

St. Luke's Des Peres Hospital Community Health Implementation Plan



Our specialty is you.



The mission of St. Luke's Des Peres Hospital is to improve the health of the communities we serve. Our ongoing commitment to meet the needs of the community has been outlined in the 2022 Community Health Needs Assessment (CHNA), approved by the St. Luke's Hospital Board of Directors in May 2022.

The community served by St. Luke's Des Peres Hospital includes 16 zip codes near the hospital including local areas of high need. The 2022 CHNA prioritized the following three significant health needs and vulnerable populations to be addressed through implementation of strategies outlined in this Community Health Implementation Plan (CHIP) between fiscal years 2023 and 2025:

- Obesity
- Access in Priority Areas
- Smoking/Respiratory Disease

These priorities were identified through assessment of secondary public health and hospital data, primary data responses from community member and stakeholder surveys, and internal prioritization by the St. Luke's Des Peres Hospital Executive Team based on St. Luke's Des Peres' strategies, resources, partners, and ability to impact. Additional health needs that were identified, but not selected to be addressed are outlined in the Appendix.

After approval of the CHNA priority needs by the St. Luke's Board of Directors, the St. Luke's Des Peres Hospital CHNA Steering Committee developed goals and objectives for each priority need to identify intended outcomes and impact. A separate CHIP Core Action Team of executive and operational leadership closely aligned with the priority needs used the goals and objectives to guide the development of actionable and evidence-based initiatives and advised on resources and partnerships.

Over the next three years, the CHIP initiatives will be implemented by project teams of subject matter experts with the expertise, education, clinical practice, and skills to implement the action plans.

The Core Action Team will continue to advocate for and influence strategies through implementation; advise on resources, budgets, and timelines; and remove barriers for implementation by facilitating connections.

The St. Luke's Hospital Board of Directors approved and adopted the St. Luke's Des Peres Hospital implementation plan in August 2022.

Questions or feedback about the St. Luke's Des Peres Hospital CHIP can be emailed to SLHCommunityBenefit@stlukes-stl.com, or by writing:

St. Luke's Hospital, Community Outreach
Attn: Community Benefit
232 S. Woods Mill Road
Chesterfield, MO 63017

Obesity

Being overweight or obese is the health need of greatest concern among 40% of community member survey responses in the St. Luke's Des Peres CHNA. In addition, obesity-related health issues such as hypertension, heart disease, and atherosclerosis rank among top health conditions in the St. Luke's Des Peres CHNA, presenting additional opportunity for impact while implementing change to help community members connect to resources to maintain a healthy weight through improved health behaviors.

Almost two out of every three Missourians are overweight or obese, affecting all genders, ages, races, ethnicities, and socioeconomic groups.¹ Obesity and being overweight are linked to many serious health conditions including mental health; however, healthy eating and regular physical activity can reduce obesity and help people eliminate some chronic disease, maintain a healthy weight, achieve better health outcomes, and improve quality of life.

Goal: Increase educational opportunities and access to healthy food and exercise.



Priority Need: Obesity

Interventions	<p><u>Access:</u></p> <ul style="list-style-type: none"> Evaluate opportunity to integrate Community Referral Coordinator for medical home referrals and connections <p><u>Engagement:</u></p> <ul style="list-style-type: none"> Determine feasibility to utilize EMR to target individuals for intervention and referral (education, nutrition, medical/surgical bariatrics) <p><u>Healthy Food Access:</u></p> <ul style="list-style-type: none"> Identify community grocers in areas with greater food insecurity and determine opportunity for food distribution of surplus <p><u>Community Education:</u></p> <ul style="list-style-type: none"> Develop and deploy St. Luke's obesity education strategy in the community with local partners and including St. Luke's provider expertise, screenings, and opportunities for engagement Develop list of healthy food and exercise resources for patients <p><u>Staff Education:</u></p> <ul style="list-style-type: none"> Develop education tools and resource list for clinicians
Metrics	<p><u>Access:</u></p> <ul style="list-style-type: none"> Number of referrals <p><u>Engagement:</u></p> <ul style="list-style-type: none"> Percent of identified individuals engaged for intervention <p><u>Healthy Food Access:</u></p> <ul style="list-style-type: none"> Amount of food distributed Number of families assisted <p><u>Community Education:</u></p> <ul style="list-style-type: none"> Number of participants Number of screenings Percent of post-session scores indicating improved knowledge Successful completion of resource lists <p><u>Staff Education:</u></p> <ul style="list-style-type: none"> Successful completion of education tools, resource lists
Outcomes	<ul style="list-style-type: none"> Improved access and facilitation of referrals to SLMG and FQHC providers for patients without a medical home Improved knowledge and awareness of healthy food and exercise options and resources

Access in Priority Areas



Barriers to access in the St. Luke's Des Peres CHNA are most prevalent in Mehlville, Cedar Hill, and House Springs. The lower income populations in these zip codes have the lowest educational attainment and highest rates of uninsured and Medicaid patients among all zip codes in the CHNA geography.

Inadequate health insurance coverage is one of the largest barriers to health care access, and the unequal distribution of coverage contributes to disparities in health. Out-of-pocket medical care costs may lead individuals to delay or forgo

needed care, and uninsured adults are less likely to receive preventive services for chronic conditions. Delaying or foregoing preventive care and disease management can lead to uncontrolled disease that can lead to more serious illness requiring a higher level of care and even premature death.

In addition to having the lowest insured rates in the CHNA area, Mehlville, Cedar Hill, and House Springs yield some of the highest rates of chronic diseases that exceed prevalence throughout the geography and the highest inpatient and emergency department utilization rates, preventable emergency and inpatient hospitalizations, and premature deaths.

Inadequate preventive care also presents missed opportunities for healthcare education and health behavior modification or management. In Mehlville, Cedar Hill, and House Springs, the rates of obesity, opioid use, smoking, and teen pregnancy are the highest among all other CHNA area zip codes with rates greater than benchmark comparisons.

Limited transportation and availability of healthcare providers or services can lead to patients missing or not scheduling appointments and delaying or skipping medications, leading to poor health outcomes. Physician shortages may mean that patients experience longer wait times and delayed care. Health care resources are often more prevalent in communities with better insurance coverage, but the type of insurance individuals have also makes a difference, as some providers do not accept Medicaid patients due to limited reimbursement.²

Goal: Improve access to health services and resources in each priority area.

Priority Need: Access in Priority Areas

<p>Interventions</p>	<p><u>Community Education:</u></p> <ul style="list-style-type: none"> • Develop and deploy St. Luke's Des Peres outreach education strategy in the community with local partners and including St. Luke's and St. Luke's Des Peres provider expertise, screenings, and opportunities for engagement • Monthly Lunch & Learn topics onsite and in community <p><u>Access:</u></p> <ul style="list-style-type: none"> • Augment mobile mammography unit with needed screening/education options • Extend SLMG specialists to priority area clinical sites on a rotating basis to extend screenings, education, and specialty appointments • Evaluate opportunity to ensure Medicaid application completion and filing, Marketplace assistance, etc. • Explore community partnerships and identify potential for additional collaboration with existing partners and additional opportunity with new partners <p><u>Transportation:</u></p> <ul style="list-style-type: none"> • Evaluate feasibility to add hospital shuttle stop at West County Mall bus stop location <p><u>Job Promotion:</u></p> <ul style="list-style-type: none"> • Sponsor job fair in partnership with community center, libraries, schools, faith communities <p><u>Career Exploration & Readiness:</u></p> <ul style="list-style-type: none"> • Develop and implement career exploration and readiness plan after evaluation of the following: <ul style="list-style-type: none"> - Partner with community colleges for career readiness programs - Partner with local high schools and develop career exploration program for implementation in schools and onsite at St. Luke's facilities - Replicate St. Luke's Explorers program at Des Peres - Training outposts for ancillary support service jobs in communities of need
<p>Metrics</p>	<p><u>Community Education:</u></p> <ul style="list-style-type: none"> • Number of participants • Number of screenings • Percent of post-session scores indicating improved knowledge <p><u>Access:</u></p> <ul style="list-style-type: none"> • Number of screenings • Number of appointments • Number assisted <p><u>Transportation:</u></p> <ul style="list-style-type: none"> • Number of rides <p><u>Job Promotion:</u></p> <ul style="list-style-type: none"> • Number of participants <p><u>Career Exploration & Readiness:</u></p> <ul style="list-style-type: none"> • Number of participants
<p>Outcomes</p>	<ul style="list-style-type: none"> • Improved knowledge of health resources and navigation to access points of care • Improved community partnerships for continuity and coordinated patient care • Increase appropriate services extended from Des Peres campus to providers in each priority area • Increased insurance enrollment • Increased employment

Smoking/Respiratory Disease

Smoking rates per 1,000 population in the St. Luke's Des Peres CHNA are higher than the St. Louis County benchmark in six of 16 of the CHNA region's zip codes, and nearly all of the elevated zip codes are in the southern and more rural areas of the CHNA geography. In each of the six zip codes with elevated smoking rates, the rate of COPD and Lung Cancer are also aligned, elevated and higher than the St. Louis County benchmarks.

Smoking leads to disease and disability and harms nearly every organ of the body. More than 16 million Americans are living with a disease caused by smoking. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.³

Goal: Reduce smoking diagnoses per 1,000 in each of the SLDPH zip codes that exceed St. Louis County benchmark rate of 226.76 per 1,000 population (Arnold: 254.38, Cedar Hill: 345.85, Fenton: 247.67, High Ridge: 279.47, House Springs: 346.70, Mehlville: 279.99)



Priority Need: Smoking & Respiratory Disease

Interventions	<p><u>Staff Education:</u></p> <ul style="list-style-type: none"> Educate St. Luke's staff about patient identification and referral to cessation resources, including LDCT eligibility and referral <p><u>Community Education:</u></p> <ul style="list-style-type: none"> Develop and deploy St. Luke's smoking education strategy in the community with local partners and including St. Luke's provider expertise, screenings, and opportunities for engagement <p><u>Outreach:</u></p> <ul style="list-style-type: none"> Incorporate LDCT screening information/eligibility with mammography van outreach <p><u>Clinical Care:</u></p> <ul style="list-style-type: none"> Include LDCT eligibility criteria as a pre-surgical add-on Evaluate opportunity to partner with local CT providers to develop referral process to St. Luke's and follow-up by Lung Screening Navigator
Metrics	<p><u>Staff Education:</u></p> <ul style="list-style-type: none"> Number of referrals <p><u>Community Education:</u></p> <ul style="list-style-type: none"> Number of participants Number of screenings Percent of post-session scores indicating improved knowledge <p><u>Outreach:</u></p> <ul style="list-style-type: none"> Number of referrals <p><u>Clinical Care:</u></p> <ul style="list-style-type: none"> Number of referrals
Outcomes	<ul style="list-style-type: none"> Increased number of referrals to community partner cessation resources Identify and refer eligible patients to LDCT Increased outreach in the community for improved access to education and connection to resources

Appendix

Additional Community Health Needs

Additional health needs were identified through the St. Luke's Des Peres CHNA process, however limited resources necessitate selection of focus areas for implementation of community health improvement initiatives. The following community needs have been identified, but were not prioritized as top health needs in the St. Luke's Des Peres 2022 CHNA.

Cancer: Smoking causes about 20% of all cancers and about 30% of all cancer deaths in the United States. About 80% of lung cancers, as well as about 80% of all lung cancer deaths, are due to smoking. Lung cancer is the leading cause of cancer death in both men and women. St. Luke's Des Peres' focused priority on smoking will address one of the major risk factors for cancer disease and death. In addition, St. Luke's Des Peres is part of the St. Luke's network of care. St. Luke's Hospital in Chesterfield, MO offers comprehensive inpatient and outpatient services, educational information, and emotional support for the prevention, diagnosis, and treatment of cancer. As part of St. Luke's Commission on Cancer (CoC) accreditation, St. Luke's Community Outreach conducts annual education and screening events in the community to address barriers limiting access with the goal of prevention and earlier detection. Planned CoC community outreach efforts for 2022 will help educate and navigate current and former smokers to Low Dose CT Scan screening for lung cancer and smoking cessation resources.

Hypertension, Heart Disease, Diabetes: Hypertension, Heart Disease, and Diabetes are related conditions often resulting from being overweight or obese. Selecting obesity as a priority health need recognizes that related health conditions will likely be addressed and impacted through initiatives for obesity. St. Luke's Des Peres' focused priority on smoking will also address Hypertension, Heart Disease, and Diabetes since smoking tobacco damages the cardiovascular system and increases risk of many related diseases.

Arthritis/Joint Disease: St. Luke's Des Peres' Orthopedics and Physical Therapy service lines include comprehensive treatment and therapy options for individuals who suffer from pain, injury, and other medical problems with the goal of returning patients to optimal levels of physical function. Orthopedic care and therapy services are service line strengths at St. Luke's Des Peres, and we plan to continue to improve the health of our community through continued growth and commitment to excellent outcomes.

Mental Health/Substance Abuse/Liver Disease: Mental Health and Substance Abuse were not selected as priority needs of focus for the St. Luke's Des Peres CHNA, however current efforts, and partnerships to address the issues will continue. St. Luke's Des Peres Hospital partners with metropolitan public and nonprofit community organizations to address mental health and substance abuse issues in the community and works closely with FQHCs whose programs managing mental health diagnosis and substance abuse are vital in assisting St. Luke's Des Peres' uninsured and underinsured patients. Members of St. Luke's Des Peres staff serve in leadership roles on local boards to advise and collaborate to ensure vital resources continue to be available for our patients and the communities we serve. Resource packets are provided to patients to help connect them with community mental health and substance abuse resources, and consenting patients are met at bedside and helped by representatives who help to arrange services post discharge. Continuation of collaborative relationships with community organizations who provide mental health and substance abuse services is vital for St. Luke's Des Peres Hospital to meet the mental health needs of its patients. Because liver disease is commonly alcohol-induced, addressing substance abuse efforts as explained should help to impact liver disease in the community.

Endnotes

1. Missouri Department of Health and Senior Services, Health Conditions & Diseases: Obesity. <https://health.mo.gov/living/healthcondiseases/obesity/>
2. U.S. Department of Health and Human Services, Healthy People 2030: Access to Health Services. <https://health.gov/healthypeople/objectives-and-data/social-determinants-health/literature-summaries/access-health-services>
3. Center for Disease Control and Prevention: Smoking & Tobacco Use: Health Effects. https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm



Emergency →



St. Luke's
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