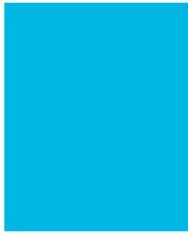


With Community at the Core





Hackensack Meridian *Health*



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A MESSAGE FROM THE CO-CEOS

*Hackensack Meridian Health is Committed to Advancing Medicine
with the Community at the Core*



Hackensack Meridian Health is deeply committed to transforming health care, and that goes far beyond the walls of our hospitals. It is our duty and privilege to understand the diverse health profiles of the people in our community, and develop programs and services to specifically meet their needs.

As part of the Affordable Care Act, Hackensack Meridian Health's not-for-profit hospitals are required to conduct comprehensive Community Health Needs Assessments. It is based on the detailed outcomes of those reports, along with data from the New Jersey Department of Health, that a roadmap takes shape to increase the health and well-being of our friends, family and neighbors.

Programs and services provided by Hackensack Meridian Health often include free or discounted care for the vulnerable or underserved population, as well as important screenings or health education to properly arm the community with the tools they need to maintain a healthy lifestyle. Not only are we dedicated to caring for and educating everyone in the community, regardless of their ability to pay, but we invest millions of dollars into educating the next generation of health care professionals to help combat the growing shortage.

We are very proud to share the enclosed report, which dives a little deeper into the many ways Hackensack Meridian Health is working towards building a healthier state with **community at the core**.

Thank you.

A handwritten signature in black ink that reads "John K. Lloyd".

John K. Lloyd, FACHE
Co-CEO
Hackensack Meridian Health

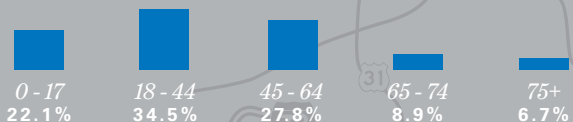
A handwritten signature in black ink that reads "Robert C. Garrett".

Robert C. Garrett, FACHE
Co-CEO
Hackensack Meridian Health

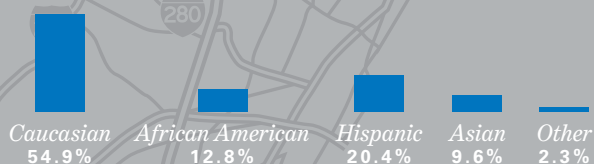
SNAPSHOT OF NEW JERSEY

THERE ARE MORE THAN 9 MILLION PEOPLE LIVING IN THE STATE OF NEW JERSEY.*

Age Breakdown**

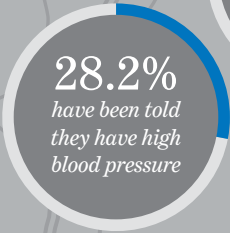
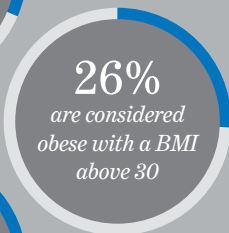
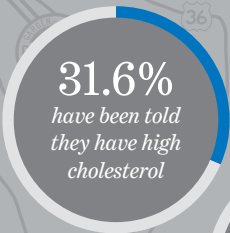
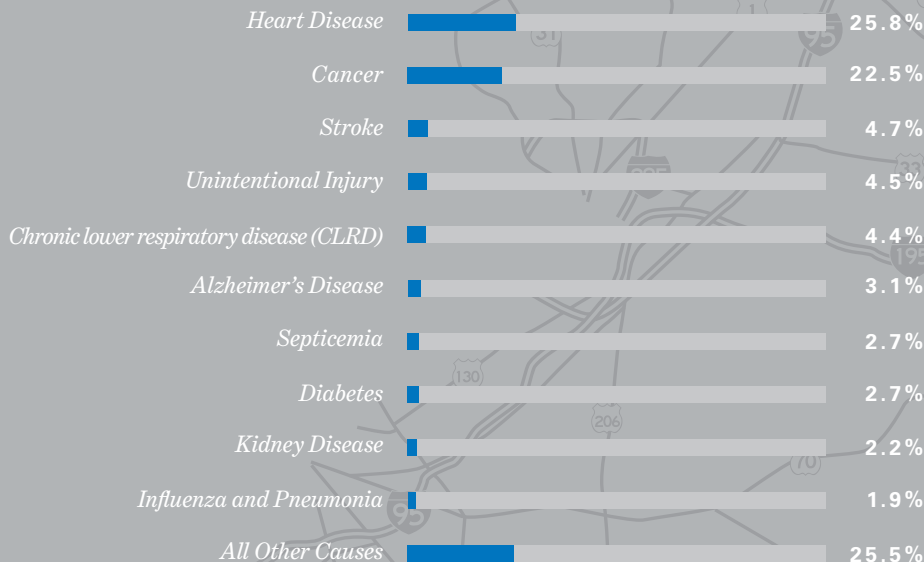


Race/Ethnicity Breakdown**



WHAT'S OUR HEALTH STATUS?

Leading Causes of Death***



THE DRUG EPIDEMIC

Drug-Induced Deaths ***

(Age-adjusted deaths per 100,000 population in 2015)



Hackensack Meridian Health is committed to addressing New Jersey's unique health care needs.

*Source: U.S. Census Bureau (2017).

Note- Population estimates as of July 2017.

**Source: Nielson Claritas 2017 Population Estimate

***Source: NJDOH, Center for Health Statistics, NJ State Health Assessment Data - 2015 is most recent year available.

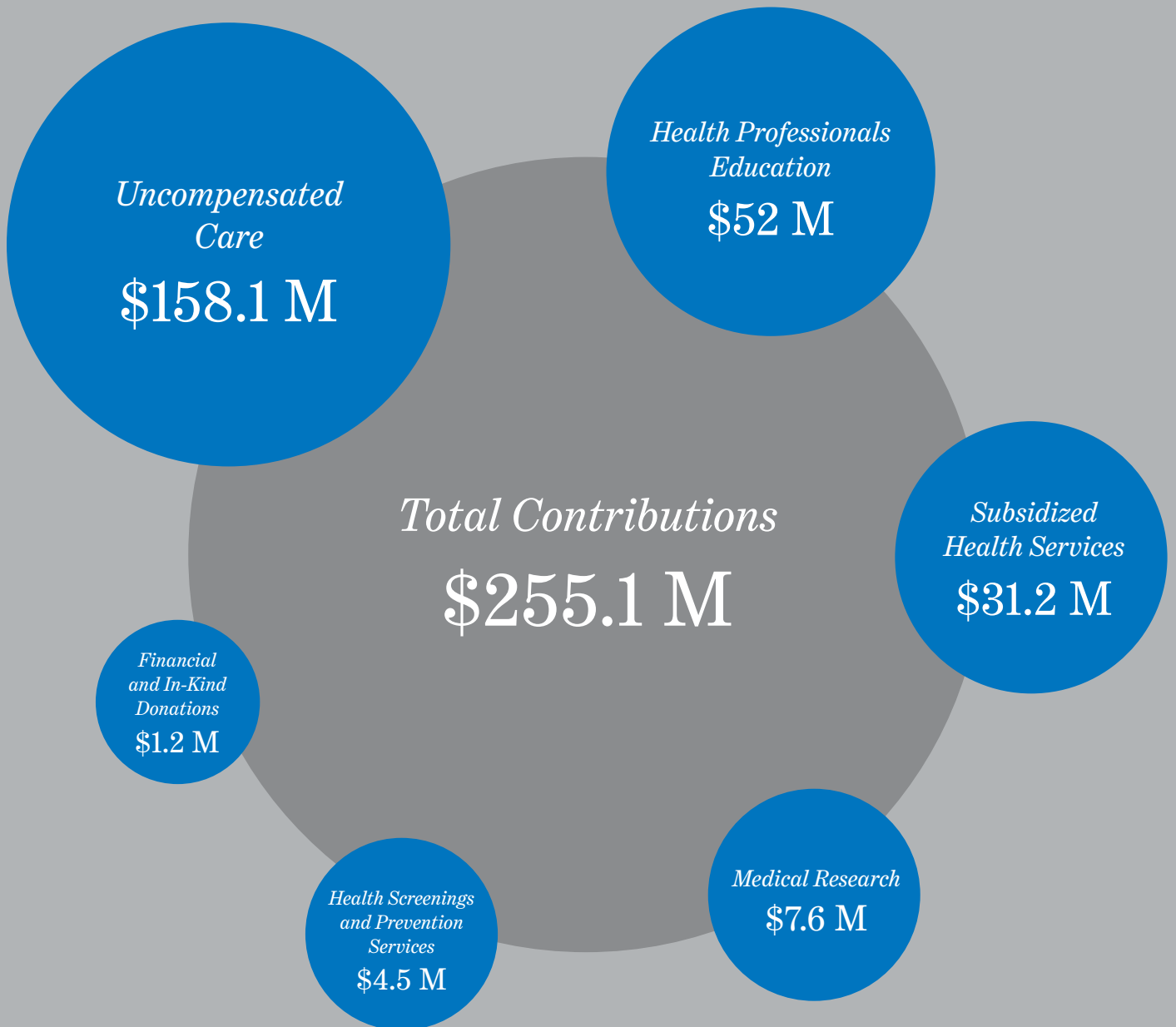


What are community benefits?

Community benefits are services that Hackensack Meridian *Health's* not-for-profit hospitals or partner companies provide with little or no payment or reimbursement, to meet the critical health care needs of the community. These types of services include:

- **Health Professional Education**
- **Medical Research**
- **Financial and In-Kind Donations**
- **Subsidized Health Services**
- **Uncompensated Care**
- **Health Screenings and Prevention Services**
- **Environmental Improvement Projects**

HACKENSACK MERIDIAN HEALTH'S COMMUNITY CONTRIBUTIONS
TOTAL MORE THAN \$255 MILLION



* This report covers community benefit contributions made by Hackensack Meridian Health in 2016, the most recent year of available data. This report also only features Hackensack Meridian Health's not-for-profit hospitals and health ventures.





Health Professional Education and Training

In 2016, Hackensack Meridian *Health* spent **more than \$51 million** to help train physicians, nurses and other health care professionals to properly care for our growing community. Through our comprehensive residency and fellowship programs and our extensive continuing medical education (CME) offerings, Hackensack Meridian *Health* has a steadfast commitment to growing a highly skilled team of caregivers.

The new Hackensack Meridian School of Medicine at Seton Hall University is the first private medical school to open in New Jersey in decades (with the first class of students beginning in July 2018), further exemplifying how dedicated we are to enhancing medical education and helping the next generation of physicians thrive.

In the pages that follow, you will find more high level examples of how Hackensack Meridian *Health* gives back to the community through health professional education and training.

EDUCATING THE FUTURE

Hackensack Meridian Health has a robust residency and fellowship program that is only growing. These numbers reflect our current residency classes (not including the residents from JFK Medical Center, new to the Hackensack Meridian Health family as of January 2018) and the upcoming residents who were accepted into Ocean Medical Center's new Graduate Medical Education program (launching in July 2018).

Hackensack Meridian Health's Residency and Fellowship Programs

- +++++ 15 (ACGME) accredited programs
- +++ 3 AOA accredited programs
- + 1 CODA accredited program
- +++++ 7 non-accredited fellowship programs

Representing Diverse Specialties

- 124 Internal Medicine
- 37 General Supply
- 36 Emergency Medicine
- 32 Pediatric
- 23 Dental
- 18 Transitional Interns
- 16 OB/GYN
- 12 Podiatry
- 12 Family Medicine
- 23 Other (including Gastroenterology, Psychiatry and Cardiac)

More than **330** residents and fellows across Hackensack Meridian Health



Nene Ugoeke, M.D., (left) and Obiora Maludum, M.D. (right) are cardiac fellows at Jersey Shore University Medical Center.



Chief emergency medicine residents at Hackensack University Medical Center, Adrienne Yip, M.D., Jessica Shuen, M.D. and Joan Manglicmot, M.D. gather to discuss a patient's needs.

TAKING IT ONE STEP FURTHER

Hackensack Meridian *Health* is teaming up with our academic partner, Seton Hall University to develop a new medical school in New Jersey to address the current and anticipated physician shortage. After receiving notification of Preliminary Accreditation from the Liaison Committee for Medical Education (LCME), the national accrediting organization for allopathic medical schools, we are proud that the Hackensack Meridian School of Medicine at Seton Hall University is accepting applications for its first class to begin in July at the Clifton and Nutley campus located 12 miles from Manhattan. Additionally, the Hackensack Meridian *Health* Board of Trustees recently voted to establish a \$100 million endowment fund for scholarships to the school, fulfilling a high priority to ensure top students can afford a medical education.




KEEPING OUR CARE PROVIDERS CURRENT

The following exemplifies only a few of the many CME programs offered throughout Hackensack Meridian *Health*. We believe it's essential for the clinical team to have access to the most up-to-date processes and procedures so they can provide the best possible care for our patients.

A HIGHLY RELIABLE ORGANIZATION

Training health care professionals (HCPs) to improve quality and patient safety is a top priority at Hackensack Meridian *Health*. To err is human. To reduce errors through the practice of mindfulness and shared accountability: that is high reliability. Professionals throughout the organization lead special highly reliable organization (HRO) training sessions for all team members. High reliability is not a new concept but its adoption in health care is only among the innovative. Hackensack Meridian *Health* is one of those innovators, with an approach that brings high reliability and the experience together. We believe in quality, safety, empathy, and respect. And, we also share the belief that with HRO as our operating system, the outcome will be a safe and exceptional experience - every patient, every place, every time.

THOSE TRAINED IN HRO

 397
physicians


 204
allied health care professionals

END OF LIFE TRAINING

This course is designed to assist physicians and other health care professionals in better serving our patients and their families with managing end-of-life care. Medical, legal and ethical concerns are addressed and medical and legal concerns regarding Practitioner Orders for Life Sustaining Treatment (POLST) are also addressed. Interactive discussions examine POLST, advance directives and end-of-life.

THOSE TRAINED IN END OF LIFE CARE

 819
physicians


 118
allied health care professionals

BLOOD MANAGEMENT

Transfusion-related acute lung Injury (TRALI) and transfusion-associated circulatory overload (TACO) are the #1 and #2 causes of transfusion-associated mortality reported to the FDA. Physicians, nurses and other medical staff in the areas of oncology, cardiology, trauma and pathology were trained in blood management and after completion of the course, able to identify the major adverse events of blood transfusions, properly recognize signs and symptoms of adverse events associated with blood transfusions, understand how to properly communicate between the clinical staff and the transfusion service and know when to stop the blood transfusion. This is critical to transfusion associated sepsis.

THOSE TRAINED IN BLOOD MANAGEMENT

 80
physicians

 46
allied health care professionals

People at the Core



Brett Berliner, M.D. is getting ready to start the third year of his emergency medicine residency at Hackensack University Medical Center, when he will also assume his new role as one of the chief residents. Originally from Brooklyn, NY, Dr. Berliner is proud to receive his training at one of the nation's most reputable institutions. "It's a very patient-first mentality," explains Dr. Berliner. "Combined with the hospital's strong focus on research and academics and health IT, I feel fortunate to be at a place where we are truly propelling medicine forward."

In Dr. Berliner's upcoming role as chief resident, fellow residents will lean on him and the other chiefs to help coordinate schedules, rotations, and issues that arise within the program as well as plan the regular program conferences and guest speakers. "I am excited to continue the emphasis on evidence-based education," he shares.

Outside of work, Dr. Berliner enjoys swimming, golfing, skiing and playing music, as well as time at the beach and with family. As he approaches the end of his residency, he looks forward to working as an emergency physician and getting involved with health informatics. "With all the advancements in communication, we have the potential to really improve access to care and help so many people achieve better health and wellness."





Medical Research

In 2016, Hackensack Meridian *Health* spent **more than \$7.6 million** on medical research and clinical trials, focused on developing innovative health care delivery models and offering the latest protocols in diagnosis, treatment and prevention. In addition to enrolling patients in a wide-range of clinical trials, Hackensack Meridian *Health* values collaborations with other organizations that help propel medical research forward. In the pages that follow, you will find an overview of clinical trials across our Network and examples of the important partnerships that help make these medical advancements possible.

HACKENSACK MERIDIAN *HEALTH* CLINICAL TRIALS

Through unique collaborations with organizations such as large pharmaceutical companies headquartered in New Jersey – Hackensack Meridian *Health* offers studies of novel agents that are not available elsewhere, from promising targeted therapies to immunotherapies. Patients can receive the latest evidence-based treatments closer to where they live and work, across the entire Hackensack Meridian *Health* network.



1,183 *active research studies*
(*oncology and non-oncology*)



517 *adult-oncology*
clinical trials available



- 2,000+ patients participating in oncology trials
- About 1/3rd of new oncology patients are enrolled



Non-oncology clinical trials offered in the areas of:

Cardiology

Urology

Multiple Sclerosis

Neuroscience

Epilepsy

Orthopedic Surgery

Obstetrics and Gynecology

Psychiatry

Emergency Trauma

Surgery

General Medicine

RN Research



Olivier Loudig, Ph.D.,
associate scientist
with the Department
of Medical Research at
Hackensack University
Medical Center

WORLDWIDE RECOGNITION

Hackensack Meridian *Health* was awarded AAHRPP accreditation, indicating that our organization follows rigorous standards for ethics, quality and protections for human research. When an organization earns the AAHRPP seal, it is regarded among the world's most respected and trustworthy research organizations.



WORKING TOGETHER

We continue to propel medicine forward through research and innovation by collaborating with our tremendous partners.

John Theurer Cancer Center and **Georgetown Lombardi Comprehensive Cancer Center** in Washington, D.C. share a passion and expertise in laboratory research, developing new therapies, and understanding cancer at the population level.

Bolstering research and education through the opening of a comprehensive translational science center and a new Hackensack Meridian School of Medicine at **Seton Hall University**.

Memorial Sloan Kettering and Hackensack Meridian *Health*, working together to advance cancer care. With deep local roots, we share an unrivaled ability to accelerate discoveries, advance the continuum of cancer care and create new hope for patients in New Jersey and beyond.



Dr. Elizabeth Jewell (left), Director of Surgery at Memorial Sloan Kettering (MSK) Monmouth and MSK Basking Ridge, and Dr. Deena Mary Atieh Graham (right), Breast & Gynecologic Medical Oncologist at John Theurer Cancer Center at Hackensack University Medical Center, participate in a panel discussion titled, "Knowing Your Family's Cancer Risk," at the John Theurer Cancer Center in Hackensack, N.J. The interactive discussion, which was moderated by Joanna Gagis (center), the host of NJTV's *Life & Living*, is part of a complimentary series of community education talks called "Cancer Science Today." The talks aim to share the latest advances in cancer research and treatment with the public. For more information about the Memorial Sloan Kettering – Hackensack Meridian *Health* Partnership, please visit www.MSK-HMHPartnership.org.

People at the Core



It's hard not to smile when you meet Addison.

Her sunny disposition lights up the whole room. She's so happy, it is easy to forget her room is on the children's oncology floor at Joseph M. Sanzari Children's Hospital. Addison is a 2-year-old with acute myeloid leukemia (AML), a fast-growing form of cancer of the blood and bone marrow, and she also has Down syndrome. From the day Addison was born, her parents elected to place her in clinical trials so that physicians and researchers could better understand the correlation between cancer and Down syndrome. As Addison grew older, she was also enrolled in a clinical trial that not only helped with research but could have therapeutic implications, investigating ways to decrease the standard doses of chemotherapy in children with Down syndrome. The study is being run through the Children's Oncology Group (COG), the nation's leading organization that partners with pediatric cancer researchers. The Children's Cancer Institute is a strategic research partner of COG with funding provided by the Tackle Kids Cancer initiative. As the trial continues, Addison's cancer prognosis is hopeful.



Addison's mom, Kristy is in awe of her little fighter.

“Addison is an amazing ray of sunshine. She really is an inspiration to anyone she meets. She loves to wave and blow kisses as we walk the halls. She can put anyone in a good mood by just smiling and waving. When I feel like I can't handle things anymore, all I need to do is look at her smiling face and know if she can smile through it all, then so can I.”





Financial and In-Kind Donations

In 2016, Hackensack Meridian *Health* spent **more than \$1.2 million** on financial and in-kind donations because we believe it is critical to partner with local non-profit organizations to help the community achieve optimal health. Sponsoring important health-focused events, or providing monies or equipment to help others is something we are proud to do regularly, and these contributions help collectively lay the groundwork for a healthier, happier community.

**TAKING STEPS TOWARDS
A HEALTHIER COMMUNITY**

*Last year,
Hackensack Meridian Health
participated in*

26

**fitness-focused events,
*such as walks and runs.***

- 6th Annual Susan Zabransky Hughes Memorial 5K Run/Walk; Bergen County
- American Heart Association Shoreline Heart Walk; Monmouth County
- American Heart Association Heart Walk; Bergen County
- Autism Speaks Walk; Monmouth County
- Colon Cancer alliance's Jersey Shore Undy Run/Walk; Monmouth County
- Diabetes Foundation 5k/10k; Bergen County
- Easter Seals Walk; Bergen County
- Kaleidoscope of Hope Foundation Ovarian Cancer Walk; Monmouth County
- March of Dimes' March for Babies Walk; Hudson and Monmouth County
- Mary's Place by the Sea Walk-A-Thon; Monmouth County
- NAACP Step for Breast Cancer Awareness Walk; Bergen County
- National Alliance on Mental Illness's NAMIWalks; Ocean County
- NJ Sharing Network 5k Run/Walk; Bergen, Monmouth and Union County
- One Walk for a World Without Type 1 Diabetes; Monmouth County
- Paint the Town Pink: Mayor's Wellness Walk; Bergen County
- Pound the Pavement for Purple 5k Run/Walk; Monmouth County
- Sacco Foundation 5k Run/Walk; Bergen County
- The Tears Foundation's Walk and Rock for Babies; Monmouth County
- Walk MS 2017; Bergen, Hudson, Monmouth and Ocean County
- Walk to Fight Alzheimer's; Ocean County

COMMUNITY EVENTS AND SPONSORSHIPS

In an effort to enhance the health and well-being of our population, Hackensack Meridian Health is proud to participate in community events that bring awareness to important health issues. Below represents a small sample of the many events our team members, including physicians, nurses and others attend each year.

Fitness & Wellness Expos

Hackensack University Medical Center and HackensackUMC Fitness & Wellness Powered by the Giants played a substantial role at the NBC4/Telemundo Health & Fitness Expo at MetLife Stadium. The free event was attended by thousands, offering screenings and education. Jersey Shore University Medical Center also participated in the National Women's Health & Fitness Day in Freehold where 151 wellness screenings were provided.

Community Events

In May, Jersey Shore University Medical Center participated in the NJ Annual LGBTQ Pride Celebration in Asbury Park where tens of thousands of attendees showed their pride and support for the lesbian, gay, bisexual and transgender community. In August, Hackensack University Medical Center also participated in the City of Hackensack's first LGTBQ Pride event celebrating the City's diversity. Riverview Medical Center participated in a unique "Rumble for the Ribbon" powderpuff event helping to provide an educational and entertaining platform in a family atmosphere to focus on promoting cancer screenings and honoring cancer survivors.

Community Fairs

At Little Egg Harbor's Health Fair, Southern Ocean Medical Center provided more than 230 wellness screenings for blood pressure, cholesterol, glucose, pulse and BMI. A Family Community Fair in Perth Amboy featured speakers from Raritan Bay Medical Center on the topics of pediatrics, sleep and asthma and welcomed 500 attendees to listen in on the presentation. Ocean Medical Center conducted 391 wellness screenings during a Health Fair in Lakewood for an older adult community, Bayshore Medical Center provided 279 wellness screenings at a Health Fair in Morganville and Palisades Medical Center provided free health screenings and information to hundreds of local residents during a special community health fair at the North Bergen Public Library.



Palisades Medical Center provided free health screenings during a special community health fair.



EXTENDING OUR REACH TO THOSE IN NEED

When Hurricanes Harvey, Irma and Jose devastated areas of Texas, Florida and Puerto Rico all of us in New Jersey could relate to what it feels like to deal with the impact of a natural disaster. The incredible team at Hackensack Meridian Health came together to raise more than \$60,000 to support American Red Cross and Texas Children's Hospital. What's more, Hackensack

Meridian Health proudly matched the donations from the team and we were honored to present a check in the amount of \$100,000 to the American Red Cross and \$20,000 to the Texas Children's Hospital. Many of our nurses even traveled to different areas to provide care for those in need.



Subsidized Health Services

In 2016, Hackensack Meridian *Health* spent **more than \$31.2 million** on subsidized health services. Subsidized health services are clinical programs that are provided despite a financial loss (even after removing the impact of financial assistance, bad debt and Medicaid shortfalls). Regardless of the financial loss on the hospital, the service is provided because it meets the needs of the community. Types of subsidized health services include neonatal intensive care, emergency and trauma, women's and children's services, palliative care and behavioral health.

2017 NETWORK-WIDE SUBSIDIZED HEALTH SERVICES



Neonatal Intensive Care Unit
1,438 babies
admitted

EMERGENCY DEPARTMENT VOLUME

513,720 patient visits

| <i>Location</i> | <i>Volume</i> |
|---|---------------|
| Hackensack University Medical Center | 121,233 |
| Jersey Shore University Medical Center | 90,771 |
| Ocean Medical Center | 64,532 |
| Palisades Medical Center | 50,223 |
| Raritan Bay Medical Center -Perth Amboy | 48,559 |
| Southern Ocean Medical Center | 40,997 |
| Riverview Medical Center | 38,196 |
| Bayshore Medical Center | 34,576 |
| Raritan Bay Medical Center -Old Bridge | 24,633 |

*Palliative Care services were delivered to
over 6,000 patients*

Nearly 30,000 face-to-face palliative care visits completed



What is Palliative Care?

Palliative Care is support for patients living with serious illness. It is appropriate at any age and at any stage in the illness, beginning as early as diagnosis. Palliative Care can benefit patients dealing with, but not limited to, cancer, heart disease, lung disease, kidney failure, liver failure, stroke, and dementia. The goal of Palliative Care is to improve quality of life for patients and their families through symptom management, psychosocial, and spiritual support. Palliative Care helps patients

carry on with their daily lives and improves their ability to go through medical treatments. It is provided alongside curative treatment and is NOT synonymous with end-of-life care. Hackensack Meridian Health's Palliative Care services include a multidisciplinary team of experienced professionals who support and coordinate the individual needs of our patients. The team consists of physicians, nurse practitioners, nurses, social workers, and chaplains.



TRAUMA SUPPORT PROGRAMS

Bike and Helmet Safety

A one hour assembly was held at local schools providing education on proper bike and helmet safety measures. Last year 25 schools were visited with over 4,100 4th and 5th graders educated. The trauma department also partnered with local schools helping with bike rodeos.

Car Seat Safety

Jersey Shore University Medical Center partners with the NJ state police offering car seat details the first Tuesday of every month. In 2017, more than 500 car seats were checked.

Stop the Bleed

This is a program that provides civilians basic training in bleeding control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person. Due to many situations, there may be a delay between the time of injury and the time a first responder is on the scene. Without civilian intervention in these circumstances, preventable deaths will occur. Hackensack Meridian *Health* is training EMS and nurses so they can be a trainer and help go out and train the community. Last year over 249 EMS/first aid squad members were trained in stop the bleed. Over 400 other community members were educated on stop the bleed including over 200 high school students. In December 2017, 30 school nurses were trained and the hope is to get all Monmouth and Ocean county school nurses trained in 2018.



249

*EMS/first aid squad
members*



400

*community
members*



200+

*high school
students*



30

*school
nurses*

BEHAVIORAL HEALTH SERVICES

The need for innovative, evidence-based behavioral health services is at an all-time high

*An estimated
40 million
Americans suffer
from anxiety
disorders*

*Nearly 7% of
the adult population
experiences
depression*



*21 million
Americans have
a substance use
disorder*

*91 Americans
die each day of an
opioid overdose*

Hackensack Meridian Health's behavioral health experts are committed to meeting the needs of the communities they serve. These different levels include:

Inpatient

The highest level of care, in which a patient is hospitalized and has access to behavioral health services 24/7

Partial hospitalization

For patients with severe or persistent mental illness, this allows them to sleep at home but attend a program five days per week that provides medication management, intensive therapy, group therapy and more

Intensive outpatient program

Patients attend the program three half days per week and receive an additional hour of individual therapy per week

Outpatient

The least restrictive level of care, with patients receiving individual, group or family behavioral health services at a frequency that suits their needs

Across these levels of care, a multitude of programs provide treatments for specific issues. Some examples include:

Addiction recovery services: Provides assistance and therapy for individuals and families dealing with substance abuse

Co-occurring services: Offers treatment for addiction plus underlying mental health issues such as trauma, depression, anxiety and bipolar disorder

Child and adolescent programs: Deliver age appropriate behavioral health services to children, young adults and their families, from the therapeutic nursery — for children ages 18 months to 4 years — to after-school and other programs

Different Hackensack Meridian Health facilities offer a variety of services, but patients can be seamlessly referred to the nearest location providing the treatment they need. Some of the innovations currently available include:

Electroconvulsive therapy and deep transcranial magnetic stimulation

These are safe, effective ways to treat patients with severe depression who haven't responded to psychotherapy and medication.

Genomic testing and mind analytics

Combining genetic swabbing and an electroencephalogram (EEG) of the brain, doctors can identify the antidepressant patients are most likely to positively respond to, given certain genetic markers and brain features.

Telehealth

Behavioral health providers offer consultations for patients via video conferencing. Even if there isn't a psychiatrist on-site, with telehealth, more patients in more places can receive the care they need sooner.

People at the Core



Armon Washington and his fiancée, Janelle, were thrilled to be expecting their first child.

The pregnancy was progressing normally until Janelle started bleeding around 27 weeks. Janelle went into labor a few days later. It was three months before her due date. Less than two hours after Janelle's labor began, she gave birth to a baby girl, Jaycee, who weighed just 1 pound, 13 ounces. After a quick kiss from her mother, Jaycee was whisked to K. Hovnanian Children's Hospital's Neonatal Intensive Care Unit (NICU). The NICU team of doctors and nurses monitored and provided state-of-the-art care to Jaycee 24 hours a day. With careful monitoring Jaycee grew stronger. She had no infections or other major complications that can be common in premature babies. After nine weeks in the NICU, Jaycee was eating and breathing on her own. Her doctors determined she was strong and healthy enough to go home.



“Jaycee is a tough little baby,” says Armon, who visited his daughter up to three times a day while she was in the NICU. “She is a fighter. Although there were some scary moments, she overcame them all. It was incredible.”





Health Screenings and Prevention Services

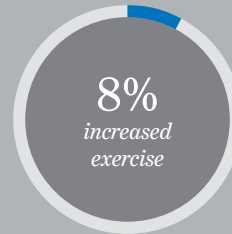
In 2016, Hackensack Meridian *Health* spent **\$4.5 million** on health screenings and prevention services. Whether our team is educating a room full of people to learn how to cook healthier meals, providing preventive health screenings to detect a potential problem early or teaching children how to stay safe, our team is out there, meeting people right where they live and work – at church, in school, the public library, senior center or place of employment. Making sure the community is armed with the information they need to get and stay healthy is one of our biggest priorities.

2017 SCREENINGS AND HEALTH SERVICES AT A GLANCE

Nearly 50,000 preventive health screenings including:

- AngioScreen™
- blood pressure
- colorectal cancer
- cholesterol
- bone density
- memory
- diabetic retinopathy
- skin cancer
- and more

Since launching AngioScreen (in 2011), over 14,000 community members have been screened.



What's AngioScreen?

An in-depth screening for heart attack and stroke where all participants receive a printout with their results and a one-on-one consultation with a nurse educator. All participants are encouraged to share their results with their primary care physician. Follow-up phone calls are made to any participants with abnormal findings.

ONCOLOGY – CENTERED OUTREACH

85
oncology support groups

4,174
program attendees

277
colorectal cancer
screening kits distributed

over 3,400
middle school students
participated in a
melanoma campaign
and learned how to
stay sun safe

205
educational programs

665
cancer screenings



CELEBRATING LIFE AND LIBERTY

The John Theurer Cancer Center at Hackensack University Medical Center celebrated its largest and most successful Celebrating Life and Liberty event yet at MetLife Stadium- with **over 4,000 patients, caregivers and staff in attendance**. To honor, celebrate and support patients with cancer, André Goy, M.D., MS, chairman and director of the John Theurer Cancer Center and chief of the Division of Lymphoma, created the Celebrating Life and Liberty event, a day that gives patients and families an opportunity to come together, celebrate their journeys, and offer one another hope and support.

CPR/AED TRAINING

Providing broad cardiopulmonary resuscitation (CPR) training to the community has been part of Hackensack Meridian *Health's* educational offerings for years, including health care workers, fire fighters, police, teachers, recreational coaches, EMTs, and community members. Our goal is to train as many community members as possible to become American Heart Association CPR/AED certified.



In 2017 alone, we have trained nearly 16,000 adults throughout New Jersey.

PAWSITIVE ACTION

Hackensack Meridian *Health's* children's health education programs include classroom-based presentations from The Pawsitive Action Team, including Doctor Bernard, Hopscotch and Picatso, who are mascots from Hackensack Meridian *Health*.



The Pawsitive Action team educated nearly 10,000 children on how to eat right, stay fit, be safe and act responsibly.

CREATING A COMMUNITY OF LIFESAVERS



Over 6,000 students were trained last year in CPR and AED use as part of Hackensack Meridian *Health's* Community of LifeSavers Program.

This program is offered at no cost to the school or student. Additionally, the program is designed to build a sustainable CPR training infrastructure; Hackensack Meridian *Health* will train staff from each school district as a CPR Instructor, enabling them to train additional teachers, administrators and students in their district.

COMMUNITY OUTREACH FOR ASTHMA CARE AND HEALTH (COACH)

Community Outreach for Asthma Care and Health at K. Hovnanian Children's Hospital at Jersey Shore University Medical Center is a program designed to improve the quality of life for children with asthma and their families. This focus is teaching asthma self-management and assisting with the identification and removal of asthma triggers in the child's home.



In 2017, the COACH Team provided one on one education for approximately 360 children with asthma and their caregivers.

In addition, about 20 children who attend Neptune public schools and have asthma were seen at the K. Hovnanian Wellness Center in Neptune's Midtown School. These children received a free pulmonary evaluation by our Pediatric Pulmonologist and asthma education by a member of the COACH Team.

TWEEN SELF-ESTEEM

Designed for girls, ages 10 to 14 years old and their moms/caregivers, the Tween Self-Esteem event touches on the physical, social and emotional changes that accompany the teenage years and help the girls understand the importance of making healthy life choices. They also learn tips and tools on internet safety and cyber bullying from the Monmouth County Prosecutors office and mechanisms on how to deal and cope if one is being bullied.



Over 400 tweens attended two programs this year.





RESHAPE YOUR HEALTH

Reshape Your Health is a program designed to make cooking both nutritious and informative. The program features live cooking demonstrations with registered dietitians, chefs and other health professionals, an instructional, self-empowering online nutrition toolkit which includes recipes, meal plans and shopping lists, and ongoing consumer dialogue through social media and e-newsletter components.



FARMERS MARKETS

Hackensack Meridian *Health* teamed up with local farmers markets throughout New Jersey to help shoppers learn more about the food they're buying.

NARCAN REPLACEMENT PROGRAM

Hackensack Meridian *Health* hospitals and several others have partnered with law enforcement agencies across the State to implement Narcan Replacement Kit Programs. The goal of the program is to save victims from fatal overdoses by equipping first responders with the opioid antidote, Narcan.



In 2017, our hospitals alone provided approximately 917 Narcan replacement kits to law enforcement agencies from Bergen, all the way down to Ocean County, free of cost.

Giving these victims a chance to get the treatment needed to overcome addiction is the first step in combatting the overdose epidemic we are experiencing here in New Jersey.

CHRONIC DISEASE SELF-MANAGEMENT

Take Control of Your Health is an evidence-based chronic disease self-management program developed by Stanford University's Patient Education Resource Center and has been successfully implemented throughout Hackensack Meridian *Health*. The program is a fun and practical course that helps people with chronic conditions and their caregivers overcome daily challenges and maintain an active and fulfilling life. The National Council on Aging reports that participants who complete the 6-week course feel healthier, are more active, less depressed, have better communication with their doctor and more.



In 2017, Hackensack Meridian Health educated over 200 participants through the CDSMPs.

FALL PREVENTION

A Matter of Balance (MOB) is an 8-week workshop that emphasizes practical strategies to reduce fear of falling and increase activity levels. The National Council on Aging reports 99% of Matter of Balance participants plan to continue to exercise and there is a \$938 savings in unplanned medical costs for Medicare beneficiaries. On an average day in NJ, 202 older adults are treated in NJ emergency departments due to falls. Falls among New Jersey's seniors and adults with disabilities result in physical, psychological and financial hardships for individuals and place a significant burden on caregivers, social services and health care agencies.



In 2017 twelve workshops were offered and over 130 older adults participated in this program.

PROJECT HEALTHY BONES

A 24-week exercise and education program for older women and men at risk for, or who have osteoporosis. The program is offered in partnership with the New Jersey Department of Health. In 2017, Hackensack Meridian *Health* collaborated with the communities of Garfield, Montvale, Ramsey, Ridgely and Ridgely Park to provide this program to their communities.



In 2017 there were more than 375 classes with 4,100 people in attendance.

Participants increased their balance and level of physical activity.

People at the Core



Patricia Fagliarone, 66, was experiencing some health issues, including high cholesterol, which can be a factor in heart disease.

In addition to seeing her primary care physician and specialists, she registered for an AngioScreen. AngioScreen provides information about heart and vascular health to determine your risk for heart attack and stroke. However, during the ultrasound scan of her carotid arteries in her neck, an incidental finding of nodules on her thyroid was discovered. During the post-screening consultation with the nurse educator, Patricia was informed of the finding and was strongly encouraged to take the results back to her primary care physician for follow up. After additional testing and a biopsy it was revealed that Patricia had stage 3 papillary thyroid carcinoma – which is the most common type of thyroid cancer. Patricia had surgery at Jersey Shore University Medical Center to remove the mass from her neck. Today, in addition to taking care of her cardiovascular health, Patricia receives regular thyroid scans to make sure the cancer isn't returning. Although the AngioScreen revealed suspicious nodules, the good news was that Patricia's carotid arteries were clear and there was no need to go on any medications to regulate her cholesterol medicine.



“This was the last thing on my mind—I went from being healthy, to having stage 3 cancer. I'm so glad that I listened to my body and myself and got the screening. It saved my life,” Patricia explains. “I am starting to feel better and starting to get my energy back. I really lucked out because I was able to get this treated sooner than later.”



Uncompensated Care

Every day, our team of caregivers provide health services regardless of a patient's ability to pay. In 2016, Hackensack Meridian *Health* provided **\$158.1 million** in uncompensated care to our most vulnerable populations. This number includes charity care and unreimbursed Medicaid. Our comprehensive clinics are in place to meet the unique health care needs of the community, offering a wide-range of services.

Jane H. Booker Family Health Center and Center for Dentistry

At the Jane H. Booker Family Health Center and the Center for Dentistry in Neptune, offering quality health care for our families is only part of our mission.

With more than 29,000 combined visits a year, and serving over 8,000 families,

the Jane H. Booker Family Health Center provides not only primary medical, pediatric, obstetrical and dental care, but an array of specialty services that are rarely found in other community health centers.

Many of the Center's patients have chronic conditions such as diabetes, hypertension, obesity, and asthma and we strive to help patients reach a level of self-care management. Our comprehensive dental program provides patients with complex dental procedures in order to restore oral health. All of this is accomplished in a culturally competent manner, recognizing the unique needs of the community we serve.

Jane H. Booker Family Health Center is proud to be a Certified Centering Pregnancy site. Centering Pregnancy is a unique model of prenatal care that empowers women to choose health promoting behaviors. This multifaceted model of group care, provided in both Spanish and English, integrates three major components of care: *health assessment, education and support*. Pregnant women meet together, learn self-care and parenting skills,

George & Vita Kolber Family Health Center

The George & Vita Kolber Family Health Center in Red Bank offers high quality medical care for our families in our community.

In 2017 we provided services to more than 7,991 families; caring for over 2,000 without any insurances.

The George & Vita Kolber Family Health Center provides the following clinics; primary medical, infectious disease (HIV/Hep C), pediatric, obstetrical/GYN, podiatry and surgical care. We combine our mission in providing quality health care to our community working closely with Parker Family Health clinic in Red Bank. Our pediatric

participate in a facilitated discussion about prenatal care, birth and infant care, and develop a support network with other group members. **The group meets for 8-10 sessions** throughout the prenatal period and is facilitated by both certified staff members trained in Centering Pregnancy, and physician providers or a nurse midwife.

Participants boast a 99% satisfaction rate of their experience in the Centering Pregnancy program.

The Jane H. Booker Family Health Center has joined forces with The Foodbank of Monmouth and Ocean Counties Pediatric Mobile Program to provide kid-friendly food items to the children of families receiving services from the Jane H. Booker Family Health Center. Once a month their mobile food truck brings specific items to the health center. The food is chosen based on the valuable nutrients required for proper growth and development. Currently we provide assistance to **approximately 150 families** in the community. The social workers at the Jane H. Booker Family Health Center identify those who may need food via a questionnaire and co-ordinate referrals with the monthly visits on a pre-determined date for distribution. The program is free to qualifying families for one year and has been very successful and greatly appreciated by our patients.

program is sponsored through the NJDOH providing vaccinations to all children,

in 2017 the Center saw 1,943 children in this community and provided 1,167 vaccinations.

We are committed to the well-being of our families, from the prenatal period, through childhood, adulthood, and into the elder years of life. Similar to the Jane H. Booker Center, many of Red Bank's patients have chronic conditions such as diabetes, hypertension, obesity, and asthma and we also strive to help patients reach a level of self-care management.



Thanks to a donation from iPlay America, pediatric patients visiting the Jane H. Booker Center for Dentistry can play on a gaming machine while in the waiting room.







Environmental Improvement

In addition to the financial benefits Hackensack Meridian *Health* provides to the community, we are wholly committed to sustainability and improving the environment. In addition to network-wide initiatives that are being implemented, many of our hospitals have unique programs that are dedicated to protecting our precious planet and reducing waste.

SUSTAINABILITY HIGHLIGHTS

Hackensack University Medical Center is recognized as a national leader in health care sustainability, receiving several accolades for our ongoing dedication, including but not limited to the following:

- Recognized as top 25 green hospital for 5th year in a row by Practice Greenhealth
- Recognized as Top 10 in Leadership, Environmentally Preferable Purchasing, Safer Chemicals and Healthier Foods, Waste and Energy by Practice Greenhealth
- Recognized by *Becker's* as a top 50 green hospital for 3rd year in a row
- Received the 2017 NJ Governors Environmental Excellence Award, 2017 NJBIA Environmental Quality Award and Environmental Stewardship Award from Hackensack Riverkeeper
- Featured in *Modern Healthcare*, *Becker's*, *NPR* and *Healthcare Facilities Magazine* for Sustainability Leadership
- Over 75% of meat purchased on campus is antibiotic free, making Hackensack University Medical Center a national leader in these efforts



Energy costs down 15%, year over year and energy consumption down 3%

- Participated in the first ever chemical assessment of a pediatric hospital unit with Clean Production Action
- 1 of 3 hospitals in the country that participated in the Chemical Footprint Project along with Dignity Health and Kaiser Permanente
- 86.3% of interior furnishings were free of flame retardants, perfluorinated compounds, formaldehyde, PVC and antimicrobials
- Partnered with Zone 7 for fresh local produce in dining for patients and retail areas
- Recycling over 33% (2016) to date we're at 35.4%

Hackensack University Medical Center is also home to The Deirdre Imus Environmental Health Center®, one of the first hospital-based programs whose mission is to identify, control and ultimately prevent toxic exposures in the environment that threaten our children’s health. Beginning with the Greening The

Cleaning program in 2001, the center has helped Hackensack University Medical Center implement and expand its sustainable green practices, benefiting patients, team members and the wider community.



Jersey Shore University Medical Center was the host site for a roundtable discussion on sustainability with Congressman Frank Pallone, Jr. in 2017. The event was sponsored by the New Jersey Sustainable Business Council and American Sustainable Business Council, and featured a panel discussion with David Levine, co-founder and CEO of the American Sustainable Business Council, Marc Matsil, executive director of USGBC NJ, Karen Brown Stovell, executive director of Forward Ever Sustainable Business Alliance, and Kyle Tafuri, director of Sustainability at Hackensack Meridian Health. Hosting the event in the LEED Gold-certified Northwest Pavilion at Jersey Shore was a fitting setting as the group discussed efforts around clean energy, clean water, safer chemicals and sustainable transportation, such as how they align with strategic priorities in the health care environment. In addition to Congressman Pallone, other special guests included Senator Jennifer Beck and Assemblyman Eric Houghtaling.



Riverview Medical Center is actively participating in the NJ Frames Program and chairing the Health and Society subcommittee. The NJ Frames Advisory group is a regional and collaborative effort in coastal Monmouth County, NJ that seeks to understand and address flood vulnerability in the region. They also formed a Healthier Hospitals Initiative that is committed to the following challenges: Engaged Leadership, Healthier Food, Less Waste, and Safer Chemicals. By partnering with Clean Ocean Action, Riverview Medical Center is also working to clean up the Navesink River, decreasing contamination in the Two River area and ensuring the safety of the natural habitat surrounding the area. The Medical Center also recently implemented a \$2.6 million flood mitigation project to protect the hospital and patients from storm surges. The project included a new bulkhead, relocation of O2 tank and the installation of watertight doors to prevent water from entering the building.

Bayshore Medical Center recently developed a sustainability committee that includes hospital team members from various departments and levels and community members from Holmdel that are active in sustainability efforts for the town. In an initial project, the team assisted the township with a Styrofoam drive, collecting Styrofoam from around the hospital (including the hospital waste) and delivering it to the township's recycling event. Several additional initiatives are being examined and implemented, including the building of a Management System

that enables remote monitoring and control of temperatures in patient rooms, an overhaul of cleaning solutions to be more environmentally friendly and red bag waste training with the local EMS. Bayshore also formed a garden club where team members work together to build and maintain a vegetable garden and encourage other team member to take advantage of the harvest as it becomes available. The food and nutrition team also utilizes vegetables grown in the garden for nutritious patient meals.



Already in action at Hackensack University Medical Center and soon to be brought to Ocean Medical Center, an Apiary on the hospital's roof will support the bee shortage while also enabling food and nutrition to harvest local honey for use in recipes for patients and visitors. The Apiary at Ocean Medical Center will be alongside a roof top garden consisting of flowering plants and herbs, also in direct sight line of a family waiting area. Additionally, 90% of Ocean Medical Center's exterior of the facility has been updated to LED lighting, and the hospital has implemented low water flow facets, shower heads and commodes for water conservation. Reducing food waste is also a high priority at Ocean Medical Center and the issue is being addressed through a Waste Not Program that tracks daily and weekly consumption to eliminate over production. And recently, Ocean Medical Center participated in a beach clean-up with Clean Ocean Action.





Hackensack
Meridian *Health*