

**Excelsa Health  
Community Health Needs Assessment  
2019-2021**



**2019-2021 Community Health Needs Assessment**



# **Excelsa Health Community Health Needs Assessment 2019-2021**

## **Message to Community**

Excelsa Health is proud to present their 2019-2021 Community Health Needs Assessment (CHNA) Report. This report summarizes a comprehensive review and analysis of health status indicator, public health, socioeconomic, demographics and other qualitative and quantitative data from Westmoreland County. The report was developed with research collaboration from the Center for Applied Research (CFAR) at the University of Pittsburgh at Greensburg and the Healthy Communities Institute (HCI), Conduent. This report provides findings at multiple levels of analyses. The data review and analysis determined the top priority needs and issues facing the community-at-large. The process ensured consistent data collection for Excelsa Health following the current IRS 990 guidelines, a federal requirement for nonprofit health organizations and hospitals. However, the primary purpose of this assessment was to identify the health needs and issues of Westmoreland County. In addition, the CHNA provides useful information for public health and health care providers, policy makers, business leaders, community groups, social services agencies, educational and religious institutions and Westmoreland County residents who are interested in learning more about improving the health status of the community and region.

Improving the health and well-being of the community and region is a top priority of Excelsa Health and other stakeholders. Providing education on health care, improving patient care and implementing program improvements are ways in which Excelsa Health is working toward providing community resources in efforts to strengthen community health.

The complete 2019–2021 CHNA, including all data collection, methodology and proposed implementation plan has been reviewed and approved by the Excelsa Health Board of Trustees as of November 2019.

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## Executive Summary

This report provides findings of the Community Health Needs Assessment at multiple levels of analyses. Data was collected and analyzed from primary data sources such as: structured interviews with stakeholders, focus groups with demographically representative community members, a resident and patient survey and an employee health survey. Secondary data sources were collected and analyzed using data sources from Conduent Health as a starting point for the analyses of demographic, economic, health and social variables relevant to the CHNA in Westmoreland County conducted by CFAR. The CHNA process then included a data review with the CHNA Steering Committee followed by developing a detailed implementation plan. This plan was then crafted to allow for the implementation of best practices toward issues most concerning Excelsa Health in their service of Westmoreland County.

This CHNA allows Excelsa Health to meet the requirements of the IRS 990, a federal requirement for nonprofit health organizations and hospitals. However, the main purpose of the CHNA is to identify the health strengths and weaknesses of Westmoreland County to determine opportunities and threats which may impact developing and enacting an implementation plan. The CHNA also provides business leaders, community groups, public health and health care providers, educational and religious institutions, policy makers and social services agencies and Westmoreland County residents with detailed information to allow for improving community health. Developing an implementation plan will further permit these stakeholders to work toward health care outcomes based on strategic decision making.

For Excelsa Health and other stakeholders in Westmoreland County, improving the health of the community remains an important priority. Providing education on health care, improving patient care and implementing program improvements are ways in which Excelsa Health is working toward providing community resources in efforts to strengthen community health.

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## Background

In December of 2014, the IRS issued final regulations providing guidance regarding the requirements for charitable hospitals added by the Patient Protection and Affordable Care Act of 2010. The requirements include the completion and implementation of a Community Health Needs Assessment (CHNA). The initial CHNA for Excelsa Health was approved by the Board in May 2013 and focused on the community health concern of obesity which has been linked to diabetes, hypertension and coronary heart disease. To address this community health concern, Excelsa Health entered into partnerships with our Excelsa Health Medical Group physicians, regional employers, school districts and community-based organizations. These partnerships focused on primary physician support of lifestyle changes, healthy eating and improved access to exercise and fitness support. Improvements have been measured, and these initiatives will continue.

Excelsa Health worked with the Center for Applied Research (CFAR) at University of Pittsburgh, Greensburg to complete the last CHNA, which included the time period from 2016-2019. With the support of CFAR, we have reviewed secondary data collected through our partnership with the Healthy Communities Institute and primary data collected through surveys, focus groups and interviews. As a result of these findings and input from our diverse and very knowledgeable Community Health Needs Assessment Steering Committee, in May 2016 the Excelsa Health Board of Trustees approved that the next CHNA focus on three community health issues as priorities:

- 1) Build on our present community partnership initiatives and continue our focus on reducing “obesity” and the negative impacts of diabetes, hypertension and coronary heart disease. Implementation initiatives will include continued partnerships with our Excelsa Health Medical Group with a focus on prevention and medical management of diabetes. It will also include continued partnerships with regional employers to provide wellness services, school districts to support Project Fit America programs and regional YMCA’s to expand the diabetes prevention programs and continued outreach programs such as Mall Walkers.
- 2) Add a focus on “substance abuse.” Implementation initiatives will include partnerships with Westmoreland County and the Drug Task Force and efforts from our Excelsa Health Medical Group and professional staff regarding developed guidelines and education for our physicians to follow and to support their medical decision in the hope of reducing the prescribing of these medications.

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- 3) Add a focus on women's health primarily related to reducing the "incidence of breast cancer". These implementation initiatives will include documentation and measurement of many of the initiatives presently under way through Excelsa Health to improve access to the diagnoses and treatment of this health concern.

This 2016-2019 CHNA included detailed data collection, analysis and evaluation of the following relevant community health areas:

- Access to Quality Health Care
- Chronic Disease
- Demographic and Socioeconomic Indicators
- Environmental Concerns and Constraints
- Infectious Disease
- Injury
- Mental Health
- Nutrition
- Older Adults and Aging
- Physical Activity and Nutrition
- Substance Use and Abuse
- Transportation
- Women's Health

Further details on the 2016-2019 Excelsa Health CHNA and Implementation Plan are available on the Excelsa Health website under the Community Wellness tab.

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## 2019-2021 CHNA Timeline and Process

### CHNA Timeline

#### Infrastructure Development (May—June 2018)

- Formalize work plan with tasks and timelines specified

- Reconsider Steering Committee Members to assure inclusion of appropriate community level representation

- Specify data parameters for secondary data collection

#### Refine Scope and Planning (June—July 2018)

- Finalize primary data collection plan

- Revised primary data tools

- Implement new data tools

- Finalize secondary data collection plan

#### Implement Data Collection Plan (August—December 2018)

- Present Data Collection Plan to Steering Committee for feedback

- Schedule and conduct structured interviews, focus groups and community surveys

- Collect, process and refine secondary data

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Data Analysis Plan (January—April 2019)

- Analyze primary and secondary data

- Develop Findings Section for inclusion in Final Report

- Deliver Data Findings to Steering Committee for feedback and the prioritization of SWOT community health needs

Develop Draft Report (May—June 2019)

- Complete draft report

- Deliver presentation to Steering Committee

- Assist with the development/refinement of Implementation Plan

Implement and monitor the Community Action Plan (July 2019—April 2020)

- Develop Final CHNA Report for presentation to Excela Health Board for consideration and approval of Implementation Plan

- Assist Excela Health with implementing, measuring and monitoring program and service activities

- Assist with Continuous Quality Improvement (CQI) on the development of the next CHNA

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## CHNA Data Collection

### *Primary Data Collection*

During the CHNA period, data was collected through a series of key stakeholder interviews, community focus groups, a patient and resident survey and an employee survey. Primary qualitative data collected for the CHNA includes 10 focus groups and 15 stakeholder interviews. These individual and group interviews were held with respondents to include a variety of Westmoreland County residents' interests and viewpoints based on opinions on community health issues. Questions posed during these sessions allowed us to gather detailed information on knowledge and perceptions on the strengths and weaknesses of community health as well as ways in which opportunities could be utilized and threats avoided.

In addition to focus groups and interviews, a paper-based patient and resident survey was used to gather information from residents. Questions asked on the survey were designed to gather detailed information on knowledge and perceptions of community health in a similar design to the focus groups and interviews. Once these data were collected, data were sorted by theme and responses to questions were grouped into categories. This allowed for the content analysis of data, which was then presented to the CHNA Steering Committee for comments and feedback. Details on the data collection tools used for interview, focus group or survey instruments are available upon request.

### *Secondary Data Collection*

Using secondary data obtained through HCI-Conduent, CFAR analyzed and interpreted county level data in several key areas relevant to community health indicators. These areas of interest included access to health services, rates and details on diseases, nonhealth outcomes, demographic details and economic outcomes. HCI also provided details on how certain health issues can be ranked using an indicator scoring system which allowed us to measure how Westmoreland County is doing in comparison to the state and nation on health indicators. Details on the methodology or data instruments are available upon request.



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## Findings

### *Highlights of Findings from Primary Data Sources*

#### Interviews and Focus Groups Analyses

CFAR conducted interviews and focus groups of key stakeholders and community members. The questions asked during these interviews and focus groups are provided below. Following each question underlined below, the pooled key concepts and ideas from individual interviews and focus groups are detailed. The numbers to the right of the response in parenthesis are the number of times a concept or indicator was mentioned during an interview or focus group.

#### What does a healthy community mean to you?

- Access to health care (10)
- Education about health care (7)
- Services for all, easily accessible (7)
- Preventative care (5)
- Adequate nutrition (3)
- Proactive involvement
- Better connection between providers
- Access to housing
- Caring community and staff in hospitals
- Community that values and treats needed people
- Able to live fullest life
- Individual action on health care issues

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What would you identify as the top three community health needs?

- Opioid/substance abuse (13)
- Obesity (12)
- Transportation (11)
- Aging population (6)
- Mental health care (5)
- Universal health care (5)
- Preventative Care (4)
- Diabetes (4)
- Access to health care (4)
- Poverty (3)
- Education (2)
- Health disease (2)
- Access to good nutrition
- Access to housing
- Smoking
- Cancer
- People not exercising
- Air quality
- Lack of health care providers
- High price of health care insurance
- Medication management and evaluation
- More outreach to county rural areas
- Access for prenatal and pregnancy care

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## What issues are driving these community health needs?

- Economy (7)
- Cost of health care (5)
- Lack of transportation (5)
- Rural culture of obesity (5)
- Lack of education about opioids (2)
- Split between Highmark and UPMC (2)
- Lack of high quality food options
- UPMC and Excelsa monopolies
- Multiple co-pays at same location: insurance issues
- Large number of elderly patients
- Lack of transportation for elderly patients
- Lack of employment
- Drug testing and employees cannot pass
- Mental Health issues
- Local politics
- Rise of Spanish-speaking residents
- Smoking
- Access to healthy food and nutritional information
- Poor health care integration

## What community health activities are currently underway?

- Mall Walkers and Project Fit America (4)
- Ongoing Westmoreland Drug and Alcohol Commission involvement (3)
- Prenatal clinic
- Routine clinics
- Better local service options

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- MAPS program, waive co-pays in some cases
- Potential solutions to transportation
- County 211 connection
- Excelsa literature, brochures and outreach

## What else needs to be done with respect to community health?

- Expand existing programs (8)
- Include all players in county on health care discussions (4)
- Medication-assisted treatment for opioid addiction (4)
- Better coordination with EMS services (3)
- Better follow-up on existing programs like Mall Walkers and Project Fit America (3)
- Company engagement (2)
- Partner with restaurants for healthier food options (2)
- Better community transportation options (2)
- Extend Project Fit America (2)
- More focus on underrepresented and disadvantaged populations
- One site with multiple services
- Uneven county services north of Route 30 in Westmoreland County
- Access to nurses
- Better transportation for seniors
- Balance toward client care, away from controlled doctor interactions
- More programs like Mall Walkers and Silver Sneakers
- Community outreach
- Improve funding streams for services
- Ligonier services are lacking
- Better education on health and preventative care
- Focus on seniors more
- Walk-in mammography, breast care center

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- Develop programs throughout county, not just urban areas
- More psychiatrists to engage mental health problems
- Lack of health care providers
- Better communication between facilities
- Better education and access to opioid overdose prevention remedies
- Expand Excelsa Health acceptance of insurance and providers

### Are resources adequate to expand or sustain community health needs?

- Accessible services (3)
- Lack of resources in rural areas
- Lack of financial capital
- Lack of case managers at Excelsa Health
- Lack of behavioral treatment resources
- Social services rich county
- Size of county problematic
- Expand county food bank
- Get more employers involved in efforts
- Better transportation needed

The responses to the interviews and focus groups show the opinions of respondents on questions related to community health activities, needs and resources in Westmoreland County as part of the Excelsa Health CHNA. The themes identified allowed us to better understand the perceptions of key stakeholders and community focus group participants on issues of community health.

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## Excelsa Health CHNA 2018-2020 Employee Online Survey Analysis

In addition to interviews and focus groups, CFAR conducted an Excelsa Health employee online survey to learn the perceptions of employees toward community health concerns in the county. About 779 employee respondents completed the survey with details on both questions posed and answers received indicated below. The number in parenthesis shows the top three responses for each of the questions in the survey.

### Question 1: How much of a problem is each of the following in your community?

1. Drug Abuse (358)
2. Obesity (214)
3. Access to Medical Care Providers (176)
4. Tobacco (170)
5. Heart Disease (160)

### Question 2: What are the three most important factors for a healthy community?

1. Access to health care (141)
2. Good job/healthy economy (99)
3. Strong family life (77)

### Question 3: What are the three most important health problems in our community?

1. Drug Use and Abuse (248)
2. Cancer (64)
3. Aging Problems (37)

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Question 4: What are the three most important risky behaviors in our community?

1. Drug Use and Abuse (327)
2. Being Overweight (54)
3. Alcohol Abuse (41)

Question 5: What barriers do people in your community face when they seek health care?

1. High Cost of Care (231)
2. No Insurance Coverage (125)
3. Fear of Health Condition Itself (27)

Question 6: What is needed to improve the health of your family and neighbors?

1. Insurance Coverage (124)
2. Free or Affordable Health Screenings (74)
3. Job Opportunities (61)

## **Excelsa Health CHNA 2018-2020 Patient Community Health Survey**

CFAR also conducted a paper and pencil survey with residents and patients who visited hospitals or care centers to ascertain their opinions on community health. About 409 respondents completed the survey with questions posed and answers provided details below.

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Question 1: What do you think are the three most important factors for a healthy community?

1. Access to Health Care (195)
2. Good jobs and healthy economy (40)
3. Low crime safe neighborhoods (27)
4. Strong family life (25)
5. Low adult deaths and disease rates (23)

Question 2: What do you think are the three most important health problems in our community?

1. Drug use/abuse (125)
2. Cancers (84)
3. Aging problems (75)
4. Care of elderly (30)
5. Mental health problems (14)

Question 3: What do you think are the three most important risky behaviors in your community?

1. Drug abuse (187)
2. Alcohol abuse (76)
3. Being overweight (48)
4. Bullying (24)
5. Poor eating habits (19)

Question 4: What barriers do people in your community face when they seek health care?

1. High cost of care (194)
2. Inadequate or no insurance coverage (85)
3. Transportation (26)
4. Fear (not ready to discuss health problems (21)
5. Do not know how to find doctors (20)



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Question 5: What is needed to improve the health of your family and neighbors?

1. Free or affordable health screenings (120)
2. Insurance coverage (114)
3. Mental health services (34)
4. Job opportunities (33)
5. Healthier food (24)

Question 6: How would you rate our community as a healthy community?

1. Healthy (247)
2. Unhealthy (134)

Question 7: How would you rate your own personal health?

1. Healthy (299)
2. Unhealthy (83)

Question 8: During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

1. Yes (293)
2. No (90)

Questions 9: Do you have a regular health care provider?

1. Yes (367)
2. No (16)

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Question 10: Please enter zip code where you live.

- 1. 15601 (84)
- 2. 15650 (82)
- 3. 15666 (24)
- 4. 15644 (19)
- 5. 15642 and 15658 (17)

Question 11: Age

- 25 or less (17)
- 26-39 (34)
- 40-54 (58)
- 55-66 (114)
- 67-79 (151)
- 80 or higher (25)

Question 12: Gender

- Male (100)
- Female (292)

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## Question 13: Highest education level completed

Less than HS (9)

HS or GED (153)

Vocational/Technical degree (66)

BA (93)

MA or higher (58)

## Question 14: Ethnic Group

White (277)

None (43)

Black (3)

Hispanic (1)

## Question 15: Marital Status

Married/ co-habiting (260)

Not married/ single (91)

Other (40)

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Question 16: Household Income

- Less than 20k (57)
- 20k-29,999 (61)
- 30k-49,999 (89)
- 50k-79,000 (74)
- Over 80k (92)

Question 17: Currently employed

- Yes (145)
- No (241)

Question 18: Employee of Excelsa Health

- Yes (12)
- No (378)

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Question 19: Where did you complete this survey?

Excela Square (89)

Mall (70)

Frick (18)

Work (12)

Excela Square Latrobe (12)

## ***Highlights of Findings from Secondary Data Sources***

### **Excela Health CHNA 2018-2020: Secondary Data Analysis of HCI Platform Data**

CFAR obtained secondary data source from HCI, Conduent on demographic, economic, health and social indicators in Westmoreland County for the most recent period each indicator was available for analyses. The narrative below discusses ways in which these secondary data illuminate comparison of Westmoreland County with state and national level statistics.

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## Access to Health Services:

### *Adults with Health Insurance:*

In regards to adults with health insurance, Westmoreland County values are higher than state values, with 94.7% of adults having any type of health insurance coverage, placing Westmoreland County in the best 50% of all Pennsylvania and U.S. counties and shows an overall improvement from previous values. However, this does not meet the HP 2020 target of 100%. The disparities seen amongst age and gender categories are not significantly different than the overall value; however, racial disparities amongst those who self-identified as Black or African American (88.1%) are significantly lower than the overall population.

The primary care provider (practicing physicians specializing in general practice medicine, family medicine, internal medicine and pediatrics) rate for Westmoreland County in 2015 is 79 providers/100,000 people (in best 50% of all U.S. counties). This value is lower than the state level of 81 providers/100,000; however, the nonphysician primary care provider rate (primary care providers who are not physicians include nurse practitioners (NPs), physician assistants (PAs) and clinical nurse specialists) is 68/100,000 people showing an increase from the previous measurement of 63, which falls within the lower 25-50% amongst PA counties and upper 50% of all U.S. counties.

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## Diseases:

### ***Cancer:***

In Westmoreland County, the age-adjusted cancer rate is 172.3 deaths per 100,000 population. Of these, breast cancer (21.5 deaths per 100,000), lung cancer deaths (45.9 deaths per 100,000), prostate cancer deaths (18.3 deaths per 100,000) and colorectal cancer deaths (16.5 deaths per 100,000) contribute to the greatest number of annual deaths. The incidence of prostate cancer deaths is the only HP 2020 cancer target met.

There are many gender and racial disparities with cancer at the county level. Overall, there is a significantly higher death rate amongst males (208.7 deaths per 100,000) than females (148.4 deaths per 100,000) as well as a significantly higher incidence of prostate cancer amongst those who identified as Black. Screenings and other preventative measures may need increased in certain populations.

### ***Diabetes:***

It is reported that 12% of those living in Westmoreland County have diabetes. This value is slightly larger than the PA value but is remaining consistent to its prior measurements. Children with Type 1 Diabetes (0.42%) in the country is relatively low and similar to values seen across PA; however, the incidence of Type 2 (0.07%) amongst children are higher than those of PA and prior values. The Medicare population in the area has a lower incidence of diabetes (23.3%) compared to PA and national values.

The age-adjusted death rate due to diabetes in Westmoreland County (20.3 deaths per 100,000) ranks within the 25-50<sup>th</sup> percentile of PA counties and shows a slight nonsignificant increase from the previous values reported. The death rate due to diabetes is higher in males as well as those 65 and older.

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## ***Heart Disease & Stroke:***

Within Westmoreland County, coronary heart disease (CHD) has the highest age-adjusted death rates (115.4 deaths per 100,000) of all the heart disease categories followed by stroke (34.3 deaths per 100,000). Males have a significantly higher risk of death due to CHD over females in the population. Both of these rates fall within the middle 25<sup>th</sup>-50<sup>th</sup> percentile in comparison to PA counties. CHD is higher in Westmoreland County than the average in PA but stroke deaths are lower than the PA average and also meet HP2020 Target values.

Heart disease is prevalent amongst the Medicare population of Westmoreland County. The age-adjusted hospitalization rate due to heart attack is 35 per 10,000.

Of the Medicare population, 50.7% experience hypertension, 40.8% have hyperlipidemia, 13.4% have heart failure, 25.5% have ischemic heart disease, and 9.3% experience atrial fibrillation (A-Fib).

## ***Immunizations and Infectious Disease:***

Age-adjusted death rates (14.4 deaths per 100,000) due to influenza and pneumonia for Westmoreland County are above PA and national values.

Sexually transmitted diseases, chlamydia (214.1 cases per 100,000) and gonorrhea (37.4 cases per 100,000) have significantly lower incidence rates in the county compared to the state and national values. Age and gender disparities exist for both of these STDs with highest incidence rates in those 15-24 years old. Rates of chlamydia are higher in females and gonorrhea higher in males. HIV age-adjusted death rates are 1.0 deaths per 100,000, which is lower than PA and national values and meets the HP 2020 Target.



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Lyme disease is significantly higher in the county (162.3 cases per 100,000) compared to the state and national values. There is also an increase in Lyme disease from prior reported values. Lyme infections were highest in those 55 years and older.

The incidence rate of salmonella infection due to food safety in Westmoreland County is 12.7 cases per 100,000. This is slightly higher than the PA value but does not meet the HP 2020 target (11.4).

#### ***Respiratory Diseases:***

Asthma is a prevalent respiratory problem in the U.S. that is often exacerbated by poor environmental conditions. During 2015, 7.7% of adults in Westmoreland County reported that a health care provider told them that they had asthma. Amongst those is the Medicare population (in the best 50% of PA counties), which is below the state and national values. COPD amongst the Medicare population in Westmoreland County is 11.6%. This is above both PA and U.S. values.

#### ***Mental Health & Mental Disorders:***

Age-adjusted rates due to suicide in 2016 were 19.1 deaths per 100,000. This falls within the 25<sup>th</sup>-50<sup>th</sup> percentile for all PA counties and is higher than both state and national rates. Suicide deaths are significantly higher in the male population, but did not reach the HP 2020 target value of 10.2%. The percentage of Medicare beneficiaries who were treated for depression in 2015 in Westmoreland County is 16.6% (in top 50<sup>th</sup> percentile of PA U.S. counties). This percentage is lower than the state value of 17.8% but is increasing since the last measurement period.

Those in the Medicare population <65 have a higher incidence of depression than the older Medicare population. Approximately 11.2% of individuals within the county experience frequent mental distress, which is significantly lower than PA and national values.

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## ***Maternal, Fetal, & Infant Health:***

In the maternal, fetal and infant health category, the percentage of babies born with low birth weight (less than 2,500 grams) in Westmoreland County in 2016 is 7.2% (in the best 50% of PA counties). This value is lower than the state value of 8.2% and meets the target HP 2020 value of 7.8%.

The percentage of mothers who breastfed their new baby after delivery in 2016 is 75% (between 25<sup>th</sup>-50<sup>th</sup> percentile of all PA counties). This is lower than the state value of 81.1%, and the HP 2020 value of 81.9% was not met. When examining maternal age, mothers age 15 to 17 breastfeed the least (57.9%) while mothers age 35 to 39 breastfeed the most (80.8%). Racial disparities also existed with 89.2% of those self-identifying as Asian or Pacific Islander having the highest percent breastfeeding and those who self-identifying as Black having the lowest (60.5%).

The percent of mothers who did not smoke during pregnancy in Westmoreland County in 2016 was 84.3%. This did not meet the HP 2020 target value of 98.6% and is lower than both the PA and national percentages. Those who self-identified as Asian or Pacific Islander had the highest nonsmoking rate in the county (97.3%), and the lowest rates were seen in those who identified with multiple races (73.4%).

The percent of mothers who received early prenatal care (81.3%) was in the highest 50<sup>th</sup> percentile amongst all PA counties and higher than both national and PA values. This meets the HP 2020 Target of 77.9%.

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## ***Women's Health:***

The expected life expectancy for women living in Westmoreland County is 81.1 years old. This is about the same as the PA value and slightly lower than the national value. Breast (133.5 cases per 100,000) and cervical (7.9 cases per 100,000) cancer incidence rates are higher for women in Westmoreland County than PA and national values. Cervical incidence rates do not meet the HP 2020 Target.

## ***Adults with Disability:***

Of adults 65 and older in Westmoreland County, 33.2% report having a disability. This value is lower than both the PA and national values. Disabilities are seen more in adults over the age of 75 (47.2%) as well as in those who identify as Black or African American (45%). Primary disabilities include hearing difficulties (15.3%), self-care difficulties (7.1%), vision difficulties (5.5%) and independent living difficulties (12.6%).

Alzheimer's disease or dementia affects 10.7% of those in the Medicare population. This value is higher than the PA and national values and falls within the lower 25<sup>th</sup> percentile in both PA and U.S. counties. Rates of Alzheimer's disease and dementia are higher in those 65 and older (12.7%).

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## ***Weight Obesity:***

Obesity is continuing to be a concern in Westmoreland County. HP 2020 targets for obesity in adults (30.5%), children (15.7%), and teens (16.1%) have not been met. The percentages of individuals in the county that are overweight or obese are greater than or equal to state values for all age categories. The adult obesity percentage (67%) ranks around the 50<sup>th</sup> percentile and only slightly above the PA value, and remaining consistent since prior measurement. About 17.8% of children grades K-6 are identified as being obese and 33.2% overweight. There are 19.7% and 38.4% of teens who are identified as being obese or overweight in the county, respectively.

## ***Substance Abuse:***

Lifestyle habits contribute to many disease outcomes. In Westmoreland County, 18% of adults report binge drinking, and this meets the HP 2020 Target of 24.2%. About 19% of individuals report smoking, which is larger than PA and national values. This did not meet the HP 2020 Target.

Drug abuse and its related problems are among society's most pervasive health and social concerns. Deaths due to drug use occur with both legal and illegal drugs as well as from medically prescribed drugs. The age-adjusted death rate due to drug use in Westmoreland County during the measurement period from 2014-2016 is 47.6 deaths per 100,000. This value is in the worst 25% of all counties and higher than the state rate (29.2 per 100,000) and national value (17.9 per 100,000). The target HP 2020 value of 11.3 has not been met. A gender disparity exists for this indicator as the age-adjusted death rate is higher in males (59 deaths per 100,000) than females (35.8 deaths per 100,000).

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## ***Wellness and Lifestyle:***

In Westmoreland County, 10.1% of individuals express frequent physical distress, and 35.5% of adults indicate insufficient sleep. These values are both significantly lower than PA and national values. Life expectancies for both genders fall within the upper 50<sup>th</sup> percentile for the state. Females life expectancy is greater than the males (91.1 v. 76.6 years). Both of these values fall below the national value.

## **Non Health Related Outcomes:**

### ***Prevention & Safety Falling:***

The age-adjusted death rate due to falls in Westmoreland County during the measurement period from 2014-2016 is 14.1 deaths per 100,000 people (in the worst 25% of PA counties), which is higher than the state rate of 8.4 deaths per 100,000 and does not meet the HP 2020 target of 7.2. Rates of death due to falls are higher in males (18 deaths per 100,000) than females (11.1 deaths per 100,000).

The age-adjusted death rate due to firearms in Westmoreland County is 12.5 deaths per 100,000. This is in the 25<sup>th</sup>-50<sup>th</sup> percentile amongst all PA counties and is above the average rate in PA and is significantly higher in males (21 deaths per 100,000) than females (4.5 deaths per 100,000). This value does not meet the HP 2020 target of 9.3.

Adjusted-death rates due to unintentional poisonings in the county are 45.1 deaths per 100,000. This value is significantly higher than PA and national values and much higher in males (57.3 deaths per 100,000) than females (32.5 deaths per 100,000).

# Excelsa Health Community Health Needs Assessment 2019-2021

## ***Motor Vehicle Collisions:***

Overall, there were 12.1 per 100,000 people killed by motor vehicle collisions in 2016. A disparity can be seen between genders with males having higher rates (18.8 deaths per 100,000) than females (8.1 deaths per 100,000). This value is higher than that of the state and shows a slight decrease since previous measurements.

## ***Violent Crimes:***

Violent crimes include murder and non-negligent manslaughter, forcible rape, robbery and aggravated assault. Westmoreland County's violent crime rate was 169.6 crimes per 100,000 people, which is lower than PA (315.6 crimes per 100,000) and national (383.3 crimes per 100,000) values.

Violent crime has a negative effect on the community by reducing productivity, reducing property values and disrupting social services. Westmoreland County's violent crime rate is below the U.S. average and is much lower than the surrounding counties of Allegheny and Indiana.

## ***Alcohol-Impaired Driving:***

About 35.6% of all of Westmoreland County's deaths resulting from motor vehicle crashes during the years of 2012-2016 involved alcohol-impaired driving, which was higher than the PA and national values. There has been a subtle but steady decrease in alcohol-impaired driving deaths in Westmoreland County. The incidences decreased from 37.7% in the year's 2008-2012 to 35.6% from 2012-2016.

# Excelsa Health Community Health Needs Assessment 2019-2021

## ***Child Abuse Rate:***

The number of incidents of abuse or neglect is 12.3 cases per 1,000 children in Westmoreland County. This looks at children younger than 18 years of age which may include multiple incidents of abuse per child victim during the time period and includes reported incidents of suspected child abuse through the Childline and Abuse Registry. It does not include General Protective Service reports which include less severe, general neglect reports. This is a significant increase from previously reported values of 8.3 cases per 1,000 children. Westmoreland County falls below the PA value in child abuse rate.

## ***Food Insecurity Rate:***

The food security value for the county is 11.1%. This indicates the percentage of the population that experienced food insecurity at some point during the year. This is both an economic and social indicator of the health of a community. The U.S. Department of Agriculture (USDA) defines food insecurity as limited or uncertain availability of nutritionally adequate foods or uncertain ability to acquire these foods in socially acceptable ways. Food insecurity is associated with chronic health problems in adults including diabetes, heart disease, high blood pressure, hyperlipidemia, obesity and mental health issues including major depression and is usually associated with poverty and unemployment.

## ***Built Environment:***

Proximity to exercise opportunities is associated with increased physical activity and improved health outcomes. About 57% of individuals in Westmoreland County live within walking distance of a park or recreational facility. This is expectantly lower to that of PA and national values due to the rural nature of the area.

Access to grocery stores also may have correlations with health outcomes.

# Excela Health Community Health Needs Assessment 2019-2021

The food environment index combines measures of food access: the percentage of the population that is low income and has low access to a grocery store, and the percentage of the population that did not have access to a reliable source of food during the past year to create a numeric score ranging from 0 (worst) to 10 (best). The Food Environment Index score in Westmoreland County is an 8.0. This is lower than the PA value but above the national average.

## **Demographics:**

### ***Population:***

Westmoreland County's population saw a total decrease of 2,161 residents in 2017 from previous measurements. Westmoreland County has a lower percentage of persons under five years of age and a lower percentage of persons less than 18 years of age than PA and national values but a higher proportion of the population over the age of 65 (22.1%). The county also has a veteran population (9.5%) that is higher than both PA and national values. It appears that Westmoreland County's population is becoming increasingly older. Although there is no data about the percent of middle-aged residents in Westmoreland County and PA, it is reasonable to conclude that fewer young couples are choosing to stay in Westmoreland County; therefore, there are fewer children being raised there.



# Excelsa Health Community Health Needs Assessment 2019-2021

## ***Racial Demographics:***

Westmoreland County has a larger percentage of white persons alone, including Hispanics and Latinos who are white, at 94.9% as compared to Pennsylvania at 82.1%. Of those who are white, excluding Hispanics or Latinos, Westmoreland County is at 93.9% and PA is at 76.5%. Hispanics and Latinos account for a very small amount of those who identify as white alone.

Westmoreland County has a significantly smaller percentage of Black or African American persons alone (reporting only one race) at 2.5% as compared to Pennsylvania at 11.9% and a significantly lower percentage of Asian and Hispanic/Latino populations (1.0% and 1.2%, respectively) as compared to PA (3.6% and 7.3%, respectively). Additionally, Westmoreland County is 0.1% American Indian and Alaska Native alone; whereas, in PA, this group accounts for 0.4% of the population. The percent of racial minorities in Westmoreland County is noticeably smaller than in PA, which suggests that the county has a lack of diversity. Considering that Westmoreland County has an even smaller percent than PA of whites alone, not Hispanic or Latino, it seems even clearer that Westmoreland County is disproportionately white.

## ***Foreign-Born Persons:***

The percentage of foreign-born persons from 2011 to 2015 in Westmoreland County was 1.5%, as compared to 6.3% in PA. Westmoreland County appears to have a lack of diversity, specifically in regards to foreign-born persons compared to the national average.

## ***Households:***

The homeownership rate in Westmoreland County (69.3%) is larger than that in PA (61.1%) and nationally with median house values of \$144,900. Westmoreland County has a lot of suburbs and rural areas, and the totality of PA includes many cities where people are more likely to rent. In Westmoreland County, 6.9% of families live below poverty level.

## **Excela Health Community Health Needs Assessment 2019-2021**

This is below the PA and national values. Of all people living below poverty, age and racial disparities exist. There is a significantly higher percentage of poverty seen in those younger than 44 as well as in those who self-identified as Black or African American or two or more races.

The average household size for Westmoreland County is 2.3 persons per household; this is slightly lower than the PA and national values of 2.5 and 2.6 persons, respectively, but has remained consistent over the past 10 years. The amount of single-parent households (27.2%) has remained consistent from previous values and are below values for PA and nationally.

### ***Housing Affordability & Supply:***

In Westmoreland County, 42.7% of individuals spend 30% or more of their household income on rent. This is in the upper 50<sup>th</sup> percentile of PA and national counties but falls below the PA and national values. Amongst these individuals, those who are 65 years or older have a much higher proportion of their population spending 30% or more on rent (49.5%).

### ***Income:***

The overall median income of the county is \$56,702. This income is in the upper 50<sup>th</sup> percentile amongst all PA and national counties but falls below the values for the state and nationally. Of the seven race and ethnicity groups, only those who self-identified as White (\$57,582) and Asian (\$113,413) median scores were higher than the Westmoreland County value. Those who self-identified as Black or African American, Hispanic or two or more races made significantly less than the median for the county. When compared to the median income, the overall per capita income for the county (\$31,827) by race/ethnicity is distributed in an identical manner.

# Excelsa Health Community Health Needs Assessment 2019-2021

## ***Poverty:***

The percent of children living below the poverty level in Westmoreland County is 14.3%. The percentage of children between the ages of 12 to 17 have significantly lower rates than the other age categories (11.6%). There is no significant gender; however, racial disparities are present. The largest groups of children living below poverty in the county are those who self-identified as Black or African American (45.7%) and two or more races (43%). Significantly lower poverty levels are observed in self-identified Asian (1.7%) and White (12.2%) populations.

## ***Education:***

In Westmoreland County, 93.6% of individuals over the age of 25 have a high school degree or higher. This is higher than both state and national averages and places the county in the top percentiles in the state for high school graduates or higher. About 28% of individuals living in Westmoreland County obtain a bachelor's degree or higher. Individuals 65 and older have the lowest percentage of bachelor's degree or higher attainment (19.6%). The age breakdown is as follows: 45-64 (27.2%), 35-44 (38.7%), and 25-34 (35.8%). This value is lower than both the PA and national values. Racial disparities are observed for individuals 25 and older with at least a bachelor's degree. The percent of individuals with degrees are highest in the Asian population (66.1%) and lowest for those who identified as American Indian (15.8%), Black or African American (13.8%), and Hispanic or Latino (22%).

## ***Mean Travel Time to Work:***

Mean travel time in Westmoreland County is 26.3 minutes, which is lower than both PA and national levels. Males have a significantly longer average commute (28.4 minutes) than females (24.0 minutes). The majority of individuals drive to work alone (84.5%), which is higher than both PA and national values.

# Excelsa Health Community Health Needs Assessment 2019-2021

The smallest incidence of driving alone is amongst those 16-19 years old (67.8%) and minority groups: American Indian (36%), Black or African American (68.1%), Hispanic or Latino (61.4%), and Others (63.3%). Overall, only 2.3% of workers walk to work. As might be expected, the largest incidence in walking to work are those individuals ages 16-19 (8.2%) with the smallest being those ages 45-54 (1.4%).

Racial trends are also observed with minority groups being more likely to use alternative modes of transit to get to their places of employment. Public transportation in the county is not heavily utilized (1.1%) which does not meet the HP 2020 target of 5.5%. Walkers only compose of 2.3% of the population; this does not meet the HP 2020 target of 3.1%. Lengthy commutes cut into workers' free time and can contribute to health problems such as headaches, anxiety and increased blood pressure. Longer commutes require workers to consume more fuel, which is both expensive for workers and damaging to the environment.

## **Economic Outcomes:**

### ***Unemployed Workers in Civilian Labor Force:***

In Westmoreland County, 60.9% of those ages 16 and older are in the civilian labor force. This value is lower than PA and national values but ranks in the top 50<sup>th</sup> percentile for all PA and national counties. Westmoreland County has 126,336 paid employees which reflects a total employment change of 2.1% from 2014-2015. This change is larger than the average in PA but less than the change percent seen nationally.

### ***Businesses:***

Westmoreland County consists of 8,675 employer establishments consisting of 27,796 hiring firms. These companies are largely owned by males (59.7%), nonminority (93.5%) and nonveterans (84.1%).

# Excelsa Health Community Health Needs Assessment 2019-2021

## ***Households with Cash Public Assistance:***

The median percentage of households receiving public assistance in Westmoreland County is 2.7%, which is slightly higher than the national average of 2.6%. This percentage ranks amongst the 50-75<sup>th</sup> percentile amongst all counties nationally, based on American Community Survey measurements from 2013-2017. Although a relatively small percent receives cash public assistance, 34.1% of students are eligible for the free lunch program. This value is significantly lower than PA and national values.

## **Excelsa Health CHNA 2018-2020: Ranking of Secondary Data Indicators using HCI, Conduent Platform Data**

The table below shows grouped indicators of community health issues by theme so that a comparison of Westmoreland County, Commonwealth of PA and US national level data can be made. Scores of orange and yellow indicate places where Westmoreland County is underperforming, while scores of green indicate areas where Westmoreland County is exceling relative to other places. These data points, in combination with community perceptions obtained via interview, focus group and survey with county patients, residents and stakeholders allowed for the development of the Excelsa Health CHNA Implementation Plan for 2019-2021.

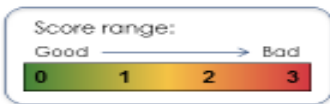
# Excelsa Health Community Health Needs Assessment 2019-2021

## Indicator Scoring

Indicators

Each indicator is given a score based on the scores of its comparisons

Comparison	Score
US County Distribution	1
IN County Distribution	2
US Value	2
IN Value	2
HP2020 Target	3
Trend	3
<b>Indicator Score</b>	<b>2.1</b>



Community Health Solutions

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Topic	Indicators	Score
Substance Abuse	4	2.31
Prevention & Safety	6	2.10
Transportation	7	1.83
Mortality Data	19	1.80

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2019-2021**

Women's Health	4	1.75
Public Safety	5	1.68
Exercise, Nutrition, & Weight	20	1.66
Mental Health & Mental Disorders	5	1.64
Cancer	13	1.57
Environment	17	1.57
Children's Health	9	1.53
Environmental & Occupational Health	4	1.53
Immunizations & Infectious Diseases	6	1.35
Respiratory Diseases	7	1.35
Older Adults & Aging	18	1.30
Maternal, Fetal & Infant Health	7	1.25
Heart Disease & Stroke	8	1.22
Diabetes	3	1.21
Wellness & Lifestyle	4	1.19

**Excela Health  
Community Health Needs Assessment  
2019-2021**

Teen & Adolescent Health	3	1.18
Access to Health Services	7	1.17
Other Chronic Diseases	3	1.13
Economy	27	1.05
Education	4	1.04
Men's Health	3	0.94
Social Environment	19	0.94

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# Excelsa Health Community Health Needs Assessment 2019-2021

## Excelsa Health CHNA Final Implementation Action Plan

As part of the *Patient Protection and Affordable Care Act of 2010*, nonprofit hospitals, such as Excelsa Health, are required to complete a Community Health Needs Assessment (CHNA) survey every three years. Based on the survey, results are studied and a plan is put into place to attend to those identified needs with the goal of improving community health by meshing health system planning with public health and community planning.

In 2019, Excelsa Health launched their third CHNA implementation plan, using the data submitted through employee and public surveys and the secondary statistics analysis compiled by University of Pittsburgh's Center for Applied Research. The implementation plan spans a three-year period in which Excelsa Health and their strategic community partners identify and address socioeconomic and health and wellness issues affecting residents of Westmoreland County. By targeting specific issues, the CHNA steering committee is better equipped to evaluate their organizational and community resources, align those resources with the county's strategic goals and apply those resources in the form of educational and preventative programs and initiatives.

After reviewing the primary and secondary data results and identifying and prioritizing the three most prevalent issues in Westmoreland County, the CHNA steering committee prepared the implementation action plan for 2019-2021. The top three issues that were selected were as follows: Opioid/Substance Abuse, Obesity and Prevention and Wellness.

The 2019-2021 implementation plan includes detailed goals and outcomes for each of the elected key priorities. **Due to the Coronavirus pandemic that hit the United States in March 2020, community outreach efforts became restricted and challenging.** Excelsa Health continued to look for opportunities to creatively promote and offer public health education, information and access to Westmoreland County residents, in conjunction with Excelsa Health service lines and community organizations and agencies, to achieve the 2019-2021 priorities set forth in this report. Updates for 2019-2021 are denoted throughout this report.

# Excela Health Community Health Needs Assessment 2019-2021

## 1. Opioid/Substance Abuse

**GOAL:** To reduce the number of drug overdoses in Westmoreland County through education, prevention, partnerships and treatments.

**OVERVIEW:** Overdose deaths in Westmoreland County for 2019 were on pace to fall short of 100 for the first time since 2014, according to Coroner Ken Bacha's office. (Tribune Review, 2019) However, the data for 2020 shows a slight increase in the number of drug overdose deaths compared to 2019. (Tribune Review, 2021) Total reported drug overdose deaths for 2019 amounted to 115, and there were 123 deaths reported for 2020. (Westmoreland County Government Website, 2021)

Overdose deaths recorded for 2019 dropped 21% compared to 2018, appearing to have dropped for the second year in a row, according to a Tribune Review article in December 2019. (Tribune Review, 2019) For 2020, the number of deaths increased by 5%, likely due to restrictions from the Coronavirus pandemic. (Tribune Review, 2021)

- The age-adjusted drug-induced death rate in Westmoreland County during the 2017-2019 period was 52.3 deaths, significantly higher than the state rate, 39.3 deaths. (PA DOH, 2021)
- In 2019, 115 drug overdose deaths were reported, a slight decline from 2018; in 2020, deaths totaled 123, which is a slight increase from the previous year. (Westmoreland County Government Website, 2021)
- According to the Westmoreland County coroner's 2020 annual report, fentanyl-related overdoses increased 18% from 2019, but heroin-related overdoses decreased by 2%. Prescription opioid-related overdoses increased 28% from 2019. (Westmoreland County Government Website, 2021)
- For 2020, 109 of the reported drug overdose deaths involved fentanyl, 58 deaths involved heroin and 46 deaths involved opioids. Causes of death were the result of a combination of multiple drugs found in the decedents' toxicology reports. (Westmoreland County Government Website, 2021)
- Costs due to drug overdose deaths in Westmoreland County came in under \$1 million in 2018. (Tribune Review, 2019)

## Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
1. Provide community education to increase public awareness of the risks of prescription drug usage, safe use/storage and disposal and available resources for help	Excelsa Health will provide educational resources/handouts at health fairs/senior expos/other related events that touch on prescription drug use/storage/disposal.  Host business symposium in 2020 on drug epidemic update in Westmoreland County	Participation Outcomes Annually:  1. Number of attendees at community outreach events  2. Number of attendees at 2020 business symposium	1. Excelsa Health Marketing and Communications department and other EH service lines  2. Westmoreland County Drug Overdose Task Force

**2019-2021 Update:** From July 1, 2019 to June 30, 2021, Excelsa Health participated in one event that focused on substance abuse and prevention, with a total of 160 in attendance. A presentation was given February 14, 2020 by the director of Excelsa Health’s Center for Lung and Thoracic Disease on the topic of teen vaping and the negative side effects that result when an individual makes the decision to engage in this unhealthy behavior. The installation of the “MedSafe Drug Disposal” unit at Excelsa Square at Frick occurred in fiscal year 2019, specifically August 2018.

Due to the Coronavirus pandemic beginning in March 2020, a business symposium has not been scheduled at this time. Also, community outreach face-to-face events and programs have been temporarily suspended.

The Excelsa Health Marketing and Communications department will continue to promote education and resources surrounding public awareness of prescription drug use/misuse and proper drug storage/disposal methods through online and face-to-face avenues. Promotion of prescription drug awareness and education may occur at upcoming health fairs, senior expos and other related community outreach events in the future, if and when the pandemic subsides. Excelsa Health will continue to monitor the efforts of the “MedSafe Drug Disposal” program.

## Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
<b>2. Educate and train health care professionals on best practice guidelines for safe prescribing and identifying prescription drug misuse through screenings</b>	<b>Continue the Physician to Physician Prescribing Practice program for all Excelsa Health physicians and physician extenders.</b>  <b>Offer additional CME sessions (2 hours of education) to provide more education opportunities for physicians to meet licensure requirements</b>	<u><b>Participation Outcomes Annually:</b></u>  <b>1. Number of sessions held</b>  <b>2. Number of physicians that meet requirements of licensure</b>	<b>1. Frick Hospital Medical Staff Office</b>  <b>2. Latrobe Hospital Medical Staff Office</b>  <b>3. Westmoreland Hospital Medical Staff Office</b>  <b>4. Excelsa Health Behavioral Health Department</b>  <b>5. Physician to Physician Prescribing Program</b>

**2019-2021 Update:** From July 1, 2019 to June 30, 2020, one continuing medical education seminar on the topic of opioid/substance abuse was held (October 2019). A total of 22 medical physicians and one allied health professional attended the seminar. From July 1, 2020 to June 30, 2021, three CME presentations were held on the topic of opioid/substance abuse with a combined total of 73 physicians in attendance. All three of these presentations were held in October 2020.

The program will continue to offer physicians the opportunity to earn additional CME seminar credits. Physicians will be able to complete these seminar sessions and pursue achievement of licensure by meeting the necessary requirements. Additional seminars with a focus on prescription drug usage and substance abuse prevention may be held in the future.

# Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
<p><b>3. Provide timely access to the continuum of care for individuals addicted to prescription drugs</b></p>	<p><b>Continue participation in the Mobile Case Manager program in conjunction with the Westmoreland County Drug &amp; Alcohol Commission (WeDAC):</b></p> <ul style="list-style-type: none"> <li>- Expand services to Frick and Latrobe Hospital Emergency Departments</li> <li>- Embed WEDAC employees into Westmoreland Hospital Crisis Center and Emergency Department</li> <li>- Train Westmoreland Hospital Medical Case Managers on program and develop order sets for Hospitalist staff</li> </ul>	<p><u><b>Participation Outcomes:</b></u></p> <ol style="list-style-type: none"> <li>1. Report on number of individuals referred to Mobile Case Manager Program</li> <li>2. Report on number of admissions to Gateway Rehabilitation inpatient program</li> </ol> <p><u><b>Health Outcomes:</b></u></p> <ol style="list-style-type: none"> <li>1. Number of referred patients accepting D&amp;A treatment</li> </ol>	<ol style="list-style-type: none"> <li>1. WeDAC Mobile Case Management Program</li> <li>2. Westmoreland Hospital Crisis Center</li> <li>3. Westmoreland Hospital Medical Case Management</li> <li>4. Westmoreland Hospital Hospitalists</li> <li>5. Frick Hospital Emergency Department</li> <li>6. Latrobe Hospital Emergency Department</li> <li>7. Gateway Rehabilitation Center – Frick Hospital</li> <li>8. Westmoreland County Drug Overdose Task Force</li> <li>9. Southwestern Pennsylvania Human Services (SPHS)</li> </ol>

## Excelsa Health Community Health Needs Assessment 2019-2021

	<p><b>Partner with community centers to promote drug and alcohol rehabilitation programs in Westmoreland County</b></p>		
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**2019-2021 Update:** The hospitalist and medical case managers at all Excelsa Health hospitals have been trained in accessing the drug and alcohol case managers. Order sets were developed. Drug and alcohol case managers from Southwestern Pennsylvania Human Services (SPHS) are available to the Emergency Departments of all three Excelsa Health hospitals. The SPHS drug and alcohol case managers also see patients in the Behavioral Health inpatient unit, the Crisis Response Center and all of the acute care hospitals. The case managers are able to access the Electronic Health Record (EHR) and document their findings, recommendations and efforts to secure treatment.

From July 1, 2019 to June 30, 2020, the number of individuals that were referred to the Mobile Drug and Alcohol Case Management program was 287. During the survey period, 190 individuals were referred to treatment, 149 individuals entered treatment and six individuals were accepted into treatment programs at Gateway Rehabilitation Center in Mount Pleasant, Pennsylvania. From July 1, 2020 to June 30, 2021, there were 272 referrals to the Mobile Drug and Alcohol Case Management program with 161 individuals referred to treatment programs. About 110 individuals entered treatment programs and three individuals were accepted into the Gateway Rehabilitation Center treatment facility in Mount Pleasant.

Excelsa Health will continue to monitor drug overdose treatments and death rates moving forward. The Excelsa Health Emergency Departments, Crisis Response Center, Behavioral Health units and the acute care hospitals will continue to utilize the mobile drug and alcohol case managers to provide a “warm handoff” for individuals struggling with addiction. The program provides a fast track referral and placement for individuals who are willing to enter into treatment. SPHS is utilizing certified drug and alcohol peer specialists to engage individuals who are ambivalent about entering treatment or who are awaiting a bed. The peers, having “lived experience,” provide support and hope to these individuals during the crucial hours while awaiting placement. Medically-assisted treatment will continue to be offered to those individuals seeking treatment to prevent relapse before treatment can be arranged.

Excelsa Health continues to provide home Narcan for patient and family use, if needed, and continues to partner with EMS personnel to assist them with programs matching at-risk patients with services in the community who refuse transport to the hospital after EMS personnel interacts with them. Excelsa Health has provided speakers for several local school districts for parent and student education in partnership with local law enforcement, the Westmoreland Drug and Alcohol Commission and others regarding substance abuse, and, most recently, teen vaping trends.

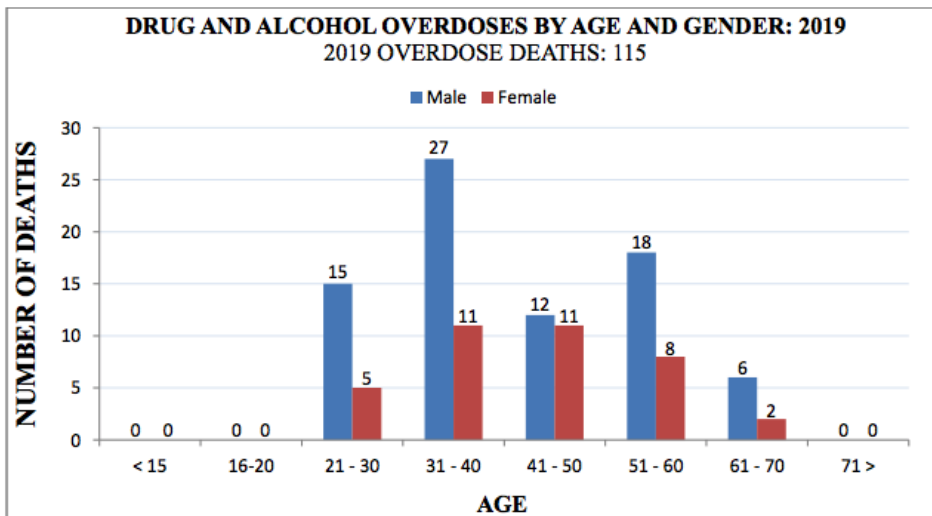
## Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
4. Increase data collection and information sharing across organizations to enhance data-driven practices and support funding requests	Provide Excelsa Health data to the Westmoreland County Drug Overdose Task Force: <ul style="list-style-type: none"> <li>• Number of drug overdoses treated</li> <li>• Number of drug overdose deaths</li> <li>• Number of babies born addicted to drugs</li> <li>• Demographics of above populations</li> </ul>	<u>Health Outcomes:</u> <ol style="list-style-type: none"> <li>1. Reports to Westmoreland County Drug Overdose Task Force on:               <ol style="list-style-type: none"> <li>a. Number of drug overdoses treated</li> <li>b. Number of drug overdose deaths</li> <li>c. Number of babies born addicted to drugs</li> <li>d. Demographics of above populations</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>1. Westmoreland County Drug Overdose Task Force</li> <li>2. Frick Hospital Emergency Department</li> <li>3. Latrobe Hospital Emergency Department</li> <li>4. Westmoreland Hospital Emergency Department</li> <li>5. Westmoreland Hospital Maternity Department</li> </ol>

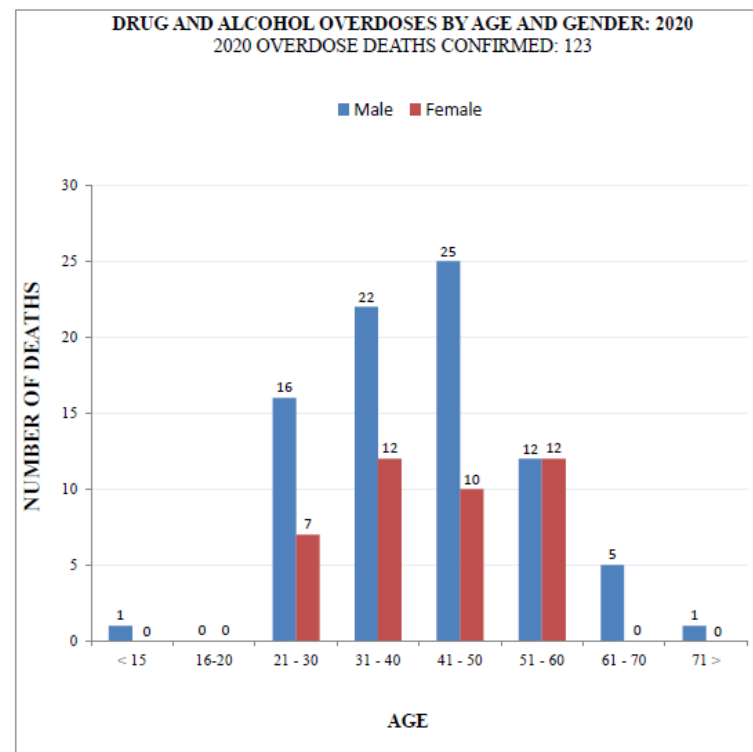
**2019-2021 Update:** From July 1, 2019 to June 30, 2020, there were 278 total drug overdoses treated at Excelsa Health Emergency Departments. From July 1, 2020 to June 30, 2021, there were 270 total drug overdoses treated. Overdose deaths in Westmoreland County totaled 115 in 2019 and 123 in 2020. ([Westmoreland County Government Website, 2021](#)) Additionally, there were 64 babies born at Westmoreland Hospital addicted to drugs from July 1, 2019 to June 30, 2020, and there were only nine babies born addicted to drugs from July 1, 2020 to June 30, 2021.

Below are charts summarizing the demographic population data related to drug overdose deaths in Westmoreland County:

# Excela Health Community Health Needs Assessment 2019-2021



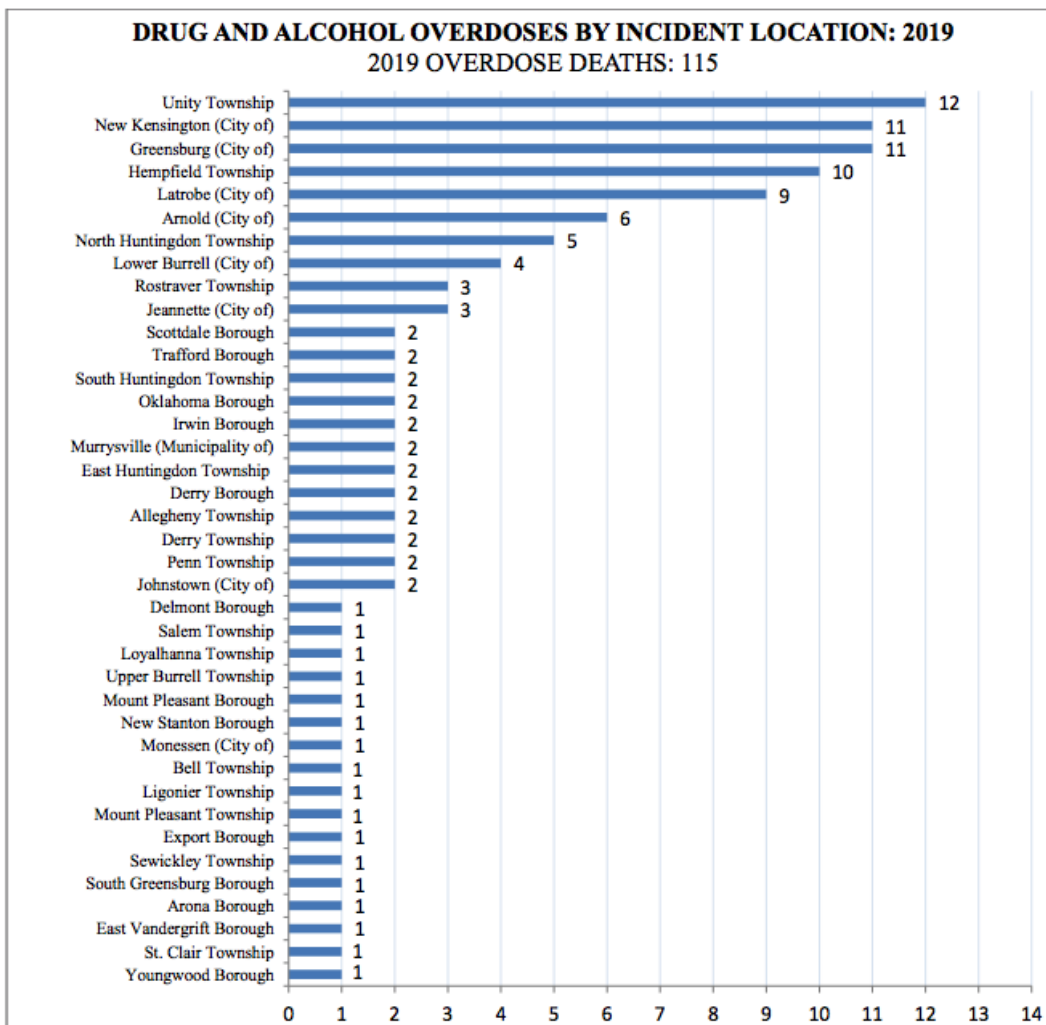
- Overdose data includes only accidental overdoses.
- Fatal accidental overdoses decreased 40% from 2017, and 6% from 2018.



- Overdose data includes only accidental overdoses.
- Fatal accidental overdoses increased 1% from 2018, and 7% from 2019.

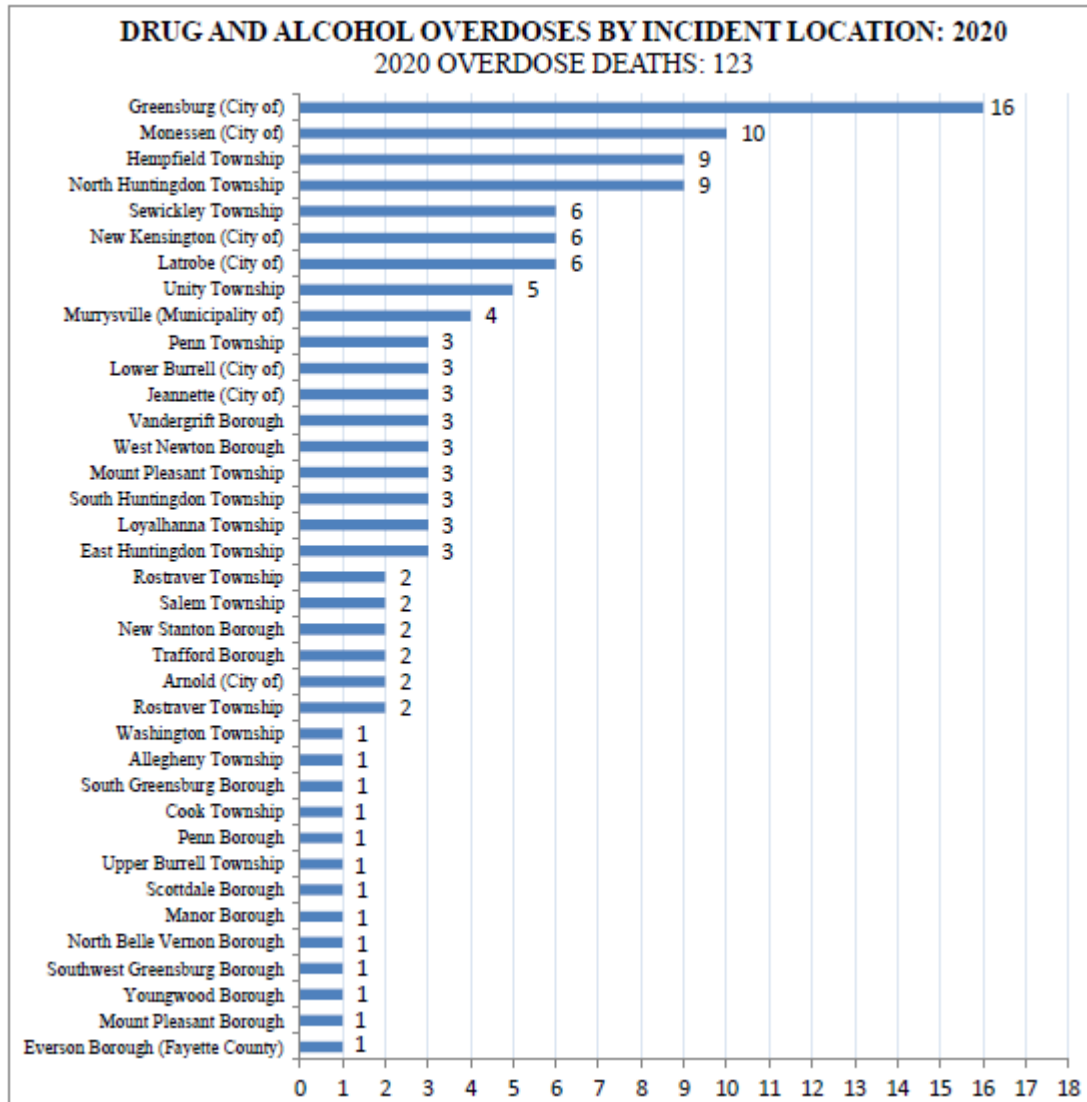


# Excela Health Community Health Needs Assessment 2019-2021



- Incident location data comes from the municipality where the overdose occurred. Overdoses occur where the individual is pronounced dead at the scene or transported to the hospital where death is pronounced. Overdoses also occur where the individual may be kept alive for a length of time in a hospital, or other facility, and the death is still due to the initial overdose.
- A coroner's office jurisdiction is determined by the place of death. This data does not reflect overdoses where the decedent is transported out of the county and the death is pronounced.
- If a municipality is not listed then it had (0) overdose deaths reported to this office in 2019.

# Excela Health Community Health Needs Assessment 2019-2021



- Incident location data comes from the municipality where the overdose occurred. Overdoses occur where the individual is pronounced dead at the scene or transported to the hospital where death is pronounced. Overdoses also occur where the individual may be kept alive for a length of time in a hospital, or other facility, and the death is still due to the initial overdose.
- A coroner's office jurisdiction is determined by the place of death. This data does not reflect overdoses where the decedent is transported out of the county and the death is pronounced.
- If a municipality is not listed then it had (0) overdose deaths reported to this office in 2020.

# Excelsa Health Community Health Needs Assessment 2019-2021

Moving forward, Excelsa Health and the Westmoreland County Drug Overdose Task Force will continue to monitor drug overdose treatments/death rates in Westmoreland County, demographics for drug overdose deaths and the number of babies born addicted to drugs.

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## 2. Obesity

**GOAL:** Reduce overweight and obesity levels through screening, education, healthy eating and physical activity initiatives. These initiatives will be conducted through partnerships with primary care physicians, employers, school districts and community organizations. A focus on Type II diabetes education, intervention and prevention will be included as part of the goal, since obesity-related medical conditions include diseases such as Type II diabetes. (CDC, 2018)

**NOTE:** Excelsa Health includes three acute care hospitals: Excelsa Westmoreland, Excelsa Latrobe and Excelsa Frick Hospitals. The CHNA initiatives related to each of these three hospital service areas have been identified in this implementation plan. Other initiatives will be supported system wide and will be implemented to improve community health in all three Excelsa Health hospital service areas.

**OVERVIEW:** Partnerships with Primary Care, Excelsa Health Diabetes Team and District 14-E Lions Club

- Obesity-related medical conditions include Type II diabetes, heart disease, stroke and certain types of cancer, some of the leading causes of preventable deaths. (CDC, 2018)
- Medical costs and lost work and wages for people with diagnosed diabetes total \$327 billion yearly. (CDC, 2018)
- Medical costs for people with diabetes are twice as high as for people who don't have diabetes. (CDC, 2018)
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese. (CDC, 2020)
- Diabetes is the seventh leading cause of death in the United States (and may be underreported). (CDC, 2018)
- In a three-year summary period from 2017-2019, adults with diabetes in Westmoreland County make up 11% of the total population, a slight decrease from 12% from 2016-2018. Pennsylvania's adult diabetes population has a rate of 11%. (PA DOH, 2021)
- The majority of adults living with diabetes in Westmoreland County are age 45 and older. The diabetes rate is more prevalent among men than women. (PA DOH, 2021)
- In 2020, the age-adjusted death rate for diabetes in Westmoreland County was 20.5 deaths per 100,000 individuals, a slight decline from 21.4 deaths in 2019. (PA DOH, 2021)

# Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
<p>1. Improve diabetes care for patients with Type II diabetes being managed by the Excelsa Health Medical Group primary care physicians</p>	<p>Continue to monitor the AMGA Together to Goal program in all EHMG primary care offices</p>	<p><u>Participation Outcomes:</u></p> <p>1. Number of primary care offices participating in the Together to Goal program</p> <p><u>Health Outcomes:</u></p> <p>1. Percent of patients receiving statin therapy</p> <p>2. Percent of patients with an HbA1c &lt; 8.0%</p> <p>3. Percent of patients with a blood pressure &gt; 140/90</p> <p>4. Percent of patient's having a nephrology screening</p>	<p>1. Excelsa Health Medical Group Primary Care offices</p> <p>2. American Medical Group Association</p>

## Excelsa Health Community Health Needs Assessment 2019-2021

		5. Percent of patients meeting all of the above four goals	
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**2019-2021 Update:** In 2016 the American Medical Group Association (AMGA) launched the national “*Together to Goal*” program for people with Type II diabetes. This three-year program challenges leading health care organizations to work together to transform diabetes care for one million people with Type II diabetes by 2019 and set them on a better path to live longer, healthier lives.

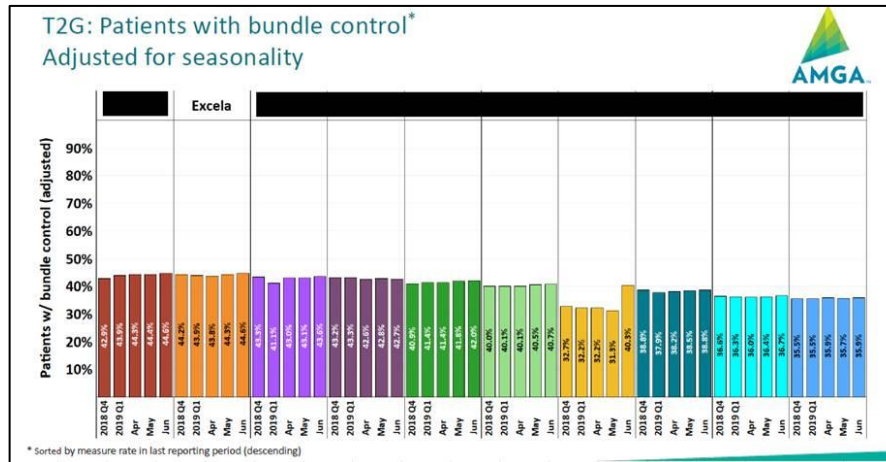
Evidenced-based practices derived from the AMGA’s Best Practices in Managing Diabetes Collaborative will guide participating medical groups and health systems in improving care for people with Type II diabetes.

Approximately 28 Excelsa Health primary care offices participated in this initiative. Below is a chart with the results of the program to date and includes the percentage of patients receiving services from 2015 to 2016, 2017 to 2018, 2018 to 2019 and 2019 to 2020 and percentage of patients meeting all four goals for 2020 overall ranking. Some of the category rankings have significantly improved from year to year while others slightly increased or decreased.

Measure	Excelsa				2020 Ranking
	2015/2016	2017/2018	2018/2019	2019/2020	--
<b>Nephropathy Attn.</b>	92.0%	94.1%	93.3%	93.8%	<b>9/78</b>
<b>Lipid Management</b>	76.6%	86.3%	87.6%	90.5%	<b>3/78</b>
<b>BP Control</b>	68.2%	74.1%	74.5%	73.5%	<b>48/78</b>
<b>HbA1c Control</b>	66.9%	66.7%	69.6%	67.1%	<b>47/78</b>
<b>Diabetes Care Bundle</b>	36.0%	43.5%	45.9%	45.2%	<b>16/78</b>

# Excela Health Community Health Needs Assessment 2019-2021

Also listed below is an overview of Excela Health’s performance in the diabetic bundle grant collaborative, a subgroup of ten organizations that are also in the larger AMGA Together to Goal program focused on quality improvement. Excela Health ranked 2nd through June 2019 for the bundle measure as compared to other collaborative participants. The bundle collaborative is no longer active; therefore, there is no data for 2020 and 2021.



While the Together to Goal program officially ended in 2021, Excela Health plans to continue monitoring diabetic outcomes as those same measures will remain the core of Excela Health Medical Group’s quality incentive program.

## Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
<p><b>2. Improve diabetes care for patients with Type II diabetes through the efforts of the Excelsa Health Diabetes Team</b></p>	<p><b>Increase the number of diabetes education/prevention workshops &amp; events available to the community</b></p> <p><b>Have representation from the Diabetes Team at community events, such as health fairs, senior expos, etc.</b></p>	<p><b><u>Participation Outcomes Annually:</u></b></p> <p><b>1. Number of workshops/events held in a year</b></p> <p><b>2. Number of attendees per workshop/event held</b></p> <p><b>3. Number of community outreach events where the Diabetes Team represented</b></p> <p><b>4. Number of attendees per outreach event with Diabetes Team representation</b></p>	<p><b>1. Excelsa Health Marketing &amp; Communications/Community Relations</b></p> <p><b>2. Excelsa Health Diabetes Team</b></p>

**2019-2021 Update:** From July 1, 2019 to June 30, 2020, a total of 1,531 individuals received diabetes education through outpatient education programs and classes at Excelsa Health locations and community personal care homes as well as through medical nutrition therapy. Some of these education sessions were conducted in an online format versus face-to-face arrangement. Living with Diabetes workshops, meal planning classes and personal care home trainings amounted to 45 total face-to-face sessions during this time period. Insulin pump classes are no longer offered through the Diabetes Center, and medical home visits have been discontinued due to reduction in staffing. The Excelsa Health Diabetes Team represented at multiple community health fairs, senior expos and community/civic group meetings during this time period, and Excelsa Health Community Relations provided diabetes education service line information when the Diabetes Team was unavailable to attend: 10 events with approximately 30,826 lives touched.

## **Excelsa Health Community Health Needs Assessment 2019-2021**

Due to the Coronavirus pandemic beginning in March 2020, some of the diabetes patient educational offerings were cancelled, which is why data for March through May 2020 experienced a decline in number of total participants, compared to similar time periods in previous years. From March through May, Living with Diabetes workshops and meal planning classes were cancelled, and the personal care home trainings were cancelled in April and May. Community outreach grassroots efforts to promote diabetes awareness and education to the general public were also limited from March through June 2020, adding to the decline in overall participation.

During this three-month period, telehealth education sessions were provided to 80 Westmoreland and Latrobe Hospital outpatient education patients by the Diabetes Team to help community diabetic patients receive valuable materials and resources related to diabetes education/prevention. These patients are included in the total number of participants listed in the first paragraph of this section.

In June 2020, Living with Diabetes workshops and meal planning classes resumed in person, and those specific sessions are included in the total face-to-face sessions listed in the first paragraph of this section. Virtual education sessions were scheduled in June for personal care home personnel as a substitution to the traditional face-to-face sessions; these virtual sessions were provided to 14 staff members.

From July 1, 2020 to June 30, 2021, a total of 1,354 individuals received diabetes education through face-to-face outpatient education programs and classes, and 76 patients received telehealth diabetes education. Living with Diabetes workshops, meal planning classes and personal care home trainings amounted to 42 total face-to-face sessions during this time period. Due to the pandemic and suspension of many face-to-face events and gatherings, the Excelsa Health Diabetes Center presented at one local community rotary meeting totaling 20 lives touched, and the Diabetes Center team members were also featured as keynote speakers during a radio interview with an approximate reach of 10,000 listeners.

Excelsa Health, in conjunction with the Diabetes Team, will continue to offer opportunities for the residents of Westmoreland County to receive diabetes care and education through face-to-face educational workshops, community events and online resources. Face-to-face community events and seminars promoting diabetes education/prevention will resume as the pandemic subsides.

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## Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
3. Provide diabetes education and resources for patients in Westmoreland County with Type II diabetes in partnership with the District 14-E Lions Club	Host diabetes education classes and workshops available to people with Type II diabetes, funded by grants through partnership with Lions Club	<u>Participation Outcomes Annually:</u>  1. Number of diabetes education classes/workshops funded through the Lions Club  2. Number of attendees per class/workshop funded through the Lions Club	1. Excelsa Health Marketing & Communications/Community Relations  2. Excelsa Health Diabetes Team  3. District 14-E Lions Club

**2019-2021 Update:** Excelsa Health received a small grant to fund a diabetes education workshop held in June 2019. This workshop invited individuals who have Type II diabetes to learn about how to manage their blood sugar levels and maintain a low carbohydrate diet through proper meal planning. Twenty-three people attended and participated in this workshop hosted at Excelsa Square at Frick, and 14 personal follow-up sessions were scheduled as a result of the event.

In 2020, Excelsa Health was able to utilize grant monies to fund several mini video vignettes featuring diabetes management and nutrition basics from Excelsa Health Diabetes team members. These videos are currently being piloted at one of Excelsa Health’s primary care offices. Patients who are newly diagnosed with diabetes will be able to view these videos during their office visit and work with their physician to complete the appropriate and necessary action steps for follow-up care and management for their diabetes. To date, 14 videos have been viewed by patients diagnosed with Type II diabetes.

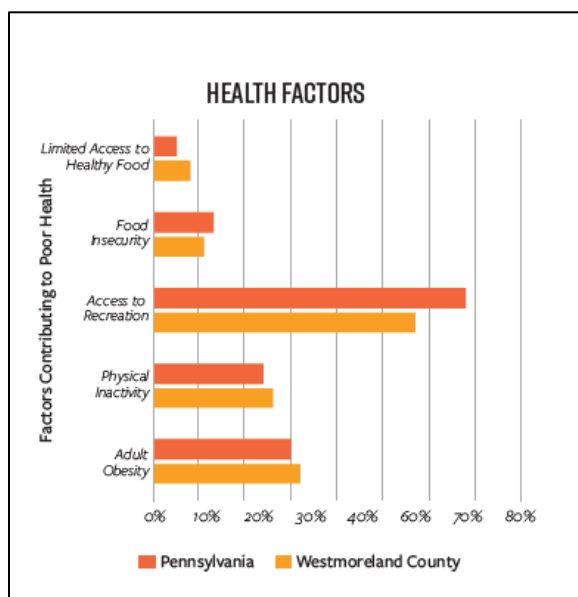
Excelsa Health will continue to collaborate with local community organizations and agencies to provide diabetes education and resources to patients throughout Westmoreland County.

# Excelsa Health Community Health Needs Assessment 2019-2021

**OVERVIEW:** Excelsa Health has formed and maintains good relationships with Westmoreland County school districts and local community and civic organizations. *Due to the Coronavirus pandemic, many of Excelsa Health's outreach programs and activities were suspended and restrictions continue due to school closures, remote learning and virtual group meetings.*

- In a study from 2017-2019, 67% of adults were considered **overweight** in Westmoreland County – **a 3.08% increase** from 2016-2018. The Pennsylvania rate is also 67%– **a 1.52% increase** from the 2016-2018 rate. Thirty-two percent of adults were considered **obese** in Westmoreland County, compared to 29% during the previous period study. The Pennsylvania rate is also currently 32%, compared to 31%, previously. (PA DOH, 2021)
- About 28% of adults in Westmoreland County stated they have not engaged in leisure physical activity within the past month, according to a 2017-2019 study. This is **a 12% increase** from 2016-2018. (PA DOH, 2021)
- In a 2017-2018 study, 34.3% of children in grades K-6 in Westmoreland County were considered overweight or obese, **a 5.21% increase** from the previous school year. The state level percentage for 2017-2018 was 32.5%. (PA DOH, 2020)
- For 2017-2018, the overweight/obesity rate for teenagers in Westmoreland County was 38.2%, **a 4.71% increase** from 2016-2017. The state rate for 2017-2018 was 36.6%, **a 3.1% increase** from the previous school year. (PA DOH, 2019, 2020)
- For 2017-2018, the percentage of children in grades K-12 in Westmoreland County who were classified as having Type II diabetes rose to 0.13%, while the state rate decreased to 0.06%. (PA DOH, 2019, 2020)

## Factors Contributing to Poor Health in Adults (Reimagining Our Westmoreland, 2018)



# Excela Health Community Health Needs Assessment 2019-2021

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels (CDC, 2018).

Objective	Action	Measures	Partners
<p>1. Continue partnership with schools and community groups to provide health education</p>	<p>Continue to provide “Healthy Habits” program to Westmoreland County students as well as local community groups</p> <p>Continue to provide education, information and resources/risk assessments related to obesity/diabetes at community events</p>	<p><u>Participation Outcomes:</u> <u>Annually:</u></p> <p>1. Number of school districts participating</p> <p>2. Number of children educated</p> <p>3. Number of community events attended</p> <p>4. Number of lives touched from attended community events</p> <p><u>Health Outcomes</u> <u>Annually:</u></p> <p>1. Percent increase post education knowledge scores</p> <p>2. Percent reporting at least one healthy behavior change post education</p>	<p>1. Westmoreland County school districts</p> <p>2. Westmoreland County community/civic groups</p> <p>3. Excela Health Marketing &amp; Communications Department/Community Relations – provide Registered Dietitian</p> <p>4. Westmoreland/Frick Hospital Foundation</p> <p>5. Latrobe Area Hospital Charitable Foundation</p>

## Excelsa Health Community Health Needs Assessment 2019-2021

**2019-2021 Update:** For the 2018-2019 school year, the program was offered to five school districts, 12 classrooms and 617 students. Average post-test knowledge score was 86%, and the behavioral goal post-education was 85%, exceeding the 80% baseline goal. In summer 2019, the Healthy Habits program was introduced to local, recreational events such as youth-oriented summer camps and playground/parks programming. From June 2019 to June 2020, an additional 13 sessions were added to the Healthy Habits program as summer sessions, and an additional 402 youth-age students were reached through the summer sessions. ***(This number includes the three June 2019 summer camp/playground sessions as they were newly introduced to the overall Healthy Habits program).***

For the 2019-2020 school year, six school districts, 44 classrooms and 927 students participated in the Healthy Habits school program. Average post-test knowledge score was 83%, and the behavioral goal post-education was 78%, below the baseline goal of 80%. This is due to school session closures occurring in March 2020 in the middle of the 2019-2020 school year.

Due to the Coronavirus pandemic beginning in March 2020, the school districts suspended traditional face-to-face classes and transitioned to online/distance learning for the remainder of the school year. Excelsa Health was unable to host the Healthy Habits program within the schools from March to June 2020. As a result, the reported data is not as robust as previous years. Total Healthy Habits school, summer, community group programming and community events attended for July 2019 to June 2020 amounted to 58 total events/sessions and 4,570 total lives touched. The data reflected in the total number of community events and lives touched for Healthy Habits is also included in the totals for community events with diabetes education; many of the community events where Excelsa Health was represented had multiple service lines present.

For the 2020-2021 school year, many Westmoreland County school districts continued to operate on a remote teaching/learning basis and public group meetings and gatherings were postponed, suspending Healthy Habits programming in school and community settings. Total Healthy Habits school, summer, community group programming and community events attended for July 2020 to June 2021 resulted in 21 total events/sessions and 543 total lives touched.

While most events and gatherings were cancelled or postponed during this time period, the Healthy Habits program was a primary component of the Excelsa Health Mall Walkers program (next section) and was highlighted during virtual video segments in the form of tips and resources for general health and well-being.

Excelsa Health will continue to sponsor the “Healthy Habits” program in Westmoreland County schools and in the community by seeking creative outlets to reach students via videoconferencing in remote classes and reach community residents via blog and social media posts accessible through Excelsa Health web and social media channels.

Once outside programs/speakers are given permission to resume within onsite school facilities, the school-based Healthy Habits program will be reintroduced into the classroom environment.

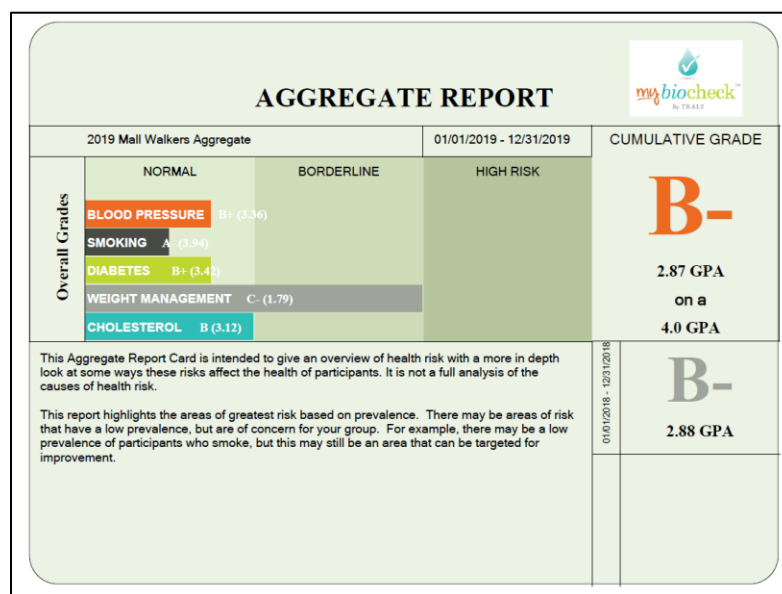
## Excelsa Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
2. Continue promotion of health education and physical activity in the community	Continue to sponsor the monthly Mall Walkers program at Westmoreland Mall	<p><u>Participation Outcomes:</u> <u>Annually:</u></p> <ol style="list-style-type: none"> <li>1. Number attending monthly programs</li> <li>2. Number of new members</li> <li>3. Number of returning members (based on survey responses)</li> <li>4. Number of blood pressures taken</li> <li>5. Number of biometric screenings completed</li> </ol> <p><u>Health Outcomes</u> <u>Annually:</u></p> <ol style="list-style-type: none"> <li>1. Overall results of the biometric screenings</li> </ol>	<ol style="list-style-type: none"> <li>1. Excelsa Health Marketing &amp; Communications Department/ Community Relations and Outpatient Rehabilitation Department</li> <li>2. Speakers/displays provided by Excelsa Health medical staff and departments</li> <li>3. Blood pressures provided by volunteer RNs</li> <li>4. Food donated by community restaurants</li> <li>5. Health information displays provided by community agencies</li> </ol>

Excelsa Health’s “*Mall Walkers*” community outreach program continues to provide health and wellness education and recreational opportunities for residents in Westmoreland County. Celebrating eight years in 2019, Mall Walkers made strides to improve the physical health and well-being of the program’s participants through discussions surrounding specific health conditions and treatments and general health and wellness prevention and maintenance, nutrition counseling, health screenings and exercising opportunities. The program averaged about 200-275 attendees each month. One of the many factors of the program’s success rate is based off of the number of biometric screenings completed each year and the correlation of program participation and individual wellness goals to positive improvements resulting from the screenings.

# Excelsa Health Community Health Needs Assessment 2019-2021

**2019-2021 Update:** Between July 1, 2019 and February 29, 2020, there were a total of seven Mall Walkers sessions at Westmoreland Mall, a total of 1,797 attendees participating in the Excelsa Health Mall Walkers face-to-face program at Westmoreland Mall, approximately 183 new Mall Walkers joined at the beginning of 2020 and 1,001 blood pressure screenings were completed. About 204 biometric screenings were conducted during this time frame. Aggregate reporting includes data from the January 2019 and October 2019 periods, even though the January screenings are included as part of the previous 2018-2019 time frame. Results from January to December 2019 are similar to the previous period, January to December 2018: a B- average for the biometric screening overall report. Below is a summary of the results of key indicators that were screened and reviewed for the 2019 Mall Walkers biometric screening report.



Due to the Coronavirus pandemic beginning in March 2020, the Excelsa Health Mall Walkers program at Westmoreland Mall was immediately suspended from meeting face-to-face. The Mall Walkers program moved to a digital format, and Mall Walkers were able to participate in the virtual program by accessing their email inboxes on a weekly basis.

Every Thursday morning from April to June 2020, Mall Walkers who provided an e-mail address and were part of our distribution list received an email from Excelsa Health with a short welcome message and a link to a prerecorded virtual video.

## Excelsa Health Community Health Needs Assessment 2019-2021

Each video included an introduction with that specific day's topics, leading into a cooking demonstration provided by an Excelsa Health registered dietitian. The cooking demonstration segment highlighted a healthy recipe that could be cooked inside the home. In April during the statewide COVID-19 stay-at-home order, the main goal of these cooking demonstrations was to showcase how to prepare breakfast, lunch and dinner meals with ingredients and items commonly found in most household pantries. The cooking demonstrations have since evolved each month during the virtual program.

In May, a "Healthy Habits Tip of the Day" was incorporated into the cooking demonstrations to highlight ways to make meals more nutritious and teach viewers to be mindful of unhealthy food components that can negatively impact their physical health.

A raffle prize giveaway was also provided each week starting in May as a way to encourage engagement with Mall Walkers viewers and to emphasize learning of the "Healthy Habits Tip of the Day". In June the prerecorded videos displayed a new backdrop setting: the great outdoors. The cooking demonstrations were recorded on a patio with a scenic view and featured grilled and picnic dishes along with tasty, low calorie summertime treats and snacks.

Every fourth Thursday in April, May and June, Excelsa Health physicians discussed specific health-related topics via prerecorded video presentations to educate viewers on matters such as hypertension and stroke awareness and risks, COVID-19 and its impact on heart health and disease prevention and skin health and protection during the summer season. Additional content links and resources for healthy recipes, at-home exercises and wellness tips, reminders and guides for promoting positive, healthy and active lifestyles, were also included in the weekly email blasts.

Video viewership participation in the virtual Mall Walkers program for the month of April included 644 unique viewers, 478 unique viewers for May and 366 unique viewers for June. The higher rates of viewership for April and May may be attributed to the COVID-19 stay-at-home federal and state regulations during those time periods. Viewership for all published videos may also increase as time goes on. Compared to a normal face-to-face Mall Walkers event, these monthly participation statistics are much higher than traditional attendance rates. Excelsa Health has received lots of positive feedback and suggestions from Mall Walkers who are viewing the virtual videos, expressing their thanks and gratitude for continuing the program online, even though the program was suspended at the mall.

Below is a sample of the Excelsa Health Virtual Mall Walkers program for the first week of May 2020, when the Healthy Habits Tip of the Day segment was introduced:


Link: <https://youtu.be/J-h7BuAolkq>

# Excelsa Health Community Health Needs Assessment 2019-2021

From July 1, 2020 to June 30, 2021, the Excelsa Health virtual Mall Walkers program progressed with new videos and health topics distributed each month. Members from the Excelsa Health Well-Being Center recorded several exercise challenge video segments to be paired with the fall 2020 email blasts, encouraging Mall Walkers to keep moving and keep active during the pandemic. Another new feature in 2020 was the creation of an online Mall Walkers Facebook community group, serving as an additional source for reinforcing key information and resources related to physical, emotional, mental and spiritual health.

Biometric screenings were offered to Mall Walkers in October/November 2020 to Mall Walkers who participated in the January 2020 screenings held at Westmoreland Mall and the Excelsa Health Well-Being Center. In January and February 2021, screenings were promoted once again to kick off a brand new Mall Walkers year. Total screenings for October/November 2020 and January/February 2021 amounted to 135 screenings.

Aggregate report data from January to December 2020 matches results from the previous period, January to December 2019: a B- average for the biometric screening overall report. The January/February 2021 screening data will be recorded in a separate report that will include data from October/November 2021 screenings once completed.

AGGREGATE REPORT						
2020 Mall Walkers Aggregate Report			01/01/2020 - 12/31/2020	CUMULATIVE GRADE		
Overall Grades	NORMAL	BORDERLINE	HIGH RISK	<h1 style="color: orange;">B-</h1>	2.86 GPA on a 4.0 GPA	
	BLOOD PRESSURE	B (3.29)				
	SMOKING	A- (3.94)				
	DIABETES	B+ (3.37)				
	WEIGHT MANAGEMENT	C- (1.78)				
CHOLESTEROL	B (3.19)					
<p>This Aggregate Report Card is intended to give an overview of health risk with a more in depth look at some ways these risks affect the health of participants. It is not a full analysis of the causes of health risk.</p> <p>This report highlights the areas of greatest risk based on prevalence. There may be areas of risk that have a low prevalence, but are of concern for your group. For example, there may be a low prevalence of participants who smoke, but this may still be an area that can be targeted for improvement.</p>				01/01/2019 - 12/31/2019	<h1 style="color: gray;">B-</h1> 2.87 GPA	
				01/01/2018 - 12/31/2018	<h1 style="color: gray;">B-</h1> 2.88 GPA	



# Excelsa Health Community Health Needs Assessment 2019-2021

Kicking off its 10-year anniversary in January 2021, the Mall Walkers program initiated a virtual walking journey activity highlighted in the monthly programming. From January to June, each month featured famous United States cities with three popular tourist destinations in each city along with the total number of miles/steps to “walk” those destinations. The primary goal was to use this virtual walking journey activity challenge as a fun and creative way for Mall Walkers to achieve the recommended daily step count goal endorsed by the American Heart Association, whether they walk around their neighborhoods or take steps inside their homes.

Total virtual Mall Walkers viewership participation from July 2020 to June 2021 resulted in 2,369 unique video viewers, and there are currently 259 Mall Walkers members in the online Facebook community group.

After careful consideration and decision-making from Excelsa Health leaders, Excelsa Health Mall Walkers has been granted approval to resume face-to-face Mall Walkers events beginning August 2021. Excelsa Health will continue to monitor the number of biometric screenings completed, the aggregate screening report and the personal success stories from the Mall Walkers who attend and participate in the program.

Objective	Action	Measures	Partners
<b>3. Continue promotion of healthy, dining out meal alternatives to the community through the Dining Out program</b>	<b>Retain current participating restaurants and recruit additional partners for the program</b>	<u><b>Participation Outcomes</b></u> <u><b>Annually:</b></u> <b>1. Number of restaurants involved in program</b>  <u><b>Health Outcomes</b></u> <u><b>Annually:</b></u> <b>1. Number of readmissions in EDs due to CHF (based on 72-hour readmission window)</b>	<b>1. Excelsa Health Marketing &amp; Communications/ Community Relations – provide Registered Dietitian</b>  <b>2. Community restaurants and eateries in Westmoreland County</b>

## Excelsa Health Community Health Needs Assessment 2019-2021

The “**Dining Out**” program was established in 2013 as a method to educate people with congestive heart failure and the overall community, and it continues to be a vital initiative in promoting healthy, dining out food alternatives, focusing on meal choices that are “heart healthy” and contain lower sodium volumes. Excelsa Health continues to partner with local restaurants and eateries in Westmoreland County to offer specialty food items on their menu that meet dietary criteria based on guidelines and recommendations from the American Heart Association. One of the factors for the program’s evaluation is the number of readmissions (based on a 72-hour readmission window) to Excelsa Health Emergency Departments due to congestive heart failure.

**2019-2021 Update:** From July 1, 2019 to June 30, 2020, 23 restaurants participated in the Dining Out program, three of which were new restaurants. From July 1, 2019 to June 30, 2020, based on a 72-hour readmission window, there were 45 total readmission cases at all three Excelsa Health Emergency Departments due to congestive heart failure (CHF). This is a slight increase from the previously reported data for 2016-2018.

From July 1, 2020 to June 30, 2021, the Dining Out program’s effectiveness was limited due to the pandemic’s impact in the restaurant industry, but promotion of the initiative continued through the Excelsa Health Heart Failure Clinic and hospital Emergency departments. From July 1, 2020 to May 31, 2021, based on a 72-hour readmission window, there were 58 total readmission cases for all three Excelsa Health Emergency Departments due to congestive heart failure (CHF). This is a significant increase from the previously reported data (July 2019 to May 2020). Data for June 2021 to be announced.

The program will continue with hopes of accruing new dining establishment partnerships in the future. Excelsa Health will also continue to monitor number of CHF readmission cases each year.

In accordance with the Reimagining Our Westmoreland project, Excelsa Health plans to continue collaboration with Westmoreland County to “**identify areas in the County with limited access to physical activity, healthy foods, and work with municipalities to resolve barriers**” and “**promote healthy eating and physical activity at Westmoreland County schools, worksites, and other settings where the public is served.**” (Reimagining Our Westmoreland, 2018)

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# Excelsa Health Community Health Needs Assessment 2019-2021

## 3. Prevention and Wellness

**GOAL:** To boost individual workforce and community interest within the county regarding care and concern for general health activity and wellness prevention measures as part of routine health maintenance and disease prevention.

**OVERVIEW:** Partnerships with Employers/Civic Organizations/Community at Large

- Worksite wellness programs can simultaneously improve the health of employees while also reducing health care costs for employers and improving worker productivity. (CDC, 2019)
- Maintaining a healthy workforce can lower direct costs, such as insurance premiums and worker compensation claims and have a positive effect on many indirect costs, such as absenteeism and worker productivity. (CDC, 2019)
- With employees spending 7.6 hours a day on average at their place of employment, worksites provide a unique setting to promote practices that can significantly increase physically active employees and potentially affect the health of millions of working adults. (CDC, 2019)
- According to the CDC Worksite Health Scorecard Employer Profile, in 2019, 78% of employers offered onsite flu vaccinations to employees. (CDC, 2020)
- According to the 2019 CDC Worksite Health Scorecard Employer Profile, 61% of employers reported to have physical activity programs available to employees, an increase from 47% in 2018. In 2019 employers also reported offering blood pressure and cholesterol screenings to employees, 55% and 43%, respectively. About 56% of employers reported offering weight management education programming in 2019, an increase from 45% in 2018. Regarding the involvement of employees in identifying workplace stress indicators, about 64% of employers reported involving their employees in decisions and matters related to stress management, an increase from 60% in 2018. (CDC, 2020)
- Regarding occupational health and safety programming and initiatives, 54% of employers reported coordinating occupational health and safety programs with health promotion for 2019. (CDC, 2020)

# Excela Health Community Health Needs Assessment 2019-2021

Objective	Action	Measures	Partners
<p>1. Promote worksite wellness at Excela Health</p>	<p>Continue to enhance the Excela Health employee wellness program</p>	<p><u>Participation/Health Outcomes Annually:</u></p> <p>Just Lose It/Exercise/Personal Fitness/Nutrition Counseling:</p> <ul style="list-style-type: none"> <li>• Number of people who completed the Just Lose It Challenge for Excela</li> <li>• Number of exercise classes offered/number of participants</li> <li>• Nutrition counseling sessions and number of participants specifically for Excela’s employee wellness program</li> <li>• Number of personal training sessions/individuals</li> <li>• Aggregate BMI and waist circumference data comparing 2019, 2020 and 2021</li> </ul>	<p>1. Excela Health Employee Wellness Steering Committee</p> <p>2. Human Resources Department</p> <p>3. Excela Health Well-Being Center</p> <p>4. Excela Health Weight Management Center</p>

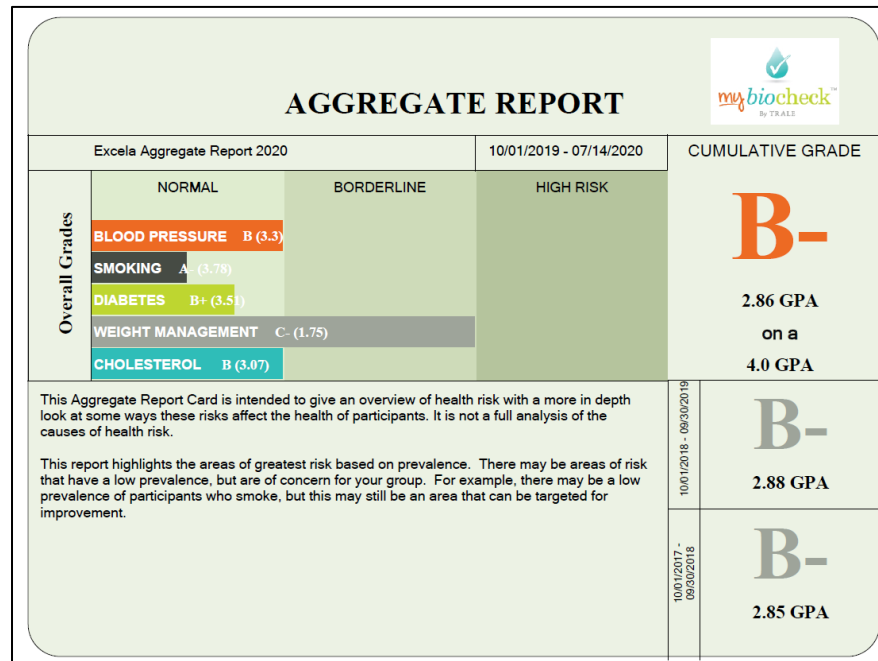
# Excelsa Health Community Health Needs Assessment 2019-2021

		<p><b>Stress:</b></p> <ul style="list-style-type: none"> <li>• Number of Unplug and Recharge classes offered and location (also what EH departments participated in which location)</li> <li>• Number of Unplug and Recharge participants (both employee and community)</li> <li>• Aggregate blood pressure screening results for Excelsa Health comparing 2019 (introduction of Stress targeting courses) comparing 2019, 2020 and 2021</li> </ul> <p><b>Ideal Protein:</b></p> <ul style="list-style-type: none"> <li>• Aggregate BMI and waist circumference data comparing 2019, 2020 and 2021</li> <li>• Aggregate lipid and glucose data comparing 2019, 2020 and 2021</li> <li>• Participation across Excelsa Health employees</li> <li>• Participation across community/patients</li> </ul>
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# Excelsa Health Community Health Needs Assessment 2019-2021

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**2019-2021 Update:** From July 1, 2019 to June 30, 2020, 402 employees participated in the Just Lose It employee fitness challenge. There were six different exercise classes offered to employees, including Yoga, Body Sculpt, Chair Fit, Intro to HIIT, Strength and Tone, and Core and More. During this time period, 1,287 employees participated in fitness and personal training classes with an average of 143 participants per month. Members of the Excelsa Health Well-Being Center team provided nutrition counseling to both patients and employees. About 767 patients took part in these counseling sessions, 46 of which were employees. A total of 335 initial sessions were held plus 478 follow-up sessions, totaling 813 sessions. Aggregate wellness report data for the October 2019 to July 2020 employee wellness program year, so far, was a B- report grade, compared to B- grade from the October 2018 to September 2019 wellness year, and B- grade from October 2017 to September 2018. Below is a chart summarizing the 2019 aggregate report results thus far for weight management, blood pressure, cholesterol and other key wellness factors.



## **Excelsa Health Community Health Needs Assessment 2019-2021**

A new stress management program was implemented for the 2019 year, Unplug and Recharge. These classes were offered at Excelsa Health facilities as learning opportunities to manage stress on the job and handle stressful situations appropriately and healthfully. From July 1, 2019 to June 30, 2020, 11 classes were offered at Westmoreland, Latrobe and Frick Hospitals with 47 employees and one community member in attendance. These classes were also offered and tailored to specific units and departments based on needs and preferences. An additional 19 sessions were held for individual units/departments with a total of 242 employees participating and 9.5 hours invested in hosting those sessions.

Additionally, the Well-Being Center rebranded their department and program/offering, including upgrades to their facility to expand employee fitness, exercise and wellness opportunities for Excelsa Health employees. An open house was held over two days in January 2020 to commemorate the special occasion.

The Ideal Protein program is currently under the supervision of the Excelsa Health Weight Management Center, a partner of the Excelsa Health Well-Being Center. There were a total of 45 participants between July 1, 2019 and June 30, 2020. Of the total number, 36 participants were employees, four were spouses of Excelsa Health employees and five were community members. Seventeen of these participants joined in January 2020 and five within the last three months of the 2020 fiscal year period. The BMI marker decreased a total of 123.9 points between all participants while waist circumference decreased by 180.1 inches. There is no data for the lipid and glucose levels as this is not a marker that is measured at this time.

From July 1, 2020 to June 30, 2021, the Coronavirus pandemic limited wellness program initiatives for Excelsa Health employees and community members. The Excelsa Health Well-Being Center offered both face-to-face and virtual options to employees who wanted to participate in the Just Lose It employee fitness challenge. There were 195 employees who participated in live weigh-in sessions and 44 who participated virtually. All of the fitness and personal training exercise classes were held virtually via videoconferencing capabilities. A total of 203 individuals participated in these virtual classes, 84 employees and 119 community members. One-on-one nutrition counseling was also a component to the wellness program initiative resulting in a total of 817 patients participating in sessions, 46 of which were Excelsa Health employees, spouses and family members. About 856 total sessions were held for the fiscal year, 378 initial sessions and 478 follow-up sessions.

The Unplug and Recharge program sessions held for employees and the public were also temporarily suspended due to the pandemic. The Excelsa Health Well-Being Center distributed health and wellness education and information via email blasts to those who opted in to receive these emails. About 292 individuals participated in this online initiative, and they also received wellness incentive badges added to their profiles for participating, allowing them to receive a lower insurance deductible through their enrolled medical care plans. Nine customized Unplug and Recharge sessions were held in person for specific units/departments with a total of 66 employees participating and nine hours invested in hosting sessions.

Due to the pandemic, the Ideal Protein program did not track waist circumference and BMI measurements, so there is no data for this time period. Total participation in the program from July 1, 2020 to June 30, 2021 amounted to 32 individuals, 11 of which were employees and 21 were community members. Five of these participants joined in January 2021, and 15 people joined after January. However, there were nine individuals who decided not to continue with the program after the initial consultation.

## Excelsa Health Community Health Needs Assessment 2019-2021

The Well-Being Center plans to continue to incorporate employee fitness, exercise and wellness opportunities, implementation of specialized programs tailored to specific interdepartmental units and engaged partnerships with Excelsa Health service lines.

Objective	Action	Measures	Partners
2. Promote worksite wellness program in Westmoreland County Government	<p>Continue partnership with Westmoreland County Government and their nearly 2,000 employees to enhance the employee wellness program</p> <p>To partner with regional employers to provide Worksite Wellness services</p>	<p><u>Participation/Health Outcomes Annually:</u></p> <p>1. Number of total participants in program</p> <p>2. Number of participants in Just Lose It program</p> <p>3. Number of Lunch and Learn Sessions and total number of people attended</p> <p><u>Health Outcomes:</u></p> <p>1. Aggregate report results from biometric screenings</p>	<p>1. Excelsa Health Employee Wellness Steering Committee</p> <p>2. Excelsa Health Well-Being Center</p> <p>3. Westmoreland County Government</p> <p>4. Regional employers</p>

**2019-2021 Update:** The Well-Being Center revamped the “Worksite Wellness” program in 2019 for participating Westmoreland County government employees. As part of the revamp, a nine-week Just Lose It weight loss program was initiated for participating county employees. A total of 247 county employees participated in 2019, and 324 county employees are currently enrolled in the program for 2020.

County employees also had the opportunity to participate in Lunch and Learn information sessions facilitated by Well-Being Center employees on a variety of health and wellness topics. So far in 2020, 22 Lunch and Learn sessions were held with a total of 181 attendees.

Due to the pandemic beginning in March 2020, the Just Lose It weight less program was suspended for county employees; however, in 2021, the Excelsa Health Well-Being Center was able to host 17 Lunch and Learn information sessions with a total of 413 attendees.



## Excelsa Health Community Health Needs Assessment 2019-2021

There is currently no update for aggregate biometric screening results for county employees as screenings have not occurred since 2018.

The Excelsa Health Well-Being Center plans to attempt to reinstate the biometric screening testing in the county's wellness program in the future and continue to offer health and wellness lectures to participating county employees.

Objective	Action	Measures	Partners
<b>3. Promote worksite wellness in Westmoreland County industry employers</b>	<b>Continue to partner with and enhance the Excelsa Health WORKS Occupational Medicine service line to increase employer partnerships</b>	<u><b>Participation Outcomes Annually:</b></u>  <b>1. Number of county patients receiving Occupational Medicine services</b>  <u><b>Health Outcomes Annually:</b></u>  <b>1. Number of physicals completed</b>  <b>2. Number of immunizations/vaccinations completed</b>  <b>3. Number of drug screenings completed</b>	<b>1. Excelsa Health WORKS Occupational Medicine</b>  <b>2. Regional employers</b>

**2019-2021 Update:** From July 1, 2019 to June 30, 2020, a total of 5,211 patients in the county utilized the Excelsa Health WORKS Occupational Medicine service line, and approximately 26,711 services/tasks were provided to patients. About 2,007 physicals, 971 vaccinations/immunizations and 782 drug tests were completed and recorded. The total number of visits amounted to 4,891. Due to the Coronavirus pandemic beginning in March 2020, the need for COVID-19 testing increased throughout the county. Excelsa Health WORKS offered COVID-19 testing, resulting in a total of 1,870 COVID-19 tests completed within the county.

## Excelsa Health Community Health Needs Assessment 2019-2021

From July 1, 2020 to June 30, 2021, a total of 6,956 patients in the county utilized the Occupational Medicine service line, and approximately 35,144 services/tasks were provided to patients. A total of 1,849 physicals, 725 vaccinations/immunizations and 1,184 drug screenings were completed. About 161 COVID-19 tests were completed in the Occupational Medicine physician office, and 1,761 were completed at county worksites.

Excelsa Health will continue to market the Occupational Medicine service line to the community and encourage participation in preventative health screenings and immunizations for county workforce employees.

Objective	Action	Measures	Partners
<b>4. Promote community wellness in Westmoreland County through community outreach events/screenings and partnerships with local civic groups</b>	<b>Continue to partner with local civic groups to enhance the Wellness Check program</b>  <b>Offer health screenings/risk assessments at upcoming senior fairs/health expos/other related outreach events</b>	<u><b>Participation Outcomes Annually:</b></u>  <b>1. Number of Wellness Checks scheduled</b>  <b>2. Number of participants at each Wellness Check</b>  <b>3. Number of outreach events with screenings offered</b>  <b>4. Number of participants at each event with screenings offered</b>	<b>1. Excelsa Health Marketing &amp; Communications/Community Relations</b>  <b>2. Local civic organizations</b>

# Excelsa Health Community Health Needs Assessment 2019-2021

**2019-2021 Update:** From July 1, 2019 to June 30, 2020, 11 Wellness Check events were facilitated with a total of 757 participants/multiphasic screenings and 269 blood pressure screenings completed. Fifteen vaccinations were also provided by Excelsa Health WORKS Occupational Medicine at one of the Wellness Check events. Due to the Coronavirus pandemic beginning in March 2020, only one Wellness Check was scheduled and held in the spring, resulting in 83 participants/multiphasic screenings; this is reflected in the total number of Wellness Check events/participants listed above. Additionally, only two community outreach events were held, a health and wellness fair and a women's expo. Participation numbers and screenings are included in the totals listed in the first paragraph. The majority of spring community events and health and wellness fairs and expos were cancelled due to the pandemic.

From July 1, 2020 to June 30, 2021, fall and spring Wellness Checks resumed with COVID-19 protocols and guidelines in place. There were 11 events, 695 participants/multiphasic screenings and 11 individuals received vaccinations from Excelsa Health WORKS Occupational Medicine. During this time period no senior fairs, health expos or community outreach events were held due to the pandemic.

Over the three-year period, Excelsa Health's outreach programming, events, support groups and activities resulted in a grand total of 1,223,021 lives touched and 11,683 screenings provided in the community: 367,318 lives touched and 7,844 screenings provided from July 1, 2018 to June 30, 2019; 456,313 lives touched and 3,144 screenings provided from July 1, 2019 to June 30, 2020; and 399,390 lives touched and 695 screenings provided from July 1, 2020 to June 30, 2021.

From July 1, 2019 to June 30, 2020, blood pressure, physical therapy and respiratory screenings as well as risk assessments for diabetes, sleep and stroke were provided and available to attendees at community festivals and events, health and wellness fairs and senior and women's expos. During this time period, there were 18 outreach events that included the above-mentioned screenings/risk assessments offered. From those 18 events, a total of approximately 34,241 people were in attendance and 899 total screenings were recorded from a combination of blood pressure, physical therapy balance/grip strength and respiratory screenings completed.

Due to the pandemic, community outreach events, activities and screening/risk assessment opportunities were limited and suspended between July 1, 2020 and June 30, 2021. While the pandemic also produced challenges for face-to-face health and wellness education and physician seminars, Excelsa Health utilized their partnerships with local radio broadcasting networks to produce interviews with Excelsa Health physicians and clinicians. These segments aired on local stations throughout Westmoreland County and featured topics such as the importance of diagnostic and lung screenings, mental health, heart health, breast health, sports medicine injuries, stroke awareness/prevention and diabetes education. From March 2020 to June 2021, a total of 19 unique clinical radio interviews aired (several interviews aired twice) with a total approximate reach of 320,000 individuals.

The Wellness Check program will continue to provide the community with opportunities for low cost health risk screenings. This program will help people gauge their health status through a multiphasic blood analysis that allows for the detection of many potential health problems. Excelsa Health will also offer health screenings and risk assessments at upcoming senior fairs, health expos and other related community outreach events as the pandemic subsides and activities can safely recommence in person.

# Excelsa Health

## Community Health Needs Assessment

### 2019-2021

**Other Needs Identified in the CHNA But Not Addressed in This Plan:** Each of the three identified 2019-2021 overall community health priorities are important and are being addressed by numerous programs and initiatives through the health system and other community partners. However, limited resources and the need to allocate significant resources to the priority needs listed in the above plan do not permit inclusion of the additional needs in this implementation plan. Several initiatives to address other identified needs have already been implemented or will be implemented by Excelsa Health.

**Excelsa Health's Response to the Coronavirus Pandemic:** In March 2020, Westmoreland County declared a state of emergency due to the infiltration of the Coronavirus pandemic. Initial communication was distributed internally to Excelsa Health employees regarding safety protocols, including hand hygiene and visitor limitations in the facilities. As the month progressed, more state and county-wide mandates were implemented, and the need for patient safety and testing became imminent. Masks were issued to all employees and temperature checks and the stringent use of personal protective equipment were integrated into daily work routines. These measures continue to be tools used today.

To aid in monitoring and caring for patients who had COVID-19 symptoms or were suspected of having COVID-19, Excelsa Health launched a testing and evaluation center in Greensburg. Individuals would be able to utilize a drive-through window for COVID-19 testing and also have an opportunity to see a provider for evaluation if needed. Approximately, 26,000 drive-through and 7,000 face-to-face COVID-19 tests have been provided to community residents. The turnaround time for testing results has improved dramatically since the initiation of testing. Excelsa Health laboratories have validated in-house testing which means all lab tests are 100% completed at Excelsa Health facilities, allowing for less than 24 hour-turnaround times for results. Additional testing and procedures were added to the center, including tests for influenza and streptococcal pharyngitis (strep throat), x-rays and venipuncture. Another service Excelsa Health has been able to offer is monoclonal antibody infusion treatments for patients diagnosed with COVID-19. This treatment is delivered via intravenous infusion and bolsters the patient's immune system, reducing risk of hospitalization and death. As of June 2021, 395 infusions have been given to patients with COVID-19.

Excelsa Health also collaborated with UPMC and Allegheny Health Network to establish the Regional Response Health Care Collaboration Program (RRHCC-P), a program to provide support to 58 skilled nursing facilities and personal care homes in the region. Out of the 58, there were 53 sites that allowed Excelsa Health into their facilities to assist them in determining pandemic readiness. As of June 2021, 141 initial evaluations and a total of 270 subsequent visits for testing, personal protective equipment and staff assistance were provided, and the program continues to be in effect today.

When the COVID-19 vaccine became available for public use, Excelsa Health utilized two of their outpatient centers, Excelsa Square at Latrobe and Excelsa Square at Norwin, to administer vaccines to eligible patients requesting appointments. In May 2021, Excelsa Health opened a COVID-19 vaccination clinic to accommodate larger groups of patients to receive both scheduled and walk-in vaccinations. To date, approximately 54,000 vaccinations have been delivered to Westmoreland County residents via the clinic, Excelsa outpatient centers and visits to homebound patients through partnerships with local EMS personnel. Excelsa Health continues vaccination efforts by hosting pop-up vaccination clinics cosponsored with local school districts, churches and other community organizations.

# Excelsa Health

## Community Health Needs Assessment

### 2019-2021

While the pandemic continues to ebb and flow from a county, state and national perspective, Excelsa Health is more than prepared to effectively and efficiently address and mitigate imposed threats and risks from the COVID-19 pandemic.

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**Maternal, Fetal & Infant Health in Westmoreland County:** The current low birth weight rate in Westmoreland County for the 2014-2018 period is 7.4%, an increase from 7.1% for the 2013-2017 period. However, the most current rate is still within range of the Healthy People 2020 low birth weight rate goal of less than or equal to 7.8%. (PA DOH, 2021) Low birth weight babies have a higher risk of developing medical problems after birth and require care in a specialized neonatal unit. The primary causes of low birth weight are prematurity and conditions which restrict fetal growth.

Breast milk is recognized as the single best way to feed infants. (World Health Organization, 2019) Breast milk is even more important for vulnerable babies, such as premature infants and those with medical conditions. In situations where there is no mother's milk available, milk banks can provide donated breast milk for these infants.

**2019-2021 Update:** In 2017, the Family Additions Maternity Department staff at Westmoreland Hospital instituted a mother's milk bank at Excelsa Square at Norwin to provide optimal nutrition to this vulnerable population. From July 1, 2019 to June 30, 2020, 3,396 ounces of breast milk were donated to the mother's milk bank. Due to the Coronavirus pandemic in March 2020, the milk bank was closed for three months, March to September 2020. From October 2020 to June 2021, a total of 1,468 ounces of milk were donated to the mother's milk bank.

Excelsa Health, along with UPMC, Allegheny Health Network, St. Clair Hospital and local and regional agency partners, continue to develop a predictive model that would measure potential incidents of infant mortality in rural and urban areas from a human services, social services and health care perspective, as well as on a neighborhood level. This predictive model would assist in identifying and possibly reducing the rate of infant mortality by providing programs and services to care for the needs of expectant and current mothers and their children.

The model would be implemented in Westmoreland County as a pilot study and would continue throughout southwestern Pennsylvania and surrounding communities if the results are favorable and the model succeeds. The goal is to validate the predictive model against its own maternal and child health statistics and to have a working model prepared and budgeted for implementation at the end of the planning phase.

In 2019, Excelsa Health was invited to submit an application for a planning grant from the Richard K. Mellon Foundation to start the planning process for the predictive model. The RKM Infant Mortality project continues to move forward. Currently Excelsa Health has provided blinded data going back five years on maternal health and the outcomes of babies. The RAND Corporation, Children's Hospital of Philadelphia and Stanford all remain partners along with the Pittsburgh hospitals. The researchers are looking for patterns in the data to determine why some mothers safely deliver a healthy baby and some mothers do not. Once those patterns have been discovered, the next step is to identify timely interventions be it medical, social services or family support. Excelsa Health has been invited to apply for the next round of funding in order to continue to participate in the initiative in the coming fiscal year.

# Excelsa Health Community Health Needs Assessment 2019-2021

Excelsa Westmoreland Hospital, based in Greensburg, is the only hospital system in Westmoreland County delivering babies. The proposal includes mothers/families with certain socioeconomic risk factors (ethnicity, income, borough, etc.), which will need to be established in this planning grant. Screening of all births will still be necessary. From an Excelsa/Westmoreland County perspective, this is more feasible: focusing on nonwhite families (black families have twice the infant mortality of white mothers resulting in 250-300 families/year in Westmoreland County – roughly 50% of which could be expected to give birth at Westmoreland Hospital).

On a side note, these numbers also imply the need for close cooperation with providers in Allegheny County – only about 50% of mothers living in Westmoreland County give birth in the county, with Westmoreland Hospital being the only birthing hospital.

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**Access to Health Services in Westmoreland County Part 1 - Wellness Program:** About 5.3% of adults in Westmoreland County do not have health insurance, compared to 94.7% of those who have health insurance. (American Community Survey, 2018) Of those with health insurance, many have high deductible plans. To help, Excelsa Health cosponsors “**Wellness Checks**”, a low cost multiphasic blood analysis that allows for the detection of many potential health problems.

The primary focus of the Wellness Check is the 33 panel multiphasic blood screening which includes a comprehensive chemistry profile, lipid testing and complete blood count. Additional screenings are also offered with the program.

The multiphasic blood screening can assist the physician in the detection of many potential health problems such as heart disease, thyroid disease, anemia, liver disease, electrolyte imbalance, bleeding disorders, diabetes, neuromuscular disease, leukemia, kidney disease and others as well as help the public understand their health profile, identify possible risks and make changes for a healthier life. Future plans to continue Wellness Checks can be found under the goal Prevention and Wellness, Objective Four.

**Access to Health Services in Westmoreland County Part 2 - Transportation Services:** The relationship between transportation and access to health care services continues to emerge as an ongoing trend in Westmoreland County. The Westmoreland County Transit Authority (WCTA) is one of the many resources available to county residents, but according to recent studies, public transit has experienced a “decrease in ridership” since 2014. Public transit was also identified as one of the top three disadvantages to living in Westmoreland County by 30% of survey takers. (Reimagining Our Westmoreland, 2018) Excelsa Health plans to partner and collaborate with the county to ensure all residents have total access to travel to and from Excelsa Health facilities.

**2019-2021 Update:** Excelsa Square at Frick is now part of the transit route schedule in the Mount Pleasant area, providing patients in the southern market and residents of Westmoreland County, especially individuals with limited mobility or transportation access, the opportunity to utilize community health and wellness services and resources efficiently. Excelsa Health also has partnered with the United Way of Southwestern Pennsylvania’s “Give Your Heart to a Senior” program for \$10,000+ and Laurel Faith in Action for \$24,000. Both of these partnerships also aid in providing transportation to older residents of Westmoreland County or individuals with limited transportation opportunities. Additionally, Excelsa Health has contracts with Veteran’s Cab Company and Uber services to assist with transportation access for residents in the community.

# Excelsa Health Community Health Needs Assessment 2019-2021

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**Additional needs identified by the CHNA that are not being addressed through these planning efforts are already being addressed by existing community assets, necessary resources to meet these needs are lacking or these needs fall outside of the Excelsa Health hospitals' areas of expertise.**

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