



We reveal and foster God's healing love by improving the health of the people and communities we serve, especially those who are poor and vulnerable.

## Community Benefit 2017

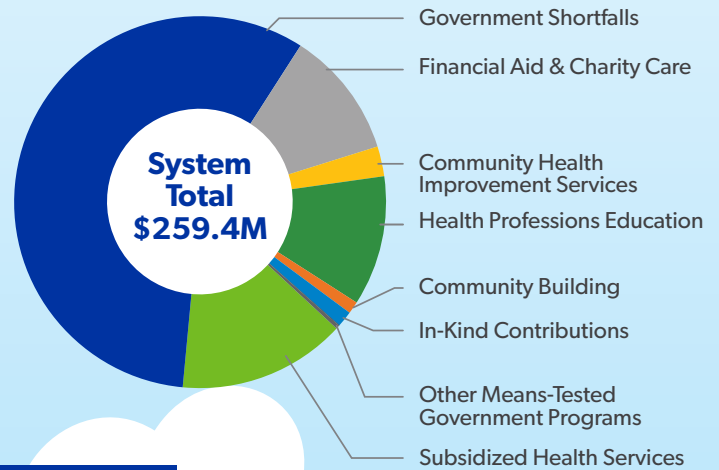
### Investing in the Social Determinants of Health

Improving the health of our communities is a call to action embedded in our mission. As a Catholic health system, we realize that wrapped within this call to action is a need to address the number of factors that impact overall health beyond access to healthcare. These social determinants of health include: economic stability, education, social and community context, and neighborhood and built environment. In 2017, Lutheran Medical Center addressed these social determinants through investments in education, food security, transportation and poverty reduction.

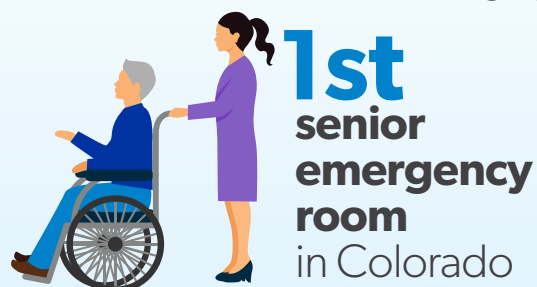
#### SCL Health Community Benefit 2017



**Lutheran Medical Center**  
WHEAT RIDGE, CO



## Lutheran Medical Center | Wheat Ridge, CO



# Mental illnesses are among the most common health conditions in the United States.

## In 2017, SCL Health made strides to address mental health needs

in the communities it serves by offering a variety of mental health trainings to community members. As a system, SCL Health was able to provide mental health education to over **1,600 individuals** across **3 states** and **17 counties**.

SCL Health **trained 4 new Mental Health First Aid instructors** to continue educating their communities and sustain the initiative well beyond the grant year.

## Lutheran Medical Center Initiatives

### ACCESS TO CARE

#### *Keeping Seniors out of the Hospital*

In partnership with the Senior Resource Center, **A Perfect Homecoming** helps discharged seniors avoid readmission by offering a variety of services including care management, meals, in-home care, transportation and minor home repairs. Out of individuals participating in this program:

**81%** avoided readmission

**100%** received care management services

**75%** received meals

**50%** received in-home care

**50%** received transportation assistance

**13%** required minor home repairs



### EDUCATING FOR THE FUTURE

#### *High School Student Immersion*

Partnering with Warren Tech High School, Lutheran Medical Center hosts four cohorts of high school students pursuing Certified Nursing Assistant (CNA) certification. Students receive 24 hours of direct observation of CNAs performing their day-to-day work and connect with 11 different departments within the hospital to learn about the diversity of healthcare careers.

Time donated by **52** associates

**1,248** clinical hours

**4** cohorts representing **40** students



**Just over 20%** of children have had a seriously debilitating mental disorder.

**1 in 5**

Americans will experience a mental illness in a given year.

**Suicide** is often associated with symptoms of mental illness.

**10th leading cause of death in the U.S.**

**2nd leading cause of death among people aged 15-34.**

### NEW PARENT EDUCATION

#### *Baby's First Ride Program*

Lutheran Medical Center offers child safety seat education and inspections to all parents, care givers, patients and community members. Car seats are also made available to families who are unable to afford one. Sixty-three percent of families incorrectly used their child safety seat prior to meeting with a technician, compared to 100% of families correctly using their child safety seat after meeting with a technician.

**1,480** child safety seats inspected

**11** child seats provided



## Food = Health



The Colorado Healthy Hospital Compact is an agreement by hospitals that share a mission to protect and promote the health of hospital patients and their families, visitors and staff. Compact Partner Hospitals lead by example as they implement measures designed to improve the quality of their nutrition environments. As partners in the Compact, hospitals are publicly recognized for their accomplishments and gain access to a growing network of peer hospitals that are connected to the latest best practices and innovations

in the national healthy hospital movement.

In 2017, Lutheran Medical Center maintained its status as a gold member of the Compact through its efforts to provide a healthier food and beverage environment within the hospital. These efforts include removing sugar-sweetened beverages (2013), offering over 60% healthy menu items, removing deep fried options for patient meals, and offering healthy vending.

## Weigh and Win Your Way to Health!

With over 75 partners state-wide, Weigh and Win is positively impacting the obesity epidemic in Colorado and at the national level. As a free, one-of-a-kind community program, Weigh and Win utilizes verified weight loss data through patented photographed weigh-ins and provides Colorado adults with access to an effective weight management platform. Because of Lutheran Medical Center's strong partnership with Live Well Wheat Ridge, the hospital was selected as a prime location for a new west-side Weigh and Win kiosk which opened in August 2012. Carol Salzmann, VP of Community and Government Affairs shares, "Since opening, the hospital's kiosk has recorded nearly 11,000 pounds lost from over 2,300 community members."

Sponsored by Lutheran Medical Center's Destination Wellness, the Weigh and Win program provides additional resources to complement care site and system health and well-being initiatives such as fitness and meal plans, access to health coaches, and other prizes for participation. The average weight improvement for a successful Weigh and Win participant after one year in the program is 17.7 pounds or an eight percent weight loss. Recent research suggests



that even a weight loss of three to five percent produces meaningful health benefits, such as reducing risk for type 2 diabetes and need for cholesterol and heart medications. The success of participants is having an impact on communities as well. For every \$1 invested into the community program, \$3.42 is saved in reduced healthcare costs, according to an independent analysis done by a researcher at Colorado State University.

Please visit the Lutheran Medical Center website to access the full Community Health Needs Assessment:

***<https://www.sclhealth.org/locations/lutheran-medical-center/about/community-benefit>***



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**[lutheranmedicalcenter.org](http://lutheranmedicalcenter.org)**