



2016

***Community Health  
Needs Assessment***



June 30, 2016

## **Mission Statement, Core Values, and Guiding Social Teachings**

*We, St. Francis Medical Center and Trinity Health, serve together in the spirit of the Gospel, as a healing and transforming presence within the communities that we serve.*

St. Francis Medical Center is a community of persons committed to being a transforming healing presence within the communities we serve. The mission has continued throughout the 142 year history as a strong Catholic witness to the Gospel of Jesus through constant commitment to live out the core values of *reverence for each person, justice, commitment to those who are poor, stewardship, and integrity.*

Based on gospel values and guided by the Social Teaching of the Catholic faith, health services are delivered with a special focus on the needs of the poor and underserved. Following the Ethical and Religious Directives for Catholic Health Care Organizations, the Catholic identity of the medical Center is witnessed foremost by the delivery of healthcare with respect to treating the mind, body and spirit of the person.

## **History of the Medical Center**

Located in Trenton, the Capital of New Jersey, St. Francis became Trenton's first hospital in 1874. Built at a time when the city was quickly becoming an industrial site, the hospital was embraced by the hard working citizens of the community and from its beginning, attracted physicians to the area. From its inception care was given to patients regardless of their race, creed, nationality or ability to pay. The hospital was made available to the aged and infirm.

In 1974, St. Francis Hospital changed its name to St. Francis Medical Center, reflecting its certification as a teaching hospital. During the 142 years of its existence, the Medical Center has been the only Catholic Acute Care Hospital in central New Jersey, among the counties of Hunterdon, Mercer, Monmouth, Middlesex and Ocean. The hospital is located on its original site of 601 Hamilton Avenue. Sponsorship for St. Francis Medical Center is provided by Catholic Health Ministries, through the Trinity Health System. Formerly part of Catholic Health East (CHE), ownership of St. Francis Medical Center was transferred to Trinity Health as part of a merger between the two systems.

## **About the Hospital**

St. Francis Medical Center is an acute care facility with a strong commitment to health care education as demonstrated through its School of Nursing, Radiology and Residency programs. The hospital seeks to improve the overall health of the community through its quality health care services, medical clinics, outreach services and community educational programs.

Known as the Heart Hospital, St. Francis Medical Center is Mercer County's only comprehensive cardiac surgery program and now offers Robotic Cardiovascular Surgery. Our advanced and comprehensive cardiovascular services also include a hybrid lab which combines the imaging capabilities of a cardiac catheterization lab with the sterile environment of a conventional operating room (OR). Other programs include Behavioral Health; an accredited Sleep Disorders Center; and a designated primary stroke center. LIFE St. Francis, A Program of All Inclusive Care for the Elderly (PACE), was the first program in the State of New Jersey. Additionally, the Wound Care Center features a hyperbaric oxygen therapy chamber and the hospital has a walk in clinic, an Imaging Center featuring a 64-Slice CT

Scanner and offers digital mammography. The hospital also operates several primary care and specialty practices known as LIFE Care Physicians.

## Community Description and Demographics

St. Francis Medical Center provides inpatient and outpatient services to the entire Mercer County area with a special focus on improving the overall health of the Trenton community and the immediate surrounding areas. Mercer County’s population exceeds 360,000 and is one of the most affluent areas in the state, while the Trenton community with a population of 85,000 struggles with chronic issues of poverty, homelessness, and unemployment. Compared to the rest of the Mercer County, Trenton has the highest number of African American residents (48.9%), more individuals living in poverty (21.9), lower median household income at \$36,662 and a higher violent crime rate.

### Total Population by Age Groups\*

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
St. Francis Medical Center Service Area	8,216	19,493	16,777	17,483	16,431	15,509	11,935	11,449
Mercer County, NJ	21,622	60,383	41,155	46,808	50,368	55,310	45,194	48,686

### Total Population by Race\*

Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races
St. Francis Medical Center Service Area	44,429	56,411	2,138	420	0	11,202	2,693
Mercer County, NJ	230,476	74,614	35,398	667	14	20,748	7,609

### Hispanic Population\*

Report Area	Total Population	Non-Hispanic Population	Percent Population Non-Hispanic	Hispanic or Latino Population	Percent Population Hispanic or Latino
St. Francis Medical Center Service Area	117,293	85,882	73.22%	31,411	26.78%
Mercer County, NJ	369,526	310,793	84.11%	58,733	15.89%

### Population with Limited English Proficiency\*

Report Area	Total Population	Population Age 5+	Population Age 5+ with Limited English Proficiency	Percent Population Age 5+ with Limited English Proficiency
St. Francis Medical Center Service Area	109,077	109,077	17,949	16.46%
Mercer County, NJ	347,904	347,904	39,002	11.21%

### Living in Poverty\*

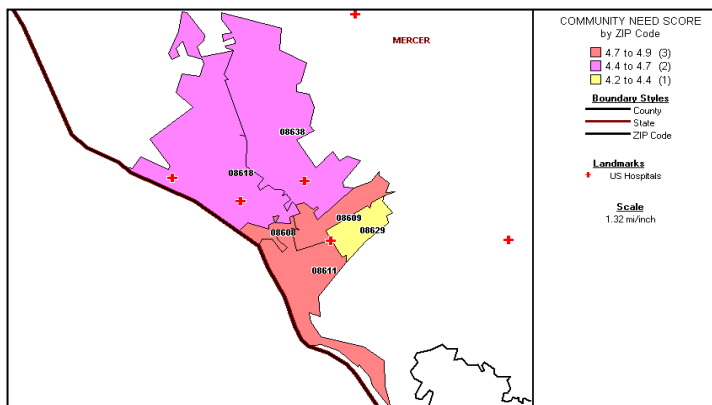
Report Area	Total Population	Population with Income at or Below 200% FPL	Percent Population with Income at or Below 200% FPL
St. Francis Medical Center Service Area	108,775	51,462	47.31%
Mercer County, NJ	351,231	87,091	24.80%

Key observations from the Community Needs Score (CNS) established by Claritas indicate the following six zip codes within Trenton represent areas with the greatest health care need based on barriers that impede access to quality health care.

Service Area with Greatest Need		
Zip Code	Town	County
08608	Trenton	Mercer
08611	Trenton	Mercer
08609	Trenton	Mercer
08618	Trenton	Mercer
08638	Trenton	Mercer
08629	Trenton	Mercer

Based on zip code analysis, the geographic areas with greatest health care needs can be found within the City of Trenton. It should be noted that St. Francis Medical Center operates its acute care facility in one of the zip code areas listed above. Since the organization finds itself surrounded by a community in need, it has established a strong commitment to improving the overall health of the community while providing services to those in most need of quality health care. The six zip codes were chosen as primary service areas for the hospital based on key observations from the Community Needs Score established by Claritas.

*St. Francis Medical Center Service Area with Highest CNS Scores*



### Summary of Previous CHNA and Impact Statement

The previous Community Health Needs Assessment was completed in 2013 in collaboration with the Trenton Health Team and its associated members. Individuals from the immediate community played a significant role in helping to identify key health issues confronting the City of Trenton. One on one interviews and community wide forums were used to solicit resident

input. Census data, public representatives, hospital personnel, community service providers and individuals familiar with the community also provided valuable insights and data, which were combined with resident input to create the final community-wide Community Health Needs Assessment.

The qualitative data along with resident input identified five priority health needs:

- ***Obesity/healthy lifestyles***
- ***Substance abuse/behavioral health***
- ***Safety and crime***
- ***Chronic disease***
- ***Health literacy and disparities***

Results from the CHNA were used by the Trenton Health Team and its collaborative partners to drive the development of the Community Health Improvement Plan. Each CHNA health priority was assigned to a community leader who led that priority's improvement initiative, guided by the CHIP Steering Team. Metrics for each of the CHIP priorities were developed and can be found in the unified CHIP plan, which is available on the Trenton Health Team and St. Francis Medical Center website. St. Francis Medical Center has implemented programs and strategies related to the established goals and objectives of the CHIP plan it has an active role in including: Chronic Disease, Substance Abuse and Behavioral Health, and Healthy Literacy. The following represent actions taken by the Medical Center to implement the community-wide CHIP plan that was developed from the CHNA.

### **Substance Abuse and Behavioral**

Substance abuse is a specific health challenge for the City of Trenton. To help identify individuals in need of treatment, in collaboration with THT partners, SFMC introduced the SBRIT (Screen, Brief Intervention and Referral for Treatment) program into its clinic and emergency room. The program has been successful in identifying and linking individuals to needed services.

Goal: Expand screening and referral process for addiction services by expanding the SBRIT program to all city clinics and emergency rooms in order to improve patient engagement in treatment programs.

Results: An SBRIT screening program was established in the Emergency Department at St. Francis Medical Center. Program outcome data was collected by Henry J. Austin staff, which had oversight of the daily operations of the program. The ER SBRIT program ceased operation in July of 2015 because of loss of funding.

### **Chronic Disease**

When compared to the rest of Mercer County, Trenton residents exhibit higher rates of diabetes, hypertension and cancer.

Goal: Improve disease management for diabetes by implementing self-management tools for diabetes and develop additional strategies for hospital DSRIP program, which is a 3 year demonstration grant. Currently, we are in year 2 of the program.

The program has evolved into providing inpatient and outpatient consults by our SFMC Endocrinologist, APN, Certified Diabetic Education and our Social Worker. We continue to educate the patients and community members on how to navigate the healthcare services in our community. In addition, the DSRIP staff delivers diabetes education in the community and local churches with the aim to improve the core clinical quality metrics for diabetes.

### **Health Literacy**

In the City of Trenton, access to healthcare is inadequate especially for Latino and African-American residents. Additionally, disparities continue to be noted in the area of education and prevention as well.

Goal: Increase access to accurate and actionable health information by working with school and faith-based communities. Health Teacher and Daniel plan will be programs employed by the hospital to increase health literacy within the Trenton Community.

Results: In October of 2015, the Community Benefit department launched The Daniel Plan to our area congregations. The Daniel Plan, 40 days to a Healthier Life, is a 6 week program centered on the five essential factors of life – faith, food, fitness, focus and friends. To date, we have offered the program to six congregations, including one in Spanish. Our results have been overwhelming and awe-inspiring.

Our participants are initially surveyed to determine their level of satisfaction in these five essential areas of their lives. Another survey is done at the conclusion of the classes, with results showing an increase in satisfaction levels by 17%. In addition, over the six week time period, our participants have presented, on average, a 5% decrease in weight and a 10% decrease in blood pressure. We have seen individuals and families exhibit outstanding results in the areas of food purchase and preparation, nutrition, exercise, mental attitude and well-being.

### **Community Input for the 2016 CHNA**

Community input and/or feedback for the 2016 CNHA was solicited from several sources including the following: 1) the Greater Mercer Public Health Partnership county-wide survey 2) the City of Trenton's Department of Health 3) community forums and one on one interviews conducted by the Trenton Health Team to solicit additional input from Trenton residents. Survey input was provided by diverse racial and ethnic groups including those from the Hispanic and African-American community, which make up a large segment of the Trenton community. Here at St. Francis Medical Center a paper copy of the community wide survey was made available to our clinic patients in both English and Spanish. Clinic patients who had access to the survey in either language typically receive either Charity Care or Medicaid benefits with a smaller number of patients being self-pay. St. Francis Medical Center has not received any written comments on the CHNA that was completed in 2013.

### **Board Review of 2016 CHNA Results**

St. Francis Medical Center's Mission and Strategy committee will review the CHNA on May 6, 2016 and subsequently present the CHNA to the hospital's governing Board. The St. Francis Medical Center Board of Trustees will review for approval the CHNA findings and priorities at its scheduled May 10, 2016 meeting. The next CHNA is scheduled to be completed and reviewed by the Board of Trustees by June of 2019.

### **Implementation Strategy of 2016 CHNA**

Following approval by the SFMC Board of Trustees, the Medical Center will develop strategies to operationalize the 2016 CHNA. The implementation strategy will be developed and address identified community needs utilizing hospital resources and staff expertise. The implementation strategy is to be reviewed and if needed updated on an annual basis.

### **Communication of CHNA Results**

Results of the 2016 CHNA have been shared with the community by the Trenton Health Team and Greater Mercer Public Health Partnership. The community education and outreach team from the Medical Center has also shared this information with some of its key stakeholders. The community-wide CHNA will be made available to the public through the Trenton Health Teams Website <http://www.trentonhealthteam.org/wp-content/uploads/THT-CHNA-2016-Update.pdf> and the hospital's website <http://www.stfrancismedical.org>. Requests for copies and/or written comments on the 2016 CHNA can be sent to:

St. Francis Medical Center  
Community Benefit  
601 Hamilton Avenue  
Trenton, NJ 08629

\* [Data Source: US Census Bureau, American Community Survey. 2010-14. Source geography: Tract](#)