

FIT FOR LIFE
Promoting Healthy Lifestyles – Preventing Chronic Disease
2016-2017



Reducing obesity through diet and exercise is the cornerstone of this health priority. Research shows that people with lower BMI's are at lower risk for a variety of chronic diseases. This is especially pertinent when addressing the growing diabetes epidemic. Obesity is determined by BMI, which is an indirect measure of an individual's body fat. Based on standardized BMI calculations, 71% of the 2016 CHNA survey respondents fell into the "overweight or obese" category. As BMI of respondents increases, so does the prevalence of chronic disease. 40.2% of respondents with a healthy BMI reported having chronic diseases, while 75.5% of morbidly obese respondents reported having a chronic disease. An inversely proportional relationship is observed when consumption of fruits and vegetables is compared to the presence of chronic disease. As the consumption of fruits and vegetables increases, the presence of chronic diseases decreases. 65.4% of respondents who reported having zero servings of fruits and vegetables had a chronic disease, whereas only 40% of those reporting more than 7 servings of fruits and vegetables had a chronic disease.

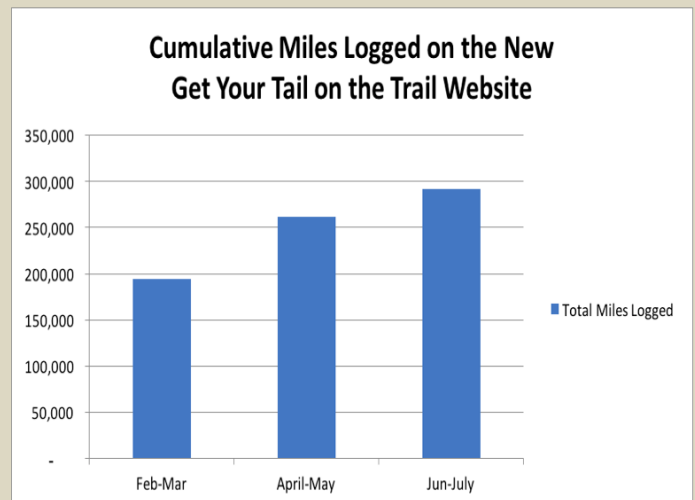
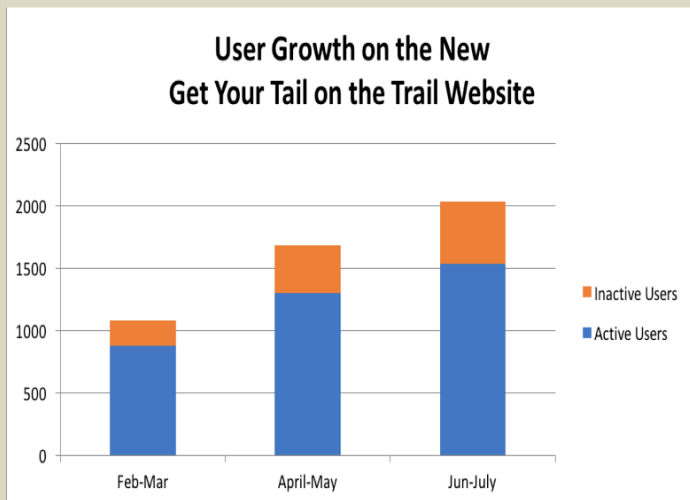
Prevention and Wellness:

St. Luke's is working with the community to teach and develop the skills to make healthy behavior changes that will lead to improved diet and nutritional well-being. Through hands-on educational approaches, community participants learn to grow and prepare nutrient-dense foods, make nutritionally sound food choices and learn how to shop for nutritious foods on a budget. We also support local community garden efforts and food policies that improve the nutritional quality of meals served to community members. The Kellyn Foundation's Mobile Market provided over 3,000 individual produce sales across 10 locations, all of which are in areas with little or no access to fresh produce. We optimized the Mobile Market by eliminating vouchers and switching to a programmable loyalty system for patients attending St. Luke's clinics and programs, as well as focusing on the most productive locations. The Healthy Kids Summer Camp students harvested over 30 pounds of produce over four weeks. At least 21 families received a portion of produce. Of the 35 times students tried the produce themselves, they liked it 80% of the time.

To facilitate infrastructure building we made \$7,000 in funding available to four community gardens through our Healthy Citizen grant program, three in the Lehigh Valley and one in Monroe County. In one of these community gardens, the Middle Smithfield Township Community Gardens Park, funds were used to install both production and educational raised beds, add an additional water tank for irrigation, and help build a shade structure to aid gardeners. This garden provides classes to dozens of community members each year, has three beds dedicated to providing produce for a local food pantry, and supports the Grow a Row program where individual community gardeners grow for local food pantries. Another one of these gardens, the Barn Community Garden, used the funds to expand their garden plots to eight, large enough to support a network of over 250 volunteers from different religious and social groups that together provide over 4,000 pounds of food to local food banks in 2016, and almost 600 pounds as of June 2017.



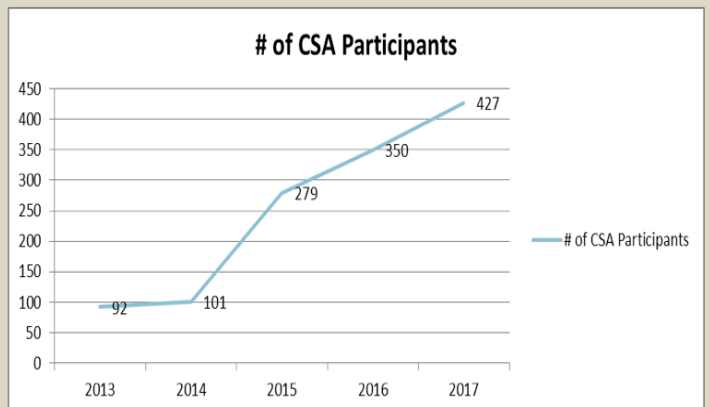
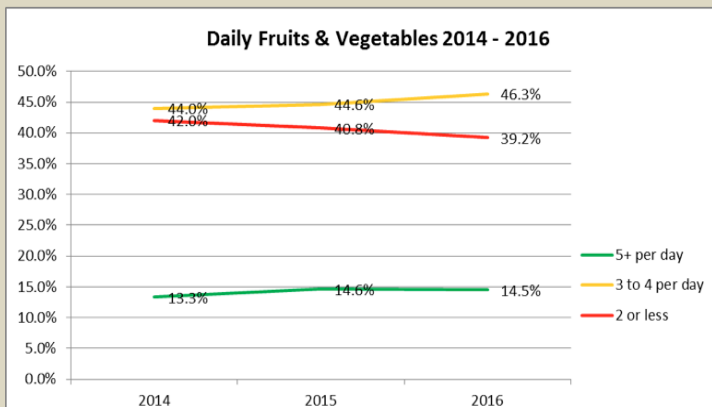
People who are physically active generally live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, some cancers, and obesity. St. Luke's works with partners to create safe places for physical activity enhance physical education and physical activity in schools and communities. We also encourage our patients to become more physically active through programs such as Get Your Tail on the Trail, WalkWorks and Bike Bethlehem. The Pennsylvania Walk with a Doc program finished its first full year with eight regular monthly program walks and numerous special walks. At our Warren Campus, the New Jersey Walk with a Doc program completed over 16 bi-monthly walks. We also planned and launched a fourth walking route of the WalkWorks program in the West Ward of Easton, as well as created walking groups for adults and kids. This marked the completion of a two-year grant provided by the Pennsylvania Department of Health to promote walkable communities. The Cops and Kids' Reading Room story walking group is located on the new WalkWorks route and had nearly 30 kids and 10 adults walking each week over the summer. Over 2,000 community members have registered on the new Tail on the Trail website, with over 1,500 actively logging miles during the 2017 165-Mile Challenge, and nearly 300,000 miles logged since the launch of the new website. Since the program launched almost five years ago, there has been close to 3,000,000 miles logged. Lifestyle factor tracking such as fruit and vegetable consumption is also underway, so that we can begin gathering health outcomes data.

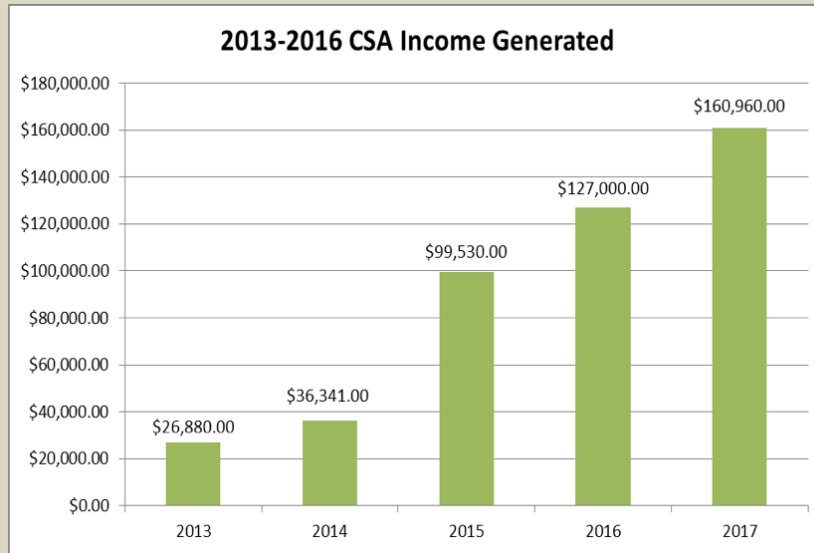


Research shows that regularly eating a well-balanced diet and maintaining a healthy weight can help reduce risk for many health conditions, including high blood pressure, high cholesterol, high triglycerides, diabetes and certain cancers. According to the CDC, 76% of the US population did not meet fruit intake recommendations, and 87% did not meet vegetable intake recommendations. The CDC also states that “substantial new efforts are needed to build consumer demand for fruits and vegetables through competitive pricing, placement, and promotion in child care, schools, grocery stores, communities, and worksites.” SLUHN’s has an established employee wellness initiative called *Caring Starts with You* (CSWY) that serves employees and their spouses. CSWY 2016 health risk assessment data indicates that only 14.5% (up from 13.3% in 2014) of the 9,400+ participating employees and spouses consume at least 5 servings of fruits and vegetables a day.



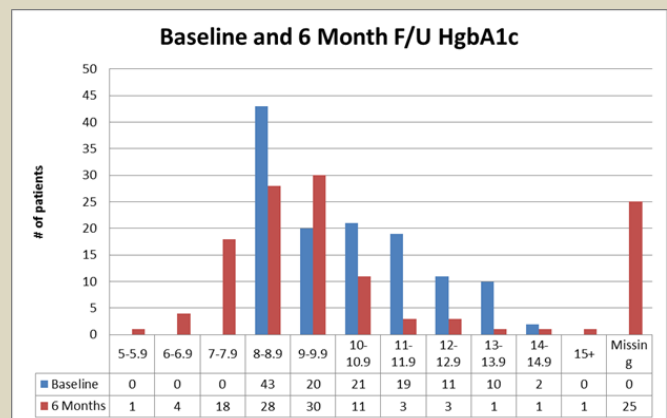
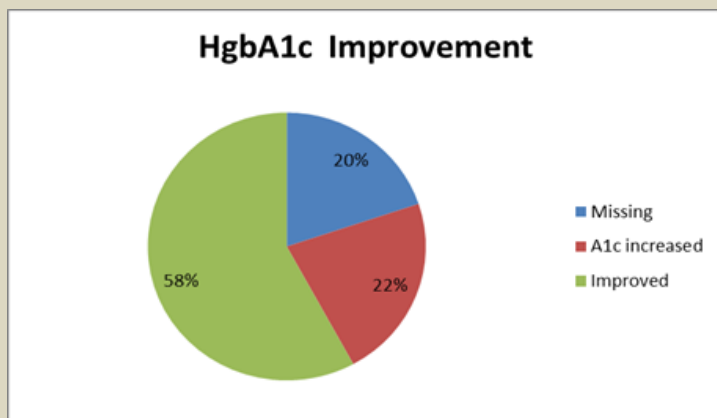
Increasing employee access to locally-grown produce through the expansion of the Community Supported Agriculture (CSA) program was a continued area of focus for SLUHN’s Employee Wellness in 2016/2017. The program was offered network-wide for the third year, with an additional distribution site at our new St. Luke’s Monroe campus. The ability to provide weekly shares of produce to nine distributions sites is possible through sustained partnerships with local farmers throughout the Network’s region. At St. Luke’s Center, we also offered community shares to employees of other companies in the building. The program has grown from one farmer delivering weekly to three locations (in and prior to 2014) to seven farmers delivering weekly to 9 locations throughout the network. In 2017, we reached maximum capacity for 5 of our 7 farmers. Membership growth increased for CSA participation by 22% in 2017, a 322% increase in 4 years. We provided locally-grown produce to 427 people at 9 network locations in Pennsylvania and NJ. Over \$160,000 was generated and returned into the pockets of 7 local farmers. That’s an increase of 27% from 2016, and a 342% increase in 4 years. We piloted the use of interns at a distribution site to aid with staffing. In 2016, 310 unclaimed shares were donated to a local soup kitchen (about 5% of shares were unclaimed due to vacations, etc). 155 shares have been donated in 2017, to date (8/18/17).





Care Transformation:

The St. Luke’s Miners Diabetes Education Center expanded the Diabetes Self-Management Training (DSMT) to South Bethlehem this past year. The expansion was due in part to St. Luke’s receiving a PA Department of Health (PA DOH) Diabetes Outreach Grant. The purpose of the grant is to develop an alternative health care delivery model focusing on the social determinants of health to improve diabetic outcomes of patients attending the St. Luke’s Southside Medical Center (SSMC). The PA DOH grant allowed for a team-based approach for diabetes care to include a patient navigator, integrated behavioral health specialist, nutrition/diabetes educator and a community care coordinator. We enrolled 95 patients in the DSMT program, (54 patients from the Miners program and 41 from the South Bethlehem program), had contact with 244 diabetic patients from the St. Luke’s SSMC providing brief diabetes education, behavioral health assistance, and helped with removing barriers to achieving optimal diabetes outcomes, enrollment in exercise and cooking classes and/or enrollment in DSMT. Of the 244 patients, 126 patients had a baseline and 6-month follow-up HgbA1c during the grant reporting period. The graphs depict the HgbA1c results for the 126 patients.



Research & Partnerships:

We expanded our support for school gardens and nutrition education through our partnership with the Kellyn Foundation, bringing the total to 10 schools and 118 classrooms across seven school districts. Additionally,

we expanded our role with Lehigh Valley Food Policy Council by chairing the Community Farms and Gardens work group as well as the Consumer Education work group, with both work group chairs taking on active roles on the Council's steering committee. We also partnered with Buy Fresh Buy Local (BFBL) to extend and expand the grant-funded "double SNAP" (Supplemental Nutrition Assistance Program), where consumers can obtain larger quantities of local produce at no additional cost.

In partnership with the City of Bethlehem and the Bethlehem Public Library, SLUHN launched a free bike share program with two locations including the Bethlehem Public Library in North Bethlehem and Cutter's Bike Shop in South Bethlehem. Over 120 Bike Bethlehem bikes were used in this past year as part of the free bike share program. Also, we launched Story Walks with the City of Bethlehem in several locations throughout the city. The Story Walk promotes physical activity as well as literacy for children and families.

We expanded the DSMT program from the Miners service area to South Bethlehem partnering with the Hispanic Center of the Lehigh Valley (HCLV). Classes were offered in both English and Spanish. We offered cooking and exercise classes to diabetic patients living in South Bethlehem in partnership with the HCLV and Northampton Community College. CHPM also partnered with the St. Luke's Physician Group to hold diabetes screening/outreach events in South Bethlehem.

We continue to address the needs determined through our CHNA through collaborative partnerships at the local, regional, state and national levels.

Submitted 2017