



UNIVERSITY *of* MARYLAND  
ST. JOSEPH MEDICAL CENTER

## COMMUNITY HEALTH IMPROVEMENT REPORT



University of Maryland St. Joseph Medical Center has a rich history of providing loving service and compassionate care. Inspired by our ever-present Catholic heritage, our purpose is to enable, encourage, enhance, and empower our community to help improve their health and well-being.



## University of Maryland St. Joseph Medical Center

(UM SJMC) offers programs that span the generations and support diverse groups – ranging from youth to seniors, reducing disparities in the working Hispanic community, and helping to prevent and reduce serious illness and injury in the general community.

## A MESSAGE TO OUR COMMUNITY

Since the founding of the original St. Joseph German Hospital in 1864 by the Sisters of St. Francis of Philadelphia, our present-day University of Maryland St. Joseph Medical Center has continued the tradition of going out into the community to share our knowledge and resources. To do our best at fulfilling the community's health needs, we completed our fiscal year 2020-2022 Community Health Needs Assessment as required every three years for non-profit hospitals. This assessment will guide our priorities and our True North in the coming years.

We are excited to have new partners and programs to support our community health initiatives and expand our reach. We have developed a greater focus on the social determinants that impact the health of individuals and groups. These are economic and environmental factors such as access to transportation, safe environment, language barriers, education, food security, and social isolation.

We are proud to introduce and continue free programs that can have a real positive impact on these factors. For example, we offered our first classes in the Chronic Pain Self-Management Program developed by Stanford. Our new Prevent T2 diabetes program is supported by the Centers for Disease Control and Prevention (CDC) and aims to reduce the diabetes



epidemic. Through a partnership with Hungry Harvest and GBMC, we will be offering the program Produce in a SNAP. We are also holding food, clothing, and school supply drives in collaboration with local partners. Additionally, our peer counselors and community health workers are supporting access to resources.

In collaboration with the UMMS hospitals, we are proud to offer the 'Not All Wounds Are Visible' series. This mental health conference, held twice a year, addresses pertinent issues in our communities such as depression and anxiety, addiction and substance abuse, and suicide prevention and resilience. Most recently, the focus has been Adverse Childhood Experiences (ACEs) with over 400 attendees at the last conference gaining a better understanding of the long-term health effects of trauma. We welcome people from the community as well as UMMS employees and partners to attend these community dialogues and share resources and hope.

Sincerely,

**Thomas B. Smyth, MD**  
President and CEO  
UM St. Joseph Medical Center

# Activities

## St. Clare Medical Outreach Strengthens Community Health

The St. Clare Medical Outreach program is a primary care clinic serving a base of mainly Hispanic, low-income, working, uninsured patients. In FY 2019, the program took care of 4,099 visits and added 55 new patients to its roster.

The staff of a medical director, nurse manager, physician assistant, registered nurses, medical assistants, health educator and office coordinator also provide immunizations, pharmaceuticals, health education, mental health counseling, and referrals to specialists that participate in the program.

To help improve patients' health through physical activity, in 2018 the program created a walking and biking group called Sunny Cyclers/ Winter Walkers, which has about 30 participants.

“St. Clare Medical Outreach provides quality primary care services to uninsured working Hispanics residing in Baltimore City and Baltimore County to help them have healthy, productive lives.”

**Mary Jo Huber, RN, BSN**  
Nurse Manager  
St. Clare Medical Outreach

## Promoting Good Heart Health and Lowering Hypertension

Hypertension is a serious issue in Baltimore County, where heart disease and stroke rates are higher compared to the state of Maryland and the nation. According to the MD Behavioral Risk Factor Surveillance System, one-third of adults in the county suffer from high blood pressure. Twelve free Living Healthy with High Blood Pressure Workshops were held in multiple locations, including six Baltimore County senior centers, reaching 122 participants. Sixty people attended a free Annual Heart Health Event at UM SJMC on Valentine's Day, receiving blood pressure and cholesterol screenings, body composition analysis, education, and resources. In FY 2019, we performed blood pressure screenings for 247 people with 92 referred for follow-up.

## Prevent T2 Diabetes Through Group Education and Support

With diabetes being a national health epidemic, UM SJMC adopted the free Prevent T2 Program. Seven staff employees trained to become lifestyle coaches who work with participants at risk for type 2 diabetes to make lasting changes to improve their health.

The first year-long group began in June with 12 individuals with prediabetes committed to losing 5-7% of their body weight and increasing physical activity to prevent or delay the onset of type 2 diabetes. Being part of a group enables participants to overcome obstacles together. Participants also learn to eat healthy, manage stress, and understand and respond to food cues.



“Diabetes is a serious disease with long-term health consequences. We want to prevent or delay it by offering a proven lifestyle change program.”

**Patti McGraw, BSN, RN, CDE**  
Outpatient Diabetes Educator



# Activities

“Breastfeeding isn’t always easy. It can be a struggle. Today’s new mothers are often home without a lot of peer and family support. That’s why UM SJMC offers breastfeeding support and the Mothering Matters group.”

**Marian Malinski, RN**  
Coordinator of Family and Childbirth Education

## Cancer Screenings for Early Detection and Prevention

We performed these free cancer screenings: 38 skin screenings, 151 breast screenings, 27 prostate screenings, and 42 cervical screenings for community residents in addition to performing 39 colorectal cancer screenings for UM SJMC staff and family members.

We partnered with About Faces Salon, giving skin cancer education presentations to their staff at four locations so they could provide education to their clients.

Sun safety education and sunscreen were distributed at health fairs, camps and events including Towsontown Festival, Women’s Conference, and McCormick’s Health and Safety Day.

We plan to partner with The Claire Marie Foundation in FY20 to offer pediatric skin cancer screenings.

## Breastfeeding Classes and Support Give Families Healthy Starts

To encourage mothers who are interested and able, the Childbirth and Family Education department offers a free bimonthly breastfeeding class by a lactation specialist. Breast milk contains antibodies, which help fight illness. According to the CDC, studies reveal that breastfed babies have a lower chance of getting a variety of health problems, including asthma, obesity, diabetes, ear and respiratory infections, and SIDS. In FY19, there were 589 parents who attended the classes. We also offer Mothering Matters, a free networking group for new mothers and babies meeting weekly on Thursday mornings at Towson United Methodist Church.

## Healthy Kids Running Series Improves Self-Esteem and Strength

The Healthy Kids Running Series (HKRS) is a five-week national running program for youth from pre-K to 8th grade sponsored by UM SJMC-affiliated Towson Sports Medicine. Two series are offered, one in spring and one in fall. We partnered with Loch Raven High School to host HKRS. The goal is a positive, age-appropriate, educational and fun experience. The series attracts up to 200 youth, takes place once a week and features the 50-yard dash, 75-yard dash, 1/4 mile, 1/2 mile, and one-mile runs. Health benefits include better self-esteem, strength, sleep and concentration, and increased activity and prevention of obesity in young people.



## Yoga Provides Health Benefits of Strength, Balance and Breathing

UM SJMC offers free yoga classes to adults of all ages and fitness levels, including anyone with physical limitations or chronic illnesses. Participants report improvements in concentration, balance, flexibility, strength, ability to relax and to breathe deeply. In FY 2019, we held 95 classes with 1,091 participants. Studies show that the health benefits of yoga range from relieving anxiety and tension to lowering blood pressure and improving fitness. Yoga also promotes strength, balance, pain relief, and relaxation. Two classes are offered a week: gentle, therapeutic yoga on Mondays, 4:30 – 5:30 pm, and a chair yoga class on Wednesdays, 12 – 12:30 pm.

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**27** prostate screenings  
**42** cervical screenings

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for UM SJMC staff  
and family members

# Activities

## Stepping On Prevents Falls for Seniors

According to the CDC, one-quarter of adults age 65 and over fall each year. Accompanying injuries and loss of quality of life are significant health concerns. Going into its fourth year at UM SJMC, Stepping On is an evidence-based fall prevention program to help seniors achieve better balance and increase overall strength, self-confidence, and sense of independence. The class features group strength and balance exercises, as well as education about medication management, home safety, proper footwear, vision, and mobility. We offered five Stepping On programs in FY19, including two at area senior living facilities.

## Humanim and Cristo Rey Partnerships

UM SJMC offers two internship programs through community partners. During FY19, UM SJMC hosted four Cristo Rey students and 53 Humanim students.

Since 2007, UM SJMC has been part of the Corporate Internship Program (CIP) with Cristo Rey Jesuit High School, offering a four-year internship. Students are matched with their interests, work five full days a month and receive assistance to contribute to their education. They work in departments all over the medical center.

UM SJMC also provides work-based learning internships for students with special needs through Humanim. Students work in areas such as housekeeping, supply chain, dietary, and clerical work. They come from Baltimore County high schools as well as Baltimore Lab.

## Free Flu Immunizations Target the Community

UM SJMC's longstanding free influenza immunization program is offered at the medical center and more than 20 vaccination clinics in the community every fall, providing 2,715 flu vaccinations in FY19. Due to unsatisfactory Baltimore County vaccination rates and unmet needs, we expanded offsite immunization clinics with extended hours and strategic locations. Many individuals cited copays and school and work schedules as barriers to access.

Offsite flu clinic locations include The Shops at Kenilworth, White Marsh Mall, Towson Town Center, The Orokawa Y in Towson, St. Joseph Parish Cockeysville, Cathedral of Mary Our Queen Parish Center, Our Lady of Grace Parish Center, and Padonia International Elementary School.

For more information on these and other programs, contact Community Health 410-337-1479.

“The Cristo Rey and Humanim students receive great opportunities to grow, mature, and learn strong work values. Our staff take them under their wings.”

**Cheryl Slaski**  
Volunteer Coordinator



# Community Health Needs Assessment

UM SJMC conducted a comprehensive Community Health Needs Assessment (CHNA) to learn more about the health needs of individuals living in Baltimore County. The purpose was to gather information from many different sources to create a complete picture of current local health issues.

Conducted with the assistance of Holleran, an independent research and consulting firm which collected and summarized the findings, the CHNA included existing local-level data on population and household statistics, education and economic measures, rates of specific health conditions and behaviors, and other related statistics that could be compared to national and state benchmarks.

A key informant survey sought input from 56 community stakeholders including public health and health care professionals, social service providers, non-profit leaders, business leaders, faith-based organizations, and other community leaders. The survey was designed to assess pressing health issues in the community, missing resources and services, health care access, underserved populations and community assets and opportunities. Community surveys were distributed at free flu clinics throughout Baltimore County to gain more information on health and socioeconomic concerns of residents. Useful insight and helpful suggestions were obtained from 779 community members.

Community focus groups were arranged to delve further into some of the health needs identified in the area. Feedback was received from 34 community members across three sessions, including Spanish-speaking individuals, seniors and the general community. Topics of conversation included access to health care services, personal health and wellness and chronic diseases.

Following the completion of the CHNA research, the health issues were prioritized and plans were drafted with the help of 28 partners including health care providers, public health experts, health and human services agencies, and other community representatives.

To learn more about the Community Health Needs Assessment, read the 2019 CHNA Report at [umstjoseph.org/CHNA](http://umstjoseph.org/CHNA)

We solicit community feedback on the most recent CHNA and Implementation Plan. Please contact Kristen Artes at [kristenartes@umm.edu](mailto:kristenartes@umm.edu)

## CHNA Implementation Plan

### Access to Care

1. Continue to provide increased access to health care in the uninsured population through St. Clare Medical Outreach.
2. Continue to support multidisciplinary follow-up care for high-risk patients through the Transitional Care Center.
3. Identify and address barriers related to transportation and psychosocial needs among high-risk discharged patients.
4. Offer onsite appointments with HealthCare Access Maryland representatives to individuals in need of health insurance.

5. Increase the use of telehealth kits among eligible heart failure patients, allowing these individuals to self-monitor and report regularly to a cardiologist from home.
6. Increase availability of free seasonal flu vaccinations.

### Mental Health and Substance Abuse

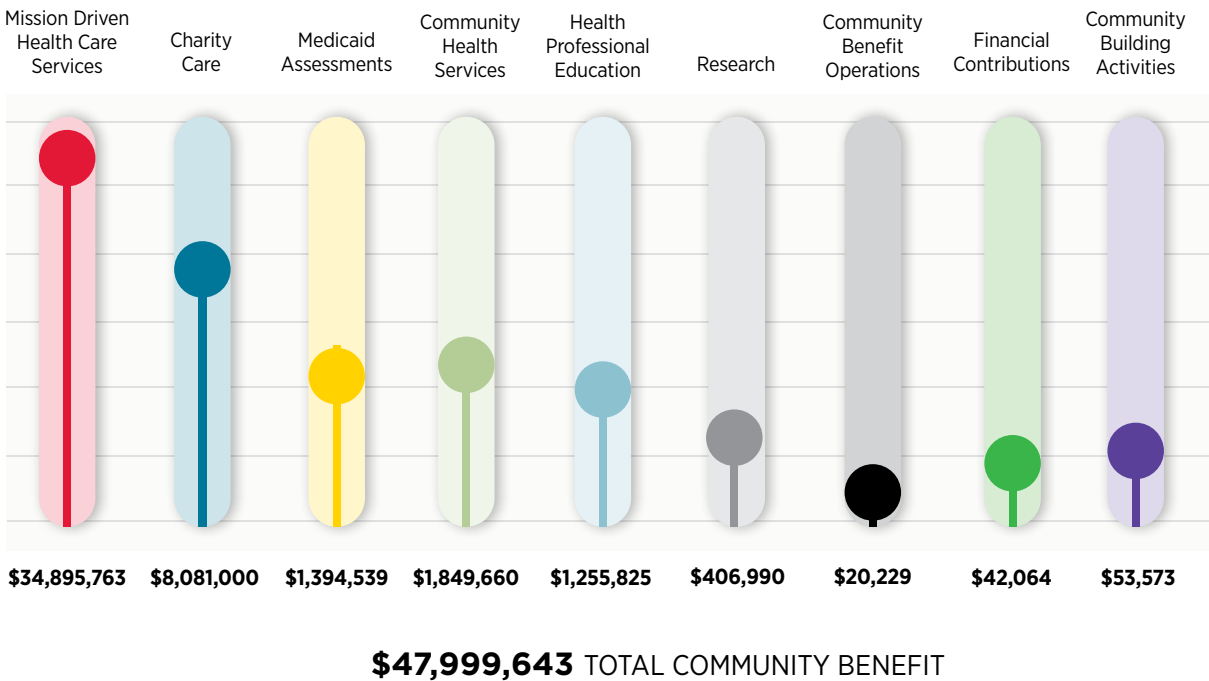
1. Continue to provide diagnostic and transitional treatment planning including comprehensive case management and intensive relapse prevention to at risk patients through the Behavioral Health Center.
2. Continue to devote four office hours a week to mental health services at St. Clare Medical Outreach.

3. Increase availability of peer recovery specialists through ongoing partnership with the Baltimore County Department of Health.
4. Increase mental health trainings and awareness efforts in partnership with local organizations.
5. Continue to offer Chronic Pain Self-Management workshops.
6. Educate youth on substance abuse, performance enhancement, and social responsibility.

### Chronic Disease

1. Implement a Heart Failure Clinic to ensure timely access to comprehensive, specialty care and to address medication management, education, and other barriers.

# Financials



2. Continue to offer Prevent T2 lifestyle change program, a year-long program proven to prevent or delay type 2 diabetes.
3. Continue to offer Stanford Living Healthy with Hypertension workshop to help individuals with high blood pressure learn how to better manage their condition.
4. Increase cardiovascular screenings and education.
5. Provide free exercise programs for the community.
6. Partner with Hungry Harvest to host Produce in a SNAP, reduced-cost community markets that provide access to fresh, affordable produce.

## Cancer

1. Increase early detection through screenings and education.
2. Increase access to survivorship support and services in the new Wellness and Support Center.
3. Reduce the rate of adults who smoke.

## Fall Prevention

1. Continue to offer Stepping On, an evidence-based fall prevention program.
2. Increase social support for older adults with the addition of new programs.
3. Partner with local safety and security teams to increase pedestrian safety efforts.

## 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 [umstjoseph.org/financialassistance](http://umstjoseph.org/financialassistance), 11311 McCormick Road, Suite 230, Hunt Valley, MD 21031, 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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