



UCF Lake Nona Hospital Community Health Needs Assessment Implementation Plan

November 15, 2023

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About UCF Lake Nona Hospital

Mission statement – “Above all else we are committed to the care and improvement of human life. We achieve this through the delivery of exceptional patient care, groundbreaking research and outstanding education.”

The UCF (University of Central Florida) Lake Nona Hospital was created through a joint venture partnership between HCA Healthcare’s North Florida Division and UCF Academic Health, connecting one of the largest healthcare networks in the nation, HCA Healthcare, with the University of Central Florida College of Medicine. The hospital has been in operation since March 2021. Although the hospital is a hybrid of for-profit and non-for-profit entities, it is required to comply with the Internal Revenue Service 990 Schedule H Community Benefits Report. This is the first year that UCF Lake Nona Hospital conducted a Community Health Needs Assessment (CHNA), a component of the Schedule H.

The CHNA is a process of assessing a service population’s physical, social, and environmental health. Primary and secondary research define the data-driven process designed to identify key health needs and available resources within the community. Prioritization of the identified needs serves as the foundation for developing an implementation strategy plan that the facility will focus on over the next 3 years. The goal is to improve community health outcomes by maximizing the efficiency and effectiveness of the available resources.

Prioritized Health Needs

There were 28 health needs identified through a comprehensive needs assessment and focus group research. A health issue was defined as a need if rates were increasing over time or disproportionately affected a specific demographic population. The identified needs were prioritized through a multi-voting technique that resulted in 10 prioritized needs. After focus group research was conducted and the results analyzed, a second prioritization meeting was held to finalize the top health needs that would be addressed in the next 3 years. They are as follows:

Prioritized Health Needs 2023-2026

- Heart Diseases and Stroke
- Behavioral Health
- Maternal Child Health
- Unintentional Injuries

Implementation Strategy

The implementation strategies focus on education, screening, and addressing health behaviors and risks. Developing education and screening programs will increase health literacy on the importance of health behaviors and risk factors (healthy eating, sedentary lifestyle, monitoring high blood pressure and cholesterol, proper breast and formula feeding, etc.) that lead to chronic health conditions, reduced mental health, poor birth outcomes, disability, and death. Through partnership development and community engagement, health behaviors and risks will be addressed, leading to interventions that reduce risks, improve outcomes, and increase health equity. The implementation strategies will be periodically monitored to measure the effectiveness of the plan's goals and to demonstrate provided community benefit.

Monitoring

UCF Lake Nona Hospital will establish a monitoring committee to evaluate progress towards achieving the goals and objectives stated in the community benefits implementation plan.

Unaddressed Health Needs

One of the identified prioritized health needs, Behavioral Health, will not be addressed.

Board Approval

This Implementation Plan was approved by UCF Academic Health Board on November 13, 2023, and by the Central Florida Health Services, LLC Board on November 7, 2023.

What We Hope to Accomplish over the Next 3 Years

Heart Disease and Stroke

According to the US Department of Health and Human Services Office of Disease Prevention and Health Promotion, Healthy People 2030, heart disease is a leading cause of death in the United States and Florida. Heart disease and stroke continue to be major causes of disability and significant contributors to increases in health care costs in the United States. In Orange and Osceola counties it was also a leading cause of death. Deaths from heart disease in Osceola County, at 159.3/100,000 population, were slightly higher when compared to Orange County at 148.4/100,000 population. Higher death rates were among the Black population in Orange County, and among the White population in Osceola County, when compared to rates for the general population.



Stroke is a leading cause of death in Florida as well as in Orange and Osceola counties. Stroke was the third leading cause of death in Orange County and the fourth leading cause of death among Osceola residents. Death rates ranged from to 59.1/100,000 population in Orange County to 64.8/100,000 population in Osceola County. Rates were higher among minority populations.

GOAL	Increase access to education and screening for heart disease and stroke
Objective	Provide self-monitoring blood pressure education classes
Objective	Hold community blood pressure monitoring at local libraries
Objective	Provide Hands Only CPR classes
Objective	Partner with community organizations to provide nutrition and physical activity education

Community Partners

- American Heart Association
- St. Thomas Aquinas Clinic
- Chamber Park Community Center
- Oak Street Park & Community Center
- Orange County Public Library
- TREO Foundation
- Second Harvest Food Bank of Central Florida

Maternal Child Health

The total birth rates for Orange and Osceola counties were similar at 11.8 and 12.0/1,000 live births, respectively. The teen birth rate (15-19 years) in Orange County, at 13.3/1,000 live births, was lower when compared to the rate in Osceola County at 15.5/1,000 live births. The percentage of babies with low birthweight accounted for 8.7% of Orange County births and 8.1% of those in Osceola County. Rates were highest among Black babies in Orange and Osceola, at 13.4% and 12.3%, respectively. The percentage of preterm births in Orange and Osceola counties were similar at 10.5% and 10.3%, respectively.



Infant death rates were higher in Orange County at 5.7/1,000 live births when compared to Osceola County at 4.9/1,000 live births. The highest infant death rate was among Black infants at 10.6/1,000 live births in Orange County.

GOAL Increase access to education and screening for women and children’s health in our primary and secondary service areas

Objective	Offer prenatal classes to expectant moms to improve physical and mental health
Objective	Provide breastfeeding education classes
Objective	Provide childbirth classes for expectant moms
Objective	Provide financial support for breast cancer screenings for vulnerable populations

Community Partners

- HCA
- Libby’s Legacy Breast Cancer Foundation
- Nemours Children’s Hospital

Unintentional Injuries

Deaths from unintentional injuries ranked as the fifth leading cause of death in Orange County and the 4th leading cause of death in Osceola County.

According to the Florida Department of Health, unintentional injuries refer to injuries that are unplanned and typically preventable when proper safety precautions are followed. Each year in Florida, 1 in 10 children (ages 19 years and younger) are injured seriously enough to require a visit to the emergency room or admission to the hospital. Drowning is a preventable event. For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries. More than 50% of drowning victims treated in emergency departments (EDs) require hospitalization or transfer for further care (compared with a hospitalization rate of about 6% for all unintentional injuries). The death rate for drowning in Orange County, at 1.5/100,000 was lower than the state rate at 2.1/100,000 population, and lower than the rate in Osceola County at 2.4/100,000 population.



GOAL **Increase access to education to prevent unintentional injuries and respond to life threatening emergencies**

Objective	Provide infant swim lessons to underserved families
Objective	Provide community education on emergent symptoms and care
Objective	Provide education on wound management, bleeding control, and airway obstruction to high school and pre-med students

Community Partners

- Central Florida YMCA
- HCA
- Central Florida High Schools
- EMS

Highlighted Programs

Mobile Medical Clinic

The mission of the UCF Mobile Community Health Promotion and Outreach Clinic is to expand health promotion programs and access to preventative screening, primary care, and chronic disease management. It comprises a 38 ft vehicle with two exam rooms, one counseling/patient education space, and surrounding tents for patient registration and educational activities. The primary target service areas for the mobile health clinic will be in southern Orange County and Osceola County. The Mobile Clinic partners with community organizations to promote programs to ensure meeting the community's needs. Sites for events are places where people gather, including community centers, shopping centers, senior centers, and places of worship.

The UCF Mobile Community Health Promotion and Outreach Clinic activities include 1) educational programs to promote healthy behavior and injury prevention skills, 2) health screenings, and 3) preventative care, primary care, and chronic disease management. The focus will be reducing risks for stroke and heart disease by helping patrons achieve target blood pressure and blood cholesterol goals and reducing the rates of vaccine-preventable diseases through a vaccination program.

Educational Programs

UCF College of Medicine's Health Leaders Summer Academy

The University of Central Florida (UCF) College of Medicine (COM) provides the **Health Leaders Summer Academy (HLSA)**. The HLSA is an annual, one week, day camp. It takes place each third week of July, Monday – Friday, 9:00AM – 5:00PM on multiple campuses and sites of the University of Central Florida (UCF) and community partners. The summer academy typically plays host to 60 high school students from the Central Florida area. Priority is given to students of Orange, Osceola, and Seminole counties of Florida, Title-I public high schools.

The HLSA is a hands-on program, educational summer experience for high school students who have expressed a strong interest and passion for pursuing a career in health-related professions. The goal of the HLSA is to support students from historically marginalized, educationally, and economically disadvantaged communities, who are committed to promoting health equity. The program supports students to achieve their future educational goals in their areas of interest and connect with healthcare providers from diverse backgrounds and specialties. The program presents opportunities to learn about health-centered education tracks and programs at UCF, tour various university campuses and facilities, learn clinical skills (CPR certification, wound management, and hemorrhage control) and engage in activities designed to increase interest and awareness in the health professional workforce.

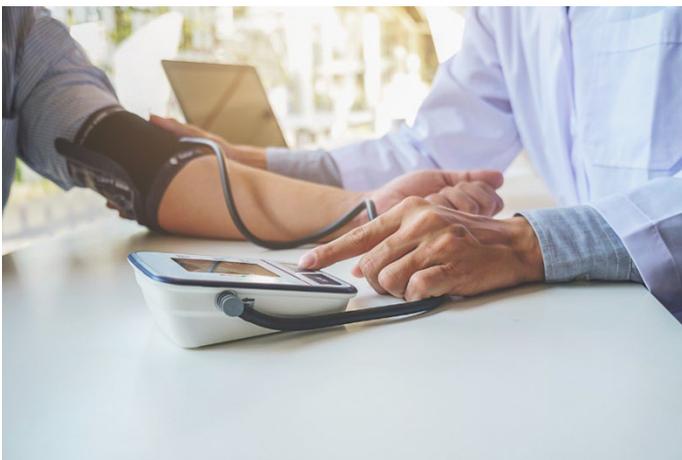
UCF College of Medicine Pre-Medicine Pathway Programs

The Medical Mentorship and Shadowing Program (MMSP) offers a comprehensive approach to preparing aspiring medical school candidates who identify as first-generation college students, economically or educationally disadvantaged, or have a commitment to serving disadvantaged communities. This program combines online learning modules, in-person workshops, research opportunities, shadowing experiences, clinical skills training, and

dedicated mentorship to equip participants with a deep understanding of the activities and requirements necessary for success in medical school.

Eligible participants for MMSP are full-time students at UCF who are rising freshmen, sophomores, juniors, or seniors. The MMSP also hosts a monthly webinar series designed for both UCF and non-UCF undergraduate and graduate students. These webinars cover key topics essential for preparing for medical school.

Libraries with Heart: Blood Pressure Monitor Kits



Libraries with Heart is a partnership with the American Heart Association and the Orange County Library System to offer blood pressure monitor kits to the community through the library. Library card holders can check out a kit and start tracking their blood pressure to stay heart healthy.

Self-measured blood pressure (SMBP) monitoring, the regular measurement of blood pressure by the patient outside the clinical setting, is a validated approach for out-of-office BP measurement. It can be an especially effective tool when targeting populations facing higher rates of hypertension. The program provides remote BP cuffs and educational resources to the community.

Community members learn a simple and efficient way to monitor their blood pressure at home, view diagrams on how to check their blood pressure accurately, access logs to track monitor readings, and more! The program has the potential to impact blood pressure monitoring among 340,000 library card holders.

Mini Medical University

Mini Medical University at UCF Lake Nona Hospital is a one-of-a-kind learning experience for high school students interested in learning more about careers in healthcare. This action-packed, hands-on educational program focuses on experiential activities as well as direct interaction with staff and physicians.

Students learn when to use CPR, recognize when a manikin is not breathing, call 9-1-1 and begin CPR with AED retrieval. They also hear from experts about clinical, administrative and support roles in the medical field, and find out if a career in healthcare is right for them.

The students end their experience with a tour of the medically advanced, full-service acute care UCF Lake Nona Hospital, part of HCA Florida Healthcare.

Conclusion

UCF Lake Nona Hospital is a unique joint venture partnership between HCA Healthcare's North Florida Division and UCF Academic Health, combining the expertise and missions of one of the largest healthcare networks in the nation, HCA Healthcare, with the academic excellence of the University of Central Florida College of Medicine. Our investment in the education of future providers, groundbreaking research, and innovative technology position us at the forefront of healthcare leadership and community partnership. We are committed to providing access to superior quality care and patient safety to improve health across our community and beyond.