GUTHRIE CORNING HOSPITAL
2015 COMMUNITY SERVICE PLAN ANNUAL UPDATE

Guthrie Corning Hospital is a voluntary, non-profit 501(c)(3) corporation, located at One Guthrie Drive, Corning, N.Y. The Hospital is committed to providing clinical and service excellence, wellness support and education, and health care leadership to the communities it serves.

Guthrie Corning Hospital is a member of The Guthrie Clinic, a non-profit integrated health system serving patients in an 11-county region of north central Pennsylvania and Upstate New York. Guthrie is comprised of a research institute, home care/hospice, hospitals in Sayre, Pa., Corning, N.Y., Towanda, Pa., and Troy, Pa., as well as a multi-specialty group practice of more than 290 physicians and 155 mid-level providers in a regional office network encompassing sub-specialty and primary care sites in 23 communities throughout Pennsylvania and New York. Guthrie offers a wide range of services and programs designed to enhance the health and well-being of those it serves.

Guthrie Mission Statement: Guthrie works with the communities we serve to help each person attain optimal, life-long health and well-being. Guthrie will do so by providing integrated, clinically-advanced services that prevent, diagnose, and treat disease, within an environment of compassion, learning and discovery.

IDENTIFICATION OF PUBLIC HEALTH PRIORITIES

Community Health Needs Assessment
A Community Health Assessment was completed for the period 2013 to 2015 for the counties included in the S2AY Rural Health Network (Seneca, Schuyler, Steuben [which includes Corning Hospital], Ontario, Wayne and Yates) and continues to be used to identify and compare data between Network counties and develop common objectives. The priorities selected by the Steuben County Health Priorities Team continue to align well with the Hospital’s current efforts to insure that community health needs are met as well as guide new initiatives under discussion with community partners.

The priority areas being addressed by Guthrie Corning Hospital are:
- Obesity in Adults and Children
- Prevention and Management of Chronic Disease

Community Involvement Through Fit and Strong Together
The Hospital continues to lead the Fit and Strong Together (FAST) Community Coalition, established in 2009. The primary goal of this community-based coalition is to reduce childhood obesity and improve childhood health and wellness. FAST has been successful at initiating, attaining funding for, and/or implementing a number of programs relating to chronic disease; specifically aimed at impacting the resulting health-related issues arising from childhood obesity, poor nutrition and fitness. Comprised of representatives from the Hospital, health agencies, fitness center, area school district, media, local YMCA, area library, insurers, and other organizations, they have made numerous presentations to insurers, providers, corporations, civic groups and others to raise awareness of their efforts and to
engage the entire community. FAST has also successfully obtained funding for training, supplies, equipment and materials related to a number of the programs being implemented.

Of note, according to BMI data reported by the New York State Department of Health, the percent of elementary students in the Corning Painted Post School District who were overweight or obese has decreased over the past four years. For the period 2010 to 2012, a total of 35.9% of students fit that description; for the period 2012 to 2014, a total of 33.6% fit that description. State-wide the numbers rose slightly with 33.0% reported for the first time period, and 33.2% reported for the second time period. More information may be found at the New York State Department of Health web pages (http://www.health.ny.gov/prevention/obesity/statistics_and_impact/student_weight_status_data.htm)

**OBESITY IN ADULTS AND CHILDREN**

**Childhood Healthy Lifestyles Pilot Project**

Following the conclusion of the PE4Life program in 2014, the Hospital continued to work with Corning-Painted Post School District administrators and educators to develop a healthy lifestyle program for children. The new program, "Childhood Healthy Lifestyles," was designed with the assistance of Guthrie physicians and staff who have expertise in childhood obesity, health, wellness and fitness. These experts developed the curriculum guidelines for the program. This information was shared with the third grade teachers at the elementary school chosen for the pilot project, who then determined how it could best be implemented and incorporated into lesson plans.

The pilot program started in October 2015, and consists of 16 learning modules presented over 16 weeks. Knowledge assessments, developed by the educators, will be administered to the students at weeks five, 10 and 16 as a process measure. Additionally, support was attained to purchase a Tanita scale for the school to be used by the participating students to measure their progress. The scale provides a body composition analysis, including calculations for percent body fat, muscle, bone, and water mass, as well as BMI and a metabolic age assessment. Response to the program has been positive. Further grant opportunities are being explored to support expanding the pilot program to the entire elementary school, which serves children from kindergarten through grade five.

The new program was introduced at an informational Open House for parents at the start of the school year. A Guthrie bariatric physician and exercise physiologist were on hand, along with district representatives, to discuss the rationale for the program, the expected benefits to participating children, as well as how it will be incorporated into children’s lessons and school day.

Cornell Cooperative Extension is also partnering in the pilot program. They provided a live "healthy cooking" demonstration at the school, open to third graders and their parents. They are also going to make available, and coordinate, a group and home counseling nutrition program comprised of six to eight sessions in groups or in one-on-one sessions.

**Healthy Food Choices - Guthrie Corning Hospital Cafeteria**

In 2014, the Hospital introduced a program that reduces the sodium content of various foods offered on the cafeteria menu, including entrees, vegetables, soups and gravies. Sodium-free seasoning alternatives are also provided. This program was developed as the result of Steuben County’s selection by the New
York State Department of Health to receive a sodium reduction grant (CDC-RFA #DP13-1301) offered by the Centers for Disease Control. As a result, the sodium content in all soups and gravies was lowered and salt shakers have been removed from cafeteria tables. Additionally, the grant funding allowed the Hospital to purchase software that analyzes recipes, identifying nutritional content re: fat, carbohydrate, sugar, protein (is this correct?). This information will be used to help modify cafeteria recipes to make foods healthier. Future plans call for all Hospital cafeteria foods to be labeled with this information.

Healthier snack options, such as dried fruits and nuts and granola bars, have been added and placed in high traffic and high visibility areas within the cafeteria to provide impulse buyers with healthier food choices. A yogurt bar has been added offering an expanded choice of yogurts.

Menu changes will be communicated to physicians, employees and volunteers via an online newsletter available on the Hospital's intranet. Corning Hospital staff are also actively participating in a system-wide wellness committee whose goal is to make similar changes throughout the Guthrie system.

Reducing Sweetened Beverages - Corning Hospital
An analysis of all beverages either served in the Hospital cafeteria, or available for purchase from vending machines, has recently been completed. This included a breakdown of sugar content as well as beverage cost, usage, and revenue. The beverages with the highest sugar content have been removed from the cafeteria and are no longer served on inpatient meal trays. Pricing changes have been made to encourage purchase of beverages with lower sugar content. In addition, Hospital staff have been working with beverage machine vendors to eliminate beverages with the highest sugar content and replace them with other options with less sugar, such as flavored water. A color-coded system has been developed (red, yellow, green) and will be used to label beverages, helping staff and visitors identify healthier beverages.

Cool 2B Fit
An initiative of FAST, this program continues to be funded by Excellus Blue Cross/Blue Shield and is designed to promote healthy eating and exercise for students in the district's six elementary schools. Second grade students participate in food tastings to expose them to healthy foods they might not typically choose to eat. Fourth grade students visit their local Wegmans supermarket for a tour and to learn about how to read food labels and choose healthy foods.

Corning Hospital "Kids Fun Run"
Corning Hospital held the 31st Kids Fun Run, a series of races for children ages two through 10, designed to promote healthy, active lifestyles for children. This year the annual event (previously called the Pop Can Fun Run) was held at the new Corning Hospital campus. With pre-race entertainment and warm-up exercises, T-shirts, ribbons, and medals for the top-place finishers, this continues to be a popular community event.

Other Community Collaboration
The FAST coalition also works closely with a number of community organizations to participate in and/or promote their activities geared towards children's health and fitness, such as:

- “Healthy Kids Day” is a day-long event organized by the Corning YMCA each April. Corning Hospital’s HealthWorks staff participates in this program, offering children, and their families, a
variety of interactive activities to help them be better informed about the health benefits -- and fun -- gained from exercise. This annual community-wide event is quite popular and attracts hundreds of children and their families.

- The YMCA also offers a "Kids Marathon" program for children ages 7 - 12. The program provides training clinics and encourages young runners, joggers and walkers to complete the first 25 miles of a marathon at their own pace over a period of five weeks, with the last mile run as a group.
- Guthrie sponsors “Girls on the Run” offered through the Steuben Rural Health Network. This is a transformational physical activity-based program for girls in grades three through eight. A positive youth development program, "Girls on the Run" teaches important life skills through dynamic interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. Health Works staff participate in this event.

**ACCESS TO PREVENTIVE CARE AND MANAGEMENT OF CHRONIC DISEASE**

Hospital physicians and staff are also actively involved with community-based organizations and participate in, sponsor and/or promote a variety of initiatives aimed at raising awareness about and improving general health and wellness, as well as those targeting individuals with specific diseases or health issues. Additional efforts on the part of Hospital staff support populations believed to be at risk for chronic illness, providing educational information and facilitating health screenings.

**Know Your Health Numbers**
Free health screenings were offered to 10th grade health class students at Corning High School. Screenings offered included blood pressure, BMI, total cholesterol and percentage of body fat. An initiative of FAST, testing and health counseling was provided by staff members of Guthrie HealthWorks Wellness & Fitness Center. Additional funding support is necessary to expand this program at this time.

**Healthy Eating/Nutrition Seminars**
The Hospital offers several education programs designed to educate the general public about healthy eating habits and the impact nutrition has on staying healthy. Participants learn how to make smart food choices and receive tips on how to make small, easy changes to their diet for a healthier lifestyle. Attendees learn to identify the "big three" macronutrients in food, the five basic food groups, how to read food labels to compare nutritional content of foods and beverages, and changes they can make in their food choices that result in better nutrition and health.

**Smoking Cessation**
Patients who smoke or use tobacco are encouraged to participate in smoking cessation programs. At present, patients who use tobacco are provided information about, and encouraged to contact, the Southern Tier Tobacco Awareness Coalition or the NY Quit Line, which offer smoking cessation services. Additionally, Corning Hospital Respiratory Therapists are adopting the same smoking cessation counseling and referral model being used at Guthrie Robert Packer Hospital, which will allow a standardized educational approach to smoking cessation.
Breastfeeding Friendly Hospital
This year Corning Hospital received a "Breastfeeding Friendly Business Award." This annual award is given by the Steuben County WIC Program to recognize local businesses/organizations that have been supportive of women who are breastfeeding when they return to work, or who are welcome to breastfeed their babies while in the facility. The premise of the program is to support policies and practices that recognize that babies who are breastfed are generally healthier.

The Hospital has aligned its policies and practices related to the importance of breastfeeding with those of Breastfeeding Friendly Hospitals. With Maternity Unit RNs certified in lactation consultation, new mothers are educated about the importance of breastfeeding and its health benefits for their infants. Pacifiers are not used in the hospital. In addition, breastfeeding pumps are provided so mothers can learn how to use them prior to discharge. As needed, mothers are referred to Public Health nursing services for further lactation consultation at home.

Diabetes Awareness
Diabetes awareness/prevention activities have expanded at the Hospital. Diabetes educators from Corning Hospital’s HealthWorks staff hold an informational "wake up" day on diabetes awareness annually. As members of the Southern Tier Diabetes Coalition, HealthWorks diabetes educators offer a diabetes screening and diabetes resource information in conjunction with Diabetes Alert Day. In 2015 the event was held in the lobby of the new Corning Hospital.

A number of Guthrie staff participated in the 4th annual Southern Tier Diabetes Coalition Health Fair held in October 2015. The event support those at risk of, or those already suffering from, diabetes. As well as having the opportunity to visit over 30 vendors, participants benefitted from free screenings for blood glucose levels, body fat, and blood pressure. Physician presentations, foot exams, body composition analysis and flu shots were also available. This is a large-scale regional event, with the Guthrie Diabetes Center and HealthWorks Wellness and Fitness Center hosting booths.

Guthrie staff also participated in the Juvenile Diabetes Research Foundation (JDRF) "Walk to Cure Diabetes" this year. The primary goal of JDRF is to find a cure for Type 1 diabetes, an autoimmune disease that strikes both children and adults of any age, and carries the lifelong threat of devastating health complications. "Team Guthrie" also participated in the American Diabetes Association Tour de Cure Finger Lakes bike ride in 2015. Both these events help raise awareness and make important educational information available throughout the community.

Access to Individualized Patient Information
Staff at Guthrie offices and facilities encourage patients to access their personal Electronic Health Record (eGuthrie) which offers patients a secure and convenient way to access a host of information about their health. Once patients register online and receive their unique password, they can access test results, request a prescription refill, check vaccination records, request and appointment, trend laboratory results or other diagnostic tests over time, check the status of important health screenings - even send an email message to their physician.

This important tool helps patients participate in their own care and empowers them to be knowledgeable about the health issues that impact them. At present, 25 percent of all Guthrie patients have signed up to access their eGuthrie health record.
The following overview provides examples of the Hospital’s successes in providing access to high quality health care as well as other community service and activities beyond the provision of direct care.

Access to High Quality Care

- **Cardiovascular Rehabilitation Certification**
  Corning Hospital's cardiovascular rehabilitation program received certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Based at the hospital’s HealthWorks facility, the program was recognized for its commitment to improving quality of life by enhancing standards of care. AACVPR certification is valid for three years and is the only peer-review accreditation process designed to review individual programs for adherence to specific standards and guidelines. Such programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available.

- **Sleep Center Certification**
  Corning Hospital's Sleep Disorder Center received national accreditation from the American Academy of Sleep Medicine (AASM). To receive accreditation for a five-year period, a sleep center must meet or exceed all standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care, and quality assurance.

- **AHA Get With the Guidelines Achievement Award**
  Corning Hospital Received the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: StrokeSM Honor Roll Elite for the fifth time. The award recognizes the hospital’s commitment and success ensuring that stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. These quality measures are designed to help hospital teams provide the most up-to-date, evidence-based treatment with the goal of speeding recovery and reducing death and disability for stroke patients.

- **FOTO® Excellence Certificate Awarded**
  Corning Hospital’s HealthWorks Wellness and Fitness Center again received an Outcomes Excellence Certificate from Focus On Therapeutic Outcomes, Inc. (FOTO®), a nationwide outcomes database and reporting service for healthcare providers. The certificate is presented to a select group of providers across the country in recognition of excellence in physical therapy treatment effectiveness during the previous twelve months. Corning Hospital's HealthWorks has demonstrated a greater increase in function for their patients than the national aggregate average.

- **Anniversary Celebration**
  Corning Hospital physicians, board members, staff and volunteers were recognized for a very successful first year in their new facility. From a smooth and seamless move from the old hospital to the new facility, to adding new services and proving great patient experiences to an
increased number of patients, staff has done an outstanding job settling into the new modern facility equipped with state-of-the-art technologies and equipment.

- **Career Development Council Certificate of Appreciation**
  Corning Hospital received a certificate of appreciation this year from the Career Development Council (CDC), which works with high schools in Chemung, Schuyler and Steuben Counties, providing career development opportunities in a variety of fields and professions. Corning Hospital was recognized as a top ten local supporter of the CDC’s efforts to introduce students to a variety of health careers.

**Community Outreach**

- Corning Hospital staff participated in the grand opening of the Baby Cafe’, a program developed by the Steuben County Public Health Department. The Baby Cafe’ assists moms of all ages with learning about breastfeeding and creating a plan for their children's health and well-being. It is open to parents with babies looking for support from their peers and assistance from trained professionals on caring for their newborns.
- Corning Hospital received a grant from the Susan G. Komen® Twin Tiers Region affiliate to provide breast MRI examinations for high risk women in Steuben County who are either uninsured or underinsured. The Hospital also works with Steuben County to provide low-cost mammograms to women who meet the criteria.
- The Hospital is a partner in the Red Cross program Unite for Life Plus. In 2015, between the Hospital and HealthWorks, seven successful blood drives were held at its facilities. The Hospital also received a Certificate of Appreciation for exceeding its summer blood drive goal during in 2015.
- Corning Hospital participated as the primary sponsor, providing $10,000 in funding, in the local American Cancer Society’s Relay for Life event. The Hospital raised money, formed teams and hosted the pre-event survivor dinner. This year the American Cancer Society recognized Corning Hospital Cancer Center staff for excellence in organizing the Survivor's Dinner. Outside the greater Rochester area, Corning Hospital was also recognized as being the top fund raiser for the event as well as the highest participation of survivors.
- The Corning Hospital Auxiliary is very active and held a number of educational and/or social fund raising events in the community throughout the year to support the Hospital’s need for new equipment. The Auxiliary has pledged $250,000 in support of the Hospital’s new Cancer and Infusion Service Center.
- Corning Hospital’s HealthWorks staff participated in the 2015 Steuben County Fair. Staff provided diabetes screening and provided information and education about healthy eating for parents and children.
- HealthWorks staff participated in the annual Wineglass Marathon with physicians and therapists staffing the race medical tent. Thousands of runners take part in the 5k, half-marathon and marathon runs.

**Wellness and Prevention Education**

- Corning Hospital hosted several Community Wellness Days; open to the public, offering a variety of health screenings and educational information regarding disease prevention.
• HealthWorks’ Diabetes Support Group meets monthly, making guest speakers available on a wide variety of topics important to people with diabetes, to help them better understand and manage their unique health needs.
• Nutrition Education programs and Health Fairs were also provided to several area businesses, as well as health care providers and vocational training centers.
• The Corning Cancer Center hosts a monthly "Coping with Cancer" support group. The group offers support to cancer patients in coping with the physical, emotional and psychological effects of dealing with cancer.

GUTHRIE CORNING HOSPITAL SERVICES

Guthrie Corning Hospital opened a new, state-of-the-art facility to patients in July 2014. The two-story, 225,000 square foot facility is situated on a 67-acre site at One Guthrie Drive in Corning, N.Y. The hospital features all private inpatient rooms including medical/surgical, intensive care and labor and delivery suites. Guthrie Corning Hospital is equipped with the latest technology and equipment supporting state-of-the-art surgical suites, procedure rooms, an on-site cancer center and a 24-hour emergency department with a Fast Track care option, as well as a helipad for urgent transport of critically ill and injured patients.

Guthrie Corning Cancer Center and Infusion Services are offered in an 18,000 square foot facility located at Two Guthrie Drive in Corning, N.Y., adjacent to the new Guthrie Corning Hospital. This new facility offers both group and private infusion spaces for a personalized treatment experience. Guthrie’s team of experts provides customized care plans using today’s technologies and advances in cancer care including access to clinical trials.

Guthrie HealthWorks Wellness & Fitness Center, Guthrie Corning Hospital's 45,000 square foot rehabilitation and fitness facility, is located at 9768 Liberty Drive in Painted Post, N.Y. This award-winning facility helps individuals and families reach their personal fitness goals with guidance and coaching from HealthWorks’ professional staff in the areas of disease management, fitness conditioning, health enhancement, as well as injury recovery and lifestyle improvement. This facility is also home to a sleep study department; a blood collection laboratory; the Guthrie Erwin physician office, offering primary care and cardiology services; and a comprehensive rehabilitation services department offering therapies such as aquatic, cardiac, physical, occupational, speech and more.

Guthrie Same Day Surgery Center is the first multi-specialty ambulatory surgical center of its kind in the region. Located at 31 Arnot Road in Horseheads, N.Y., the facility features two operating rooms and two endoscopy suites with private and comfortable patient accommodations. This spacious, outpatient surgery center is conveniently located within a Guthrie physician office facility and is a department of Guthrie Corning Hospital. Same Day Surgery Center surgeons and staff members coordinate patients' care needs with Guthrie diagnostic, primary and specialty providers located at Guthrie offices throughout the region.

To learn more about Guthrie Corning Hospital, please visit [http://www.guthrie.org/location/corning-hospital](http://www.guthrie.org/location/corning-hospital).