

St. Luke's Hospital Community Health Implementation Plan



Our specialty is you.



The mission of St. Luke's 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 includes 13 zip codes surrounding 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:

- Older Adults
- Obesity
- Mental Health

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 Hospital Executive Team based on St. Luke's Hospital 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 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 Hospital implementation plan in August 2022.

Questions or feedback about the St. Luke's 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

Older Adults

St. Luke's Hospital is located in zip code 63017 (Chesterfield) where 29% of the population is age 65+, the highest proportion of the older adults age group among all St. Luke's CHNA zip codes.

By 2030, the 65+ age group is expected to be twice as large as it was in 2000¹. This demographic presents a growing number of individuals with unique and substantial vulnerabilities that impact overall health. The high proportion of the age 65+ population in the St. Luke's community presents an opportunity to develop and integrate social and health-related initiatives both in St. Luke's existing services and facilities and through community interactions for improved access.

Goal: Increase the number of older adults actively engaged in healthy lifestyles.



Priority Need: Older Adults

Interventions	<p><u>Community Education:</u></p> <ul style="list-style-type: none"> • Develop and deploy St. Luke's outreach education strategy in the community with local partners and including St. Luke's provider expertise, screenings, and opportunities for engagement • Monthly Lunch & Learn topics onsite at St. Luke's <p><u>Disease Management - Diabetes:</u></p> <ul style="list-style-type: none"> • Implement Diabetes Disease Management in St. Luke's Medical Group • Expand Diabetes Prevention Program <p><u>Insurance Coverage:</u></p> <ul style="list-style-type: none"> • Expand Medicare plan comparison into community <p><u>Staff Education:</u></p> <ul style="list-style-type: none"> • Develop staff Care Learning topic: Older Adults • Develop St. Luke's family resource booklet for care of older adults <p><u>Clinical Care:</u></p> <ul style="list-style-type: none"> • Evaluate opportunity to expand readmissions reduction program • Evaluate opportunity to add Social Worker in Emergency Department and St. Luke's Medical Group
Metrics	<p><u>Community Education:</u></p> <ul style="list-style-type: none"> • Number of attendees • Number of screenings • Percent of post-session scores indicating improved knowledge <p><u>Disease Management - Diabetes:</u></p> <ul style="list-style-type: none"> • Number of patients enrolled • Number of practices implemented • Improved HbA1c levels over baseline <p><u>Insurance Coverage:</u></p> <ul style="list-style-type: none"> • Number of patients enrolled <p><u>Staff Education & Clinical Care:</u></p> <ul style="list-style-type: none"> • Decrease of age 65+ avoidable hospitalizations
Outcomes	<ul style="list-style-type: none"> • Improved knowledge of healthy behaviors and disease management strategies • Additional opportunities to engage in healthy behaviors • Improved access to insurance coverage and services • Decreased number of avoidable hospitalizations among older adults

Obesity

Being overweight or obese is the health need of greatest concern among 34% of community member survey respondents in the St. Luke's CHNA. Obesity-related health issues such as hypertension, heart disease, and atherosclerosis also rank among top health conditions in the St. Luke's CHNA, presenting additional opportunity for greater 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.² 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: Reduce the prevalence of at-risk, overweight, and obese individuals in the community.



Priority Need: Obesity

Interventions	<p><u>Exercise Access:</u> Establish community walking group using St. Luke's and other local trails</p> <p><u>Healthy Food Access:</u> Explore partnership opportunities with food banks, groceries, and community gardens for collaborative approach to nutrition education and healthy food availability</p> <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 • Evaluate internal vs. partnership options to offer Dial-a-Dietitian resource <p><u>Engagement:</u></p> <ul style="list-style-type: none"> • Determine feasibility to utilize EMR to target individuals for intervention and referral (education, medical/surgical bariatrics, other)
Metrics	<p><u>Exercise Access:</u></p> <ul style="list-style-type: none"> • Number of participants • Number of offerings <p><u>Healthy Food Access:</u></p> <ul style="list-style-type: none"> • Number of participants • Number of offerings <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>Engagement:</u></p> <ul style="list-style-type: none"> • Percent of identified individuals engaged for intervention
Outcomes	<ul style="list-style-type: none"> • Partner with community organizations to increase availability of healthy food and exercise options • Improved knowledge and awareness about healthy habits, resources, and access

Mental Health

Community partners responding to the stakeholder survey overwhelmingly indicated mental health as an elevated and rapidly growing concern for our community. This is a health need that has historically been under-resourced and is now accelerating due to COVID-19 pandemic-related social isolation, job loss, stress, and anxiety.

The escalated need for mental health services, coupled with limited resources, means that many mental health needs are unmet. A recent National Public Radio (NPR) report indicated, “Missouri residents report anxiety symptoms at one of the highest rates in the country, but the state also has the largest percentage of mental health provider shortage areas in the country.”³ The shortage of Mental Health professionals in Missouri indicates that approximately 6% of mental health need are being met in the state.⁴

Goal: Improved access to and knowledge of mental health resources.



Priority Need: Mental Health

Interventions	<p><u>Community Education:</u></p> <ul style="list-style-type: none"> • Develop and deploy St. Luke's mental health education strategy in the community with local partners <p><u>Staff Education - Access:</u></p> <ul style="list-style-type: none"> • Develop resource list, pathway, and education for SLH staff to refer patients with mental health needs • Create awareness campaign for SLH staff to educate about personal EAP resources and onsite counseling <p><u>Staff Education - Clinical Care:</u></p> <ul style="list-style-type: none"> • Train additional SLH staff on Mental Health First Aid <p><u>Access:</u></p> <ul style="list-style-type: none"> • Explore community partnerships and identify potential for additional collaboration with existing partners and additional opportunity with new partners • Evaluate options and feasibility to hire mental health provider and/or pharmacist for SLMG practices
Metrics	<p><u>Community Education:</u></p> <ul style="list-style-type: none"> • Number of participants • Percent of post-session scores indicating improved knowledge <p><u>Staff Education - Access:</u></p> <ul style="list-style-type: none"> • Successful completion of resource list, pathway, and education • Number of SLH EAP use vs. benchmark <p><u>Staff Education - Clinical Care:</u></p> <ul style="list-style-type: none"> • Number of trained staff <p><u>Access:</u></p> <ul style="list-style-type: none"> • Number of new partnerships • Additional access points • Reduced LOS for boarded and inpatients awaiting transfer
Outcomes	<ul style="list-style-type: none"> • Improve knowledge through community education about mental health awareness, reduced stigma, coping strategies, and resource connections • Improved access through community partnerships and coordination of patient care • Improved knowledge among staff - resources and navigation to access points of care

Appendix

Additional Community Health Needs

Additional health needs were identified through the St. Luke's 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 2022 CHNA.

Cancer: St. Luke's Center for Cancer Care offers comprehensive inpatient and outpatient services, educational information, and emotional support for the prevention, diagnosis, and treatment of cancer. Cancer care is a service line strength at St. Luke's and we plan to continue to improve the health of our community through prevention and early detection.

Arthritis/Joint Disease: St. Luke's Orthopedics and Physical Therapy service lines offer 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. Since joint pain and arthritis are health conditions often affecting older adults, the priority focus of the older adult population may also include initiatives to address pain in the vulnerable population.

Smoking (Vaping + Tobacco): While smoking and vaping impact a significant number of individuals in the community, indicators present smoking as less of a priority health need than other identified needs. The rate of smoking in the St. Luke's CHNA is less than the comparison benchmark of St. Louis County, and the community survey ranked smoking as a lower concern than other identified needs. Planned community outreach efforts will help educate and navigate current and former smokers to Low Dose CT Scan screening for lung cancer and smoking cessation resources.

Drug Abuse: Drug abuse was not selected as a focused health need, however the 2019 CHNA Opioid Misuse Action Team will continue ongoing initiatives and will address and implement new initiatives with community partners. In addition, other substance abuse needs will likely be addressed through implementation of initiatives for Mental Health.

Alzheimer's Disease: St. Luke's currently partners with the Alzheimer's Association to offer community education, resources, and dementia care coordination. This ongoing partnership will continue and will be complemented with similar and likely related initiatives for the priority older adult population in our community.

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.

Overland, 63114: St. Luke's has been invested in the Overland community for more than 60 years through its Pediatric Care Center and is committed to continuing to offer pediatric health care services, education and prevention to area children and their families.

Endnotes

1. Trocchio, Julie. (2021). Community Benefit – Community Health Improvements – Don't Forget Seniors. Health Progress: Journal of the Catholic Health Association of the United States. Winter. <https://www.chausa.org/publications/healthprogress/article/winter-2021/community-benefit--community-health-improvements-don't-forget-seniors>
2. Missouri Department of Health and Senior Services, Health Conditions & Diseases: Obesity. <https://health.mo.gov/living/healthcondiseases/obesity/>
3. Smith, Alex. (2021, November 2). Missouri's lack of mental health care means patients suffer from over-prescribed anxiety meds. <https://news.stlpublicradio.org/health-science-environment/2021-11-02/missouris-lack-of-mental-healthcare-means-patients-suffer-from-over-prescribed-anxiety-meds>
4. Mental Health Care Health Professional Shortage Areas (HPSAs). (2021, September 30). Kaiser Family Foundation. Mental Health Care Health Professional Shortage Areas (HPSAs) | KFF





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