



UNIVERSITY *of* MARYLAND
BALTIMORE WASHINGTON
MEDICAL CENTER

COMMUNITY HEALTH IMPROVEMENT REPORT



University of Maryland Baltimore Washington Medical Center delivers health education and outreach services beyond the hospital walls to provide individuals with the tools they need to lead healthier lives.



As a regional health care facility in Anne Arundel County, **University of Maryland Baltimore Washington Medical Center** (UM BWMC) delivers health education and outreach services beyond the hospital walls to provide individuals with the tools they need to lead healthier lives. By combining education, health screenings and support groups, often with collaboration from community organizations and volunteers, UM BWMC offers programs for every member of the family.

A MESSAGE TO OUR COMMUNITY

We are pleased to present the UM BWMC Community Health Improvement Report for fiscal year 2019. This report reflects our steadfast dedication to enhancing the long-term health and wellbeing of our community.

Providing the highest quality health care services to the communities we serve is a team effort. We collaborate with countless providers, organizations and volunteers to bring Anne Arundel County residents important resources and educational tools. Together, we strive to help you prevent disease, make healthy decisions, and have access to the care you need, when and where you need it.

UM BWMC's community benefit activities focus on meeting the health needs of families in our region and addressing the health improvement priorities identified through our Community Needs Assessment. We do this through ongoing wellness programs like flu shot clinics, vascular screenings, smoking cessation classes and blood pressure screenings. As education is also a major component to wellness, we regularly offer health seminars, pregnancy education classes, support groups, opioid overdose response trainings, and more.



Inside this report are just a few of the many programs that we offer to the communities we serve. In FY19, we engaged thousands of our neighbors through health fairs, screening programs and other outreach activities. Thank you for joining us at our community events, including Heartbeat for Health, Cancer Survivors Day, and Community Vascular Screenings. We look forward to seeing you in the coming year!

As individual health needs are ever changing, we are constantly fine-tuning our services to be a contemporary, reliable health partner. Your health will always be our top priority, and together we are improving health outcomes and making a difference in our community. Thank you for taking time to learn about our mission and how we're making a long-lasting impact on the families in Anne Arundel County.

Sincerely,

Handwritten signature of Karen E. Olscamp.

Karen E. Olscamp
President and CEO, UM BWMC

Preventing Heart Disease

Heartbeat for Health

UM BWMC hosted its annual Heartbeat for Health event on Saturday, February 23 from 10 am to 1 pm at the Y in Arnold. This free, family friendly, fun-filled event occurs each year during Heart Month and celebrates the benefits of dance and exercise in the prevention of heart disease, while reinforcing overall health and wellness.

Overweight and obesity continue to drive poor health outcomes in the county. Exercise is an important aspect of a healthy lifestyle. Regular exercise, coupled with a healthy diet, can help reduce the risk of overweight and obesity, diabetes, cardiovascular disease, cancer and other conditions. New this year to the event were activities that included exercise challenges, and an obstacle course and healthy food demonstration for kids. Dance and exercise demonstrations were presented by local schools, dance groups, and organizations where attendees were encouraged to participate and get their heart rates pumping. After cooling down, all attendees were offered a free boxed lunch that included a sandwich, piece of fruit, and healthy snack.

Also available for attendees to enjoy were free health screenings, education displays, and hands-on demonstrations from UM BWMC hospital staff and community organizations. Attendees were able to have their blood pressure checked, learn about their risk of heart disease, stroke, and diabetes, and gain useful skills through a community CPR demonstration and Stop the Bleed information. The education didn't stop there, attendees could also choose to participate in a dental screening, pick up a coupon for a free vascular screening, and learn more about nutrition, sun safety and skin care, cancer, health insurance benefits, and resources available through the Anne Arundel County Department of Health.

Heartbeat for Health continues to grow in size each year, with the 2019 event welcoming over 550 community residents. This event provides attendees with the motivation to get moving in a fun way, awareness and education on current and potential health conditions, and the support they need to take steps towards building a healthier and more active lifestyle.



FACT:

Regular exercise, coupled with a healthy diet, can help reduce the risk of overweight and obesity, diabetes, cardiovascular disease, cancer and other conditions.



Saving Lives With Early Detection

Community Vascular Screening Program

Vascular screenings can save lives with early detection. The Vascular Center at University of Maryland Baltimore Washington Medical Center offers a community screening program to educate community members and to detect major vascular problems, such as abdominal aortic aneurysm (AAA), peripheral artery disease (PAD), and carotid artery disease.

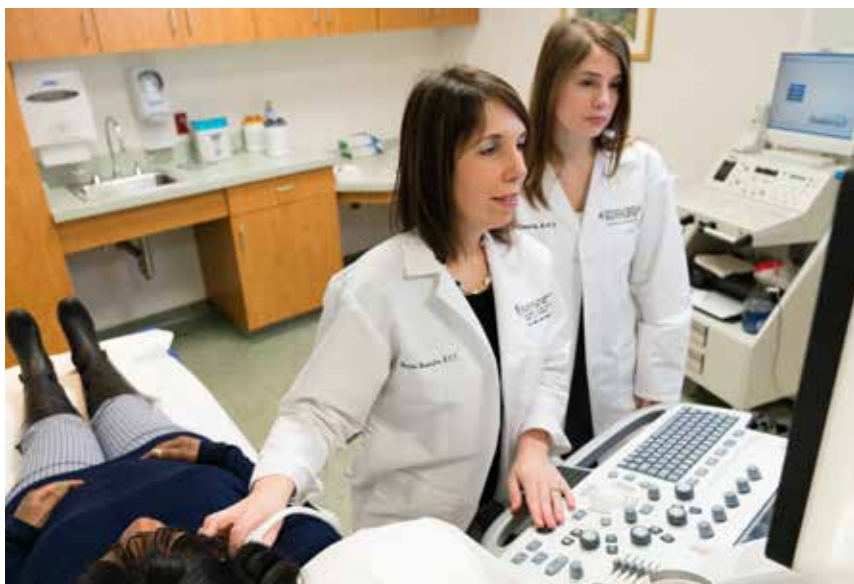
The Vascular Center Community Screening Program is free of charge and open to adults 50 years of age and older. This age group (especially men) is at higher risk and should be screened every five years. Other risk factors include high blood pressure and cholesterol, smoking, diabetes, prior stroke, and a family history of vascular disease.

Participants do not need to be referred by a doctor to partake in the screening program, however the screening is a primary screening tool making it vital to share results with your primary

care doctor. The diagnosis of vascular disorders is done by using non-invasive, state-of-the-art ultrasound and Doppler technology. Each screening is performed in less than 20 minutes by a registered vascular technologist. Results are then reviewed by a doctor or nurse right away, and participants leave with a copy of their results to share with their doctor.

As part of its commitment to the community, UM BWMC partners with local community-based organizations such as senior centers, places of worship and civic organizations to promote and host the free vascular screening program. In fiscal year 2019, the Vascular Center at UM BWMC provided 181 free community screenings. Anyone who had an abnormal result received education on the importance of follow-up testing and treatment. Anyone with a normal result should be screened again in five years. Catching vascular disease and treating it early not only reduces the risk of having a heart attack and stroke, but saves lives.

Adults **50 years of age and older** are at higher risk and should be screened every five years.



The Vascular Center at UM BWMC provided **181 free community screenings.**

Hope Grows Here

Cancer Survivors Day

On June 5, 2019 the Tate Cancer Center at UM Baltimore Washington Medical Center celebrated the 5th annual Cancer Survivors Day. This national celebration is observed every June to honor those who have survived cancer, to support and inspire families and cancer patients who have been recently diagnosed, and provide resources to the community. This event is one of hundreds of community events around the world celebrating cancer survivors and their families.

This year's event, which took on the theme Hope Grows Here, was attended by over 200 cancer survivors and their families, physicians, nurses, and staff members who have shown support during a patient's cancer journey. Attendees had the chance to browse education displays and tables to learn about UM BWMC cancer support services, paint a kindness rock to leave around the community, partake in a hand massage, and receive smoothie and healthy food samples.

Featured speaker, Mark Robinson, who is a comedian, magician, and motivational speaker was a hit as he brought an extra lighthearted and fun

production to the day. Upon leaving, each attendee had the opportunity to take a potted flower home as a parting gift.

Support for patients doesn't just end after treatment, but is a life long journey from initial diagnosis through survivorship and beyond. The success of the cancer treatment programs at UM BWMC's Tate Cancer Center, an affiliate of the University of Maryland Marlene and Stewart Greenebaum Cancer Center, means we are helping a growing number of patients and their families cope with their ongoing needs. In addition to events like Cancer Survivors Day, UM BWMC provides cancer support services like our monthly cancer support group, a variety of cancer prevention and screening awareness programs such as smoking cessation classes and a lung screening program utilizing a low-dose CT scan, and clinical research through our tumor registry.



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Community Health Needs Assessment

The Anne Arundel County Community Health Needs

Assessment (CHNA) is conducted every three years, and encompasses several research components including an analysis of data (census and hospital discharge) and through key stakeholder interviews and focus groups. The CHNA examined a variety of indicators including social determinants of health (income and education), mortality rates, risky behaviors (alcohol and drug use) and chronic health conditions (diabetes and heart disease). The CHNA focused on understanding current challenges and possible solutions to

health care access, utilization and care coordination.

Key stakeholder interviews and focus group participation provided valuable insight on what they believe is the most pressing health needs and strategies for health improvement. Twenty-six key informants were interviewed and 11 focus groups were held.

Contributions came from a wide range of service areas within the county and representation included president/chief executive officers of the two hospitals in Anne Arundel County, the county health officer and county executive, leadership from the county's

public school system, the chief of police, faith leaders, public housing residents, formally homeless youth, representation from the Hispanic community, community health workers, behavioral health providers, seniors, and early childhood advocates.

The data collected illustrated the needs of vulnerable populations, high utilizers of emergency departments and inpatient hospital services, and patients with complex or chronic physical and behavioral health conditions. This data is an important tool to aid in the creation of an implementation plan that will guide future community health initiatives.

Read the 2019 CHNA at: www.umbwmc.org/community/assessment-plan

We solicit community feedback on the most recent CHNA and Implementation Plan.

Please contact rebecca.dooley@umm.edu.

CHNA Implementation Plan

Key findings and activities from the 2019 CHNA include:

Chronic Health Conditions (Cancer, Cardiovascular Disease, Diabetes, Obesity/Overweight, Chronic Lower Respiratory Diseases)

1. Provide education on updated/current screening guidelines.
2. Provide smoking cessation classes and related medical support.
3. Provide exercise programs and education on physical activity guidelines for youth and adults.
4. Provide blood pressure screenings and education on managing blood pressure and medications.
5. Provide education, information and resources on how to manage chronic health conditions.

Behavioral Health

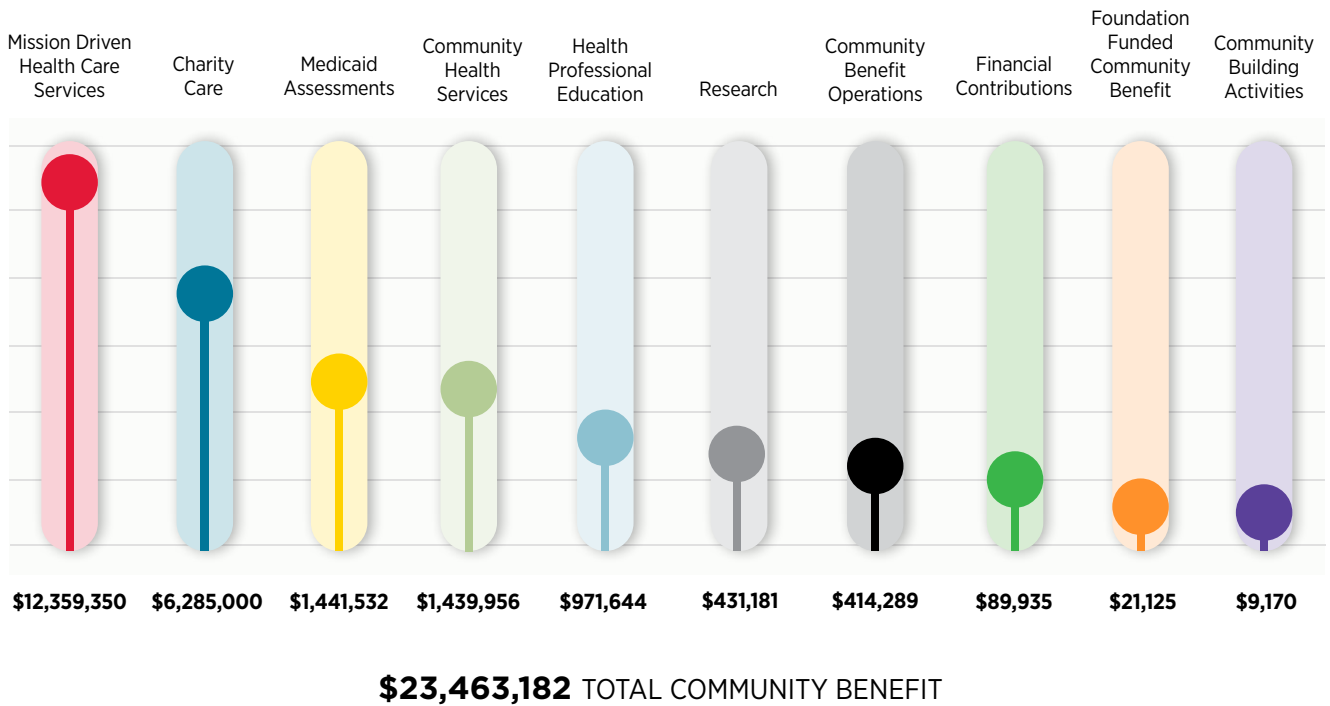
1. Provide education and information on identifying signs, symptoms, and community resources for mental and behavioral health conditions.
2. Provide education and information on pain management alternatives.
3. Expand outreach and educational services for prevention and management of opioid misuse.
4. Train community members on signs and symptoms of an overdose through the Opioid Overdose Response Program.

Health Care Access and Utilization

1. Provide education and information on where to access the appropriate level of care – Emergency Department, Primary Care, Urgent Care.
2. Remain a resource for patients who do not have a usual primary care provider.
3. Provide education on how to access and understand health care benefits, and provide resources as needed.
4. Inform patients and family members of UM BWMC's Financial Assistance Policy (FAP).
5. Develop community partnerships to increase access to free/low cost health screenings (blood pressure, vascular, cancer, and other health care services).

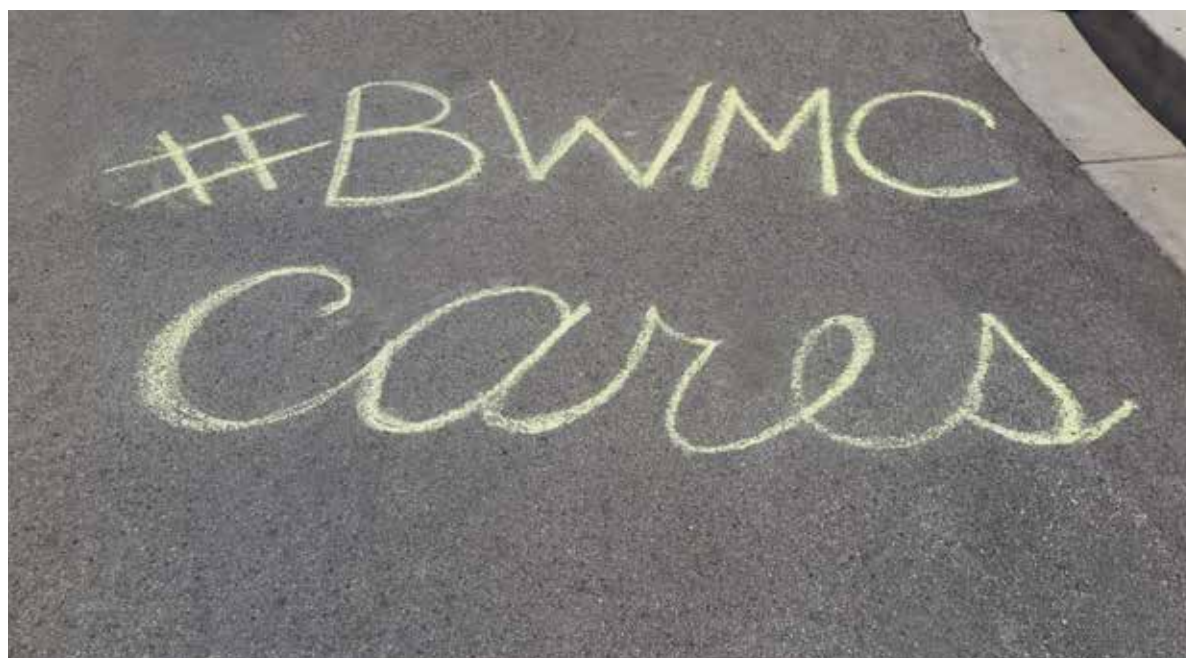
Read the full 2019-21 UM BWMC Implementation Plan at: www.umbwmc.org/community/assessment-plan

Financials



Financial Assistance Policy

If you cannot pay for all or part of your care from our hospital, you may be able to receive free or lower cost services. For a free copy of our financial assistance policy and application, visit www.umms.org/bwmc/patients-visitors/for-patients/financial-assistance, 301 Hospital Drive, Glen Burnie, Maryland 21061 or call 410-821-4140. If you have questions, need help applying or need help in another language, call 410-821-4140.





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