




South Lake Hospital

2013 Community Health Needs Assessment
Implementation Strategy Plan

Board of Directors
January 30, 2014



Oct. 1, 2013 – Sept. 30, 2016



2013 IMPLEMENTATION PLAN

Introduction

South Lake Hospital (SLH) is an acute care, 122-bed, non-profit hospital located in south Lake County, Florida. The hospital has been serving the south Lake community since 1947 and has been in partnership with Orlando Health since 1995. Services include emergency care, orthopedics, cardiac care, diagnostic imaging, labor and delivery, outpatient rehabilitation, home health, wound care center, intensivist program and robotic surgery.

South Lake Hospital's mission is to improve the health and quality of life of the individuals and communities in south Lake County. The hospital is consistently recognized by US News & World Report as a high performer in orthopedics and was ranked No. 3 in 2013 in the Metro Orlando area.

South Lake Hospital is uniquely positioned on a health, education and wellness campus – the LiveWell Campus. This campus not only includes the hospital but also a community wellness center with an aquatic center, track and field, softball and multipurpose fields, outpatient rehabilitation, community education classrooms, human performance lab and running/walking/cycling trails. The campus focuses on prevention and offers residents the opportunity to gain knowledge to take control of their own health by staying active, eating properly and taking a preventative approach to their healthcare. A main focus on the campus is keeping the youth in our community active through youth sports and fitness programming including swim lessons, swim team, track and field club, soccer, summer camps and home school physical education programs.

This document outlines South Lake Hospital's community benefit programs that will be directed at addressing the prioritized needs from the 2013 Community Health Needs Assessment (CHNA).

Target Area and Populations

The 2013 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 and 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)

- Groveland is a major outlier and fares worse than any other zip code in the South Lake service area in the following leading causes of death: heart disease, unintentional injuries and chronic lower respiratory disease.

Implementation Strategy Development and Prioritization of Community Health Needs

South Lake Hospital partnered with the WellFlorida Council, the Lake County Health Department, key community stakeholders and physicians and various community members to identify health needs and priorities for the South Lake Hospital service area as set forth by the 2013 CHNA, using both quantitative and qualitative data collection and analysis.

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

Top 10 Leading Causes of Death in Service Area

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Unintentional Injuries and Motor Vehicle Crash Death Rate
5. Stroke
6. Diabetes
7. Alzheimer's Disease
8. Nephritis
9. Suicide
10. Liver Disease

Other Identified Community Health Needs

- High Teen Birth Rate
- Low birth weight, especially among African American population
- Access to Primary Care Physicians
- Preventable Hospital Stays
- Sexually Transmitted Infections
- Violent Crime Rate
- Access to Healthy Foods
- Air-Pollution Ozone Days

South Lake Hospital put together a committee consisting of individuals representing various areas of the hospital (i.e. administration, finance, community relations, transitional services and wellness) to review and identify needs to address based on the CHNA findings. The committee focused on existing outreach programs and community partners to prioritize where the hospital should focus its efforts for the 2013 CHNA Implementation Plan. Both greatest

need and the ability to positively impact the need were taken into consideration to come up with the following four priorities for the implementation period through 2015.

Addressing Health Needs

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.

Need to Address:

Disparity of Numerous Health Factors for Groveland Residents

The CHNA reveals that Groveland fares worse than the rest of the South Lake Hospital service area in several health factors and outcomes.

South Lake Hospital will focus prevention, detection and education efforts in the Groveland area specific to:

- **Heart Disease/Stroke**– Heart disease is the leading cause of death in the South Lake Hospital service area. While the age-adjusted rate of death from heart disease for all races in the SLH service area (145.8) is slightly below the state of Florida age-adjusted rate (156.5), **Groveland is 24.9% (199.3) higher than the state of Florida rate.** In addition, Lake County as a whole has a high percentage of adults diagnosed with high blood cholesterol (42.5%). While the SLH service area has a lower age-adjusted rate of death from a stroke (29.6) than the state of Florida's rate (32.16), education on preventing strokes will be introduced with education on preventing heart disease as well since stroke is the 5th leading cause of death in the SLH service area.
- **Cancer** – Cancer is the number two leading cause of death in the South Lake Hospital service area. Our focus in the Groveland area will be on preventative screenings that are available in our community and educating the population on resources available for those diagnosed that cannot afford treatment (South Lake Hospital Mammography Fund; Greater Clermont Cancer Foundation)
- **Diabetes** – The age-adjusted rate of death from diabetes for the SLH service area (21.5) is higher than Florida's age-adjusted rate (19.9). **Groveland has the highest adjusted rate in the service area (28.0).** 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).

- **Chronic Lower Respiratory Disease (CLRD)** – The average age-adjusted rate of death from CLRD for the SLH service area (36.6) is slightly higher than the state of Florida’s age-adjusted rate (39.4) and **Groveland is significantly higher (58.1) than the rest of the service area and the state of Florida.** CLRD is a group of chronic respiratory diseases including chronic obstructive pulmonary disease (COPD), emphysema and chronic bronchitis. South Lake Hospital currently offers a free smoking cessation program and a Better Breathers program and support group for those suffering from CLRD. The focus will be on bringing awareness of these resources to the Groveland area and finding ways to educate residents in this area of preventative care toward CLRD.

To address these health needs, we will develop relationships with the city government, schools, churches and other organizations to find opportunities to raise awareness of the importance of disease prevention in the areas mentioned above.

Tactics to address these needs to include, but not limited to:

- Promote health fairs with blood pressure, glucose, total cholesterol and body mass index screenings, information on our free mammography fund, South Lake Clinic information
- Educate the Groveland community on our free smoking cessation classes and Better Breathers Support Program. Explore the possibility of providing these classes in the Groveland community instead of just at the LiveWell Campus in Clermont for easier access to those with transportation issues.
- Encourage attendance to the hospital’s diabetes self-management class and ensure all can attend by waiving \$10 fee when necessary.
- Promote free community talks targeting each health condition and prevention
- Distribute easy- to-read and understand educational material to both youth and adults
- Participate in Lake County Public Schools (utilizing current relationship with extended learning centers) to provide interactive lessons to youth on exercising and proper nutrition.
- Work with local faith organizations nurses/medical teams to outreach to congregations as this community has strong ties to their faith organizations .
- Explore the possible use of wellness/health coaches in the Groveland area.

The hospital also plans to extend the outreach to the Mascotte community, which borders Groveland and has a similar population and demographic. Although it was not outlined in the CHNA, likely because of low population numbers, the hospital feels the same health disparities are likely in this community and that they would benefit from the same outreach and education. In addition, the hospital will continue to provide these same benefits to the other communities in the SLH service area as appropriate.

Need to Address:***Teenage Birth Rate & Low Birth Weight***

The CHNA showed a greater number of infant deaths per 100,000 in the SLH service area (21.3 for Clermont; 9.4 for Groveland) within the African American population compared to 12.6 for the state of Florida. Significantly related to infant deaths are low birth weight births.

Tactics to address this need to include, but not limited to:

- Explore opportunities for physicians (OB/GYN and PCP) and/or childbirth educators to speak with middle and high school students on preventing pregnancy, working with schools to create appropriate dialogue. Explore possible grants for the hospital to sponsor “think it over” infant simulators for middle school and high school students.
- Work with Lake County Health Department to promote their programming and efforts to educate adolescents on preventing pregnancy.
- Work with community partners such as Lake County Health Department and Lake/Sumter County March of Dimes to find opportunities to educate expectant parents on the importance of prenatal care to help reduce low birth weight.

Need to Address:***Knowledge of Available Healthcare Resources & Healthcare Education in the Community***

Through the CHNA process, key stakeholders and community members identified the lack of promotion of available resources available in the SLH service area as related to transportation services, indigent care facilities (primary, dental, mental health and optical care), financial assistance programs, pharmaceutical programs, health fairs, exercise classes, etc.

Tactics to address this need to include, but not limited to:

- Work with community partners to identify a central information hub such as United Way’s 211 programs to promote to residents and encourage use in the community.
- Utilize the Lake County Community Resource Guide (www.lakecountyresourceguide.com) as a quick reference for community members with access to internet.
- Disseminate information on available resources through SLH Case Management, Emergency Department and South Lake Clinic team members and volunteers.

Need to Address:***Develop Partnership/Collaborations with Community-Based Organizations to Raise Awareness of Healthy Behaviors***

Through the CHNA process, key stakeholders and community members identified the lack of collaboration between community-based organizations, non-profits, senior centers and faith-based communities to develop a grass roots approach to improving communication to residents about self-awareness of healthy behaviors.

Tactics to address this need to include, but not limited to:

- Work with Lake County Health Department to create a healthcare coalition in Lake County comprised of leaders from LCHD, hospitals and other healthcare organizations in the county.
- Utilize the hospital's LiveWell Fitness Center staff and other community educators to work closely with local businesses and schools on grassroots approaches to preventative care.

Next Steps for Health Priorities

South Lake Hospital will initiate the development of implementation strategies for each health priority identified above. These strategies will be rolled out beginning September 2013 through fiscal year 2015.

South Lake Hospital will continue to have the CHNA committee meet quarterly to monitor and review the implementation process and identify areas for process improvement, keys successes and budgeting considerations to achieve goals.

South Lake Hospital will conduct another community needs health assessment in three years.

Needs Not Addressed

The South Lake Hospital CHNA identified additional needs in the service area that are not addressed as a priority in this current implementation 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
Motor Vehicle Crash Death Rate	South Lake Hospital does not have the expertise to effectively address the need.
Sexually Transmitted Infections Community Programs: Lake County Health Department, www.lakechd.com , 352.771.5547	This need is addressed by the Lake County Health Department and they have numerous resources to meet this need in our service area. Some of these resources include free HIV/AIDS testing and Kevin's Korner (STD questions answered anonymously)
Access to Primary Care Physicians	South Lake Hospital already addresses this need in two ways. One, SLH supports and manages the South Lake Clinic, which utilizes ARNPs and volunteer physicians to provide primary care to south Lake County residents without insurance. The hospital also works with primary care physicians looking to relocate to the South Lake service area to assist in recruiting them to the service area.
Violent Crime Rate	South Lake Hospital does not have the expertise to effectively address the need.
Access to Healthy Foods	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 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 food.
Alzheimer's Disease Community Programs: Elder Options, 800.963.5337	South Lake Hospital does not have the expertise to address the issue. It does provide information on a local Alzheimer's Support Group to residents that inquire to help them find support in our community.

<p>Suicide</p> <p>Community Programs: LifeStream Behavioral Center, 352.360.6640, www.lsbc.net</p>	<p>While South Lake Hospital does not have the expertise to effectively address the need of suicide prevention, it has partnered with LifeStream Behavioral Centers to open an outpatient mental health clinic on the LiveWell Campus. This will give those in the SLH service area expertise mental health treatment and allow hospital staff to refer those in need. In addition, the hospital provides meeting space and promotes the mental health support group NAMI on the campus.</p>
<p>Nephritis</p>	<p>South Lake Hospital does not have the expertise to effectively address the need.</p>
<p>Preventable Hospital Stays</p>	<p>South Lake Hospital has ongoing efforts to prevent unnecessary hospital stays and will continue to work with local primary care physicians and other community healthcare partners to address this need. Since this is an ongoing effort that is already being addressed, it was not selected as a focus for the implementation plan.</p>
<p>Air-Pollution Ozone Days</p>	<p>South Lake Hospital does not have the expertise to effectively address the need.</p>
<p>Liver Disease</p>	<p>South Lake Hospital does not have the expertise to effectively address the need.</p>

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 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 Trustees on January 30, 2014.



Susan McLean, Chairman of the Board



John A. Moore, President, SouthLake Hospital