

Community Health - Monroe County, NY 2019-2021

Community Health Needs Assessment and Community Health Improvement Plan: Executive Summary

A collaborative report from The Community Health Improvement Workgroup which is managed by the Center for Community Health & Prevention and includes several community partners. This report serves the following hospitals and health department:



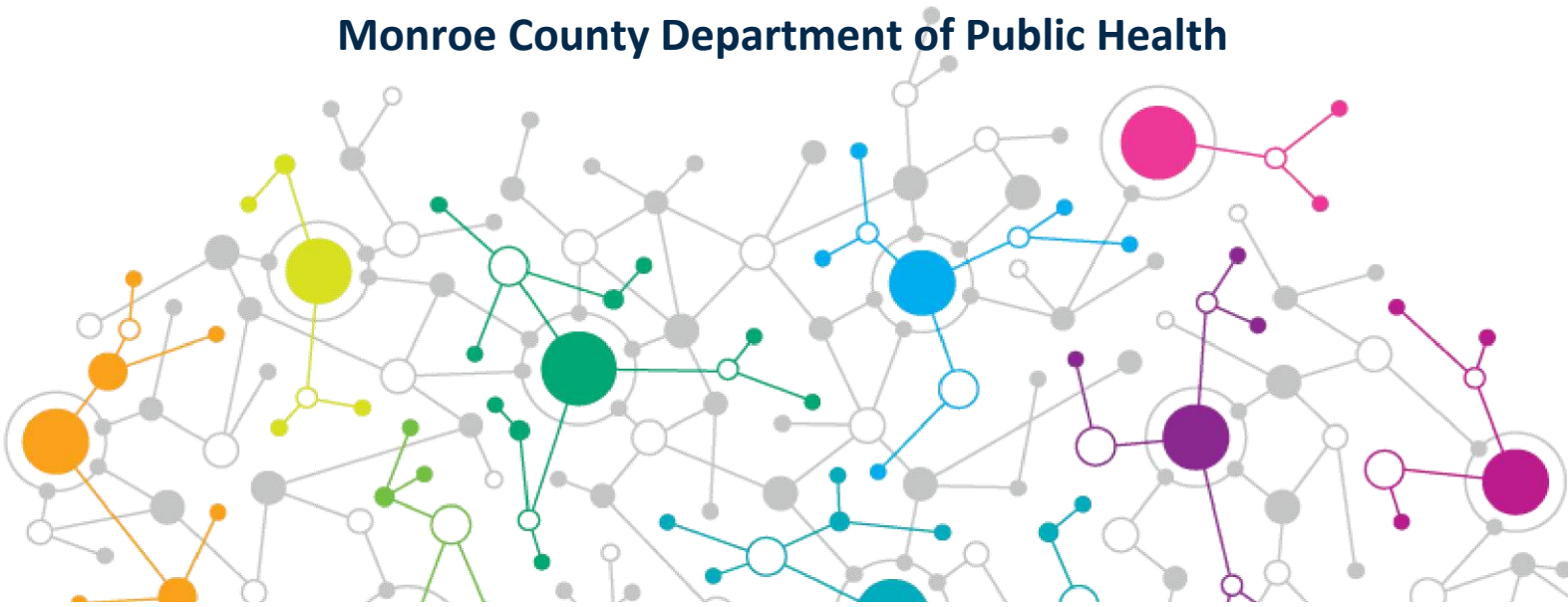
Strong Memorial Hospital
Highland Hospital



ROCHESTER
REGIONAL HEALTH

Rochester General Hospital
Unity Hospital

Monroe County Department of Public Health



The Community Health Improvement Workgroup

The Community Health Improvement Workgroup (CHIW) is comprised of representatives from four hospitals in Monroe County, NY (UR Strong and Highland, RRH Rochester General and Unity) and the local Department of Public Health. Local community organizations and government groups are also represented on the CHIW. The Center for Community Health & Prevention convenes and coordinates the Community Health Improvement Workgroup.

The CHIW meets monthly to discuss implementation of the improvement plan and to assess how the evaluation metrics for improvement are being met. Each hospital board has approved the CHNA and CHIP, and has committed resources to its implementation. Community members are crucial for success in the planning and implementation of community health improvement. CHIW members seek input from several community agencies throughout the needs assessment process, as well as throughout the 2019-2021 implementation period and beyond.

Member Agencies of the Community Health Improvement Workgroup include:

Center for Community Health & Prevention, URM
Center for a Tobacco-Free Finger Lakes
City of Rochester
Common Ground Health
Excellus
Finger Lakes Performing Provider System
Highland Hospital
Monroe County Department of Public Health
Monroe County Office of Mental Health
Rochester Regional Health
Rochester RHIO
United Way
Unity Hospital
University of Rochester Medical Center – Strong
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Mission: *“To improve the health and wellness of individuals and families of Monroe County by addressing prioritized needs and inequities through sustainable systems change built on collaboration and supported by shared resources”*

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Details of the Community Health Improvement Plan for Monroe County 2019-2021

Focus Goal 1: Promote Healthy Women, Infants and Children

Objective 1: Reduce racial, ethnic, economic and geographic disparities in maternal and child health outcomes and promote health equity for maternal and child populations (specifically for unplanned pregnancy income disparity, preterm birth racial disparities and adverse childhood experiences)

Evidence Based Interventions	Measure of Success
Enhance collaborations with other programs, providers, agencies, and community members to address key social determinants of health that impact the health of women, infants and families across the lifespan	<ul style="list-style-type: none"> • Increase # of collaborations • Increase the depth of relationship between partners • Increase # of providers linking to SDH
Action 1: Partner with HBN to conduct community input sessions to identify the drivers and solutions to disparities	<ul style="list-style-type: none"> • Comprehensive summary of barriers to healthy outcomes among people of color, low SES, City
Action 2: Convene a Maternal Child Health Advisory Group to advise the implementation of the CHIP agenda to reduce disparities including: <ol style="list-style-type: none"> 1. Develop and support policy and advocacy agenda 2. Share current initiatives with each other and the community (211) 3. Improve partnerships between organizations and the health systems 	<ul style="list-style-type: none"> • Policy/advocacy agenda • Easy link to resources for patients (EMR changes, 211, survey or count) • Improved communication between programs and hospitals
Action 3: Host a Synergy Meeting on local Maternal and Child Health disparities annually presenting results of Focus groups	<ul style="list-style-type: none"> • # of attendees learning from the Synergy meeting, # partnerships

Focus Goal 2: Promote Well-Being to Prevent Mental and Substance Use Disorders

Objective 2.1: Strengthen opportunities to build well-being and resilience across the lifespan

Evidence Based Interventions	Measures of Success
Explore opportunities to build community wealth such as supporting worker-owned cooperatives and businesses, using the power of hospitals as anchor institutions	<ul style="list-style-type: none"> • # SOS partners engaged in CHIP • Platform for hospitals developed for community wealth building
Action 1: Host a Synergy meeting to continue the work of the New York State of Solutions, including partnering with OWN Rochester and the City of Rochester's Mayor's Office of Community Wealth Building. Partner with RMAPI and ABC	<ul style="list-style-type: none"> • # of attendees learning from the Synergy meeting, and # partnerships • Increased relationship with City, RMAPI, ABC

Objective 2.2: Facilitate supportive environments that promote respect and dignity for people of all ages

Evidence Based Interventions	Measures of Success
Policy and program interventions that promote inclusion, integration and competence	<ul style="list-style-type: none"> • # of policy or program interventions that promote inclusion
Action 1: Incorporate stigma reduction and thoughtful language change into presentations and documents	<ul style="list-style-type: none"> • # stigma reduction documentation reviews • # changes made: websites, presentations, documents
Action 2: Offer at least one Mental Health First Aid training course for a new target audience in Monroe County	<ul style="list-style-type: none"> • # of trainings, attendees (adult, youth)
Action 3: Partner with CCSI to hold at least one education session on trauma informed assessments for local organizations and clinical practices	<ul style="list-style-type: none"> • # of trainings, attendees • # organizations/clinical practices engaged in assessment

Monroe County Combined Community Health Needs Assessment and Improvement Plan Executive Summary 2019-2021

Local hospitals (University of Rochester Medical Center's Strong Memorial Hospital and Highland Hospital, Rochester Regional Health's Rochester General Hospital and Unity Hospital) and the Monroe County Department of Public Health are committed to working collaboratively with the residents and institutions of Monroe County to improve the health of our community.

Every three years, the local non-profit hospitals and the health department conduct a Community Health Needs Assessment (CHNA) to determine areas of community health concern. In Monroe County, the Community Health Improvement Workgroup (CHIW) brings together leaders from hospitals, health departments, and community agencies to prioritize community health needs.

Data analysis for the Community Health Needs Assessment

For the 2019 CHNA, regional and local data were analyzed to compare Monroe County's health indicators to state goals. With the help of the Monroe County Department of Public Health and Common Ground Health, the CHIW reviewed data from many sources, including but not limited to:

- Bureau of Vital Records (2016). Vital Records (Vital Statistics). V. S. Unit, NYS Department of Health.
- Common Ground Health (2018). "Health Equity Chartbook."
- Monroe County (2017). Chronic Disease Report. Rochester, NY, MCDPH: 1-27.
- MC Department of Public Health (2017). Monroe County Youth Risk Behavior Survey. MCDPH
- NYS Department of Health (2018). "NYS Prevention Agenda Dashboard - County Level: Monroe County."
- Statewide Planning and Research Cooperative System (SPARCS) (2016). "SPARCS data."
- U.S. Census Bureau (2017). "2013-2017 American Community Survey 5-Year Estimates: Monroe County, NY"
- U.S. Census Bureau (2017). "2013-2017 American Community Survey 5-Year Estimates: Rochester City, NY"

Particular attention was given to Common Ground Health's recent survey of community members called "My Health Story". This survey asked about leading health concerns of residents from all age, geography, and race in our region.

The identified needs were prioritized based on the following criteria: Need among vulnerable populations; ability to have a measurable impact; ability to intervene at the prevention level; community capacity and willingness to act; and importance of the problem to community members.



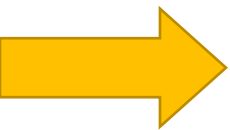
Based on the data, community input, and these criteria, two priority areas were selected:

- 1. Disparities in maternal child health, and 2. Mental health and well-being.**

Monroe County will focus on two primary areas:
Promote Healthy Women, Infants and Children
Promote Well-Being and Prevent Mental and Substance Use Disorders

Highlighted are areas of the New York State Prevention Agenda 2019-2024 that are of particular concern for Monroe County:

Priority Area	Focus Area
Prevent Chronic Diseases	1. Healthy Eating and Food Security (access to food, skills/knowledge, food security)
	2. Physical Activity (active transportation, environments, increased access)
	3. Tobacco Prevention (youth initiation, cessation, secondhand smoke)
	4. Preventive Care and Management (cancer screening, early detection of CVD/Diabetes, evidence-based care, self-management)
Promote a Healthy and Safe Environment	1. Injuries, Violence and Occupational Health (falls, violence prevention, traffic injuries)
	2. Outdoor Air Quality (outdoor air pollutants)
	3. Built and Indoor Environments (design and maintenance, healthy home/school)
	4. Water Quality (protect water sources, protect vulnerable waterbodies)
	5. Food and Consumer Products (reduce exposures of chemical, food safety)
Promote Healthy Women, Infants and Children	1. Maternal and Women’s Health (use of preventive services, maternal mortality)
	2. Perinatal and Infant Health (infant mortality, breastfeeding)
	3. Child and Adolescent Health (social-emotional development, special needs, dental)
	4. Cross Cutting Healthy Women, infants, Children (health equity in health outcomes)
Promote Well-Being and Prevent Mental and Substance Use Disorders	1. Promote Well-Being (build well-being and resilience, supportive environments)
	2. Prevent Mental and Substance Use Disorders (drinking, opioids, ACES, depression, suicide, mortality gap for mental illness)
Prevent Communicable Diseases	1. Vaccine-Preventable Illness (vaccine rates, vaccine disparities)
	2. HIV (decrease morbidity, increase viral suppression)
	3. Sexually Transmitted Infections (STIs) (rate of growth)
	4. Hepatitis C Virus (treatment, prevent among drug injectors)
	5. Antibiotic Resistance and Healthcare Associated Infection (infection rate, antibiotic use)



Of the highlighted areas, two primary focus areas were identified: mental health and maternal/child health. The four areas of concern highlighted in yellow remain in the Monroe County CHNA as initiatives for the group to follow and support. These secondary priorities, include food insecurity, tobacco use, violence, sexually transmitted infections and opioid use.

Prevention Agenda Priority Areas and Evidence-Informed Interventions

Maternal child health equity is an area of priority for Monroe County. Our goal is to Reduce racial, ethnic, economic and geographic disparities in maternal and child health outcomes and promote health equity for maternal and child populations. We intend to enhance collaboration between programs in our community and address social determinants of health by maintaining and expanding a Maternal Child Health Advisory group of community partners, clinicians, researchers, and hospital administration.

Promoting mental health and well-being is the second priority area and we have two goals. We will strengthening opportunities to build well-being and resilience across the lifespan in Monroe County. The CHIW will be exploring opportunities for hospitals and healthcare delivery systems, as some of the largest institutions and employers in the region, to improve working and purchasing decisions to benefit the local



community. We will explore how we can connect with existing work by Rochester Monroe Anti-Poverty Initiative (RMAPI), United Way and others to help build our community.

The second mental health focused goal is to facilitate supportive environments that promote respect and dignity for people of all ages. With the help of local experts we will suggested policy and program interventions that promote inclusion, integration, and cultural respect. Interventions include promoting local mental health education, stigma reduction, and trauma-informed care initiatives, working with the Monroe County Department of Public Health and the Office of Mental Health.

Tracking and Sustainability

The CHIW will continue to meet monthly during the implementation period of the 2019-2021 improvement plan, gather partners and content experts around our focus areas, with continuous feedback from stakeholders within the hospital systems and the community. We will submit annual reports to New York State and progress updates to the websites where the CHNA and CHIP documents are posted in order to be transparent and accessible to the community.