

New York Methodist Hospital Community Service Plan Update Summary Y1

In 2013, New York Methodist Hospital (NYM) conducted a Community Health Needs Assessment which revealed that Brooklynites' major health concerns are diabetes and obesity. With this in mind, NYM aimed to increase already existing programming in these two areas, by partnering with local coalitions, churches, schools and community based organizations.

As part of our Community Service Plan, we chose to focus on "Preventing Chronic Diseases" by "increasing access to high-quality chronic disease preventive care and management in clinical and community settings." One way we are doing this is by promoting culturally relevant chronic disease self-management education with free monthly classes open to the community like the Diabetes and Insulin Pump Support Groups. We also regularly address community concerns regarding chronic diseases by providing free screenings and health lectures both on and off of the Hospital's main campus. Clinically, NYM hosts diabetes management education classes, and a Comprehensive Weight Management Program.

Another NYS Prevention Agenda priority area we are focusing on is "Reducing Obesity in Children and Adults" by "increasing participation of adults in a class to learn how to manage their chronic condition." In 2014, NYM began a ***Dance Your Heart Healthy*** program, providing free weekly heart-pumping dance classes to residents in Bedford-Stuyesant. This year, we are offering the program in the Flatbush section of Brooklyn. The program has been successful with the majority of attendees reporting that they lost weight, increased their energy levels and improved their sleeping habits due to participation in the classes. The Hospital also runs a free weekly Breastfeeding Support Group which encourages and teaches new mothers to provide wholesome nutrition to their infants in the form of breast milk.

NYM will continue its work addressing diabetes and obesity in Brooklyn, in addition to many other health conditions. We will persist in sustaining our community outreach program which hosts numerous health lectures and support groups targeting various health concerns, including cancer, hepatitis C, and pulmonary hypertension.