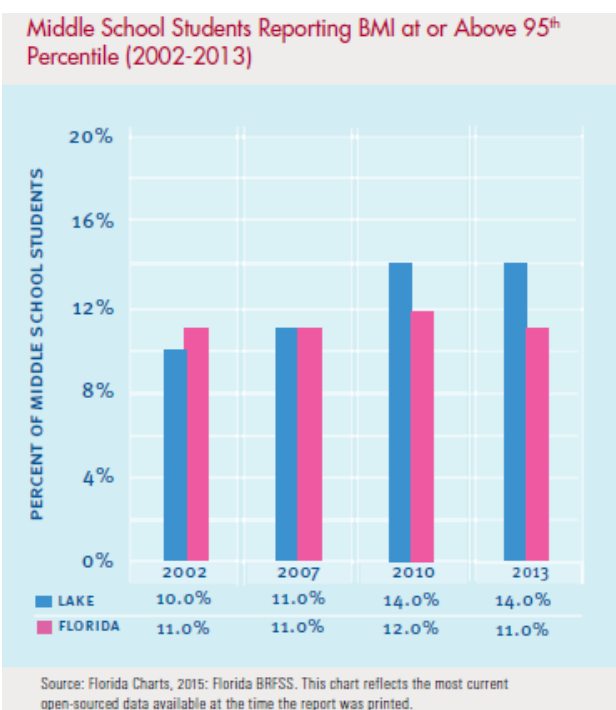
### GOAL

**Hold Health Screenings (Cholesterol, Blood Pressure, and Glucose) for the community. Increase attendance at Eating Healthy with Diabetes class at South Lake Hospital. Offer a 6-week Diabetes Self-Management workshop.**

**Provide local seminars throughout the community, partnering with specialists and physicians, to educate on various diseases and treatment care focused on diabetes prevention.**

**Visit Lake County Schools to incorporate exercise and healthy eating: Morning Mile with American Diabetes Association and Florida Department of Health in Lake County (FDHLC).**

- Childhood/Student Obesity** - Childhood obesity is a topic of interest in the state and part of our national public health conversation. In 2002 and 2007, Lake County had a percent of middle school students with a BMI at or above 95<sup>th</sup> percentile comparable to the state. In 2010 and 2013, the percent was higher than the state level. The percent of high school students in Lake County with a BMI at or above the 95<sup>th</sup> percentile also jumped above the state level for 2010 and 2013.



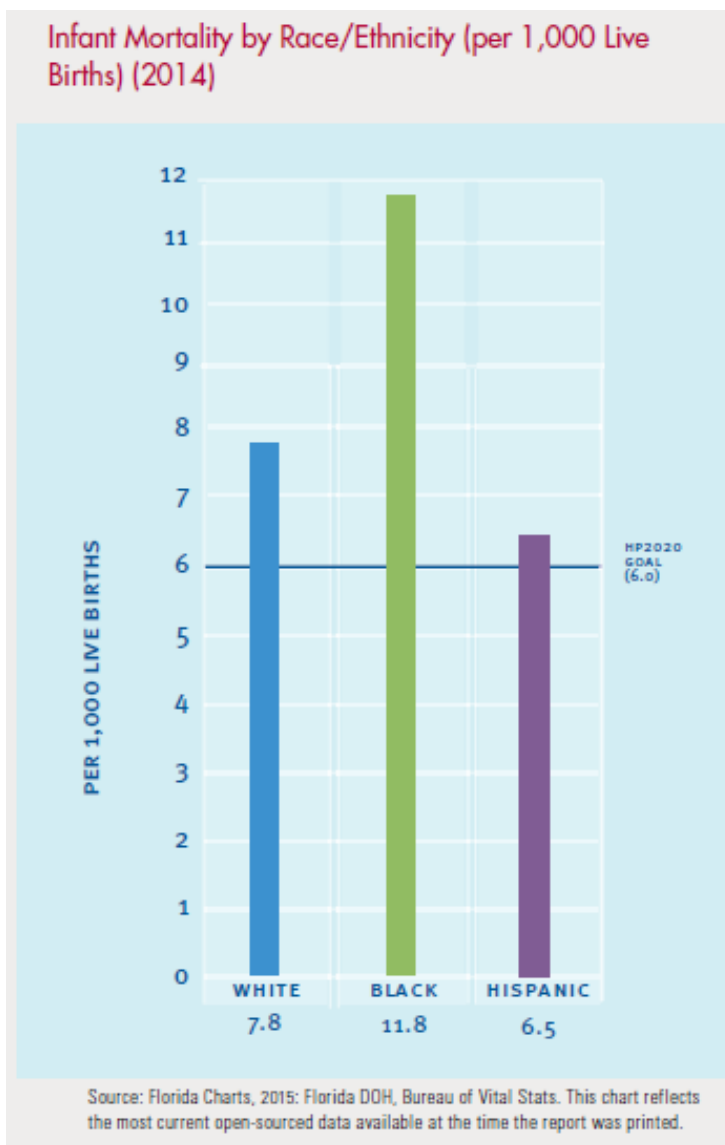
### GOAL

**Work with Lake County Public Schools' enrichment teachers to provide help or support in physical education and nutrition. Implement a wellness series, focusing on middle school students.**

**Attend Science Technology Engineer Math (STEM) nights and summer programs at local south Lake County Schools to engage the students and parents in healthy mind, body and fun educational opportunities.**

**Visit Lake County Schools to incorporate exercise and healthy eating: Morning Mile with American Diabetes Association and Florida Department of Health in Lake County (FDHLC).**

- Infant Mortality** - Infant mortality in the state has hovered around the Healthy People 2020 goal of 6.0, while Lake County's infant mortality rate has steadily increased since 2012 to 8.8. The mortality rate among the Black population in the county remains significantly high at 11.8. The preterm birth rate in 2014 in Lake County (14.4) was higher than the state of Florida (13.4). The Black population has the highest rate for preterm birth than any other racial/ethnic group in the county and the state.



### GOAL

**Collaborate and partner with March of Dimes for Prenatal and Newborn care education. Identify areas of concentration for educational outreach and prenatal care.**

**Partner with Florida Department of Health in Lake County on "Healthy Babies" to inform and educate women on community resources available to assist with prenatal care.**

**Explore opportunities for physicians (OB/GYN and PCP) and/or childbirth educators to speak in our school systems.**

## Available Resources

Resources South Lake Hospital collaborates with in efforts to improve CHNA goals.

<b>American Heart Association</b>	<b>Boys &amp; Girls Club of Lake &amp; Sumter Counties</b>
<b>American Cancer Society</b>	<b>United Way 2-1-1</b>
<b>American Diabetes Association</b>	<b>Lifestream Behavioral Center</b>
<b>CareerSource Central Florida</b>	<b>Community Foundation of South Lake</b>
<b>Community Health Centers</b>	<b>City of Minneola</b>
<b>Cagan Crossings Library (Four Corners)</b>	<b>South Lake Chamber of Commerce</b>
<b>Church At South Lake</b>	<b>Lake County Public Schools</b>
<b>City of Clermont</b>	<b>March of Dimes</b>
<b>Florida Department of Children &amp; Families</b>	<b>Florida Department of Health In Lake County</b>
<b>Drive Teens Alert</b>	<b>New Beginnings</b>
<b>American Lung Association</b>	<b>Florida Breast Cancer Foundation</b>
<b>Libby's Legacy</b>	<b>Susan G. Komen Central Florida Affiliate</b>
<b>Tavares VA Community-Based Outpatient Clinic</b>	<b>Central Florida YMCA</b>
<b>Elder Options</b>	<b>Golden Triangle YMCA</b>
<b>Hispanic Health Initiatives</b>	<b>Lifeline Screenings for Diabetes</b>
<b>Second Harvest Food Bank</b>	<b>Center Street Kitchen, First Presbyterian Church</b>
<b>Central Florida Dreamplex</b>	<b>Get Fit Lake</b>
<b>Get Active Orlando</b>	<b>Food Stamps</b>
<b>Lake Community Action Agency</b>	<b>Local City Parks &amp; Recreation</b>
<b>Meals on Wheels</b>	<b>Overeaters Anonymous</b>
<b>Police &amp; Fire Departments</b>	<b>Mended Hearts, Lake County</b>

<b>St. Luke Free Medical and Dental Clinic</b>	<b>Elder Affairs</b>
<b>Lake County Public Libraries</b>	<b>Children's Home Society of Florida</b>
<b>Pathways Drop-In Center, INC.</b>	<b>United Against Poverty</b>
<b>Alcoholics Anonymous</b>	<b>Be Free Lake</b>
<b>Narcotics Anonymous</b>	<b>Lake County Government &amp; Sheriff's Office</b>
<b>Florida Health Care Coalition</b>	<b>Leadership Lake County</b>
<b>Partnership for Prescription Assistance</b>	<b>United Way Free and Reduced Prescriptions</b>
<b>Ruth House</b>	<b>We Care of Lake County</b>
<b>Christian Care Center</b>	<b>Early Learning Coalition of Lake County</b>
<b>Lake County Breastfeeding Task Force</b>	<b>Life Choices</b>
<b>South Lake Pregnancy Center</b>	<b>United Way of Lake and Sumter Counties</b>
<b>Clermont Arts &amp; Recreational Centers</b>	<b>Fun 4 Lake Kids</b>
<b>Lake County Children's Services</b>	<b>Lake County Shared Services</b>
<b>National Training Center</b>	<b>Forward Paths</b>
<b>Goodwill</b>	<b>Heart Hands Ministry</b>
<b>Lake Cares Pantry</b>	<b>Florida Department of Highway Safety &amp; Motor Vehicles</b>
<b>Mid-Florida Homeless Coalition</b>	<b>The Open Door</b>
<b>Department of Juvenile Justice</b>	<b>Habitat for Humanity</b>
<b>Housing &amp; Neighborhood Development Services of Central Florida (Hands of Central Florida)</b>	<b>Lake County Council on Aging</b>
<b>City of Groveland</b>	<b>Lake County Housing &amp; Community Development</b>
<b>Lake County Housing Finance Authority</b>	

## Needs Not Being Addressed

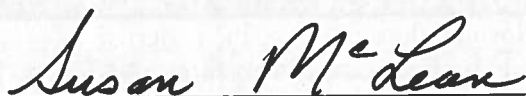
The South Lake Hospital CHNA identified additional needs in the service area that are not addressed as a priority in this current implementation strategy plan. In considering what needs to not address, the SLH committee weighed the level at which these needs are already being addressed by other community partners, the hospital and/or whether the hospital had the expertise to effectively address the need. These needs included the following:

Community Health Need	Reason Need Not Addressed
<b>Mental Illness/Depression</b>	South Lake Hospital does not have the expertise to effectively address the need. The hospital supports Lifestream Behavioral Centers (Outpatient Clinic on campus)
<b>Poverty</b>	South Lake Hospital does not have the expertise to effectively address the need. The hospital works closely with Lake County and the local cities' Economic Development departments to support local job growth.
<b>Substance Abuse</b>	South Lake Hospital does not have the expertise to effectively address the need.
<b>Inappropriate ER visits</b>	South Lake Hospital supports the South Lake Health Clinic, which provides free primary care and prescription medication vouchers to uninsured adults in South Lake County.
<b>Poor Access to Food/Nutrition</b>	While the hospital does not have the ability to create better transportation to increase access to healthy food, it continuously promotes the local farmers markets to the service area. In addition the wellness staff provides community outreach including teaching youth and their families how to make simple fresh meals. The hospital's Foundation provides an organic community garden that allows community members the opportunity to grow their own organic vegetables.
<b>Cancer</b>	South Lake Hospital provides assistance and support with its free mammogram program through the hospital's Foundation. In addition, the hospital supports the Greater Clermont Cancer Foundation. Screening and preventive care are available for uninsured adults through the South Lake Health Clinic. The hospital collaborates with and supports the American Cancer Society.
<b>HIV/AIDS</b>	South Lake Hospital does not have the expertise to effectively address the need.
<b>Dental Care</b>	South Lake Hospital does not have the expertise to effectively address the need.

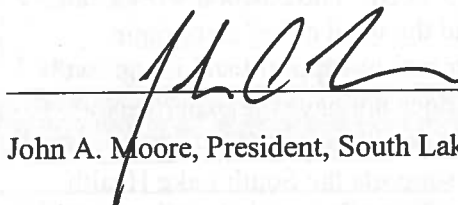
## Board Approval

Upon recommendation of senior leadership, the South Lake Hospital Board of Directors has approved adoption of the Community Health Needs Assessment and Implementation Strategy Plan. We understand our responsibility to reinvest in our facility and programs to serve the community, provide community benefit and to improve the health and quality of live for the individuals we serve.

Approved and adopted by the South Lake Hospital Board of Directors on January 26, 2017.



Susan McLean, Chairman of the Board



John A. Moore, President, South Lake Hospital