

The following is an update of Nyack Hospital's 2015 activities relating to the New York State Prevention Agenda Priorities which include the following:

- Prevent Chronic Disease
- Promote a Healthy and Safe Environment
- Promote Healthy Women, Infants, and Children
- Promote Mental Health and Prevent Substance Abuse
- Prevent HIV, STD's, and Prevent Vaccine Preventable Diseases

| Prevent Chronic Disease: Cancer

The Breast Cancer

The Breast Center at Nyack Hospital continues to offer comprehensive services to the women of Rockland County. The Breast Center promotes self-breast health awareness for both women and men, bone health awareness, and provides screenings for breast and cervical cancer for uninsured and underinsured women. The Breast Center's professional staff of registered nurses, nurse practitioners, physician assistants, physicians, and breast surgeons all played a role in these community activities.

The Breast Center promotes breast health awareness not only to residents of Rockland County but also to county healthcare providers. The Breast Center provides mammograms, clinical breast exams, and cervical cancer screening, recalling those requiring further diagnostic studies.

The Breast Center at Nyack Hospital collaborates with numerous organizations such as Susan G. Komen, The Greater Hudson Valley Region Cancer Services Program, National Association of Nurse Practitioners in Women's Health, Rockland County Legislature, and the local health department in addressing these priorities.

In 2015, The Breast Center provided education through lectures, health fairs, and other venues throughout the County. Sites included Nyack College, Church of God of Prophecy, Seventh Day Adventist Church of Nyack, Clarkstown—Pearl River Senior Center in Nanuet, St. Peter's Church in Haverstraw, Nyack Head Start, Nyack College's Hands on Health event, The Shops at Nanuet's Paint the Mall Pink women's health fair, Kings Daughters Library in Haverstraw, Rockland County Legislature, Meals on Wheels, and several presentations at The Nyack Hospital Breast Center. The Breast Center reported a great turnout for their "Blow Away Breast Cancer 5K Run/Walk" with over five hundred participants. Spanish speaking women, the Dominican American Coalition of Rockland County, and African-American women attended the health events provided locally in their neighborhoods.

The Breast Center received the 2015 Susan G. Komen grant to fund patient navigation services. This generous grant allows The Breast Center to hire a RN



Patient navigator who assists women during their breast care from the time of diagnosis through treatment.

In 2015, 800 uninsured or underinsured women received screening mammograms, 307 clinical breast exams and/or cervical cancer screenings, 170 diagnostic studies, and 68 biopsies. Of that total, 6% were positive for cancer.

| Prevent Chronic Disease: Reduce Obesity in Adults

Lose to Win

Lose to Win (LTW), a peer facilitated community-based program, continues to help adults lose weight, promoting physical activity and increased vegetable and fruit consumption.

This year we reached out to local faith-based organizations and employees of the Hospital, representing all communities in Rockland County, to enlist more facilitators for this program. Nyack Hospital's registered dietitian and certified diabetes educator conducted two training sessions in 2015 enlisting six more facilitators. The training and all supplies needed to conduct the program were provided by the Hospital. Facilitators continue to receive honoraria for conducting a program at their organization.

The LTW participants are as diverse as the communities in which they are conducted. LTW programs are conducted across Rockland County at locations that include Dominican College, Valley Cottage Library, Haverstraw Kings Daughters Library, Caribbean Food Delights, YMCA in Nyack, and Nyack Hospital.

We continue to ensure this program is available to all residents of Rockland County despite their socio-economic status by keeping the cost to a minimum, waiving the cost for those who cannot afford to pay, and promoting the program in all towns.

Our goal to increase the number of programs has not been realized. There was a 30% decrease in number of programs and number of participants when compared with 2014. Anecdotal responses from facilitators regarding the decline in programs included time constraints due to other responsibilities, change in position within their corporation rendering them unable to continue this activity as part of their worksite wellness program, and others simply felt it was too much of a commitment.

The outcomes for the participants who completed the nine community based LTW programs were favorable. Of the 78 participants, 93% reduced their BMI and had an average weight loss of four pounds. Additionally, 35% of the participants increased their vegetable consumption, 29% increased their fruit consumption, and 49% increased their physical activity.

In 2016, we will continue to promote this program at local collaborative meetings and with the county Public Health Priorities committee.

| Prevent Chronic Disease: Diabetes

Diabetes Self-Management Training

The Diabetes Self-Management Training Program at Nyack Hospital maintains its accreditation through the American Association of Diabetes Educators (AADE). This service is covered by Medicare, Medicaid, and most commercial health insurance plans.

The Nyack Hospital Diabetes Self-Management Training (DSMT) Program continues to offer programs to individuals and their families with diabetes. One of the measures of success for this program is A1C level comparison before the program and several months after completion of program. All program participants reported a drop in their A1C indicating better diabetes control thus decreasing their risk for developing complications from diabetes.

Diabetes and Pre-Diabetes Community Programs

Our mission is to promote awareness, early detection, and prompt treatment of diabetes to members of our community. Nyack Hospital's education team offered a variety of programs to the community.

Our annual Diabetes Symposium was held on March 24, 2015 in observance of National Diabetes Alert Day. There were 75 community members in attendance at this event.

We held two Pre-Diabetes Education Series in the spring and fall of 2015, both of which were well attended. We already have a waiting list for 2016.

In 2015 the diabetes education team once again delivered a DSMT program for the blind, the first of its kind in New York State at the VISIONS summer camp in Pomona.

To celebrate November as Diabetes Awareness month the diabetes risk assessment paper test was distributed at several community events, handed out to Hospital visitors, and was placed on the Hospital website.

Our diabetes education awareness efforts included interviews with our physicians and clinical educators for radio, newspaper, and digital articles that had local and regional distribution.

The diabetes monthly support groups for adults are well attended. Guest speakers with expertise in diabetes related areas present on a quarterly basis.

The Juvenile Diabetes Research Foundation (JDRF) continues to host a monthly support group for children with diabetes and their families at Nyack Hospital.

| Prevent Chronic Disease: Hypertension and Stroke

Nyack Hospital promotes awareness, early recognition of the signs and symptoms of a stroke, and how to reduce the risk of a stroke. In 2015, our professional healthcare staff provided education on stroke to 350 people at nine events throughout the County. This included blood pressure screening on 165 people,



counseling on risk for heart disease and stroke, and making lifestyle behavior recommendations in the areas of nutrition and physical activity. Discussions were also had about taking medications as directed by their doctor.

Promote a Healthy and Safe Environment

Nyack Hospital Trauma Center

As an Area Trauma Center, Nyack Hospital continually works toward decreasing the incidence and severity of trauma; ensuring optimal, equitable, and accessible care for all persons sustaining trauma, preventing unnecessary deaths and disabilities from trauma, and implementing quality and performance improvement measures for trauma care.

The Trauma Department at Nyack Hospital is committed to injury prevention and community outreach. We focus on injury trends within the community and offer education to reduce and prevent injury that may lead to the need for medical attention. Nyack Hospital Trauma Professionals share their expertise in a variety of topics that help educate our community members and offer guidance in the reduction of habits that may lead to injury.

The Trauma Department participated in numerous community based educational activities throughout the year. In May, the Department participated in National Trauma Awareness Month distributing educational materials to combat texting and distracted driving at a variety of community locations, in the Hospital, and on the Hospital website. The campaign was also supported by a social media campaign on the Hospital's Facebook site.

At the Summer Safety Festival at The Shops at Nanuet The Nyack Hospital Trauma Department promoted awareness of Distracted Driving and provided Helmet Safety and Concussion education to the community. The public was encouraged to support laws that prohibit texting and driving. Community members signed a pledge not to text and drive.

During Child Passenger Safety week observed in September, child car seat checks within the community were promoted and educational materials were offered to Hospital visitors, employees, and to the public via our website.

The Trauma Department hosted the Trauma Nursing Core Course (TNCC) to registered nurses in April and October. Approximately 50 RN's from various hospitals throughout our region attended this event advancing their trauma skills

In October, the Hospital hosted its annual Trauma Conference. The two day event offered trauma-related lectures from Nyack Hospital staff, community physicians and local law enforcement officials. Attendees included a total of 60 physicians, registered nurses, physician assistants, nurse practitioners, and EMTs who all obtained CEU's and CME's for their participation.

In the future the Trauma Department will have the ability to focus its community outreach efforts not only on the most common injuries occurring in the County but also on the locations where these injuries have taken place. Using a new Trauma Registry, they can collect detailed information on the types of accidents occurring, injuries sustained, and the location in the County where they happen. The Trauma Department can then focus their community outreach efforts on educating the public on a particular danger and assessing if their prevention education makes a difference in occurrence.

Promote Healthy Women, Infants, and Children

The Pre-Natal Center

The Nyack Hospital Pre-Natal Center continues to provide comprehensive and holistic pre-natal care that supports and empowers our patients to achieve the optimum level of wellness for themselves and their families.

In 2015, the Pre-Natal Center sponsored the following programs:

- The 39 Weeks Program was presented to our clients by HACSO (Haitian American Cultural and Social Organization Haitian) and the Hudson Valley Peri-Natal Network. Clients learn what to expect in their 39th week of pregnancy. The women learned the signs and symptoms of labor, when to go to the hospital, and what to expect during labor. Participants were encouraged to let labor happen naturally.
- The Pajama Program provided 200 pairs of pajamas and bedtime books for children of our clients.
- The Better Baby Initiative is an early intervention program developed by a collaborative of 20 local agencies. The goal of this program is to encourage mothers reading, talking, and singing to their baby during pregnancy and the neo-natal period.
- A Community Baby Shower was held. Educational materials from the Rockland County Department of Health, United Healthcare, LHVPNN, and HACSO were distributed.
- The La Leche League continues to conduct bi-monthly support groups at the Pre-Natal Center.
- The Pre-Natal Center promotes awareness of its services at health fairs throughout the County to include the Nyack Farmer's Market, the Hope Festival, The Shops at Nanuet, and at North Rockland High School.

We will continue our relationship with agencies that share our goal to improve present and future pregnancy outcomes, by providing access to education and resources to our clients.

Mammas Maravillosa

The Mamas Maravillosa Program is a Type 2 Diabetes Prevention Program for post-partum Latina women. This program is based on the national CDC Diabetes Prevention Program. The primary referral source is the Hospital's Pre-Natal Center, but this program is open to any Spanish speaking woman in the County who recently gave birth.

Diabetes prevention focusing on the inter-conception period reduces the risk of developing gestational diabetes, future Type 2 diabetes, lowers the risk for miscarriages, stillborn babies, birth defects, birth injuries and complications, C-sections, premature births, and obesity and diabetes in future children.

Revisions to the DPP were made to simplify the information. The curriculum and handout modifications have led to increased understanding, increased number of participants, and improved lifestyle changes.

In the spring of 2015, the location and time of the program was changed. The new site is the Town of Ramapo Community Center located in Spring Valley. In this setting young children can attend the program with their mothers and the location is easily accessed by public transportation.

While this program's main objective is to reduce the occurrence of Type 2 Diabetes it also offers additional health information to both the participant and her family, such as positive reinforcement to continue breast feeding, how to care for your baby, and getting regular check-ups during the inter-conception period for themselves and their baby, to name just a few of the topics.

The data collected shows these women are incorporating healthy behaviors into their daily routine.

In 2015, 38 women attended Mammas Maravillosa, a 75% increase from 2014.

Attendees reported the following positive lifestyle behaviors:

- 44% increase in daily fruit and vegetable servings
- 37% decrease in daily dessert consumption
- 40% decrease in fried foods
- 9% decrease in sugary drinks
- 34% increase in physical activity

Clinical indicators that would help determine if this program is in fact reducing the risk of Type 2 Diabetes would be measuring each participant's A1C, glucose, and cholesterol levels. To do so would require that physicians order these tests and receive the results. We are in the midst of discussions with Hudson River Healthcare (HRHC) to have these tests conducted for the women who are enrolled in the Mammas Maravillosa Program and are clients of HRHC, and with their permission share the results with the program.

Continuing our collaboration with other organizations in the County, we partner with many groups providing additional expertise to educate the participants on a variety of health related topics. These include Hudson Valley Perinatal Network, lactation consultants from the Rockland County Department of Health, private physician practices, Hudson Valley Healthcare, Catholic Charities, Cornell Cooperative Extension, and HACSO.

Promote Mental Health and Prevent Substance Abuse

Behavioral Health Unit

The Behavioral Health Center is an acute care psychiatric unit that provides both psychiatric and medical services to patients. Our community focused goals include increasing awareness of mental health issues and promoting the availability and access to mental health services in our community. We are also working to educate the public to reduce the stigma of a mental health diagnosis.

Screening tools for depression and suicide assessment were provided to local general practitioners and mental healthcare providers through individual physician office visits and seminars conducted for mental healthcare providers.

Prevention materials were made available to the public at conferences throughout the County. Educators, parents, and the general public had an opportunity to gather information and ask questions from our Recovery Unit staff at the Rockland County Superintendent Day Resource Fair, Rockland County Child and Adolescent Conference, Pascack Hills High School, The Shops at Nanuet, Good Samaritan Resource Health Fair, and North Rockland School Health Fair.

The Recovery Center

As drug overdose deaths have now surpassed those of motor vehicle accidents in adolescents and young adults in the U.S., various strategies have been utilized in an attempt to combat the addiction epidemic. State agencies such as OASAS (Office of Alcohol and Substance Abuse Services) have focused on improving the availability of addiction treatment as well as facilitating a community-based overdose prevention programs.

On September 28, 2015, in conjunction with National Recovery Month, Nyack Hospital hosted a training session detailing the use of Naloxone (as part of the opioid overdose prevention kit) in the prevention of opioid overdose in Rockland County. About 40 trainees, most of whom work with chemically dependent individuals, learned both the protocol as well as scientific basis for the use of Naloxone. The kits were dispensed to each participant once they had completed the training.

In addition, David Seitz, MD, Joseph Vittorio, MD, Vahah Kouyoumdjian, MD, and Catherine Fliegel, RN, presented various aspects of addiction and its treatment including its neurophysiological basis and its co-existence with both physical and psychiatric disorders.

| Prevent HIV and STD's and Prevent Vaccine Preventable Diseases

Influenza Immunization Programs

Nyack Hospital continues to support the goal of increasing the influenza vaccination rate of adults in Rockland County.

Our inpatients and Emergency Department patients are offered the influenza vaccine.

The Community Health Education Department collaborates with the Office of Aging, Senator David Carlucci, whose office makes flu shots available to any Rockland County adult at no charge, and several area businesses, all of whom are assisting with immunizing our seniors. In 2015, Nyack Hospital nurses and pharmacists administered almost 800 flu shots at 21 locations throughout the County.

The Nyack Hospital Employee Health Services Department promotes a high vaccination rate among employees, volunteers, and healthcare professionals who provide care to our patients. During the 2015–2016 season they administered 1,304 vaccines to our employees.

59 local police, fire, and EMS workers received free flu shots through our pharmacy.