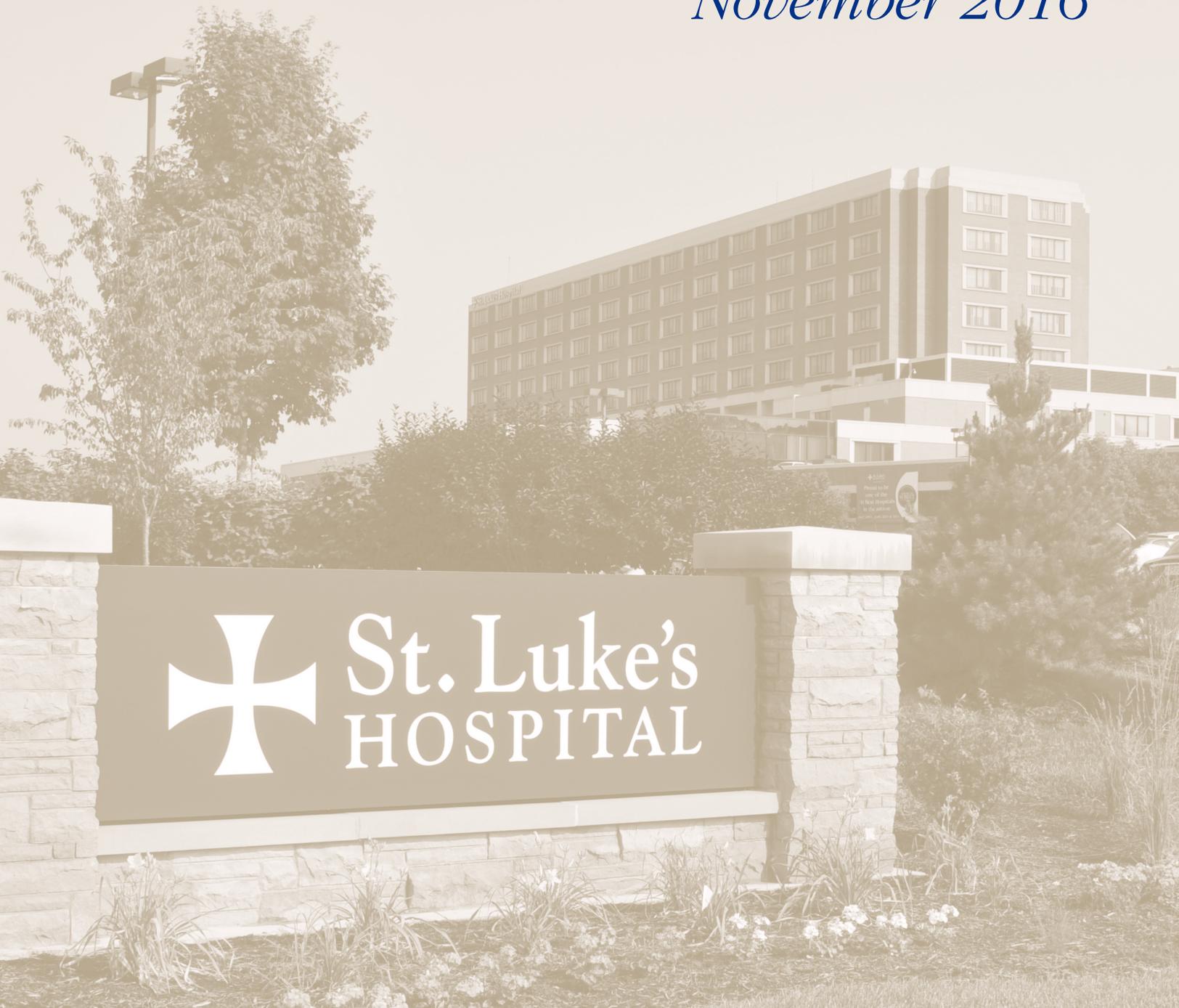


# St. Luke's Hospital

## Community Health Needs Assessment Implementation Plan

*November 2016*



# Implementation Plan Overview

St. Luke's Hospital developed this implementation plan based on our 2016 Community Health Needs Assessment and identification of these health priorities:

- **Obesity & Sedentary Lifestyle**
- **Cancer Screenings & Resources**
- **Prevention of Chronic Conditions**

After evaluating these health priorities, we established an implementation plan that incorporated these into two health issue goals:

- *Awareness of Lifestyle Risk Factors to Prevent Heart Disease*
- *Awareness of Preventive Cancer Screenings and Resources*

This implementation plan summary provides a strategy to improve the health of our community with specific actions and measurements.

The hospital offers a wide variety of community health education program, screenings and resources to help decrease the risk of deaths from heart disease and cancer.

Any feedback or input about the implementation plan can be provided to St. Luke's Hospital by emailing [communications@stlukes-stl.com](mailto:communications@stlukes-stl.com) or writing to:

## St. Luke's Hospital

Community Outreach  
232 S. Woods Mill Road  
Chesterfield, MO 63017

[stlukes-stl.com](http://stlukes-stl.com)



# Health Issue: Heart Disease

Contributing **FACTORS** to Health Issue: *Hypertension, Hyperlipidemia, Pre-Diabetes, Obesity and Sedentary Lifestyle* are contributing risk factors for heart disease. *Raising awareness of an active lifestyle and increasing knowledge of recommended blood pressure, cholesterol, glucose levels and BMI are related to reducing that risk.*

Three Year **GOAL** for Improvement:

By 2019, increase by 2% the number of adults in our defined community screened and counseled for BMI, blood pressure, cholesterol or glucose levels through community education programs and screenings to prevent risk of heart disease.

## Strategies

- **Educate** adults in our community on the risk factors of pre-diabetes, hypertension and hyperlipidemia.
- **Offer** free or low-cost weight management resources
- **Provide** screenings for adults in our community to identify those with abnormal glucose, blood pressure or cholesterol levels

## Actions

- **Provide** education/free or low-cost screenings for blood pressure, cholesterol or glucose at community events (health fairs, speakers bureau, worksite wellness screenings and special events, such as the annual Spirit of Women Day of Dance)
- **Utilize** St. Luke's website to provide education and resource materials related to prevention of heart disease
- **Evaluate** opportunities to participate in community partnerships

## Partners

- American Diabetes Association
- American Heart Association
- Dierberg's Markets and Des Peres Culinary School
- Area Employer Groups
- Spirit Health Group
- St. Charles County Partners for Progress
- St. Louis County Public Health Department
- St. Luke's Community Outreach Department
- St. Luke's Medical Group Physicians
- St. Luke's Wellness & Diabetes Center
- WomenHeart National Coalition for Women

## Process and Outcome Measures

- Increase by 2% the number of adults attending pre-diabetes and/or management of diabetes education classes (*Baseline: 745 in FY16*)
- Through a post-class evaluation, >95% of attendees at diabetes programs report a greater understanding of risk prevention and/or diabetes management (*Baseline: 95% in FY16*)
- Increase by 2% the number of adults screened for blood pressure, cholesterol or glucose (*Baseline: 4044 in FY16*)
- 100% of those screened for blood pressure, cholesterol or glucose receive consultation by a health professional on how to reduce their lifestyle risk factors

*This will eventually lead to better health outcomes related to morbidity, mortality, life expectancy, healthcare expenditures, health status and functional limitations.*



# Health Issue: Cancer Screening Awareness

Contributing **FACTORS** to Health Issue: *With early detection, the risk of deaths from cancer can be decreased through awareness of recommended screenings and resources available in the community. Providing access and resources available for mammography, colonoscopies and lung cancer screenings can help reduce mortality rates.*

Three Year **GOAL** for Improvement:

By 2019, increase by 2% the number of adults in West St. Louis County reported having had a screening for breast cancer (women 40+), colon cancer (50+) or lung cancer (those at high risk).

## Strategies

- **Educate** the adults in our community on the recommended screenings for breast, colon and lung cancer and resources available in the community
- **Offer** access to mammography, colonoscopy and lung cancer screenings
- **Provide** a lung cancer coordinator to identify those at risk for lung cancer

## Actions

- **Distribute** education materials to increase awareness of screening guidelines for breast, colon and lung cancer
- **Utilize** mobile mammography van to provide easier access to screening mammograms
- **Educate** the community and recommend to patients age/risk appropriate cancer screenings
- **Provide** education and resources at community and worksite wellness programs
- **Conduct** regular email database campaigns to increase awareness of risk and when to get appropriate screenings

## Partners

- American Cancer Society
- American Lung Association
- Spirit Health Group
- Area Employer Groups
- St. Louis County Department of Public Health
- St. Luke's Community Outreach Department
- St. Luke's Endoscopy Center
- St. Luke's Medical Group Physicians
- St. Luke's Oncology Department
- St. Luke's Women's Centers

## Process and Outcome Measures

- Increase by 2% the number of Spirit of Women members receiving panel card on preventive/risk appropriate screenings for breast, colon and lung cancer (*Baseline: 13, 937 in FY16*)
- St. Luke's Medical Group physicians will increase quality performance scores related to recommended age/risk appropriate colon cancer screenings by 15% (*Baseline: 49% in FY16*) and breast cancer screening by 15% (*Baseline: 42% in FY16*)
- Increase by 2% the number of high-risk adults screened for lung cancer (*Baseline: 338 in FY16*)
- Increase mobile mammography van sites by five sites (*Baseline: 224 in FY16*)



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