

## New York Methodist Hospital Community Service Plan Update Summary Y2 - 2015

In 2013, New York Methodist Hospital (NYM) conducted a Community Health Needs Assessment which revealed that Brooklynites' major health concerns were in the area of preventing and treating chronic diseases. NYM therefore aimed to increase already existing programming in this area, by partnering with local coalitions, churches, schools and community based organizations.

NYM has sustained its New York State Prevention Agenda priority area of Preventing Chronic Diseases by implementing interventions in two focus areas: "Reducing Obesity in Children and Adults" and "Increasing Access to High-Quality Disease Preventive Care and Management in Clinical and Community Settings.

Our major intervention in the first focus area (reducing obesity), was to "increase participation of adults with arthritis, asthma, cardiovascular disease or diabetes in a course or class to learn how to manage their condition." In 2014, NYM introduced the ***Dance Your Heart Healthy*** program, which provided free weekly, heart-pumping, dance classes to residents in Bedford- Stuyvesant. This year, we offered 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 after participation in the classes. NYM is also working to expand the dance program further through grant funding.

New York Methodist Hospital has also continued its focus on "Preventing Chronic Diseases" by "increasing access to high-quality chronic disease preventive care and management in clinical and community settings." We have continued to promote and offer culturally sensitive chronic disease self-management education to people who attend our diabetes support groups. These participants represent many different races/ethnicities. The education includes information on how to understand a nutrition label (of typical foods consumed by varying cultural groups), how to manage eating out in local restaurants (frequented by patients of varying races/ethnicities and socioeconomic backgrounds), and how to navigate cooking and eating during the holidays. We also

offer community lectures to senior groups addressing cooking and eating for one, as well as the benefits of adopting a Mediterranean diet, with sample menus and recipes given out to attendees.

NYM will continue its work addressing chronic diseases in Brooklyn, through the interventions described above and many others. Our community outreach program offers numerous health lectures, health fairs, support groups and other activities targeting various health conditions including cancer, heart disease, stroke, Parkinson's disease, hepatitis C, and pulmonary hypertension.