

# COMMUNITY SERVICE PLAN

Update as of 12/17/2021

**Sandra J. Arévalo**  
**Director of Community Health & Wellness**

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Process and Timeline

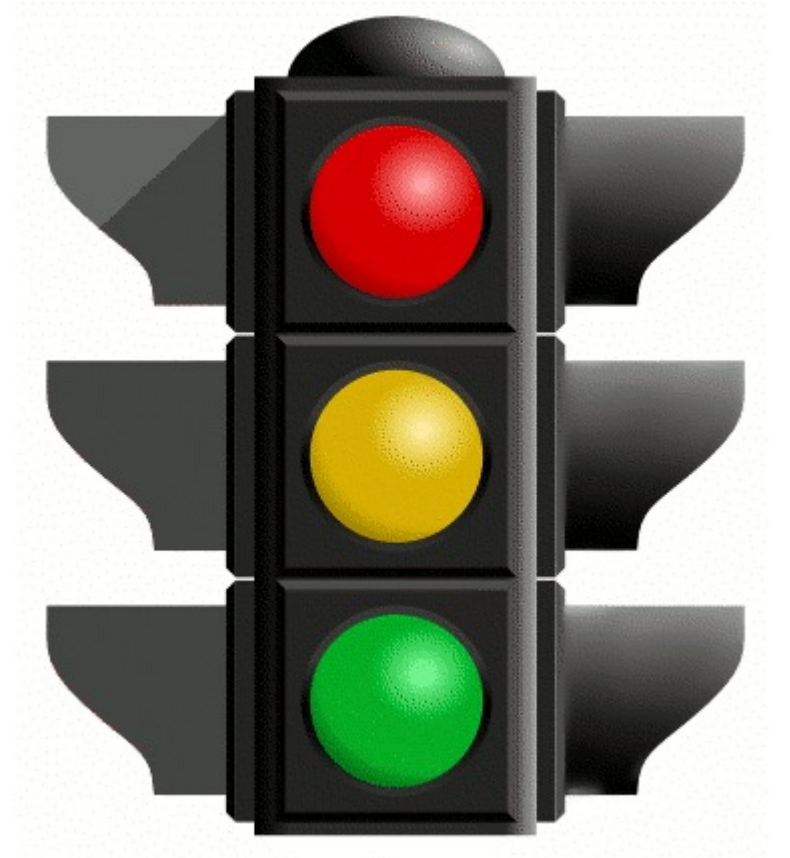
Community Service Plan (CSP) Updates

# WHAT IS THE CSP: COMMUNITY SERVICE PLAN

- Triennial report submission required from all non-public hospitals in New York State
- CSP process allows increased alignment of investments in evidence-based interventions related to the NYS Prevention Agenda.
- Hospitals are required to collaborate with their local health departments and the community they serve to review the data and identify **two priorities** and **one health intervention** tied to the Prevention Agenda.
  - These can be the current priorities in the present plans or new priorities.

# CSP

- Hospitals and local health departments are requested to submit a plan that describes the evidence-based interventions that will be implemented to address those priorities and the health disparity of interest.
- Local health departments and hospitals are encouraged to work together to submit one plan per county that describes the efforts of all participants, but they can submit individual organizational plans if that works best in their county.



# NEW YORK STATE PREVENTION AGENDA PRIORITIES 2019-2024

- **Prevent Chronic Diseases**
- Promote a Healthy and Safe Environment
- **Promote Healthy Women, Infants and Children**
- Prevent HIV/STDs, Vaccine-Preventable Diseases and Antimicrobial Resistance, and Healthcare-Associated Infections
- Promote Well Being and Prevent Mental and Substance Abuse Disorders

# INTERVENTIONS

## INTERVENTION 1

**Priority:** Prevent Chronic Diseases

**Focus Area 1:** Healthy Eating and Food Security

**Goal 1.2** Increase skills and knowledge to support healthy food and beverage choices

**Objective 1.4** *Decrease the percentage of adults ages 18 years and older with obesity (among all adults)*

**Interventions:** Staff wellness program to encourage healthy food choices

# Staff Wellness Program

- Staff Wellness Committee created
- Staff Wellness survey created to measure Wellness and Nutrition -  
Wellness: 104 responses  
Nutrition: 88 responses
- 86% of respondents identify as women
- 82% prefer to participate in activities that are in person

# Staff Wellness Program - Nutrition

- 53% respondents always eat alone at work
- 53% eat a meal with family or friends outside work 1-4 days/wk
- 50% eat a home made meal 5 or more days/wk
- 53% eat a serving of fruit 5+ days/wk
- 64% eat a serving of vegetables 6+ days/per week
- 40% of our staff never drink soda
- 64% of staff drink sugar free beverages 7 days/wk
- 53% drink alcohol 1-2 d/wk
- 52% eat 3 meals/d
- 74% eat healthy snacks during the day



# Staff Wellness Program - Wellness

- 52 % have difficulty balancing work and personal life
- 94% sleep between 5-8 hr/d
- 63% spend 5+ hours in front of a screen
- Only 11% of staff participate in physical activity everyday
- 48% has time 1-2 d/wk for self care

# Staff Wellness Activities

## Pre-Covid

- 2 lunch time events in the CCR (12 attendees)
- 2 virtual yoga and 3 meditation classes (16 attendees)
- Mary Rose Garden improved
- 2 live cooking demos in the cafeteria

## During Covid

- Community chats (online webinars)
- Discounts and gift cards for gyms
  - PowerHouse Gym reported 21 enrollees
  - OrangeTheory Fitness
  - JCC Rockland

# Sodexo Sales Reports

Nutritional preferences of staff

Family Group Name	Quantity 2020	Quantity 2021
SDX- Bottled Water	8,981	8,099
SDX-Beverage-cans	1,766	2,159
SDX-Beverage-fountain	10,066	5,329
SDX-Bottled Water Greater Than 16 Ounces	3,851	2,679
SDX-Candy	3,366	4,660
SDX-Dessert	4,341	263
SDX-Fruit Juice 70-100 Pure Juice	373	344
SDX-Fruit Juice With 100 Pure Juice	840	723
SDX-GrabandGo	367	255
SDX-Ice Cream (single Serving)	188	136
SDX-Pizza	1,444	168
SDX-Salads	149,339	162,137

# INTERVENTIONS

## INTERVENTION 2

**Priority:** Prevent Chronic Diseases

**Focus Area:** Focus Area 1: Healthy eating and food security

**Goal:** Goal 1.2 Increase skills and knowledge to support healthy food and beverage choices

**Objective:** 1.2. *Decrease the percentage of children with obesity (among public school students in NYS exclusive of NYC)*

**Interventions:** Multi-component school-based prevention interventions.

# Pediatric Obesity Interventions

- Nine community chats dedicated to pediatric obesity prevention (147 live views)
- MNH became a member of School Health Coalition since Summer 2021.
- Halloween Candy Exchange at Nyack Library and Montefiore Nyack (10 families).
- Diabetes prevention booth at Halloween event at Boulders Stadium.
- Mamás Maravillosas: based on Better Beginnings and CDC's Diabetes Prevention Program curriculums. This 1-year-long program, joined by 5-8 families per session, aims to reduce weight and prevent diabetes.
- Coming in 2022: Bilingual cooking classes i.c.w. Cornell Cooperative Extension.

Community Chats for Pediatric Obesity Prevention)

9	Hr sleep
8	Cups of water every day
7	Cups of fruit per week
6	Meals per day, 3 meals, 3 snacks
5	cups of vegetables each day.
4	groups in your plate
3	servings of dairy per day
2	hours screen time (computer, TV, and video games)
1	hour of physical activity each day.
0	Sugar-sweetened drinks like sodas and juice.

# INTERVENTIONS

## INTERVENTION 3

**Priority:** Prevent Chronic Diseases

**Focus Area:** Focus Area 4: Preventive care and management

**Goal:** Goal 4.4 In the community setting, improve self-management skills for individuals with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes and prediabetes and obesity

**Objective:** 4.4.1. *Increase the percentage of adults with chronic conditions who have taken a course or class to learn how to manage their condition*

**Interventions:** Promote referral of patients with prediabetes to a Diabetes Prevention Program

# Adult Services

- Number of diabetes visits has almost doubled since 2018.
- Since the opening of Medical Nutrition Services in March 2021 to December 2021 there have been 435 visits.
- Patients are being referred from:
  - Highland Medical
  - Prenatal Center
  - Infusion Center
  - Breast Center
  - Multiple Sclerosis Center
  - Cardiac Rehab Program
  - Wound Care Center
  - Community at large (inc. referrals from Westchester)

Number of DM Visits per Year

YEAR	% change	DM Visits
2018	-	50
2019	33%	68
2020*	-7%	63
2021	44%	91

Number of MNT Visits since March, 2021

YEAR	MONTH	MNT VISITS	PNC VISITS	TOTAL VISITS
2021	Mar	5		5
2021	Apr	2		5
2021	May	5		5
2021	Jun	12		12
2021	Jul	26	31	57
2021	Aug	18	67	85
2021	Sep	22	74	96
2021	Oct	25	71	96
2021	Nov	14	60	74

# INTERVENTIONS

## INTERVENTION 4

**Priority:** Promote Healthy Women, Infants and Children

**Focus Area:** Focus Area 2: Perinatal and Infant Health

**Goal:** Goal 2.2: Increase breastfeeding

**Objective:** Objective 2.2.1.0: Increase the percentage of infants who are exclusively breastfed in the hospital by 10% from 47.0% (2016) to 51.7% among all infants

**Interventions:** Develop a new standardized breastfeeding curriculum with education materials that support goals of Ten Steps.



# Breastfeeding Education Materials

- New bilingual curriculum based on Injoy Health Education
- New resources for younger, single moms
- New materials geared to diverse families (teenage mothers, same-sex couples)



*Empowering families together.*

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# INTERVENTIONS

## INTERVENTION 5

**Priority:** Promote Healthy Women, Infants and Children

**Focus Area:** Focus Area 2: Perinatal and Infant Health

**Goal:** Goal 2.2: Increase breastfeeding

**Objective:** Objective 2.2.1.0: Increase the percentage of infants who are exclusively breastfed in the hospital by 10% from 47.0% (2016) to 51.7% among all infants

**Interventions:** Provide education and support to prenatal and post-partum women encouraging early skin to skin contact

# Breastfeeding Education

- Breastfeeding is key for chronic diseases prevention including pediatric obesity and diabetes.
- Of 381 births in 2021, 100% patients had access to BF Ed and Lactation Counseling services.
- All BF Ed and LC include Skin-to-Skin education as part of standardized curriculum and education checklist.
- About 90% (estimate) of moms who received BF Ed reported BF acceptance

## Breastfeeding Events:

- “Annual Global Big Latch On” brought 25 people in 2020 and 29 people in 2021, including caregivers/supporters.
- Breastfeeding knowledge and attitudes increased for 100% of attendees
- # Total exclusive Breastfed FT infants at MNH: **29%**
- # Total who initiated ANY breastfeeding at MNH: **94%**

# Other Achievements as of December 2021

## Community Chats

- Born on June 2020 as a way to reach out to the community during Covid
- In 2020, 18 sessions were held with 349 live participants and 567 total users. In 2021, there were 54 sessions, 647 live participants and 1,123 total users
- Community Chats YouTube Channel has 126 subscribers, 60 videos and over 1,000
- Over 2,000 e-mails in list serve
- Program expanding to Montefiore System in 2022

## Community Education & Outreach

- In 2021 MNH participated in 38 community events, reaching out to over 2,000 attendees and another 41 education workshops, reaching out to 375 attendees.
- Education provided on diabetes, different types of cancer, MS, wound care, nutrition, mental illness, fall prevention and stroke.

# Other achievements

## Flu clinics

- During Covid in 2020 we had 1 flu clinic with 7 participants. In 2021, in spite of Covid, we had 13 clinics with 300 participants

## The Jacobs Family Pride Wellness Center

THE JACOBS FAMILY  
PRIDE WELLNESS CENTER  
AT MONTEFIORE NYACK HOSPITAL



## SERVICES AND TREATMENTS

Confidential and comprehensive LGBTQ+ and sexual healthcare for patients age 16 and older.

- Screening and treatment for sexually transmitted infections
- HIV testing including rapid tests
- Pre-exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP) for HIV prevention
- Gender-affirming medical care, including hormone therapy
- Vaccinations, including hepatitis A, hepatitis B, HPV, influenza, meningitis and others (not currently providing COVID vaccinations)
- Gynecologic services for cisgender women and trans men, including birth control
- Most insurances accepted; sliding fee scale available for uninsured individuals.

**For questions or comments please reach out to**

**Sandra J. Arévalo, MPH, RDN, CDN, CDCES, FADA**

*Director of Community Health & Wellness*

*Admin Director Pride Wellness Center*

**Montefiore Nyack Hospital**

160 North Midland Avenue, Nyack, New York 10960

(845) 348 2876 Office

(845) 587 1318 Cell

845-348-2004 Main Office

845-348-3083 Fax

[arevalos@montefiorenyack.org](mailto:arevalos@montefiorenyack.org)

[www.montefiorenyack.org](http://www.montefiorenyack.org)

***Montefiore Nyack Hospital***

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