

## South Pointe Hospital - Public Outcomes

17 Outreach Events plus 8 week challenges

1566 people attended events /

1020 Educated

162 Pre and Post Tests Completed

732 Referrals Submitted

### 2019 Program Outcomes

#### **For Men Only:**

- 89 men were screened for prostate cancer via PSA or DRE.
- 19 men identified as having an elevated PSA tests which could be an early sign of prostate cancer. All 19 men have been connected with a South Pointe urologist for follow-up care.
- 96 healthy heart screenings which included blood pressure, blood glucose and cholesterol.
  - 72% of men were elevated in one or more of these areas.
- 47 men were training in the operation of a blood pressure monitor and received one to take home.
- 22% of men in attendance did not have health insurance and 40% of men in attendance did not have a primary care physician
  - Men from both groups are actively being navigated to necessary services and resources.

#### **Healthy Community Initiative**

- 8 Week Health Challenge

The 8 week health challenge had 312 residents register from Warrensville Heights, North Randall, Highland Hills and Maple Heights communities. 124 of those residents or 40% completed all 8 weeks of the program. Those who participated in the 8 week program attended an average of 28 programs.

- **Total “Net” Pounds Lost:**180 lbs
- **Abnormal BPs (Stage 2 Hypertension)**
  - Pre: 97 abnormal blood pressures
    - Out of the 97 participants; 48 of those individuals came back for post screening

- Post: 29/48 improved their previous BP stage
- 60% positive shift in individuals who were stage 2 hypertensive
- **30 (9.6%) participants had No PCP (Primary Care Physician)**
- **18 (6%) participants did not have any Insurance**
- **There were 42 completed secondary or follow up appointments**
  - PCP Visit (10)
  - Mammogram (16)
  - Pevlic or Pap (4)
  - Specialty Visit (16)

#### Pink & Beyond

- 339 Educated
- 2 Mammogram Clinics
  - 12 Mammograms Completed
    - 4 Requiring Follow up and/or diagnostic screenings

#### Clinical Trials

To increase awareness around colorectal cancer, a community based research protocol was developed this year which included an event at the Civic and Senior Center which 52 attendees were residents of Warrensville Heights. This program focused on the barriers behind lower screening rates in the community. 29 residents were enrolled to participate in the research study.