MISSION STATEMENT

It is the mission of NYU Winthrop Hospital to provide high-quality, safe, culturally competent, and comprehensive healthcare services in a teaching and research environment, which improve the health and well-being of the residents of Nassau County and contiguous county areas...based on a profound commitment to an enduring guiding principle – “Your Health Means Everything.”

The Hospital’s Community Service Plan is guided by and reflects its mission statement – to improve the health and well-being of the residents it serves.

COMMUNITY PARTNERSHIPS

NYU Winthrop maintains relationships with community- and faith-based organizations, private organizations, local school districts, and legislators from the village, town, county, state and federal government. Local community partners from areas experiencing health disparities are kept up-to-date through quarterly meetings of NYU Winthrop’s Community Cultural Advisory Committee. Evaluation forms at community programs are utilized as a method of feedback from individuals. Social media platforms, Facebook and Twitter, keep the hospital and the community connected.

On a broader scale, the Hospital is also an active member of the Long Island Health Collaborative, a coalition that includes the Nassau and Suffolk County health departments, all Long Island hospitals, health and social service community-based organizations, health plans, academic institutions, local government, and other groups that are working together toward a healthier Long Island. By using the collective impact model in Population Health efforts, it is hoped that public awareness and education will help motivate individuals to make the changes necessary to develop a healthy lifestyle and improve outcomes.

Community education efforts for 2017 were guided by NYS Prevention Agenda priorities determined in the 2016 CHNA: Chronic Disease with a focus on (1) Obesity and (2) Preventive Care and Management for the 2016-2018 Cycle. Our initiatives included:

- Evidenced-based programming:
  - Stanford Program for Chronic Disease Management
  - CDC Diabetes Prevention Program
  - Tai-Chi for Arthritis
  - Breastfeeding Initiative – Baby-Friendly® Hospital
  - 5-2-1-0 Healthy Lifestyle Program
- Increased efforts to raise participation in breast cancer and colorectal cancer screenings
- Promote Tobacco Cessation – Supporting DSRIP project 4.b.i.
- Mental Health and Substance Abuse – addressed through public education and stress management techniques
- Continued support of Long Island health Collaborative “Are You Ready, Feet?” Physical activity/walkability campaign and walking portal

The following is a brief description of the progress of prevention programs in 2017 and an evaluation of their impact.

A. STANFORD PROGRAM FOR CHRONIC DISEASE MANAGEMENT

Four facilitators were trained in 2017. Classes will begin out in the community in 2018.

B. NATIONAL DIABETES PREVENTION PROGRAM

NYU Winthrop offered the evidenced-based National Diabetes Prevention Program at no cost at the Diabetes Education Center. In 2017, a total of 193 individuals participated in the program. It is important to note that approximately 22% of participants were from communities with health disparities.

Evaluation of Impact - Please see the following results from 85 post-satisfaction surveys:

“I know more about lifestyle changes.”
94% Strongly Agree; 6% Agree

“I have been able to maintain the lifestyle changes for my health that I have made.”
45% Strongly Agree; 58% Agree; 6% Disagree

“I now have a better understanding of how to manage my health and/or physical activity.”
80% Strongly Agree; 10% Agree; 1% Disagree

C. TAI CHI FOR ARTHRITIS

Targeting Chronic Disease, Stress Management & Fall Prevention

NYU Winthrop offered the evidenced-based Tai Chi for Arthritis & Fall Prevention Program. Medical studies have shown that Tai Chi relieves pain and improves the quality of life for people living with arthritis, though participants do not need to have arthritis to participate.

Three eight-week Tai Chi for Arthritis & Fall Prevention sessions were held. A total of 59 individuals attended and completed the program at the Hospital. One introductory session to Tai Chi was held, attended by 80 individuals.

Evaluation of Impact – The response to the program has been tremendous, with community members calling to request classes. Staff has recently been hired and will be trained in 2018 to accommodate demand. Anonymous post-evaluation forms are collected as part of the program. Here is a summary of the surveys:

“Has your sense of well-being and confidence improved?”
88% yes; 12% somewhat

“Do you feel stronger and more flexible?”
80% yes; 10% somewhat; 1%
“Has Tai Chi helped you to maintain and improve your health and well-being?”
89% yes; 11% somewhat

D. PROMOTE EXCLUSIVE BREASTFEEDING

Cited as a “Strategy to Prevent Obesity and Other Chronic Diseases” by the CDC, NYU Winthrop, designated “Baby Friendly” in 2014, educates new mothers about breastfeeding and provides supportive services to improve the percentage of newborns who only receive breast milk when discharged from the Hospital.

Evaluation of Impact – During January through August of 2017, 43% of babies were only receiving breast milk when discharged from NYU Winthrop. In addition, the Hospital offers a breastfeeding support group, led by a lactation consultant. Approximately 75 women attended the group between January and August of 2017.

E. CHILDHOOD OBESITY SCREENINGS IN THE COMMUNITY

NYU Winthrop collaborates with the Head Start communities located in Hempstead and Westbury to bring the evidenced-based 5-2-1-0 healthy lifestyle program to their families. The program encourages 5 servings of fruits and vegetables each day, no more than 2 hours of screen time, 1 hour of exercise and 0 sugary drinks.

The interventional strategy includes documenting each child’s BMI, giving participants a packet of the 5-2-1-0 guidelines, and offering nutritional counseling for families of children identified as having an unhealthy weight. During February and June of 2017, 87 children were measured in Hempstead and 16% were in the high range; 38% in the very high range. In Westbury, 84 children were measured; 36% of children were in the high range and 19% were in the very high range.

Evaluation of Impact – Although we offered nutritional counseling in the form of a support group, parents did not respond. However, a new nurse hired by the Hospital will partner with the Head Start nurse to facilitate parental engagement.

F. INCREASE EFFORTS TO RAISE PARTICIPATION IN COLORECTAL CANCER & BREAST CANCER SCREENINGS

During 2017, NYU Winthrop increased efforts to improve the rate of colorectal cancer and breast cancer screenings. NYU Winthrop is participating in the American Cancer Society’s 80% by 2018 Colorectal Cancer Screening Initiative and in the NAPBC (National Accreditation Program for Breast Centers) Patient Navigation Initiative.

- Colorectal Cancer - Nurse Navigators contacted 19 community-based organizations and attended nine public educational programs/events to raise awareness. More than 400 individuals were counseled and recommended for screening.
Breast Cancer - 597 women were contacted; 82% needed screening and 52% completed screening.

Evaluation of Impact – Challenges for both initiatives are the same: overcoming barriers to screening, such as social challenges including transportation, lack of insurance, work and family responsibilities. Barriers continue to be addressed through patient navigation services.

G. PROMOTE TOBACCO CESSATION

The Tobacco Cessation Program is an interactive, four-session workshop offered over a four-week period. The program is free-of-charge and conducted by a registered nurse.

- A total of 5 four-week workshops were conducted, with a total of 34 people attending three out of the four workshops.

Evaluation of Impact – Post-evaluation forms indicated that more sessions were needed. The program was reviewed, and plans were made to expand the program from four weeks to six weeks in 2018. A behavioral health component dealing with substance issues will be included.

H. Supporting Mental Health and Addressing Substance Abuse

- Expanded Services in the Department of Behavioral Health – During 2017, NYU Winthrop added one new social worker and a Nurse Practitioner to the department.
- Referrals to Community Resources – NYU Winthrop has a solid referral base for community members in need of assistance for both mental health and substance abuse.
- Two Stress Management lectures were held - a total of 211 people attended.
  - Stress Management information and breathing exercise sheets are provided at every community education program.

In addition to the Prevention Agenda priorities determined in our 2016 CHNA, NYU Winthrop continues to prioritize Fall Prevention with a robust program that now includes the evidenced-based program, Tai Chi. The following is a brief description of our efforts in this area.

- HEALTHY & SAFE ENVIRONMENT – FALL PREVENTION
  - NYU Winthrop’s Fall Prevention Program for seniors includes a beginner four-part fall prevention workshop, followed by exercise classes to improve balance, flexibility and strength. Registered nurses conduct balance assessments for individuals interested in taking a fall prevention class. Those who are deemed unfit to take classes are advised to check with their physician or physical therapist.
  - During 2017, a total of seven beginner workshops were conducted at the Hospital and one out in the community at the Malverne Library. One hundred and three attendees completed the four-part series.
A total of **32 follow-up exercise classes** were offered at the Welcome Center and **19 classes** were offered out in the community at the “Yes We Can” Center in Westbury. These classes had a total of **863 registrants**.

**ADDITIONAL COMMUNITY-BENEFIT SERVICES AT NYU WINTHROP**

- **Blood Drives** - From January through August of 2017, 522 pints of blood were donated at NYU Winthrop.

- **Community Education**
  - Approximately **1100** individuals attended free Hospital-based lectures, addressing topics such as Heart Health, Diabetes, Stress Management, Stroke, and more.
  - Approximately **375** individuals attended free community-based wellness lectures that were requested by various organizations.
  - Long Island is a large sports community. Approximately **150** young athletes, their parents and coaches attended lectures raising awareness about concussions, injury prevention and substance abuse.

- **Center for Family Dental Medicine** - Developed to target communities with health disparities, the Center offers diagnostic and oral care from preventive measures which range from routine care and cleanings to more complex oral and maxillofacial surgery. During 2017, the Center provided approximately 350 free screenings to participants at the Make a Kid Smile Event, as well as participated in several health fairs to provide information about the link between oral care and health.

- **Center for Advanced Care of Chronic Conditions** - A free service to the community helps individuals with a number of chronic conditions navigate the healthcare system. A nurse “navigator” customizes a plan of care, coordinates treatment and follow-up care, and promotes awareness of the Hospital’s various preventive and health screening programs. During 2017, the Center assisted **2,612** individuals.

- **Health Fairs** - During 2017, NYU Winthrop encountered approximately 500 individuals at local community fairs, providing educational material about nutrition, blood pressure, cholesterol, nutrition, stroke and more.

- **Health Screenings**
  - **Fifty-three** individuals were screened at a free Stroke Risk Assessment.
  - **Twenty-two** men participated in the Peter Latos free prostate cancer screening.
  - Approximately **400** individuals received free blood pressure screenings at various events.
• **Meals on Wheels** -- The Hospital provided 15,660 meals for homebound community residents.

• **Support Groups** More than 100 support group sessions that are free and open to the public were held, on topics such as cancer support, stroke, breastfeeding, bereavement, and more.

• **NYU Winthrop Welcome Center** - The Welcome Center at the NYU Winthrop Wellness Pavilion in Garden City serves as a resource for written educational material, lectures and wellness programs, including New Parent Education and support groups. Community residents calling the 1-866-WINTHROP number for information are directly linked to clinical departments as well as given referrals to community physicians and services as needed.

• **NYU Winthrop Winnebago** – Brings health education information and screenings to various locations throughout the community.

• **Are You Ready Feet™ Campaign** – A walking program developed by the Long Island Health Collaborative to promote walking and exercise throughout communities. NYU Winthrop encouraged participation in this Island wide initiative by posting information on Facebook notifying our followers about the initiative. Numbers for the Long Island Health Collaborative’s portal are as follows:

  - 535 total portal users
  - Log-in page visited -1,839 times
  - Sign-up page visited – 542 times
  - Dashboard visited – 1,192 times
  - 4,745 activity entries
  - 60.981.894 total miles walked