



LEE HEALTH

# 2016 Community Benefit Report

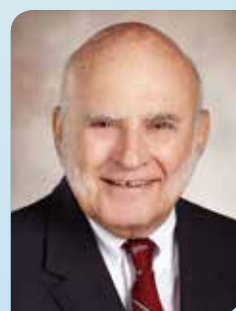
## Caring People, Inspiring 100 Years of Community Health

Lee Memorial Health System has served the health needs of this community for more than 100 years. Now as Lee Health, we commit to deliver the top quality care our patients have come to expect. We are also committed to redoubling our efforts to help community members adopt habits that will help them achieve their maximal health status at whatever age they begin to seek to improve on their own.

Lee Health continues to invest significantly in modern facilities and life-saving technology to enable our dedicated and talented staff to bring leading-edge medicine and medical procedures to Lee County and beyond. Concurrently, we have increased our focus on assisting individuals to adopt healthier lifestyles; emphasizing prevention, health care education, coordinating the continuum of care beyond the hospital setting and, chronic care issues. This 2016 Community Benefit Report provides a glimpse into some of the leading-edge services and programs that Lee Health offers to all. It also includes more details concerning how we invest in our community and provide support the citizens of Lee County.

The Healthy Life Center at Coconut Point mall in Estero is one example of our provision of health education and assistance at community sites. Thousands of Lee residents have taken advantage of our services at no charge. These services include: health screenings, health education programs and literature, ideas, motivation and inspiration to improve their own personal health. Other such centers may be developed in the future as resources become available. The Child Advocacy Program at Golisano Children's Hospital of Southwest Florida on our HealthPark campus is another example of our continuing commitment to the health of all of our citizens. It is also detailed in the pages that follow.

Our view is that the more we do to strengthen the health status of our citizenry, the better they will be able to avoid future unnecessary illness, injury and pain as much as possible. We are extremely proud of our history of "caring," but our new motto is to be "inspiring" as well. We look forward to a continuation of our partnership with the people of Lee County and beyond to continue to provide competent and compassionate care to all in need. We live by our motto: "Caring People, Inspiring Health."



**Sanford Cohen, M.D.**  
Chairman, Board of Directors  
Lee Memorial Health System  
(Lee Health)



**Jim Nathan**  
President  
Lee Memorial Health System  
(Lee Health)

## Annual Statement of Community Benefit by Hospital and System—2016

	Total Lee Health System	Lee Memorial Hospital	HealthPark Medical Center	Cape Coral Hospital	Gulf Coast Medical Center
Cost of Charity Care for Low-Income Patients	\$54,822,004	\$21,415,493	\$10,106,234	\$10,025,110	\$13,275,167
Cost of Unpaid Medicaid	\$58,426,816	\$14,651,246	\$23,757,528	\$8,369,924	\$11,648,119
Cost of Unpaid Medicare and Other Government-Sponsored Programs	\$206,642,456	\$46,709,669	\$53,211,499	\$41,757,689	\$64,963,599
Total Value of Charity Care, Medicaid, Medicare and Other Government-Sponsored Programs	\$319,891,277	\$82,776,407	\$87,075,261	\$60,152,723	\$89,886,885
Cost of Providing Other Community Benefits	\$55,437,049	\$13,859,262	\$13,859,262	\$13,859,262	\$13,859,262
Total Charity Care, Government-Sponsored Programs and Other Community Benefits	\$375,328,326	\$96,635,670	\$100,934,523	\$74,011,986	\$103,746,148
Less the Benefit to Lee Memorial Health System of Taxes	\$66,570,338	\$16,607,645	\$17,476,905	\$15,786,459	\$16,699,329
<b>Net Value of the 2016 Community Benefits</b>	<b>\$308,757,988</b>	<b>\$80,028,025</b>	<b>\$83,457,618</b>	<b>\$58,225,527</b>	<b>\$87,046,819</b>

### Healthy Lee

Ten years ago Lee Health recruited and convened community leaders to help improve the health of our residents and improve the health care delivery system in the community.

Since then, representatives from a variety of businesses, social services, government agencies, congregations, education, community and health care organizations have collaborated to improve community health. These community partners engaged in active participation with best practice programs and services to improve community health including prevention, outreach, education, screenings and creative partnerships for intervention and care.

#### Healthy Lee set seven goals:

- Promote healthy lifestyles
- Create primary care alternatives to the emergency department
- Increase chronic disease prevention and management
- Support availability of behavioral health treatment options
- Increase public engagement
- Address healthcare workforce shortage
- Support electronic medical records

The Healthy Lee website—HealthyLee.com—was created to provide a one-stop resource for families, professionals, educators and employers to find information and inspiration to develop and maintain healthy lifestyle habits. On the website you can find recipes, fitness tips, news, events and other resources.

Healthy Lee has adopted a number of best practices programs that are successfully helping the residents of Lee County focus on healthy habits. One program is called 5 - 2 - 1 - 0. Through the Healthy Lee website, individuals may pledge to maintain these healthy habits.



- 5** Five vegetables and fruits a day
- 2** No more than two hours of recreational screen time
- 1** At least one hour of physical activity everyday
- 0** Zero sugary beverages

Learn more at [HealthyLee.com](http://HealthyLee.com)

To define Healthy Lee priorities for action and measure the success of Healthy Lee initiatives through changes in community health, Healthy Lee measures the health of the community every three years through the Community Health Needs Assessment. View results of the Community Health Needs Assessment at [HealthyLee.com](http://HealthyLee.com).

**Take the 5210 Pledge** | HealthyLee. CHOOSE.COMMIT.CHANGE!  
Eat. Reduce. Play. Limit.

May 1<sup>st</sup> - August 30<sup>th</sup>

5 times a day: Eat at least 5 fruits and vegetables every day.

2 hours a day: Limit screen time (for example, TV, video games, computers) to 2 hours or less per day.

1 hour a day: Get 1 hour or more of physical activity every day.

0 times a day: Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

Go to [www.HealthyLee.com](http://www.HealthyLee.com) to take the pledge today!  
Post your progress: #5210Pledge

## CHILDREN'S ADVOCACY

Golisano Children's Hospital of Southwest Florida is a state-of-the-art, family-centered, full-service children's hospital and the only acute care children's hospital between Tampa and Miami. Part of Lee Health, the children's hospital opened a new free-standing 300,000-square-foot, 128-bed Golisano Children's Hospital in May 2017.

Golisano Children's Hospital has provided support and education through the Child Advocacy Program to more than 95,000 people in Lee and Collier counties, including unintentional injury prevention and health education.

### Child Safety Seats

The parents are smart, well-educated and positive they've done everything right. Yet, their children are in danger while riding in the car, even with car seats and safety belts. Child advocates coordinate the hospital's Child Passenger Safety Program, making sure every newborn leaves Golisano Children's Hospital safely. They explain the importance of car seats to

The Child Advocacy Program is a proactive approach toward keeping area children healthy and safe. Utilizing a team approach, the purpose of the Child Advocacy Program is to raise awareness about social issues which impact children, provide educational classes, and partner with community organizations in an effort to promote the health and well-being of all children in our area.

first-time parents and then take dad to the car to demonstrate correct installation. The advocates are certified child passenger safety technicians.

The program is open to the public, and with an appointment, anyone can have a child's car seat inspected for free. To ask a question or make an appointment to have car seats checked, call 239-343-6199.

### Swim Safety Program

There are more places to swim in Southwest Florida than most places on Earth; it's no wonder, then, that drowning is the leading cause of accidental death for Florida children. Pediatrician Nancy Witham says the need to educate parents about water safety never stops.

"It's easy for someone to say, 'Always watch your children,' but toddlers are extremely active and can get into trouble even when you're watching," Dr. Witham says. "That's why it's important to watch your children and make the environment safe."

Michele King, director of the Child Advocacy Program for Golisano Children's Hospital, agrees with Dr. Witham. "There is absolutely no substitute for adult supervision, but we need layers of protection," she says. Have an adult present at all times, but you also need barriers like pool fencing, special locks on doors or alarms on doors leading out to the pool.

"Take a life preserver and a cell phone, Michelle adds. With layers of protection, if one thing fails, another step you've taken can save the child's life. The Swim Safety Program reinforces these important messages.

### Sun Safety

Just one blistering sunburn as a child can double the risk of melanoma during your lifetime. More than one in four Americans develop skin cancers, making childhood education about sun safety a vital step towards reducing risk.

"You receive more than half your total lifetime sun exposure before age 19," pediatrician Irwin Kash, M.D. says. "Children spend more of their day outdoors than adults do, and their skin is more sensitive."

Dr. Kash recommends protecting children and adults every day with clothing, hats, SPF 15 UVA/UVB sunscreen and sunglasses with 100% UVA/UVB protection. Children under six months old may use sunscreen, but the best protection at that age is to avoid the sun.

"People think they only need sun protection in the summer or at the beach. They don't think about physical education class at school or when kids are playing in the yard," Dr. Kash says. "In our area, we need sun protection 365 days a year, whether it is sunny or cloudy."



### Bicycle Helmet Safety

Bicycles are associated with more childhood injuries than any other consumer product except automobiles.

Universal bicycle helmet use by children ages 4-15 would prevent 39,000 to 45,000 head injuries and 18,000 to 55,000 scalp and face injuries each year. The Bicycle Helmet Safety Program provides guidance on how to select a helmet for the best fit. A good fit is vital for a helmet to offer the

best protection. The advice is to avoid buying an oversized helmet for your child to grow into it. When selecting a helmet, have your child try on the size you think will fit and one size smaller. Select the smallest size that fits comfortably.

The Bicycle Safety Program encourages participants to learn all rules of the road and to obey all traffic laws.

### Parenting Classes

Golisano Children's Hospital of Southwest Florida offers free, specialized parenting classes to teach new parents how to focus on their strengths and set appropriate expectations for their children. Classes are held weekly and are facilitated by the trained staff of the Children's Advocacy Center

of Southwest Florida in Lee County and the Children's Advocacy Center of Collier County. They are available to all interested parents and families. The parenting classes help parents to learn, understand and implement the "building blocks" for strong child development.

### ASK: "Asking Saves Kids"

Golisano Children's Hospital of Southwest Florida Child Advocacy Program is participating in a national effort called the ASK (Asking Saves Kids) Campaign. The ASK Campaign urges parents to ask other parents if they have an unlocked gun in the home before sending their children over to play. It is a comprehensive national public health campaign, organized by the Brady Campaign to Prevent Gun Violence in partnership with the American Academy of Pediatrics.

In America, one out of three homes with children has a gun, and nearly 1.7 million children live in a home with a loaded, unlocked gun. Every year thousands of children are killed or seriously injured as a result. The ASK Campaign provides a practical opportunity for parents to protect their children from gun violence.

**To learn more about these Child Advocacy Programs, please contact Michele King at 239-343-5890.**

## Community Health

### Lee Community Healthcare

In 2010, it was estimated that 191,235 Lee County residents were living in low-income households, with more than 130,000 of them lacking access to primary health care services. In response to this acute community need, Lee Health opened primary care clinics in the neighborhoods of Dunbar and North Fort Myers during 2011 and later in Cape Coral. These locations provided more than 14,500 office visits to 5,700 residents of Lee County during 2016.

In an effort to provide the highest quality of care possible, patient care teams have been assembled consistent with a patient-centered medical home approach to providing primary care. Patient care teams are formed from clinical staff that includes physicians, advanced registered nurse practitioners, nurses, patient registration specialists, case managers, information referral specialists, chronic disease counselors and a nutritionist.

Caring largely for the uninsured and economically distressed residents of Lee County, Lee Community Healthcare helped individuals access primary care services, 35% of whom would have otherwise gone to a Lee Health emergency department to receive care for nonemergency conditions. Based on household size and family income, Lee Community Healthcare patients can qualify for discounts on their care.

## Healthy Life Center at Coconut Point

Healthy Life Center at Coconut Point is a health information and education destination in Lee County. The Healthy Life Center offers services and education to support healthy lifestyles, early detection of disease and chronic disease management. It offers screenings, classes, workshops and seminars available on a variety of wellness topics. Onsite staff help share information about all the services available at Lee Health as well as schedule appointments.

The site is staffed by personal health advocates and health guides who assist patients in person to help navigate their health care needs. They provide information and connect them with the resources they need to regain their health or maintain a healthy lifestyle. Wellness initiatives include lectures from physicians and health professionals, chronic disease management programs, support groups and wellness based programs that are scheduled at the location.

#### Examples of events and offerings include:

- Screenings, including cardiovascular, memory, balance, asthma, chronic obstructive pulmonary disease (COPD), and fitness
- Classes and workshops
- Seminars on nutrition, wellness, integrative medicine, sleep, healthy hearts and healthy joints
- Cooking demonstrations
- Children's programs
- Wellness library, the incorporation of holistic health options/choices into daily life and other resources

#### The staff of personal health advocates, health services coordinators, schedulers and volunteers can help you:

- Learn about Lee Health services
- Navigate health services including scheduling assistance with Lee Physician Group or an outpatient service, like rehabilitation and testing
- Connect with community resources for healthy living



The Healthy Life Center also showcases the design, development and services planned for the new Lee Health—Coconut Point, which will be built on a 31-acre site across from Coconut Point mall and will open in 2018.

For more information and a listing of upcoming events, visit [LeeHealth.org/HealthLifeCenter](http://LeeHealth.org/HealthLifeCenter).

## Health Professions Education

### Medical Residency

Statistically, about 60% of medical residents, especially those who specialize in family practice, stay in the areas of the country where they completed their residency. By partnering with Florida State University, Lee Health is involved in a medical residency program that aims to keep physicians in Southwest Florida.

The local program is based at Lee Memorial Hospital with the Florida State University College of Medicine as its institutional sponsor. This residency program was developed to abate the shortage of primary care physicians anticipated nationally, an issue that is compounded locally by a rapid population growth in Southwest Florida. Medical school graduates are required to complete residency training in their chosen specialty in order to become independently practicing physicians. Most physicians set up practice near where they complete this training, making the ideal candidate local students who also plan to practice in the community.

After just two years, Lee Health's family practice residency program has been approved for expansion and has received continued accreditation with commendation from the Accreditation Council for Graduate Medical Education (ACGME) for the next 10 years—without a single citation for improvement.

"This is a remarkable achievement, especially for a new program," says Gary Goforth, M.D., founding program director of the Florida State University College of Medicine Family Medicine Residency Program at Lee Health. "I have worked with four residency programs during the past 32

years, and each of those programs has received continued accreditation status with the maximum time interval. However I have never received a notification letter with zero citations."

In April 2014, the first six residents were welcomed to Lee Health's three-year program. Now, with all 18 slots full, Dr. Goforth says he is pleased to announce the program's expansion to 24 residents. Eight new residents will be added each year for the next three years. "We are exploring the possibility of expanding the program as the need for more family practice physicians becomes apparent."

#### Residents complete 36-month rotations in a number of areas including:

- Adult medicine
- Behavioral medicine
- Cardiology
- Dermatology
- Emergency medicine
- Geriatrics
- Neurology
- Obstetrics and gynecology
- Ophthalmology
- Pediatrics
- Sports medicine
- Urology

The program gives residents the exposure to a cross-section of the local community and gives patients an opportunity to choose a physician for many years to come.

"The residency program has already been successful," Dr. Goforth says. "Several of the residents have already established roots in Southwest Florida and plan to make this a permanent home. That is the goal of the program, which benefits the community long-term."

## Clinical Experience

In addition to the medical residency program that prepares physicians, Lee Health offers clinical experience for students attending local colleges and universities. Lee Health employees have supervised thousands of hours of clinical experience for more than 1,800 students. The value of clinical supervisory time and the value of these required internship-type programs is valued at \$28 million in 2016.

#### Areas of internships, practicums and education programs include:

- Advanced registered nurse
- Licensed practical nurse
- Nursing
- Occupational therapy
- Pharmacology
- Pharmacy
- Physical therapy
- Rehabilitation
- Social work

**Any questions regarding this publication please contact [mary.andrews@leehealth.org](mailto:mary.andrews@leehealth.org)**