

SBH Health and Wellness Center Overview

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SBH Health System

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SBH Health Overview

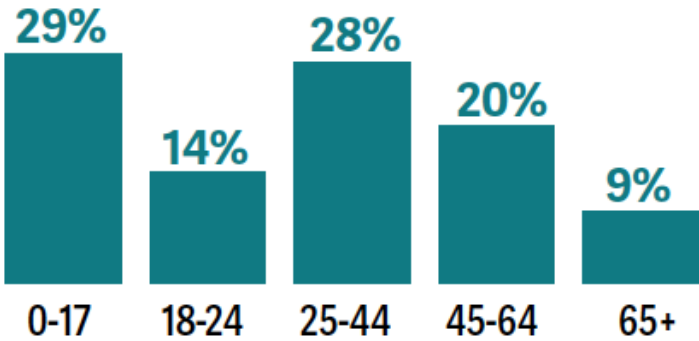
SBH Health is a safety net community hospital serving the Bronx community.

Statistics At A Glance

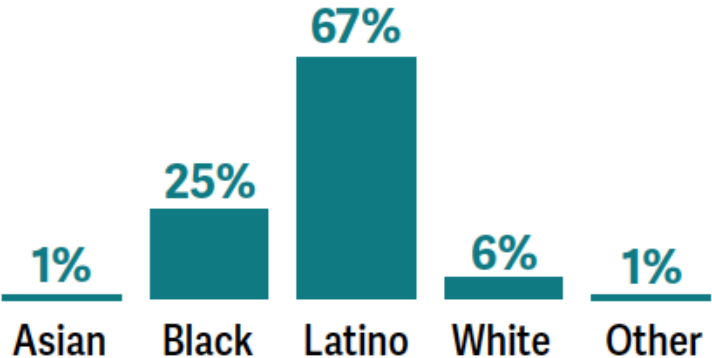
- 2500 Employees
- 435 Licensed beds
- 17,000 Hospital discharges
- 88,000 Emergency room visits
- 400,000 Outpatient visits
- 160,000 Behavioral health visits
- Payer Mix: 90% Medicaid/5% Medicare

- Founded in 1866
- First US hospital for chronic diseases
- Level 2 Trauma Center
- Teaching hospital: 280 residents
- NCQA NYS Patient Centered Medical Home

Population By Age



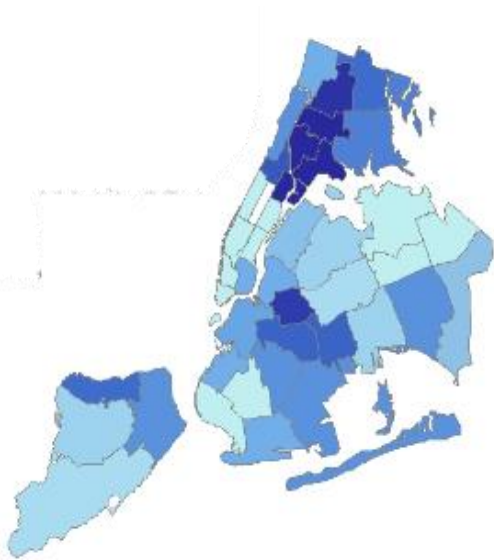
Population By Race / Ethnicity



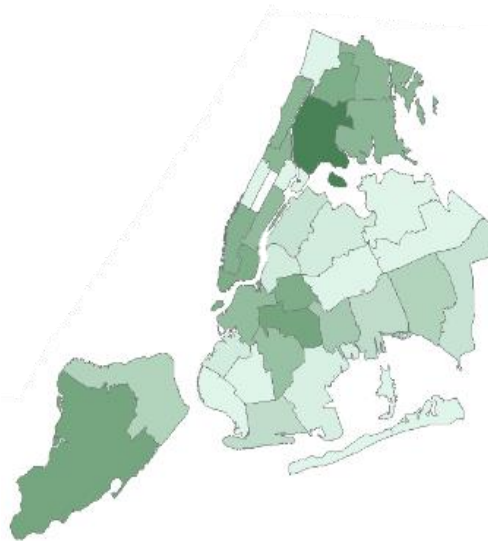
Community Need: Bronx vs. New York City Borough Comparison

There is a large health disparity issue which is apparent when Manhattan County just across the Harlem River is one of the healthiest in the state.

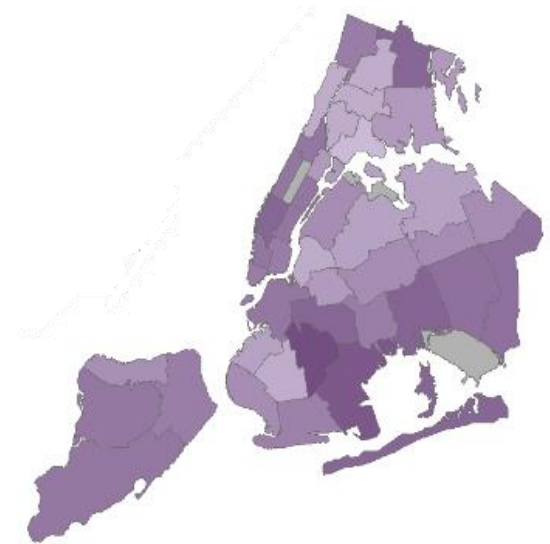
Avoidable Hospitalization



Disease Prevalence



Social Determinants



Sources:

- 2012 NYS Department of Health SPARCS
- U.S. Census Bureau; American Community Survey, 2013
- Community Health Survey 2013, NYC Department of Health and Mental Hygiene
- 2013 NYS Department of Health SPARCS




Community Need: Belmont/East Tremont vs. Bronx Comparison

Our neighborhood is even more challenged when compared to other neighborhoods in the Bronx.

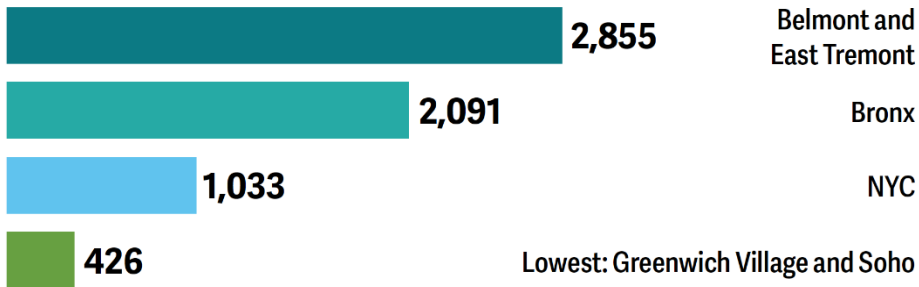
Economic Stress

| | Belmont and East Tremont | Bronx | NYC |
|--|--------------------------|------------|------------|
| Poverty (percent of residents) | 31% | 25% | 20% |
| Unemployment (percent of people ages 16 and older) | 16% | 13% | 9% |
| Rent Burden (percent of renter-occupied homes) | 60% | 58% | 51% |

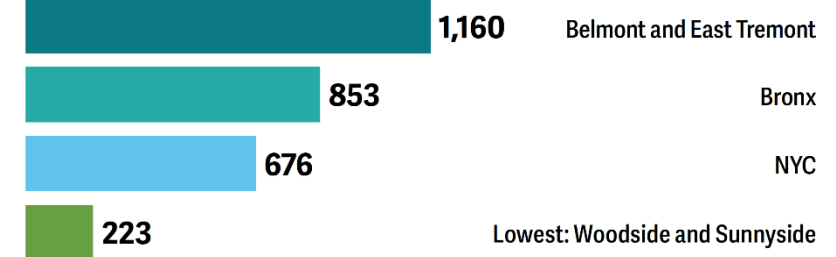
Disease Prevalence

| | Belmont and East Tremont | Bronx | NYC |
|---|--------------------------|------------|------------|
|  Obesity | 36% | 32% | 24% |
|  Diabetes | 22% | 16% | 11% |
|  Hypertension | 32% | 36% | 28% |

Avoidable Hospitalization



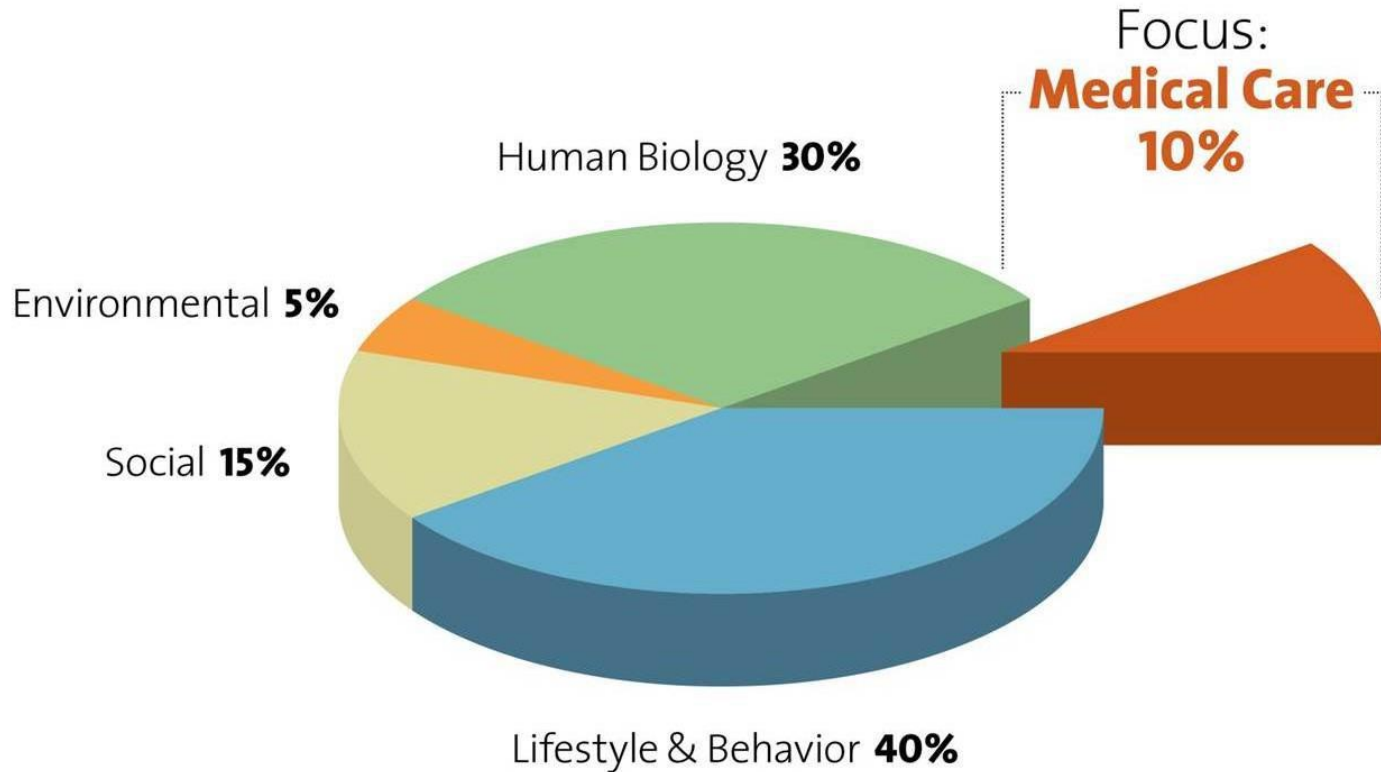
Psychiatric Hospitalizations



Source: NYC Dept of Health and Mental Hygiene Community Health Profile: Belmont and East Tremont, <https://www1.nyc.gov/assets/doh/downloads/pdf/data/2018chp-bx6.pdf>

Impact of Risk Factors on Premature Death

When it comes to reducing early deaths, medical care has a relatively minor role. Improving population health will also require addressing the non-behavioral determinants of health that we can influence: social, health care, and environmental factors.



Sources:

1. Kaiser Family Foundation: <https://www.kff.org/racial-equity-and-health-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/>
2. Schroeder, S: N Engl J Med 2007; 357:1221-1228 DOI: 10.1056/NEJMsa073350. <https://www.nejm.org/doi/full/10.1056/nejmsa073350>

Importance of Addressing Social Determinants of Health

Addressing social determinants of health is important for improving health and reducing health disparities.

| Economic Stability | Neighborhood and Physical Environment | Education | Food | Community and Social Context | Health Care System |
|--------------------|---------------------------------------|---------------------------|---------------------------|------------------------------|---|
| Employment | Housing | Literacy | Hunger | Social integration | Health coverage |
| Income | Transportation | Language | Access to healthy options | Support systems | Provider availability |
| Expenses | Safety | Early childhood education | | Community engagement | Provider linguistic and cultural competency |
| Debt | Parks | Vocational training | | Discrimination | Quality of care |
| Medical bills | Playgrounds | Higher education | | Stress | |
| Support | Walkability | | | | |
| | Zip code / geography | | | | |

Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Sources:

1. "Healthy People 2020: Social Determinants of Health," Office of Disease Prevention and Health Promotion, accessed April 25, 2018, <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>
2. Kaiser Family Foundation: <https://www.kff.org/racial-equity-and-health-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/>

SBH Health and Wellness Overview

OUR MISSION STATEMENT

To develop an integrative health and wellness center which builds a culture of lifelong wellness and self-empowerment by offering innovative services and programs focused on prevention and healthy choices for the Bronx community.

THE PROJECT

This groundbreaking project will transform health care in the Bronx. The Health and Wellness Center at SBH will address food and housing insecurities, education, social support, and personal safety concerns – those social determinants that can ease the burden of the chronic diseases that plague our community.

The 50,000 square foot Health and Wellness Center at SBH is a part of mixed-use development that includes more than 300 units of affordable housing. The health and wellness space will feature:

- A fitness center
- A teaching kitchen that will be used as an education tool for community residents and healthcare providers



- An urgent care center
- Women's and children's health services
- A breast imaging center
- A rooftop farm

WHY IT'S SO IMPORTANT

A new paradigm is desperately needed in the Bronx. Consider the following:

- The Bronx ranks 62nd out of 62 counties in New York State in terms of health outcomes
- SBH serves a low income and ethnically diverse population with most of our patients covered by Medicaid or no insurance at all.
- The prevalence of preventable illness – obesity, asthma, diabetes and heart disease – are the highest in New York City, as is substance abuse, non-accidental trauma and behavioral health diagnoses.

HOW IT WORKS

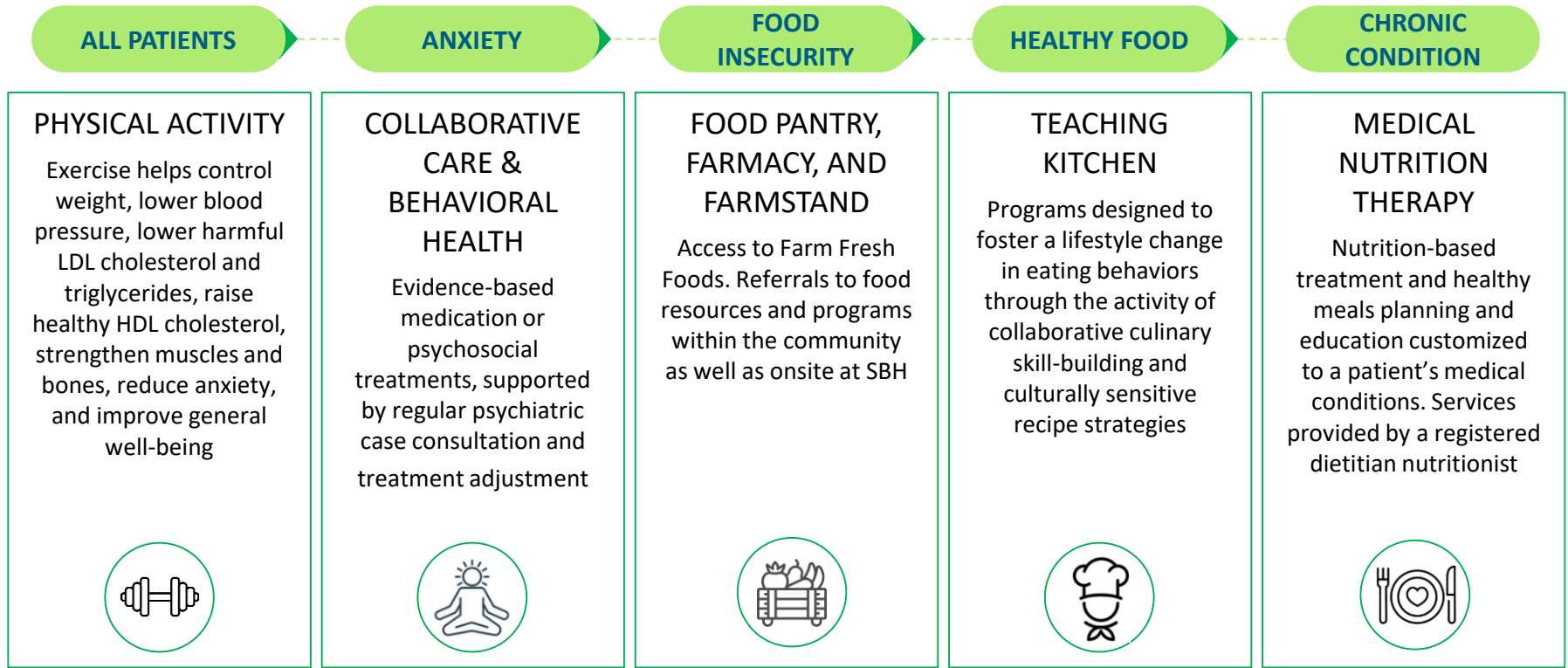
The transformation of health care in the Bronx depends on your help.

To hear more about our story, visit www.findthehealthieroneinyou.org



Incorporating Health and Wellness Programming Into Care Model

We will incorporate Health and Wellness programming that combines culinary nutrition education with a medically-supervised exercise program for members of the community with chronic conditions who experience barriers to food security and promote healthy, active lifestyles.



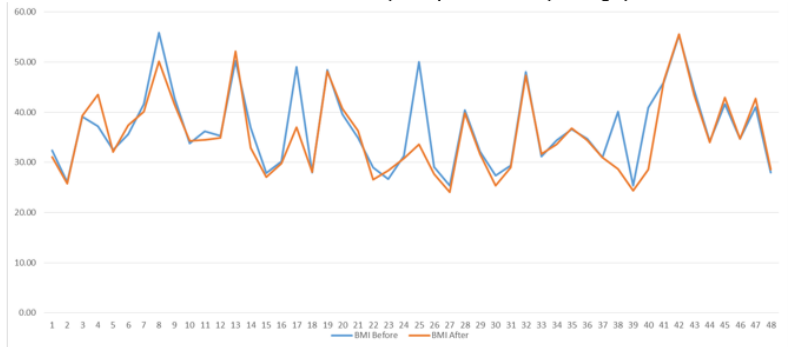
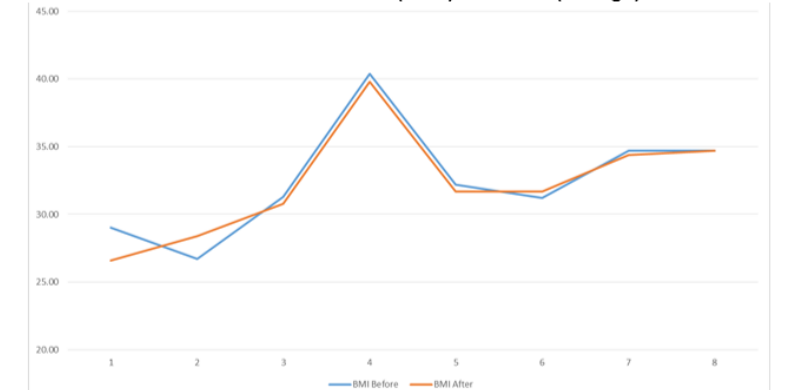
Healthy Living Initiative



Healthy Living Initiative Pilot Study Results

An 8 – week intervention pilot resulted in a statistically significant reduction in BMI.

SBH HEALTH SYSTEM
QAPI PERFORMANCE AND SAFETY IMPROVEMENT REPORT

| | |
|--|--|
| <p>DEPARTMENT: Ambulatory Care</p> | <p>RESPONSIBLE PARTY: Irene Kaufmann, Senior Vice President, Ambulatory Care, Population Health</p> |
| <p>Title of Quality Assurance/Performance Improvement Report/Project: Health & Wellness to Reduce Obesity</p> | <p>All Patients BMI Before (Blue) and After (Orange)</p>  |
| <p>Aim Statement: Improve health and wellness of patients with obesity by developing and implementing a wellness program to reduce the BMI of up to 125 patients over an 8-week program. The goals for this effort are:</p> <ol style="list-style-type: none"> 1. Develop a new program that successfully integrates nutrition education and exercise. 2. Recruit, enroll, and retain patients (including adolescents) in the program. 3. Reduce the BMI of participants over the 8-week program. | <p>(includes data on 48 patients with a starting BMI > 25 which indicates overweight, obese or morbidly obese)</p> |
| <p>The PDSA Cycle</p> | <p>Adolescents BMI Before (Blue) and After (Orange)</p>  |
| <p>Plan: The Health and Wellness Center to develop and implement programming that combines culinary nutrition education with a medically-supervised exercise program for members of the community with chronic conditions who experience barriers to food security and healthy, active lifestyles.</p> <p>Do:</p> <ul style="list-style-type: none"> ▪ Develop program model to include "trauma-informed care" approach. ▪ From July 2020 – May 2021 enroll up to 125 participants (including 23 adolescents). ▪ Implement 8-week program integrated with patient's care plan, including individual fitness assessment and individual workout regimen in the SBH fitness center, and culinary nutrition education in the SBH teaching kitchen. ▪ Offer gym membership incentive to strengthen engagement. <p>Study:</p> <ul style="list-style-type: none"> ▪ Monitor patients' engagement with the program model and adjust the model accordingly. ▪ Monitor patients' attendance at the SBH fitness center for scheduled sessions and any additional voluntary attendance. ▪ Systematically monitor patients' weights, BMIs, blood pressure and HgA1c to study any changes during the program. <p>Act:</p> <ul style="list-style-type: none"> ▪ Apply lessons from these activities to improve the experience and retention of patients in the program. ▪ Use findings to improve the overall program model and approach for future implementations. | <p>(includes data on 8 adolescents with a starting BMI > 25 which indicates overweight, obese or morbidly obese)</p> |
| <p>PROGRESS/STATUS REPORT: First iteration of the program successfully enrolled 117 patients, including 23 adolescents. A statistically significant reduction in BMI of 1.18 was observed.</p> | |
| <p>NEXT STEPS: Refine program model with an iteration specifically for adults. Apply for additional grant funding for a second phase of the program.</p> | |
| <p>Confidential Quality Assurance/Performance Improvement The material in this document is CONFIDENTIAL UNDER PUBLIC HEALTH LAW 2805-M and/or EDUCATION LAW 6527 (3)</p> | |

Healthy Living Initiative: Expanded Model Study Results

We expanded the model to 100 adolescent participants in 2022-2023 and expanded the evaluation metrics to include data from SECA scale, fitness assessments and Teaching Kitchen questionnaires.

01

Strength Assessment

- ✓ Average strength improvements for lower body was 35%
- ✓ Average strength improvements for upper body was 30%
- ✓ 1.2% increase in skeletal muscle mass percentage
- ✓ 2.3% loss in fat mass percentage

02

Core Stability

- ✓ Patients performed front plank
- ✓ Average core stability improvements of 100%



03

Cardiorespiratory Assessment

- ✓ Patients used the row machine
- ✓ Average cardiorespiratory improvements was 15%

04

Healthy Food

- ✓ 52% would often select healthy ingredients at the supermarket (160% increase)
- ✓ 60% would often make a meal with vegetables (275% increase)
- ✓ 48% would often prepare fruits or vegetables to eat (500% increase).

Food Pantry Marketing Collaboration

Collaborate with Legislators



Legislators

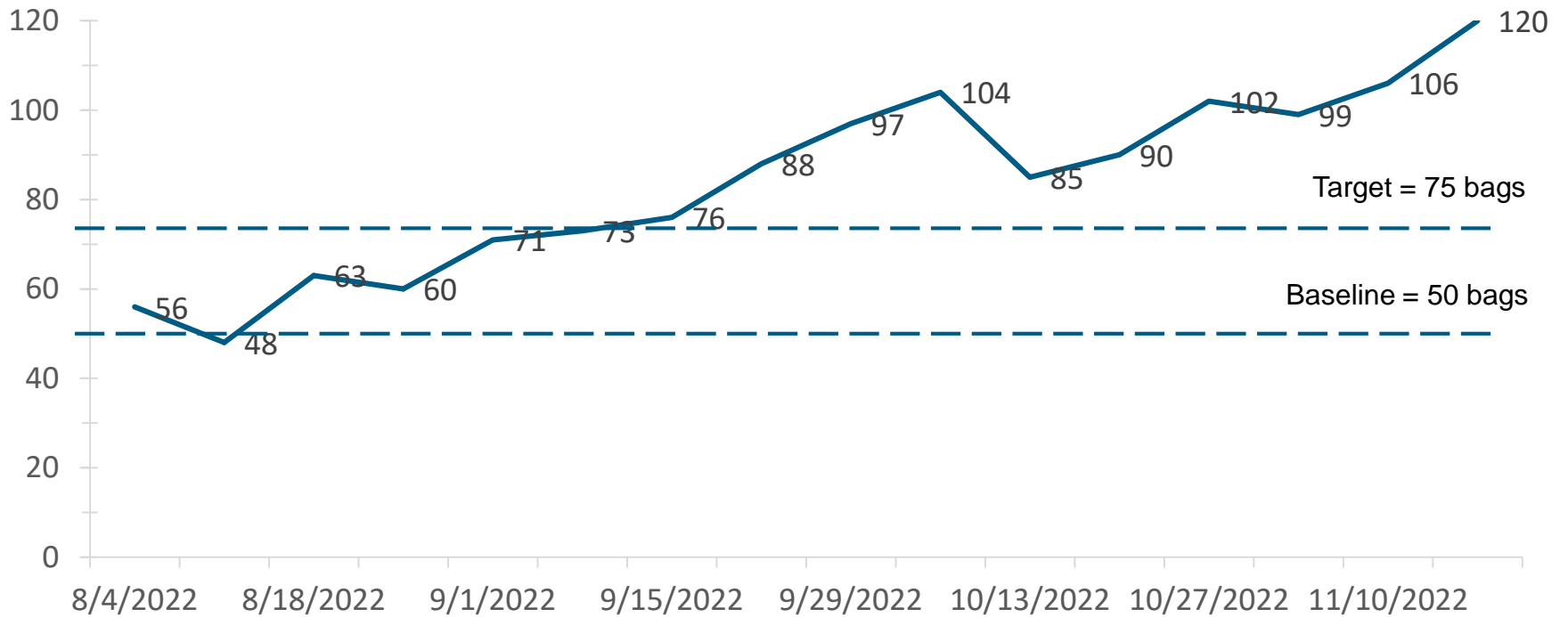
Collaborate with NYCDOHMH



NYC DOHMH

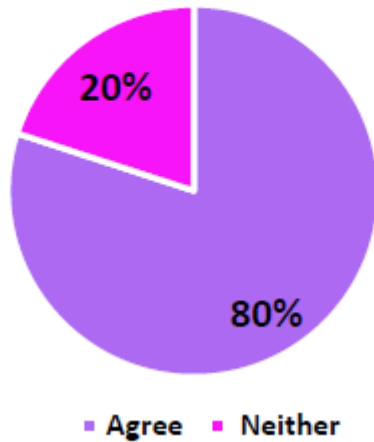
Food Pantry Marketing Collaboration

 Weekly Food Pantry Distribution (August to November 2022)



NYC DOHMH Collaboration: Gestational Diabetes

Positive changes in my daily eating habit



Bronx High School Collaboration: Healthy Food Education

PROJECT
E A T S
ART FOOD LIFE



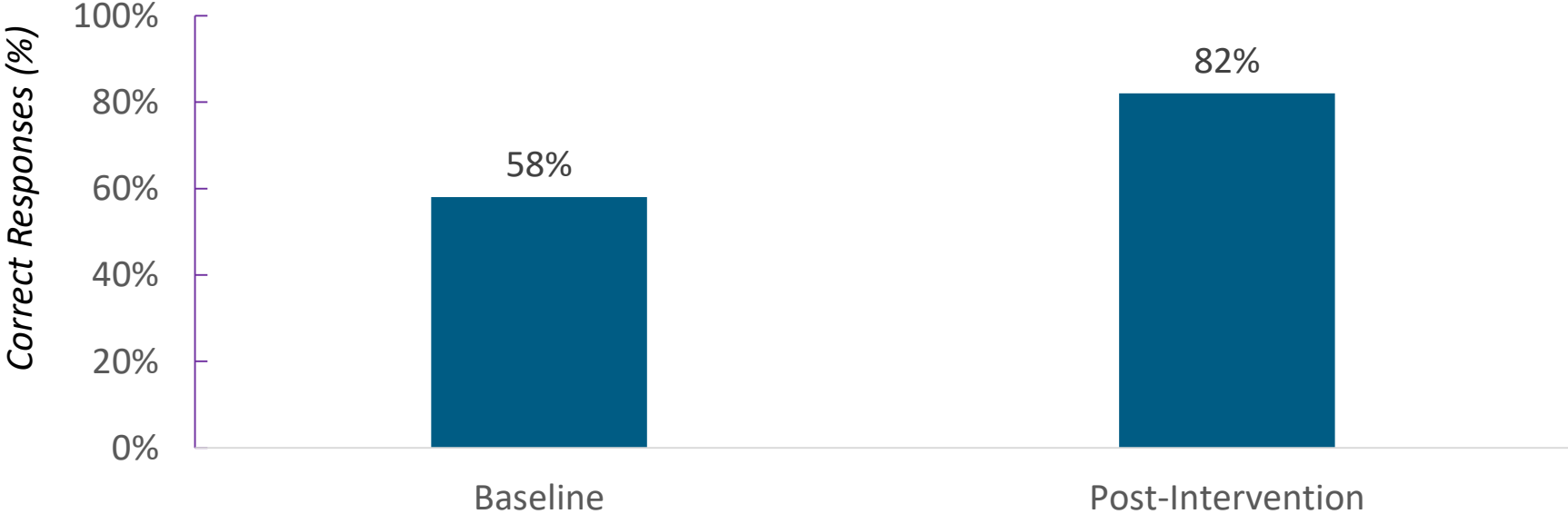
Bronx High School Collaboration: Healthy Food Education



Bronx High School Collaboration: Healthy Food Education



Healthy Foods and Nutrition Quiz



Source: Baseline quiz administered in the classroom and again at end of program at SBH

Quincy Enunwa NY Jets Football Camp with Bronx Middle Schools



JETS



NYPD



NYC Parks

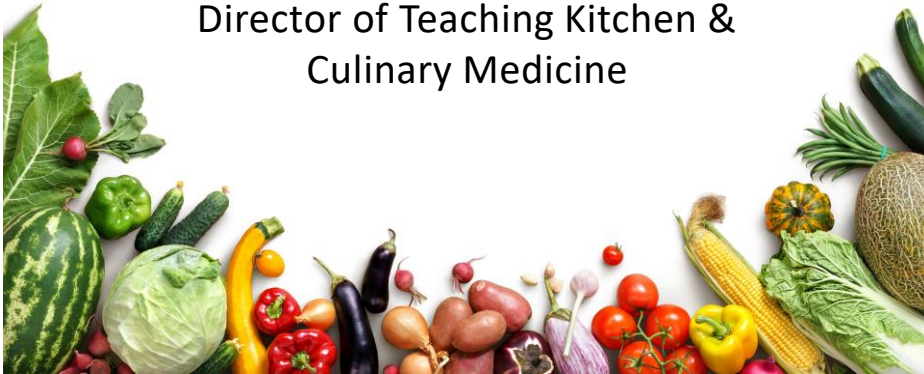


CHANGING THE CONVERSATION:

Culinary techniques to meet the needs of a client's diagnosis without sacrificing flavor for **Diabetes** and **Heart Disease**

Presented by:

Chef Abbie Gellman, MS, RD, CDN
Director of Teaching Kitchen &
Culinary Medicine



Learn how to make evidence-based nutrition education relatable to clients through “food talk”



Learn about the impact culinary nutrition programs can have on behavior mediators such as stress, knowledge, confidence, and goal setting.



Identify a variety of culinary nutrition needs related to diabetes and heart disease.



Learn how to evaluate client’s cooking skills to work on goal setting accordingly

What Others Are Saying About Us



<https://www.telemundo47.com/videos/programa-de-nutricion-ofrece-clases-gratuitas-en-el-bronx/2328776/>



<https://www.univision.com/local/nueva-york-wxtv/este-es-el-programa-a-bajo-costo-con-el-que-puedes-aprender-a-cocinar-de-una-forma-saludable-en-nueva-york-video>



<https://abc7ny.com/bronx-st-barnabas-hospital-boxing-at-risk-youth/13566069/>



<https://www.cbsnews.com/newyork/news/st-barnabas-teaching-kitchen-promotes-healthy-nutritious-cooking/>



<https://bronx.news12.com/bronx-hospital-offers-kitchen-program-that-teaches-preparing-healthy-food-dishes>



<https://pix11.com/video/bronx-teaching-kitchen-helping-people-eat-healthier/8048172/>



<https://www.bxtimes.com/teaching-kitchen-5-cooking-classes/>



<https://www.ny1.com/nyc/all-boroughs/education/2023/04/01/bronx-kitchen-teaches-students-how-to-make-affordable--delicious-and-easy-meals>

Other Partnerships



Partnered with Agricumami to provide experiential learning with youth in elementary, junior, and high schools.

- ✓ Hands-on edible gardening from seed to table
- ✓ Learning ingredient product knowledge
- ✓ Recipe reading
- ✓ Culinary medicine exposure at a state-of-the-art St. Barnabas Teaching Kitchen

Source: Spring into Summer Bliss!!

<https://agricumami.com/storytelling/f/spring-into-summer-bliss>



Contact

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