

**CHI St. Joseph Health  
Regional Hospital**

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

# **CHI St. Joseph Health Regional Hospital Bryan, 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,
- 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 2018 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 (Burlleson, Leon and Madison Counties).
  - Higher death rates in three or more counties for motor vehicle deaths (Austin, Brazos, Burlleson, 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 continues to increase education opportunities in the counties that were identified as having the highest Diabetes-related mortality and morbidity rates: Brazos, Grimes and Austin County – and to improve Diabetes education referral processes.

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 diabetes patients in all 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. Brazos, Grimes and Austin County were identified as having the highest Diabetes-related morbidity and mortality rates and are the areas that are being focused on for expansion. Also, as part of these efforts, an eight-week long, chronic disease and Diabetes self-management program has been successfully implemented as a continuing education offering at our MatureWell Lifestyle Center. These self-management programs are offered as part of a collaboration with the Texas A&M Center for Healthy Aging. Education efforts have also continued with participation in area health fairs by providing Diabetes education and glucose screenings.

### **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 addition to a free grocery store tour being offered as a part of the Living Well with Diabetes program, free cooking classes are also offered at the MatureWell Lifestyle Center as a way to educate area residents about obtaining and preparing healthy food.

### **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. 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.

A certified Child Passenger Safety Technician with CHI St. Joseph Healthy Communities offers free education to parents and guardians on how to properly install car and booster seats. The proper use of child safety seats reduces the risk of injury and death, leading to reduced medical costs, avoidance of loss of future earnings and improved quality of life. This year alone, fifty children are now riding safer because of these direct efforts.

CHI St. Joseph Health continues to partner with Texas A&M AgriLife Extension and the Brazos Valley Injury Prevention Coalition to offer Reality Education for Drivers (RED). The free program is a one-day, hospital-based injury prevention tool targeted to young drivers. Using the path of injury as a backdrop, RED provides young persons who have exhibited risky behavior involving alcohol, drugs and motor vehicles with fact-based information they can use to make better decisions. The goal is to reduce the number of motor vehicle crashes involving young drivers by encouraging them to drive sober, silent and secure within the speed limit. This program is designed for ages 15-21, uses pre- and post-tests to gauge learning and is facilitated by clinical staff at CHI St. Joseph Health Regional Hospital and CHI St. Joseph Health Burleson Hospital. From July 2017 to June 2018, five classes were held, reaching 150 participants. Over 500 people have now been trained.

Alive at 25, a four-hour injury prevention class developed by the National Safety Council, is now hosted at the Regional hospital. Classroom space is provided by CHI St. Joseph Health in partnership with the Texas A&M University Police Department and the Texas Alive Team. The program focuses on good decision-making while a driver or passenger in a motor vehicle. Studies have shown that program graduates when

compared to their peers, have a 70% less chance of being involved in a fatal crash. Since December, more than 550 students have attended this course.

Cardiac arrest is a leading cause of death. Every year, more than 350,000 cardiac arrests occur outside the hospital and more than 20 percent occur in public places such as airports, shopping malls, and sporting facilities. Survival depends on immediately receiving CPR from someone nearby. Over 300 students were taught the life-saving skill of Hands-Only CPR and over 200 adults were certified in layperson or healthcare provider CPR.

CHI St. Joseph Health supported local efforts of making a safer place for physical activity for youth by donating 200 bicycle helmets at the Healthy World, Healthy Children event. It is the mission of Healthy World Healthy Children to provide education that encompasses healthy living and healthy choices throughout the lifetime of children and into adulthood. This involves healthy eating habits, safety education, and drug and alcohol abuse awareness.

## **Special Events**

In Brazos County, CHI St. Joseph Health supports special health and wellness events in the community, such as the annual Texas Brain and Spine Institute Neurosciences Symposium, the American Heart Association's Go Red for Women luncheon and Heart Ball, Food for Families Food Drive, Surviving & Thriving Cancer Luncheon, American Cancer Society events in four counties, BCS Yoga Fest, blood pressure checks and CPR courses at local Catholic Churches, BCS Chamber of Commerce golf tournaments and 5K, Run Club, Atlas Race Series, Race Texas and the Gran Fondo cycling event. This fundraising event had over 300 rider participants who raised money for cancer services and developed awareness of the importance of cancer screenings.

Community health fairs provide an avenue for increasing access to care and promoting wellness for residents across the eight-county region. Annual health fairs in Caldwell, Navasota and Madisonville provide rural residents the opportunity to participate in free health screenings related to health assessment findings, such as obesity, cancer, diabetes, heart disease and pulmonary issues. More than 1,000 free flu shots were administered across the Brazos Valley.

CHI St. Joseph Health Madison Hospital co-sponsored the Shiitake 5K Health Run during the county's annual Mushroom Festival activities and co-sponsored with the city of Madisonville the Health First Health Fest annual community-wide health fair. At this community wide health fair, 140 free flu shots, and health screenings were provided free of charge to the community. The hospital gift shop also sponsors quarterly blood drives. Madison 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 Madison Health Resource Center.

In Burleson County, community benefit initiatives included a community health fair and participation in the annual Kolache Festival held in Caldwell. CHI St. Joseph Health Burleson Hospital also provided a minor first aid and water station for the event. EMS services for major emergencies were also provided during this two-day event and for Chilifest, an annual fundraiser in the town of Snook. Sponsorship was provided for the American Cancer Society's Burleson County Relay for Life. Burleson Hospital also sponsored the Rotary Club Law Enforcement Banquet and its annual Casino Night, annual food drive, Stand Up for Breast Cancer Campaign and Burleson County Chamber of Commerce banquet. In addition, Burleson Hospital provided eleven vouchers to improve access to healthcare services, supported health insurance enrollment efforts and provided flu shots at its health fair.

CHI St. Joseph Health Grimes Hospital also 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.

In Austin County, Bellville Hospital did a St. Mary's kindergarten visit with Curious George to teach children about the Emergency Department, Imaging and Outpatient services. They also provided a Safe Sitter class to children in grades six through eight and a pre-K tour of the hospital for St. Mary's. Stroke education was also done in the community at local health fairs and also during Stroke Month. Team members participated in the Austin County Safety Day, providing education on strokes, fall prevention and blood typing. Bellville Hospital donated needed supplies to local animal rescues, held a cereal drive for the local Boys & Girls Club, hosted a child passenger safety check-up event, and provided over 100 flu free flu shots to the community.

## **Resource Coordination**

In July 2016, CHI St. Joseph Health opened a new Health Resource Center in Bryan, expanding the concept of similar centers based near our Critical Access Hospitals. Made possible through a \$432,351 grant from Episcopal Health Foundation, this center is designed to assess an individual's needs and connect them to various agencies throughout our community that provide services ranging from basic food and shelter to behavioral health counseling.

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 HRCs, to help remove social barriers for patients. The Bryan HRC not only helps us reach the

underserved and vulnerable in Bryan-College Station. It also serves as a point of connection for our HRCs in surrounding counties.

A central focus of the center is to help individuals become more self-sufficient, rather than continuing to need charity care. In the first year of service, the resource center helped more than 570 families valued at over \$57,000 of assistance, with virtually no budget for direct assistance of their own.

CHI St. Joseph Health also supports the Burleson Health Resource Center, Grimes Health Resource Center, and the Madison Health Resource Center by providing utility assistance, office space, and other means of support.

The EHF is a 501© (3) not-for-profit corporation that operates as a supporting organization of the Episcopal Diocese of Texas. It formed in 2013 when the Diocese sold St. Luke's system in Houston to CHI.

## **Health Professions Education**

Educational opportunities for certain health professions are provided through several of our facilities and physician partnerships. CHI St. Joseph Health collaborates with the physician program at the Texas A&M College of Medicine, Texas A&M Family Medicine Residency, Physician Assistant program at the University of Texas Medical Branch, Nurse Practitioner Program at University of Texas at Tyler, Emergency Medical Residency at Darnall Army Medical Center and University of Toledo. From July 2017 to June 2018, over 50 first, second and third year residents, physician assistants, nurse practitioners and emergency medical residents were trained in facilities throughout the system.

Clinical rotation opportunities are also provided for area students in health professions such as nursing, EMT (basic and paramedic), radiology, pharmacy and physical therapy. School partnerships include the Blinn College RN and LVN program, radiology technician program, physical therapy assistant program and emergency medical services (EMS), Lone Star College Ultrasound Program, Oregon Institute of Technology Nuclear Medicine Program, Rangel College of Pharmacy through the Texas A&M Health Science Center, Texas A&M Health Science Center College of Nursing, Texas A&M Health Science Center – Corpus Christi College of Nursing and the Texas Engineering Experiment Station (TEEX) Emergency Medical Services through the Texas A&M University System, physical therapy and physical therapy assistant programs from University of St. Augustine, University of Texas - El Paso, Texas Woman's University - Dallas, University of Incarnate Word and Wharton County Junior College. From July 2017 through June 2018, over 1,000 students were trained in our facilities, working more than 45,000 hours in various departments.

## **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 Regional Hospital (CHI SJHR) was \$15,184,823 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 \$15,009,823. The organization made an additional \$175,000 in financial contributions to other charitable organizations in the community, including support to the Bellville Hospital, as well as CHI St. Joseph Health's Indigent Patient Prescription Program, which provides limited, essential pharmaceuticals for home use to indigent patients.

### **Performance**

Net patient revenue for the hospital, excluding DSRIP, totaled \$263,051,192, and expenses totaled \$264,888,788. Due to the hospital's participation in the Medicaid disproportionate share hospital program during the 2018 reporting period, the hospital is deemed in compliance of the law as it relates to the Health and Safety Code. The 2018 cost for providing charity care and government-sponsored indigent health care was \$18,091,956, or 7% of net patient revenue.

### **Unreimbursed Costs of Medicare, Champus/Tricare and other Government Sponsored Programs**

The estimated unreimbursed cost of government-sponsored health care programs provided by CHI St. Joseph Health for 2018 was \$15,039,539.

### **Unreimbursed Cost of Miscellaneous Other Community Benefits**

The estimated unreimbursed cost of miscellaneous other community benefits provided by CHI St. Joseph Health for 2018 was \$36,680,052, detailed as follows:

- Unreimbursed cost of subsidized Health Services      \$ 32,572,960
- Donations made by the Hospital      \$ 1,080,470
- Unreimbursed Education-Related Costs      \$ 3,026,622
- Total      **\$36,680,052**

### **Total unreimbursed cost of community benefits**

The total amount of community benefits rendered by CHI St. Joseph Health for 2018, including charity care and government-sponsored indigent health care, other government-sponsored health care programs, and miscellaneous other community benefits were \$69,811,546, or 27% of net patient revenues.

## **Reporting and Disclosure**

The annual report of the community benefits plan has been filed with the Center for Health Statistics at the Texas Department of State Health Services. In addition to the

annual report, a completed worksheet, as required by Subsection (a)(5), will be filed no later than ten working days after the date the hospital files its Medicare cost report.

A statement has been prepared that notifies the public that the annual report of the community benefits plan is public information, that it has been filed with the Texas Department of State Health Services and that it is available to the public on request from the department. The statement will be posted in prominent places throughout the hospital, including but not limited to the emergency room waiting area and the admissions office waiting area. The statement will also be printed in the hospital patient guide or other material that provides the patient with information about the admissions criteria of the hospital.

The hospital will provide, to each person who seeks any health care service at the hospital, notice in appropriate languages, if possible, about the charity care program, including the charity care and eligibility policies of the program, and how to apply for charity care. These notices will be conspicuously posted in the general waiting area, in the waiting area for emergency services, in the business office and in such other locations as the hospital deems likely to give notice of the charity care program and policies. The hospital will annually publish notice of its charity care program and policies in a local newspaper of general circulation in the county.

### **For Further Information**

Further inquiries regarding this report should be directed to:

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