



FORT WASHINGTON MEDICAL CENTER COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA) RESULTS / STRATEGY RECOMMENDATIONS

What is required?

According to the Patient Protection and Affordable Care Act (“ACA”), hospitals must:

Perform a Community Health Needs Assessment (CHNA) either fiscal year 2011, 2012, or 2013. The needs assessment must take into account input from persons who represent the broad interests of the community served by the hospital facility, including those with special knowledge of or expertise in public health. **The hospital shall also:**

- ❖ Make the CHNA widely available to the public;
- ❖ Adopt an implementation strategy to meet the health needs identified by the CHNA by the end of the same taxable year. **The strategy must:**
 - **Be approved by an authorized governing body of the hospital organization;**
 - **Describe how the hospital facility plans to meet the health need; or**
 - **Identify the health need as one the hospital facility does not intend to meet and explain why it does not intend to meet the health need; and**
- ❖ Perform an assessment at least every three years.

FWMC COMMUNITY HEALTH NEEDS ASSESSMENT

BACKGROUND: Fort Washington Medical Center is required by the Internal Revenue Service and the Health Services Cost Review Commission to conduct a Community Health Needs Assessment every three years to identify the health conditions of the communities it serves. In addition, the hospital must develop and implement a strategy to address the health conditions identified through the CHNA or provide an explanation regarding why the facility will not address the need.

CURRENT STATUS:

- FWMC enlisted consultant Tripp Umbach to conduct and complete the CHNA
- FWMC reviewed the results and developed preliminary programs to address the health needs

PRIMARY HEALTH CONDITIONS: High Blood Pressure, Weight Problems, and Diabetes

STRATEGY: Promote healthy lifestyles through diet and exercise; and 2) Provide education and prevention regarding high blood pressure, weight problems, diabetes, etc.

PROGRAMS: HEAL Program in 4th Qtr. 2013; the Diabetes Self-Management Program in 1st Qtr. 2014 and a Community Walking & Education Program in 2nd Qtr. 2014.

Identification of Programs to Address Community Health Needs

#1

Healthy Eating Active Living (HEAL) Program

4th Qtr. 2013

Fort Washington Medical Center is partnering with the Behavioral Health Navigators and the YMCA Potomac Overlook to assist individuals in modifying their lifestyle to reduce their risk of developing chronic diseases through the HEAL program. The 12-month grant-funded program is designed to encourage participants to become more active through a program of regular exercise and physical fitness by adopting better eating habits to include healthier food choices.

Identification of Programs to Address Community Health Needs

#2

Comprehensive

Diabetes Self-Management Education Program

1st Qtr. 2014

Fort Washington Medical Center is developing a **Comprehensive Diabetes Self-Management Education Program** to address community healthcare needs. The multi-year diabetes self-management program will target individuals who have recently been diagnosed with diabetes, had a change in their treatment regimen, or are having difficulty maintaining glycemic control.

Identification of Programs to Address Community Health Needs

#3

“Community Walking Program”

1st Qtr. 2014

FWMC will partner with the Prince George’s County Parks & Recreation Department to enhance its Walking Program at the Southern Regional Technology and Recreational Complex in Fort Washington, Maryland.

The **Community Walking & Education Program** will include an educational component to provide health education on keeping fit, diabetes, hypertension, and other health-related topics.

FWMC COMMUNITY HEALTH NEEDS ASSESSMENT

NEXT STEPS: Secure Board Approval on CHNA Implementation Strategy

RECOMMENDED STRATEGY FOR APPROVAL: The External Affairs Committee recommends that we move forward with the three initiatives to address the areas identified in the CHNA. We will roll out the programs in intervals to provide ample time for further program development and onboarding of staff and resources needed