



Hackensack
Meridian *Health*
Raritan Bay Medical Center

2018 - 2019

Implementation Plan



INTRODUCTION

In 2017, in accordance with Section 501(r)(3) of the Internal Revenue Code, Raritan Bay Medical Center (RBMC) conducted their second Community Health Needs Assessment (CHNA) to better understand the needs of the communities within the hospital's Service Area.

A Community Benefit Task Force was convened to oversee development of the CHNA. The Committee is comprised of key county stakeholders (government, civic, community-based organizations, faith-based organizations and health care providers) focused on improving the health of community residents. The findings and recommendations of the Task Force informed the CHNA process and ultimately the selection of community health need priority areas based on capacity, resources, competencies, and needs specific to the population served. After presenting an analysis of key CHNA findings, service gaps and assets across health indicators, the Top 5 Priority Issues determined by the Task Force were:

1. Diabetes
2. Cardiovascular Disease
3. Physical Activity / Obesity
4. Mental Health
5. Access

This Implementation Strategy is the result of the CHNA which was adopted by the Board of Directors on November 28, 2017. To address the needs of the community, Raritan Bay Medical Center is committed to the strategies outlined in this report. RBMC has allocated resources in the form of staff, facilities, programs and financial support over the next three years to ensure achievement of the implementation strategy goals in order to provide the necessary education and services to the community.

IMPLEMENTATION PLAN

The Community Health Implementation Plan (CHIP) addresses the manner in which RBMC will approach each priority need and the expected outcome and timeframe for the evaluation of its efforts.

GOAL 1: *Reduce Diabetes-related unnecessary ED visits and admissions through education and support.*

Priority Need Addressed: Diabetes

	Initiative	Activities	Review Period	Strategic Partners
1.1	Diabetes screening and counseling	a. Participate in Health Fairs events - distribute bi-lingual educational materials	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Joslin Center NJ 2-1-1 Culture of Health Central Jersey Family Health Consortium American Diabetes Association Local health Departments Culture of Health
		b. Conduct wellness screenings – distribute bi-lingual educational materials	Ongoing	
		c. Distribute local resources including NJ 2-1-1 to individuals seeking diabetes support	Ongoing	
		d. Participate in Diabetes Awareness Month	November	
1.2	Diabetes support groups	a. Promote Joslin Diabetes Center support group (Old Bridge - English speaking)	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Joslin Center NJ 2-1-1 Culture of Health Central Jersey Family Health Consortium American Diabetes Association Local health Departments Culture of Health
		b. Partner with Joslin Center to conduct needs assessment of Type 1 Caregiver support group	Ongoing	
		c. Distribute local resources including NJ 2-1-1 to individuals seeking diabetes support	Ongoing	

GOAL 1: Reduce Diabetes-related unnecessary ED visits and admissions through education and support.

Priority Need Addressed: Diabetes

	Initiative	Activities	Review Period	Strategic Partners
1.3	Diabetes health education programming and services	a. Offer nutrition education classes at Joslin Diabetes Center - Old Bridge	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Joslin Center NJ 2-1-1 Culture of Health Central Jersey Family Health Consortium American Diabetes Association Local health Departments Wegmans Culture of Health
		b. Launch <i>Reshape Your Health</i> - Hackensack Meridian Health nutrition and cooking campaign	March 2018	
		c. Present diabetes-related community lectures via Speakers Bureau	Ongoing	
		d. Implement <i>Take Control of Your Health for Diabetes</i> – 6-week self-management course	Ongoing	
		e. Engage Hispanic community through faith-based initiative	Ongoing	
		f. Distribute local resources including NJ 2-1-1 to individuals seeking diabetes support	Ongoing	
		g. Participate in Diabetes Awareness Month	November	
		h. Disseminate public health messaging – billboards and social media campaigns	Annual	
1.4	Leadership commitment to evaluate need to establish Perth Amboy-based diabetes program	a. Conduct needs assessment	Ongoing	HMH-RBMC Hackensack Meridian Health
		b. Secure resources	Ongoing	
		c. Implement findings	Ongoing	

GOAL 2: *Reduce community’s modifiable risk factors for heart disease and stroke through education and support.*

Priority Need Addressed: Heart Disease

	Initiative	Activities	Review Period	Strategic Partners
2.1	Heart and vascular screening and counseling	a. Participate in Health Fairs events - distribute bi-lingual educational materials	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Health department American Heart Association YMCA NJ 2-1-1 Culture of Health
		b. Conduct wellness screenings - distribute bi-lingual educational materials	Ongoing	
		c. Offer AngioScreen – 15-minute noninvasive screening with real time result feedback (cost associated)	TBD	
		e. Distribute local resources including NJ 2-1-1 to individuals seeking heart health support	Ongoing	
		f. Participate in Heart Awareness Month	February	
2.2	Cardiovascular health support groups	a. Lead Cardiac Club support group	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Health department American Heart Association YMCA NJ 2-1-1 Culture of Health
		b. Distribute local resources including NJ 2-1-1 to individuals seeking heart health support	Ongoing	

GOAL 2: Reduce community’s modifiable risk factors for heart disease and stroke through education and support.

Priority Need Addressed: Heart Disease

	Initiative	Activities	Review Period	Strategic Partners
2.3	Cardiovascular health education programming and services	a. Implement <i>Take Control of Your Health</i> for Cardiovascular Health- 6-week self-management course	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Health department American Heart Association YMCA NJ 2-1-1 Culture of Health Community of Lifesavers Local EMS
		b. Present cardiovascular-related community lectures via Speakers Bureau	Ongoing	
		c. Launch <i>Reshape Your Health</i> - Hackensack Meridian Health nutrition and cooking campaign	March 2018	
		d. Offer Cardiopulmonary Resuscitation (CPR) classes for medical professionals and the public	Ongoing	
		e. Host stroke education for local EMS	Ongoing	
		f. Engage Hispanic community through faith-based initiative	Ongoing	
		g. Distribute local resources including NJ 2-1-1 to individuals seeking heart health support	Ongoing	
		h. Participate in Heart Awareness Month	February	
		i. Disseminate public health messaging – billboards and social media campaigns	Annual	

GOAL 3: *Enhance community awareness of nutrition and increase physical activity to positively impact overall health and well-being through education and support.*

Priority Need Addressed: Healthy Nutrition/Obesity

	Initiative	Activities	Review Period	Strategic Partners
3.1	Wellness screening and nutritional counseling	a. Participate in Health Fairs events - distribute bi-lingual educational materials	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> SNAP Federally Qualified Health centers including Jewish Renaissance Central Jersey Family Health Consortium YMCA Culture of Health NJ 2-1-1
		b. Conduct wellness screenings - distribute bi-lingual educational materials	Ongoing	
		d. Continue Baby Friendly initiative path	Ongoing	
		e. Distribute local resources including NJ 2-1-1 to individuals seeking nutrition and weight management support	Ongoing	
		f. Participate in Nutrition Awareness Month	March	
3.2	Weight loss/management support groups	a. Promote Bariatric surgery program support group	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> SNAP Federally Qualified Health centers including Jewish Renaissance Central Jersey Family Health Consortium YMCA Culture of Health NJ 2-1-1
		b. Distribute local resources including NJ 2-1-1 to individuals seeking nutrition and weight management support	Ongoing	

GOAL 3: Enhance community awareness of nutrition and increase physical activity to positively impact overall health and well-being through education and support.

Priority Need Addressed: Healthy Nutrition/Obesity

	Initiative	Activities	Review Period	Strategic Partners
3.3	Physical activity programming and health education events	a. Present healthy nutrition/obesity-related community lectures via Speakers Bureau	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Sodexo Culture of Health Mayor’s Wellness Campaign Pawsitive Action Team SNAP Federally Qualified Health centers including Jewish Renaissance Central Jersey Family Health Consortium YMCA NJ 2-1-1
		b. Launch <i>Reshape Your Health</i> - Hackensack Meridian Health nutrition and cooking campaign	March 2018	
		c. Engage Hispanic community through faith-based initiative	Ongoing	
		d. Utilize public gardens for education and food distribution	Ongoing	
		e. Engage communities to participate in established walking programs	Ongoing	
		f. Partner with local employers on wellness initiatives	Biannually	
		g. Collaborate with school-based programs	Biannually	
		h. Participate in Nutrition Awareness Month	March	
		i. Disseminate public health messaging – billboards and social media campaigns	Annual	
3.4	Leadership commitment to evaluate need to provide 24/7 access to healthy foods on campus	a. Conduct needs assessment	Ongoing	HMH-RBMC Hackensack Meridian Health
		b. Secure resources	Ongoing	
		c. Implement findings	Ongoing	

GOAL 4: Increase community awareness of and engagement with Mental Health, Alcohol and Substance Abuse services while supporting community-based programs.

Priority Need Addressed: Mental Health and Substance Abuse

	Initiative	Activities	Review Period	Strategic Partners
4.1	Behavioral health/substance abuse resource distribution	a. Participate in Health Fairs events - distribute bi-lingual materials	Ongoing	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Wellspring Pastor Birney Bay Behavioral Health Veterans Crisis Line NJ 2-1-1 Federally Qualified Health centers including Jewish Renaissance
		b. Facilitate a network of community based organizations/agencies and providers	Biannually	
		c. Distribute local resources including NJ 2-1-1 to individuals seeking behavioral health/substance abuse support	Ongoing	
4.2	Behavioral Health and Substance Abuse education and programming	a. Disseminate public health messaging – billboards and social media campaigns	Annual	HMH-RBMC Hackensack Meridian Health <u>Community Partners:</u> Wellspring Bay Behavioral Health Veterans Crisis Line NJ 2-1-1 Care Transformation Strategy Culture of Health Department of Health – Division of Addiction Services Central Jersey Family Health Consortium Healthier Middlesex
		b. Present behavioral health/substance abuse-related community lectures via Speakers Bureau	Ongoing	
		c. Engage Hispanic community through faith-based initiative	Ongoing	
		d. Collaborate with school-based programs	Biannually	
		e. Distribute local resources including NJ 2-1-1 to individuals seeking behavioral health/substance abuse support	Ongoing	

GOAL 4: *Increase community awareness of and engagement with Mental Health, Alcohol and Substance Abuse services while supporting community-based programs.*

Priority Need Addressed: Mental Health and Substance Abuse

	Initiative	Activities	Review Period	Strategic Partners
4.3	NARCAN Rapid Replacement Program	a. Provide opioid antidote replacement kits	Ongoing	HMH-RBMC Hackensack Meridian Health Middlesex County Prosecutor's Office
4.4	Leadership commitment of resources to evaluate potential partnership to provide IP/OP detox services	a. Conduct needs assessment	Ongoing	HMH-RBMC Hackensack Meridian Health
		b. Secure resources	Ongoing	
		c. Implement findings	Ongoing	