



**CAPE REGIONAL**  
HEALTH SYSTEM

**COMMUNITY HEALTH NEEDS ASSESSMENT**

**CAPE MAY COUNTY NEW JERSEY**

**2014-2016**

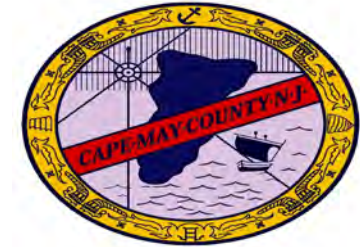


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## FROM THE PRESIDENT

At Cape Regional Health System, we are proud of our strong tradition of community service. Our staff and volunteers work with our community partners to improve the lives of thousands of local residents by continually offering free health screenings, educational seminars, training and classes. We have received numerous awards for our community outreach initiatives, both locally and nationally.

Cape Regional Medical Center has a longstanding and active partnership with many social and civic organizations, faith communities, schools and local employers. This 2016 Community Health Needs Assessment is the result of a collaborative effort of our community partners who worked throughout the past year to identify the most-pressing healthcare needs in Cape May County.

This comprehensive report is the result of a thorough assessment of our area's healthcare profile, including a review of public health data and data obtained by means of focus groups, public forums and a community needs assessment survey. This assessment also includes action items and plans to address the healthcare concerns in our community.

We deeply appreciate the work of our Medical Center Staff and Community Partners who are highlighted in this report. We also thank the hundreds of community residents who provided valuable feedback in our surveys and focus groups.

For more information about the 2016 Community Health Needs Assessment, please contact Bonnie Kratzer, RN, BSN, Parish Nurse/ Lifestyle Management Coordinator at 609-463-4043 or [jkratzer@caperegional.com](mailto:jkratzer@caperegional.com).

Joanne Carrocino, FACHE  
President & CEO

## About the Community Health Needs Assessment

**Health Care Reform 3590 Patient Protection and Affordable Care Act** requires 501c3 nonprofit hospitals to conduct a Community Health Needs Assessment every three years.

- A strategic plan needs to be adopted and implemented
- Need to collaborate with community health agencies
- Compliance obligation- assessment and planning between January, 2014 and ending December, 2016
- A \$50,000 penalty for not complying with initial 3-year period and any subsequent 3 year period

## Service Area and Demographics

Cape Regional Health System provides healthcare for all of Cape May County.

- Year-round population is 95,895
- Summer season population (May – September) swells to over 800,000
- Breakdown of population:
  - ✓ 89% Caucasian
  - ✓ 5% Afro-American
  - ✓ 6% Hispanic
- Major industry is tourism
- Unemployment rate is 22%
- Population over 65 is 22.1%

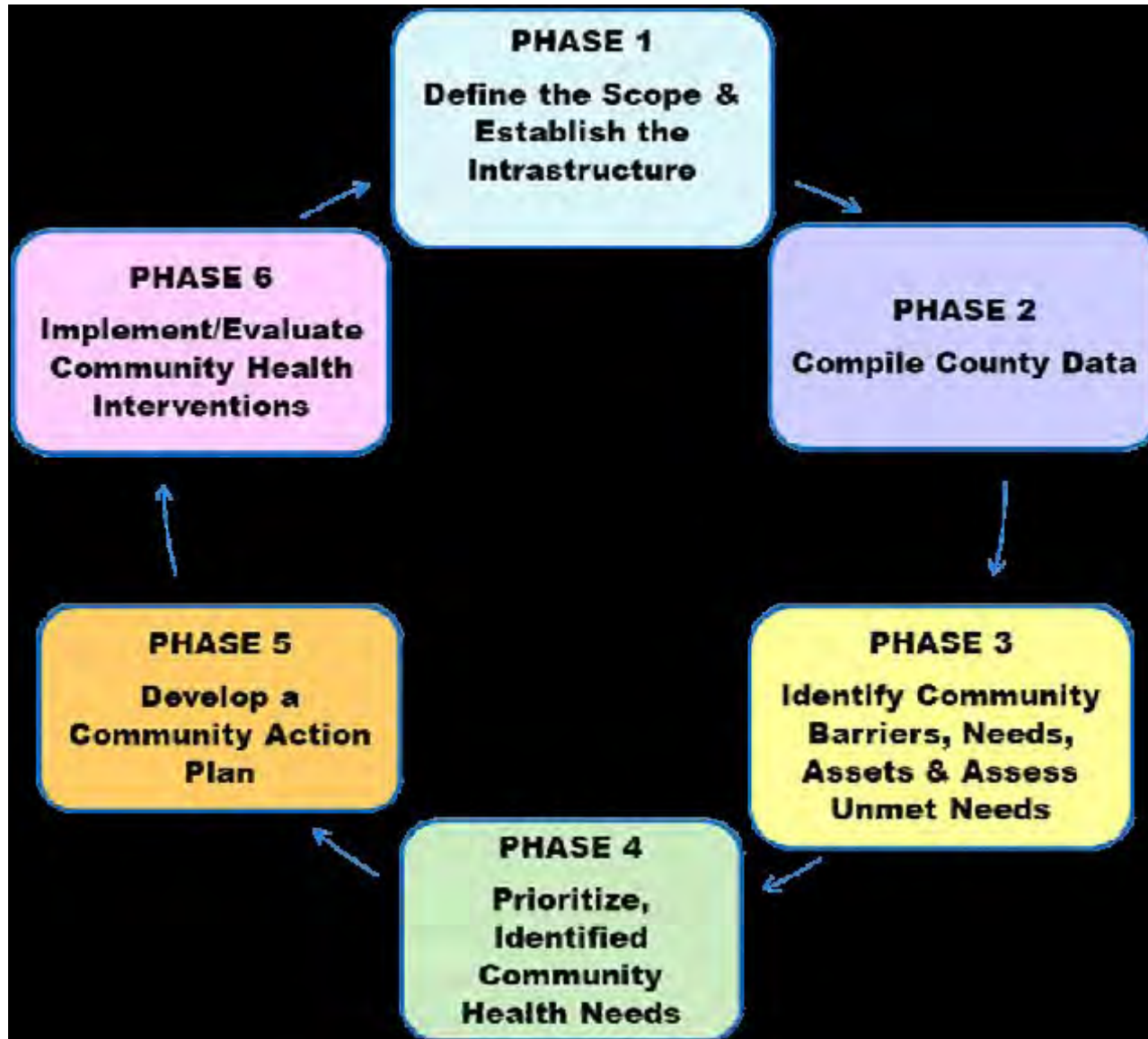
Poverty Level is 11.4%

Poverty Level under 18 years of age is 19.6%

CAPE MAY  
COUNTY



# CHNA Process 3 Years



## Community Health Needs Assessment Partners

- *Cape Regional Health System*
- *Cape Regional Physician Associates*
- *Cape May County Department of Health*
- *Cape May County Department of Aging and Disability Services*
- *Cape Assist*
- *Cape Counseling*
- *Complete Care*
- *CURE*
- *Prevention Partnership*
- *Volunteers in Medicine*
- *Rutgers Cooperative Extension*
- *Caring for Kids*
- *Puerto Rican Action Committee*
- *Concerned Citizens of Whitesboro*
- *Christ Gospel Church*
- *Cape May County Department of Human Services*
- *Cape May County Chamber of Commerce*
- *Middle Township Police Department*
- *Lower Township School District*
- *Quality Care - Cape May Council for Young Children*

# Methods to Obtain Important Community Health Needs

## Community Health Needs Assessment Survey

The four major sections of the 2014 CHNA Survey included:

- General Information
- Adult Health Status
- Childhood Health Status
- Barriers to Health Care

**SURVEYS COMPLETED: 908**

## Focus Groups

Ten 1-hour discussion focus groups, with an 8 question format, were conducted from August, 2014 to January, 2015 in Wildwood, Woodbine, Cape May Court House, Whitesboro, Stone Harbor, and Dennis Township.

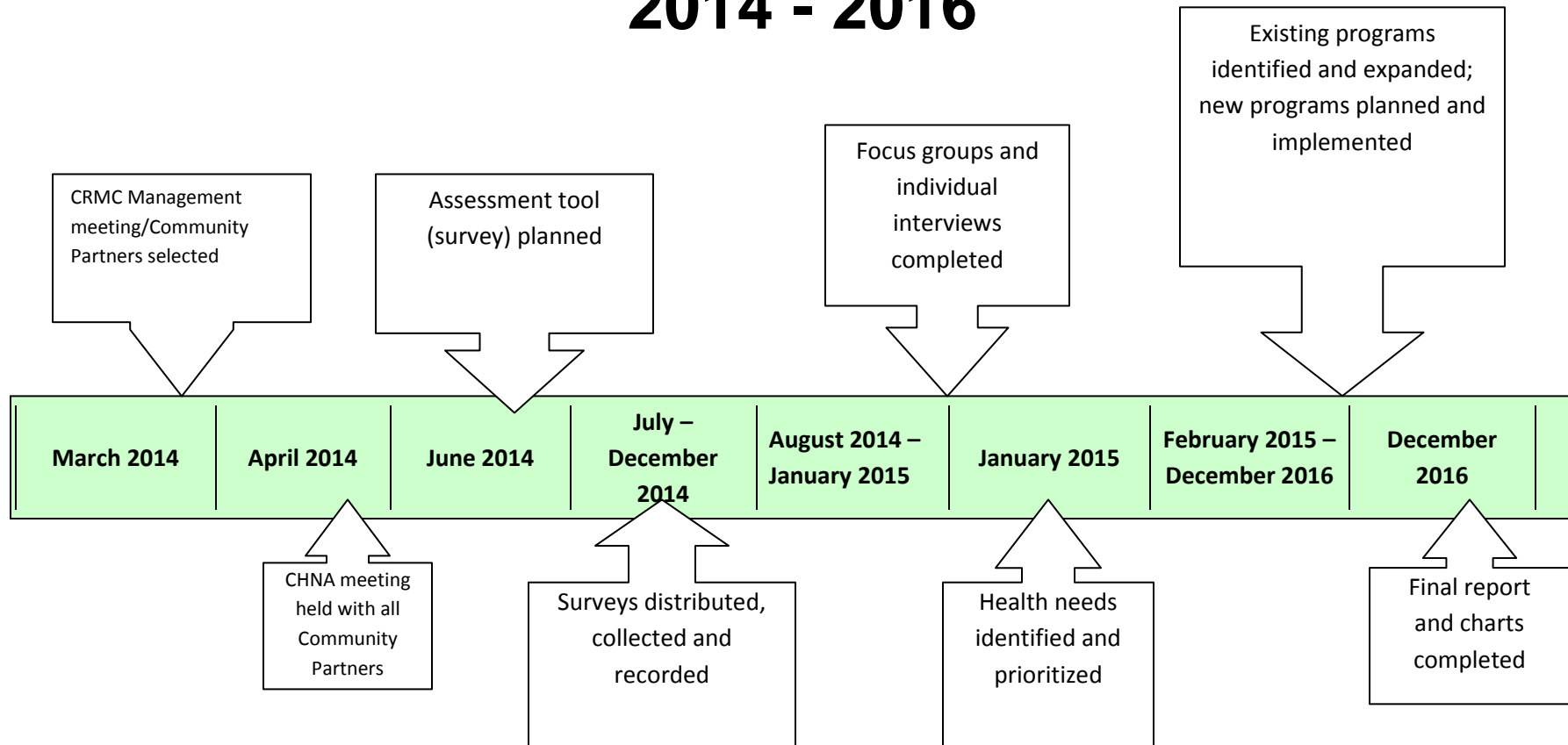
## One-on-One Interviews

Thirty-five individual discussions were conducted from August, 2014 to January, 2015 with community leaders, health professionals and community residents throughout Cape May County.



# CHNA Timeline

## 2014 - 2016



## Six Priority Community Health Needs

After analyzing results gathered from the surveys, focus group meetings and one-on-one discussions conducted from August, 2014 to January 2015 with community leaders, health professionals and community residents throughout Cape May County, the following top six health needs were identified.

*(Listed in alphabetical order).*

- **Adverse Childhood Experiences**
- **Bone Issues: Falls Prevention, Exercise and Pain Management**
- **Cancer: Prevention, Screening and Treatment**
- **Diabetes and Hypertension**
- **Mental Health Issues/Substance Use Disorders**
- **Weight Issues/Nutrition**

## Barriers to Community Health Services

- **Program Capacity** – Need for expansion of existing programs, services, and activities for target health needs in Cape May County
- **Cost/Insurance**– Funding availability
- **Transportation** – Lack of availability
- **Services** – Availability unknown to community residents
- **Personnel** – Number of skilled people to meet needs
- **Unemployment** – High rate of unemployment from October to May because of tourist industry during the summer months
- **Poverty** – High rate in Cape May County; high rate in 19 years of age and under

## Assets to Community Health Services

- **Community Outreach from Cape Regional Health System** – Availability of a variety of community health programs including health fairs and educational classes
- **Cape May County Department of Health** – Clinics for immunization and variety of family health services; Free Flu Shots; NJCEED
- **Fare Free Transportation** – Free transportation covering Cape May County
- **Cape May Veterans Groups** – Support for veterans and their families
- **Cape Counseling** – Counseling and support services for mental health issues
- **Cape May County Department of Social Services** – services for housing and social issues
- **Food Pantries** – food provided to community residents
- **Cape Regional Physicians Associates, Urgent Care, VIM, Complete Care** – Availability of professional health services throughout the county
- **Senior Centers** – centers spaced throughout the county for senior activities and meals

# Six Top Priority Community Health Needs

## Adverse Childhood Experiences (ACE)

In New Jersey, there were 92,924 cases of child abuse/neglect reported in 2012.

New Jersey Kids Count

In Cape May County, there was a 10% increase of children living below the poverty level from 2012-2013.

New Jersey Kids Count, NJ Snap-Ed Program

19.6% of children in Cape May County are living in poverty (2013).

New Jersey Kids Count, NJ Snap-Ed Program

In Cape May County, approximately 31% of all children live in a single parent household (2013).

New Jersey County Health Rankings and Roadmaps

In 2015 Cape May County dropped to 19<sup>th</sup> place – the 3<sup>rd</sup> worst county in NJ for child health and well-being – 2016 New Jersey Kids Count

**GOAL:** Increase awareness of the long-term consequences of Adverse Childhood Experiences and increase the availability of coordinated community resources and activities in Cape County.

**NARRATIVE:** The partners for the ACE (Adverse Childhood Experiences) want to create a coordinated county-wide Prevention System that fosters individual understanding of the need for protective factors for all of our children, and subsequently mobilize the County to increase overall Prevention activities and program designed to strengthen families and promote child safety, health, and wellbeing and school success. This will be accomplished through:

- ✓ Promotion of the understanding of the ACE study
- ✓ Promotion for the need for a Trauma Informed system and culture of Care (TIC)
- ✓ Collaboration of Prevention activities throughout the County

Fit for Life – A Universal Prevention Initiative in Cape May County

Fit for Life is a parent-driven wellness initiative designed to strengthen families holistically, beginning with pregnancy and expanding developmentally, through comprehensive resources, education and multi-level partnerships grounded in Cape May County Council for Young Children. The proposed initiative model will be housed as a unit within either a partnered or free-standing Family Fit Center, in order to build on and expand existing services, while integrating wellness and each component of the current New Jersey Prevention Plan.

Program	Activities	Outcomes 2014 - 2016	Partners
<b>Education</b>	Expand educational activities regarding child trauma, the ACE study and its ramifications.	Increased education and activities for parents/families beginning with pre-natal care through adulthood. Education/prevention activities – 264 participants. Printed materials dispersed – 5000.	CRHS  Prevention Partnership
<b>PE Screenings</b>	.Initiate use of PE screenings to identify individual ACE scores during routine physical examinations.	Increased professional and client identification of individuals of high ACE scores in order to foster Understanding of the score ramifications and the subsequent treatment and healthcare of the individual.	Cape May County Council for Young Children (Prevention Partnership)  Cape Counseling
<b>Trainings</b>	Work with mental health/substance use disorder, the CHNA committee and the community to implement trainings and activities that will build a Trauma-informed system and culture of Care (TIC) throughout Cape May County. Extreme Traumatic Events = abuse, violence, poverty, medical procedures, parental separation, etc.	Increased the numbers of Trauma Certified clinicians and subsequently the number of clients/children/parents/families served with appropriate trauma informed interventions. “Nurtured Hearts” training to 2 child care centers. Increased community and professional education/trainings and support for Trauma Informed Care within the county – i.e. Hospitals, Physicians, Agencies, Organizations, Law Enforcement, Schools and others interacting with the public.	

<b>Prevention</b>	Integrate Prevention Partnership Activities through the Council for Young Children to create a coordinated system of prevention activities and child/family care.	Child abuse and prevention walk – 179 participants. Created a coordinated County-wide Prevention System that fostered individual understanding of the need for protective services for all of our children, and subsequently mobilized the County to increase overall Prevention activities and programs designed to strengthen families and promoted child safety, health, and well-being and school success.	
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**Bone Issues: Falls Prevention, Exercise, and Pain Management**

In Cape May County, about 23% of the population was labeled as physically inactive (2012).

New Jersey County Health Rankings and Roadmaps

Approximately, 56% of females in Cape May County achieved the recommended amount of physical activity (2011).

County Profiles, Institute for Health Metrics and Evaluation

Approximately 62.1% of males in Cape May County achieved the recommended amount of physical activity (2011).

County Profiles, Institute for Health Metrics and Evaluation

**GOAL:** Increase awareness of **Falls Prevention**, promote exercise programs, and develop programs to address pain management in Cape May County

**NARRATIVE: Falls Prevention**

The Falls Prevention one-hour program was developed by the New Jersey Institute of Successful Aging at the University of Medicine and Dentistry of New Jersey. It includes discussion on risk factors associated with falls, consequences from a fall, how to prevent falls and what to do if you do fall. Handouts are given, including a safety checklist for your home. Cape May County has four trained leaders to facilitate this program in Cape May County.

Program	Activities	Outcomes 2014 - 2016	Partners
<b>Falls Prevention</b> <ul style="list-style-type: none"> <li><b>HealthEase course on falls prevention</b></li> </ul>	Facilitate 1 hour program on falls prevention in order to reduce number of falls for seniors	Taught 8 Falls prevention programs to clients in Cape May County Senior Centers, community centers and the Center for the Blind	Cape Regional Health System Cape May County Department of Health  Cape May County Department of Aging and Disabilities

### **NARRATIVE: A Matter of Balance**

A Matter of Balance is an evidence-based eight session program developed by Boston University and administered through MaineHealth's Partnership for Healthy Living. Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program with discussion activities and gentle exercises designed to manage falls and increase activity levels. Cape Regional Medical Center has 4 Master Trainers to train coaches who facilitate community workshops in senior facilities in Cape May County.

Program	Activities	Outcomes 2014-2016	Partners
<ul style="list-style-type: none"> <li><b>A Matter of Balance (evidence-based)</b></li> </ul>	Facilitate 8 week program on concerns about falling with exercise component to lessen the fear of falling so number of falls will be reduced	Facilitated 20 A Matter of Balance programs to clients in Senior Centers, community centers, recreation center, medical center, county disabilities housing, churches and the Blind Center	Cape Regional Health System  Cape May County Department of Health  Cape May County Department of Aging and Disabilities
<ul style="list-style-type: none"> <li><b>Master Training and Coach Training Classes for A Matter of Balance (evidence based)</b></li> </ul>	1. Attend Master Training from MaineHealth Partnership 2. Train coaches to teach program.	Four master trainers were trained in 2016  Five coach 2-day trainings were held in 3 years for 22 people	Cape Regional Health System  Cape May County Department of Aging and Disabilities

## Bone Issues: Falls Prevention, Exercise, and Pain Management

### **NARRATIVE: Project Healthy Bones**

Project Healthy Bones is a twenty-four session osteoporosis prevention, exercise and education program for older adults. This evidence-based program was developed by Tufts University. The program includes educational components on exercise, osteoporosis risk factors, diagnosis, treatment, medications, prevention, and nutrition and falls prevention. The exercise component includes posture, balance, strength training and stretching. Cape Regional Medical Center has a Lead Trainer to teach leaders who facilitate Project Healthy Bones in churches in Cape May County.

<b>Program</b>	<b>Activities</b>	<b>Outcomes 2014 - 2016</b>	<b>Partners</b>
<b>Exercise</b> <ul style="list-style-type: none"><li>• <b>Project Healthy Bones (evidence-based)</b></li></ul>	Facilitate 24 week exercise and education program on osteoporosis  Facilitate PHB training for new leaders and refresher courses for current leaders	Three churches have held this program for the past three years with 10 – 20 people each week  There have been 3 new leader courses held and 1 refresher course held in three years	Cape Regional Health System  Our Saviour Lutheran Church Our Lady of Angels RC Church St. John Neumann RC Church

### **NARRATIVE: Chronic Disease Self-Management**

Chronic Disease Self-Management is titled Take Control of Your Health in New Jersey. It is an evidence-based program developed by Stanford University and presented world-wide in several languages. The six session program teaches usage of skills in making action plans, brainstorming, group work, problem-solving and decision-making. These techniques are used to learn the body-mind connection, how to get enough sleep, how to deal with emotions, how to manage pain and depression, and how to talk with your healthcare provider. Daily activities such as exercise, nutrition and medication usage are included in the program, along with positive thinking and planning for the future. The text Living a Healthy Life with Chronic Conditions is available to attendees who are taking the course. Cape May County has three Master Trainers who train peer leaders to facilitate community workshops in Cape May County.



Program	Activities	Outcomes 2014-2016	Partners
<ul style="list-style-type: none"> <li>• <b>Chronic Disease Self-Management (evidence-based)</b></li> </ul>	Teach Take Control of Your Health exercise components in course and action plans to incorporate exercise into lifestyle	There were 9 Take Control of Your Health programs held in the past three years and 3 peer leader courses taught to engage more leaders to facilitate community workshops	Cape Regional Health System  Cape May County Department of Health

**Bone Issues: Falls Prevention, Exercise, and Pain Management**

**NARRATIVE: Pain Management**

The need for a support group in Pain Management led to development of a monthly Pain Management Support Group held at Cape Regional Medical Center. The goal of this support group is to provide time and space for those experiencing pain to share experiences, resources and possible solutions. With the use of the Living a Healthy Life with Chronic Pain textbook, Bull Publishing Company, a small group has come together to begin to discuss how to self-manage pain through healthy lifestyles, mind relaxation techniques and communication skills. Hopefully, this program will grow and include more people, more sharing of ideas and more resources.

Program	Activities	Outcomes 2014 - 2016	Partners
<b>Pain Management</b> <ul style="list-style-type: none"> <li>• <b>Development of Support Group</b></li> </ul>	Work with Pain Management, Cape Regional Medical Center, to develop a monthly support group	Collaboration with Pain Management resulted in start- up of support group	Cape Regional Health System
<ul style="list-style-type: none"> <li>• <b>Procedures for starting a new support group</b></li> </ul>	Start and facilitate Pain Management Support Group at CRMC using Living a Healthy Life with Chronic Pain, Stanford Resource Center for information on ways to cope with pain	Monthly Pain Management support group meetings were begun in September, 2015	Cape Regional Health System
<ul style="list-style-type: none"> <li>• <b>Start-up of Pain Management Support Group</b></li> </ul>	Facilitate support group monthly meetings	7 people met monthly for discussion and techniques to deal with pain	Cape Regional Health System  Cape May County Department of Health

## Cancer: Prevention, Screening, and Treatment

### **Prostate Cancer**

According to the National Cancer Institute, over 240,000 men will be diagnosed with prostate cancer this year, with over 28,000 men dying (2015)

Cape May County Department of Health

In New Jersey, Cape May County has the second highest incidence rate of prostate cancer (2013).

Cape May County Department of Health

### **Skin Cancer**

1 out of every 5 Americans will develop skin cancer in their lifetime (2013)

Skin Cancer Foundation

In New Jersey, Cape May County has the highest incidence of melanoma in men and the second highest incidence of melanoma in women (2013).

Skin Cancer Foundation

### **Breast Cancer**

In 2015, it is estimated that among US women there will be: 231, 840 new case of invasive breast cancer and 40,290 breast cancer deaths.

Susan G. Komen Foundation

The incidence rate of Breast Cancer in New Jersey was 129.9 per 100,000 in 2012.

Centers for Disease Control and Prevention

### **Lung Cancer**

In the United States, it is estimated that there will be 221,200 new cases of Lung Cancer and 158,040 Lung Cancer deaths in 2015.

American Cancer Society

In Cape May County, the age-adjusted incidence rate of lung cancer for men was 97.4 per 100,000, compared to New Jersey's rate of 71.6 per 100,000 (2007-2011).

New Jersey State Health Assessment Data

In Cape May County, the age-adjusted incidence rate of lung cancer for women was 73.5 per 100,000 compared to New Jersey's rate of 55.3 per 100,000 (2007-2011).

New Jersey State Health Assessment Data

### **Colorectal Cancer**

In the United States, 134,784 people were diagnosed with Colorectal Cancer, and of those, 51,516 people died (2012).

Centers for Disease Control and Prevention

The incidence rate for Colorectal Cancer in Cape May County was 70.5 per 100,000 (2012).

New Jersey State Cancer Registry

**GOAL:** Increase awareness and education through screenings and communicate access to resources and treatment in Cape May County.

### **NARRATIVE: Susan G. Komen Grant**

Cape Regional Medical Center was a six-year recipient of a grant from Susan G, Komen Central and South Jersey for education and screening for breast cancer. Cape May County has a high rate of women over 65 who do not receive mammograms; thus, their rate of survival from breast cancer is low. The importance of early detection and subsequent appropriate treatment was the basic premise for the grant. The grant ran from 2010 until 2016.

In that time period we educated several hundred women each year and screened an average of 150 women each year. The education was accomplished through health fairs, group presentations, one-on-one interactions and handouts. The venues for the education were churches, senior citizen living facilities, civic groups and businesses. A support group for those going through breast cancer treatment was formed and is still very viable with monthly meetings and other functions. A breast cancer walk was held each year of the grant along with other fund-raising events.

Program	Activities	Outcomes 2014 - 2016	Partners
<ul style="list-style-type: none"> <li>• <b>Breast Cancer</b> <ul style="list-style-type: none"> <li>➤ <b>Susan G .Komen Grant</b> <ul style="list-style-type: none"> <li>○ Education</li> <li>○ Screening</li> <li>○ Support Group</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Health Fairs</li> <li>-Women’s Health Talks</li> <li>-Breast Cancer Support Group</li> <li>-Telephone outreach</li> </ul>	Educated at least 2,000 women. -Screened at least 490 women.	CRMC through Susan G. Komen grant

**NARRATIVE: NJ CEED (Cancer Education and Early Detection)**

Since 1996, the Cape May County Department of Health has been awarded the NJCEED grant. This program educates and screens for Breast, Cervical, Prostate and Colorectal cancers. Women over age 40 are screened for breast cancer, and women over the age of 21 are screened for Cervical Cancer. (The Health Department’s Family Planning screens women under age 40. So those over age 40 are screened by the NJCEED program.) Clients must be uninsured or under insured, Live in Cape May County, and meet the financial requirements. The NJCEED program is offered In all 21 counties in NJ. Financially, the clients cannot have a household income of more than 2.5 times the poverty level. Women’s clinics are held at the Health Department three times a month and a Men’s clinic is held once a month.

In recent years, many of our clients were able to get insurance through the Affordable Care Act, making it harder to recruit eligible men and women who qualify. Activities for education include: participating at health events all year long, educating and signing up clients at Walmart in September, participating in several annual Breast Cancer

Awareness Walks in October, Annual Drive-Thru Flu Clinic in October, Annual CMC Resource Day in April and NJCEED/CMC Annual Breast Cancer Awareness Walk in May. At these events specific brochures are distributed. Ads are placed monthly in 2 free publications, the Herald and the Shoppe. 200,000 Placemat ads were in 2 local restaurants, and 2 Fare free buses are “wrapped” with the NJCEED logo. Also the CMC website and Facebook are updated regularly.

Program	Activities	Outcomes 2014 - 2016	Partners
<ul style="list-style-type: none"> <li>➤ <b>NJ CEED</b> <ul style="list-style-type: none"> <li>○ Education</li> <li>○ Screening</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Clinics 3 times per month</li> <li>-Breast Cancer Survivors’ Tea</li> <li>-Breast Cancer Awareness Walks</li> </ul>	<ul style="list-style-type: none"> <li>--Screened 713 women</li> <li>-Educated over 750 women</li> </ul>	Cape May County Department of Health

**NARRATIVE: Cape Regional Medical Center Brodesser Cancer Center**

In October 2015, two professionals from the Brodesser Cancer Center achieved Breast Patient Navigator Certification through examination from the Harold Freeman Institute in New York City through the National Consortium of Breast Centers, Inc. The Breast Health Navigation Program at CRMC helps navigate patients through the healthcare system. The navigators are personal advocates who work collaboratively to help reduce barriers to care and give patients the support they need.

Program	Activities	Outcomes 2014 - 2016	Partners
<ul style="list-style-type: none"> <li>➤ <b>Brodesser Cancer Center</b> <i>(University of Penn Affiliate)</i> <ul style="list-style-type: none"> <li>○ CRMC Cancer Navigation Program for referrals, education, and treatment</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Inception of navigation program August 2015</li> <li>-Two staff professionals trained in October 2015 as Breast Cancer Navigators</li> </ul>	<ul style="list-style-type: none"> <li>- 2015 - 34 patients navigated</li> <li>- 2016 – 70 patients navigated</li> </ul>	Brodesser Cancer Center, Cape Regional Health System

### **NARRATIVE: Skin Cancer Prevention Program**

A two-hour education program was given to 15 parish nurses who then took this skin cancer prevention program back to their churches. The church program included handouts, posters, flyers and a questionnaire on skin cancer prevention. Nine churches carried out this program during the summer months. The program was given to four senior centers in Cape May County, as well as to two support groups. The Jersey Cape has more campsites than any other area in New Jersey; thus, two large campsites were chosen for skin cancer prevention programs. Pre and post-tests or questionnaires were used in the educational settings.

### **Skin Cancer Screening Program**

A SPOTme skin cancer screening program was held at the Home & Health Show in Avalon. This program is evidence-based and approved by the American Academy of Dermatology. The process includes forms for personal information, skin cancer history, and use of preventive measures and then a once over/full body examination by a dermatologist with referrals, as appropriate, for follow-up diagnostics and treatment.

### **Choose Your Cover**

Choose your cover is a free statewide skin cancer screening, awareness and educational initiative, conducted at the beaches in the summer with the goal of prevention. Skin cancer screenings are conducted by volunteer healthcare professionals; in addition participants receive a wealth of vital information about sun smart precautions to protect their skin.

Program	Activities	Outcomes 2014 -2016	Partners
<p>Skin Cancer Prevention Program</p> <p>SPOTme Skin Cancer screening (evidence-based)</p>	<p>Educate people about skin cancer, including risk factors, signs and symptom and preventive measures; provide educational materials ;follow-up on referrals</p> <p>Held full body skin cancer screenings at Home &amp; Health Show sponsored by Cape Regional Medical Center</p>	<p>Taught parish nurses, support groups, senior centers and parishioners in churches skin cancer prevention. Reached 1117 people through this program</p> <p>Screened 61 people with 22 referrals to physicians - 2016</p>	<p>Cape Regional Health System, Cape May County senior centers, and Churches in Cape May County</p> <p>Dr. Larry Paolini</p> <p>Cape Regional Health System</p>
<p>“Choose Your Cover” program for skin cancer prevention</p>	<p>In 2014, 2015, 2016, conducted 3 skin cancer screenings and information handouts in three locations: Ocean City, Cape May and Sea Isle City</p>	<p>Educated 178 in 2014 Screened 164 in 2014</p> <p>Educated 172 in 2015 Screened 168 in 2015</p> <p>Educated 189 in 2016 Screened 170 in 2016</p>	<p>Cape May County Department of Health Connolly Dermatology</p> <p>Derm One Dermatology</p> <p>Dr. Lawrence Paolini/ Paolini Dermatology</p>

## NARRATIVE: Prostate Cancer

The Cancer Care Center at CRMC offers this annual screening day for men. Screenings include PSA's, DRE's (digital rectal exams) for prostate cancer, hemocult testing to detect colorectal cancer and clinical testicular exams for testicular cancer free of charge to the men participating in this screening. Education regarding prevention and early detection of prostate cancer, colorectal cancer and testicular cancer is provided.

Program	Activities	Outcomes 2014 - 2016	Partners
<ul style="list-style-type: none"> <li>• <b>Prostate Cancer</b> <ul style="list-style-type: none"> <li>○ Education</li> <li>○ Prevention</li> <li>○ Screening</li> <li>○ Support</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Clinic once each month at DOH</li> <li>-Outreach to Spanish community</li> <li>-Outreach through Christ Gospel Church</li> <li>-Prostate Cancer Day –“Men’s Health Day”</li> <li>-Prostate Cancer support group</li> </ul>	<ul style="list-style-type: none"> <li>Screened 54 in 2015 – Men’s Health Day</li> <li>-Prostate Cancer Support Group – 24 members</li> <li>Screened 79 – DOH</li> <li>Educated over 150 – DOH</li> <li>Screened 38 in 2016 – Men’s Health Day</li> </ul>	<ul style="list-style-type: none"> <li>Cape Regional Health System – Brodesser Cancer Center</li> <li>Cape May County Department of Health</li> </ul>

## NARRATIVE: Lung Cancer

Lung cancer is the leading cause of cancer-related deaths for both men and women in the United States. Cape Regional Medical Center’s Lung Cancer Navigator program is designed to assist patients who have been recently diagnosed, are already living with lung cancer or have had a recurrence of the disease. The program helps patients cope with the anxiety of being diagnosed with cancer, provides information and resources, decreases barriers to services and seeks to expedite access to care.



In 2016 Cape Regional Medical Center purchased new equipment for diagnosis and staging of lung cancer. EBUS (endobronchial ultrasound-guided transbronchial needle aspiration) allows doctors to take samples without having to do an operation. It may be used to investigate enlarged lymph nodes in the mediastinum, and diagnose conditions such as sarcoidosis, tuberculosis as well as lung cancer. It can also diagnose lung cancer outside the bronchi and stage lung cancer by taking cell samples from the lymph nodes. Inception of the EBUS program at CRMC was 2016 and to date 5 cases have been performed under this program.

Program	Activities	Outcomes 2014 - 2016	Partners
<ul style="list-style-type: none"> <li>• <b>Lung Cancer</b> <ul style="list-style-type: none"> <li>○ Education</li> <li>○ Screening</li> <li>○ Treatment</li> </ul> </li> </ul>	EBUS procedure begun in 2016 to diagnose lung conditions and lung cancer	Navigated 8 patients with a diagnosis of lung cancer  5 cases performed under EBUS program	Cape Regional Health System

**NARRATIVE: Colorectal Cancer**

The Cancer Care Center at CRMC offers a comprehensive screening day for men annually that includes prostate, colorectal and testicular cancer screening. This screening focuses on colorectal cancer by offering hemocult testing for early detection of colon cancer. The program also provides participants with education in the form of posters and handouts regarding prevention and the importance of early detection of colorectal cancer.

Program	Activities	Outcomes 2014 - 2016	Partners
<ul style="list-style-type: none"> <li>• <b>Colorectal Cancer</b> <ul style="list-style-type: none"> <li>○ Education</li> <li>○ Screening</li> <li>○ Treatment</li> </ul> </li> </ul>	-Clinics 4 times each month -“Men’s Health Day” participation -Worked with Snap-Ed	Educated over 1200 – DOH Educated 54 at Men’s Health Day - 2015 Screened 30 at Men’s Health Day (hemocult cards) -2016 Screened 308 - DOH	CMC Department of Health  Cape Regional Health System – Brodesser Cancer Center

## Diabetes and Hypertension

In Cape May County, 11% of the population has Diabetes, compared to New Jersey's rate of 9% of the population (2011).

County Health Rankings and Roadmaps

In New Jersey, about 22% of older adults 65 years and older have diabetes (2012).

New Jersey Department of Health

In New Jersey, it was reported that there were 607,689 cases of Diabetes (2010).

Robert Wood Johnson Foundation

In New Jersey, it was reported that there were 1,438,554 cases of Hypertension (2010).

Robert Wood Johnson Foundation

In New Jersey, approximately 31.1% of adults have Hypertension (2013).

Robert Wood Johnson Foundation

**GOAL:** Decrease the risk of complications of Diabetes and Hypertension in Cape May County.

### **NARRATIVE:**

As two of the highest documented diseases in New Jersey, diabetes and hypertension education needs to be paramount in the community. In researching the available information from the community, the committee researched or contacted local agencies such as Volunteers in Medicine, Puerto Rican Action Committee, Genesis Healthcare, Department of Public Health and Complete Care. Many different educational materials are available but none were specific to the community. The committee decided to develop a basic informational education packet which would include local available options for patients with diabetes and hypertension. Using the current ADA guideline, from the ADA website, a basic diabetic educational PowerPoint series was designed. The three PowerPoint presentations cover diabetes definitions, effects and treatments in both English and Spanish. In the future, the committee hopes to establish a one day health fair in partnership with the Cape Regional Physician Endocrinologist to provide diabetic education, screening and prevention.

The Diabetes Center at Cape Regional Health System is certified by The Joint Commission with Advanced Inpatient Certified Diabetes Care and is recognized by the American Diabetes Association outpatient care. Diabetes Management at Cape Regional Health System offers individual one-on-one appointments as well as day and evening classes.

The Parish Nurse/Lifestyle Management Department at Cape Regional Health Systems holds approximately 40 health fairs each year in various locations in Cape May County, including churches, senior housing, senior centers, workplaces and county agencies. Screenings include blood pressure, blood sugar and cholesterol. Many churches have parish nurses who take periodic blood pressures for their parishioners. The results of the screenings are given to the participant post screenings along with handouts on normal results, risk factors for elevations and healthy lifestyle changes to follow to reduce the risk of that chronic condition.

<b>Program</b>	<b>Activities</b>	<b>Outcomes 2014- 2016</b>	<b>Partners</b>
<b>Education: CRMC</b> <ul style="list-style-type: none"> <li>• <b>Diabetic education using ADA Guidelines</b></li> <li>• <b>Hypertension</b></li> </ul>	Provide diabetic and hypertension education at CRMC	Implemented a universal educational packet	Diabetic Education Center  CRMC
<b>Community Outreach Education:</b> <ul style="list-style-type: none"> <li>• <b>One on One/ Group</b></li> <li>• <b>Indirect</b></li> <li>• <b>Weblink</b></li> </ul>	Provide diabetic and hypertension education in the community via brochure, catchy slogan, educational newsletter	Promoted one on one/group programs with follow-up care	Diabetic Education Center  CRHS  Cape Regional Physician Associates
<b>Support Groups:</b> <ul style="list-style-type: none"> <li>• <b>CRMC</b></li> <li>• <b>Community</b></li> </ul>	Provide diabetic and hypertension support groups	Increased community awareness and participation	Diabetic Education Center
<b>Diabetic and Hypertension Mobile Unit for CRMC</b>	Research grant availability	Expanded into the community	CRHS

<p><b>Diabetic Education at Cape Regional Medical Center – one-on-one basis or group classes</b></p>	<p>Provide diabetic education to medical center patients and to community residents</p>	<p>Taught at Cape Regional Medical Center:</p> <p>2014 - 774 2015 - 907 2016 –557</p> <p>Diabetic Update 2014 – 40 2015 – 47 2016 - 56</p>	<p>CRHS</p>
<p><b>Community Health Fairs:</b> -Blood pressure screenings -Blood sugar screenings -Cholesterol screenings</p>	<p>Screenings are held during community health fairs which include results of tests, handouts with normal readings, risk factors, and lifestyle changes given to each participant</p>	<p>2014: Blood pressures taken – 1,043 Blood sugars taken – 778 Cholesterols taken – 781 2015: Blood pressures taken – 1,082 Blood sugars taken – 713 Cholesterols – 713 2016: Blood pressures taken – 3,390 Blood sugars taken –653 Cholesterol taken - 652</p>	<p>Cape Regional Health System</p> <p>Churches Senior citizen housing Senior citizen organizations Workplaces Cape May County agencies</p>

## Mental Health/Substance Use Disorder

In New Jersey, 65,553 individuals were treated for substance abuse. Of those individuals, 15,673 were treated for alcohol abuse, 3,317 were treated for cocaine abuse, and 28,653 were treated for heroin and other opiates abuse (2014).

New Jersey Department of Human Services

In Cape May County, 50.1% of the total admissions for substance abuse were from heroin and other opiates (2014).

New Jersey Department of Human Services

In Cape May County, the average number of mentally unhealthy days was 3.3 per 30 days (2013).

New Jersey Health Rankings and Roadmaps

In 2013, Cape May County had 104 overdoses and 25 related deaths.

Cape May County Department of Human Services

In 2012, Cape May County had the highest rate (per 100,000) for substance abuse admissions.

Cape May County Department of Human Services

From 2009 to 2012 the rate of admissions for heroin treatment for 18-25 year olds increased by 155% in Cape May County.

Cape May County Department of Human Services

The wait for detox treatment can be up to 5 weeks

**GOAL:** Provide a system for Cape Regional Medical Center, Cape Assist, Cape Counseling and the community to refer those with alcohol/drug addiction to CURE at Lighthouse Church

Program	Activities	Outcomes 2014 – 2016	Partners
ASAP (Advocating Substance Abuse Program) deploys Recovery Specialists to Cape Regional Medical Center	<ul style="list-style-type: none"> <li>• Developed Advocate role description</li> <li>• Advocates available 24/7</li> <li>• Developed program</li> </ul>	<p style="text-align: center;">25 Advocates 16 Volunteer Advocates Trained</p> <p style="text-align: center;"><b>Total Substance Referrals: 197</b></p> <p style="text-align: center;"><b>Drug Addiction</b> Referrals: 108 Treatment 65 Many are waiting on beds for treatment.</p>	<p style="text-align: center;"><b>Local Partnerships</b></p> <p>Cape Assist Cape Counseling Family Matters Nancy Craft Middle Township Police Cape May County Prosecutors Office CURE</p>

<p>when a person is brought to the hospital with a substance use disorder, including alcohol Once the person is medically stabilized the Recovery Specialist will meet with the patient and explain the program. If the person agrees to treatment a one year contract is signed. The Advocate facilitates arrangements for substance abuse treatment. If the person relapses, the year restarts.</p>	<p>process map</p> <ul style="list-style-type: none"> <li>• Developed metrics to monitor program performance</li> <li>• Advocacy training developed and provided by Cape Assist.</li> <li>• Advocates were provided health system orientation and provided ID badges</li> <li>• Developed program brochure</li> <li>• Program In-service provided to Emergency Department physicians and nurses, CRMC Hospitalists, Care</li> </ul>	<p style="text-align: center;"><b>Alcohol Abuse</b> Referrals: 89 Treatment: 51</p> <p><b>Program Recognition</b></p> <ul style="list-style-type: none"> <li>• Cape Assist Partnership Award</li> <li>• Media Coverage on NJTV</li> <li>• Newspaper Articles in Shore News Today and Cape May Herald</li> </ul> <p><a href="http://www.shorenewstoday.com/current_solutions/opiate_addiction/features/for-some-the-path-of-medication-assisted-sobriety-is-paved/article_9c051370-4aa8-11e6-b4cb-db8cd9713546.html">http://www.shorenewstoday.com/current_solutions/opiate_addiction/features/for-some-the-path-of-medication-assisted-sobriety-is-paved/article_9c051370-4aa8-11e6-b4cb-db8cd9713546.html</a></p> <p><a href="https://www.thefix.com/new-jersey-county-sees-25-drop-overdoses-help-cure-program">https://www.thefix.com/new-jersey-county-sees-25-drop-overdoses-help-cure-program</a></p> <p><a href="http://www.njtvonline.org/news/video/cape-may-county-sees-25-percent-drop-drug-overdoses/">http://www.njtvonline.org/news/video/cape-may-county-sees-25-percent-drop-drug-overdoses/</a></p> <p><a href="http://www.njtvonline.org/news/video/follow-key-successful-substance-abuse-treatment/">http://www.njtvonline.org/news/video/follow-key-successful-substance-abuse-treatment/</a></p> <p><a href="http://www.capemaycountyherald.com/news/government/article_eee51586-21ea-11e6-875d-273db3f74f87.html">http://www.capemaycountyherald.com/news/government/article_eee51586-21ea-11e6-875d-273db3f74f87.html</a></p> <p><a href="http://www.shorenewstoday.com/middle_township/heroin-overdoses-decline-in-county-prosecutor-says/article_f26925a4-21e9-11e6-8475-67bd623edc14.html">http://www.shorenewstoday.com/middle_township/heroin-overdoses-decline-in-county-prosecutor-says/article_f26925a4-21e9-11e6-8475-67bd623edc14.html</a></p>	<p>Branches AA/NA ARS</p> <p><b>IN-State Partnership</b> Bergen Regional Medical Center Seabrook House RCA Team Challenge Mission Challenge Utturn for Christ Benchmark Pathways to Serenity Enlighten Solutions</p> <p><b>Out of State</b> Joy of Living New Found freedom Livengrin Hebron Light of the World SOL Recovery</p>
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	Management staff and Registered Nurses		
		<p><u>Letter from Recovered Patient</u> Prior to Recovery patient had <b>20</b> emergency room visits from January through April 2016.</p> <p>SUBJECT: What substance abuse has done to me</p> <p>My name is Ellwood and I am a heroin addict, and I have been for almost ten years. I cannot tell you how much substance abuse has beaten me up all of these years. It has cost me everything good in my life, from relationships to almost losing my life. It's only by the grace of God that I am still alive today. I have overdosed about seven times in my life. I want to tell you that it caused me to be homeless as well. It wasn't until ASAP helped me at the hospital I came into after being up for three days in Atlantic City, all defeated and I surrendered that day and they sent me to Carrier Clinic in Somerset County, New Jersey. It was there that I had a spiritual awakening and I made a commitment to God to help me and I surrendered to God that day. I was blessed to have gotten a scholarship to come to SOL Recovery in Scottsdale, Arizona. It took much effort and its hard dedication to getting up in the morning and making phone calls all day. I want to tell you today, that I have something to live for and to make daily living amends. I pray to restore my relationship with my nine year old son, and eight year old daughter. For once in my life, I want recovery and I also made that decision, no one forced me (meaning judges or probation).</p>	

		<p>I am also thankful for you, K, and my heart goes out to you. I am sorry that you have lost a loved one and my heart breaks when I hear that good people have to go through that. I looked at and got a chance to get into a sober living house, it's called Carla Vista. It's a sober house with good men that are serious about recovery, which I truly need at this point in my life. I need structure and we go to meetings every day and get drug tested too. This home is very nice. I want to ask you if you would be willing to help me to pay for two weeks, plus the deposit of \$600 altogether. That will give me enough time to find a job and be able to support myself.</p> <p>I hope that you have faith in me that I do want to stay sober more than anything and work on my recovery. You truly are a God send and an angel. This money will be used to restore my life and have another chance to help other addicts as well because in order to stay sober. We have to give it away. I am 43 days sober today, and I just want to say thank you and may God bless you.</p> <p>Sincerely, Ellwood</p> <p><b>Update on August 24, 2016</b> Ellwood has been sober since April 26, 2016. He is living in Arizona and working.</p>	
Trauma-informed Certification	CCC staff trained in CBT program	12 certified clinicians	Cape Counseling



**NARRATIVE: NJ Quitline**

NJ Quitline is a toll-free, telephone-based free service that helps people who want to stop smoking. Trained counselors give callers information, advice, encouragement and one-on-one counseling. Counselors design an individualized program to support each smoker’s effort to stop smoking. There are four counseling sessions, with the option of adding sessions as needed.

**Smoking Cessation**

The Smoking Cessation program at Cape Regional Health System includes education regarding risk factors, nicotine replacement alternatives, lung function testing, stress management, dietary concerns regarding weight gain and smoking relapse prevention. It usually takes 2 or 3 tries before finally being able to quit. The decision to quit and success in quitting are greatly influenced by how much one wants to stop smoking.

Program	Activities	Outcomes 2014 – 2016	Partners
<p><b>Smoking</b></p> <ul style="list-style-type: none"> <li>• <b>Smoking Cessation Program</b></li> <li>• <b>Smoking Cessation Program</b></li> <li>• <b>NJ Quitline</b></li> </ul>	<p>Hold smoking cessation classes – 5 classes held each year in January, March, May, September and November with 4 sessions in each month</p> <p>APN Training at Rutgers University - 6 nursing staff trained</p> <p>Develop ongoing support groups for smokers</p> <p>Referrals to Program</p>	<p>Participants who attended classes</p> <p>Participants – 2014 - 7 2015 – 5 2016 - 1</p> <p>60 participants (Mental Health out-patients) attended classes</p> <p>Smoking cessation support groups meet weekly</p> <p>Participants who were referred 2015 – 5 referrals 2016 – 8 referrals</p>	<p>Cape Regional Health System</p> <p>Cape Counseling Rutgers University</p> <p>Cape Counseling</p> <p>Cape Regional Health Systems</p>

## Weight Issues/Nutrition

In New Jersey, 6.9% of children ages 10-17 years are considered to be underweight while 24.7% of children ages 10-17 years are considered to be overweight or obese (2011-2012).

Alliance for a Healthier Generation, American Heart Association

In New Jersey, 26.3% of adults are considered to be obese (2013).

Behavior Risk Factor Surveillance System, CDC

About 26.8% of New Jersey adults are reported as being physically inactive (2013).

Alliance for a Healthier Generation, American Heart Association

In New Jersey, children eat about 2.3 fruits and vegetables daily while adults eat about 2.7 fruits and vegetables daily (2013).

Centers for Disease Control and Prevention

About 41% of New Jersey Middle Schools and High Schools offer fruits and vegetables at celebrations (2013).

Centers for Disease Control and Prevention State Indicator Report

**GOAL:** Improve awareness of healthy eating, promote healthy lifestyles to address weight issues, and provide information regarding resources in Cape May County.

### **Narrative: Food Banks/Pantries in Cape May County**

- 1) Caring for Kids Family Center, Cape May Court House, NJ 08210 – 465-0911
- 2) Coalition Against Rape and Abuse , Cape May Court House, NJ – 522-6489
- 3) Holy Redeemer Visiting Nurse Agency – Food Bank, Swainton, NJ 08210 – 465-2082
- 4) Whitesboro Grammar School Community Service Center Food Pantry, Whitesboro, NJ 08252 – 536-8674
- 5) Catholic Charities and CMC, Rio Grande, NJ 08242 – 886-2662
- 6) South Jersey Aids Alliance – Cape May, Wildwood, NJ 08260 – 523-0024
- 7) Cape Human Resources – Wildwood, Wildwood, NJ 08260 – 522-0231
- 8) Various churches throughout Cape May County

Program	Activities	Outcomes 2014-2016	Partners
Food Pantries & Soup Kitchens in Cape May County	HB Program at Shop Rite (Rio Grande)  Utilize food pantries and soup kitchens in CMC  Increase # of healthy living educational information in bags along with eating local produce	Increased access of # people who participated in the food pantries/soup kitchens programs in CMC  Improved access to healthy food; increased # of food bag distribution	Various churches in Cape May County  Refer to food pantry list above

## Narrative – Grandparents Raising Grandchildren

Grandparents Raising Grandchildren Support Program provides educational and social support to Cape May County grandparents who are the primary caregivers for their grandchildren. Science-based health and education to include healthy nutritional guidelines for families is an ongoing agenda for this program.

From 2014 – 2016, the Grandparents Raising Grandchildren Program has offered an average of 5 out of 10 meetings annually that address a healthier lifestyle through improved nutrition and increased physical activity. During the time between 2014 – 2016, Rutgers Cooperative Extension has provided support and education to 20 – 25 families who attend the Grandparents Raising Grandchildren meetings on a regular basis. This number of families accounts for 30 – 35 adults and 35 children.

## NARRATIVE: JUNIOR CHEFS

Junior Chefs is a youth summer program designed to teach healthy nutrition through food preparation and cooking. From the first day of the class, the emphasis is on the selection of the freshest ingredients with optimal nutritional value, prepared with healthiest of cooking methods and preparation. The basics of working in a clean, safe kitchen environment using proper safety practices with a variety of foods, kitchen appliances and use of utensils are part of the daily instruction.

From 2014 -2016, family and community health sciences have taught 28 classes to 60 children between the ages of 8 and 12 years old. Following each class, the participants have gathered together to enjoy the meals they have prepared and to discuss what they have learned while preparing food, selecting menus, and working in the kitchen environment with their peers.

Program	Activities	Outcomes 2014-2016	Partners
<p><b>Grandparents Raising Grandchildren</b></p>	<p>Teach/educate grandparents options for healthy meals/snacks for grandchildren</p>	<p>Increased # of grandparents adapting healthy meals/snacks ideas</p> <p>2014 - Total adults - 77 Youth totals - 87 Families – 68</p> <p>2015 – Total adults - 66 Youth totals - 86 Families – 59</p> <p>2016 - Total adults - 44 Youth totals - 51 Families – 40</p>	<p>Rutgers Cooperative Extension Services</p>
<p><b>Junior Chef Classes</b></p>	<p>Teach healthy cooking, nutrition principles, meal planning, food safety, set a table, measuring, recipes</p>	<p>Improved diet – became more aware of eating more fruits, vegetables and drinking water as a first choice</p> <p>2014 – Number of classes - 8 8 – 12 year-old totals – 17</p> <p>2015 – Number of classes – 10 8 – 12 year old totals – 19</p> <p>2016 – Number of classes – 10 8 – 12 year old totals - 24</p>	

**Narrative: Faithful Families: Eating Smart and Moving More**

Faithful Families: Eating Smart and Moving More is an eight-week, one-hour evidence-based program and statewide movement through North Carolina State University, A & T State University (Agricultural & Technical), and North Carolina Public Health to improve family health. By eating healthier meals and exercising or moving more, people reduce their risk for serious health problems such as diabetes, cancer and heart disease. This program helps faith communities make changes that promote healthy eating, meal planning, food shopping and choosing to move more during the day.

<b>Program</b>	<b>Activities</b>	<b>Outcomes 2014 - 2016</b>	<b>Partners</b>
Faithful Families: Eating Smart and Moving More (evidence-based)	Facilitate 8 one-hour program which provides skills to promote eating more meals at home and adding more exercise to lifestyle	Taught 12 people program to promote increased opportunities for healthy eating and physical activity wherever they live, learn, earn play and pray	Cape Regional Medical Center  Christ Gospel Church (Whitesboro)

**Thank You for Your Continuing Interest and Support in  
Our Community Health Needs Assessment.**



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