

personal identification of risk factors and making positive changes in daily activities. The stroke program teams regularly present virtual presentations, in-person classes, and provide expert speakers as guests on local radio shows. Representatives also participate in sharing information and answering questions at health fairs, open houses, mansion tours, senior luncheons, church group meetings, Spring and Fall festivals, town celebrations, school events for children of all ages, and lots of EMS and First Responder events. The BE FAST logo was revised to include more information on recognizing the sudden signs of stroke and calling 911.

NJCEED Programs Provide Free or Low-Cost Cancer Screenings

Early detection of cancer can save lives. That's why Atlantic Health System Cancer Care partners with the New Jersey Cancer Education and Early Detection (NJCEED) programs and connects patients and community members to these services. NJCEED provides free and reduced cost services including comprehensive outreach, education and screening services for breast, cervical, colorectal and prostate cancers. In addition, they offer case management, navigation, tracking, follow-up care and facilitation into treatment. Morristown Medical Center serves as an NJCEED provider where services are free or at reduced costs for qualifying Morris County residents, who are 18 years or older without insurance. In addition, Atlantic Health System Cancer Care offers a variety of cancer-related educational programs for breast, colorectal, prostate, skin, oral, and lung cancers regarding prevention and early detection, treatment, and survivorship issues. Through the generosity of community partners and private donations, we are able to offer additional education and outreach to underserved communities, as well as free screening exams, including mammography.



Community Conversations Offer Live Q&A Sessions

In a series of live, interactive videos, hosted on Facebook in 2022, experts from Atlantic Health System answer questions and educate the community about important health topics and how Atlantic Health System is caring for our communities. Host Luke Margolis interviews physicians about a number of health-related and seasonal topics affecting the local community, from avoiding skin cancer, to treating RSV infection, to orthopedic care, weight loss options and more. Audience members can submit questions during the event. In 2023, Community Conversations are moving to the Atlantic Health System YouTube channel for even wider dissemination.

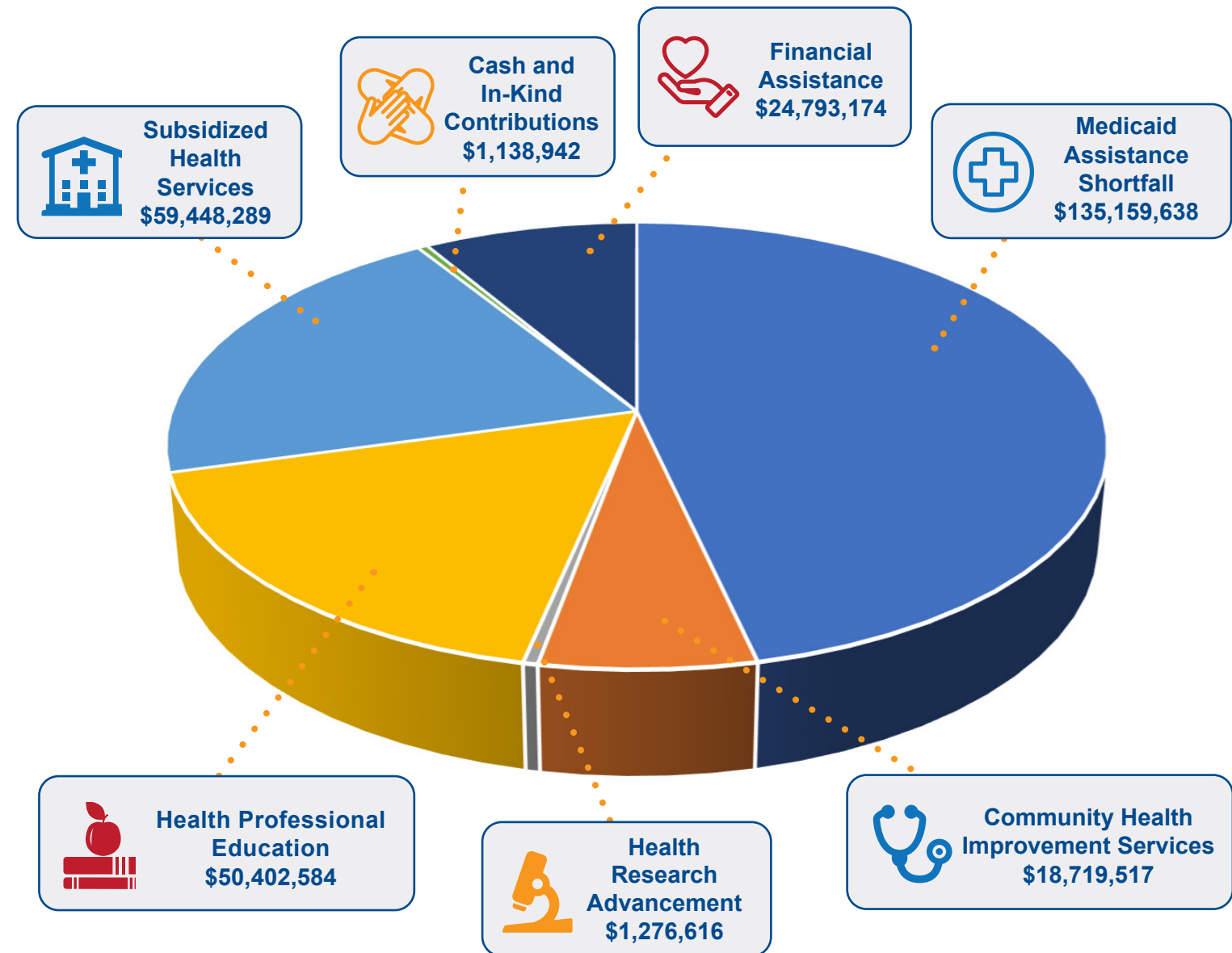


Atlantic Health System strongly believes in listening to our community and working together with other organizations in the region to make a collective impact on public health. That's why every three years, we conduct a community health needs assessment to better understand the most pressing health needs of the population we serve. The information gathered helps us create action plans and guides our work so that we have the greatest chance of making a meaningful difference.

For more information on our Community Health Needs Assessments by hospital site and yearly overall Community Health Improvement Plan, visit atlantichealth.org/chna.

Atlantic Health System 2022 Community Benefit Report

2022 Total Community Benefit
\$290,938,760



ACHIEVE Community Garden Encourages Healthy Eating

Embodying the spirit of community, the ACHIEVE Community Garden seeks to unite neighbors to appreciate organic gardening. It's goal is to promote healthy eating and a more fit community. The garden, located on Beauvoir Place in Summit, NJ, near Overlook Medical Center, has



56 raised beds available for Summit residents to grow organic vegetables, fruits and herbs. The garden sits on a parcel of land donated for use by Overlook Medical Center. It was partially funded by a grant to the Summit Area YMCA from the Centers for Disease Control and Prevention's ACHIEVE (Action Communities for Health, Innovation and EnVironmental changE) program. ACHIEVE aims to develop and implement population-based strategies that help prevent or manage health risk factors for heart disease, stroke, diabetes, cancer, obesity, and arthritis. Additional support was provided by grants from the Overlook Foundation, the Summit Garden Club, and the Junior League of Summit.

Care Coordination's Community Health and Social Services Team Brings Health Care to the Public

Atlantic Health System's Social Services provide patients with structured support to help reduce barriers to care, increase access to community resources for ongoing support, and assist patients to set and achieve their individualized health goals. The team of community health workers within our medical centers, in partnership with our social work team, assists patients by identifying social determinants of health (SDOH) needs and barriers to care. Community health workers partner with patients to help them overcome these barriers and achieve their health goals by providing at-the-elbow support, creating sustainable connections with key community partners and social service organizations, and encouraging empowerment and self-management skills to navigate the health and social service systems.

Atlantic Health System's Community Health team is out in the community at town days, health fairs, festivals and more, educating our community members on various health topics. Community Health 's program managers

and health educators focus on the priority populations and geographies identified in the Community Health Needs Assessment. In addition, they provide virtual programming for individuals unable to attend in-person events. In-person and virtual events have included classes about caregiving for aging loved ones, nutrition, life enrichment, preventing diabetes, identifying stroke symptoms, substance abuse, common signs of dementia, preventive care and recommended screenings, a wide variety of exercise programs and more.



Diabetes Education Programs Are Designed to Screen for and Support Those with Diabetes

Diabetes is a chronic health condition that affects how the body turns food into energy and is the seventh leading cause of death in the United States. Nationally, more than 37 million people have diabetes, a number that has doubled over the past 20 years. It is the number one cause of chronic kidney disease, lower limb amputations, and adult blindness.



The diabetes education program at Atlantic Health System is designed to cover a wide range of education—from those who have just been diagnosed, to pregnant people with gestational diabetes, to those who want to improve self-management skills and enhance knowledge after having diabetes for several years.

Our community health day clinics offer free screenings throughout the system to increase awareness of the disease and explain how to control disease-related complications. Diabetes Community Day events were held across Atlantic Health System in New Jersey and Pennsylvania in November 2022. Educational programs throughout the system included 500 participants. In the Western Region, more than 250 people took part in the Nutrition Education Health Start program. Diabetes education classes for the community and team members are held at all medical centers throughout

the year, covering topics like healthy eating, blood sugar monitoring, being active, taking medications, meal planning basics, glycemic index, reducing risks and behavioral changes. In addition, there were three webinars held: The ABCs of Diabetes, Healthy Nutrition for Kids, and Eating for Energy.

Our free support groups offer mutual support and expansion on knowledge on certain topics for adults with diabetes. They include guest speakers presenting a variety of topics and allow for open group discussions and support with peers. Support groups are available through all Atlantic Health System medical centers with monthly in-person and/or virtual meetings. There are evening and daytime groups and cover both Type 1 and Type 2 diabetes. To find out more information or to register for a support group please visit <https://www.atlantichealth.org/patients-visitors/classes-events.html> and search for diabetes.

“Healthier Living” Radio Program Educates Area Listeners

Lisa Dimiceli, manager of Foundation Communications for the Foundation for Hackettstown Medical Center, Newton Medical Center Foundation and Chilton Medical Center Foundation, hosts a monthly hour-long program on local radio station WRNJ called “Healthier Living.” During the program, Lisa discusses timely health-related topics with medical professionals, with an emphasis on preventative medicine and screenings.



Based in Hackettstown, WRNJ, “the voice of northwest NJ” provides news, information, and entertainment to over 40,000 listeners throughout Warren, Sussex, Morris, and Hunterdon counties. The program has been a fixture on WRNJ for over 30 years, with Lisa as the host for the past eight years.

Topics Lisa has addressed on “Healthier Living” with Atlantic Health System affiliated physicians and team members as guest speakers include: understanding diabetes and nutrition; the signs, symptoms and treatment of stroke; advancements in surgical services; infectious diseases and infection prevention; diagnostic imaging; palliative care, advanced directives and POLST; wound healing; cancer diagnosis and treatment;

bariatric surgery options; Parkinson's disease support and therapies; cardiology and cardiac rehabilitation; respiratory services; behavioral health; physical, occupational and speech therapies; and community health programs, screenings and support groups.

Program Aims to Teach Stroke Symptoms and Reduce Your Likelihood of Stroke

High blood pressure is the leading cause of stroke and most controllable risk factor. Other controllable risk factors include diet, smoking, physical inactivity, obesity, and high blood cholesterol. While the death rate for stroke in New Jersey is significantly lower than the national death rate, the state still sees more than 3,500 deaths each year due to stroke. Therefore, educating the public about risk factors and how to reduce them, and how to quickly recognize stroke symptoms, is vitally important. Atlantic Health System's stroke programs are a part of the neuroscience service line, which disseminates an incredible amount of resources and evidence-based knowledge among the communities we serve.

Located at all five of our medical centers, stroke program managers and other health professionals actively participate in many community events to share information regarding stroke risk factors and early identification of stroke signs and symptoms, in order to encourage rapid identification and treatment for stroke patients. When a stroke is identified and 911 is called, the race to save brain function begins, hence the saying “time is brain.” We encourage healthier living through

KNOW THE SUDDEN SIGNS OF STROKE

B
E
F
A
S
T

Balance
Difficulty







Eyesight
Changes


Facial
Droop

Arm
Weakness

Speech
Difficulty

Time to
Call 911



Every second counts. Call 911 when you see the signs.