

# Monroe Campus 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 amongst residents within the community. The needs assessment must state every health priority 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 3,000 surveys were conducted in our seven campus geographic region. Primary data was also collected through 6 campus specific key stakeholder focus groups, where the main priority health needs were identified for each entity. Secondary data included the use of county level, state level, and national level data.

### Description of service area:

- Service area was defined by the top zip codes for the top 80% of patient encounters at St. Luke's Physician Group (SLPG) locations in the Monroe service area.
- The top four counties served by St. Luke's Monroe: Monroe, Carbon, Northampton, and Pike.
- There are a total of 16 zip codes included.
- According to the US Census Bureau:
  - A total of 198,542 people live in the 496.53 square mile report area defined for this assessment
  - 51% are female and 49% are male
  - 22.26% are less than 18 years of age, 63.41% are 18-64, and 14.31% are 65 and over
  - 84% identify as White, and 16% identify as Non-White (approximately 11% identify as Black)
  - 89% identify as Non-Hispanic, and 11% identify as Hispanic
  - 11% are living at or below 100% of the Federal Poverty Level (FPL) in St. Luke's Monroe service area. (13% of the population in PA and 15% of the U.S.)

There are various socioeconomic, cultural, and environmental factors that constitute the social determinants of health, and they undoubtedly influence the health and well-being of our St. Luke's Monroe population. We live in an area where poverty is a prevalent issue and a large percentage of our patients utilize medical assistance. We were able to categorize the identified health needs into five major categories for the 2016-2019 CHNA cycle. These priority health categories are as follows.

### Health Priority #1: Improving Access to Care and Reducing Health Disparities

- The overall rate of primary care physicians per 100,000 population for the St. Luke's Monroe service area (53.93) is lower than the average for Pennsylvania (80) and New Jersey (85.6) (Area Health Resource File, 2012).
- According to CHNA Survey data:
  - 74% of respondents saw their primary care provider in the past year; 71% of respondents with private insurance, 86% of respondents with Medicaid and 91% of respondents with Medicare saw their primary care provider within the past year.
  - 68% of respondents saw a dentist in the past year; 71% of respondents with private insurance, 55% of respondents with Medicaid, and 65% of respondents with Medicare saw a dentist within the past year.
  - 25% of respondents did not get eyeglasses due to high cost; 23% of respondents with private insurance and 41% of respondents with Medicaid did not get eyeglasses due to high cost.
  - Postponement of care was strongly tied to insurance issues, with copay being too high (13%) and not having health insurance (10%) being in the top responses.
  - 8% of our respondents were unemployed; this unemployment rate is greater than that reported for Pennsylvania (6%).
  - 18.4% of respondents have only a high school diploma and 3.5% did not finish high school.
  - 22% of respondents in the Monroe service area reported household incomes less than \$24,999, according to the US. Census Bureau, the median household income for 2010-2014 in Monroe County was \$57,748.

## **Health Priority #2: Promoting Healthy Lifestyles and Preventing Chronic Disease**

- In Monroe County, accidents were the leading cause of death for people ages 5-44 in 2012. For people ages 45 and older, the top two leading causes of death were heart disease and cancer, with cancer as the number one leading cause of death for those ages 45-64. Cancer was the number two cause of death for those ages 65 and older (Pennsylvania Department of Health –Division of Health Informatics, 2014).
- According to 2015 Robert Wood Johnson County Rankings 24% of Monroe County reported smoking, which is greater than the Healthy People 2020 target of 12%.
- According to CHNA Survey data:
  - Only 8% of respondents meet the FDA recommended 5 or more fruits/vegetables per day.
  - Only 15% are exercising 5 or more days per week, as recommended by the Healthy People 2020 target of exercising 30 minutes per day 5 days a week (set at 48%).
  - 33% of respondents were obese and 32% were overweight. Obesity rates are higher than national (28.3%) and state (30%) levels; additionally, 8% were recognized as being severely obese and 7% were morbidly obese. Overall, morbidly obese respondents had more chronic disease (84%) compared to those with healthy BMI's (33%).

## **Health Priority #3: Improving Mental/Behavioral Health**

- Survey data revealed that 37% reported one or more days of poor mental health in the past month.
- The ratio of the county population to the number of mental health professionals for Monroe County (1,161:1), Pike County (1,170:1), and Carbon County (2,314:1) are worse than that for Northampton County (592:1) and Pennsylvania (623:1). U.S. top performers are at 386:1 (RWJ County Health Rankings 2015).
- CHNA Survey data also revealed a staggering 30% reported 1 or more episodes of binge drinking in the past month (5 or more drinks in one occasion), compared to 2015 RWJ County Health Rankings which reports Pennsylvania at 17% and counties performing at the 90<sup>th</sup> percentile nationally at 10%.

## **Health Priority #4: Improving Child & Adolescent Health**

- 13% of children under 18 are living at or below 100% of the Federal Poverty Level (FPL) (ACS 2009-13). This is lower than PA (19%) and the U.S. (22%): Living at 100% below FPL is \$24,250 for a family of 4.
- According to the 2015 RWJ County Rankings, Monroe County had an 8.4% Low Birth Weight rate, when compared to Pennsylvania (8.3%) and counties performing at the 90<sup>th</sup> percentile nationally (6%).
- In the St. Luke's Monroe service area as a whole, 42% are eligible for free/reduced price lunch. This percentage is lower than the percent of children eligible for free or reduced lunch in PA which is 44% and the national average of 52% (National Center for Education Statistics, NCES Common Core of Data 2013-14).

## **Health Priority #5: Improving Elder Health**

- When reviewing 2015 RWJ County Health Rankings, social associations per 10,000 population for Monroe County is only at 8 compared to 12 for Pennsylvania and 22 for the counties performing at the 90<sup>th</sup> percentile nationally.
- CHNA Survey data showed that 90% of our respondents over age 65 have a chronic disease.
  - 65% of respondents over age 65 reported having high blood pressure
  - 50% of respondents over age 65 reported having high blood cholesterol
  - 25% of respondents over age 65 reported having diabetes
  - 25% of respondents over age 65 reported having a heart attack or other heart disease
  - 20% of respondents over age 65 reported having arthritis

We already have many valuable services available to help improve health in our region, but a concentrated and sustained effort will be necessary among all those who contribute to our community's health to create new programs and continue existing programs to improve health status in our region. The needs discussed within the health categories will serve as our guide in creating an implementation plan to best address the needs of the St. Luke's Bethlehem service area.