



Healthier *Together* 2018 Community Benefit

1
Community
Health
Priorities

2
Reducing
Obesity

3
Decreasing
Hypertension

4
Other
Wellness
Initiatives

5
Courtesy
Care

6
Financials &
Economic
Impact



UR
MEDICINE

THOMPSON
HEALTH





Community Health Priorities

2017-2019

- Reduce obesity in children and adults
- Reduce hypertension/strokes through better hypertension management; reduce sodium intake; reduce tobacco use

Needs Assessment

UR Medicine Thompson Health meets the changing health needs of the community by maintaining a sharp focus on the priorities most important to our service area residents. To help accomplish its mission, Thompson conducts focus groups and routine needs assessments, and compiles data from several primary sources. The health system also surveys those impacted most – community members – on the content and quality of the programs offered. All that data is then analyzed and programs and services are adjusted accordingly to guarantee efforts align with the community’s health needs.

Benefits of Collaboration

Thompson Health has developed tremendously productive collaborative relationships with school districts, governmental agencies, healthcare providers, Ontario County Public Health, the S2AY Rural Health Network, other county hospitals, local media and community-based organizations to provide easier access to health care and promote preventive medicine within the community. Thompson Health’s leadership team keeps active within the community, strengthening existing relationships and searching for potential collaborative partners as part of its effort to enhance healthcare services for the most vulnerable residents.

Looking Ahead

Thompson Health conducted more than 120 different community programs, educational events, support groups and classes during 2018, many of which focused on preventive strategies to keep people out of the hospital. Thompson will continue to work with the community and its public health partners during 2019 and beyond. The priorities, as always, are to identify best practice models and the most effective ways to address community needs – in particular, obesity and hypertension – and to offer personalized and compassionate health care supported by advanced medical technology and innovative treatment protocols.

- 1 Community Health Priorities
- 2 Reducing Obesity
- 3 Decreasing Hypertension
- 4 Other Wellness Initiatives
- 5 Courtesy Care
- 6 Financials & Economic Impact

Reducing Obesity

On the following pages we have highlighted a few examples of our most successful programs and events targeting obesity.

Braves Camp

Soon-to-be middle school students learned about body image and self-esteem, how to identify stress and how to handle it.
Partnership with Canandaigua Middle School

45

students entering grade 6 participated



104

children grades K-2 reached

Super Sproutz

Puppet show featuring characters such as Brian Broccoli, Erica Eggplant and Fake Food Fred addresses importance of healthy eating to young children.
Partnership with Foodlink and NY Kitchen

30

low-income households participated

Healthy Cooking on a Budget

Taught nutrition, budget shopping, general health advice and kitchen skills with hands-on cooking.
Partnership with Foodlink and NY Kitchen

698

individuals benefitted

Mobile Food Pantry

Two pantry events helped community members access healthy, free food options.
Partnership with Foodlink

729

students grades | 3-5 reached

Get Up! Fuel Up!

Students learned which foods are healthy, why they're important, how media and peer pressure affect their choices, and how to maintain a healthy diet well into adulthood.
Partnership with Canandaigua Elementary School

World Diabetes Day

Educational event featured Dr. Brooke Donaher who spoke on eye disease and diabetes.

25

people attended

JOIN US FOR THE ANNUAL
world diabetes day
Eye Health
A Forum on Diabetes
Thursday, November 1
3:15 pm | Registration and Refreshments
4:00 pm | Program
Thompson Hospital
350 Parrish Street, Canandaigua
OB classroom on second floor
Light refreshments and blood pressure screening included.
RSVP required by October 28
CALL 585.396.6233 or
Register Online at ThompsonHealth.com
PRESENTED BY:
Brooke E. Donaher, OD
A member of the Flaura Eye Institute optometry team, Dr. Donaher provides care to a wide range of patients and is experienced in managing patients with diabetes.
FREE OF CHARGE | Donations of non-perishable items for the Canandaigua Churches In Action Pantry are welcome.
UR | THOMPSON HEALTH

Community Health Priorities

Reducing Obesity

Decreasing Hypertension

Other Wellness Initiatives

Courtesy Care

Financials & Economic Impact

HOME/COVER

Decreasing Hypertension

On the following pages we have highlighted a few examples of our most successful programs and events targeting hypertension.

Chronic Disease Self-Management Program

Advised participants how to start eating and exercising properly, how to improve problem-solving and decision-making skills, as well as how to manage stress, anxiety, depression, fatigue and frustration.

Partnership with Ontario County Public Health Department

34

enrollees finished

Stroke Education

Taught potentially life-saving information about risk factors and the signs of a stroke. Two featured presentations were given for Go Red for Women day and Spring into Health.



Hypertension Registry

Ongoing initiative keeps tabs on health trends while using reporting data from a national high blood pressure registry to track hypertension levels within our service area.

In conjunction with Common Ground Health and the High Blood Pressure Collaborative



WellnessHUB

presents

Wellness Briefs

Straight from the Experts

Mastering Pediatric and Adolescent Anxiety: A Three-pronged Approach



40

parents educated

Pediatric Anxiety

Session covered parenting strategies, psychotherapy and medication treatments.

Stress Management Event

Taught effective ways to manage stress, protect one's health and achieve peace of mind. Also educated attendees on different stress therapies, medication, diet and exercise.

41

individuals participated



Community Health Priorities

Reducing Obesity

Decreasing Hypertension

Other Wellness Initiatives

Courtesy Care

Financials & Economic Impact

HOME/COVER

Other

On the following pages we have highlighted a few examples of our most successful programs and events through our community.

Prescription Drug Collection

Thompson collected 675.31 pounds of unused/expired medication in 2018, thus keeping it out of the hands of those who may be harmed by it.

Partnership with the Ontario County Sheriff's Office

675.31

pounds collected



40

people attended

Oh, My Healthy Back Seminar

This free seminar taught pain management techniques, spinal anatomy, and theories on lower back pain.



2,157

people supported

Support Groups

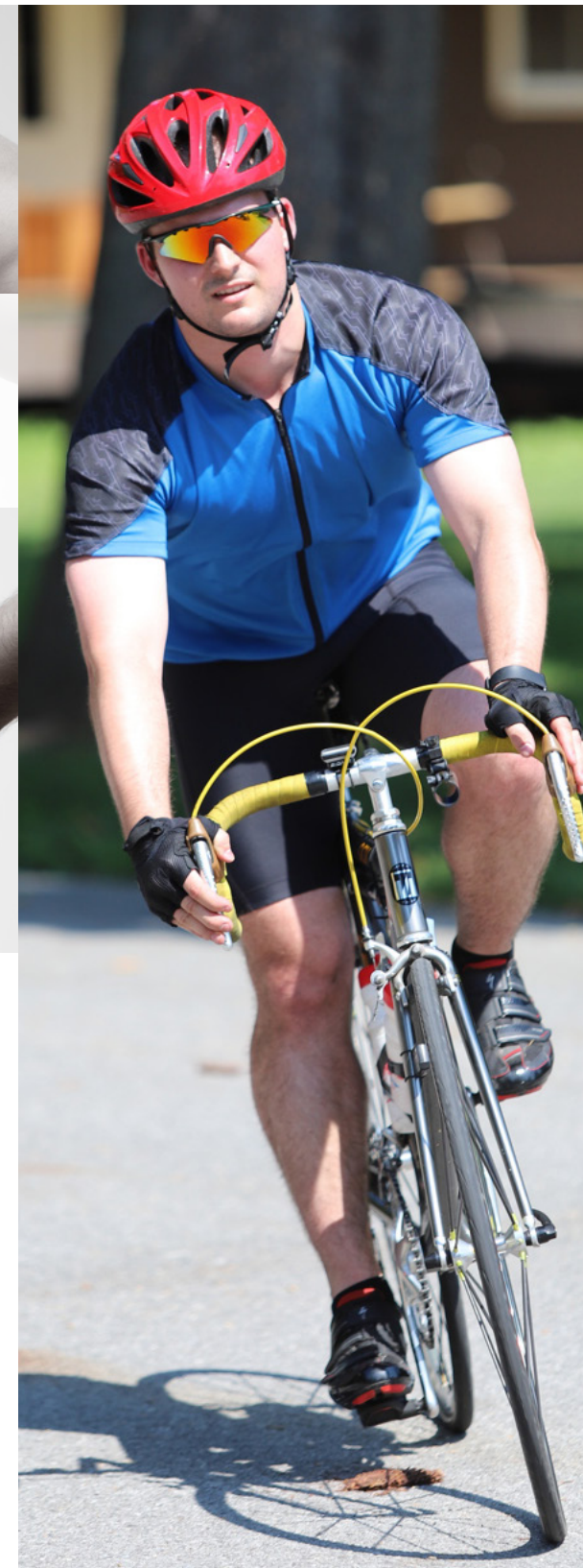
From diabetes and post-cardiac event support to breast cancer and caregivers support, 16 groups met in 2018 to listen, encourage, and offer a shoulder.

426

people attended

Healthy Me! Wellness Fair

More than 400 people took advantage of free wellness information and health screenings offered at the event.



Community Races & Walks

Thompson Health associates took part in several community races and walks, supporting a wide range of causes to help our patients, residents, and community thrive.

Healing Pathways

Offered for those with ongoing illnesses or other sources of chronic stress, the program focused on wholeness of mind, body and spirit through the reshaping of thoughts, emotions and stress responses.



Lymphedema Awareness Day Event

Thompson marked 2018's National Lymphedema Awareness Day with an educational event on the symptoms and available treatments for lymphedema, a chronic swelling disorder.



Lyme Disease Awareness Event

Featured a national speaker who specializes in this complicated illness, its symptoms and prevention methods.

200

community members attended

Community Health Priorities

Reducing Obesity

Decreasing Hypertension

Other Wellness Initiatives

Courtesy Care

Financials & Economic Impact

HOME/COVER

Courtesy Care

The Financial Aid/Community Care Program

at Thompson was established to provide necessary medical care to all patients regardless of their ability to pay. The program is intended to identify uninsured and underinsured individuals who cannot afford to pay in full for their services. Financial Aid/Community Care is available through discounted charges and/or sliding fee discounts.

Financial Aid/Community Care assistance is communicated and made available to all individuals receiving medically necessary non-elective inpatient and outpatient services from the hospital system through:

- Verbal communication
- Written media: information sheets, application and directions, patient handbook and handouts, patient service cost estimates, patient bills and collection correspondence
- Electronic media: Thompson Health's website, non-patient communication throughout human service agencies and social service organizations

Thompson's goal is to maintain its leadership role as a system of excellence in prevention, diagnosis and cost-effective care for our community members. In 2018, Thompson Health provided the following courtesy care/ services to our community:

In 2018, \$9,705,048 in Community Benefit was provided by Thompson Health to those we serve.



Financial Data
2018

Courtesy Care	Total: \$2,488,593
Uncompensated Care	Total: \$4,508,761
Community Benefit	Total: \$2,707,694

Financials and Economic Impact

Thompson Health is a Major Employer

- Thompson Health employs 1,683 people, with a total 2018 payroll of \$81,604,448. System payroll expenditures serve as an important economic stimulus, creating and supporting jobs throughout the local and state economies.
- Health system employees use their wages to purchase goods and services, which creates income and jobs for other businesses. Dollars earned by Thompson employees and spent on groceries, clothing, mortgage payments, rent, etc., generate approximately \$145,255,917 in economic activity for the local economy.

Thompson Health Purchasing

- In 2018, Thompson Health spent \$80,814,848 on the goods and services it needs to provide health care – for example, medical supplies, electricity for its buildings, and food for patients. Funds spent to buy goods and services flow from the hospital to vendors and businesses and then ripple throughout the economy.
- Dollars spent by Thompson Health, as an organization, generate approximately \$143,850,429 for the local economy.

Thompson Health Capital Spending

- In 2018, Thompson Health's capital spending totaled \$16,818,562 for buildings and equipment.
- Capital spending by Thompson Health generates approximately \$29,937,040 for the local economy.

Thompson Health Construction Activity

- Construction activity at Thompson Health affects the local economy, from the convenience store located down the street to the insurance agent providing policies for the contractors and other companies working on each project. These projects generate local jobs and revenue and result in improved healthcare delivery for the community.

Community Health Priorities

Reducing Obesity

Decreasing Hypertension

Other Wellness Initiatives

Courtesy Care

Financials & Economic Impact

HOME/COVER