



St. John's Episcopal Hospital

One Year  
Community Service Plan  
Update  
2012

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Community Service Report  
2012

St. John's Episcopal Hospital has dedicated more than a century of service to the community. Through its educational programs and outreach, it strives to promote greater health awareness, and increase access to care and community involvement. In 2012, St. John's focused on two significant health priorities of the community: chronic disease and obesity. The Hospital's efforts to raise awareness, conduct screenings and education as well as provide increased access to care, as well as a number of St. John's additional community outreach activities, are included in this report.

**Addressing Chronic Disease**

The primary cause of premature death in the Rockaways is heart disease, accounting for 29% of all deaths. The average annual rate of heart disease hospitalization among Rockaway residents in 2003-2004 was 30% higher than the Queens rate and 20% higher than the overall rate in New York City. Furthermore the death rate from heart disease in the Rockaways was more than 85% higher than the Queens and New York City rates. Nine percent of Rockaway residents, or nearly one in ten, have diabetes. According to the Center for Chronic Disease, "To reduce chronic disease across the nation, we must rethink our health care system. It is essential to have a coordinated, strategic prevention approach that promotes healthy behaviors, expands early detection and diagnosis of disease, supports people of every age, and eliminates health disparities. With community-based public health efforts that embrace prevention as a priority, we can become a healthier nation."

St. John's offers the Chronic Disease Awareness Program to raise awareness of heart disease, stroke, and diabetes, and offers counseling and access to care and education. The program includes conducting screenings for high blood pressure, cholesterol and glucose, offering counseling with a physician or nurse, if indicated, and providing appointments with physicians as well as free health information. By helping to identify individuals with high blood pressure, cholesterol and glucose, we hope to initiate and support efforts to control these diseases and, in the long run, provide greater awareness and education.

The program is conducted throughout St. John's service area with its community partners including: St. Mary's Star of the Sea and other faith-based organizations; NYC Councilman James Sanders, Jr., and other local elected officials; senior centers; Queens

Community Board 13; and Rockaway Waterfront Alliance and other community-based organizations.

The goal of this program is to increase the number of screenings for high blood pressure, high glucose, and cholesterol, help to identify and counsel more individuals at risk for high blood pressure disease, stroke, heart disease and diabetes, and work more closely with our community partners by the year 2013.

**High Blood Pressure:** From September 2009 to August 2012, 1,917 individuals were screened for high blood pressure. From September 2011 to August 2012, 140 were identified as high to normal high blood pressure and 62 were identified as high, the year we tracked blood pressure screening for high to normal and high. All individuals who were identified as having high levels were referred to their physicians or, if they did not have one, were provided with access to the St. John's Ambulatory Care Center or instructed to go immediately to the emergency room.

**High Glucose** From September 2009 to August 2012, 324 individuals were screened for high glucose levels. From June 2011 to August 2012, 105 were identified as having high glucose levels. Those individuals who were identified as having high glucose levels were referred to their primary care physician. If they did not have one they were provided with access to St. John's Ambulatory Care Center, or if needed, were instructed to go immediately to the emergency room.

**High Cholesterol** From September 2009 to August 2012, 317 were screened for high cholesterol. From June 2011 to August 2012, 77 were identified with high cholesterol levels. Those individuals who were identified as having high glucose levels were referred to their primary care physician. If they did not have one they were provided with access to St. John's Ambulatory Care Center, or if needed, were instructed to go immediately to the emergency room.

Over the three-year implementation period, St. John's Episcopal Hospital conducted a total of 2,558 screenings for chronic diseases of high blood pressure, cholesterol and glucose throughout its service area. The number of people counseled was 848 over the three year period.

### **Addressing Obesity: Rockaway Walks**

Obesity, another risk factor for chronic disease, rates high in the Rockaways. Rockaway adults weigh in at 26% as obese compared to 20% in the borough of Queens and New York City overall. Inactivity, another modifiable risk factor, is also high in the Rockaways, with 44% stating that they do no physical activity. Only 20% of residents meet the level of activity recommended by the Center of Disease Control and Prevention.

Rockaway Walks is a 12-week program led by a trained certified fitness instructor who provides instruction stretching and gentle exercise designed to reduce the risk of injury. The program is provided once a week throughout the summer on the boardwalk as a free community service. Community Partners Rockaway Walks is a collaborative effort supported by local Rockaway health activists, New York City Council James Sanders, Jr., Addabbo Family Health Center, St. John's Episcopal Hospital, Modell's, New York City Parks Department, and The Wave, a local newspaper.

#### Goals

Goal 1 Increase attendance in program

Goal 2 Increase number of individuals reporting Increased physical activity per week

Goal 3 Increase number who report increased muscle tone.

The measures used to track Rockaway Walks are: Increased levels of physical activity per week; Additional types of activity plus weight loss, increased muscle tone, and maintenance of activity. Participants were asked to complete two surveys, the "Exercise: Longevity Quiz Assessment" and the "Rockaway Walks Initial Health Survey" at the first week. By week 8 they were asked to complete an evaluation survey.

After Rockaway Walks, participants reported the following: doubling their weekly aerobic activity; significantly increasing a mix of moderate and light activity; increased weight training; increased stretching and balance activity; and increased warm-up and cool-down activity.; and twice the number reported having received instruction on warming up and cooling down.

For a full report of Rockaway Walks 2012, please see the Rockaway Walks 2012: Statistical Data.

#### **Additional Community Activities**

Mental Health Community Outreach St. John's Department of Psychiatry staff plays several key roles in the process of planning local, borough and citywide mental hygiene services. Committees and roles include: Chairperson, Queens Mental Health Council; Chairperson, NYCDOHMH Citywide Mental Health Chairpersons Committee; Co-Chairperson Rockaway Children's Committee; Co-Chairperson, Queens Mental Health Council Crisis Child and Adolescent Committee; Queens Borough-Based Council; Queens Alcohol and Substance Abuse Consortium; Rockaway Peninsula Literacy Zone Committee; and Jamaica ACS/CPI Committee.

The Diabetes Education Support Group provides a forum which allows patients to ask questions, addresses concerns, while providing information to patients in the community. A wide range of health professionals address all facets of the disease and serve as a resource to help patients seek the necessary help they need to control their

disease. More than 132 community residents attended the Diabetes Support Group this past year. An additional diabetes education was started this past year with a diabetes educator and nutritionist and has had two sessions to date.

Women's Health and Imaging In addition the Imaging Department conducted outreach to 21 community and faith groups over the past year, presenting educational information on women's health and mammography, breast cancer, and osteoporosis. Information was offered on access to medical imaging screening examinations for preventive care and wellness for men and women, along with informative handouts and visuals.

### **About St. John's**

The 257-bed full service community hospital focuses on providing excellent clinical and nursing care. Its large medical education training program ensures high quality medical care.

St. John's is the cornerstone of Episcopal Health Services Inc., which is a health care service of the Episcopal Diocese of Long Island.

The mission of the Episcopal Health Services Inc. of the Diocese of Long Island is to provide quality health care with an emphasis on patient safety through its hospital, ambulatory care facilities, nursing homes and continuing medical education, recognizing the emerging life-care needs of the communities served. The mission shall be overseen by the Bishop of Long Island and guided by the teachings and traditions of the Episcopal Church. An essential element of this ministry is pastoral care provided by a chaplaincy program sensitive to the faiths and traditions of those served.

Accredited by The Joint Commission  
New York State Designated Stroke Center

### **Important Telephone Numbers**

St. John's Episcopal Hospital	718-869-7000
Ambulatory Care Center	718-869-7690
Belle Harbor Family Health	718-474-4500
Bone Densitometry	718-869-7880
Community Mental Health Center	718-869-8822
Community Screenings	718-869-7750
Mammography	718-869-7880
Mother Baby Classes	718-869-7276
Rockaway Walks (summer only)	718-869-7750
Diabetes Wellness Program	516-606-0179

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