



Our Community. Our Care. Our Commitment.

COMMUNITY HEALTH NEEDS ASSESSMENT 2022



St. Clair
Health





St. Clair
Health

Expert care from
people who care.

At St. Clair Health, our mission is to bring world-class health care to your neighborhood.

Delivering on our commitment to the community is not just about our renowned expertise or our innovative technologies — it's about our people, who are a part of this community and have the compassion and drive to deliver exceptional care to every patient.

Our Community. Our roots run deep.

St. Clair Health was built by the community, and we are proud to stand by this community every year with our patient-first care and collaborative partnerships.

Our Care. Better access, better outcomes.

We've grown to be a nationally recognized health system at the forefront of advances in clinical diagnostics and treatments to stay ahead of emerging health needs.

Our Commitment. Looking to the future.

The world may be changing, but our commitment to our community's health is not — we continuously learn about new solutions that lead to healthier lives.

Table of Contents



- 2 Our History
- 3 About Us
- 4 Continued Growth
- 5 Economic Development Impact
- 6 Defining Our Region
- 7 Community Health Needs Assessment (CHNA)
- 8 The CHNA Process
- 9 A Timeline of Our Assessment
- 10 Evaluation of 2019 CHNA
- 11 Key Viewpoints from Internal Stakeholders
- 20 The Critical Health Issues of 2022
- 21 Top 4 Priority Health Issues
- 26 A Collective Effort
- 27 Programs and Services
- 28 Special Thanks

If you have additional questions, please e-mail us at Community@stclair.org.

Together we can do it

St. Clair Health was founded in 1954 to help address the unmet needs of the community, a mission that continues to this day. We were built by ordinary people — by volunteers who went door-to-door for donations, by children selling flowers, by women’s groups and business leaders. All inspired by their motto of “Together we can do it.”

This humble community effort has now lasted over 60 years and progressed into a state-of-the-art medical facility.

But no matter the innovations or technical advances, we always remember where we came from and remain committed to that same community and the people who started it all.



The new St. Clair Health

As we enter a new era for our time-honored institution, we have rebranded to be St. Clair Health. This effort not only modernizes our name, but also represents how far we have come since our beginnings in 1954. Though our founders may not recognize us from over 65 years ago, we think they would be immensely proud of the institution here today.



Expert care from
people who care.

Our rebranding is a reflection of our progress. It speaks to a health system that sees the whole patient and delivers the care our community needs. With our new name, we have a renewed commitment to be a leader in patient safety, quality health care, and patient satisfaction.

At a glance

St. Clair Health is an independent medical center that provides advanced, high-quality health care to the residents of southwestern Pennsylvania.

Our resources include cardiovascular, orthopedic, gastroenterology, and oncology specialty services. In addition, St. Clair provides specialized care for women, urgent and emergency care, and psychiatric/mental health services. We are proud to offer primary care providers (PCP) throughout all six of our regions.

329 bed acute care medical center

Member of the **Mayo Clinic Care Network**

600 physicians

Largest employer in Pittsburgh's South Hills
with **2,500 employees**

Honors and awards

- Recognized 8 times, the most in western Pennsylvania, as one of the Nation's 100 Top Hospitals® by Watson Health
- Press Ganey 2021 Guardian of Excellence Award® for Inpatient/Outpatient Experiences
- The only hospital in Pennsylvania with 20 consecutive "A" Grades from The Leapfrog Group for hospital safety
- Named A 'Most Wired' Hospital in 2021
- Awarded the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award in 2021
- Ranked #3 in Western Pennsylvania for U.S. News & World Report Best Hospitals in 2021
- One of only two hospitals in Western Pennsylvania to receive a 5-Star Quality Rating from the Centers for Medicare & Medicaid Services in 2021

The future of outpatient care



We are proud to announce the grand opening of Dunlap Family Outpatient Center took place in 2021. This new community resource is part of our transformative expansion as we re-envision St. Clair Health. It marks a milestone toward our goal of providing the highest quality health care for all we serve.



In this state-of-the-art facility, you will find the convenience of comprehensive, one-stop outpatient services; exceptional and efficient medical care; and a more private patient experience, close to home. The building is designed for easier multidisciplinary interactions with St. Clair Health specialists, allowing for greater collaboration through integrated care and increased comfort for patients.

The word “Family” in the name of our new facility is no coincidence. It was built to enhance the level of care our community currently receives and to help future generations to come.

In 2022, we opened another health care facility: the Robinson Township Multispecialty Suite. It is the latest in our efforts to bring coordinated multispecialty care and one-stop outpatient services to the suburban areas south and west of Pittsburgh. Designed with patient convenience in mind, the Multispecialty Suite enables primary and specialty physicians to provide a variety of high-quality health care services at a single, convenient access point close to home. We are excited for the future possibilities as there is flexibility within the space that will allow St. Clair Health to expand and adapt services over time to meet the community’s health care needs.



The road ahead

From the 1951 groundbreaking ceremony to the grand opening of Dunlap Family Outpatient Center in 2021 and the new Multispecialty Suite in 2022, St. Clair Health has always focused on the community. We envision our community to be a place where healthy lifestyles are promoted. Where residents of all neighborhoods have access to expert care and health education. To make this happen, we continue to forge ahead to help lead the next generation of health care.

The community benefits of a healthy hospital

St. Clair Health plays a pivotal role in the economic health and vitality of the community, with a direct and indirect impact on the area's economy.

Direct Impact

- Hospital employment
- Hospital spending
- Emergency Department capacity
- Regional vitality
- Community health

Indirect Impact

- Non-Hospital employment
- Regional spending
- State and local tax revenues
- State economic development support

Community Benefit Programs: **\$10.81 Million**

- Community health improvement services & community benefit operations
- Health professions education
- Subsidized health services
- Cash and in-kind contributions
- Community support
- Community health improvement advocacy

Taxes Paid to the Community: **\$7.81 Million**

Total Spending

Hospital: **\$293.0 Million**

Economic Ripple Effect: **\$291.1 Million**

Total Benefit: **\$584.1 Million**

Salaries

Hospital: **\$99.7 Million**

Economic Ripple Effect: **\$79.7 Million**

Total: **\$179.3 Million**

Source: The Hospital and Healthsystem Association of Pennsylvania

Charity, Discounted and Uncompensated Care*: **\$56.55 Million**

- Charity care
- Discounts to uninsured/underinsured
- Unpaid patient expenses
- Unreimbursed Medicare
- Unreimbursed Medical Assistance

*St. Clair Health, in keeping with its vision, mission and values, provides financial assistance for low-income, uninsured and underinsured individuals who do not otherwise have the ability to pay for health care services.

Value of Quantifiable Service to the Community: **\$67.36 Million**

The community we serve

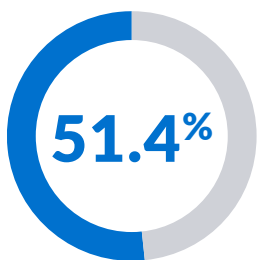
Located in Mt. Lebanon, Pennsylvania, St. Clair Health has a service area that is defined by where our patients live in Southern and Western Allegheny County and Northern Washington County.

These counties are represented as Regions 1-6 for outreach purposes. Regions 1 and 2 make up our primary service area and comprise around **47% of our population**. The remaining regions are home to **53% of our population**.

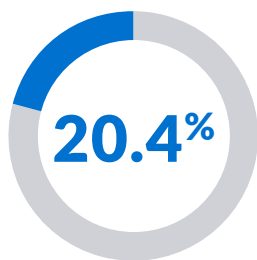


A unique community with unique demographics

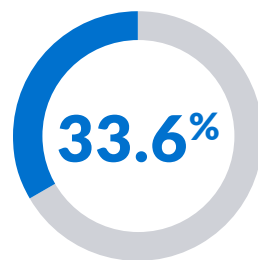
A survey of our demographics shows the unique makeup of our patient population. Here are some facts that help us understand our patients and offer appropriate care.



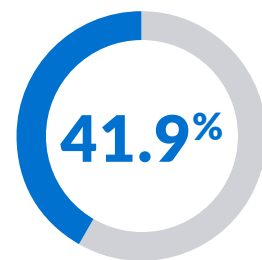
Women



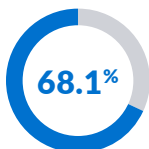
Population is 65 or Older



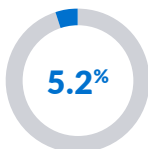
Household Income Below \$50,000



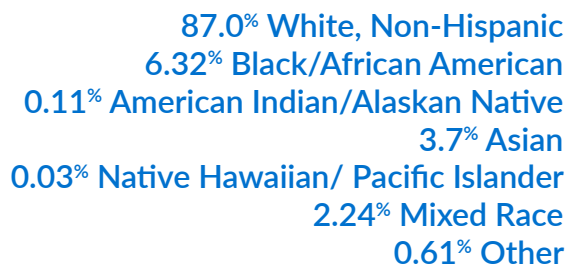
Bachelor's Degree or Higher



White Collar Jobs



Live In Poverty



About this report

The CHNA report is the culmination of our research on unmet health care needs in the community and our strategy to create real change. As the largest nonprofit in the South Hills, we do this by partnering with other nonprofits, as well as instituting our own health care initiatives provided in the following pages.

Passionate people creating change

To prepare this report, we had to know the communities we serve. Our Community Benefit Committee, whose members are passionate about helping us create a healthier community, led this effort. Guided by chairperson, Joseph B. Smith, Sr. V.P., Marketing, Dollar Bank, and Andrea L. Kalina, Sr. V.P., External Relations and Chief Human Resources Officer, St. Clair Health, the committee spoke with community leaders, stakeholders, clinical leaders, health and human service representatives, and other members of the community to learn about unmet needs and vulnerabilities.

Thanks to the dedication of the Community Benefit Committee, we created a plan that outlines our strengths and resources to improve lives in the region by prioritizing critical health issues. While these are complex problems, we face them together with our partners, our people, and our community behind us.

What a CHNA does



Gauges the health status of a community



Guides implementation of strategies to create a healthier community



Promotes collaboration among local agencies



Provides data to evaluate the outcomes of community health initiatives

From discovery to strategy

At St. Clair Health, the CHNA report is an effective tool for helping us meet the challenge of keeping up with health care trends and needs. The CHNA is a comprehensive, systematic exploration of our community's entire health care environment. Through it, we study our whole region for a period of three years, looking closely at every geographic area and demographic group, seeking to learn where there are gaps in services and underserved groups of people.

Gathering information

We ask ourselves essential questions about the issues our residents are facing, discuss what health and wellness really look like, and analyze how much has been accomplished since our previous CHNA in 2019.

Our questions:

- Who is vulnerable in terms of health care?
- What are the unique needs of these people?
- Where do these people live in the community?
- Why do these problems exist?
- How do we address these problems?

To answer these questions, we turned to Strategy Solutions, Inc., a consulting firm that helps organizations analyze, evaluate, and implement ways to achieve goals. With their assistance, we conducted surveys, focus groups and interviews; studied current health care data and reports; reviewed assessments prepared by other regional organizations; and collaborated with organizations and individuals throughout the region.

Data gathered:

- Demographics
- Recent research from county, state, and national government entities
- Community surveys
- Stakeholder interviews
- Intercept surveys
- Focus groups



Part of the solution

The CHNA process helps us identify and prioritize unmet health care needs and work to find solutions that will ultimately improve the health and well-being of the community as a whole. While we are required to perform a CHNA every three years by the Patient Protection and Affordable Care Act (ACA), St. Clair Health views this report as an opportunity to strengthen community ties and further help people live the best, healthiest lives possible.

About Strategy Solutions, Inc.

Strategy Solutions, Inc. delivers creative solutions to ensure the sustainability of nonprofit, public and private organizations and to create healthy communities. Our unique approach blends analytical research capabilities, group process techniques, best practices, and planning tools — resulting in remarkable outcomes.

A Timeline of Our Assessment

Investing our time in improved care

Over the course of three years, we spoke with experts inside and outside the region to discover and investigate any unmet health care needs. This research led to the development of the 2022 Community Health Needs Assessment and Implementation Strategy.



June 2019

The St. Clair Hospital Board of Directors approved the Fiscal Year 2019 Community Health Needs Assessment and Implementation Strategy. The final CHNA report was created. The Executive Summary of the CHNA and Implementation Strategy was made widely available to the public, via the St. Clair website. A hard copy was also developed and available for community members to review upon request.

July 2019

St. Clair Hospital staff and leadership began implementing initiatives outlined in the Implementation Strategy to help address the community's health needs.

August 2019 – June 2022

An interdisciplinary group of St. Clair Health staff members – with expertise in transportation, nutrition, chronic disease and cancer, and mental health services – executed the initiatives outlined in the Implementation Strategy. The group met quarterly with senior leadership and the Community Benefit Committee to discuss the progress of the programs and identify alternative initiatives for programs that did not reach the targeted outcomes.

May 2021

St. Clair Health selected Strategy Solutions, Inc. to conduct its Fiscal Year 2022 Community Health Needs Assessment (CHNA) based on their extensive expertise and knowledge in this field.

August 2021

Strategy Solutions, Inc. began conducting qualitative research.

September 2021

Focus groups and stakeholder interviews were conducted with nonprofit partners and local community members.

September – October 2021

An online survey was published through St. Clair Health's social media channels and was completed by St. Clair Health employees and the general public. The survey was also sent to patients via email and copies were distributed to local nonprofit partners.

December 2021

A comprehensive review of the statistics and findings from primary data collection around the community health needs in St. Clair Health's service regions was presented to the Community Benefit Committee by Strategy Solutions, Inc.

March 2022

After reviewing the results of the Fiscal Year 2019 CHNA and taking into consideration the updated findings of the Fiscal Year 2022 CHNA, the Community Benefit Committee prioritized the initiatives that best aligned with St. Clair Health's core competencies.

April – May 2022

An implementation strategy was developed by St. Clair Health senior leadership and staff. Specific action plans were developed (including the identification of key community partners) to execute and implement strategic initiatives.

June 2022

The Implementation Strategy was approved by the Community Benefit Committee. A final Community Health Needs Assessment (CHNA) report was created and made widely available to the public, via the St. Clair Health website. A hard copy version was also made available to community members, upon request.

Making a difference

In the three years since St. Clair's last CHNA report, we've made progress in addressing and alleviating several of the challenges we identified. Below are just a few of the areas where we saw improvement since our 2019 CHNA, thanks to expanded partnerships and programs.

What we have accomplished

Access to Care

From 2019 to 2021, our complimentary Courtesy Van made over 35,000 trips. Patients can directly schedule this service for appointments at the hospital, all outpatient centers, and physician offices. In addition, since 2019, the Courtesy Van service has expanded their outreach to work directly with St. Clair Health practitioners — from physician practices to care coordinators to the cancer center — who can ask for Courtesy Van services for current patients.



Going Virtual

The COVID-19 pandemic had a large impact on health care services as many in-person events had to be put on hold. In response, we offered virtual options for educational classes and partnered with The Cancer Caring Center in Pittsburgh to offer online support groups. Our doctors also shared information on chronic diseases and cancers on our Facebook and Community Pages each month. **To continue bringing awareness to our services, we also hosted two webinars:**

1. Partnered with Mayo Clinic to discuss COVID-19 in Fall 2020
2. Hosted a virtual symposium to discuss stroke awareness, as well as two new heart procedures available at St. Clair, to help mitigate the risk of stroke

Mental Health & Substance Abuse

We have partnered with Gateway Rehab to provide our community with on-site Certified Recovery Specialists and the ability to transfer immediately to inpatient or outpatient care at Gateway Rehab after emergency care at St. Clair Health. This three-year-old program has already seen over 1,000 patients, with a third in treatment.



Healthy Environment & Conditions

St. Clair Health, Pete Donati & Sons florists in the South Hills and South Hills Interfaith Movement (SHIM) have partnered to develop a rooftop garden that delivers fresh produce to those they serve. The focus is on providing hearty food with nutritional value, and last year, over 200 pounds of food were delivered.

Key Viewpoints from Internal Stakeholders



People who care

Our people are the heart of our health system. They are at the forefront of our initiatives to address the critical health needs we identified in our 2019 and 2022 CHNA reports and are making a difference by supporting the health and well-being of their community. We are excited about the progress we are seeing in our current programs and looking to the future to build on this success and bring exceptional health care to those who need it most.

In the following pages, you'll meet four of our internal stakeholders. Through their stories, you'll learn how we are working together to improve the health of our community and address critical health needs.



Courtesy vans drive better access to care

Need a lift? Sometimes the hardest part about accessing health care is simply getting to the facility. Which is why Venard Campbell's team provides free transportation through our convenient Courtesy Van service.

Access to care is a crucial health need in our community, especially with a large elderly population in the surrounding counties. "Whether someone simply cannot drive, doesn't have the support or resources to find transportation, or has a health or mobility issue that prevents them from using public transportation, we want to ensure they can still make every doctor's appointment," says Campbell. "Our service takes away the stress of getting to the facility. Instead, patients can focus on what's really important — their health."

Courtesy Vans are available to anyone with a true need for transportation and service at our outpatient centers, physician practices and the hospital main campus Mondays through Fridays, from 7:00am to 3:00pm. Reservations are made a day in advance to allow Campbell and his team time to map out the most efficient routes for drivers. All rides are free and made possible by donations to the hospital foundation. "The people who call us are very open, and we are fortunate to be able to guarantee them a ride," says Campbell. "We have at least 4-5 vans out on the road every day."

Campbell and his team also partner with social workers, care managers within the hospital, physician practices, the cancer center and radiology, whose staff can request rides on behalf of patients. "We make sure patients get help when they need it and don't delay an important visit due to transportation issues," says Campbell. "Or people may get to the hospital in an ambulance and have no way to get home — we take care of them."



While COVID-19 may have impacted the number of riders they could safely have in one van, this initiative is far from over — in fact, it's growing. Campbell sees the future of the Courtesy Vans as focusing on two major points: 1. Identifying those people who have a true need

"The impact on the community is all about the relationships we have developed with the people we serve, the municipalities and leadership. It is a community hospital, and you feel that."

and 2. Becoming more efficient with new technology and opportunities. "This all started 25 years ago with a donation of an old car for anyone who needed a ride. Now we average about 210 trips per week," says Campbell. "It truly is a great thing to give back to the community."

About Venard Campbell

Venard Campbell began his career as a paramedic and was intimately aware of the importance of transportation in health care. He grew to manage discharge transportation at St. Clair Health and is now the head of our Emergency Transportation department.



Rooftop garden shines a light on creating healthier environments

Dr. G. Alan Yeasted was surprised one day — he was working in the rooftop garden when he heard a knocking on the window behind him. Turning around, he saw a patient giving him a thumbs up from inside the hospital, where the garden was in full view.

Rows of tomatoes, peppers, and herbs grace one of the lower rooftops of St. Clair Health as part of the initiative to create healthier environments. Our resident gardener, Dr. Yeasted, explains that the thought behind the garden was to facilitate healthier lifestyles by providing fresh produce for those in need in the community. “St. Clair has changed its focus, so while we still treat diseases, we also want to prevent illness whenever we possibly can,” says Dr. Yeasted. “And this includes not just ensuring that people get enough to eat, but that the foods they eat are healthy and full of nutrients.” This garden is a part of St. Clair Health that patients can enjoy, too. “You can see it from the hospital,” says Dr. Yeasted. “Including the gardeners!”

St. Clair Health partnered with Pete Donati & Sons florists in the South Hills and South Hills Interfaith Movement (SHIM) to bring this garden to life. We would also like to thank our board member, Dan Long, for donating a watering system for the garden. While Donati & Sons assisted in the set-up of the garden and increasing the output of the produce, SHIM assisted with identifying community needs and distribution. “We deliver to the food pantry at SHIM as often as once a week, giving fresh produce to people who just don’t have access to it,” says Dr. Yeasted. “People will come once or twice a week to pick up groceries.” Donati & Sons also grows produce at their shop to supplement the garden.

To decide what goes in the garden each year, Dr. Yeasted and his team have a meeting with the Garden Director at SHIM to make sure they are addressing the needs of the community,



“As we move to the future, St. Clair Health has the right attitude. Everyone is looking to do what we can to improve the community.”

while also allowing for the rooftop’s unique growing conditions. “We consider everything from what people did or did not use in the past year to immigrant communities who may be looking for foods not easily found in grocery stores. It is curated for the local community,” says Dr. Yeasted. They have found that peppers, tomatoes, squashes, and other produce grown lower to the ground perform well and are often high-demand crops.

“This food program has done a lot of good for a lot of people,” says Dr. Yeasted. “We have delivered over 200 pounds of food in one year, which are meals on the table for many in the community.” Dr. Yeasted is looking at expanding this program, but the team would need to find the right rooftop and increase the number of volunteers first. “There is a lot of potential here. It just shows we can all work together to make a healthier community.”

About Dr. G. Alan Yeasted, Senior Vice President & Chief Medical Officer Emeritus

Dr. G. Alan Yeasted is a physician specializing in internal medicine who has been practicing for over 43 years. Once the Chief Medical Officer at St. Clair Hospital, he now sits on the Community Benefit Committee and plays a significant role in the rooftop garden project.



Free screenings for proactive care

St. Clair Health believes health is a community effort — and Megan Rhoades exemplifies this philosophy as she helps organize free screenings for chronic diseases and cancer.

Identifying chronic disease or cancer early can be instrumental in treating it appropriately and facilitating a recovery — but not everyone has access to this kind of proactive treatment. “We see all different types of people at these events,” says Rhoades. “Some come to the free screening because they have struggled or don’t have financial means for health insurance. Some have lost their jobs or are homeless. These screenings really make a difference in their lives.” And no one is expected to come to these screenings unaided — the Courtesy Vans are available to help make these events even more accessible to the community.

“I am doing good and helping people — and the biggest reward is that they bring me into their lives and know me by name. I get to be a part of their journey year after year.”

St. Clair Health offers a variety of screening events, including breast, lung, skin, and prostate screenings. Two years ago, the very first colon cancer screening was added to great success. “It was a huge undertaking,” says Rhoades. “Around 30 people came out to it, and we offered colonoscopies using funding from the St. Clair Health Foundation.” However, these screenings weren’t just about screenings. Every event addressed holistic health and wellness. “We had people there taking blood pressures, physical therapists, resources on stress release and mental health, and even nutritionists discussing specific foods to reduce the risk of certain types of cancer,” says Rhoades. “It’s not just about treating one disease but about helping the community live healthier lifestyles to prevent disease. We embrace everything.”



During COVID-19, these in-person events had to take a step back. “We moved online to provide as much care as we could,” says Rhoades. “For example, we teamed up with The Cancer Caring Center in Pittsburgh for online support groups and had doctors on our Facebook and Community pages sharing information about different cancers every month.”

In 2021, St. Clair Health began bringing back these screenings with precautionary measures such as holding smaller events and creating goodie bags with important information that could be taken home. “We are hoping to bring back all free screenings soon,” says Rhoades. “What always strikes me is that the same people keep coming back, so we can continue to support them throughout their lives. It just goes to show that this community cares about its health.”

About Megan Rhoades, RN

Megan Rhoades is the oncology unit nursing manager at St. Clair Health but also plays a significant role in community outreach. She helps organize and execute many of the free screening events such as mammography and prostate screenings.



Fighting the stigma through collaborative care

Mental health and substance use disorders are nationwide problems that have only been exacerbated by COVID-19. This is why Dr. Julia D'Alo's work bringing together St. Clair Health and Gateway Rehab is changing the way we care for these patients.

"There is significant comorbidity with substance use disorders and mental health disorders," Dr. D'Alo says. "A large percentage of people have these co-occurring diseases which tend to feed one another, making them challenging to treat." However, the biggest concern when it comes to treatment? A patient's willingness. "It can take a lot of time to sit down with a patient and have a meaningful conversation about treatment – which

"St. Clair Health is uniquely committed to the community – they identified this need and decided to do something about it. And in just three years, we have engaged with over 1,000 patients with 1/3 entering into treatment."

can be challenging in a chaotic emergency department," says Dr. D'Alo. "Partnering with Gateway Rehab gives patients and medical providers options that simply weren't there before."

As St. Clair Health helps stabilize patients who are in emergency medical distress, Gateway Rehab has Certified Recovery Specialists on site to speak with patients about the care provided by Gateway Rehab. "This collaboration allows the patient to transfer right over to Gateway Rehab's inpatient or outpatient care after being stabilized at St. Clair Health," says Dr. D'Alo. "You can get them into treatment at a critical moment rather than risk losing them after discharge."

Certified Recovery Specialists are crucial to this program's success. Having experienced addiction and being in long-term recovery themselves, they know what these patients are going through. "They come to our patients with compassion and lived experience," says Dr. D'Alo. "Because of their personal struggles with addiction and training, they have a way of getting through to patients." Recovery Specialists will act as advocates for patients while in the hospital and keep them engaged in treatment during their hospital stay, medical treatment, and stabilization. "This program is breaking down barriers that historically existed," says Dr. D'Alo. "It's sending a message to the community that says you can come to St. Clair and be treated with respect and compassion. We can help you."



"Everyone knows Jo," says Dr. D'Alo. "And having a person who is in long-term recovery in the hospital all the time is important for both patients and staff. It reminds them that recovery is a real thing and helps to reduce the stigma of substance use disorders."

Lead Certified Recovery Specialist, Joette Carroll, AS, CRS

About Dr. Julia D'Alo, M.D.

Dr. Julia D'Alo has served as an emergency medicine physician at St. Clair Health since 2011. She began at Gateway Rehab part-time to work with families and individuals struggling with the disease of addiction and was recently named Chief Medical Officer of Gateway Rehab. She continues to work in both addiction medicine and emergency medicine.

Facing the problems of today

Determining the health needs of a community can be a difficult task, as there are a variety of factors to consider — medical, social, economic, environmental, and behavioral. These factors don't exist in isolation and often overlap and converge on each other to create larger issues that impact our community. So, our process to dig through the information and prioritize the most critical health issues is meticulous and explores all these multifaceted challenges.



We began by delving into existing data — studies and reports about the health of our county and surrounding counties. After pinpointing key issues from this data, we discovered the problems that were present in our own neighborhoods. By talking to people within our service area, we were able to give a voice to our community, extrapolate the specific needs, and validate findings in our initial research that laid the groundwork for our 2022 Community Health Needs Assessment.

Not all the needs found in the county data were discovered to exist in our own communities, but we were able to identify categories of interest and key areas to focus our efforts.

We looked at needs under the following broad categories:

- Access to Care
- Healthy Environment & Conditions
- Chronic Disease & Cancer
- Physical Activity & Falls
- Mental Health & Substance Abuse
- Aging & Senior Health
- Obesity
- COVID-19
- Diabetes
- Heart Disease & Heart Related Issues

Prioritizing our efforts to identify solutions

St. Clair Health is committed to serving the community and safeguarding the well-being of those we serve. We have found the most effective way to address critical health needs is to focus our efforts intensely on a few key issues to better evaluate the need, identify solutions, and execute initiatives.

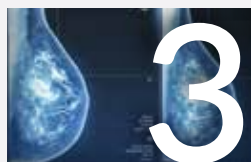
Top 4 key areas of opportunity:



1 Access to Care



2 Healthy Environment & Conditions



3 Chronic Disease & Cancer



4 Mental Health & Substance Abuse

Access to Care



Access to care is instrumental in ensuring quality health care for the community. However, there are people in our community who may not be able to afford to see a doctor, don't have health insurance, lack transportation, or can't make appointments during regular office hours. This lack of affordable and convenient access means people may be waiting too long to seek the treatment they need, which can lead to chronic conditions worsening, complications developing, and even emergencies and hospital admissions.

Here are the concerns our community voiced:

- Appointment times
- Cost of care or medication
- Lack of community education on resources
- Lack of health insurance
- Language barriers
- Senior care support and access
- Staff shortages
- Transportation

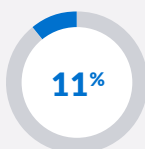
To address community health need #1, St. Clair Health will take the following actions:

- Collaborate with other nonprofit organizations in our service area that provide services for the underserved/senior population and facilitate coordination between them, as well as act as an advocate for this population, working to ensure that their needs are met
- Continue providing free rides through our Courtesy Van transportation service and marketing this service in high need areas
- Explore St. Clair Medical Group's efforts in expanding primary care services throughout our six regions
- Continue attending health fairs and senior expos to provide medical education
- Continue to provide virtual and in-person support/educational classes for our community:
 - Women's and Children's Services
 - Mental Health
 - Smoking Cessation
 - Feel More Like You - Walgreens

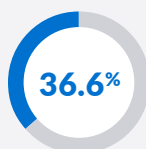
Community Survey



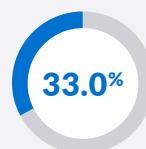
couldn't get appointment for a long time



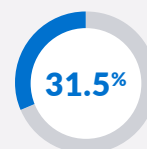
did not get care due to cost



affected by availability of specialists

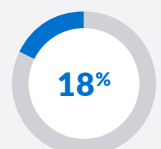


affected by affordable health care



affected by access to general health screenings

In Washington County



have no primary care provider

Healthy Environment & Conditions



Eating well requires a combination of both having enough to eat as well as having food with the right nutrients. This can be a challenge for many in the community facing poverty and unemployment, and they can experience food insecurity. Unfortunately, the absence of healthy eating leads to a chain of problems including diabetes, heart disease, high blood pressure, obesity, and major depression. And a healthy environment goes beyond just food – it also includes having access to regular checkups, immunizations, and other healthy lifestyle choices such as exercise and fitness.

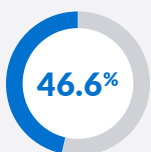
Here are the concerns our community voiced:

- Access to adult immunizations
- Access to healthful food such as fresh fruits and vegetables
- Air and water pollution/quality
- Establishing healthy eating habits for younger people
- Hunger
- Lack of exercise and recreational opportunities
- Poverty making healthful foods unaffordable
- Transportation to food pantries

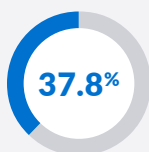
To address community health need #2, St. Clair Health will take the following actions:

- Continue our partnership with Pete Donati & Sons florists in the South Hills and South Hills Interfaith Movement (SHIM) to develop a rooftop garden each spring and deliver the produce to those they serve
- Work to expand our flu vaccine clinics within our six regions by targeting local municipalities, organizations, and senior living facilities
- Investigate a potential partnership with GROW Living Stones, a nonprofit in the South Hills dedicated to feeding the hungry
- Explore developing small gardens at senior living facilities to provide healthy food choices and on-site activities

Community Survey



affected by lack of recreational opportunities



affected by access to adult immunizations

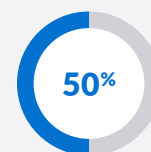
South Hills Interfaith Movement (SHIM)

Almost 2,000

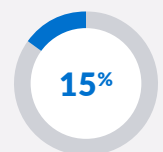
children live in poverty in the South Hills

Average 2,500

people served each month



of people served are refugees and immigrants



of people served are seniors

Chronic Disease & Cancer



Chronic diseases like heart disease, stroke, diabetes, and cancer cost billions of dollars in medical expenses every year, not to mention the emotional and mental toll they can take on patients and their families. Therefore, a large focus of our care is actively preventing diseases in the first place or alleviating conditions with a healthy lifestyle. From being physically active to eating the right foods to abstaining from smoking, these healthy choices make a difference in someone's health. We also highly recommend regular health screenings to uncover chronic conditions and cancers early when treatment is more likely to be successful.

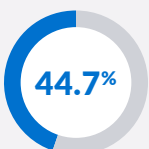
Here are the concerns our community voiced:

- Cancer
- Diabetes
- Disease prevention
- Heart disease
- High blood pressure
- High cholesterol
- Hypertension
- Obesity

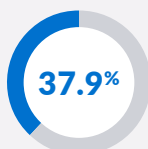
To address community health need #3, St. Clair Health will take the following actions:

- Continue to provide the following free cancer screenings to the community: prostate, lung, breast, and skin
- Continue to offer the Diabetes Center as a resource to the community, assisting with the needs of newly diagnosed patients and those dealing with the condition long-term
- Launch an oncology speaker series from our Cancer Committee that will educate the community about cancer-related information and what St. Clair has to offer
- Partner with Glimmer of Hope, a Pittsburgh nonprofit that aims to provide programs, services, research, technology, and additional resources that prevent breast cancer from advancing
- Collaborate with Walgreens Pharmacy to support cancer services in providing virtual health/beauty tutorials and educational programs
- Explore a partnership with the American Cancer Society to offer additional support to cancer patients and introduce a wig donation program
- Explore developing a women's cardiac screening program to help focus on women's heart health and early detection

Community Survey

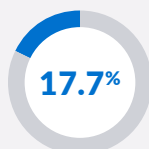


affected by hypertension/high blood pressure



affected by high cholesterol

In Allegheny County

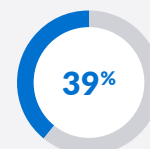


decrease in mammography screenings since 2011

Heart disease

mortality rate is significantly higher than the state

In Washington County



obesity rate, a 7% rise since 2013

Bronchus & lung cancer

incidence is significantly higher than the state

Mental Health & Substance Abuse



Mental health and substance abuse are inextricably linked as symptoms of one often exacerbate symptoms of the other. The effects of substance abuse, drug overdose, heavy drinking, and tobacco can result in everything from unintentional injury to conditions such as liver disease and cancer to even death, and psychological issues such as depression and anxiety can be equally devastating to someone's life. The solution is providing treatment that is compassionate and comprehensive to simultaneously tackle these issues – though part of the challenge in treatment is overcoming the stigma of substance abuse and mental health services.

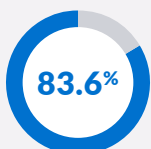
Here are the concerns our community voiced:

- Challenges with insurance
- Depression and anxiety
- Drug and alcohol abuse
- Lack of available mental health resources
- Lack of providers
- Mental health
- Opioids
- Stigma of drug problems

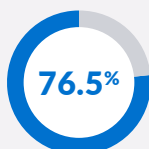
To address community health need #4, St. Clair Health will take the following actions:

- Revamp the community-based mental health support groups in collaboration with other nonprofit mental health providers and health and human service nonprofit organizations
- Sponsor Pittsburgh's Postpartum Depression Conference that connects local health care professionals to discuss ongoing efforts in providing this support to our community
- Focus on postpartum depression and expand our reach within the community to help support our new moms
- Develop mental health & substance abuse informational materials
- Continue our partnership with Gateway Rehab and educate our St. Clair Medical Group practices on this resource available for patients
- Support local municipal efforts to educate parents and youth on mental health and substance abuse, as well as consider sponsorship relative to Hidden in Plain Sight trailer and teen mental health podcast series

Community Survey



want more substance abuse resources



want more mental health resources

In Allegheny County

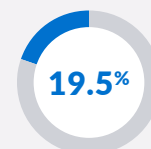
Drug-induced

mortality rate per 100,000 rose to 44.2

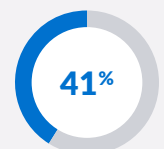
Suicide rate

per 100,000 rose to 14.5

In Washington County



excessive drinking increased from 16.2% in 2011



mental health not good for 1+ days increased from 34% in 2013

Standing strong together

Health begins in the community – and it’s a team effort. St. Clair Health is the strong center of a network of organizations and agencies that share our commitment to achieving a healthier community.

These are social service agencies, other hospitals, home health care providers, civic organizations, community institutions, and many types of other nonprofits. Their experts, advocates, consumers, and leaders are knowledgeable about their fields and passionate about helping others. Through these relationships, we are able to share invaluable feedback and collaborate on a regular basis.

With mutual respect and a belief in each other’s missions, we work together to more effectively meet the needs identified in this CHNA report and beyond.

Four federally qualified health centers in the St. Clair Community

Cornerstone Care Community Health Center of Clairton

Cornerstone Care is a nonprofit network of community health centers that offers complete health care for all ages, including primary care, dental care, and counseling.

Address: 559 Miller Avenue, Clairton, PA 15025

Phone: 412-226-5454

Sto-Rox Neighborhood Health Council, Inc.

Sto-Rox Family Health Center

Open six days a week, with some extended hours, this full-service medical center treats patients of all ages. It works in partnership with Focus on Renewal, an organization centered on health and social services needs in the greater McKees Rocks community.

Address: 710 Thompson Avenue, McKees Rocks, PA 15136

Phone: 412-771-6462



West End Health Center

This facility provides primary health, mental health, women’s health, and dental care.

Address: 415 Neptune Street, Pittsburgh, PA 15220

Phone: 412-921-7200

Squirrel Hill Health Center, Brentwood Towne Square

This comprehensive primary healthcare center has a multi-lingual staff that provides primary and preventive medical care for patients of all ages, mental and behavioral health services, dental care, and case management.

Address: 103 Towne Square Way, Brentwood, PA 15227

Phone: 412-422-7442

Reliable resources

Our region is fortunate to have hundreds of programs available to meet the health and social services needs of our community. These programs are provided by multiple agencies, coalitions, and organizations.

The list below shows some of the local organizations that St. Clair Health has partnered with to support health needs in our community.

1. Attawheed Islamic Center
2. Boys and Girls Club of Western PA
3. Catholic Charities of Pittsburgh
4. Chartiers Center
5. Gateway Rehab
6. Global Links
7. Glimmer of Hope
8. GROW Living Stones
9. Outreach Teen and Family Services, Inc.
10. Ronald McDonald House
11. Salvation Army
12. South Hills Interfaith Movement
13. Southwood Psych Hospital
14. Spencer YMCA
15. Washington City Mission

Resources that are available in St. Clair Health's service area to respond to the significant health needs of the community can be found in the United Way's PA 2-1-1 System. The PA 2-1-1 System is part of the national 2-1-1 Call Centers initiative that seeks to provide an easy-to-remember telephone number and web resource for finding health and human services for everyday needs and in crisis situations. Residents can search the United Way's vast database of services and providers to find the help they need. For a complete listing of available resources, please visit <https://www.pa211sw.org/>.



Special Thanks



Thank you to our community partners

The 2022 CHNA would not be possible without the time and dedication of our community leaders and partners who are as invested in the health of our community as we are. We interviewed and surveyed dozens of people in the community as well as our own medical staff, hospital staff, and external stakeholders to share their perspectives, knowledge, and expertise on community health needs and ideas for innovative programs to meet those needs.

We appreciate everyone's invaluable input and offer a special thanks to the following leaders for their feedback and thoughts.

St. Clair Health Community Benefit Committee Members

Joseph B. Smith

Senior Vice President, Marketing, Dollar Bank
Chairman, Community Benefit Committee
Board of Directors, St. Clair Hospital

Frank Arcuri, Esq.

Law Office of Frank Arcuri
Board of Directors, St. Clair Hospital

Joseph Banko

Price Waterhouse - Retired
Board of Directors, St. Clair Hospital
Board of Directors, St. Clair Health Corp.

Rachel Brecht

TiER1 Performance Solutions
Board of Directors, St. Clair Hospital Foundation

David R. Heilman

Omax Health, Inc.
Board of Directors, St. Clair Hospital

Andrea L. Kalina

Executive Liaison, Community Benefit Committee
Senior Vice President of External Relations and
Chief Human Resources Officer, St. Clair Hospital

Deborah M. Lee

Owner, Deborah M. Lee Enterprises
Board of Directors, St. Clair Hospital Foundation

Dan Long

Enscoe Long Insurance Group, LLC
Board of Directors, St. Clair Hospital Foundation

Thomas M. Medwig

Chairman, St. Clair Health Corp.
Board of Directors, St. Clair Hospital

John T. Sullivan, M.D.

Senior Vice President & Chief Medical Officer,
St. Clair Hospital
Board of Directors, St. Clair Hospital

Teresa Whalen

CytoAgents
Board of Directors, St. Clair Hospital

Thomas D. Wright, Jr., Esq.

Rosetta Capital Corporation
Board of Directors, St. Clair Hospital

G. Alan Yeasted, M.D.

Sr. Vice President & Chief Medical Officer
Emeritus, St. Clair Hospital
Board of Directors, St. Clair Hospital

Community Leaders and Experts

Bethany Bachman

Community Events and Communications Coordinator, Borough of Dormont

Steve Beuter

Borough Manager, Carnegie

Mary Birks

Outreach Teen & Family Services

Venard Campbell

Pre-Hospital Coordinator, St. Clair Health

Richard Chesnos

Senior Vice President and Chief Financial Officer, St. Clair Health

Sarah Cooper

Clinical Education Specialist, St. Clair Health

Sue Coyle

Chartiers Center

Julia D'Alo, M.D.

Vice President / Medical Director, Gateway Rehab

Sarah Darby

Oncology Registry Supervisor, St. Clair Health

Mat Davis

Fire Chief, Dormont Fire

Leah Dietrich

Director of Residential Programs, City Mission - Washington County

Susan Evans

Director, Psychiatric & Mental Health, St. Clair Health

Mike Fisher

Assistant Superintendent, Peters Township

Denise Fitzgerald

Director, Scott Township

Michael Flanagan

Senior Vice President and Chief Operating Officer, St. Clair Health

Angela Garcia

Executive Director, Global Links

Tyler Geist

Associate Elementary Principal Safety Coordinator, South Fayette

Chokri Guetari

Attawheed Islamic Center

Jason Haberman

Deputy Chief, Mt. Lebanon Police Department

Nora Helfrich

Director, Tri-Community South EMS

J.R. Henry

Chief, Valley Ambulance Authority

Randi Hill

Southwood Psych Hospital

Sara J. Hoffman

Director of Special Education & Pupil Services, Carlynton

Andrea Iglar

Director of Communication, South Fayette

David Kish

Executive Director, Chief of Staff, Emergency Services, St. Clair Health

Jeff Kite

Corporal, Mt. Lebanon Police Department

Shawndel Laughner

Director, Women's and Children's Services, St. Clair Health

Lindsay Meucci

Vice President, Marketing, Communications & Advocacy, St. Clair Health

Karen Miles

Lead Nurse, South Fayette

Juan Perez

Boys & Girls Clubs of Western Pennsylvania

Megan Rhoades

Oncology Unit Nursing Manager, St. Clair Health

Casey Rich

South Hills Interfaith Movement

Kelsey Sevcik

Community Outreach & Marketing Specialist, St. Clair Health

Dr. Timothy Steinhauer

Superintendent, Mt. Lebanon

James Troup

Gateway Rehab

Dr. Johannah Vanatta

Superintendent, Chartiers Valley

Sarah Welch

Coordinator of Communication, Keystone Oaks

Rev. Kellie Wild

Catholic Charities of Pittsburgh

G. Alan Yeasted, M.D.

Chief Medical Officer Emeritus, St. Clair Hospital

The following community partners shared data as part of the 2022 Community Health Needs Assessment:

- Gateway Rehab
- Bethel Park Municipality
- South Hills Interfaith Movement
- Valley Ambulance
- South Fayette Township
- Outreach Teen and Family Services

1000 Bower Hill Road
Pittsburgh, PA 15243
412.942.4000
stclair.org

Our mission is to put compassion first.



St. Clair
Health

Expert care from people who care. That's our commitment to our community. Not only world-class care, but care delivered with compassion and a recognition of a shared humanity.

Our Community Health Needs Assessment is about finding unmet needs to protect the most vulnerable among us. Because at St. Clair Health, we know everyone deserves quality health care. No matter someone's age. No matter where they are from. No matter their socio-economic status. No matter what languages they speak. We are the community's hospital — which means we are here for the whole community.

As we prepared this 2022 CHNA, we were able to truly engage with the community, speak to members, and gain insights into the real problems they are facing. While many of these problems are complex and will need time to improve, we are pushing forward with plans to meet these challenges and create partnerships that will help us in this ongoing endeavor. We are making strides toward a healthier community, and we will continue to do so.

To us, this CHNA is our promise for the future. With it, we are inspired to innovate and advance — and never stop caring for our neighbors.