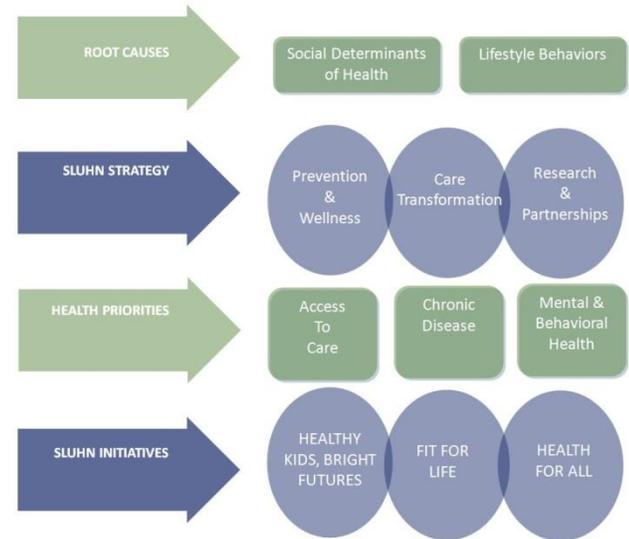


St. Luke's University Health Network 2019-2022 Community Health Needs Assessment Executive Summary

Background & Methodology:

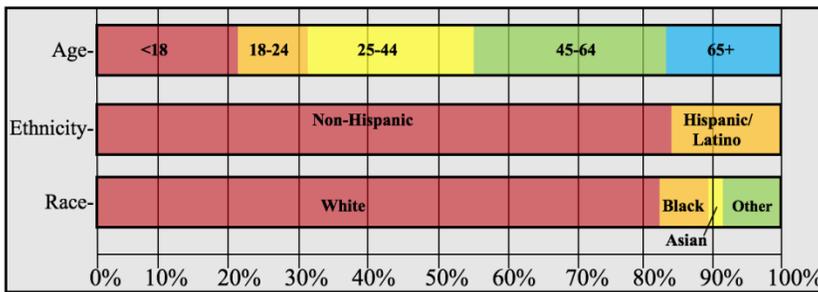
As part of the Patient Protection and Affordable Care Act, all non-profit hospitals are required to conduct a Community Health Needs Assessment (CHNA) every three years in order to remain a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code. The goal of the assessment is to identify critical health disparities faced among residents within the community. The needs assessment states health priorities addressed by community stakeholders, hospital professionals, or public health experts. Additionally, campus specific implementation plans have been crafted for each of the St. Luke's University Health Network (SLUHN) campuses in order to determine how resources will be allocated to address the specified health needs. Our CHNA is comprised of both primary and secondary data. The primary data was collected through our community health surveys, where approximately 10,000 surveys were conducted in our eleven campus geographic region. Primary data was also collected through 11 campus specific key stakeholder focus groups. Secondary data included hospital network, county, state, and national level data.

Implementation Strategy:



Key Findings:

The three main priorities identified include: improving access to care; preventing chronic disease; and improving mental and behavioral health. The upstream factors related to the social determinants of health and individual lifestyle behaviors contribute to the poor health status of our communities. These three health priorities will be addressed using the social determinants of health framework in conjunction with using the Lifestyle Medicine interventions in order to influence the overall health of our communities. The following data is reflective of the SLUHN service area.



Area: 1,177.97 square miles
 Population: 819,608 people
 Population Density: 695.78 persons per square mile

Social Determinants of Health:

Income

- 28% of residents live below 200% of the Federal Poverty Level (\$24,600 for a family of four in 2017).
- 42% of children in the network are eligible for free or reduced-price lunch programs.

Education

- The high school graduation rate is 85% in PA, 90% in NJ, and 95% nationwide.

Health Insurance

- 7.9% of the network's adult population is without health insurance.
- Census statistics show that Hispanic and Latino populations are roughly twice as likely to be uninsured than non-Hispanic populations.
- 53.8% of the network's patients utilize Medicare and Medicaid to cover their healthcare costs.
- According to the 2019 community survey, the top reason that network respondents cited for postponing medical care was that their share of the cost was too high (12%).

Language

- The network's population with limited English proficiency is about 6%, compared to 4% in PA and 12% in NJ.

Employment

- The unemployment rate for adults in the St. Luke's Network is 5.6, compared to 5.2 in PA, 4.8 in NJ, and 4.4 nationwide.

To explore some of the most vulnerable neighborhoods we serve, we examined resources in the ten lowest income census-tracts that send patients to our St. Luke's Network.

Access to Food

- The average rate of residents living more than half a mile from a supermarket and without a vehicle is 13%, with some neighborhoods up to 47%.
- On average for these neighborhoods, 47% of families use SNAP (Supplemental Nutrition Assistance Program).
- Nearly one in three households need to rely on the public transportation system, ridesharing, or walking to meet daily needs like food.

Housing

- 57% of households in these neighborhoods are cost-burdened.
- The average median family income for the network's ten lowest income tracts is \$26,190.
- In 2018, there were 396 homeless individuals in Lehigh County, 379 in Northampton County, 244 in Monroe County, 95 in Schuylkill County, and 14 in Carbon County.

Lifestyle Behaviors:

Diet

- Only 10% of survey respondents in the SLUHN region consume the recommended amount of 5 or more servings of fruits and vegetables per day.
- A healthy diet is linked to income; 12% of respondents with over \$60,000 income consume 5 or more servings of fruits and vegetables per day compared to 6% of those with less than \$15,000 income.

Exercise

- Only 15% of respondents reported regularly exercising 5 or more days per week.
- 28% of respondents reported no days of exercise per week.

Obesity

- 75% of survey respondents were overweight or obese according to BMI calculations (33% overweight and 42% obese).
- The highest rate of obesity (48%) was found for low-income people earning less than \$25,000 while the lowest rate of obesity (38%) was found for those earning more than \$60,000 annually.

Diabetes

- Nationwide, diabetes rates are predicted to increase 34% by 2030.
- Respondents with less than \$25,000 income had significantly higher reported diabetes diagnosis rates (40%) than those with more than \$60,000 income (12%).

Smoking

- According to survey data, smoking is linked to income; 27% of respondents with less than \$15,000 income reported smoking, compared to 7% of respondents with incomes of \$60,000 or more.

Mental Health

- 37% of respondents reported having missed one or more days of normal activity due to poor mental health within the past month.
- According to the 2017 PA Youth Survey, 38% of all students felt depressed or sad most days in the past 12 months, with Monroe County having the highest rate (44%) in the network.

Adolescent Electronic Vapor Product Use

- There has been a 900% increase in e-cigarette usage among high school students nationally from 2011 to 2015.
- The highest rate of electronic vapor product usage (8%) was found for the young adult 18-24 age group.
- In 2016, the Surgeon General declared youth usage of vapor products to be a significant public health concern.

Substance Abuse

- There has been a 600% increase in synthetic opioid (fentanyl) deaths in the U.S. since 2013.
- Each county within the network saw rises in the rate of opioid overdose deaths, with Warren County having the most significant rate increase, from 7.0 (2007-2011) to 26.7 (2012-2016) per 100,000 residents.
- 19% of network survey respondents reported at least one episode of binge drinking behavior and 7% reported at least 3 episodes of binge drinking behavior in the past month.
- Survey data indicated that the highest rate of binge drinking (18%) occurs in the 18-24 age group.