

AdventHealth North Pinellas 2020-2022 COMMUNITY HEALTH PLAN



Tarpon Springs Hospital Foundation, Inc.
d/b/a AdventHealth North Pinellas
Approved by the Hospital Board on: May 6, 2020

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**Extending the Healing
Ministry of Christ**


AdventHealth

2020-2022 COMMUNITY HEALTH PLAN

Table of Contents

Sections	Page
Overview	3
Priority Issues to be Addressed	
Obesity	5
High Blood Pressure/High Cholesterol/Heart Disease	8
Suicide/Depression (Medicare Population)	11
Tobacco Use	14
Alcohol Consumption	16
Priority Issues that will not be Addressed	18

Acknowledgements

This community health plan was prepared by Kimberly Williams and Tammy Monroe, with contributions from members of the AdventHealth North Pinellas Community Health Needs Assessment Committee representing health leaders in the community and AdventHealth North Pinellas leaders.

We are especially grateful for the internal and external partners who helped guide the development of the community health plan, which will enable our teams to continue fulfilling our mission of *Extending the Healing Ministry of Christ*.

OVERVIEW

Tarpon Springs Hospital Foundation, Inc. d/b/a AdventHealth North Pinellas will be referred to in this document as AdventHealth North Pinellas or the “Hospital.”

Community Health Needs Assessment Process

AdventHealth North Pinellas in Tarpon Springs, Florida, conducted a community health needs assessment in 2019. The assessment identified the health-related needs of the community including low-income, minority and other underserved populations.

In order to ensure broad community input, AdventHealth North Pinellas created a Community Health Needs Assessment Committee (CHNAC) to help guide the Hospital through the assessment process. The CHNAC included representation from the Hospital, public health experts and the broad community. This included intentional representation from low-income, minority and other underserved populations.

The CHNAC met throughout 2018-2019. The members reviewed the primary and secondary data, helped define the priority issues to be addressed by the Hospital, and helped develop the Community Health Plan (CHP) to address the priority issues.

The CHP lists targeted interventions and measurable outcomes for each priority issue noted below. It includes resources the Hospital will commit and notes any planned collaborations between the Hospital and other community organizations and hospitals.

Priority Issues to be Addressed

The priority issues to be addressed include:

1. Obesity
2. High Blood Pressure/High Cholesterol/Heart Disease
3. Suicide/Depression (Medicare Population)
4. Tobacco Usage
5. Alcohol Consumption

See Section 3 for goals, objectives and next steps for each priority selected to be addressed.

Priority Issues not to be Addressed

The priority issues that will not be addressed include:

1. Unintentional Injury Deaths
2. Asthma
3. Uninsured Children
4. Cancer
5. Poor Dental Health

See Section 4 for an explanation of why the Hospital is not addressing these issues.

Board Approval

On May 6, 2020, the AdventHealth North Pinellas Board approved the Community Health Plan goals, objectives and next steps. A link to the 2020 Community Health Plan was posted on the Hospital's website prior to May 15, 2020. The Community Health Plan can be found at <https://www.adventhealth.com/community-health-needs-assessments>.

Ongoing Evaluation

AdventHealth North Pinellas's fiscal year is January – December. Implementation of the 2020 CHP begins upon its approval by the Board. The first annual evaluation will begin from the date of implementation through the end of the calendar year. Evaluation results will be attached to the Hospital's IRS Form 990, Schedule H. The collective monitoring and reporting will ensure the plan remains relevant and effective.

For More Information

Learn more about the Community Health Needs Assessment and Community Health Plan for AdventHealth North Pinellas at <https://www.adventhealth.com/community-health-needs-assessments>.

CHP PRIORITY 1

Obesity

According to the Centers for Disease Control and Prevention, an individual is considered obese when their weight is higher than what is considered a healthy weight for a given height. Body Mass Index (BMI), a number based on weight and height, is used to measure obesity. Obesity can be caused by behavioral and genetic factors. Another factor that contributes to obesity includes the built environment. For example, where one lives, and/or if one has access to healthy food and the ability to exercise outside. Serious health complications including high blood pressure, high cholesterol, heart disease, osteoarthritis and some cancers can be caused by obesity. From 2015 to 2016, obesity affected about 93 million adults and 13 million children in the U.S. In the AdventHealth North Pinellas Primary Service Area (PSA), 27.2% of adults are obese (BMI greater than 30), which is higher than the state average of 26.6%. Additionally, 36% of adults in the PSA are considered overweight (BMI between 25 and 30).

AdventHealth North Pinellas will address this priority through the AdventHealth Food is Health® signature program. The Food is Health® program is a regional initiative, which appears on multiple Community Health Plans, however the projected and reported numbers are specific to AdventHealth North Pinellas. The Food is Health® program is provided at no cost for community members who do not have the means or transportation to include fresh vegetables and fruits in their diet. Food is Health® reaches into communities to improve the overall health and wellness of adults living in food deserts or low-income/low-access areas. AdventHealth is committed to working together with local community organizations and stakeholders to implement effective strategies to address obesity and access to healthy food in communities.

Goal | **Implement strategies that support existing community initiatives aimed to address the problem of obesity in the Hospital's PSA.**

Objective | Increase new partnerships with local community organizations in the Food is Health® program to six partners from a baseline of three partners by the end of year three (December 31, 2022).

Objective	Increase participation in the Food is Health® program among low-income families in the Hospital's PSA by 50 participants from a baseline of seven by the end of year three (December 31, 2022).
Objective	Through the Food is Health® program increase access to health screenings among adults living in food deserts or low-income/low-access communities by 75 screenings from a baseline of 15 screenings by the end of year three (December 31, 2022).
Goal	Increase access to nutrition education by supporting community organizations and other community stakeholders offering health education and resources.
Objective	Provide the Food is Health® program to low income families in the PSA by offering five class series from a baseline of one class by the end of year three (December 31, 2022).
Objective	Increase access to culturally appropriate nutritious food options among Food is Health® program participants through 200 produce vouchers distributed from a baseline of 51 produce vouchers by the end of year three (December 31, 2022).
Objective	The Food is Health® community employee volunteer initiative will increase Hospital staff/team volunteer participation efforts with organizations addressing food security from a baseline of zero hours to 500 hours by the end of year three (December 31, 2022).

Hospital Contributions

- Provide community benefit staff to manage, implement and evaluate the Food is Health® program.
- Community outreach nurse teams to provide free biometric screenings for Food is Health® program participants.
- Cover costs to provide free produce for Food is Health® program participants.
- Community benefit staff to actively participate in community meetings with partners addressing food security.
- Community benefit staff and Hospital leadership teams to actively serve on community boards associated with addressing food security.
- Community benefit staff to strategically align with internal Hospital case management teams and Care 360 teams to connect community members with resources to address food security.
- Provide paid Hospital staff time of four hours per quarter to participate in volunteer activities addressing food security.

Community Partners

- Renardo Family Produce, a local produce vendor, to provide culturally appropriate nutritious food options among program participants.
- The University of Florida/ Institute of Food and Agricultural Sciences (UF/IFAS) Extension Pinellas County Family Nutrition Program to provide nutrition education for Food is Health® class participants.
- Collaborative relationships with local sites (churches, community centers, schools) to host Food is Health® classes.

CHP PRIORITY 2

High Blood Pressure/High Cholesterol/ Heart Disease

Heart disease is the leading cause of death in the U.S., responsible for one in four deaths annually. The major risk factors for heart disease are high blood pressure, high cholesterol, being overweight/obese and having an unhealthy diet. Furthermore, high blood pressure is a major risk factor for stroke. By managing blood pressure and cholesterol, eating a healthy diet and incorporating physical activity daily, the risk of developing heart disease could be greatly reduced. In the AdventHealth North Pinellas Primary Service Area (PSA), the rate of death due to heart disease per 100,000 of the population is 152, which is higher than the state rate of 150. The percentage of adults in the PSA with high blood pressure is 29% and 46% of adults have high cholesterol.

AdventHealth North Pinellas is committed to working together with local community organizations and stakeholders to implement effective strategies to reduce the burden of heart disease and stroke by providing health education in the community, increasing access to community health screenings and connecting community members to resources to help manage blood pressure and cholesterol.

Goal	Improve access to health education, early intervention programs and resources related to prevention of heart disease.
Objective	Increase the number of Hospital sponsored American Heart Association (AHA) community CPR out-of-hospital bystander classes for adults and youth from a baseline of zero to five by the end of year three (December 31, 2022).
Objective	Increase the amount of paid staff time for Hospital staff/team members to volunteer with community organizations addressing heart disease and stroke from a baseline of zero hours to 250 hours by the end of year three (December 31, 2022).
Goal	Enhance community to clinical linkages between community organizations and stakeholders to promote coordinated patient care strategies to control high blood pressure and high cholesterol.
Objective	Increase the number of underinsured/uninsured community members receiving linkages to follow up clinical care at Pioneer Medical Group by providing free biometric screenings and

health education at a minimum of three Pioneer Medical Group free mobile clinic events for 150 patients from a baseline of zero patients by the end of year three (December 31, 2022).

Hospital Contributions

- Provide community benefit staff to manage, implement and evaluate community strategies and partnerships.
- Community outreach nurse teams are paid for volunteer hours to provide education and free biometric screenings for community members participating in the Pioneer Medical mobile clinic events.
- Provide medication assistance to uninsured/underinsured community members receiving primary care from Pioneer Medical Clinic.
- Provide community benefit staff to work with the AdventHealth Care 360 Transition Specialist to track and report referrals to Hospital and community resources addressing heart disease (food security programs, nutrition education, medication assistance, transportation to appointments, etc.).
- Community benefit staff to actively participate in community meetings with partners addressing heart disease.
- Provide Hospital paid staff time of four hours per quarter to participate in volunteer activities addressing heart disease.
- Community benefit staff and Hospital cardiopulmonary leadership teams to actively serve on community boards associated with addressing heart disease.

Community Partners

- American Heart Association to expand community benefit programs aimed to increase community access to heart disease education and training opportunities (community CPR training classes, CPR home kits and train-the-trainer education series).
- Pioneer Medical Group to provide uninsured/underinsured patient referrals for access to primary care services.
- Collaborative relationships with local sites (churches, community centers, schools) to host free community education and training opportunities.

- Gulf Coast Area Health Education Center (Tobacco Free Florida AHEC Cessation Program) to provide free education and resources (patches and other quit aids) for smoking cessation.

CHP PRIORITY 3

Suicide/Depression

The burden of mental illness in the United States is among the highest of all diseases. Moreover, mental health disorders are among the most common causes of disability for adults, children and adolescents. When mental health disorders are untreated, those affected are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug misuse, violent or self-destructive behavior and suicide. Suicide is the 11th leading cause of death in the United States for all age groups and the second leading cause of death among people age 25 to 34. In the AdventHealth North Pinellas Primary Service Area (PSA), 22% of the Medicare population has depression, which is slightly higher than the state average of 19%. Furthermore, the suicide rate is 18.33 per 100,000 of the population, which is significantly higher than the state average of 14.09 per 100,000 of the population.

AdventHealth North Pinellas aims to establish new community partnerships with local community organizations, local leaders and stakeholders to implement strategies that will reduce the stigma associated with mental health by increasing public awareness with mental health education and training opportunities.

Goal	Reduce the stigma associated with mental illness in youth and adults by providing access to health education to help communities better understand and respond to signs of mental illness and substance use disorders.
Objective	Increase the number of Mental Health First Aid USA certification training classes provided for free to community members residing in the Hospital's PSA by three certification classes from a baseline of zero by the end of year three (December 31, 2022).
Objective	Increase the number of Pinellas County National Alliance on Mental Illness (NAMI) Nuts and Bolts education classes provided for free to community organizations in the Hospital's PSA by nine from a baseline of zero by the end of year three (December 31, 2022).
Goal	Increase community-level partnerships to enhance existing efforts currently addressing social determinants of health that impact suicide/depression in youth and adults.
Objective	Increase the number of Pasco County NAMI <i>Ending the Silence</i> presentations provided for free to middle and high school-aged youth residing in the Hospital's PSA by six classes from a baseline of zero by the end of year three (December 31, 2022).

Objective	Increase the number of Pasco County NAMI <i>In Our Own Voice</i> presentations provided for free to adults residing in the Hospital's PSA by six classes from a baseline of zero by the end of year three (December 31, 2022).
Objective	Increase the amount of paid staff time for Hospital staff/team members to volunteer with community organizations addressing mental health from a baseline of zero hours to 250 hours by the end of year three (December 31, 2022).

Hospital Contributions

- Community benefit staff to manage, implement and evaluate community suicide/depression/mental health strategies to reduce stigma and increase community awareness.
- Provide financial assistance to sponsor printing costs for printing NAMI Pinellas family guides on mental illness (resource guides).
- Provide free Mental Health First Aid certification classes to Pinellas County community members (cover cost of training materials, certifications, meals, staff training, etc.).
- Cover costs associated with training Community Benefit staff as Mental Health First Aid USA instructors.
- Community benefit staff to work with the AdventHealth Care 360 Transition Specialist to track and report referrals to internal and external resources to address suicide/depression/mental health.
- Community benefit staff to actively participate in community meetings with partners addressing suicide/depression/mental health.
- Community benefit staff and Hospital leadership teams to actively serve on community boards associated with addressing suicide/depression/mental health.
- Provide Hospital paid staff time of four hours per quarter to participate in volunteer activities addressing mental health.

Community Partners

- NAMI Pinellas to explore and expand additional community benefit partnerships to increase awareness of and access to suicide/depression/mental health resources, training opportunities and services.
- Gracepoint Wellness to provide linkages to patient care for mental health and substance use disorders for patients seen in the Hospital's emergency department (provide space in emergency room, financial support per patient, etc.).
- Strengthen collaborative relationships with local sites (churches, community centers, schools) to support community efforts to address suicide/depression/mental health.
- All4HealthFL Collaborative (a coalition of local hospitals and Florida Department of Health teams) working together to address behavioral health in Pinellas County.

CHP PRIORITY 4

Tobacco Usage

Since 1964, 20 million people in the U.S. have died from using tobacco. Tobacco use can cause a wide range of health issues including cancer, heart disease, diabetes, oral health diseases and harmful reproductive effects. More than 30 million adults in the U.S. smoke cigarettes and more than 50 million are exposed to secondhand smoke, which is just as harmful as smoking. Secondhand smoke can cause heart disease and lung cancer in nonsmokers as well as asthma, sudden infant death syndrome (SIDS) and other respiratory infections in infants and children. In the AdventHealth North Pinellas Primary Service Area (PSA), 23% of adults aged 18 and above smoke cigarettes, which is higher than the state average of 19%.

AdventHealth North Pinellas recognizes the importance of partnering with local community organizations and stakeholders to strengthen efforts to link community members to tobacco prevention and treatment resources to quit smoking.

Goal	Decrease tobacco use among adults and youth residing in the Hospital's PSA.
Objective	Partner with Gulf Coast Area Health Education Center (AHEC) to increase community awareness of free programs and resources available for tobacco cessation by providing nine community lunch and learn sessions from a baseline of zero by the end of year three (December 31, 2022).
Objective	Increase knowledge of free tobacco cessation programs and tobacco prevention/treatment resources for patients at discharge by partnering with AHEC to provide continuing education classes to 200 team members (treating patients with tobacco use) from a baseline of zero by the end of year three (December 31, 2022).
Goal	Increase access to smoking cessation classes for adults by partnering with local community organizations to provide linkages to care.
Objective	Provide patient referrals at discharge to enroll in free AHEC tobacco cessation programs and receive free intervention therapies to quit smoking tobacco. Through a partnership with AHEC, create an internal referral system to link adults residing in the Hospital's PSA, providing resources for 50 patients from a baseline of zero by end of year three (December 31, 2022).
Objective	Increase access to tobacco cessation classes for adults residing in the Hospital's PSA by 10 classes from a baseline of zero by the end of year three (December 31, 2022).

Hospital Contributions

- Community benefit staff to work with the AdventHealth Care 360 Transition Specialist, Case Management Department and AHEC staff to track and report referrals from Hospital to smoking cessation classes.
- Community benefit staff to actively participate in community meetings with partners addressing tobacco use.
- Community benefit staff and Hospital leadership teams to actively serve on community boards associated with addressing tobacco use.
- Provide Hospital paid staff time of four hours per quarter to participate in volunteer activities addressing tobacco use.

Community Partners

- American Heart Association to expand community benefit strategies to increase community awareness of the negative impacts of tobacco use on heart health (youth vaping crisis initiative and advocacy efforts).
- Pasco County Substance Abuse Task Force to reach into West Pasco County (host meetings, share resources and contribute to the costs of community resource tool kits).
- Strengthen collaborative relationships with local sites (churches, community centers, schools) to support community efforts to address tobacco use.
- Gulf Coast Area Health Education Center (AHEC) Tobacco Free Florida Smoking Cessation Program to provide free education and resources (patches and other quit aids) for smoking cessation.

CHP PRIORITY 5

Alcohol Consumption

Excessive use of alcohol can have immediate health effects, including unintentional injury, violence, alcohol poisoning, risky sexual behaviors and miscarriage among pregnant women. It can also have long-term health effects, including high blood pressure, heart disease, liver disease, dementia, depression and cancer. Underage drinking, or alcohol consumption among those under the age of 21, has been linked to death from alcohol poisoning, suicide, unintentional injury and alcohol dependence later in life. In the U.S., excessive alcohol use was the cause of 1 in 10 deaths among adults between the ages of 20-64. In 2010, people under the age of 21 accounted for 189,000 ER visits for injuries and other conditions related to alcohol use. In the AdventHealth North Pinellas Primary Service Area (PSA), 20% of adults aged 18 and above drank excessively, which is higher than the state average of 17%.

AdventHealth North Pinellas recognizes the importance of partnering with local community organizations and stakeholders to strengthen efforts to support local community organizations providing services and resources for community members affected by alcoholism.

Goal	To increase access to treatment programs for substance misuse treatment, specifically for alcoholism, by creating partnerships with community organizations and stakeholders.
Objective One	Increase partnerships with local community organizations that provide resources, interventions and support to adults residing in the Hospital's PSA who are recovering from alcoholism by creating three partnerships from a baseline of zero partnerships by the end of year three (December 31, 2022).
Objective Two	Increase access to community support groups for adults residing in the Hospital's PSA who are recovering from alcoholism by sponsoring three on-going support groups from a baseline of zero by the end of year three (December 31, 2022).
Goal	To increase education and awareness of substance misuse related to alcoholism by engaging community members, public schools, community organizations and other community stakeholders.
Objective One	The initiative will increase the reach of the Pasco County Substance Abuse Taskforce (PCSAT) into West Pasco communities by co-hosting at least three meetings in West Pasco from a baseline of zero by end of year three (December 31, 2022).
Objective Two	Increase the current reach of the Pasco County Substance Abuse Taskforce (PCSAT) into West Pasco communities by co-hosting at least one community forum in West Pasco from a baseline of zero by end of year three (December 31, 2022).

Hospital Contributions

- Provide in-kind support, through hosting meetings and forums, and monetary support, to create community resource tool kits, to the Pasco County Substance Abuse Task Force to expand their reach into West Pasco County.
- Sponsor at least three alcohol related on-going support groups in community locations (churches, community centers).
- Provide Hospital paid staff time of four hours per quarter to participate in volunteer activities addressing alcoholism.
- Community benefit staff and Hospital leadership teams to actively serve on community boards associated with addressing alcoholism.
- Community benefit staff to actively participate in community meetings with partners addressing alcoholism.

Community Partners

- Alcohol Anonymous, Pasco National Association on Mental Illness and St. Petersburg State College
- Pasco County Substance Abuse Task Force
- Collaborative relationships with local sites (churches, community centers, schools)

PRIORITIES THAT WILL NOT BE ADDRESSED

The Community Health Needs Assessment also identified the following priority health needs that will not be addressed. These specific issues and an explanation of why the Hospital is not addressing them, are listed below.

Potential challenges or barriers to addressing a need:

(1) The issue should not be addressed as an individual problem but can be indirectly impacted positively by first addressing multiple issues selected above by the Hospital's Community Health Needs Assessment Committee (CHNAC).

(2) CHNAC's did not perceive the ability to have a measurable impact on the issue with the current resources available to the community and the Hospital.

1. Unintentional Injury Deaths

Unintentional injuries were the third leading cause of death in the U.S for 2017. This includes deaths due to falls, motor vehicle accidents, fires, drownings, and poisoning. In the AdventHealth North Pinellas PSA, the rate of death due to unintentional injury is 54 per 100,000 of the population.

The issue should not be addressed as an individual problem but can be indirectly impacted positively by first addressing alcohol and tobacco use issues selected above by the Hospital CHNAC.

2. Asthma

Asthma is a chronic condition when the airways in the lungs are always inflamed. The inflammation causes coughing, wheezing, chest tightness, and shortness of breath. In the AdventHealth North Pinellas PSA, 14% of adults aged 18 and above have asthma.

The CHNAC did not perceive the ability to have a measurable impact on the issue within the three years allotted for the Community Health Plan with the current resources available to the community and the Hospital at this time.

3. Uninsured Children

In 2018, 4.3 million children in the U.S. did not have health insurance. The largest decrease in insurance status was seen among children from low-income families using public programs like children's Medicaid or CHIP. In the AdventHealth North Pinellas PSA, 7% of the population under the age of 19 did not have health insurance.

The CHNAC did not perceive the ability to have a measurable impact on the issue within the three years allotted for the Community Health Plan with the current resources available to the community and the Hospital at this time.

4. Cancer

Cancer is the second leading cause of death in the U.S. with more than 100 types. Many are preventable and research advances in detection and treatment have greatly improved survival rates. In the AdventHealth North Pinellas PSA, the rate of death due to cancer is 160 per 100,000 of the population.

The issue should not be addressed as an individual problem but can be indirectly impacted positively by first addressing obesity, alcohol and tobacco use issues selected by the Hospital CHNAC.

5. Poor Dental Health

Many oral diseases can be prevented with routine care and regular dental checkups. The health of the teeth, the mouth, and the surrounding craniofacial (skull and face) structures is central to a person's overall health and well-being. Lack of access to dental care for all ages remains a public health challenge. In the AdventHealth North Pinellas PSA, the access to dentists' rate per 100,000 of the population is 58 (in 2015), as compared to the state rate of 56.

The CHNAC did not perceive the ability to have a measurable impact on the issue within the three years allotted for the Community Health Plan with the current resources available to the community and the Hospital at this time.

6. Infant Mortality

Infant mortality is the death of an infant before their first birthday. In 2017, more than 22,000 infants died in the U.S. The causes of infant mortality include birth defects, maternal pregnancy complications, sudden infant death syndrome, preterm birth, and injuries such as suffocation. In the AdventHealth North Pinellas PSA, the infant mortality rate is 8 deaths per 1,000 births.

The CHNAC did not perceive the ability to have a measurable impact on the issue within the three years allotted for the Community Health Plan with the current resources available to the community and the Hospital at this time.