A community health assessment is a process that uses quantitative and qualitative methods to systematically collect and analyze data to understand health within a specific community.

**Quantitative Data:**
- Secondary Data Profile
- Telephone Survey

**Qualitative Data:**
- Key Informant Study
Six Step Community Health Assessment Process

1. Establishing the Assessment Infrastructure (Step 1)
2. Defining the Purpose and Scope (Step 2)
3. Collecting and Analyzing Data (Step 3)
4. Selecting Priorities (Step 4)
5. Documenting and Communicating Results (Step 5)
6. Planning for Action and Monitoring Progress (Step 6)

Resource: Association for Community Health Improvement (ACHI) Tool Kit
20 Union County leaders met to review CHNA results:
- Trinitas Regional Medical Center
- Overlook Medical Center
- RWJU Hospital-Rahway

5 Health Priorities selected for Union County
- Obesity with focus on prevention of Chronic Diseases/ Metabolic Syndrome Illnesses including Diabetes & Cardiovascular Disease
- Mental Health & Substance Abuse
- Cancer
- Access to Care for Uninsured & Underinsured
- Hispanic/Latino Health Disparities
Trinitas Prioritization & Implementation Planning

- Trinitas sought input from Community Key Informants & Senior Hospital Leadership
- Trinitas selected the following Prioritized Needs:
  - **Obesity - Focus on Prevention of Chronic Diseases/ Metabolic Syndrome Illnesses**
  - **Mental Health & Substance Abuse***
  - **Cancer**
- Trinitas Board of Directors has adopted Hospital Implementation Plan to address prioritized needs

*Priority Aligned with Hospital DSRIP Plan (Delivery System Reform Incentive Payment Plan)*
Obesity with Focus on Prevention of Chronic Diseases/ Metabolic Syndrome Illnesses Including Diabetes & Cardiovascular Disease

Goal Statement: Reduce risk factors for chronic disease and improve management of disease conditions through promotion and education of healthy lifestyles.

Objectives:
- Identify risk factors for chronic disease through early detection and screenings
- Increase resident’s awareness of risk factors for chronic disease
- Increase the number of residents who report engaging in regular physical activity
- Increase the number of residents who report eating a healthy diet
- Reduce ER visits/rehospitalizations for patients with chronic disease
Mental Health & Substance Abuse

Goal Statement: Increase access to quality mental and behavioral health services with a focus on comprehensive, coordinated care.

Objectives:
- Improve coordination of physical and behavioral health care delivery
- Increase awareness and identification of mental health/substance abuse disorders
- Reduce ED utilization for mental health/substance abuse-related issues
- Reduce the impact of substance use and dependence
Cancer

Goal Statement: Decrease the death rate for Cancer and improve quality of life for those living with cancer.

Objectives:
- Decrease risk factors for cancer
- Increase early detection of cancer diagnosis
- Improve outcomes for patients with cancer diagnosis