

**CHI St. Joseph Health
Grimes Hospital**

**COMMUNITY BENEFIT PLAN
2018 ANNUAL REPORT
(JULY 2017 – JUNE 2018)**

CHI St. Joseph Health Grimes Hospital Navasota, Texas

Introduction

Catholic healthcare organizations across the nation are challenged to provide quality care with compassion to those we serve, as well as to understand and respond to the needs of our communities. CHI St. Joseph Health (CHISJH) actively works to assess these unique needs and create plans that respond to them.

The CHI St. Joseph Health community benefit program encompasses services provided, with little or no compensation, in response to identified community needs, including: community health education activities, community screenings, cash and in-kind contributions to community organizations, efforts to improve access to healthcare, charity care to residents and the shortfall of federal and state health reimbursements for patients served.

Established in 1936, CHI St. Joseph Health is a faith-based, not-for-profit health system committed to excellence and compassion in caring for the mind, body and spirit while also creating healthier communities. CHI St. Joseph Health is comprised of five hospital facilities across the Brazos Valley, including CHI St. Joseph Health Regional Hospital, the region's highest level trauma center. CHI St. Joseph Health is a part of Catholic Health Initiatives (CHI), one of the nation's largest Catholic health systems. As an active member of the communities it serves, CHI St. Joseph Health is a leader in health improvement and access and is proud to present the 2018 annual report of community benefit initiatives.

CHI St. Joseph Health assesses the health needs of the community using internal and external information. The primary assessment tool is the Regional Health Partnership 17 Health Assessment, which includes an assessment of the Brazos Valley. This assessment is conducted every three years. Using information from the 2016 health needs assessment, CHI St. Joseph Health provided programs in 2018 to improve the health of residents, such as community-based health screenings, education, awareness and prevention programs, as well as programs designed to improve access to primary care providers. CHI St. Joseph Health also delivers uncompensated health services to residents qualifying for charitable care or those covered through state and federal programs, such as Medicare and Medicaid, where the reimbursement for services provided are less than the costs of providing that service.

CHI St. Joseph Health 2018 Community Benefit

Community Benefit provided by CHI St. Joseph Health can be broken down into three primary areas:

- healthcare services delivered to patients meeting qualifications of the health system's charity care policy or government-sponsored indigent health care programs;
- subsidized healthcare services and
- programs aimed at improving community health overall.

Healthcare Needs of the Brazos Valley

Community health initiatives completed by CHI St. Joseph Health in FY18 were based upon results of the 2016 Regional Health Partnership 17 Health Assessment, as well as state and national data. Those sources identified the leading causes of death in the Brazos Valley as: motor vehicle, Diabetes, unintentional injury, and coronary heart disease-related deaths. The most frequently reported chronic diseases and conditions included: Alzheimer's disease, adult Diabetes and older adult depression.

As a part of the RHP 17 Assessment, the Brazos Valley region included Austin, Brazos, Burleson, Grimes, Leon, Madison, Robertson and Washington counties. The leading healthcare needs in the region that CHI St. Joseph chose to address include: Diabetes, access to and availability of healthy foods, violence prevention and injury prevention.

Community Benefit Plan

Given the broad scope of community health issues and the tremendous differences in the types of health resources available in each community, CHI St. Joseph Health sought to identify goals that would impact as many health needs as possible with the resources most commonly available in all counties.

The 2016 RHP 17 Health Assessment identified the following issues in the Brazos Valley:

- Diabetes
 - Higher morbidity rates in two or more counties for Type 2 Diabetes (Brazos and Grimes).
 - Higher death rates in three or more counties for Diabetes deaths (Austin, Brazos and Grimes).
- Access to and availability of healthy foods
 - Rural residents report traveling greater distances to purchase groceries, averaging almost 30 miles for Leon County residents.
 - Food Environment Index (1 to 10 [10=better]) score for counties varies from 4.3 for Brazos County to 7.2 for Austin County. Texas is 6.4, while "top performers" are 8.3.

- The proportion of low income families in Brazos County and the distribution of quality sources of food are likely contributors to that low score.
- Violence Prevention
 - The leading violent crime reported for the Greater Brazos Valley was family violence, followed by rape/sexual assault.
 - Given its significantly larger population, Brazos County had the highest average count of violent crime, while Leon County had the lowest.
- Injury Prevention
 - Higher death rates in three or more counties for unintentional injury deaths (Burleson, Leon and Madison Counties).
 - Higher death rates in three or more counties for motor vehicle deaths (Austin, Brazos, Burleson, Grimes, Leon, Madison and Robertson).
 - The overall motor vehicle crash death rate (number of fatalities per 100,000 population) for the State of Texas is 13.1. The Greater Brazos Valley county average is 18.0. The rate varies across the counties from a low of 12.6 in Brazos County to a high of 31.6 in Leon County.

As part of broader steps to address population health and access, CHI St. Joseph Health took an active role in the establishment of the Brazos Valley Health Coalition (BVHC) in January 2016. A collaboration of local health and human services authorities from both the public and private health sector, the BVHC's purpose is to:

- collectively address health issues in the Brazos Valley;
- conduct a community health assessment to identify the health needs and strengths of the region;
- create a community health improvement plan, to be completed in February 2018, to determine health priorities and specific strategies for addressing the issues identified in the community health assessment.

Diabetes

CHI St. Joseph Health provides free community education for diabetes prevention and management. The Living Well with Diabetes Program focuses on Type 2 diabetes and prediabetes and is taught by a Certified Diabetes Educator and Registered Dietitian. The program includes two, 3-hour core sessions (offered bi-monthly) that focus on proper nutrition using carbohydrate counting, exercise, blood glucose monitoring, foot care and other topics. A one-hour grocery store tour led by a Registered Dietician is also offered each month as part of this program. It has been expanded to multiple locations in an effort to better serve community demographics and give participants a chance to put newly learned information into practice in a real-life scenario. The third component of this program includes additional one-hour seminars covering topics like *Healthy Holiday Eating, Stress Management and Depression, Strength Training and Diabetes, Healthy Holiday Eating*, and *Dining Out and Alcohol Use* and more. These one-hour seminars

offer group support, expand on topics briefly covered in the core program, and also afford participants the opportunity to return to class with questions. Participants receive a one-month membership in the CHI St. Joseph Health Wellness Program. Local healthcare providers refer newly diagnosed patients to the bi-monthly Diabetes education program.

CHI St. Joseph Health dietitians also provide program information to patients diagnosed with Diabetes and prediabetes in all of its facilities. In addition to the Living Well with Diabetes Program held at the Regional hospital, efforts are underway to expand this program to designated critical access service areas. Several of these areas were identified as having the highest Diabetes-related morbidity and mortality rates and are the areas that are being focused on for expansion. Education efforts have also continued with participation in area health fairs by providing Diabetes education and glucose screenings. We work closely with our primary care providers to identify patients who would benefit from the education and make referrals. A special diabetes education presentation was given to the local Lions Club.

Access to and Availability of Healthy Foods

CHI St. Joseph Health encourages communities to promote efforts to provide fruits and vegetables in a variety of settings and encourages the establishment and use of direct-to-consumer marketing outlets such as farmers' markets and community gardens. Team members also participated in a system-wide food drive benefitting area food banks, collecting nearly 9,500 donated items. CHI St. Joseph Health followed up our team members' generosity and hands-on effort to support our Mission and values by contributing a cash match for all donated items. Food pantries have more buying power than the every-day consumer – they are able to purchase six pounds of food for every dollar donated. The cash donation of \$9,477.31 equated to the ability to purchase over 56,000 pounds of food. In Navasota specifically, our team members donated over 200 items which were distributed to local food banks. Matching funds also went to local Grimes County food bank locations.

Violence Prevention

As a healthcare provider, CHI St. Joseph Health will always care for victims of violence. The health system seeks to move beyond treatment and intervention and focus efforts on prevention by collaborating and partnering with local agencies to increase prevention and treatment resources in the area of family/domestic violence as it relates to violent crime.

In an effort to increase violence prevention education opportunities for professionals in the Brazos Valley who may come into contact with a crime victim and/or their family, CHI St. Joseph Health helps support the Every Victim Every Time Conference that is held in Brazos County each year. This annual conference provides quality, effective and affordable victim services training for local professionals as well as scholarships for the children of local law-enforcement officers across the Brazos Valley region. Sponsorship

donations also help cover the cost of facility rentals, speaker fees, etc. Over 800 professionals attended this event and received valuable training.

Injury Prevention

CHI St. Joseph Health seeks to increase injury prevention education, awareness and collaboration with other agencies to expand programs/outreach in the CHI St. Joseph Health service area.

Grimes Hospital team members participated in several community events throughout the year discussing injury prevention with local students. Team members also taught community members how to recognize the signs and symptoms of a stroke, how to do CPR, and also how to respond in the event of an emergency.

Special Events

CHI St. Joseph Health Grimes Hospital actively participated in many community benefit initiatives, including Special Olympics, Senior Day, a Healthy Back to School event, Ag Day at the Fairgrounds and various health and wellness fairs and screenings for local school district employees and businesses. Grimes Hospital also provided free lipid profiles for Navasota ISD, supported health insurance enrollment efforts and provided health education about diabetes, health insurance enrollment, and heart health. Grimes also supported health insurance enrollment efforts and conducted a food drive for local food pantries in need. This hospital continues to donate office space and utility assistance to the Grimes Health Resource Center.

Resource Coordination

In support of our Mission and improving the health of the communities we serve, we have focused for many years on community-based programs like our Health Resource Centers (HRCs) to help remove social barriers for patients. The Grimes Health Resource Center (GHRC) is a place where help for many different problems can be found and various kinds of services are offered. The staff looks beyond short-term fixes to sustainable solutions. Funding and support for the GHRC is provided by the City of Navasota, Grimes County, CHI St. Joseph Health System, and CHI St. Joseph Health Grimes Hospital.

Amount of Charity Care & Government Sponsored Indigent Health Care Provided Charity Care

The total amount of unreimbursed cost of charity care provided by CHI St. Joseph Health Grimes Hospital was \$636,435 from July 2017 to June of 2018, which is CHI St. Joseph Health's 2018 reporting period. The unreimbursed cost of providing care to financially- and medically-indigent patients totaled \$636,435.

For Further Information

Further inquiries regarding this report should be directed to:

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