

St. Elizabeth's Medical Center - FY2011

Community Benefits Mission Statement

St. Elizabeth's Community Benefits mission and guiding philosophy is to establish a data driven, evidence-based community benefits program that improves the health status of the communities we serve through the development of collaborative, partnership-based health, wellness, social and environmental improvement initiatives.

Target Populations

Name of Target Population	Basis for Selection
Elderly	Health needs assessment/Community Benefits Advisory Committee
Poor, disadvantaged, or medically underserved individuals and families	Health needs assessment/Community Benefits Advisory Committee
Women, infants and children with nutritional needs	Health needs assessment/Community Benefits Advisory Committee
Children and adolescents who are prone to being overweight or who are overweight	Health needs assessment/Community Benefits Advisory Committee
Adults who are overweight or obese	Health needs assessment/Community Benefits Advisory Committee
Adolescents and adults who are living with, or are at risk for developing, a substance abuse disorder	Health needs assessment/Community Benefits Advisory Committee
Individuals who are living with, or are at risk for developing, diabetes	Health needs assessment/Community Benefits Advisory Committee
Individuals who are living with, or are at risk for developing, cardiovascular disease	Health needs assessment/Community Benefits Advisory Committee
Individuals who are living with, or are at risk for developing, any form of cancer	Health needs assessment/Community Benefits Advisory Committee

Publication of Target Populations

Not Specified

Hospital/HMO Web Page Publicizing Target Pop.

Not Specified

Key Accomplishments of Reporting Year

- Offered more than 40 diabetes, free blood pressure, and/or cholesterol screenings over the course of 2011.
- Held regular diabetes support group meetings.
- Helped establish a Farmers Market to provide fresh, healthy foods to local residents.
- Established a Sugar Sweetened Beverages Reduction Program to enhance workplace wellness and promote healthy nutrition choices within communities we serve.
- Offered the Teens-Empowerment-Exercise-Education-Nutrition (TEEEN) Program which promotes healthy lifestyle choices and exercise programs for adolescents and their families.
- The Women, Infants and Children (WIC) program provided nutrition, health education and general health services to pregnant and post-partum women, infants and children.
- Worked with the Allston-Brighton Substance Abuse Task Force on numerous campaigns aimed at educating the local school community and the community at-large on the dangers of underage drinking, prescription drug use, and narcotics.
- Continued the SBIRT program, in partnership with Boston College, and screened several hundred community members and referred them to treatment as needed for substance abuse.

Plans for Next Reporting Year

In 2012, SEMC aims to successfully implement comprehensive, prevention-based programming for nutrition and substance abuse

in the community with the support of our Community Benefits Advisory committees, the Board of Directors, hospital administration leadership, staff, and community partners.

Community Benefits Process

Select Community Benefits Process

Community Benefits Leadership/Team

John Polanowicz, President

Kathryn Arcese, RN, Steward Diabetes Network Program Coordinator

Barbara Herbert, MD, Medical Director, St. Elizabeth's Comprehensive Addiction Program (SECAP)

Deidre Houtmeyers, RN, Co-Director of SECAP

Shirley Gonzalez, MD, Pediatrician

Irene Sedlacko, Clinical Nutrition Manager

Sheila O'Connell, Director of Mission and Community Partnerships

Community Benefits Team Meetings

March 24

June 14

November 2, 2011

Community Partners

Maurice Sullivan, SEMC Board of Trustees

Sister Pat Andrews, CSJ, Sisters of St. Joseph of Boston & the Literacy Connection

Elizabeth Browne, Executive Director, JMSCHC

Helen Connolly, Allston Brighton Substance Abuse Task Force

Jack Fucci, Oak Square YMCA

Mark Ciommo, City Councilor

MH Nsangou, Allston Brighton Community Development Corporation

Millie McLaughlin, Veronica Smith Senior Center

Sonia Mee, Director of Community Outreach and Counseling, Joseph M. Smith Community Health Center

Theresa Chiasson, Executive Director, Women, Infants and Children (WIC)

Maria DiChiappari, Executive Director, Boston College Neighborhood Center

Kevin Honan, State Representative

Michael Moran, State Representative

Steven Tolman, State Senator

Community Health Needs Assessment

Date Last Assessment Completed and Current Status

In 2009 St. Elizabeth's Medical Center conducted a Community Health Needs Assessment to help more clearly define the critical health needs and concerns of our surrounding communities. St. Elizabeth's used the information found in this assessment to drive our community benefits programming between 2009 and 2012 (an assessment completed in 2012 will guide the next several years of community benefits planning).

The assessment examined major health trends in the three of the towns that comprise a portion of the medical center's local service area. In particular, a review of demographics in Allston-Brighton/Boston, Waltham and Watertown revealed that the populations in these areas are 54% White, 22% African-American, 15% Hispanic and 8% Asian/Pacific Islander. Of the three communities, Allston-Brighton/Boston has the largest population under 20 and the highest poverty rate, while Watertown has the largest elderly population and is the overall healthiest of the three towns. Additionally, one-third of the population across all three towns speaks a language other than English at home.

The results of the 2009 Needs Assessment indicated that the major health issues facing residents of Allston-Brighton/Boston, Waltham and Watertown are: diabetes, mental health, substance abuse, and prostate cancer. Other top issues include breast cancer, cardiovascular conditions and communicable diseases.

Rates of mental health and substance abuse hospitalizations in Allston-Brighton/Boston were significantly higher than in the state. More specifically, Allston-Brighton/Boston has significantly higher rates of hospitalizations for alcohol, heroin and marijuana than the state. It was also revealed that in Allston-Brighton/Boston, the rates of hospitalizations for primary care manageable conditions, especially diabetes-related complications, are higher than the state average, suggesting a problem with access to appropriate medical care. In comparison to the state, Allston-Brighton/Boston also has significantly higher rates of mortality from diabetes. Additionally, prostate cancer is the most common form of cancer across all three towns while breast and pancreatic cancer rates are considerably higher in Waltham than in the state.

The 2012 Community Health Needs Assessment is currently in the process of being completed.

Consultants/Other Organizations

Not Specified

Data Sources

Hospital, Interviews, MassCHIP

Select Community Benefits Programs

Diabetes Support Group

Brief Description or Objective

The free diabetes support group meetings are open to all individuals with diabetes in the community and serve as a forum where people can discuss their feelings about living with diabetes, share ideas, and receive information on living healthy with this condition. This support group is designed to provide diabetic community members from all walks of life with an opportunity to learn from those who live with this chronic disease.

Program Type

Support Group

Target Population

- **Regions Served:** Boston-Allston, Boston-Back Bay, Boston-Brighton, Boston-West Roxbury, Brookline, Newton, Waltham, Watertown
- **Health Indicator:** Other: Diabetes
- **Sex:** All
- **Age Group:** Adult, Adult-Elder, Adult-Young
- **Ethnic Group:** All
- **Language:** All

Goals

Statewide Priority: Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Supporting Healthcare Reform

Goal Description

Goal Status

Short term: Group members will report a greater sense of empowerment regarding their ability to take part in their own diabetes self-management

ongoing

Long term: Increase awareness about the support group within the community by increasing attendance by 20%

ongoing

Partners

Partner Name, Description Partner Web Address

Steward Health Care System, www.stewardhealth.org
Diabetes Education Program

Contact Information Kathryn Arcese, Diabetes Program Coordinator for Steward Health Care St. Elizabeth's Medical Center 736 Cambridge St. Brighton, MA 02135 Phone: 781-375-3348, kathryn.arcese@steward.org

Detailed Description [Download/View Attachment](#)(49.15 KB)
File Name: diabetes supportevalsemc2012.doc

Heart Health, Cholesterol and Diabetes Screenings and Education Program

Brief Description or Objective Provide a free series of diabetes screenings to increase community awareness of diabetes and cardiovascular disease by screening and identifying to those at risk for pre-diabetes, diabetes and/or cardiovascular disease in the community.

Program Type Community Education, Direct Services, Health Screening, Outreach to Underserved, Prevention

Target Population

- **Regions Served:** Boston-Allston, Boston-Back Bay, Boston-Beacon Hill, Boston-Brighton, Boston-Jamaica Plain, Boston-Mattapan, Boston-Mission Hill, Boston-Roxbury, Boston-West Roxbury, Newton, Waltham, Watertown
- **Health Indicator:** Other: Cardiac Disease, Other: Diabetes, Other: Stroke
- **Sex:** All
- **Age Group:** Adult, Adult-Elder, Adult-Young
- **Ethnic Group:** All
- **Language:** All , English , Spanish

Goals

Statewide Priority: Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity, Supporting Healthcare Reform

Goal Description	Goal Status
Short term: Provide free cardiovascular screenings to as many members of the community at risk for cardiovascular disease as possible	ongoing
Long term: Enhance awareness of cardiovascular disease, high-cholesterol, and diabetes amongst adults in our service area and ensure that disadvantaged and vulnerable members of our community have access to care for these health issues	ongoing

Partners

Partner Name, Description	Partner Web Address
Faneuil Gardens Tenants Association	http://www.faneuilgardenstenant.org/3.html
Fidelis Housing Development	http://www.fidelisway.org/
Watertown Housing Authority	http://www.ci.watertown.ma.us/
Waltham Housing Authority	http://home.tiac.net/~walhous/
Allston Brighton Community Development Corporation	http://www.allstonbrightoncdc.org/

Arsenal Mall <http://www.simon.com/mall/?id=330>Watertown Mall <http://www.watertown-mall.com/>**Contact Information**Sheila O'Connell, St. Elizabeth's Medical Center 736 Cambridge St. Brighton, MA 02135 Phone: 617-779-6578, sheila.o'connell@steward.org**Detailed Description**

Not Specified

Teens Empowerment, Exercise, Education, Nutrition (TEEN) Program**Brief Description or Objective**

The St. Elizabeth's Teens Empowerment, Exercise, Education, Nutrition (TEEN) Program, was started in 2003, by Pediatrician Shirley Gonzalez. The program was borne out of Dr. Gonzalez's desire to help prevent obesity amongst adolescents from a variety of ethnic backgrounds. In her pediatric practice, Dr. Gonzalez noted that "too many adolescents from multiethnic backgrounds were already heading down the path predicted to result in progressive obesity and the associated health, socioeconomic, and emotional problems related to obesity....Health disparities and deficiencies in the area of health literacy were noticed. The families of these children often reported facing economic barriers, concerns of safety in their neighborhoods, and time constraints. Various caregivers may have realized that their children should exercise more, but could not arrange for safe opportunities for them to be physically active. Parents also indicated that they did not feel safe walking around their neighborhood with their children after getting home from work at night. Financial limitations led to frequent inexpensive meals and limited daily consumption of fresh fruits and vegetables. Parents often reported having limited time to participate with their children in activities promoting increased physical activity. In terms of health literacy, some families did not know the significance of the problem of pediatric obesity and its comorbidities, did not see a need to learn to change or felt helpless if they did see a need. The insufficient consumption of healthy foods could be due to a health literacy problem or a financial one." In response to this problem, Dr. Gonzalez created the TEEN Program, a pediatrician-led program designed for adolescents ages 10-20 who are prone to be overweight, or are overweight. Incorporates exercise, education and empowerment tools aimed at promoting a healthy lifestyle and includes nutritional lectures and exercise.

Program Type

Community Education, Direct Services, Outreach to Underserved, Prevention, Support Group

Target Population

- **Regions Served:** Boston-Allston, Boston-Back Bay, Boston-Brighton, Boston-West Roxbury, Newton, Waltham, Watertown
- **Health Indicator:** Other: Diabetes, Overweight and Obesity, Physical Activity
- **Sex:** All
- **Age Group:** Adult-Young, Child-Preteen, Child-Teen
- **Ethnic Group:** All
- **Language:** All

Goals

Statewide Priority: Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity, Supporting Healthcare Reform

Goal Description**Goal Status**

Short term: Give adolescents from multi-ethnic backgrounds the tools they need to lead healthy lifestyles and empower program participants to make healthy life choices

ongoing

Long term: Reduce the rate of obesity amongst program participants and reduce the rates of pediatric obesity in the community at large

ongoing

Partners**Partner Name, Description****Partner Web Address**

Oak Square YMCA

<http://www.ymcaboston.org/oaksquare>

Boston College School

www.bc.edu

of Nursing

Contact Information	Shirley Gonzalez, MD, Pediatrician St. Elizabeth's Medical Center Quinn Building 736 Cambridge Street Brighton, MA 02135 , Shirley.Gonzalez@Steward.org
Detailed Description	Download/View Attachment (3657.59 KB) File Name: TEEENposter.pdf

Allston Brighton Substance Abuse Task Force

Brief Description or Objective	St. Elizabeth's Medical Center was a co-founder of the Allston Brighton Substance Abuse Task Force in 2003. The Allston-Brighton Substance Abuse Task Force is a coalition of community agencies and residents that mobilizes youth, families, community members and leaders to prevent and reduce substance abuse among youth and adults in our community. Since the group's inception, St. Elizabeth's has provided free office space for the Task Force staff members, and provided multiple in-kind donations to help with their various annual initiatives. Additionally, St. Elizabeth's provides the Substance Abuse Task Force Youth Coalition with an annual grant to help with programming for the Youth Coalition and their many initiatives.
Program Type	Community Education,Community Participation/Capacity Building Initiative,Direct Services,Healthy Communities Partnership,Prevention,School/Health Center Partnership,Support Group
Target Population	<ul style="list-style-type: none"> • Regions Served: Boston-Allston, Boston-Brighton • Health Indicator: Other: Alcohol and Substance Abuse, Substance Abuse, Tobacco Use • Sex: All • Age Group: All Adults, Child-Teen • Ethnic Group: All • Language: Chinese , English , Portuguese , Russian , Spanish

Goals

Statewide Priority: Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity, Supporting Healthcare Reform

Goal Description	Goal Status
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Short term: Educate members of the local school community and the community at-large on the dangers of underage drinking, prescription drug use, and narcotics.	ongoing
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Long term: Raise awareness about access to services for those who are drug addicted, and reduce the rates of underage drinking, prescription drug abuse and of avoidable overdoses in the community.	ongoing
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Partners

Partner Name, Description	Partner Web Address
Granada House Brighton, MA 02135	
Boston Police - District 14	http://www.cityofboston.gov/police/d14.asp
Joseph M. Smith Community Health Center Brighton District Court	http://www.jmschc.org http://www.mass.gov/courts/courtsandjudges/courts/brightondistrictmain.html

Brighton High School <http://www.boston.k12.ma.us/brighton/>

Boston College www.bc.edu

Boston University www.bu.edu

Boston College Neighborhood Center <http://www.bc.edu/centers/neighborhood/>

Addiction Treatment Center of New England <http://www.atcne.net/>

Mayor's Office of Neighborhood Services <http://www.cityofboston.gov/ons/>

Greater Boston Center for Healthy Communities <http://www.masspreventioncenter.org/>

Massachusetts Organization for Addiction Recovery <http://www.neaar.org/moar/>

Brighton Main Streets <http://www.brightonmainstreets.org/>

Hope House www.hopehouseboston.org

Department of Public Health - MA Bureau of Substance Abuse Services ma.gov/dph/bsas

Oak Square YMCA <http://ymcaboston.org/oaksquare>

State Representative Kevin Honan <http://www.mass.gov/legis/member/kg1.htm>

Contact Information Helen Connolly, Program Director, 736 Cambridge St, Brighton, MA 02135, phone: 617-789-2967, helen.connolly@steward.org

Detailed Description [Download/View Attachment](#) (602.12 KB)
File Name: abdrugfree guide.pdf

Overeaters Anonymous

Brief Description or Objective St. Elizabeth's provides free meeting space for our local Overeaters Anonymous Group. These meetings provide an opportunity to discuss and support a participant's desire to abstain from compulsive eating by obtaining group support.

Program Type Support Group

Target Population

- **Regions Served:** Boston
- **Health Indicator:** Overweight and Obesity
- **Sex:** All
- **Age Group:** Adult, Adult-Elder, Adult-Young
- **Ethnic Group:** All
- **Language:** All

Goals
Statewide Priority: Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Supporting Healthcare Reform

Goal Description **Goal Status**

Short term: Provide support for staff and community members interested in losing weight as a means to a healthier lifestyle

ongoing

Long term: Reduce the rates of overweight and obesity in the communities surrounding St. Elizabeth's Medical Center

ongoing

Partners**Partner Name, Description** **Partner Web Address**

Overeaters Anonymous <http://www.metrowestoa.org/>

Contact Information

MetroWest Intergroup P.O. Box 600 Needham Hts, MA 02494 508-875-0001, info@metrowestoa.org

Detailed Description

Not Specified

Farmer's Market**Brief Description or Objective**

St. Elizabeth's is the core funder of the Allston Village Farmers Market, which is located in front of the Jackson Mann Community Center in Allston. The market, which is open on Saturdays from May-September, is near to several local bus routes and the green line train. The City of Boston's Bounty Bucks are accepted at the Market and St. Elizabeth's participates by offering free screenings and health information at the markets each week. Through our partnership with Allston Village Main Streets and the Allston Brighton Community Development Corporation, St. Elizabeth's works to ensure that through the Farmer's Market, the community has access to fresh, healthy food at an affordable cost.

Program Type

Healthy Communities Partnership, Prevention

Target Population

- **Regions Served:** Boston-Allston, Boston-Brighton
- **Health Indicator:** Other: Nutrition, Overweight and Obesity
- **Sex:** All
- **Age Group:** All
- **Ethnic Group:** All
- **Language:** All

Goals

Statewide Priority: Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity

Goal Description **Goal Status**

Short term: Enhance availability of fresh produce and health foods, so that members of the community have access to affordable, healthy foods in their community

ongoing

Long term: Create a sustainable farmers market that will serve as a reliable source of healthy food for community members

ongoing

Partners**Partner Name, Description** **Partner Web Address**

Allston Brighton Community Development Corporation <http://www.allstonbrightoncdc.org/>

Allston Village Main Streets <http://www.allstonvillage.com/>

Jackson Mann Community Center

Contact Information

Sheila O'Connell, Director of Mission and Community Partnerships, St. Elizabeth's Medical Center, 736 Cambridge St, Brighton, MA 02135, sheila.o'connell@steward.org

Detailed Description

Not Specified

Sugar Sweetened Beverages Reduction Program

Brief Description or Objective

At St. Elizabeth's more than 14% (or more than 300) of our employees are from the Allston Brighton community, and more than 65% are from Boston at large. Implementing the SSB reduction program provided us with a great opportunity to enhance community and employee wellness simultaneously. This initiative was coordinated in concert with the Boston Public Health Commission, and the overall focus was to reduce the availability of sugar sweetened beverages on the St. E's campus to promote healthier nutrition for staff, patients, and visitors. Over the course of the year St. Elizabeth's has implemented the program through the following: -removal of more than 40 varieties of sugar sweetened beverages from coolers and fountain drink machines in the cafeteria, catering and patient care areas -introduced a color-coded beverage education system to inform consumers about healthy beverage choices - incentivized healthy beverage choices through product placement and price structure changes -replaced vending machines with clear glass faces to reduce unhealthy beverage advertising - worked with vendors (gift shop, coffee shop and machines) to reduce the availability of sugar sweetened beverages in their beverage cases -installed an additional free water machine in the main cafeteria -educated staff across all levels about the sugar sweetened beverages reduction program.

Program Type

Community Education,Healthy Communities Partnership,Prevention

Target Population

- **Regions Served:** Boston, Boston-Allston, Boston-Back Bay, Boston-Brighton, Boston-West Roxbury, Newton, Waltham, Watertown
- **Health Indicator:** Other: Cardiac Disease, Other: Diabetes, Other: Hypertension, Other: Nutrition, Overweight and Obesity
- **Sex:** All
- **Age Group:** All
- **Ethnic Group:** All
- **Language:** All

Goals

Statewide Priority: Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity, Supporting Healthcare Reform

Goal Description

Goal Status

Short term: Educate Staff, Patients and Visitors about the health implications associated with the consumption of sugar sweetened beverages

ongoing

Long term: Educate the community at large about the health implications associated with the consumption of sugar sweetened beverages, and provide tools to community partners to implement similar sugar sweetened beverage reduction programs

ongoing

Long term: Reduce the purchase of SSBs sold in the St. Elizabeth's cafeteria by as much as 80%

ongoing

Partners

Partner Name, Description	Partner Web Address
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Boston Public Health
Commission www.bphc.org

Contact Information Michael Cunningham, Director of Food and Nutrition Services, St. Elizabeth's Medical Center, 736 Cambridge St, Brighton, MA 02135, 617-789-5118, michael.cunningham@steward.org

Detailed Description [Download/View Attachment](#)(2157.85 KB)
File Name: Final SSB Ed Brochure.pdf

Screening, Brief Intervention, Referral to Treatment

Brief Description or Objective The St. Elizabeth's Medical Center & Boston College Screening, Brief Intervention, and Referral to Treatment (SBIRT) Collaborative Program addresses substance abuse in the community by screening young adults, adults and elderly community members who may be at risk for developing substance abuse disorders and referring them into the appropriate level of treatment.

Program Type Community Education, Direct Services, Health Professional/Staff Training, Healthy Communities Partnership, Prevention, School/Health Center Partnership

Target Population

- **Regions Served:** Boston
- **Health Indicator:** Other: Alcohol and Substance Abuse, Substance Abuse
- **Sex:** All
- **Age Group:** Adult, Adult-Elder, Adult-Young, All Adults, Child-Teen
- **Ethnic Group:** All
- **Language:** All

Goals

Statewide Priority: Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity, Supporting Healthcare Reform

Goal Description	Goal Status
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Short term: Screen community members and refer them to the appropriate form of treatment (in a community setting or clinical setting, based on the need) in order to prevent them from developing a substance abuse disorder or a more severe substance abuse disorder.	ongoing
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Long term: Increase the number of people in recovery and decrease the impact of substance abuse within the community so that it will no longer be among the top health issues in the medical center's local service area, and change the social norms around substance abuse.	ongoing
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Partners

Partner Name, Description	Partner Web Address
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Boston College	www.bc.edu
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Contact Information Barbara Herbert, MD Chief, Division of Addiction Medicine Department of Medicine St Elizabeth's Medical Center 736 Cambridge Street Brighton, Ma 02135 617-789-2574 , barbara.herbert@steward.org

Detailed Description Not Specified

Expenditures

Program Type	Estimated Total Expenditures for FY2011	Approved Program Budget for 2011
Community Benefits Programs	Direct Expenses \$8,608,042 Associated Expenses \$0 Determination of Need Expenditures \$0 Employee Volunteerism \$0 Other Leveraged Resources \$10,581	\$137,220 *Excluding expenditures that cannot be projected at the time of the report.
Net Charity Care	HSN Assessment \$1,568,659 HSN Denied Claims \$2,905,941 Free/Discount Care \$3,452,226 Total Net Charity Care \$7,926,826	
Corporate Sponsorships	\$60,072	
	Total Expenditures \$16,605,521	
Total Patient Care-Related Expenses for FY2011		\$298,191,304
Comments: None		

Optional Information

Expenditures	Amount	
Community Service Programs	Direct Expenses \$1,584,343 Associated Expenses Not Specified Determination of Need Expenditures Not Specified Employee Volunteerism \$22,072 Other Leveraged Resources Not Specified	
Total Community Service Programs	\$1,606,415	
Bad Debt:	Not Specified	Not Specified
IRS 990:	Not Specified	