

IMPLEMENTATION STRATEGY FOR COMMUNITY HEALTH

Sacred Heart Hospital, Allentown, PA



COMMUNITY HEALTH NEEDS ASSESSMENT

- Health Care Council of the Lehigh Valley (HCCLV) which was convened by the Dorothy Rider Pool Trust to develop the region's Community Health Needs Assessment (CHNA).
- Adopted by SHH board in April 2016
- This Implementation Strategy is based on the findings of the regional Community Health Needs Assessment, Lehigh Valley Road to Health

Strategies to be Undertaken:

- **Housing Conditions:** Establish the Housing Help Desk at the Sigal Center.
- **Nutrition and Food:** Continue the weekly farm share program and pilot a weekly farmers market at the Sigal Center.
- **Social Associations and Childhood Obesity:** Increase opportunities for people to socialize and engage with their community.
- **Smoking:** Respiratory Care staff will coordinate a smoking cessation program for patients and community.
- **Prevention Activities for Women's Health:** Educate women in the community about Women's Health concerns and resources.

Housing Conditions

Area of Concern

- Over 35% of the housing have one or more housing problem
- Allentown School District reports a transient rate of 40% that reflects a housing issue among families

Housing Help Desk

- Housing Help Desk at the Sigal Center.
- The desk will be a highly accessible walk-in location for people in our community who are experiencing housing problems.

Possible funding support through: DACDI, Rider Pool, Highmark Foundation and/or Medicaid Insurers

NUTRITION AND FOOD SECURITY

Area of Concern

- 13% of residents of Lehigh County experience food insecurity
- 85% of Allentown School children are eligible for Free or Reduced Lunch (37% of children in Lehigh County)
- In addition, the CHNA reports that 4% of Lehigh County residents have limited access to healthy foods.

Farm share and Market

- In 2012, Sacred Heart and Rodale Institute established a community supported agriculture program at Sacred Heart.
- In the summer of 2016, an organic farmers market will also be established at Sacred Heart.
- “double SNAP benefits” that allow for each dollar of “food stamps” to be worth two dollars at the market.

Possible funding support through: Upside Allentown, USDA and Rodale Institute.

SOCIAL ASSOCIATIONS & CHILDHOOD OBESITY

Area of Concern

- Having friends and family you can count on for support has many benefits for overall health.
- In the LV nearly 40% of all school children are overweight or obese.

Increase opportunities for people engage.

- The Wellness Navigator will coordinate an assortment of community programs .
- ASD partnership program- health workshops in the schools.
- The Healthy Kids Back to School Event is held at the Sigal Center each summer

Possible funding support through: Upside Allentown, health insurance partners, local foundations.

SMOKING CESSATION

Area of Concern

- Lehigh and Northampton Counties lag far behind the Healthy People 2020 Goals
- While adult smoking is decreasing slightly over the past few years, it has increased in Lehigh County within the same time period.

Smoking Cessation Program

- The Sacred Heart Respiratory Care staff will be re-launching smoking cessation efforts for patients and community members.
- Support sessions will be run as one-on-one and group sessions. These programs will also be marketed to the general public and neighbors of Sacred Heart Hospital.

Possible funding support through: Smoke-free Northeast PA Coalition, health insurance billable service.

PREVENTION FOR WOMEN'S HEALTH ISSUES

Area of Concern

- Breast Cancer is the second most common form of cancer among women in the United States.
- The percentage of female Medicare enrollees ages 67-69 that receive mammography screening has fallen in Pennsylvania, Lehigh and Northampton Counties from 2012-2015.

Educate the Community about Women's Health.

- *Reaching Out for Healthy Women* has been a Sacred Heart program since 1997.
- The multi-cultural staff ensures that all women in our community receive education, screening services and necessary care.

Possible funding support through: Women's 5k Classic, Koman Foundation, local foundations