# **Community Health Needs Assessment and Implementation Plan**

2016 - 2018



Approved by the Board of Trustees on December 15, 2016



201 Manor Place Greenport, NY 11944 631.477.1000 www.elih.org

**1** | P a g e

**f** 🎽 8+

#### Purpose

Eastern Long Island Hospital's Health Needs Assessment (CHNA) highlights the health needs and wellbeing of residents within the North Fork and Shelter Island communities. As part of the new requirements for not-for-profit hospitals, every facility is required to conduct a Community Health Needs Assessment every three years and put together a plan of action to meet the community needs that the assessment identifies.

While every community has different health care needs, the 2016 findings from a community-wide survey conducted by Eastern Long Island Hospital (ELIH) in collaboration with Long Island Health Collaborative (LIHC) resulted in chronic disease health concerns in the following areas:

- o Drug and Alcohol Abuse
- Cancer
- Heart Disease and Stroke
- o Women's Health and Wellness
- Obesity/Weight-loss Issues

#### Goal

The goal of the assessment is to improve the health of the community as reflected in Eastern Long Island Hospital's mission and vision. ELIH will use and analyze the results of the health needs assessment for strategic decision-making purposes with the intention of addressing the most pressing health issues and current trends in the communities we serve.



### Service Area Statistics: Area Served/Population 2014

### Service area of 24,490 in 2014

Service Area	Zip Code	2014 Population
Cutchogue	11935	3263
East Marion	11939	932
Greenport	11944	4338
Laurel	11948	1315
Mattituck	11952	4518
Orient	11957	713
Peconic	11958	366
Shelter Island	11964	2048
Shelter Island Heights	11965	621
Southold	11971	6376
Total		24490

Service Area	ZIP	Total; Estimate; Total population	Male; Estimate; Total population	Female; Estimate; Total population	% Total; Estimate; SELECTED AGE CATEGORIES - 65 years and over	Estimate Total Population 65+	%v Male Estimate; SELECTED AGE CATEGORIES- 65 years and over	Estimate Total Population Male 65+	% Female; Estimate; SELECTED AGE CATEGORIES - 65 years and over	Estimate Total Population Female 65+
Cutchogue	11935	3263	1504	1759	27.8%	907.1	28.8%	433.2	26.9%	473.2
East										
Marion	11939	932	475	457	39.3%	366.3	43.4%	206.2	35.0%	160.0
Greenport	11944	4338	2067	2271	30.0%	1301.4	25.8%	533.3	33.8%	767.6
Laurel	11948	1315	655	660	27.1%	356.4	24.1%	157.9	30.2%	199.3
Mattituck	11952	4518	2272	2246	19.7%	890.0	19.8%	449.9	19.5%	438.0
Orient	11957	713	351	362	45.9%	327.3	49.0%	172.0	42.8%	154.9
Peconic	11958	366	147	219	37.7%	138.0	32.0%	47.0	41.6%	91.1
Shelter Is.	11964	2048	990	1058	24.6%	503.8	27.7%	274.2	21.7%	229.6
Sh. Is. Hts	11965	621	295	326	38.0%	236.0	35.9%	105.9	39.9%	130.1
Southold	11971	6376	3309	3067	28.9%	1842.7	28.0%	926.5	29.8%	914.0
								3557.7		

		TOTAL POPULATION		RACE					HISPANIC	
County	ZIP Code	Total:	White alone	Black or African American alone	American Indian and Alaska Native alone	Asian alone	Native Hawaiian and Other Pacific Islander alone	Others, Two or more races	Not Hispanic or Latino:	Hispanic or Latino:
Nassau		1350601	70.91%	11.24%	0.22%	8.22%	0.01%	9.40%	84.60%	15.40%
Suffolk		1500373	81.03%	7.55%	0.23%	3.60%	0.02%	7.57%	82.59%	17.41%
Cutchogue	11935	3263	93.32%	4.63%	0.00%	1.78%	0.28%	0.00%	98.41%	1.59%
East Marion	11939	932	93.13%	0.00%	0.00%	0.32%	2.47%	4.08%	93.03%	6.97%
Greenport	11944	4338	85.41%	6.34%	0.00%	0.02%	0.00%	8.23%	80.36%	19.64%
Laurel	11948	1315	100.00%	0.00%	0.00%	0.00%	0.00%	0.00%	97.72%	2.28%
Mattituck	11952	4518	94.07%	1.75%	2.55%	0.75%	0.00%	0.89%	96.97%	3.03%
Orient	11957	713	99.58%	0.28%	0.00%	0.14%	0.00%	0.00%	97.90%	2.10%
Peconic	11958	366	100.00%	0.00%	0.00%	0.00%	0.00%	0.00%	100.00%	0.00%
Shelter Is.	11964	2048	96.34%	1.27%	0.00%	0.00%	0.00%	2.39%	91.41%	8.59%
Shelter Is. Hts	11965	621	98.71%	0.32%	0.00%	0.97%	0.00%	0.00%	100.00%	0.00%
Southold	11971	6376 24490	95.64%	0.00%	0.00%	0.56%	0.00%	3.80%	98.49%	1.51%

		TOTAL POPULATION	EDUCATION	
County	ZIP Code	Total:	Population 25 years and over; Percent high school graduate or higher	Population 25 years and over; Percent bachelor's degree or higher
Nassau		1350601	90.30%	42.30%
Suffolk		1500373	89.80%	33.50%
Cutchogue	11935	3263	90.40%	40.40%
East Marion	11939	932	93.60%	37.90%
Greenport	11944	4338	84.80%	33.40%
Laurel	11948	1315	100.00%	55.60%
Mattituck	11952	4518	94.50%	41.90%
Orient	11957	713	96.30%	47.30%
Peconic	11958	366	80.60%	58.30%
Shelter Is.	11964	2048	98.70%	56.70%
Shelt. Is. Hts	11965	621	100.00%	58.70%
Southold	11971	6376	97.00%	38.00%
		24490		

#### Key Demographic Features: Income

		TOTAL POPULATION	UNEMPLOYMENT	POVERTY STATUS	PUBLIC ASSISTANCE		INCOME
County	ZIP Code	Total:	Unemployment rate; Population 16 years and over	Percent below poverty level; Estimate; Population for whom poverty status is determined	Past 12 Months for Households - With cash public assistance or Food Stamps/SNAP	(	dian income (dollars); ouseholds
Nassau		1350601	7.10%	6.30%	5.86%	\$	98,401
Suffolk		1500373	7.10%	6.80%	7.10%	\$	88,323
Cutchogue	11935	3263	4.70%	3.40%	4.13%	\$	87,167
East Marion	11939	932	16.30%	1.50%	2.89%	\$	73,333
Greenport	11944	4338	6.30%	15.50%	9.08%	\$	56,250
Laurel	11948	1315	3.20%	2.30%	11.91%	\$	113,478
Mattituck	11952	4518	9.00%	3.80%	5.07%	\$	83,700
Orient	11957	713	4.90%	1.80%	1.95%	\$	77,578
Peconic	11958	366	6.70%	0.00%	4.83%	\$	69,375
Shelter Is.	11964	2048	6.50%	0.00%	3.08%	\$	93,333
Shel. Is. Hts	11965	621	0.00%	0.00%	0.00%	\$	102,083
Southold	11971	6376	8.40%	2.20%	0.64%	\$	97,720
		24490					

LIH Focus: Drug and Alcohol Abuse prevention and education	Resources	Target
• Screening Brief Intervention and Referral for Treatment (SBIRT).	Vice President, Behavioral Services (Addiction Services and Psychiatry)	Ongoing
This program has been defined by SAMHSA as a		
comprehensive, integrated, public health approach to the delivery		
of early intervention for individuals with risky alcohol and drug		
use, and the timely referral to more intensive substance abuse		
treatment for those who have Substance Use Disorders (SUD).		
Substance Use Screening is incorporated in assessments for all clinical services within Eastern Long Island Hospital.		
Substance Use Disorder (SUD) treatment is provided at ELIH via the continuum of Quannacut Services.		
ELIH is in process of revising SUD Screening to include the evidence-based screening tools required for inclusion in the Suffolk Care Collaborative SBIRT Project		
Provide community-based education to prevent Substance Abuse.	Community-based organizations, HUGS, the Guidance Center, local schools	4 times a year

CHRONIC HEALTH GOAL #2 - Cancer – Provide workshops to the M lifestyle habits, increase and provide educational materials. OBJECTIVES: Increase access to early detection screening.	North Fork and Shelter Island	residents providing ways to change
<b>ELIH Focus:</b> Women's health and wellness, complete medical program (CMP) for colorectal and mammogram screening, skin cancer screening and smoking cessation.	Resources	Target
Melanoma Awareness and free Skin Cancer Screening.	Mollie Biggane Melanoma Foundation	Annually
• Host "Learn to Be Tobacco Free" program in collaboration with the Suffolk County Department of Health.	Public Health Educator, Suffolk County Department of Health	Annually
• Host Early Detection & Prevention Program for Breast Health Awareness.	Maurer Foundation for Breast Health Education	Annually

CHRONIC HEALTH GOAL #3 - Heart Disease & Stroke - Targeting the North Fork and Shelter Island for heart disease and stroke by					
directly addressing programs that will speak to healthier objectives for he	eart disease and stroke prevent	ion.			
<b>OBJECTIVES:</b> Increase programs throughout the area.					
ELIH Focus: Stroke screening and healthy heart seminars	Resources	Target			
• Host "Learn to Be Tobacco Free" program in collaboration with the Suffolk County Department of Health.	Public Health Educator, Suffolk County Department of Health	Annually			
• Actively participate in American Heart Association Walk-Run.	American Heart Association	Annually			
• Create walk-run for the North Fork and Shelter Island communities.	ELIH Development Staff	Annually			
• Host healthy eating and heart disease prevention programs.	East End Cardiology physician practice	2 times a year			
	Distribution of heart disease and stroke brochures				
	Registered Dietician/Nutrition Counselor				

<b>CHRONIC HEALTH GOAL #4</b> - Women's Health & Wellness - Help spiritual health by encouraging healthy practices. <b>OBJECTIVES:</b> Increase access to early detection screening and healthy	-	er physical, emotional, social, and
<b>ELIH Focus:</b> Women's health and wellness, complete medical program (CMP) for colorectal and mammogram screening, smoking cessation, healthy eating and heart disease prevention and physical fitness	Resources	Target
• Host "Learn to Be Tobacco Free" program in collaboration with the Suffolk Department of Health	Public Health Educator, Suffolk County Department of Health	Annually
• Host Early Detection & Prevention Program for Breast Health Awareness	Maurer Foundation for Breast Health Education	Annually
• Host healthy eating and heart disease prevention programs – Women and Heart Disease Campaign in February	East End Cardiology physician practice American Heart Association/Distribution of heart disease and stroke	Annually
	brochures Registered Dietician/Nutrition Counselor	
• Continue to operate ELIH Gym for ongoing weight reduction and fitness classes for North Fork and Shelter Island residents.	ELIH Physical Therapy & Fitness Staff	Ongoing

<b>CHRONIC HEALTH GOAL #5</b> - Obesity/Weight-loss – Reduce incidence of obesity and related co-morbidities. <b>OBJECTIVES:</b> Provide tools and knowledge to positively impact food choices and activity levels.				
<b>ELIH Focus:</b> Promote weight reduction strategies through nutritional counseling and fitness coaching strategies .	Resources	Target		
• Promotion and participation in the WALK Long Island Campaign through distribution of promotional materials at community events and through social media.	Long Island Health Collaborative Work Groups and Website	Ongoing		
• Continue to operate ELIH Gym for ongoing weight reduction and fitness classes for North Fork and Shelter Island residents, with special emphasis on Seniors; develop fitness class for seniors.	ELIH Physical Therapy & Fitness Staff	Ongoing		
Coordinate Senior Wellness Education Series for Seniors & Caregivers.	Town of Southold Human Services	6 times a year		
Balance, Exercise & Aging Seminar	Personal Trainer/Exercise Specialist	Once a year		

#### **Summary/Conclusion:**

Eastern Long Island Hospital will continue to maintain engagement with community partners. As strategies are implemented, progress will be measured on an ongoing basis. Baseline data from the Long Island Community Member Survey will allow for strategic decision making based upon the effectiveness of strategies and improvements in outcomes. Strategic direction and project oversight will be guided by ELIH and the Suffolk Care Collaborative.

#### **Dissemination and Transparency**

Health Communication Strategies and Transparency are two key roles of the Population Health Improvement Program. Eastern Long Island Hospital (ELIH) together with the Long Island Health Collaborative (LIHC) will continue to engage consumers and provide transparency in population health initiatives and data analysis efforts through their websites. Working documents developed by ELIH and the full community service plan and CHNA are available to the public and are posted on the ELIH website at http://www.elih.org. The Suffolk County Executive Summary will be publicly available through the consumer facing portion of the Long Island Health Collaborative website at: http://www.lihealthcollab.org.

# APPENDIX

### LONG ISLAND COMMUNITY HEALTH ASSESSMENT SURVEY

#### Your opinion is important to us!

The purpose of this survey is to get your opinion about health issues that are important in your community. Together, the County Departments of Health and hospitals throughout Long Island will use the results of this survey and other information to help target health programs in your community. Please complete only one survey per adult 18 years or older. Your survey responses are anonymous. Thank you for your participation.

#### 1. What are the biggest ongoing health concerns in THE COMMUNITY WHERE YOU LIVE? (Please check up

to 3)		
Asthma/lung disease	Heart disease & stroke	Safety
Cancer	HIV/AIDS & Sexually	Vaccine preventable diseases
Child health & wellness	Transmitted Diseases (STDs	) 🗌 Women's health & wellness
Diabetes	Mental health	Other (please specify)
Drugs & alcohol abuse	depression/suicide	
Environmental hazards	Obesity/weight loss issues	
2. What are the biggest ongoing health	concerns for <u>YOURSELF</u> ? (Ple	ease check up to 3)
Asthma/lung disease	Heart disease & stroke	Safety
Cancer	HIV/AIDS & Sexually	Vaccine preventable diseases
Child health & wellness	Transmitted Diseases (STDs	) 🗌 Women's health & wellness
Diabetes	Mental health	Other (please specify)
Drugs & alcohol abuse	depression/suicide	
Environmental hazards	Obesity/weight loss issues	
3. What prevents people in your comm	unity from getting medical trea	tment? (Please check up to 3)
Cultural/religious beliefs	Lack of availability of doctors	s 🗌 Unable to pay co-pays/deductibles
Don't know how to find doctors	Language barriers	There are no barriers

Don't understand need to see a	No insurance	Other (please specify)
doctor	Transportation	
Fear (e.g. not ready to face/discuss he	ealth problem)	
4. Which of the following is MOST need	ded to improve the health of yo	our community? (Please check up to 3)
Clean air & water	Mental health services	Smoking cessation programs
Drug & alcohol rehabilitation services	Recreation facilities	Transportation
Healthier food choices	Safe childcare options	Weight loss programs
Job opportunities	Safe places to walk/play	Other (please specify)
Safe worksites		
5. What health screenings or educatior up to 3)	n/information services are need	ded in your community? (Please check
Blood pressure	Eating disorders	Mental health/depression
Cancer	Emergency preparedness	Nutrition
Cholesterol	Exercise/physical activity	Prenatal care
Dental screenings	Heart disease	Suicide prevention
Diabetes	HIV/AIDS & Sexually	Vaccination/immunizations
Disease outbreak information	Transmitted Diseases (STDs	) 🗌 Other (please specify)
Drug and alcohol	Importance of routine well	
	checkups	
6. Where do you and your family get m	ost of your health information?	? (Check all that apply)
Doctor/health professional etc.)	Library	Social Media (Facebook, Twitter,
E Family or friends	Newspaper/magazines	

Health Department		Radio		Worksite	
Hospital		Religious organization		Other (please specify)	
		School/college			
For statistical purposes only, please complete the following:					
l identify as:		Male	E Female	Other	
What is your age					
ZIP code where you live:		Town where you live: _			
What race do yo	u consider yourself?				
White/Caucasian		Native Ame	rican	Multi-racial	
Black/African American		Asian/Pacific Islander		Other (please specify)	
Are you Hispanic or Latino?		Yes No			
What language o	What language do you speak when you are at home (select all that apply)				
English	Portuguese	Spanish 🗌	Italian	🗌 Farsi	Polish
Chinese	C Korean	🗌 Hindi	Haitian Creole	French Creole	Other
What is your annual <u>household</u> income from all sources?					
□ \$0-\$19,999		□ \$20,000 to \$34,999		S35,000 to \$49,999	
S50,000 to \$74,999		☐ \$75,000 to \$125,000		Over \$125,000	
What is your highest level of education?					
K-8 grade		Technical so	nnical school Graduate school		
Some high school		Some colleg	je	Doctorate	

High school graduate	College graduate	Other (please specify)	
What is your current employmen	t status?		
Employed for wages work	Self-employed	Out of work and looking for	
Student looking	Retired	Out of work, but not currently	
☐ Military			
Do you currently have health insura	nce? 🗌 Yes 🗌 No	☐ No, but I did in the past	
Do you have a smart phone?	Yes No		
f you have health concerns or difficulty accessing care, please call the Long Island Health Collaborative for available resources at: 631-257-6957.	Please return this completed survey to: LIHC Nassau-Suffolk Hospital Council 1383 Veterans Memorial Highway, Suite 26 Hauppauge, NY 11788 Or you may fax completed survey to 631-435-2343	All non-profit hospitals on Long Island offer financial assistance for emergency and medically necessary care to individuals who are unable to pay for all or a portion of their care. To obtain information on financial assistance offered at each Long Island hospital, please visit the individual hospital's website.	

### **LIHC Member List**

Hospitals, Hospital Association and Hospital Systems	Website
Brookhaven Memorial Hospital Medical Center	www.brookhavenhospital.org
Catholic Health Services of Long Island	www.chsli.org
Eastern Long Island Hospital	www.elih.org
Glen Cove Hospital	www.northwell.edu
Good Samaritan Hospital Medical Center	www.goodsamaritan.chsli.org
Huntington Hospital	www.northwell.edu
Long Island Jewish Valley Stream	www.northwell.edu
John T. Mather Memorial Hospital	www.matherhospital.org
Mercy Medical Center	www.mercymedicalcenter.org
Nassau-Suffolk Hospital Council	www.nshc.org
Nassau University Medical Center	www.numc.edu
North Shore University Hospital	www.northwell.edu
Northwell Health System	www.northwell.edu
Peconic Bay Medical Center	www.pbmchealth.org
Plainview Hospital	www.northwell.edu
St. Catherine of Siena Medical Center	www.stcatherines.chsli.org

St. Charles Hospital	www.stcharles.chsli.org
St. Francis Hospital	www.stfrancis.chsli.org
St. Joseph Hospital	www.stjoseph.chsli.org
Southampton Hospital	www.southamptonhospital.org
South Nassau Communities Hospital	www.southnassau.org
South Oaks Hospital	www.south-oaks.org
Southside Hospital	www.northwell.edu
Stony Brook University Hospital	www.stonybrookmedicine.edu
Syosset Hospital	www.northwell.edu
Veterans Affairs Medical Center	www.northport.va.gov
Winthrop University Hospital	www.winthrop.org
Local County Health Departments	Website
Nassau County Department of Health	www.nassaucountyny.gov
Suffolk County Department of Health Services	www.suffolkcountyny.gov
Medical Societies and Associations	Website
Long Island Dietetic Association	www.eatrightli.org
Nassau County Medical Society	www.nassaucountymedicalsociety.org
New York State Nurses Association	www.nysna.org

New York State Podiatric Medical Association	www.nyspma.org
Suffolk County Medical Society	www.scms-sam.org
Community-Based Organizations	Website
Adelphi New York Statewide Breast Cancer Hotline and Support Program	www.breast-cancer.adelphi.edu
Alzheimer's Association, Long Island Chapter	www.alz.org
American Cancer Society	www.cancer.org
American Foundation for Suicide Prevention	www.afsp.org
American Heart Association	www.heart.org
American Lung Association of the Northeast	www.lung.org
Association for Mental Health and Wellness	www.mentalhealthandwellness.org
Asthma Coalition of Long Island	www.asthmacommunitynetwork.org
Attentive Care Services	www.attentivecareservices.com
Caring People	www.caringpeopleinc.com
Community Growth Center	www.communitygrowthcenter.org
Cornell Cooperative Extension - Suffolk County	www.ccesuffolk.org
Epilepsy Foundation of Long Island	www.efli.org
Evolve Wellness	www.evolvewellness.net
Family & Children's Association	www.familyandchildrens.org

Family First Home Companions	www.familyfirsthomecompanions.com
Federation of Organizations	www.fedoforg.org
Girls Inc. LI	www.girlsincli.org
Health and Welfare Council of Long Island	www.hwcli.com
Health Education Project / 1199 SEIU	www.healthcareeducationproject.org
Hispanic Counseling Center	www.hispaniccounseling.org
Hudson River Healthcare	www.hrhcare.org
Life Trusts	www.lifetrusts.org
Long Island Association	www.longislandassociation.org
Long Island Association of AIDS Care	www.liaac.org
Long Island Council of Churches	www.liccny.org
Make the Road NY	www.maketheroad.org
Maurer Foundation	www.maurerfoundation.org
Mental Health Association of Nassau County	www.mhanc.org
Music and Memory	www.musicandmemory.org
New York City Poison Control	www.nyc.gov
Options for Community Living	www.optionscl.org
Pederson-Krag Center	www.pederson-krag.org

People Care Inc.	www.peoplecare.com
Pulse of NY	www.pulseofny.org
Retired Senior Volunteer Program	www.rsvpsuffolk.org
RotaCare	www.rotacareny.org
SDC Nutrition PC	www.call4nutrition.com
Smithtown Youth Bureau	www.smithtownny.gov
Society of St. Vincent de Paul Long Island	www.svdpli.org
State Parks LI Regional Office	www.nysparks.com
Sustainable Long Island	www.sustainableli.org
The Crisis Center	www.thecrisisplanner.com
Thursday's Child	www.thursdayschildofli.org
TriCare Systems	www.tricaresystems.org
United Way of Long Island	www.unitedwayli.org
YMCA of LI	www.ymcali.org
School and Colleges	Website
Adelphi University	www.adelphi.edu
Farmingdale State College	www.farmingdale.edu
Hofstra University	www.hofstra.edu

Molloy College	www.molloy.edu
St. Joseph's College	www.sjcny.edu/long-island
Stony Brook University	www.stonybrook.edu
Western Suffolk BOCES Creating Healthy Schools and Communities, NYS DOH	www.wsboces.org
Performing Provider Systems (DSRIP PPS)	Website
Nassau Queens PPS	www.nassauqueenspps.org
Suffolk Care Collaborative	www.suffolkcare.org
Insurers	Website
1199SEIU/Health Education Project	www.1199seiu.org
Fidelis Care	www.fideliscare.org
North Shore-LIJ CareConnect Insurance Company	www.careconnect.com
United Healthcare	www.unitedhealthcare.com
Regional Health Information Organizations	Website
Healthix Inc.	www.healthix.org
New York Care Information Gateway	www.nycig.org
Businesses and Chambers	Website

Greater Westhampton Chamber of Commerce	www.westhamptonchamber.org
Honeywell Smart GRID Solutions	www.honeywellsmartgrid.com
PSEG of Long Island	www.psegliny.com
TeK Systems	www.teksystems.com
Temp Positions	www.tempositions.com
Time to Play Foundation	www.timetoplay.com
Municipal Partners	Website
New York State Association of County Health Officials	www.nysacho.org
New York State Department of Parks and Recreation	www.nyparks.com
Suffolk County Legislature	www.legis.suffolkcountyny.gov