***Schedule H, Part V, Section B, Question 3i***

In response to Shore Medical Center’s 2012 Community Health Needs Assessment, we developed an implementation plan for years 2012 to 2015, which carried into 2016, to address the following health risk factors and diseases identified as having the greatest level of prioritization for the community we serve. Those areas are:

* **Obesity**
* **Tobacco use**
* **Alcohol use**
* **Heart disease**
* **Cancer**
* **Diabetes**
* **Stroke**
* **Lower respiratory diseases**

**Obesity, Heart Disease, Diabetes, Stroke:**

* **Screening & Education:** Shore participated in several major health screening events each year during the time frame, including the annual Bayfest Health Fair and the JCC Senior Expo, which each resulted in direct education and screening of approximately 500 people. Screenings include cardiac risk assessments, stroke risk assessments, sleep disorder assessments, balance disorder assessments, cancer risk factor education, emergency medicine and first aid, glucose and cholesterol testing, with education from a nurse to help those who exhibit high numbers reduce their risk factors through diet and exercise and recommended follow up with a physician. Examples of other community efforts to impact these health risks include:
  + **Sustainable Me!** Sustainable Me! is a school assembly in which multiple partners come together to put an interactive educational experience for middle school students. The topics include physical activity, nutrition, tobacco, chronic disease, cancer prevention, cancer screening, as well as other topics the schools may request. Four programs were held at local schools. Over 750 students participated in the programs.
  + **Complete Streets:** Complete Streets is a project that focuses on making the local streets safer for pedestrians. The NJDOH became involved in these projects through our local coalition grant. The purpose was to work on area roads so that people could get moving, walk, bike, etc. thus improving physical activity. Multiple policy projects were worked on in both Atlantic and Cape May County.
  + **Healthy Grocery Bundles Program:** The Healthy Grocery Bundles Program is meant to help seniors learn how to eat better, improve health, and decrease hospital admissions. This program was developed by the coalition. The concept is to introduce seniors to new foods, ways to prepare food, health tips, and health information. Activities included food pickups, newsletters, events, etc. in both Atlantic and Cape May County. Over several years approximately 40 pickups occurred and over 1,900 bundles, as well as several events.
  + **Senior Socials:** Senior Socials are designed to help seniors connect with others while learning about a wide array of health and wellness topics. The monthly one-hour programs often touch on chronic disease management, health screenings, exercise and fitness, and nutrition.
* **Speakers Bureau:** Shore has had a long history of maintaining an active Speakers Bureau, with experts available to present at local organizations on a wide array of health and wellness topics. We respond enthusiastically to all requests and do everything possible to meet the needs of the audience. From 55+ communities to major employers, our health experts
* **SPLAC Tool:** The SPLAC tool is a systematic tool introduced in 2014 and developed by a hospital committee to lower readmission rates in the hospital. The purpose is to rate patients on their likeliness on being readmitted. The higher the total the more likely to be readmitted. By identifying high risk patients then this is communicated in a simple to understand way to their primary care physician, rehab facility, etc. The goal is to put interventions in place to keep the patient out of the hospital. This has decreased hospital readmission rates, which indicates that our efforts are successful.

**Cancer**

Shore Medical Center has a dedicated Cancer Center. The Cancer Center works on a variety of projects that focus on community outreach. This is done through our Cancer Education and Early Detection (CEED) Program, Regional Coalition (Cape Atlantic Coalition for Health), and Commission on Cancer Programs. We offer a range of speakers on Shore Medical Center’s Speakers Bureau. Over the years of 2013 through 2016, participation in over 275 events have occurred reaching over 9,500 people on varies cancer and health/wellness topics. The Cancer Center participates in the Sustainable Me! Program and is a partner with Choose Your Cover Free Skin Cancer Screening events. Over the four years 19 events occurred screening 972 people. Through the CEED program free screening for breast, cervical, colorectal, and/or prostate cancer is available for uninsured/underinsured low income patients.

**Tobacco / Lower Respiratory**

Shore Medical Center has a dedicated tobacco cessation and treatment program. It is located in the Cancer Center. The smoking cessation counselor is listed on the Shore Medical Center’s Speakers Bureau. In addition the counselor is listed on all discharge summary documents to let patients know that the services are available. Over the last year and a half the program began taking insurance and will also except charity care, etc. Multiple outreach events, including Sustainable Me! have occurred and are included in the cancer center numbers. In addition work through the coalition has included on policy work for smoke free outdoor air ordinances. This is part of a statewide initiative and is continuing. The goal is to keep the future generations from smoking thus decreasing the cancer rates and lower respiratory diseases.

**Alcohol use**

Any patient who displays signs of alcoholism is provided with education and resources to assist them in seeking help. For those who are willing to seek treatment, our care management team will assist them in getting into recovery.