



UNIVERSITY *of* MARYLAND
CAPITAL REGION HEALTH

COMMUNITY HEALTH IMPROVEMENT REPORT



Established in 1982, University of Maryland Capital Region Health is an integrated, not-for-profit health care system serving residents of Prince George's County, Maryland and the Southern region of Maryland. It is the largest not-for-profit provider of health care services in Prince George's County.



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A MESSAGE TO OUR COMMUNITY

It's an honor to lead UM Capital Region Health at this exciting time in our journey to be the region's premier healthcare provider. We are committed to continuing our mission to address the healthcare needs of residents in Prince George's County and neighboring communities. Our dedication to providing care to those in need with compassion and quality care is unwavering.

This Community Health Improvement Report illustrates our FY 19 community health accomplishments; how we are addressing our County-wide health priorities; and key health findings.

We are pleased to report that we:

- Initiated the first Prince George's County Breast Feeding Coalition in Fall 2018.
- Led a Breast Feeding Quality Improvement Study at UM Prince George's Hospital, to understand the facilitators and barriers among young women and to promote breastfeeding for optimal development and health of infants.
- Continued our deployment of the Mama and Baby Bus, our collaboration with March of Dimes, which meets the health needs of the uninsured and underinsured women and babies in Prince George's County.
- Expanded our significant partnerships with NBC4 Washington, Maryland National Capital Park & Planning Commission and the Prince George's County Health Department to develop programming targeted to disease prevention and health promotion to Prince George's County residents.



- Initiated and expanded offerings of the Mental Health First Aid USA Public Education Program that provides education on how to respond in a mental health emergency and reduce the stigma around mental illness.
- Provided the only initiative of its kind in Prince George's County to offer free state-funded rapid Human Immunodeficiency Virus and Hepatitis C testing to the community and opt out testing to all emergency room patients, in partnership with Gilead Science.

With an eye towards providing superior and innovative healthcare, our new hospital, UM Capital Region Medical Center will open April 2021. However, we are currently gleaming much success in providing top-notch care throughout our facilities and through community partnerships.

We are working hard to build the trust of our community. I personally thank you for your support and for the confidence you have instilled in UM Capital Region Health to serve you, your family, friends and neighbors. Together we will improve the health status of Prince George's County residents and beyond.

Sincerely,

Joseph L. Wright, MD, MPH, FAAP
President & CEO (interim)

Senior Vice President & Chief Medical Officer
University of Maryland Capital Region Health

Activities

Maternal & Infant Health

According to the Prince George's County Maternal and Infant Health 2019 report, mothers' receiving adequate prenatal care in the county has not significantly changed over the past four years, with only six in ten Prince George's County mothers receiving adequate prenatal care.

Pre-term birth is the leading cause of long-term neurological disabilities in children. Complications can include: breathing problems, feeding difficulties, hearing impairment and vision problems. In Prince George's County, about one in ten babies were delivered pre-term (before 37 weeks of pregnancy). Black, non-Hispanic women were more likely to have preterm and low-birth weight infants, compared to other races and ethnicities. Research shows adequate prenatal care increases with educational level and to that end, UM Capital Region has recently made significant enhancements in the area of Women's services; including OB/GYN services and Maternal and Fetal Medicine with the goal of improving education, access to prenatal care and improving birth outcomes.

In the fall of 2018, UM Capital launched its first Breast Feeding Coalition; Leading a Breast Feeding Quality Improvement Study at UM Prince George's Hospital. The coalition is made up of 30 breast feeding advocates, doulas, nurses, and certified lactation consultants. The study is seeking to understand the facilitators and barriers to exclusive breastfeeding among young new mothers (18- 25 years of age). As a result of the study UM Capital is developing new free support services for new mothers. These new support services include a Postpartum Support Group, Breast Feeding Classes and a NICU Support Group.

Mama & Baby Bus Program

The University of Maryland Capital Region Health is in its third funding cycle of the three-year partnership agreement to provide health services in Prince George's County through the Mama & Baby Mobile Unit- a traveling mobile unit owned by the March of Dimes. The Mama & Baby Mobile Unit serves as a healthcare access point for underinsured and uninsured women and children and provides basic, uncomplicated maternal and child health services through partnerships with local community based organizations, shelters, food pantries, faith institutions, schools and institutions of higher learning. Since the start of the program in 2017, the bus has seen over 700 patients. The majority of the services rendered on the bus include well women exams, breast exams and flu vaccinations. In addition, the bus is actively referring patients seen in the community to medical services, with approximately 50% of patients being referred for further diagnosis and treatment, as needed.

“Together we will improve the health status of Prince George's County residents and beyond.”

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Activities

Behavioral Health

Depression and anxiety are the most common mental illnesses in the United States. Each year, 40 million adults in America are affected by anxiety disorders and more than 16 million adults are affected by depression.

In 2018 UM Capital Region joined the UMMS Mental Health Community Conversation, “Not all Wounds are Visible.” A semi-annual community conversation health education series currently hosted at the University of Maryland Medical System, Downtown Baltimore Campus. The 2018 conversation focused on the impact of depression and anxiety and its effect on the family unit. The 2019 theme focused on Adverse Childhood Experiences (ACE’s) and how those experiences impact current health status and behaviors, particularly in adulthood. This important topic generated an overwhelming response, with over 400 attendees, likely marking the 2019 theme as one of the most successful UMMS community conversation symposium to-date. The conversations are led by experts in the field and include powerful testimonies given by those who have dealt with depression, anxiety or its likeliness.

Mental Health First Aid is a public education program designed to teach members of the public how to respond in a mental health emergency and how to offer effective support to adults and youth who appears to be in emotional distress. In June of 2018, UM Capital began offering this training to employees as well as community members. To date, we have partnered with our community to train approximately 200 individuals on Mental Health First Aid. Partnership trainings have included Maryland National Capital Parking and Planning employees as well as the Prince George’s County Economic Development, Employ Prince George’s Youth program and the City of College Park, in addition to the trainings offered at UM Capital Region Health, twice a year.



For a schedule of upcoming trainings, please visit our website at UMCapitalRegion.org



Senior Dining

UM Capital Region Health’s Senior Dining and Lecture Series is a great opportunity for the senior population (age 55+) to learn proactive measures to maintain optimum health. Topics range from diabetes, heart disease, sleep apnea and many others. These bi-monthly community lectures are designed to educate seniors, raise awareness of and help explain risk factors, methods of diagnosis and treatments for a variety of health conditions. Expert advice is presented by UM Capital Region Health’s board-certified physicians and other allied health professionals. The lectures are also an opportunity for seniors to enjoy a healthy meal and meet and mingle with other residents in the community.

Lectures are held bi-monthly September through April at UM Laurel Medical Center in Laurel Maryland.



In 2019, UM Capital had over **5,000** community encounters.

Activities

Physical Health & Chronic Disease Management

UM Capital Region continues to enhance our presence in communities, bringing events and screenings to citizens, and their families and friends, as we work toward educating everyone about the value of a healthy lifestyle. In 2019, we developed, as well as expanded a number of community partnership, with a focus on community-based health initiatives. Key partners include; NBC4 Washington- a multi-media campaign which will include a combination of on-air opportunities and community engagement initiatives; The Mall at Prince George's- a community health partnership providing on mall health screenings and health promotion activities and Avanatha Capital Management LLC; The management entity of two senior housing location in Prince George's County: Vistas at Lake Largo in Largo MD and Manor at Victoria Park in Temple Hills MD, where we are educating and engaging residents through periodic health education

activities. Additional Partnerships include: The Prince George's Family Services Division, the Prince George's County Health Department, Maryland National Capital Park & Planning; Parks & Rec, Hope Connections for cancer; Access to Wholistic and Productive Living Institute as well as many others.

UM Capital Region participates in a number of community health events in Prince George's County and the Greater Washington Metropolitan area. We also host some of our own throughout the year. Key events include; The NBC4 Health & Fitness Expo, The UM Capital Heart Healthy Health Fair & August Back to School Event; The Laurel Main Street Festival, and the Bowie Health Fair. Community screenings and services often include; cholesterol testing, blood pressure screenings, HIV testing, CPR demonstrations, Pulmonary Lung Function Testing, Flu Vaccinations and Ask the Doctor Consultations. In 2019, UM Capital had over 5,000 community encounters.



Community Health Needs Assessment

For the first time in 2016, the Prince George's County Health Department (PGCHD) led a County-wide, joint community health needs assessment in collaboration with all hospitals in Prince George's County Maryland. The Hospitals and the Health Department (the core team) agreed to again work collaboratively to update the 2016 Community Health Needs Assessment for 2019.

Process

The PGCHD structured the CHNA process to maximize community input, learn from community experts, utilize existing local, state and national data, and ensure a comprehensive community prioritization process as well as meet all federal and State requirements related to community benefit plans. Elements of the Mobilizing For Action through Planning and Partnerships (MAPP) process was used in the 2019 CHNA to shift data collection towards community perceptions of health and consideration of the local health system.

The PGCHD led the data collection and analytical process with input from hospital representatives. Data for completing the CHNA was obtained from both primary and secondary sources which included:

- County resident survey administered in English, Spanish and French
- Secondary data from local, state, and national data sets
- Hospital Service Profiles to detail the residents served by the core team;
- A Community expert survey and key informant interviews; and a prioritization process.

Key Findings & County Wide Health Priorities

The County-wide CHNA found that many of the health disparities in the County were driven by social determinants of health (poverty, food insecurity, lack of access to healthy food, affordable housing, low employment), access to health insurance through the

Affordable Care Act and poor navigation of both the health care system and available resources.

The leading health challenges identified through the data analyses and County-wide prioritization process are: chronic conditions, behavioral health and health disparities in cancer, HIV and substance abuse.

After initially reviewing the data collection results for 2019, the core team determined that the priorities selected in the 2016 CHNA should remain the 2019 priorities based on the community and expert input in the process that focused on these areas, the challenges remaining in the county from the population and health indicators, and acknowledgment that such priorities require a substantial shift in both social norms and behavior change and therefore, require more than three years to address.

The full CHNA and Community Health Implementation Plan (CHIP) can be found at umms.org/capital/community.

CHNA Implementation Plan

Although the joint CHNA encompassed the needs of the County's hospitals as a whole it is not a series of hospital-specific needs assessments. Each hospital used the data compiled from the Joint CHNA to produce its own Community Health Implementation Plan (CHIP), which outlines the priorities for each hospital and initiatives it will implement to address the needs identified in the CHNA. The 2019 UM Capital Region CHIP was developed to not only align with County's priorities but the Strategic Annual Operating Plans and objectives

of UM Capital, the Maryland State Health Improvement Plan (SHIP) and Healthy People 2020. A summary of our CHIP implementation plans are as follows:

UM Capital Region FY 2020-2023 CHIP Priorities

Priority Area 1: Social Determinants of Health Risk Factors

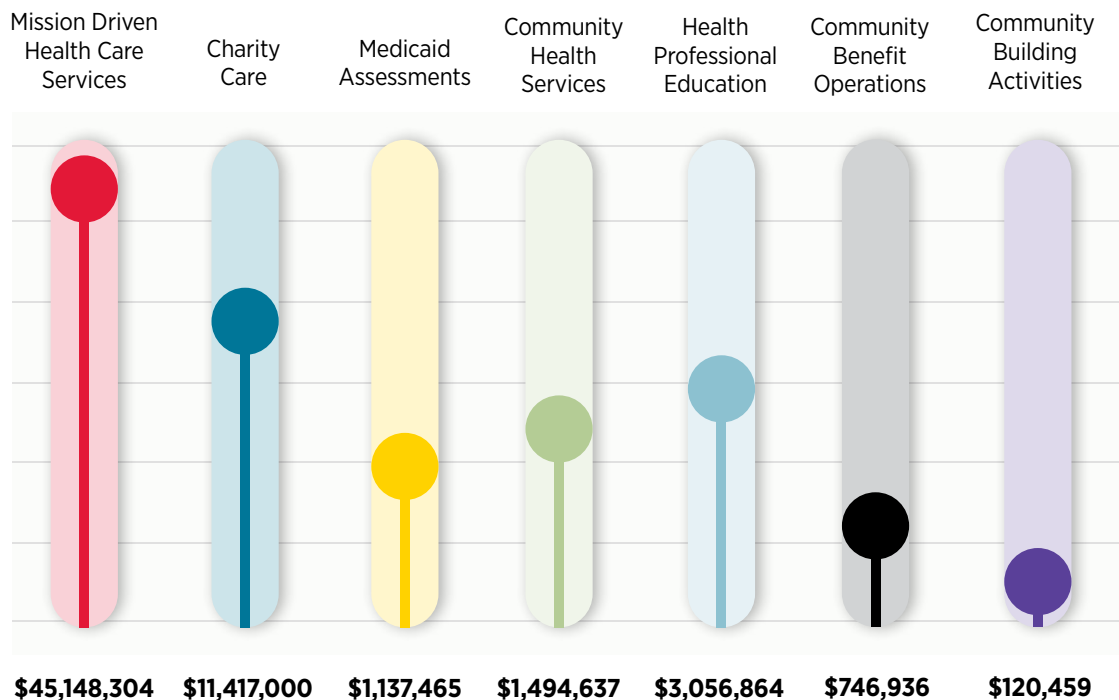
- Promote Wellness, Behavior Change, and Engagement In Appropriate Care (Physical, mental, emotional, and behavioral health)

- Key Initiatives Include: Participation in health fairs for enhanced screening, health literacy and community education, collaborate with community partners and schools to organize education and awareness events

Priority Area 2: Physical Health and Chronic Disease Management

- Improve Chronic Disease Management
Key Initiatives Include: Diabetes Prevention & Management, Cardiovascular Disease and other chronic conditions.

Financials



\$63,121,665 TOTAL COMMUNITY BENEFIT

- Reduce Cancer Disparities
- Key Initiatives Include: Supporting the developing of cancer screening and peer support programs.
- Improve Transitional Care
- Key Initiatives Include: Care Coordination and Care Transitions Support Program, providing community based support services.
- Improve HIV/AIDS Prevention and Disease Management
- Key Initiatives Include: Screening, education, counseling and treatment for services & support for men and women living with HIV/AIDS.

Priority Area 3: Behavioral Health

- Develop Behavioral Health Outreach and Education Programs in Clinical and Community-based Settings
- Key Initiatives Include: Implement health education and primary prevention activities in response to behavioral health needs.

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/capital/patients-visitors/financial-assistance

3001 Hospital Drive

Cheverly, Maryland 20785

or call 301-618-3100.

If you have questions, need help applying or need help in another language, call 301-618-3100.



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