



LAWRENCE HOSPITAL  
C E N T E R

## **Lawrence Hospital Center**

# **Community Health Needs Assessment & Community Health Improvement Plan**

**November 2013**

Respectfully submitted:

Lawrence Hospital Center  
55 Palmer Avenue  
Bronxville, NY 10708  
(914) 787-1000  
[www.lawrencehealth.org](http://www.lawrencehealth.org)

---

## Table of Contents

### ***Community Needs Assessment 2013***

Executive Summary .....	3
Description of the Community Assessed .....	4
Identification of Main Health Challenges .....	5
Resources to Address Needs & Potential Measures .....	9
Assessment Process & Methodology .....	12

### ***Community Health Improvement Plan 2014-2017***

Agenda Item 1: Decrease Premature Death from Heart-Related Issues with Emphasis on African Americans & Hispanic Populations .....	14
Agenda Item 2: Increase the Number of Breastfed Babies .....	15
Adoption of Community Health Needs Assessment Implementation Plan by Lawrence Hospital Board of Governors .....	16
Dissemination of Documents to the Public .....	16

### ***Attachments***

Community Needs Survey Questionnaire	
Survey Data Summary	

# Community Health Needs Assessment

## *Executive Summary*

Working collaboratively with 16 Community Hospitals and 3 Federally-qualified Health Care Centers from throughout Westchester County under the direction and coordination of the Westchester County Department of Health, Lawrence Hospital Center (LHC) conducted the mandated Community Health Needs Assessment during the period of January through November 2013.

Analysis of data independently collected by LHC from 548 survey respondents and community partners, together with extensive collaborative analysis as participants of the Westchester County Health Planning Team led Lawrence Hospital Center to adopt two specific health priorities from the New York State Prevention Agenda 2013-17 as part of a County-Wide intervention strategy. The selected health priorities are: (1) Preventing Chronic Disease and (2) Promoting Healthy Women, Infants and Children.

Analysis and discussion among the Westchester County Health Planning Team evaluated County-wide health data, population statistics, and County performance on each health indicator contained in the Prevention Agenda. The team also considered health indicators that were attainable and which aligned with each institution's mission and service area. Under the selected NYS Prevention Agenda priorities, the Westchester County Department of Health and all Planning Team members determined that all participating agencies will work collectively to address the following two health issues under the selected health priorities within our Community Improvement Plans:

- Decreasing premature death from heart-related issues, with emphasis on African American and Hispanic populations, and
- Increasing the number of babies who are breastfed.

Results of LHC's Community Needs Assessment underscored the need for emphasis on the two selected health issues within our service areas. Of all survey respondents:

- 12.3% reported having been told by their doctor they have heart disease,
- 49.6% report they have high blood pressure,
- 43.9% report high cholesterol,
- 17% report that their doctors have told them they are obese.

High blood pressure, heart disease and stroke, diabetes, and obesity were among the top six concerns selected by LHC respondents as our community's most pressing health problems. These health problems are known risk factors and contributors to premature cardiac related death and will be addressed within LHC's Community Health Improvement Plan with special focus on nutrition, education, community outreach, and free and low-cost health screenings.

Survey respondents who had been nursing mothers within the past three years were asked about their nursing method:

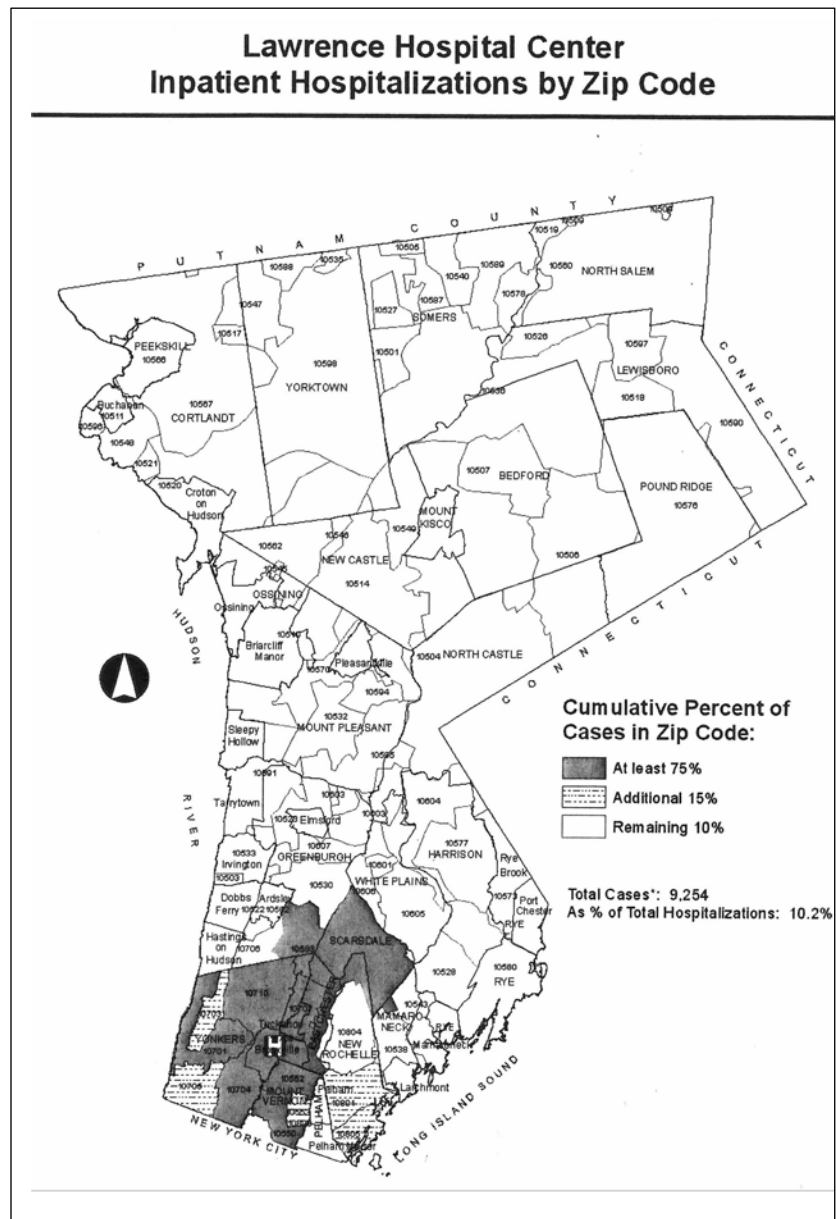
- 1 in 3 recent new mothers reported that they did not breastfeed their babies at all, while 92% reported being aware of the long-term health benefits of breastfeeding for mother and child.
- In 2012, 1,622 babies were delivered at LHC, and just under half (44%) of those babies were nursed exclusively with breast milk during the hospital stay.

LHC has long recognized the health benefits of breastfeeding and has invested in staffing and support groups to encourage the practice. Through LHC's Community Health Improvement Plan, the hospital seeks to increase the number of babies who are breastfed exclusively during the hospital stay to 60% and expand breastfeeding education.

### Description of Community Assessed

Lawrence Hospital Center service areas were determined about 10 years ago during a planning process undertaken with industry consultant Jennings, Ryan & Kolb. Through that process the top zip code areas for inpatient services were identified. The service area was analyzed for a variety of patient categories (e.g., obstetrics, surgery, etc.). The distinction between primary and secondary service areas was based upon volume, geography, and other criteria such as roadways and natural barriers. Since the original analysis, LHC has tracked changes in service areas, however as of this time there have not been any significant changes that warrant modification of the zip code areas.

Residents and community health providers in all zip codes within the LHC primary and secondary service areas were targeted for



the Community Needs Assessment. Primary service areas include Bronxville, Eastchester, Tuckahoe, and parts of Yonkers and Mount Vernon. Secondary service areas include parts of Yonkers, Mount Vernon, New Rochelle, Pelham, Mamaroneck, Larchmont and Scarsdale. These communities are densely populated sub-urban and small city neighborhoods which vary widely in demographics.

<b>Demographic Summary</b>	<b>Bronxville</b>	<b>Eastchester</b>	<b>Tuckahoe</b>	<b>Yonkers</b>	<b>Mount Vernon</b>
<b>White</b>	90.3%	88.3%	74.5%	55.8%	24.3%
<b>African American</b>	1.4%	1.3%	11.0%	18.7%	63.4%
<b>Hispanic</b>	4.4%	6.5%	12.2%	34.7%	14.3%
<b>Other Heritage</b>	3.9%	3.9%	2.3%		
<b>Aged 65+</b>	13.99%	18.7%	15.3%	14.7%	13.8%
<b>Homeownership Rate</b>	76.1%	80.8%	50.1%	46.9%	37.1%
<b>Median Household Income</b>	\$179,286	\$99,157	\$83,213	\$56,816	\$49,346

Source: US Census Bureau 2010-2012 Data

Survey responses were evenly distributed across the LHC primary and secondary service areas, with additional respondents from tertiary service areas.

### ***Identification of Main Health Challenges***

The top health concerns cited by LHC survey respondents when asked “What do you believe are the three most pressing health concerns within your community?” were: (1) Cancer, (2) Geriatric medicine/aging problems, and (3) Heart Disease/Stroke, followed closely by (4) Obesity (see the graph in Figure 1, pg. 6).

When asked “Have you been told by your healthcare provider that you have any of the following? (check all that apply),” respondents overwhelmingly reported diagnoses of (1) High Blood Pressure and (2) High Cholesterol – nearly half of all respondents reported both conditions. All other diagnosed conditions and chronic diseases were reported evenly across the survey results within the range of 10-17%. (See Figure 2 on pg. 7.)

Although respondents cited cancers (52.3%) and geriatric medicine (57%) as their community’s most pressing health problems, the high rate of reported high blood pressure and high cholesterol stood out among the data as diagnosed conditions in need of health interventions. LHC viewed the reported diagnoses as a robust indicator of community health needs because:

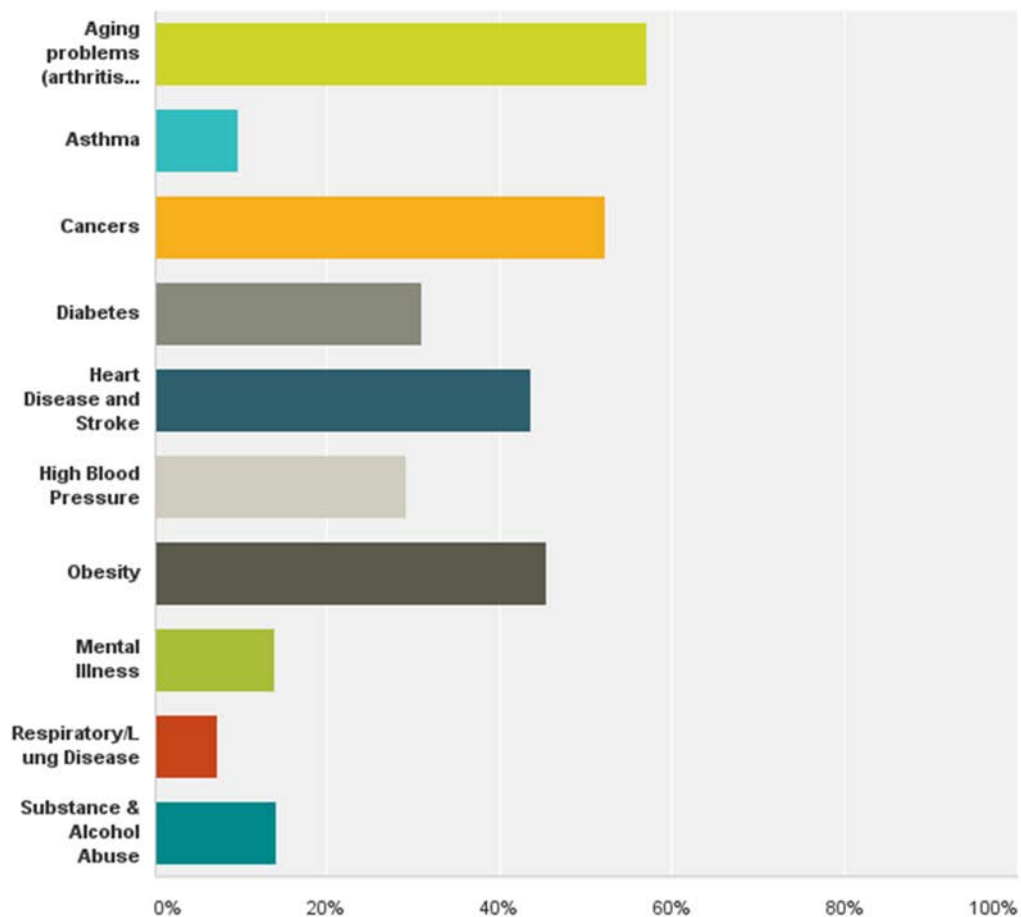
- Responses were based upon reported physician diagnoses, not personal perception or concern.

- High cholesterol and high blood pressure are contributing risk factors for most of the other chronic diseases cited in the survey.
- Interventions that address high cholesterol and high blood pressure can also work to affect improvements in the prevention and treatment of cancer and geriatric medicine/aging problems.
- The high response rate for high cholesterol and high blood pressure diagnoses were a clear indicator of these as leading health issues affecting our community.
- The interventions for high cholesterol and high blood pressure support the County-wide goal of reducing premature deaths from cardiac-related issues.

**FIGURE 1 – Community Health Concerns**

**Q19 What do you think are the THREE (3) most pressing health problems in your community? Check the three most relevant concerns:**

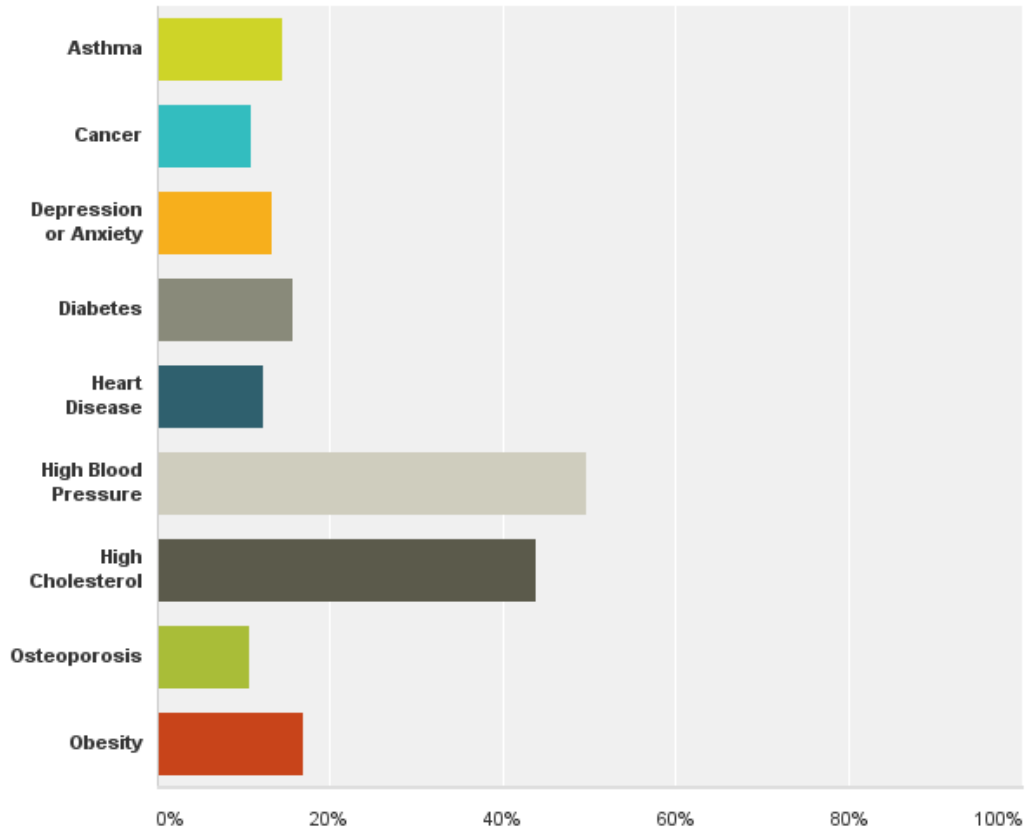
Answered: 505 Skipped: 43



**FIGURE 2 – Reported Health Conditions**

**Q1 Have you been told by your health care provider that you have any of the following? Check all that apply.**

Answered: 367 Skipped: 181



Coronary heart disease is the leading cause of death in New York State and the number two cause of pre-mature death. Studies of coronary heart disease patients have shown that 90% have had exposure to at least one heart disease risk factor including high blood pressure, high cholesterol, current cigarette use, or clinical diagnoses of diabetes. LHC survey results showed that just 5% of respondents reported smoking and 15.8% reported diagnoses of Diabetes. Based upon these results, LHC determined that it can best address the Prevention Agenda Item Reducing Chronic Disease and the issue of premature cardiac related deaths by devoting present and future resources to interventions that address obesity, blood pressure, cholesterol, cardiovascular health, diet, healthy Body Mass Index, and education.

Increasing the number of breast fed babies in Westchester County was identified as a main health challenge because although people are knowledgeable of the long-term health benefits of breast feeding, many mothers still do not breast feed. (See Figures 3 and 4, pg. 8.) Although the majority of LHC respondents were older females in the range of 45-74 years of age, more than half of respondents

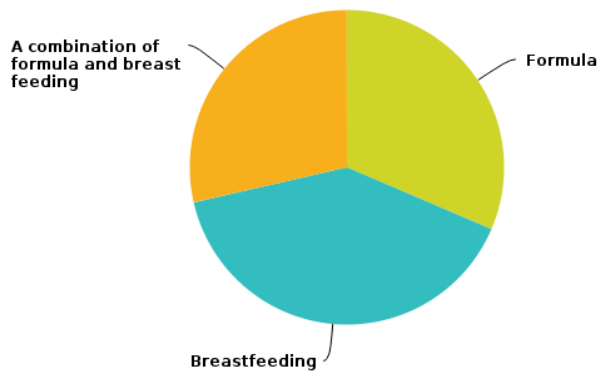
skipped the question altogether suggesting that there may be lingering cultural, generational and educational gaps concerning breastfeeding in our population.

As part of the community needs assessment process, breastfeeding obstacles and challenges were the subject of a special breakout session in which LHC participated as part of a County-Wide Health Planning Summit in August, 2013. Numerous reasons for gaps in breastfeeding were discussed by professional clinicians from all participating agencies. Among the most pronounced reasons cited were the need for new mothers to have support and encouragement at a physically and emotionally challenging time, the need for education well before delivery, and recommendations from physicians that mothers consider and plan in advance for breastfeeding and continue exclusively for at least six months.

**FIGURE 3 & 4 – Mothers’ Feeding Methods & General Awareness**

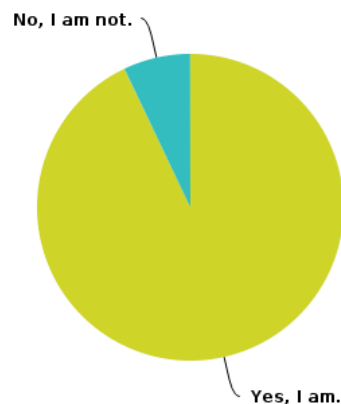
**Q7 If you currently are or were a nursing mother within the last three (3) years, what is/was your method for feeding your baby?**

Answered: 35 Skipped: 513



**Q8 Are you aware of the long term benefits of breastfeeding for mother and child?**

Answered: 226 Skipped: 285





Breast milk is the optimal food for infants according to the Center for Disease Control and both Federal and State campaigns are calling for education and support of breastfeeding for long-term population health improvement.

LHC’s breast feeding initiatives are already making strides: In 2012, 82% of all babies born at LHC received breast milk, which exceeds the CDC’s goal of 81.9% for *Healthy People 2020* population health priorities. Thanks to the Hospital’s initiatives, since 2010 there has been a three-year increase in the number of babies exclusively fed breast milk during the hospital stay, from 30% to 44%, and the number of infants having skin to skin contact with mothers has risen from 49% to 75%.

LHC has a comprehensive written breastfeeding policy in place which includes all 28 of the required components under New York Codes for perinatal services, infants room in with their mothers, and the hospital hosts an active breast feeding support group under the guidance of a Certified Lactation Specialist.

To address the Prevention Agenda Item for Promoting Healthy Women, Infants & Children and the County-wide priority of increasing the proportion of babies who are breastfed, LHC will continue building upon its current initiatives and has established specific goals for 2014-2017.

***Resources to Address Needs & Potential Measures***

Lawrence Hospital Center and community resources that were identified to address the selected Prevention Agenda items and County-wide health initiatives are outlined below.

<b>Reducing Premature Deaths from Heart-Related Issues With Emphasis on African American &amp; Hispanic Populations:</b>	
Nutrition & Obesity Interventions	<ul style="list-style-type: none"> <li>• Screen In-Patients’ BMIs</li> <li>• Continue consultation with in-house Registered Dietician for all patients with BMI over 40</li> <li>• Provide strategies for weight loss and refer patients to LHC Outpatient Nutrition Program</li> <li>• Issue communications through marketing channels with tips on nutrition, facts about BMI, diabetes, tips for lowering cholesterol, sodium intake, etc.</li> <li>• Promote “MyFitnessPal” tool to track daily caloric intake to consumers</li> <li>• Provide outreach to internal and external audiences through presentations at health events and seminars</li> <li>• Provide free screenings out in the community and in connection with national health observances</li> <li>• Provide heart-healthy cooking demonstrations</li> </ul>

	<ul style="list-style-type: none"> <li>• Present on pediatric nutritional topics such as obesity, food allergies, sports nutrition, etc.</li> <li>• Collaborate with other hospital service lines (orthopedics, cancer care, physical therapy, etc.)</li> <li>• Offer seminars to church wellness groups and community partners</li> </ul>
<p>Promote Awareness of Risk Factors</p>	<ul style="list-style-type: none"> <li>• Promote calcium scoring procedure at LHC and the benefits of having a baseline Calcium Score of patients' coronary arteries</li> <li>• Present seminars throughout service areas and in communities with members that have the highest risk factors in premature heart disease</li> <li>• Use all marketing channels to share information about risk factors</li> <li>• Explore use of self-health assessment tools to engage those with health concerns</li> </ul>
<p>Promote Cardiovascular Health</p>	<ul style="list-style-type: none"> <li>• Promote exercise to improve health and life style after cardiac interventional procedures performed</li> <li>• Provide cardiac rehabilitation services under watch of a certified clinician</li> <li>• Distribute "Good Health" booklet to cardiac rehabilitation patients to highlight risk factors and how to reduce those associated with heart disease</li> <li>• Distribute "Good Health" booklet through physicians' offices</li> <li>• Physical Therapy Exercise Classes – Continue teaching exercise classes and providing fitness tips at three senior facilities in the County; therapists show seniors how to stay active.</li> <li>• Project Fit America – Partner with a school within our service area for this national program to teach children in grades K-8 about physical fitness, health and nutrition through a curriculum developed in partnership with American Heart Association &amp; William J. Clinton Foundation. Work with Project Fit and school to create events and activities to engage parents and community in their own personal health and that of their children.</li> <li>• Day of Dance – Host annual Spirit of Women "Day of Dance" event as part of February's heart health observances, a national movement to engage women in healthcare for themselves and families.</li> </ul>
<p>Community Outreach and Collaboration with Church &amp; School Wellness Councils</p>	<ul style="list-style-type: none"> <li>• Provide free &amp; low-cost health screenings at LHC and out in the Community (BMI, cholesterol, vascular, etc.)</li> <li>• Collaborate with community groups to host a community health fair and screenings</li> <li>• Invite community partners to attend annual County-Wide Health Summit</li> </ul>

Media Promotion, Social Networking & Email Campaigns	<ul style="list-style-type: none"> <li>Utilize marketing initiatives to share nutritional tips, information on healthy BMI, adult and childhood obesity, risk factors</li> <li>Promote health screenings and events throughout all service areas and to target populations; track community engagement</li> </ul>
<b>Increasing the Number of Breastfed Babies</b>	
Prenatal Education & Information	<ul style="list-style-type: none"> <li>Incorporate breastfeeding as topic in Childbirth Education classes</li> <li>Hold Breastfeeding education classes monthly</li> <li>Provide breastfeeding information on prenatal tours</li> <li>Include information in pre-registration and discharge packets</li> <li>Include a schedule of support group meetings and contact information for Lactation Specialist in discharge materials</li> <li>Translate packet materials to include information in Spanish</li> </ul>
Intra-partum Measures	<ul style="list-style-type: none"> <li>Breastfeeding bill of rights provided and hanging in room</li> <li>Registered Nurse provides education to each patient</li> <li>Lactation counselor visits with each patient</li> <li>81% of all Registered Nurses completed NYS 10 steps to successful breastfeeding (Gold standard in best practices)</li> <li>Breast/bottle feeding removed as a feeding option in delivery room</li> <li>Physician orders indicate breastfeeding as primary method for nutrition of infant</li> <li>All NICU infant families have lactation counselor consultation</li> <li>Improve success of patient education at the point of admission to delivery room regarding breastfeeding</li> <li>Improve compliance with offering skin to skin contact within one hour for ALL deliveries</li> <li>Increase % of patients rooming in to between 18-24 hours</li> </ul>
Post-Partum Measures	<ul style="list-style-type: none"> <li>Lactation counselor discharge phone call to all patients</li> <li>Lactation warm line available to patients</li> <li>Breast feeding support group meets at LHC regularly</li> </ul>
Administrative Measures	<ul style="list-style-type: none"> <li>Maintain NYS approved Breastfeeding policy containing all 28 required criteria</li> <li>Mother-Baby Intent filed; next step is to file First Step on pathway to becoming a designated "Baby-Friendly" hospital</li> <li>Develop committee and structure for processing breastfeeding metrics and policy/practice changes</li> <li>Provide support and information to the Department of Emergency Management and other ambulatory care areas</li> </ul>
Breast Feeding Support Group	<ul style="list-style-type: none"> <li>Continue regular meetings of support group and engage more women through post-discharge follow-up, marketing and social media.</li> </ul>

Social Media & Marketing	<ul style="list-style-type: none"> <li>• Utilize marketing initiatives including newsletter, website, and social media to share breastfeeding and nutritional tips for breastfeeding mothers</li> <li>• Engage with LHC Facebook group of breastfeeding mothers to announce support groups, tips, health information, etc.</li> </ul>
--------------------------	---

## ***Assessment Process & Methodology***

### Westchester County Department of Health Collaboration

LHC participated in regular meetings of the Westchester County Health Planning Team led by the Westchester County Department of Health. Dates of all meetings are included in the Appendix of the LHC Community Service Plan. As described earlier, this collaboration led to a coordinated plan to address the health issues selected, and continued meeting is planned for 2014 and beyond.

Additional community health care agencies throughout the County were invited to join the Health Planning Team for a half-day Health Care Summit, *Working Together Toward a Healthier Westchester* held in August 2013. Participants from a host of agencies participated in breakout sessions addressing Premature Death from Cardiac Related Issues and Breastfeeding, shared what actions are currently being undertaken by their agencies to address the priorities, successful interventions, and what new or enhanced activities can be considered. The Westchester County Department of Health intends to make this successful event and annual health care symposium for providers.

### Lawrence Hospital Center Independent Community Needs Assessment Survey

LHC developed an independent survey comprised of 30 questions to solicit responses about personal health conditions, awareness and community health needs. The survey was distributed and collected both in hard copy and digitally through an on-line link. All hard copy responses were hand-entered into the on-line survey by office staff so that all data was in one repository with electronic data and trend analysis capabilities. In total, 548 surveys were collected from respondents.

Distribution methods for LHC's Community Needs Assessment included wide promotion throughout the Hospital's primary and secondary service areas.

- (1) Surveys were distributed via email to 30 community partners/agencies asking representatives to both forward the survey to their constituencies and respond on behalf of their agency. Hard copies were provided for distribution when requested.
- (2) Hard copies were distributed and collected through LHC's participation in community events throughout September and October 2013 including:
  - Grace Baptist Church parish events, Mount Vernon

- An Enchanted Evening Breast Cancer Awareness event, Lower Westchester Audience
  - Salute to Seniors, Bronxville
  - Junior League Touch a Truck Event, Eastchester
  - Arts on 3<sup>rd</sup>, Mount Vernon
  - Mayor Spano's Community Health Fair, Yonkers
  - Prescription Take Back Day, Eastchester
  - Distributed in the LHC Gift Shop
- (3) Email distribution through a link to Survey Monkey was issued to:
- All community partners and providers with a request to circulate to their distribution lists
  - Grace Baptist Church email distribution
  - LHC's email distribution list of 700 Spirit of Women members
  - LHC's employee distribution list of 1,100
  - Email Distribution to 25,000+ Journal News subscribers
- (4) Postings and announcements of the Community Health Needs Assessment were included in:
- LHC website at the top of the homepage
  - MyhometownBronxville.com – local e-news publication for residents
  - Bronxville, Eastchester, Tuckahoe AOL Patch.com news posting
  - The local Chamber of Commerce newsletter
  - Hospital quarterly newsletter LifeLine, mailed to 33,500 residents within our service areas
- (5) Results and health prevention priorities were reviewed with a Lawrence Hospital Clinical Staff Committee who developed the planned interventions and methods of measurement:
- All Service Line Managers and Directors were polled for suggested interventions.
  - Clinical personnel participated in County-Wide Health Summit.
  - Committee met to review findings, resources and initiatives.
  - Input was gathered from Nutrition, Cardiology & Cardiac Rehab, Obstetrics, Lactation Specialist, Physician Referral Services, Radiology, Cancer Care, Patient Services, Marketing and Development.
  - Committee members developed planned health interventions and measurements.

Survey responses are included in the Appendix of this document.

## Community Health Improvement Plan 2014-2017

### ***Agenda Item 1: Decrease Premature Death Due to Heart-Related Issues with Emphasis on African American & Hispanic Populations***

According to the American Heart Association, more than one in three adults currently live with one or more types of cardiovascular disease. In addition to being the first and third leading causes of death, heart disease and stroke result in serious illness and disability, decreased quality of life, and hundreds of billions of dollars in economic loss every year.

The leading controllable risk factors for heart disease and stroke are:

- High blood pressure
- High cholesterol
- Cigarette smoking
- Diabetes
- Poor diet and physical inactivity
- Overweight and obesity

If left alone, over time these risk factors can lead to heart attacks, heart failure, and strokes. Risk factors must be addressed early in life to prevent the potentially devastating complications of chronic cardiovascular disease. Statistics cited on *Healthy People 2020* state that:

- High blood pressure and cholesterol are still major contributors to cardiovascular disease.
- High blood pressure affects approximately 1 in 3 adults in the United States and more than half of Americans with high blood pressure do not have it under control.
- High sodium intake is a known risk factor for high blood pressure and heart disease, yet about 90 percent of American adults exceed their recommendation for sodium intake.

Plan of Intervention:

**Goal:** Increase awareness of risk factors that lead to chronic disease and expose more patients and LHC service area populations to prevention methods.

**Objectives:**

- (1) Educate patients and our service area populations about the implications of diet, nutrition and exercise on their own health and the health of their families.
- (2) Engage more people in taking preventive actions through community education and health screenings.
- (3) Increase the number of people taking preventive actions that address blood pressure, cholesterol, cardiovascular health, obesity, diabetes, and healthy Body Mass Index.

**Initiatives:** Initiatives to be taken by LHC to achieve the outlined objectives are listed in the section on resources and potential measures on pp. 9-12. LHC will collaborate with the Westchester County Department of Health and Community Partners. To address areas of disparity as outlined in the Prevention Agenda, LHC will increase educational activities and health screenings with new community partners in Mount Vernon.

Method of Evaluation:

- A baseline will be established based upon data from 2013 assessing attendance at health screenings and community outreach events, and the number and participation rates of patients in nutritional and exercise programs.
- Attendance will be tracked and evaluations will be collected from participants who attend hospital sponsored events and screenings to determine quality and effectiveness of presentation, inclination to act based on what they learned.
- Community health partners will be polled annually to assess awareness levels and evaluate program effectiveness.
- Analytics of Project Fit America school partnership will be reported to LHC for evaluation of impact on BMI and children's fitness levels.
- Electronic Medical Record, Patient Portal and Physician Referral phone records will be utilized as appropriate to analyze and track the number and type of patient visits and inquiries as they relate to cardiac visits, nutritional programs and cardiovascular programs.
- Outcome measures will include increased participation in screenings and preventive health service programs at LHC, and will be analyzed with population health data provided by Westchester County Department of Health.

## ***Agenda Item 2: Increase the Number of Breastfed Babies***

The Director of Maternal Child Health at Lawrence plans to apply for designation as a "Baby Friendly" hospital. According to the program's website, "The work of Baby-Friendly USA, Inc. (BFUSA) and its implementation of the Baby-Friendly Hospital Initiative (BFHI) in the United States is predicated on the fact that human milk fed through the mother's own breast is the normal way for human infants to be nourished."

There is an abundance of scientific evidence that points to lower risks for certain diseases and improved health outcomes for both mothers and babies who breastfeed. Breastfeeding is the natural biological conclusion to pregnancy and an important mechanism for the continued normal development of the infant. With the correct information and the right supports in place, under normal circumstances, most women who choose to breastfeed are able to successfully achieve their goal.

**Goal:** Increase the number of breast fed babies in the LHC service area by 2017.

**Objectives:** Increase the number of patients receiving breast milk from 82% to 90%.  
Increase the number of babies being fed breast milk exclusively during their hospital stay from 44% to 60%.  
Increase breastfeeding and skin to skin contact within one hour of vaginal delivery from 75% to 95%.  
Increase breastfeeding and skin to skin contact within two hours of non-emergent C-section delivery to 85%.

Begin quantifying that rooming in is offered to patients, and increase percentage of patients rooming in for 18-24 hours.

Initiatives: Initiatives to be taken by LHC to achieve the outlined objectives are listed in the section on resources and potential measures on pp. 9-12. LHC will collaborate with the Westchester County Department of Health and Community Partners.

Method of Evaluation:

- Baseline measures have already been established for breastfeeding initiatives and numbers have been tracked for the past three years. Data from 2013 will be the baseline measure for results of the 2014-2017 improvement plans.
- Electronic Medical Record and Patient Portal will be utilized as appropriate to analyze and track the breastfeeding statistics.
- Engagement level of breastfeeding mothers will be analyzed through support group attendance and social media interaction.
- Outcome measures will include increased participation in screenings and preventive health service programs at LHC, and will be analyzed with population health data provided by Westchester County Department of Health.

### ***Adoption of Community Health Needs Assessment Implementation Plan by Lawrence Hospital Board of Governors***

This Community Needs Assessment & Implementation Plan is to be presented for Adoption by the Lawrence Hospital Board of Governors at its regular meeting on November 20, 2013.

### ***Dissemination of Documents to the Public***

The LHC Community Needs Assessment, Community Improvement Plan, and Community Service Plan will be distributed and available to the public via the following methods:

- Posted prominently on Lawrence Hospital Center website homepage at [www.lawrencehealth.org](http://www.lawrencehealth.org).
- Survey results will be emailed or mailed to Community Partners and Agencies who participated in the assessment and who are participating in LHC's community outreach and plan of intervention.
- A synopsis of the Plan will be included in the hospital's community newsletter "Lifeline" and mailed to 33,500 people including patients, former patients, physicians, donors, politicians and local residents.

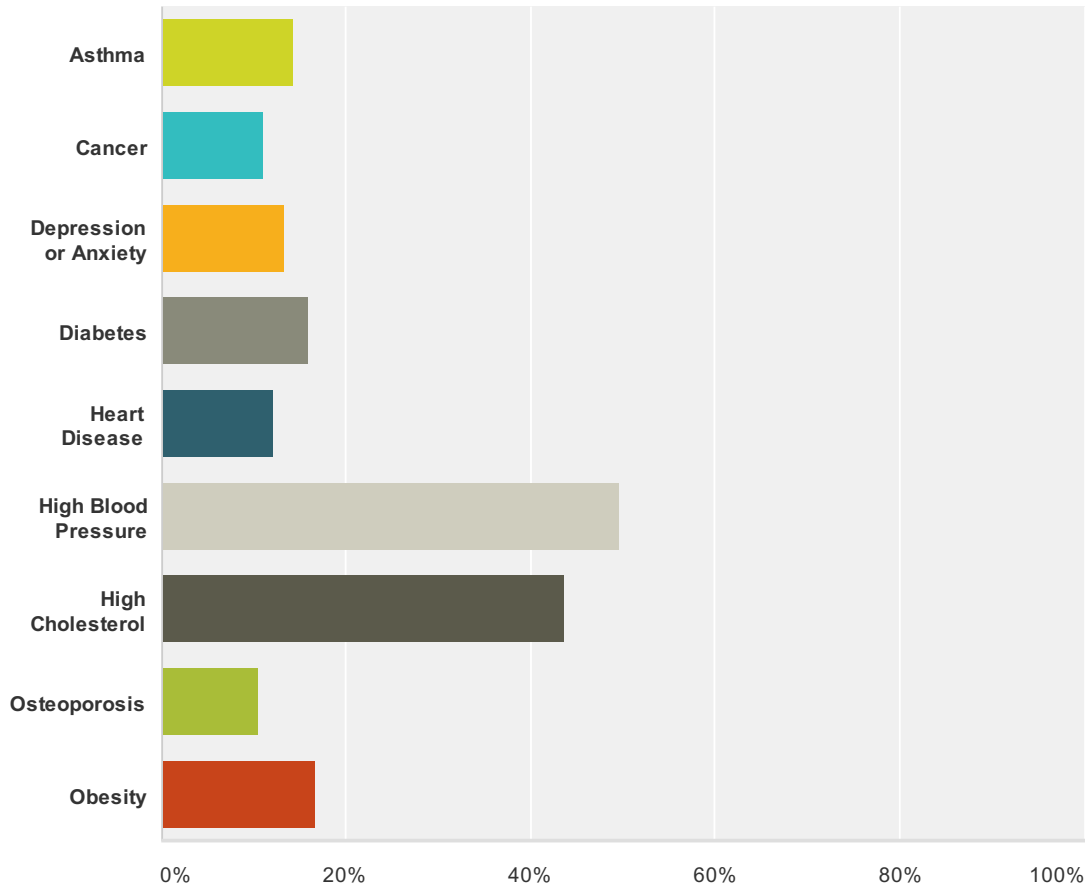
### ***Attachments***

- Survey Data Summary
- List of Current & Potential Community Partners



**Q1 Have you been told by your health care provider that you have any of the following? Check all that apply.**

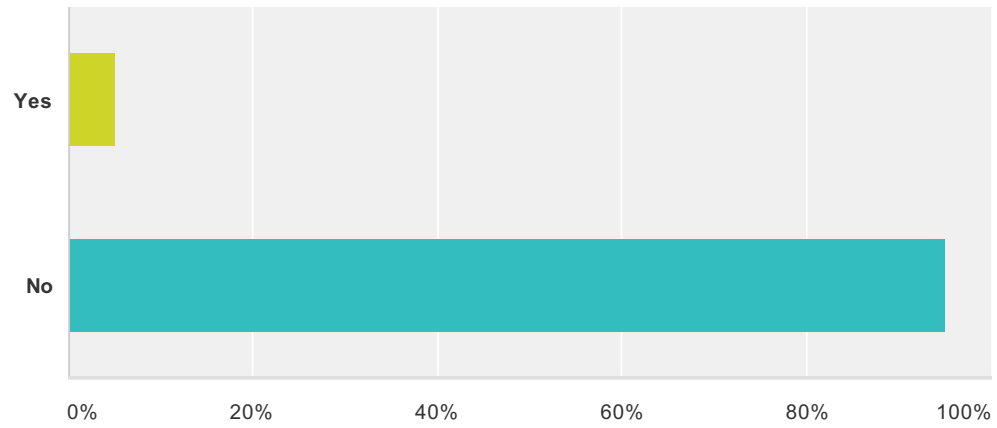
Answered: 369 Skipped: 181



Answer Choices	Responses	Count
Asthma	14.36%	53
Cancer	11.11%	41
Depression or Anxiety	13.28%	49
Diabetes	15.99%	59
Heart Disease	12.20%	45
High Blood Pressure	49.59%	183
High Cholesterol	43.63%	161
Osteoporosis	10.57%	39
Obesity	16.80%	62
<b>Total Respondents: 369</b>		

## Q2 Are you a smoker?

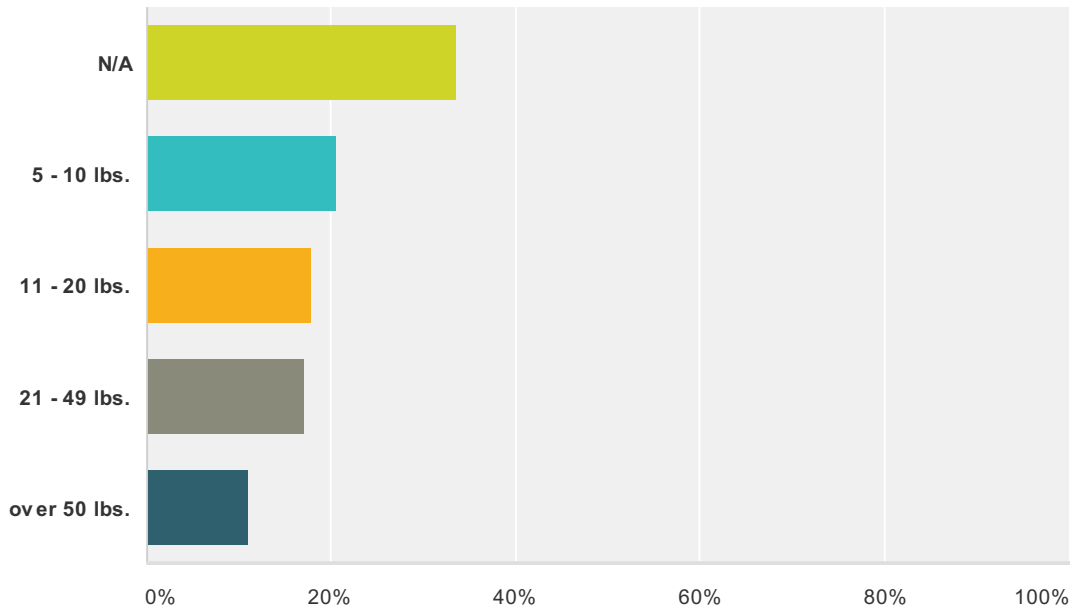
Answered: 537 Skipped: 13



Answer Choices	Responses
Yes	5.03% 27
No	94.97% 510
<b>Total</b>	<b>537</b>

### Q3 If you are overweight, by how much?

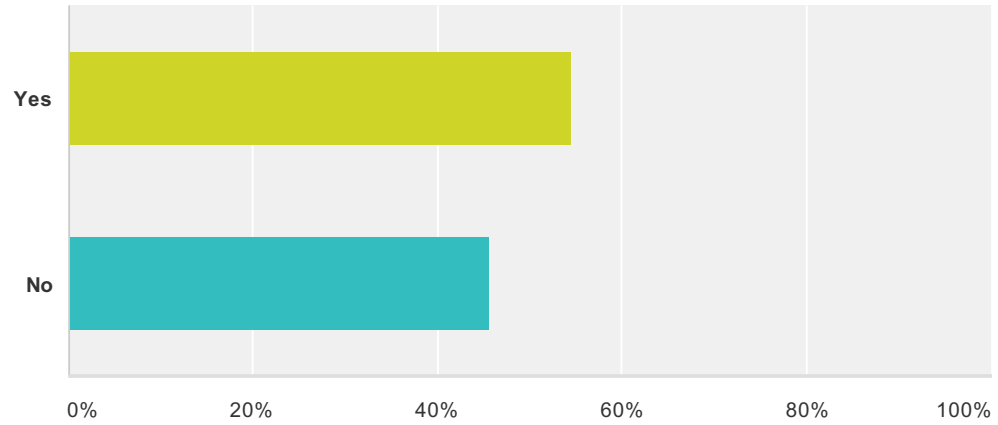
Answered: 526 Skipped: 24



Answer Choices	Responses
N/A	33.46% 176
5 - 10 lbs.	20.53% 108
11 - 20 lbs.	17.87% 94
21 - 49 lbs.	17.11% 90
over 50 lbs.	11.03% 58
<b>Total</b>	<b>526</b>

### Q4 Do you exercise at least three times a week?

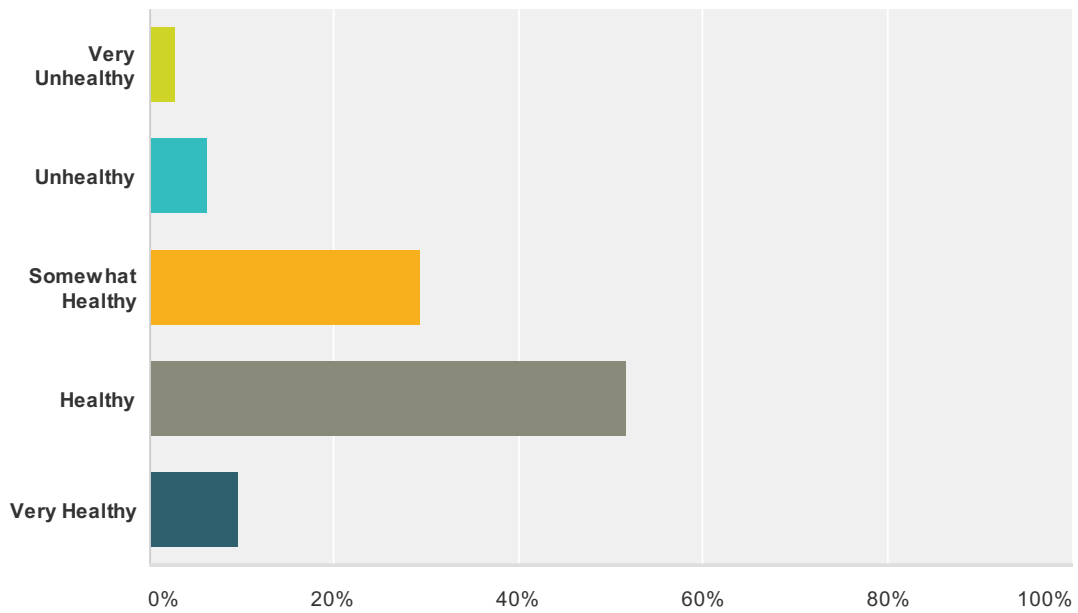
Answered: 536 Skipped: 14



Answer Choices	Responses	
Yes	54.48%	292
No	45.52%	244
<b>Total</b>		<b>536</b>

### Q5 How would you rate your own health?

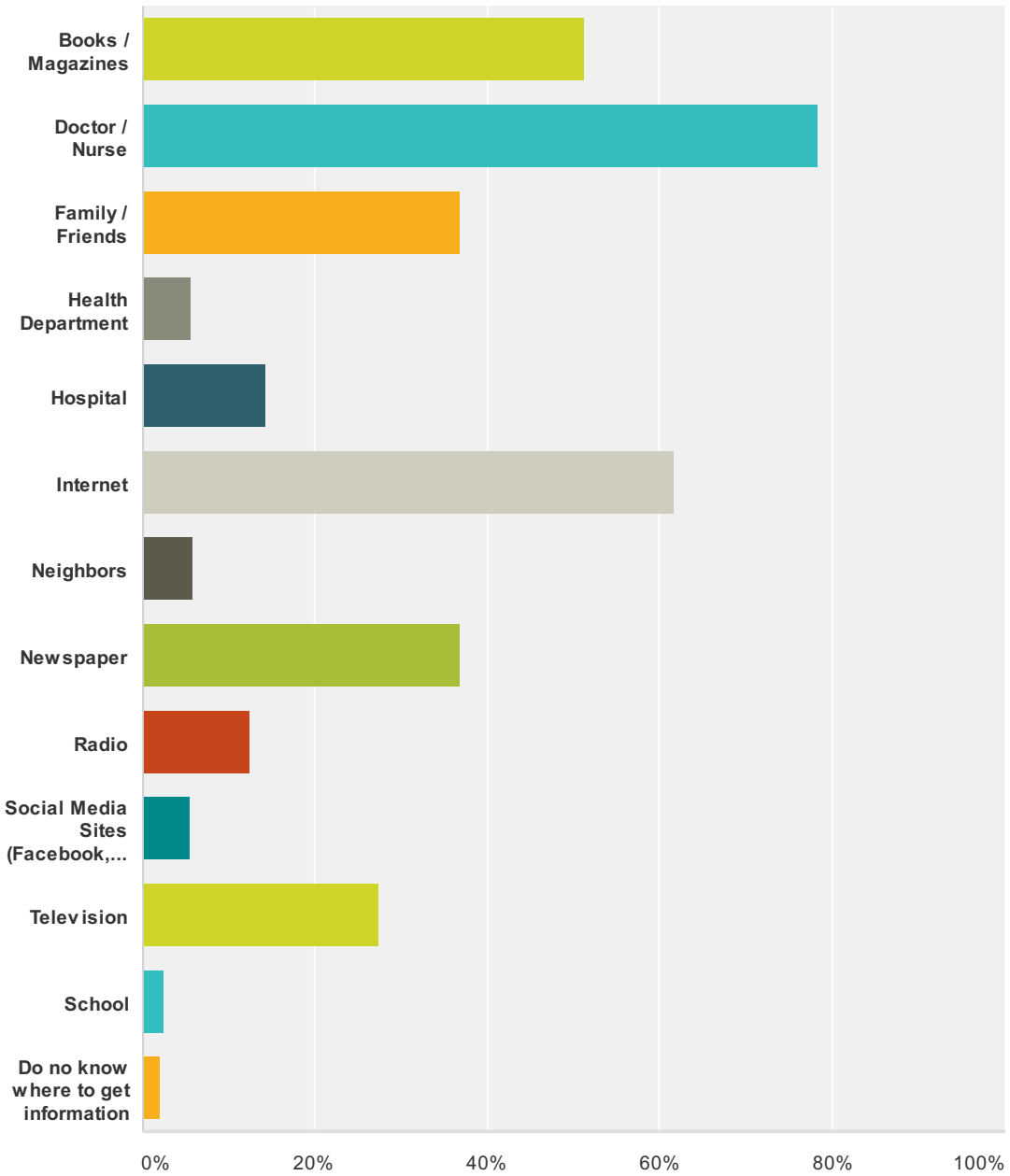
Answered: 541 Skipped: 9



Answer Choices	Responses
Very Unhealthy	2.96% 16
Unhealthy	6.28% 34
Somewhat Healthy	29.39% 159
Healthy	51.57% 279
Very Healthy	9.80% 53
<b>Total</b>	<b>541</b>

**Q6 Where do you get the most of your health-related information? Check all that apply.**

Answered: 529 Skipped: 21



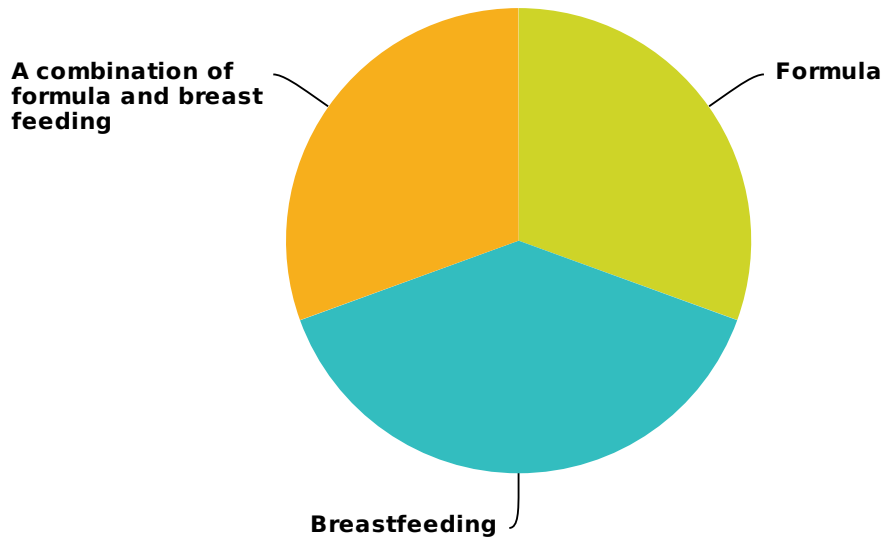
Answer Choices	Responses
Books / Magazines	51.23% 271
Doctor / Nurse	78.26% 414
Family / Friends	36.86% 195
Health Department	5.67% 30
Hospital	14.37% 76
Internet	61.63% 326

## Lawrence Hospital Center Community Needs Assessment

Neighbors	5.86%	31
Newspaper	36.67%	194
Radio	12.48%	66
Social Media Sites (Facebook, Youtube, etc.)	5.48%	29
Television	27.41%	145
School	2.46%	13
Do no know where to get information	2.08%	11
<b>Total Respondents: 529</b>		

**Q7 If you currently are or were a nursing mother within the last three (3) years, what is/was your method for feeding your baby?**

Answered: 36 Skipped: 514

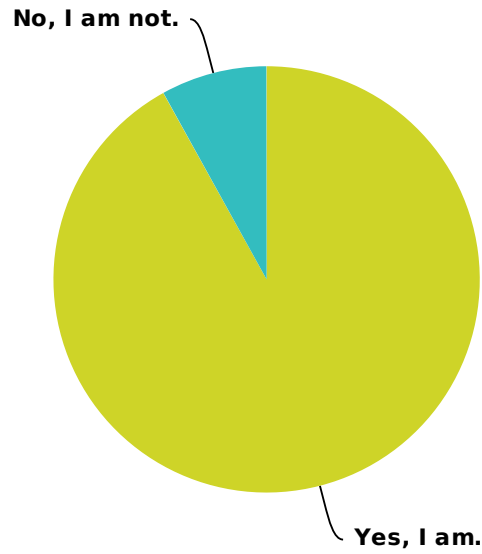


Answer Choices	Responses	
Formula	30.56%	11
Breastfeeding	38.89%	14
A combination of formula and breast feeding	30.56%	11
<b>Total</b>		<b>36</b>



### Q8 Are you aware of the long term benefits of breastfeeding for mother and child?

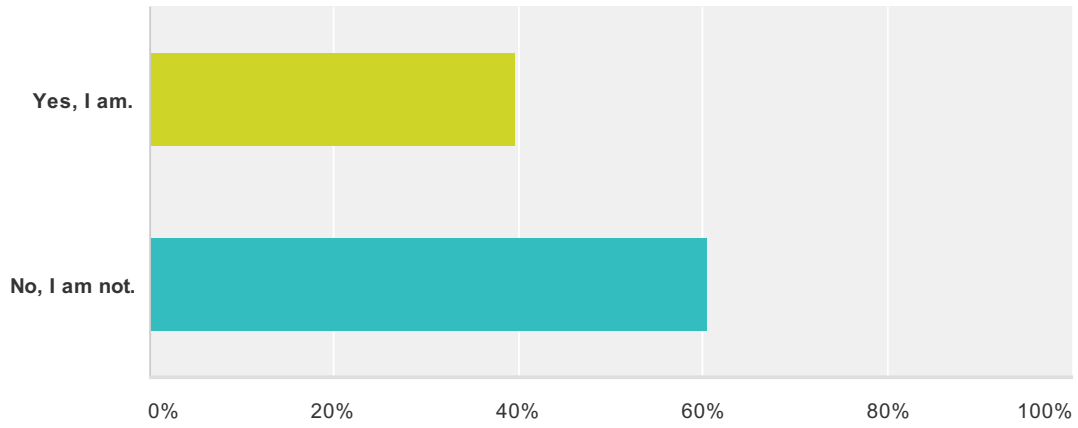
Answered: 236 Skipped: 314



Answer Choices	Responses	
Yes, I am.	91.95%	217
No, I am not.	8.05%	19
<b>Total</b>		<b>236</b>

### Q9 Are you aware of Lawrence Hospital Center's prenatal classes and breastfeeding support?

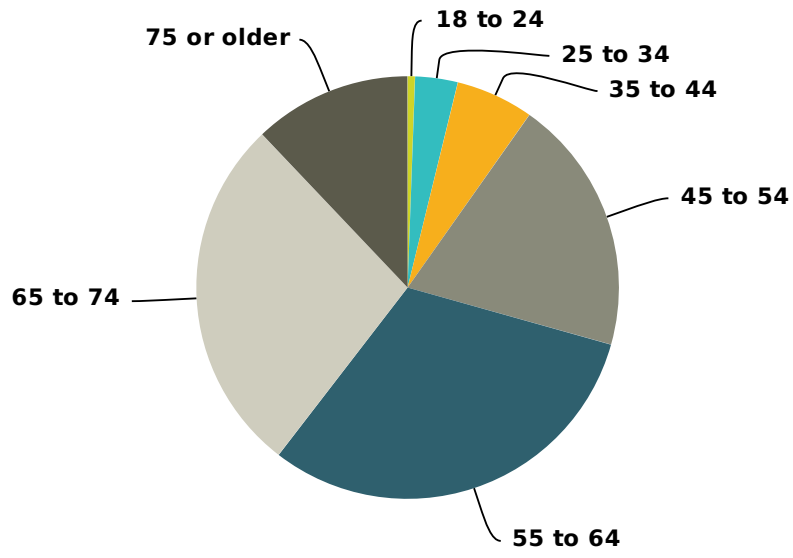
Answered: 240 Skipped: 310



Answer Choices	Responses
Yes, I am.	39.58% 95
No, I am not.	60.42% 145
<b>Total</b>	<b>240</b>

### Q11 What is your age range?

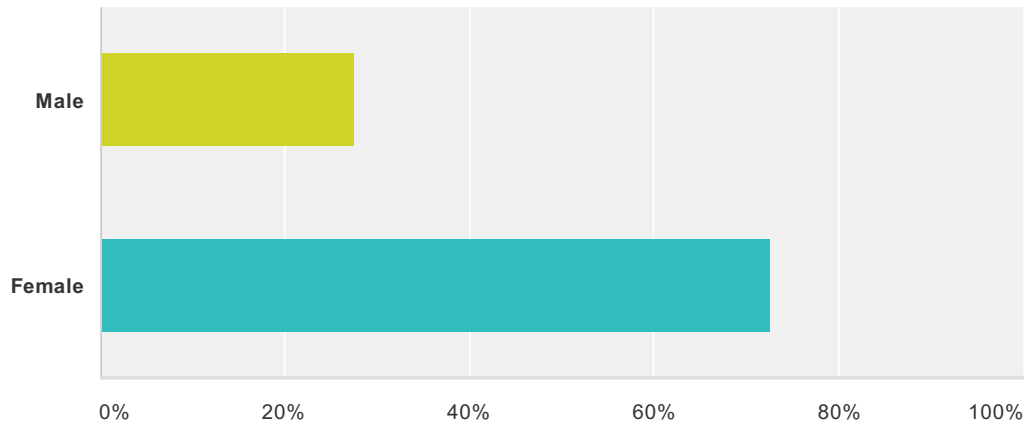
Answered: 521 Skipped: 29



Answer Choices	Responses	
18 to 24	0.58%	3
25 to 34	3.26%	17
35 to 44	5.95%	31
45 to 54	19.58%	102
55 to 64	31.09%	162
65 to 74	27.45%	143
75 or older	12.09%	63
<b>Total</b>		<b>521</b>

### Q12 What is your gender?

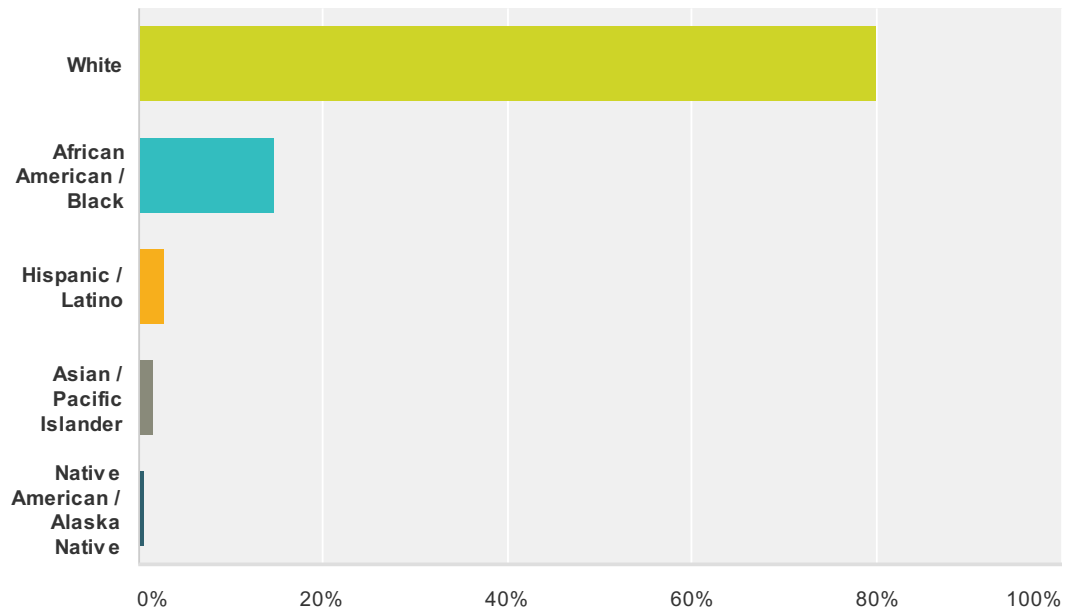
Answered: 517 Skipped: 33



Answer Choices	Responses
Male	27.47% 142
Female	72.53% 375
<b>Total</b>	<b>517</b>

### Q13 What is your race? Select one that closely applies.

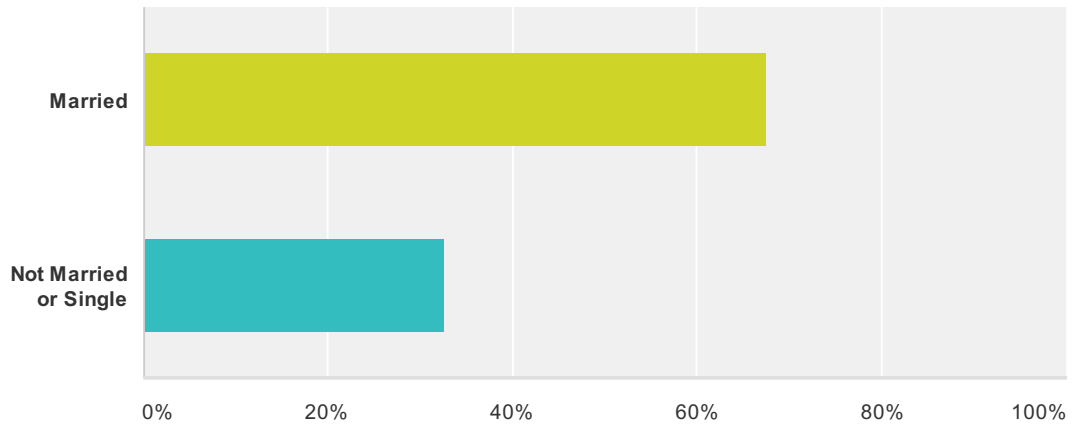
Answered: 506 Skipped: 44



Answer Choices	Responses
White	79.84% 404
African American / Black	14.62% 74
Hispanic / Latino	2.96% 15
Asian / Pacific Islander	1.78% 9
Native American / Alaska Native	0.79% 4
<b>Total</b>	<b>506</b>

### Q14 What is your marital status?

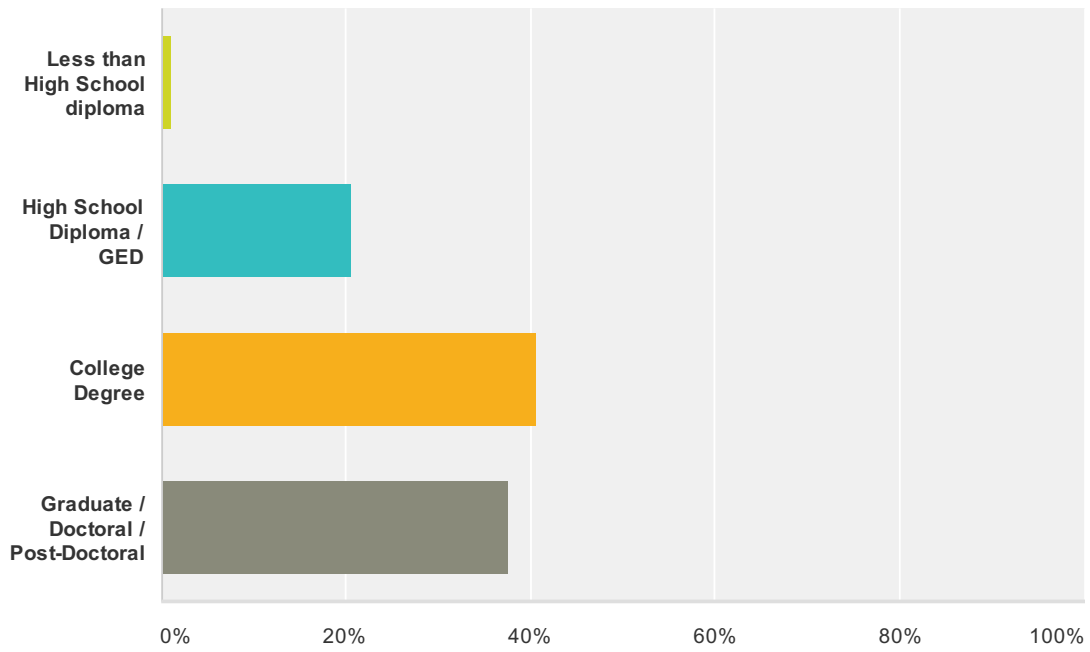
Answered: 498 Skipped: 52



Answer Choices	Responses
Married	67.47% 336
Not Married or Single	32.53% 162
<b>Total</b>	<b>498</b>

### Q15 What is the highest level of education you have received?

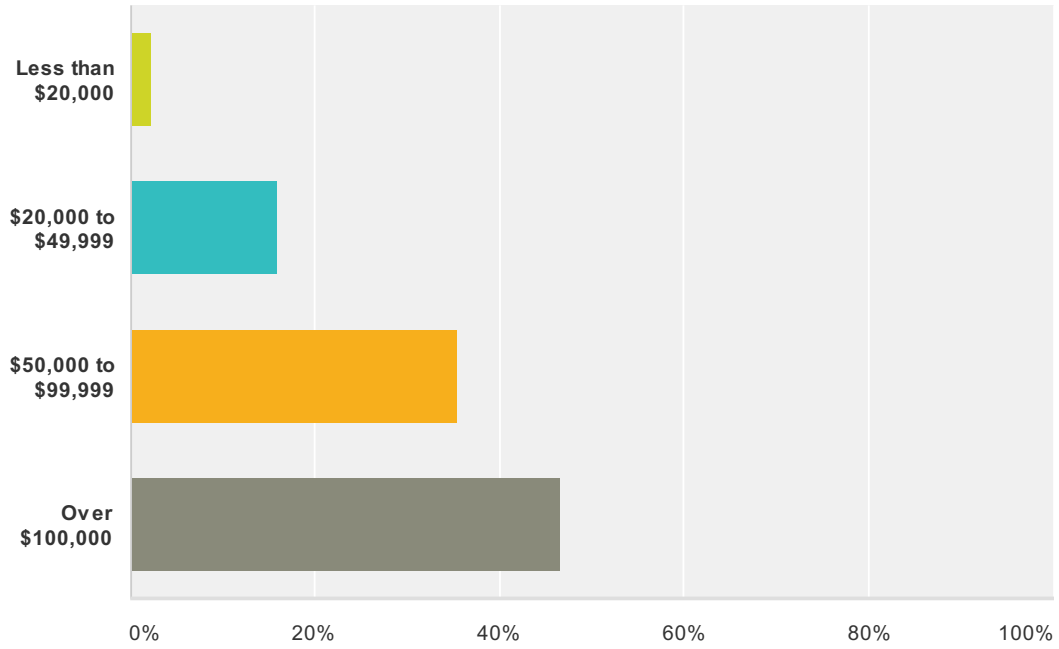
Answered: 514 Skipped: 36



Answer Choices	Responses
Less than High School diploma	1.17% 6
High School Diploma / GED	20.62% 106
College Degree	40.66% 209
Graduate / Doctoral / Post-Doctoral	37.55% 193
<b>Total</b>	<b>514</b>

### Q16 What is your average household income?

Answered: 448 Skipped: 102

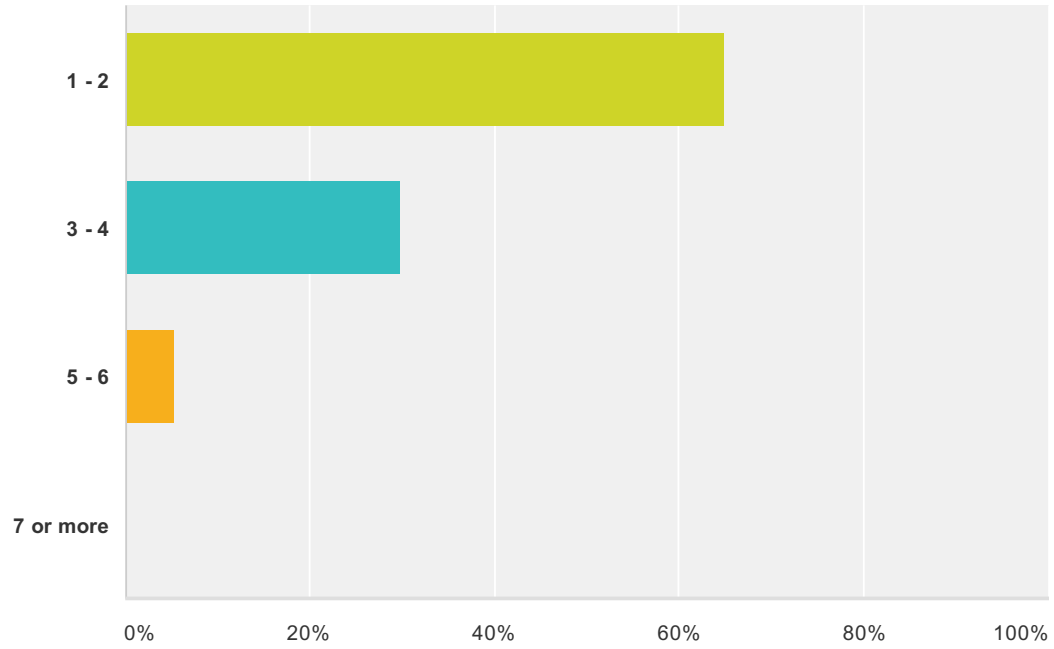


Answer Choices	Responses
Less than \$20,000	2.23% 10
\$20,000 to \$49,999	15.85% 71
\$50,000 to \$99,999	35.27% 158
Over \$100,000	46.65% 209
<b>Total</b>	<b>448</b>



### Q17 How many people are in your household?

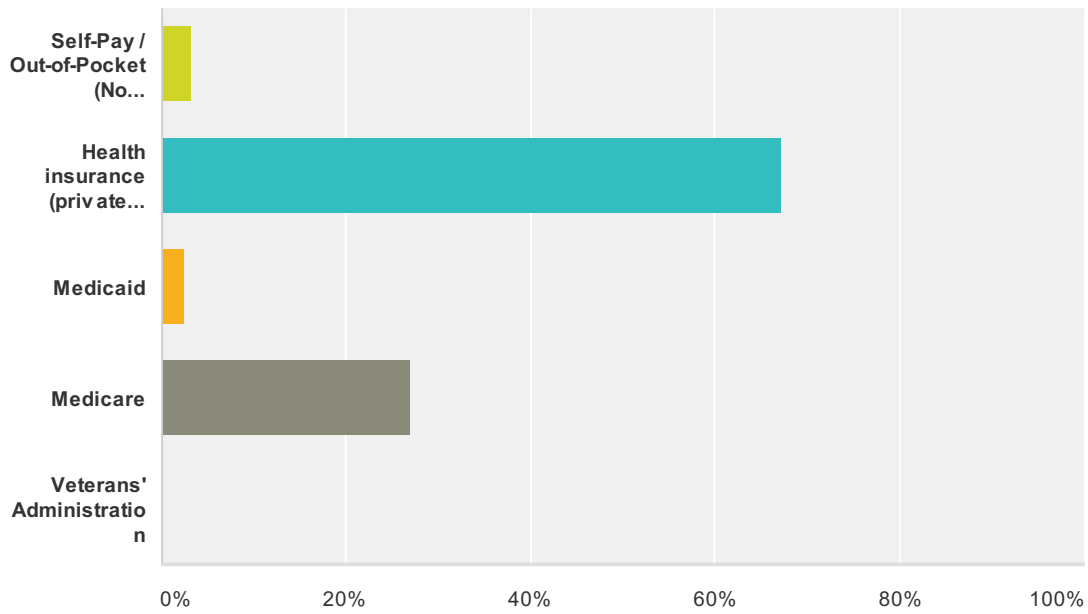
Answered: 509 Skipped: 41



Answer Choices	Responses	Count
1 - 2	64.83%	330
3 - 4	29.67%	151
5 - 6	5.30%	27
7 or more	0.20%	1
<b>Total</b>		<b>509</b>

### Q18 How do you pay for your health care? (Check all that apply)

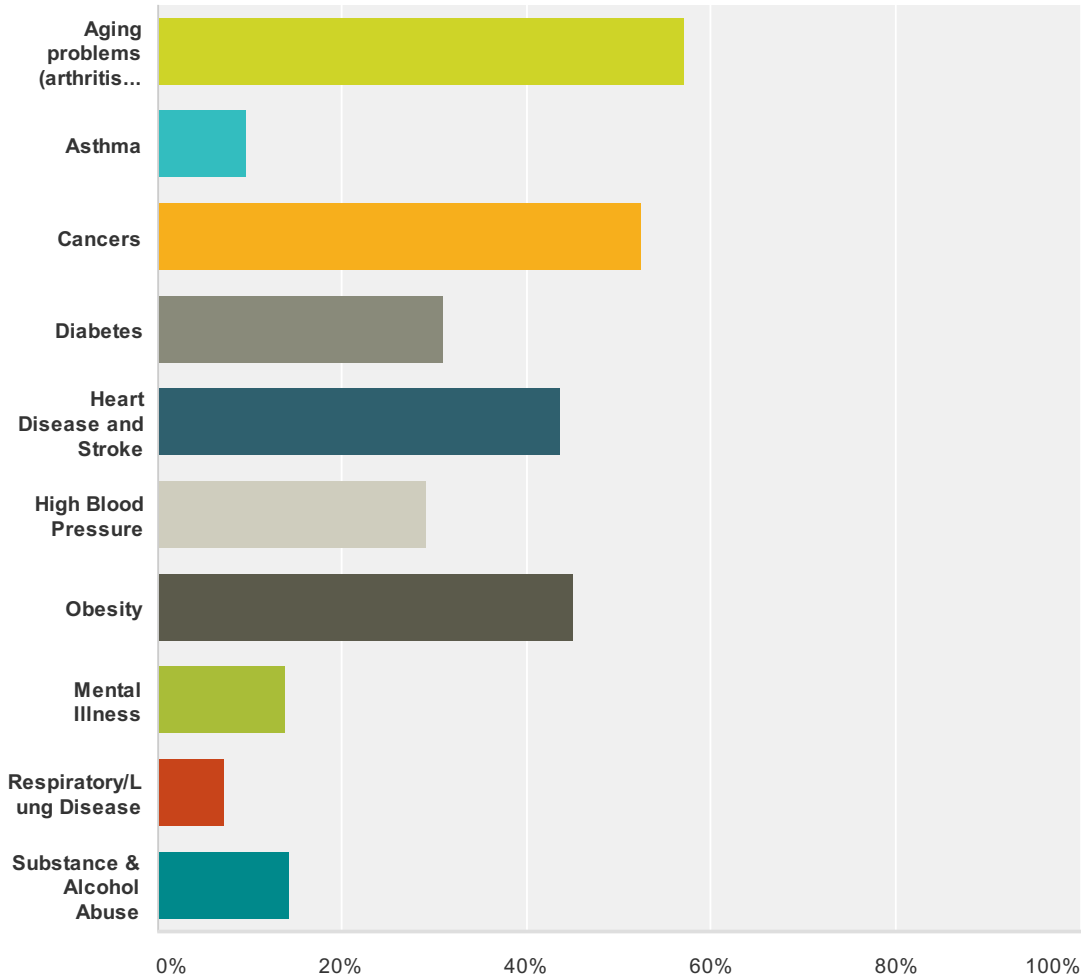
Answered: 511 Skipped: 39



Answer Choices	Responses
Self-Pay / Out-of-Pocket (No insurance)	3.33% 17
Health insurance (private insurance, Blue Shield, HMO)	66.93% 342
Medicaid	2.54% 13
Medicare	27.01% 138
Veterans' Administration	0.20% 1
<b>Total</b>	<b>511</b>

**Q19 What do you think are the THREE (3) most pressing health problems in your community? Check the three most relevant concerns:**

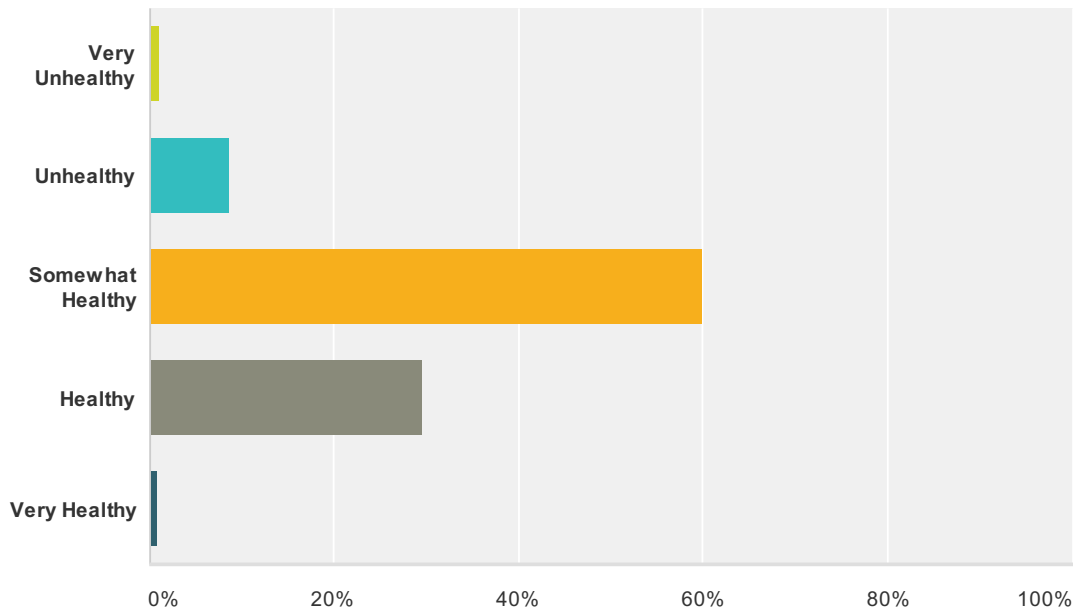
Answered: 506 Skipped: 44



Answer Choices	Responses	Count
Aging problems (arthritis, hearing/vision loss, dementia, etc.)	56.92%	288
Asthma	9.68%	49
Cancers	52.37%	265
Diabetes	31.03%	157
Heart Disease and Stroke	43.68%	221
High Blood Pressure	29.05%	147
Obesity	45.06%	228
Mental Illness	13.83%	70
Respiratory/Lung Disease	7.31%	37
Substance & Alcohol Abuse	14.23%	72

### Q20 How would you rate the overall health of your community?

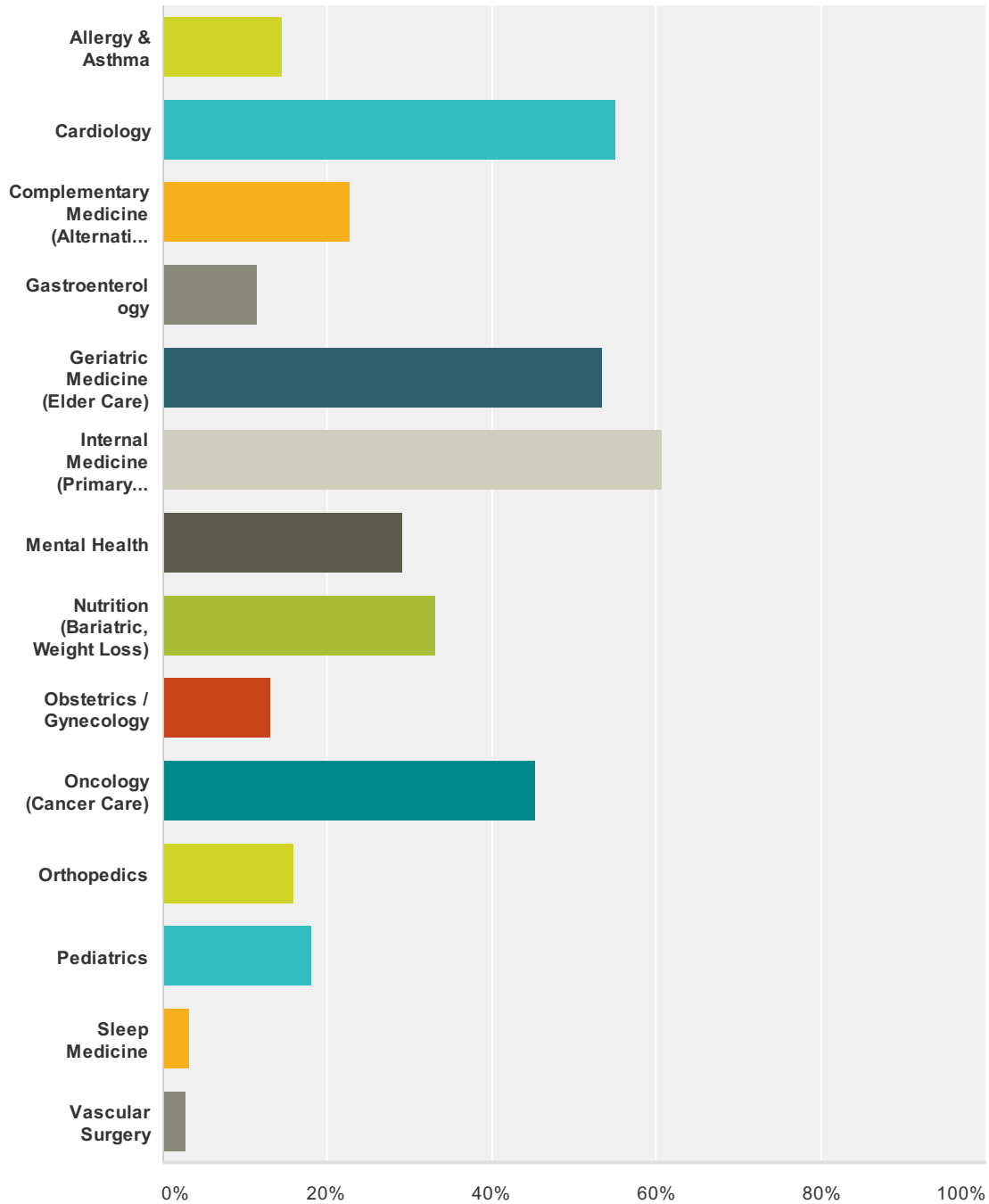
Answered: 500 Skipped: 50



Answer Choices	Responses
Very Unhealthy	1% 5
Unhealthy	8.80% 44
Somewhat Healthy	59.80% 299
Healthy	29.60% 148
Very Healthy	0.80% 4
<b>Total</b>	<b>500</b>

**Q21 In your opinion, what do you think are the FOUR (4) most important specialty services needed to care for your community? Please check four of the following:**

Answered: 488 Skipped: 62



Answer Choices	Responses
Allergy & Asthma	14.55% 71
Cardiology	54.92% 268

## Lawrence Hospital Center Community Needs Assessment

Complementary Medicine (Alternative, Holistic)	<b>22.75%</b>	111
Gastroenterology	<b>11.48%</b>	56
Geriatric Medicine (Elder Care)	<b>53.48%</b>	261
Internal Medicine (Primary Care)	<b>60.66%</b>	296
Mental Health	<b>29.10%</b>	142
Nutrition (Bariatric, Weight Loss)	<b>33.20%</b>	162
Obstetrics / Gynecology	<b>13.11%</b>	64
Oncology (Cancer Care)	<b>45.08%</b>	220
Orthopedics	<b>15.98%</b>	78
Pediatrics	<b>18.03%</b>	88
Sleep Medicine	<b>3.28%</b>	16
Vascular Surgery	<b>2.87%</b>	14
<b>Total Respondents: 488</b>		

LHC Potential Community Partners

Agency	Mailing Address	Primary Contact	Phone	Email Address
Asbury United Methodist Church (Scarsdale)	167 Scarsdale Rd Tuckahoe, NY 10707	Rev. Scott Summerville Pastor	914-779-3722	no email provided
Bronxville School District	177 Pondfield Road Bronxville, NY 10708	David Quattrone Superintendent	914-395-0500	quattrod@bronxville.k12.ny.us
Bronxville Senior Citizens Center	200 Pondfield Road Bronxville, NY 10708	Irma Damhuis & Barbara Di Co-Chairman, Senior Citizens Council	914-793-2222	<a href="mailto:bronxvilleseniorcitizens@gmail.com">bronxvilleseniorcitizens@gmail.com</a>
Bronxville Women's Club	135 Midland Ave Bronxville, NY 10708	Mary Westmoreland President	914-337-3252	<a href="mailto:laurie@bronxvillewomensclub.org">laurie@bronxvillewomensclub.org</a>
Church of the Annunciation (Yonkers)	465 Westchester Ave Yonkers, NY 10707	Jeanne Doran Office Manager	JD:914-779-7345 LS: 725-0693	LS: flsinatra@aol.com
Eastchester Community Action Program	142-144 Main St Tuckahoe, NY 10707	Charlene Lambrecht <a href="#">Director</a>	914-337-7768	<a href="mailto:clambrecht@westcop.org">clambrecht@westcop.org</a>
Eastchester Office for the Aging	40 Mill Road (Town Hall Building) Eastchester, NY 10709	Gilda Press Director	914-771-3340	<a href="mailto:gpress@eastchester.org">gpress@eastchester.org</a>
Easterchester School District	580 White Plains Rd Eastchester, NY 10709	Willa Brody Board Member Trustee	914-793-6130 ext. 4201	Board of Education BOE@Eastchester.k12.ny.us
Family & Community Services, Inc.	551 White Plains Road Easterchester, NY 10709	no contact provided	914-961-4773	fcs1908@aol.com
Garth Road Senior Center	235 Garth Rd Scarsdale, NY 10583	Gilda Press Director	914-771-3340	<a href="mailto:gpress@eastchester.org">gpress@eastchester.org</a>
Grace Baptist Church (Mt. Vernon) Dr. W	One Grace Plaza 52 South Sixth Avenue Mount Vernon, New York 10550	Rev. Dr. W. Franklyn Richard Pastor	914-664-2676	<a href="mailto:graceinfo@gracebapt.org">graceinfo@gracebapt.org</a>
Immaculate Heart of Mary (Scarsdale)	201 Boulevard Scarsdale, NY 10583	Rev. Monsignor John T. Ferr Pastor	914-723-0276 914-723-0281	w534@archny.org
Mount Vernon Neighborhood Health Center	107 West Fourth Street Mount Vernon, New York 10550	Carole J. Morris Chief Executive Officer	914-699-7200	info@mountvernonhealthcenter.org (no direct email of CEO)
Mount Vernon School District	Mount Vernon Education Center 165 North Columbus Avenue Mount Vernon, NY 10553	Judith Johnson Interim Superintendent of Schools	914-358-2400	Office of the Superintendent no e-mail provided
Reformed Church (Bronxville)	180 Pondfield Rd Bronxville, NY 10708	Alan Zanzano Chief Operation Officer	914-337-6776 ext. 117	azanzano@reformedchurch.org
Sarah Lawrence College	1 Mead Way Bronxville, NY 10708	Gerald Schorin Vice President for Communications and Marketing	914-395-2218	<a href="mailto:gschorin@sarahlawrence.edu">gschorin@sarahlawrence.edu</a>
Senior Center at Lake Isle (Eastchester)	40 Mill Road Eastchester, NY 10709	Gilda Press Director	914-771-3340	<a href="mailto:gpress@eastchester.org">gpress@eastchester.org</a>
Shiloh Baptist Church (Tuckahoe)	15 Marble Pl Tuckahoe, NY 10707	Rev. Charles E. Houston Pastor	914-961-2664	<a href="mailto:ShilohTuckahoe@gmail.com">ShilohTuckahoe@gmail.com</a>
St. Eugene's Catholic Church (Yonkers)	32 Massitota Rd Yonkers, NY 10710	Rev. Leonard F. Villa Pastor	914-779-5460	<a href="mailto:rectory32@optonline.net">rectory32@optonline.net</a>
St. Joseph's Church (Bronxville)	15 Cedar St. Bronxville, NY 10708	Monsignor Doyle Pastor	914-337-1660	<a href="mailto:ChurchofSt.Joseph@aol.com">ChurchofSt.Joseph@aol.com</a>
The Counseling Center	180 Pondfield Rd Bronxville, NY 10708	Richard W. Shoup, D. Min. Director of the Counseling Center	914-793-3388	<a href="mailto:rshoup@mindspring.com">rshoup@mindspring.com</a>
Tuckahoe Lions Club	60 Kraft Ave Bronxville, NY 10708	Peter H. Pergolis***** President	914-494-6862	<a href="mailto:pirrocpa@aol.com">pirrocpa@aol.com</a>
Tuckahoe School District	65 Siwanoy Boulevard Easterchester, NY 10709	Dr. Edward J. Reilly Superintendent of Schools	914-337-6600	<a href="mailto:reillye@tuckahoe.lhric.org">reillye@tuckahoe.lhric.org</a>
Tuckahoe Senior Citizens	4 Union Place Tuckahoe, New York 10707	Barbara Stires Director	914-337-8487	<a href="mailto:tuckahowseniors@aol.com">tuckahowseniors@aol.com</a>
Village Lutheran Church	172 White Plains Road Bronxville, NY 10708	Louis Albano President, Board of Trustees	914-337-0207	no email provided
YMCA/YWCA Mt. Vernon	20 South Second Ave Mount Vernon, NY 10550	Nick Clark Executive Director	914-668-4041	<a href="mailto:nick@mtvymca.org">nick@mtvymca.org</a>
Yonkers Office for the Aging	2 Park Ave. 4th floor Yonkers, NY 10703	Kirsten Kodl	914-377-6806	<a href="mailto:kirsten.kodl@yonkersny.gov">kirsten.kodl@yonkersny.gov</a>