

Community Health Improvement Plan 2023 Annual Report

Elizabethtown Community Hospital



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A Message From Leadership



Erin Armstrong, LICSW
Director, Community Health
Improvement, UVM Health Network

The University of Vermont Health Network is committed to improving the health and wellbeing of people in the communities we serve. Every three years, UVM Health Network's six health care partners conduct a Community Health Needs Assessment (CHNA). CHNAs help us to reflect on our work to date and consider the challenges and opportunities involved in creating healthier communities. This process informs how priority health needs will be addressed by each health care partner alongside our diverse community partners.

Elizabethtown Community Hospital's (ECH) [Calendar Year 2023 Community Health Improvement Plan \(CHIP\)](#) annual report serves as a demonstration of the organization's accountability and effectiveness working together to strengthen community health. We are thrilled to celebrate and share stories of impact and collaboration, and the initiatives that are addressing the underlying drivers of health and advancing health equity in our region.

Our organization is committed to becoming an anti-racist organization and promoting greater access and inclusivity. Our priority is ensuring that the voices of those most impacted are centered in the conversation and development of strategies. While we are making good progress, our work will never be done in this area.

As you read through this report, I hope it's clear that people are at the heart of this work and what motivates us to make progress with these initiatives. This is just a snapshot of all the good work happening across our region as a result of strong partnerships within our communities. As we move forward together, we look forward to sharing our progress. Thank you for taking time to learn about this important work.

In partnership,

Erin Armstrong

Introduction

Annual Report Overview

Adopting an 'Implementation Strategy' and evaluating the impact of our Community Benefit programs is a requirement of our health system's tax-exempt status. This demonstrates our commitment, accountability and effectiveness in addressing our communities' identified health priorities. An annual progress report is best practice for Community Benefit. This report spotlights programmatic highlights, investments made, and collaboration with our key partners to improve the health of our community in 2023.

Prioritization

Essex County Health Partners (ECHP) carried out several steps to prioritize the health needs of the community, as detailed within the Community Health Assessment 2022 and Community Health Improvement Plan 2022-2024. The prioritization matrix criteria included categories of need and feasibility. Guiding questions were related to scope and severity, the perceived ability to impact the problem, and community readiness to address identified health issues. An internal planning group of Essex County Health Partners reviewed and confirmed the data-informed priorities selected. Further prioritization input was requested, including from community members, to inform the corresponding 2022-2024 Community Health Improvement Plan/Community Service Plan. The following three priorities were selected from the 2019-2024 New York State Prevention Agenda:

Prevent Chronic Diseases

Focus Areas:

- *Healthy Eating and Food Security*
- *Physical Activity*
- *Chronic Disease Preventive Care and Management*
- *Tobacco Prevention*

Promotion of Healthy Women, Infants, and Children

Focus Areas:

- *Maternal and Women's Health*
- *Perinatal and Infant Health*
- *Child and Adolescent Health*
- *Cross Cutting Health Women, Infant, and Children*

ABOUT US

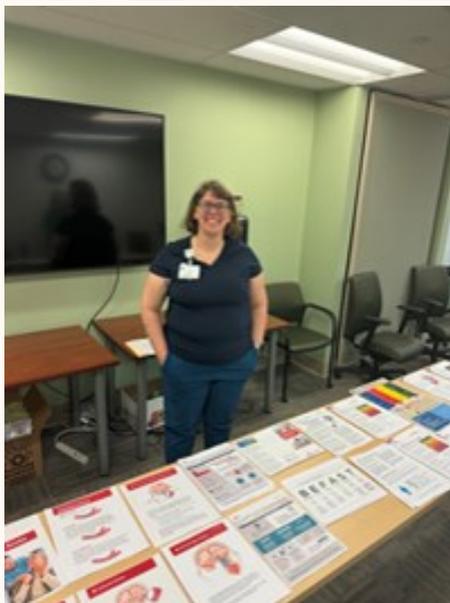
Elizabethtown Community Hospital is a not-for-profit critical access hospital which includes two campuses and six community-based primary care health centers.

In Essex County, Elizabethtown Community Hospital serves as the central source for the delivery of health care services to county residents and visitors to the Adirondack Park.

Promote Well-Being and Prevent Mental Health and Substance Use Disorders Focus Areas:

- *Promote Well-Being*
- *Prevent Mental Health and Substance Use Disorders*

Access to care was identified as the top identified disparity to be addressed.



Summary of Accomplishments

This annual report for calendar year 2023 details key actions taken to advance population health initiatives and community health priorities.

Highlights of 2023

- Wellness Rx supported 62 participants with 83.3% of total participants reducing their A1c and/or BMI.
- First Mental Health Fair hosted at both campuses.
- Expansion of health fairs to community sites (Sylvamo).

Key Community Partnerships

- Essex County Health Department
- Essex County Mental Health
- Essex County Office for the Aging
- Alliance for Positive Health
- Healthy Heart Network
- Cancer Services Program of Northeastern NY
- Champlain Valley Family Center
- Adirondack Rural Health Network
- Adirondack Health Institute
- The Prevention Team
- Adirondack Community Action Program (ACAP)
- Cornell Cooperative Extension
- Mercy Care of the Adirondacks
- Local farms, farm stands, farmers markets and retailers
- Network partners
- Many more!

Investments

- **The Paramedic Education Program:** \$14,225
To offset the tuition rate for this ECH program designed to increase the workforce in this area.
 - **ECH:** \$1,223.50
Tent and banner purchase for outside events such as StreetFest, E'town Days, and Stop the Bleed where ECH is providing community education.
 - **ECH:** Staff time for community outreach events. A1c/lipid screen for 99 individuals - costs ECH \$8.50 each.
 - **Durable Medical Equipment:** \$9,650.50
DME purchases for underinsured and uninsured patients and patients with diabetes.
- TOTAL:** \$24,999

Looking Ahead

- ECH already has a number of screening events planned that will highlight Heart Health, Women’s Health, Stroke Recognition, and Outdoor Safety to name a few.
- Wellness Rx will expand through collaboration with NY partners and other community-based organizations. Funding opportunities are currently being explored.
- The hospital and county health department will continue to partner on priorities identified with the next community health needs assessment. *Awaiting Prevention Agenda from NYS.*
- Improved collaboration as a Network with reporting and marketing strategies for Community Events.
- FY 2024 will be spent closing out the current Community Service Plan while preparing for the release of the forthcoming 2025 Prevention Agenda.



Calendar Year 2023: Work to Date



Prevent Chronic Diseases



IN ALIGNMENT WITH NYS PREVENTION AGENDA GOALS¹:

- A. Strengthen opportunities to build wellbeing and resilience across the lifespan.
- B. Facilitate supportive environments that promote respect and dignity for people of all ages.
- C. Prevent opioid and other substance misuse; reduce prevalence of major depressive disorders; reduce/support those living with serious mental illness in the general population.

Calendar Year 2023: Work to Date

PREVENTATIVE CARE AND MANAGEMENT

GOAL: Increasing Access to Cancer Screening Services

- Partnering with Cancer Services Program of Northeastern NY, ECH was able to reduce barriers related to cost and location of screenings. Breast Cancer Screenings were provided at no cost to uninsured women at both the Elizabethtown and Ticonderoga campuses.

GOAL: Enhance use of technology and Electronic Health Record (EHR) to improve access to care

- System-wide scheduling simplification was completed to allow patients the ability to schedule their own appointments and provide improved access to primary care.

GOAL: Reduce the risk of chronic disease

- Participated in 17 community health education events around Essex County in 2023, including two heart health, mental health awareness, and women's health events, a STEM event to inspire youth as it relates to a career in healthcare, and a cancer screening event through a partnership with Cancer Services Program of Northwestern NY.

BY THE NUMBERS

Wellness Rx was offered to

62

participants, **exceeding**
ECH's goal by

24% ↑

Participated in

17

community health
education events
around Essex County

Provided free A1c/lipid
screen to

99

individuals

¹ Prevention Agenda 2019-2024: New York State's Health Improvement Plan (ny.gov)

- Health Fairs were completed and internal collaboration with our communication and marketing teams to increase participation in 2024 and beyond.
- Provided free A1c/lipid screen to 99 individuals in 2023.

GOAL: Healthy Eating and Food Security

- In FY23, Wellness Rx was offered to 62 participants which exceeded the hospital's goal of 50.
- The food pantry co-located in Crown Point Health Center was renamed to reduce the stigma associated with food pantry utilization. A designated coordinator was hired which has greatly improved the service provided to the community. Anyone can refer patients or community members to the food pantry, however, food can also be sent to 8 sites throughout the county to reduce the barriers related to social determinants such as transportation.
- The hospital was able to expand the program to southern communities through partnerships with local farms and the Ticonderoga Natural Foods Co-op.
- The program coordinator presented at the Adirondack Food Justice Summit in February 2023 which allowed for increased collaborations within the agricultural community.
- Throughout the year, ECH coordinated conversations with NY partners to expand the program to other hospital sites. A team has been created to explore this possibility.



Promotion of Healthy Women, Infants, and Children



IN ALIGNMENT WITH NYS PREVENTION AGENDA GOALS:

- A. Strengthen opportunities to build wellbeing and resilience across the lifespan.
- B. Facilitate supportive environments that promote respect and dignity for people of all ages.
- C. Prevent opioid and other substance misuse; reduce prevalence of major depressive disorders; reduce/support those living with serious mental illness in the general population.

Calendar Year 2023: Work to Date

MATERNAL AND WOMEN'S HEALTH

GOAL: Increasing Access to Women's Health Services

- ECH was able to partner with Porter Medical Center to offer GYN clinics at the Ticonderoga campus at least monthly.

PERINATAL AND INFANT HEALTH

GOAL: Increasing access to peer and professional breastfeeding support

- ECH was also able to partner with Essex County Health Department to offer lactation support groups hosted by a certified lactation consultant at both the Elizabethtown and Ticonderoga campus.



Promote Well-Being and Prevent Mental Health and Substance Use Disorders



IN ALIGNMENT WITH NYS PREVENTION AGENDA GOALS:

- A. Strengthen opportunities to build wellbeing and resilience across the lifespan.
- B. Facilitate supportive environments that promote respect and dignity for people of all ages.
- C. Prevent opioid and other substance misuse; reduce prevalence of major depressive disorders; reduce/support those living with serious mental illness in the general population.

Calendar Year 2023: Work to Date

PROMOTE WELL-BEING

GOAL: Promotion of Well-being and Prevention of Mental and Substance Use Disorders

- ECH hosted the first Mental Health Fair where collaboration with community-based organizations, leadership and county agencies was encouraging. Coordination allowed for the event to be held at both the Elizabethtown and Ticonderoga locations.



PREVENT MENTAL HEALTH AND SUBSTANCE USE DISORDERS

- Pharmacy staff hosted quarterly opioid stewardship meetings to promote and encourage prescriber education and familiarity with opioid prescribing.
- In collaboration with the Alliance for Positive Health, ten ECH employees were able to complete the train the trainer program for Narcan use and distribution. Training can now be delivered throughout the year as requested by staff and/or leaders. Narcan kits are available for distribution from the emergency departments in Elizabethtown and Ticonderoga free of charge to patients and community members.

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