Community Health Needs Assessment
UPMC St. Margaret

Implementation Plan
May 28, 2013
UPMC’s Approach to CHNA: Guidance from Experts in Public Health

UPMC is partnering with the University of Pittsburgh Graduate School of Public Health (GSPH) to conduct the Community Health Needs Assessments:

- Structured process for obtaining community input on health needs and perceived priorities.
- Data analysis on health indicators and benchmarks for the community.
- Evaluation and measurement criteria to monitor results.

**GSPH Mission**

The mission of the Graduate School of Public Health is to provide leadership in health promotion, disease prevention and the elimination of health disparities in populations. Through integrated programs of excellence in education, research, and service, we generate new knowledge to drive effective public health practice and policy and improve the management of health systems.
UPMC’s Approach to CHNA: Input from the Community

• Community Advisory Council: established to provide input on health needs in the hospital’s surrounding community.

• Input from council was an important consideration in the development of implementation strategies designed to address identified needs in the communities UPMC serves.

• The Council members contributed through face-to-face meetings and online input.
  – Brainstorming session to identify pertinent health issues
  – Survey on relative priorities of health issues identified
  – Meeting to review and comment on proposed implementation plan

• At a system-wide level, UPMC also obtained input from a broad-based group of community representatives.
UPMC St. Margaret - Community Advisory Council: Participants

UPMC St. Margaret Board of Directors Representatives:
- Edward J. Donnelly, MD
- Jay Ferguson
- Robert Hofmann

Community Representatives:
- Mary E. Bowlin - Allegheny Valley Chamber of Commerce
- Lauren Byrne – Lawrenceville United
- Tom Guzzo – New Kensington Mayor
- Nancy Jones – North Hills Community Outreach
- Jim Pieffer – Presbyterian Senior Care
- Rick Swartz – Bloomfield Garfield Corp.
- Dionne Shaw-Woods – Pittsburgh Public Schools
- Father Ken White – St. Scholastica Church

St. Margaret Foundation:
- Mary Lee Gannon, President

UPMC Staff:
- Teresa G. Petrick, President
- Donald Middleton, MD Medical Ed.
- Douglass Harrison, VP Operations
- John Lagnese, VP Medical Affairs
- Jonathan Han, MD Medical Director
- Mary Barkhymer, CNO
- Marjorie Jacobs, Dir. Quality
- Ryan Witt, Dir. Community Relations
- Rodney Rutkowski, Social Work
- Virginia Gray, RN, Family Health Ctr.
Issues rating highest in criteria of importance, measurability, and ability of hospital to address for UPMC St. Margaret:

Senior Health & Caring for Aging Population

- Chronic Disease Prevention and Management
  - Diabetes and Cancer
  - Preventive Screenings (cancer, diabetes, etc.)
  - Immunizations/Vaccinations
  - Preventive Health & Wellness
  - Medication Management & Compliance
- End of Life Care
This is What Community Participants told us…
Top Health Issues

In addition, analysis of publicly available datasets showed that senior health & caring for an aging population, chronic disease prevention & management, and end of life care are priority issues in the UPMC St. Margaret service area.
More than 31,000 seniors aged 65+ live in the St. Margaret Service Area. The neighborhoods that make up this service area are diverse, and there are pockets that may be home to greater numbers of seniors that are underserved.

Medically Underserved Areas: Hyde Park, parts of New Kensington, Shaler, Lawrenceville and Sharpsburg/Blawnox may also be home to underserved seniors.

% of Population 65+
- Less than 15%
- 15%-20%
- 20%-25%
- 25%+

More than 3,200 seniors live in Etna and Millvale
- 14.1% are living alone
- More than 300 of these seniors are living below the poverty level

More than 4,800 seniors live in the Sharpsburg and Blawnox areas, which include medically underserved areas
- 14.1% are living alone
- 11.9% of seniors are living below the poverty level in Sharpsburg (8.8% in Allegheny County)

More than 7,000 seniors live in New Kensington
- 13.8% are living alone
- 16.2% of seniors are living below the poverty level

(8.8% in Allegheny County)
## Improving Senior Health: What we heard from the council and what we are proposing

<table>
<thead>
<tr>
<th>Key Focus</th>
<th>Additional Information</th>
<th>Geographic/Demographic Detail</th>
<th>Proposed Solutions</th>
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</thead>
</table>
| Are we reaching enough people? | There are more than 31,000 seniors in the St. Margaret service area – how can we reach more seniors? | Half of all seniors living in the Service Area reside in the areas that UPMC St. Margaret has identified to focus on; Etna, Millvale, New Kensington, Sharpsburg and Blawnox | • Better communicate existing programs at community events and through physician offices in the service area  
• Increase awareness of existing programs through partnerships with senior facilities  
  • Updates to administrators from 30+ nursing homes at monthly care transitions meeting  
  • Develop a pattern of communication with independent and assisted living facilities in the area and hospice |
| Are we reaching the right people? | There are neighborhoods within St. Margaret’s service area that have more vulnerable seniors (living alone and/or living below the poverty level) | New Kensington, Sharpsburg and Blawnox have a high percentage of seniors (10% or more) living below the poverty level | Explore expansion of Living at Home program to areas with a high proportion of low income seniors:  
• New Kensington  
• Blawnox  
• Sharpsburg  
• Senior apartments and high rises (many are located in Lawrenceville – where the program is already in operation, as well as New Kensington where there are a large number of seniors) |
<table>
<thead>
<tr>
<th>Topic</th>
<th>Programs</th>
<th>CHNA Goal</th>
<th>Community Partners Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Disease Prevention, Detection and Management</td>
<td>慢性疾病计划在St. Margaret的老年人提供 •预防、教育慢性疾病 •早期检测慢性疾病 •慢性疾病的管理</td>
<td>改善预防、早期检测及管理慢性疾病在老年人群</td>
<td>无</td>
</tr>
<tr>
<td>Initiatives to Address the Health Needs of the Underserved</td>
<td>Efforts at St. Margaret assist underserved seniors •在访问药物、医疗用品、获取护理方面 •家庭护理的扩展也被提议</td>
<td>提高对老年人群健康保健服务的访问</td>
<td>社区组织、专业组织 •St. Margaret基金会 •Adagio •Skilled Nursing Facilities •Falk Clinic •UPMC St. Margaret Family Medicine Program •UPMC Health Plan •UPMC Palliative and Supportive Institute •UPMC/Aging Institute of UPMC</td>
</tr>
<tr>
<td>Specialized Clinical Care and Provider Initiatives</td>
<td>Care of Seniors at St. Margaret are enhanced through •训练健康提供者和护理者 •教育计划在养老院 •协调护理与养老院</td>
<td>改善老年人的护理及协调护理服务</td>
<td>无</td>
</tr>
<tr>
<td>End of Life Care</td>
<td>Preparation of end-of-life care includes education and services on •Advance care planning •Palliative care</td>
<td>为老年人及其亲人提供与终末期护理相关的工具</td>
<td>无</td>
</tr>
</tbody>
</table>
Importance to Community

- UPMC St. Margaret Service Area has a larger percentage of seniors ages 65+ and very elderly (85+) than the county, state, and nation.
- There is also a larger percentage of seniors living alone.
- The Community Advisory Council rated senior health and caring for the aging population as high in importance, measurable impact and hospital ability.

<table>
<thead>
<tr>
<th></th>
<th>St. Margaret Service Area*</th>
<th>Allegheny County</th>
<th>PA</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>% 65+</td>
<td>18.6%</td>
<td>16.8%</td>
<td>15.4%</td>
<td>13.0%</td>
</tr>
<tr>
<td>% 85+</td>
<td>3.2%</td>
<td>2.9%</td>
<td>2.4%</td>
<td>1.8%</td>
</tr>
<tr>
<td>% Elderly Living Alone</td>
<td>14.2%</td>
<td>13.1%</td>
<td>11.4%</td>
<td>9.4%</td>
</tr>
</tbody>
</table>

Opportunity to Make an Impact

- As individuals age, the risk for co-morbid health conditions increases. In addition, preventing falls and health literacy related to medication compliance, for example, are very important for the elderly.
- UPMC St. Margaret currently offers community benefit programs that serve seniors and have the opportunity to both expand these programs as well as leverage strong community partnerships in this effort – such as UPMC Health Plan, UPMC Community Provider Services and the Area Agency on Aging.

Source: U.S. Census, 2010
Importance to Community

- Preventive screenings can help identify chronic diseases, such as diabetes and cancer, at an early stage when treatment is likely to work best.
- A sizable percentage of UPMC St. Margaret’s are living with diabetes. In addition, a lower percentage are screened for breast cancer.
- The Community Advisory Council rated diabetes and preventive screening as high in importance, measurable impact and hospital ability.

Opportunity to Make an Impact

- UPMC St. Margaret has existing community benefit programs that address diabetes and preventive screenings and also has the potential to leverage strong community partnerships in this effort – including UPMC Health Plan.
- Diabetes and preventive screenings are a cross-cutting issue that can be incorporated into a variety of initiatives also ranked by the community: senior health and caring for aging population, preventive health/wellness, medication management and compliance.
**Importance to Community**

- Influenza and Pneumonia are leading causes of death in Allegheny County, as well as in the state and nation. The risk of death due to influenza and pneumonia is high for the elderly.
- The Community Advisory Council rated immunizations/vaccinations as high in importance, measurable impact and hospital ability.

**Opportunity to Make an Impact**

- Vaccinations are particularly important for vulnerable populations such as the elderly. The UPMC St. Margaret Service Area is home to a higher % of seniors (18.6%) than Allegheny County (16.8%) – one of the oldest counties in the nation. This makes vaccinations in the UPMC St. Margaret area an even more important issue.
- UPMC St. Margaret has a robust suite of community benefit programs provide vaccinations and are currently leveraging strong community partnerships in this effort.

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**Influenza and Pneumonia death rate is higher in Allegheny County than in PA and US**

<table>
<thead>
<tr>
<th>Region</th>
<th>Death Rate (Mortality rate per 100,000 population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allegheny County</td>
<td>16.9</td>
</tr>
<tr>
<td>PA</td>
<td>14.9</td>
</tr>
<tr>
<td>National</td>
<td>16.2</td>
</tr>
</tbody>
</table>

**The % of seniors getting vaccinated in the St. Margaret Service Area is lower than the Benchmark: 90.0%**

<table>
<thead>
<tr>
<th>Region</th>
<th>Vaccination Rate 65+</th>
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</thead>
<tbody>
<tr>
<td>UPMC St. Margaret</td>
<td>80.0%</td>
</tr>
<tr>
<td>Allegheny County</td>
<td>79.0%</td>
</tr>
<tr>
<td>PA</td>
<td>69.0%</td>
</tr>
<tr>
<td>National</td>
<td>68.5%</td>
</tr>
</tbody>
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Priority: End of Life Care

Importance to Community
• Nationally, most patients in hospice care have a primary diagnosis of cancer, dementia, or heart disease/stroke. The majority of individuals in hospice are age 65+, and one-third are age 85+.

• Almost two-thirds of deaths in Allegheny County result from chronic disease. Also, the number of age 85+ individuals in Allegheny County has increased since 2000.

• The Community Advisory Council rated End of Life Care as high in importance, measurable impact and hospital ability.

Opportunity to Make an Impact
• UPMC St. Margaret’s has existing programs that address aspects of End of Life Care. There is also potential to leverage strong community partnerships to enhance programs in this area.

Percentage of Deaths in Allegheny County, 2009 By Cause

- Heart disease, Heart Attack and Stroke 31%
- Cancer 23%
- Unintentional Injury 4%
- Diabetes 2%
- Chronic Lower Respiratory Disease 5%
- Other 31%