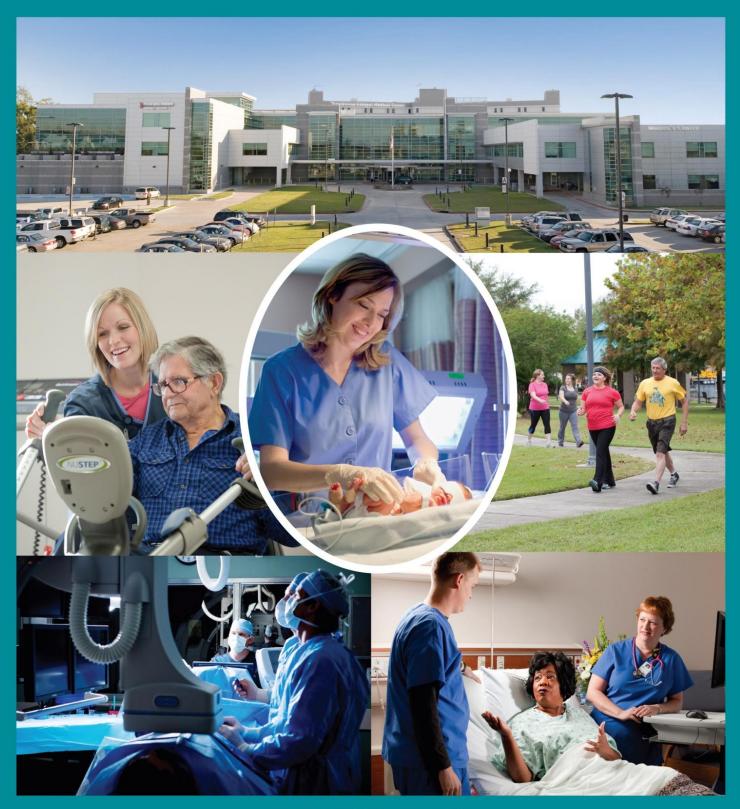
Community Health Needs Assessment 2013







2013 Community Health Needs Assessment Report

Overview

Periodic assessment of community health needs is a critical component to the mission and vision of Terrebonne General Medical Center (TGMC). Development of strategic initiatives to address findings of these assessments is essential to improving the health and wellness of the community. TGMC has performed several community health needs assessments in the last decade to assess, take action and monitor improvement. The last assessment was performed in 2006. The findings from the 2012 survey have been analyzed and prioritized by TGMC Executive Team, TGMC Quality Committee of the Board of Commissioners, and the Medical Staff Performance Improvement Committee. Additional data from several sources was also vetted in comparison to best determine an action plan to address the overall health needs of our community.

TGMC will use this document as a planning tool to prioritize and develop strategic initiatives to address the findings of this survey. TGMC has partnered with many community health and social organizations within the parish to provide healthcare services to all people within the service district regardless of social status or ability to pay. This tool will be used to determine gaps in care and to focus on the priority items noted in this report.

Terrebonne General Medical Center: Mission, Vision and Core Values

Our Mission

Providing Exceptional Healthcare with Compassion

Our Vision

It is the vision of Terrebonne General Medical Center to be a leading medical provider by transforming healthcare delivery using innovative solutions that pave the way towards excellence.

Our Core Values

The Values Statement that defines TGMC serves as the guiding principles for all employees, volunteers, and physicians.

In our every task and interaction, the following will steer our conduct of SERVICE.

<u>S</u>erve

We strive to deliver the best to every patient. The patient is the first priority in everything we do.

Excellence

We continually strive to provide high quality medical service.

<u>R</u>espect

We treat every individual as a person of worth, dignity, and importance.

<u>V</u>alue

We embrace change and work to improve all we do in a fiscally responsible manner.

Integrity

We communicate openly and honestly. We build trust and conduct ourselves according to the highest ethical standards.

Compassion

We embrace the whole person and respond to emotional, ethical, and spiritual concerns as well as physical needs.

Effectiveness

We believe in collective strength through teamwork, accountability, and open communication. Including the patient in the medical care decision process is central to this value.

About Terrebonne General Medical Center (TGMC)

For over 55 years Terrebonne General Medical Center (TGMC) has built a reputation based on quality and is a nationally recognized healthcare organization that provides state-of-theart technology and advanced cutting-edge services.

TGMC is a public, non-profit hospital consisting of a 321 licensed bed acute care facility. TGMC is the largest community-based hospital in the region and offers a range of services such

world-class interventional cardiology, cardiovascular surgery, a Women's Center that houses a level III Neonatal Intensive Care Unit, obstetric and gynecological services, a Women's Imaging and Breast Center, an outpatient surgery center, general surgical services, critical care, neurological services, general medicine, acute and outpatient rehabilitation, skilled nursing units, emergency care services, primary care services diagnostic imaging services and Mary Bird Perkins Cancer Center at TGMC.

Mary Bird Perkins Cancer Center at TGMC (MBPCC at TGMC) provides the full continuum of cancer care, from prevention and early detection to diagnosis, treatment, recovery and survivorship for those in the Bayou Region. Its services include chemotherapy, radiation therapy and surgery, as well as patient navigation, clinical trials and free community screenings. MBPCC at TGMC is nationally accredited with commendation and recognized for excellence in cancer care by the American College of Surgeons Commission on Cancer.

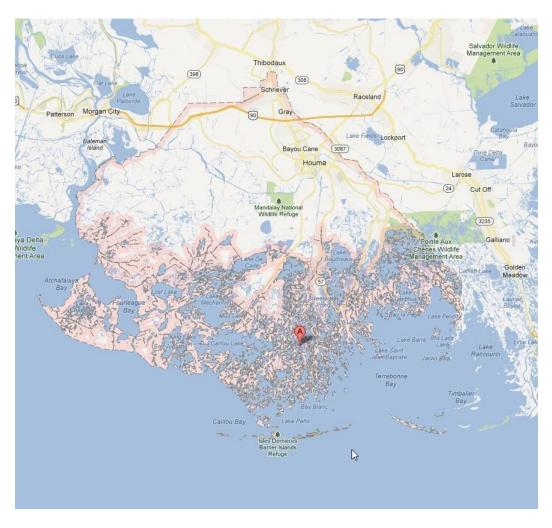
TGMC takes pride in being the largest community-based hospital in the tri-parish area of Terrebonne, Lafourche and St. Mary parishes. The medical center serves as a major economic force for the community with a staff of over 1,300 employees. In addition, the hospital currently has a medical staff of 150 staff physicians offering a variety of specialties ranging from family practice to cardiovascular surgery. Therefore, as the community continues to grow, so does the need for access to medical care. Through technological advancements and high quality care, TGMC has remained progressive to meet the needs of the community. TGMC holds steadfast to its vision to be an innovative, compassionate provider of health care services for our community.

Terrebonne General Medical Center is accredited by The Joint Commission, the national body that ensures that member hospitals meet established standards for quality of patient care. TGMC is also a member of Louisiana Hospital Association and the American Hospital Association and is a Pathway to ExcellenceTM recognized hospital.

Other Quick Facts about TGMC:

- In May of 2012, TGMC achieved the prestigious Pathway to Excellence[™] designation. TGMC is one of only two hospitals in the state of Louisiana to receive this award. Pathway to Excellence designation identifies the elements where nurses can flourish. The designation confirms the professional satisfaction of our nurses and identifies TGMC as one of the best places to work.
- In October of 2011, the new Mary Bird Perkins Cancer Center at TGMC was opened. The LEED certified, 49,000 square foot comprehensive cancer center provides a full continuum of cancer care from early detection through critical community-based FREE cancer screenings and educational outreach programs to the area, to diagnosis, clinical research trials, treatment, recovery and survivorship.
- The Mary Bird Perkins Cancer Center at TGMC building achieved the LEED-Silver rating given by the U.S. Green Building Council and is the very first construction project in Louisiana to earn LEED certification. The rating is based on the sustainable components incorporated into the structure's design and construction.

- TGMC's first-class team of cardiologist, nurses and technicians teach doctors from all over the country about the science and methods behind their approach to cardiac medicine. TGMC's three cardiac catheterization suites have all been updated with the Toshiba Infinix digital technology. In addition to increased safety for both the patients and staff members, the technology provides better patient outcomes, less radiation exposure, and provides physicians with better image quality for diagnosis and treatment.
- According to the Louisiana Department of Health and Hospitals, TGMC ranks 5th in the state for the highest numbers of babies delivered each year. The staff of our Women's Center is committed to providing exceptional healthcare with compassion to the women of our community, during this special time in life as well as throughout a women's life.
- TGMC was granted Level III Neonatal Intensive Care Unit (NICU) status and offers a higher level of care to infants born pre-term (less than 37 weeks of gestation) or with medical problems without transporting the infant to another facility.
- TGMC's Health and Rehabilitation Center received an accreditation for its stroke specialty program by the Commission for Accreditation of Rehabilitation Facilities (CARF), making it the only hospital in the Tri-Parish area with this designation and only one of four such facilities in the entire state.
- At TGMC, our high-definition MRI, CT and digital mammography scanners are just some of the tools that give our expert, caring staff one of the finest reputations and success rates in the region. Terrebonne General is proud to be the first center in the Tri-Parish and New Orleans region to offer Breast Specific Gamma Imaging (BSGI) technology and is one of only two hospitals in the state of Louisiana to offer this cuttingedge technology in the Women's Imaging and Breast Center.
- The Diabetes Management Center at TGMC provides information, training, education and support services for diabetes patients living in southeast Louisiana.



Our Community

Terrebonne Parish

The Parish of Terrebonne consists of approximately 111,917 people (75% urban, 25% rural) as compared to 4,574,766 in Louisiana. Land area is 1,255 sq. miles with a water area of 825 sq. miles. The City of Houma is the hub for the parishes' consolidated government and financial epicenter. It draws its highly skilled workforce and business from a four parish region which consists of approximately 276,417 people. The population density is 89 people per square mile. Races in Terrebonne Parish include:

- White Non-Hispanic 71.4%
- Black Non-Hispanic 18.4%
- American Indian and Alaska Native 4.9%
- Hispanic or Latino 2.6%
- Two or more races 1.4%
- Asian 1%

The median resident age is 33 years as compared to the Louisiana median age of 34 years. Males comprise 49.1%, females 50.9% of the population. Average household size is 2.9 people with an estimated median household income in 2009 of \$47,728. Births per 1,000 population from 2000 to 2006 were 16.1. Deaths in the same time period were 8.1. Infant deaths per 1,000 live births were 10.1. (See table 1.)

Health of residents in Terrebonne Parish based on CDC Behavioral Risk Factor Surveillance System Survey Questionnaires from 2003 to 2009:

- General health status score of residents in this parish from 1 (poor) to 5 (excellent) is 3.2. This is significantly worse than average.
- 61.7% of residents exercised in the past month. This is less than average.
- 49.5% of residents smoked 100+ cigarettes in their lives. This is about average.
- 60.2% of adult residents drank alcohol in the past 30 days. This is more than average.
- 60.9% of residents visited a dentist within the past year. This is less than average.
- Average weight of males is 202 pounds. This is more than average.
- Average weight of females is 168 pounds. This is more than average.
- 47.9 % keep firearms around their homes. This is more than average.

*(<u>http://www.city-data.com/county/Terrebonne_Parish-LA.html</u>)

Community Resources

Terrebonne Parish is home to two major medical centers; Terrebonne General Medical Center (TGMC) and a state-owned charity hospital, Leonard Chabert Medical Center. A privately owned Physician's Medical Center also serves the community. A long-term care facility, four nursing homes, as well as three assisted living facilities provide services in the community.

The TGMC staff works closely with area healthcare providers to ensure that the people in our parish have information concerning the resources that are available to them; if the need arises. Listed on Table 2 are local area healthcare resources such as: home health vendors, hospice agencies, durable medical equipment providers, dialysis, nursing homes and assisted living facilities that are available in Terrebonne Parish.

TGMC also supports the United Way and is a United Way Pacesetter Company. In 2012, TGMC raised over \$50,000 to support the mission of the United Way in Terrebonne Parish. United Way provides assistance to much needed social services agencies to meet the needs of the people in our community. By partnering with the United Way, TGMC can help to meet the social health needs of our community. Some of the agencies that TGMC supports are; Terrebonne Council on Aging, St. Vincent de Paul Pharmacy, Catholic Charities Food Bank and Houma Food Bank. A complete listing of United Way Agencies that TGMC supports is included in Table 3 in the appendix of this report.

Project LEAD

For fourteen years, TGMC has been partnering with the Terrebonne Parish District Attorney's Office to reach the youth in our community with Project LEAD. Project LEAD (Legal

TGMC 8 2013 Community Health Needs Assessment Report 8

Enrichment and Decision-Making) is a joint effort with the District Attorney's Office and in cooperation with the Terrebonne Parish School Board. This program is designed to help students recognize and analyze potential consequences of the difficult decisions they face during adolescence and beyond. By focusing on peer pressure, self esteem, and responsibility, Project LEAD gives students the tools necessary to avoid many of the pitfalls and traps that often lead to delinquent conduct, criminal activity and unhealthy lifestyles. Project LEAD is also designed to assist our youth in making prudent and healthy decisions enabling them to become more productive members of our community.

Members of the TGMC staff visit all 5th grade students in Terrebonne Parish schools twice annually during the school year to role play scenarios that teach valuable lessons to promote cancer prevention, healthy eating, exercise, good decision making skills about drinking and driving and drug use, avoiding peer pressure and setting good leadership examples. Stories are role played in a manual that showcase patterns in which characters approach various moral crossroads. These stories are designed to illustrate how easy it can be sometimes to make unhealthy decisions without even being aware of it. Students read aloud the parts of these scenarios, thus providing a basis for interesting discussion. At TGMC, we feel that by nurturing our youth, we can preserve the rich culture of our area. We are proud to be a part of Project LEAD.

Team Terrebonne



In addition, there are many agencies in which TGMC partners with the Team Terrebonne initiative. Team Terrebonne serves as a community resource that not-for-profit agencies in our community can count on to provide volunteer services to their agencies. TGMC is a committed to giving back to our community, and sponsors many local community events. Team Terrebonne volunteers are also dedicated to our community and have assisted many local organizations each year by providing volunteer assistance at fundraising events.

Team Terrebonne is comprised of civic-minded employees, administrators, physicians, board members and volunteers of Terrebonne General Medical Center who are dedicated to improving quality of life and promoting healthy lifestyles in our community. Team Terrebonne members seek to lead by example and to use their energies, talents and compassion to make our area Louisiana's best place to live, work and raise our families.

Since its inception, 394 Team Terrebonne volunteers have participated in 87 events and have volunteered a total of 3,986 hours in an effort to make Terrebonne Parish the best place to live,

work and raise a family. Each year a Team Terrebonne volunteer recognition luncheon is held to recognize our employees that participate in the program.

The agencies that TGMC partners with for Team Terrebonne include:

- Louisiana Organ Procurement Agency (LOPA)
- Cooper Life Fund
- Southdown Museum
- Mary Bird Perkins Cancer Center at TGMC
- The Foundation for TGM C
- American Heart Association
- The Haven
- CASA
- American Cancer Society
- Bayou Region Habitat for Humanity
- Terrebonne Foundation for Academic Excellence (TFAE)
- American Diabetes Association
- Susan G. Komen
- South Louisiana Center for the Arts

We are proud to make a difference in the community that we serve.

Survey Design and Methodology

Assessment Infrastructure

Having performed several community health needs assessments over the past ten years, it was thought the most appropriate methodology was to perform a similar community based survey. This method would not only provide updated information regarding the perception of health needs by a broad scope of community members, but also provide a comparative study to past information to determine the effectiveness of past actions and note improvements in areas of focus over the past decade. Information from other various studies, community data, and resources were also used to gauge the current situation of health within Terrebonne Parish. As in previous years, the study was administered through Strategic Market Research, LLC, and the Marketing Department of TGMC. The goal of the research was to provide an in-depth understanding of the healthcare needs and preferences of Terrebonne Parish residents. See Table 5 in the appendix for the complete survey questionnaire.

The specific research objectives of the study are as follows:

- To identify the medical conditions and concerns of primary importance to area residents.
- To determine incidence rates for various chronic illnesses (i.e., heart disease, cancer, diabetes, etc.).
- To identify the common barriers encountered by community residents in their efforts to access healthcare services.

- To determine utilization patterns of local residents (i.e., men, women, and children) for preventive healthcare services (i.e., colorectal cancer screening, mammogram, Pap smear, immunizations, etc.).
- To understand consumer/physician relationships in terms of physician utilization patterns.

Sample Design and Data Collection

Telephone interviewing was carefully managed with all calls fully supervised and monitored. An initial briefing of the interviewing team was conducted in order to ensure that all survey procedures were fully understood and properly implemented. In addition, a pretest was conducted and carefully monitored. Interviewing was conducted from July 23 - 29, 2012. A total of 400 interviews were completed. The specific zip codes in each area include:

Survey Design and Data Collection	
	n
City of Houma (70360; 70361; 70363; 70364)	254
South Terrebonne (70343; 70344; 70353; 70377; 70397)	74
North Terrebonne (70352; 70356; 70359; 70395)	71
TOTAL	400

Data Analysis

A random sample of 400 telephone interviews was conducted with residents of Terrebonne Parish. Survey findings represent guidelines and potential targets for improving the length and quality of life in the community. The survey has an error factor of \pm 4.9% at a 95% level of confidence.

Characteristics of the Sample

- Area of Residence the sample includes three areas: City of Houma (64%), South Terrebonne (18%), and North Terrebonne (18%).
- Age Almost four out of ten respondents are under 45 years of age) 18-34 years = 19% and 35 to 44 years = 20%), while six out of ten respondents are 45 years and older (45 to 54 years = 22%; 55 to 64 years = 20%; and 65 years and older = 18%).
- Family Status Over six out of ten respondents are currently married (61%), while about two out of ten have previously been married (21%). Over one out of ten respondents have never been married (14%).

- **Type of Health Coverage** Over half of the respondents have private health insurance. (52%). Almost two out of ten respondents have Medicare (17%) or have no insurance/self pay (19%). One out of ten respondents are covered by Medicare (10%).
- Level of Education Almost two out of ten respondents have less than high school education (17%), while over four out of ten are high school graduates (41%). Almost two out of ten respondents have some college or vocational/technical training (17%), while one-fourth are college graduates (25%).
- Annual Household Income Almost four out of ten respondents have an annual household income under \$50,000 (36%), while over four out of ten respondents earn \$50,000 and over (43%). Over two out of ten respondents refused to disclose their annual household income (21%).
- Ethnic Origin Almost eight out of ten respondents are white (79%), while over two out of ten respondents are non-white (21%).
- **Gender** Almost half of the respondents are male (45%), while over half of the respondents are female (55%).

Five major health categories were used to identify and assess health needs. The categories include:

- Physical Health
- Lifestyle Choices
- Utilization Patterns
- Basic Healthcare
- Preventive Healthcare Cancer and Heart
- Community Behavior

Key Findings of the Survey

Preventive Health Services

The importance of preventive health services across the continuum of care must be recognized. Increasing the use of preventive health services in Terrebonne Parish should be a key priority. Terrebonne parish residents continue to achieve the following *Healthy People 2020* goals: annual physician checkups; blood pressure checks within two years; cholesterol checks within five years; annual physician checkups for children and children's immunizations. Terrebonne Parish falls short of the *Healthy People 2020* goal for influenza and pneumonia vaccinations of residents 65 and older. Lastly, a majority of respondents indicate knowing how to perform CPR; however, less than one in ten residents have participated in community health screenings or attended health education classes.

Key Findings:

• <u>High percentage of adult residents in Terrebonne Parish have annual doctor</u> <u>appointments</u>. Over eight out of ten residents have had a visit within the past year (83%).

- <u>High percentage of Terrebonne Parish residents have had blood pressure checks and cholesterol checks.</u> *Healthy People 2020* would like to have 93 percent of adults over 18 years of age check their blood pressure within the last two years. Similarly, the target for cholesterol checks is 82 percent within the last five years. The results for blood pressure checks exceed the goal in the Terrebonne area (95%), while the results for cholesterol checks exceed the goal (87%).
- <u>Increase the number of residents 65 years and older getting their recommended</u> <u>vaccinations.</u> The target for vaccination against influenza (annual) and pneumonia (lifetime) is 90 percent of non-institutionalized adults aged 65 years and older. Terrebonne residents fall below this target (flu shot= 63% and pneumonia vaccination= 62%).
- <u>High percentage of Terrebonne Parish resident children has annual doctor appointments.</u> Almost nine out of ten children under 18 years have had a doctor visit within the past year (86%).
- <u>Terrebonne parents have met the goal for vaccinating their children</u>. *Health People 2020* set a target of 95 percent for universally recommended vaccines among young children. The vaccination level reported by Terrebonne parents currently exceeds the goal (96%).
- <u>Performing CPR –</u> Almost three-fourths of Terrebonne residents know how to perform CPR (73%).
- <u>Participate in Community Health Screenings</u>. Only one out of ten respondents have participated in community health screenings (9%).
- <u>Attend Community Health Education Classes.</u> Only one of out of ten respondents have attended community health education class (7%).

Lifestyle Choices

Area residents often do not adequately understand the direct or indirect impact their lifestyle choices have on their health. Terrebonne Parish residents need to be educated about how to make better lifestyle choices in order to improve their health and quality of life. More specifically, Terrebonne Parish residents need to be encouraged to quit smoking and lose weight. Once again, Terrebonne Parish residents did not meet the *Healthy People 2020* goals for smoking and attempts to quit smoking. Terrebonne Parish greatly exceeds the recommended limit for obesity.

Key Findings:

- <u>Too many Terrebonne Parish adults smoke.</u> The goal of *Healthy People 2020* is to reduce cigarette smoking among adults 18 years and older to 12 percent. The incidence of cigarette smoking among Terrebonne Parish residents exceeds the recommended goal (28%). In addition, *Healthy People 2020* would like to see 80 percent of current smokers stop smoking for one day or longer. Attempts to quit smoking among Terrebonne Parish residents fall below the goal by 17 percent (63%).
- <u>Too many Terrebonne residents are obese</u>. *Healthy People 2020* has set a target of 34 percent for the proportion of adults who are at a healthy weight. Currently, only 24 percent of Terrebonne residents area at a healthy weight, which falls short of the goal by ten percent, In addition, an objective of *Healthy People 2020* is to have no more than 31

percent of adults who are classified as obese, which exceeds the recommended limit by three percent.

Physical Health

Heart disease and cancer in Terrebonne Parish remains the leading causes of death in the area. Community-wide efforts to reduce the risks for and promote the early detection of these diseases need to be continued. Terrebonne Parish residents fall short of all the *Healthy People 2020* screenings and goals regarding heart and cancer measures tested in the survey: cardiac screening; women getting mammograms past two years; pap smear past three years; men's prostate cancer screening; colonoscopy testing; fecal occult blood test past two years; and sigmoidoscopy exams.

Key Findings:

- <u>Most Important Medical Concern</u> Heart disease/stroke and cancer are the greatest health concerns of area residents. Indeed, almost two out of ten respondents mentioned heart disease/stroke (16%) or cancer (15%) as the main health concerns for themselves and their family members. Area residents are also frequently concerned about diabetes (9%) and high blood pressure (7%).
- <u>Family History of Medical Problems</u> Almost six out of ten area residents reported having a family history of diabetes (56%), while almost half of the respondents cited cancer (45%) and heart disease (44%). The next tier of common illnesses consists of orthopedic problems (36%), obesity (27%), stroke (26%), and chronic obstructive pulmonary disease (19%).
- <u>Increase the number of women getting regular mammograms</u>. Since early detection and treatment offer women the best chance of survival of breast cancer, it is very important that mammograms be performed regularly. Therefore, *Healthy People 2020* has set a target for 74 percent of area women 40 years of age and older to have a mammogram within the last two years. Currently, Terrebonne residents fall short of that goal, as 64 percent of local women over the age of 40 have had a mammogram in the last two years.
- <u>More Terrebonne Parish women 18 years and older need to get a Pap smear, and need to be getting them one a more frequent basis</u>. The percentage of Terrebonne women who have ever had a Pap smear (96%) almost meets the *Healthy People 2020* goal of 97 percent.
- <u>Colonoscopy</u> Over half of the residents 50 years and older have previously had a colorectal cancer screening (52%). While this falls short of the target *Healthy People* 2020 goal of seventy-one percent, it is similar to the established baseline number (54%).
- <u>Men- Prostate Cancer Screening</u> Over half the male Terrebonne Parish respondents have been screened for prostate cancer (51%).
- <u>Fecal Occult Blood test</u>- Over four out of ten area residents 50 years and older have previously had a fecal occult blood test (44%).
- <u>Sigmmoidoscopy</u> Almost one-third of Terrebonne area residents 50 years and older have had a sigmoidoscopy exam to check for cancer and other health problems (35%). It is important to note, that this is significantly lower than the 2007 results (50%).
- <u>Cardiac Screening</u> Four out of ten respondents have participated in a cardiac screening (40%).

- <u>Heart Attack Warning Signs</u> Almost four out of ten respondents were able to identify chest pain as an early warning sign of a heart attack (35%). The next tier of symptoms includes: shortness of breath (13%); pain in arm (6%); and numbness in arm (6%). On the other hand, two out of ten respondents were unable to identify a sign or symptom of having a heart attack (20%).
- <u>Stroke Warning Signs</u> The vast majority of respondents, almost half, were unable to cite a sign or symptom of having a stroke (48%). Approximately one out of ten respondents mentioned slurred or slow speech (13%), numbress (9%), and dizziness (6%) as symptoms of a stroke.

Addressing Identified Needs

Results from this survey were shared and discussed with the TGMC Leadership Team, the Quality Committee of the Board of Commissioners of TGMC and the TGMC Medical Staff Performance Improvement Committee (MSPIC). Each group represents broad interests of the community in which TGMC serves. (See Table 4). The main health concerns identified in the 2012 Community Health Needs Assessment were:

- Diabetes
- Cancer
- Heart Disease
- Stroke

TGMC currently offers programs and services to address the identified needs of our community. As they relate to the top four health concerns listed by hospital facilities, services as described below.

Diabetes

The Diabetes Management Center at TGMC is accredited by the American Diabetes Association. The Diabetes Management Center's signature program is Cruise to Diabetes Control to combat diabetes and to teach those who are affected by it how to live a productive active life with diabetes. Classes are offered monthly. Last year 126 people graduated from the Cruise to Diabetes class. TGMC also sponsors, provides volunteers, and participates in the the American Diabetes Walk when it is held in the fall.





Cancer

- In 2008 Terrebonne General Medical Center (TGMC), Cancer Care Specialists (CCS) and Mary Bird Perkins Cancer Center (MBP) partnered to develop a comprehensive cancer program on the TGMC campus. This partnership provides access to full-service, high-quality cancer care to a growing population in Terrebonne Parish and surrounding parishes.
- In 2009, a ground breaking ceremony was held to construct the over 49,000 square foot Mary Bird Perkins Cancer Center at TGMC. The new comprehensive cancer center will provide a full continuum of cancer care from early detection through critical community-based FREE cancer screenings and educational outreach programs to the area, to diagnosis, clinical research trails, treatment, recovery and survivorship.
- Today, Mary Bird Perkins Cancer Center at TGMC (MBPCC at TGMC) provides the full continuum of cancer care, from prevention and early detection to diagnosis, treatment, recovery and survivorship for those in the Bayou Region. Its services include chemotherapy, radiation therapy and surgery, as well as patient navigation, clinical trials and free community screenings. MBPCC at TGMC is nationally accredited with commendation and recognized for excellence in cancer care by the American College of Surgeons Commission on Cancer.



• Based on the finding of this survey and from a grant made possible by the Baton Rouge Foundation in 2013, the Early Bird mobile medical clinic of MBPCC at TGMC will be able to promote early detection by offering 37 cancer screenings in 2013. This is an increase from 18 screenings offered last year. Screenings offered are for breast, colorectal, skin, prostate and oral cancer. These screening are FREE of charge to those who do not have insurance. Multiple screenings are offered monthly.

Heart Disease

• A cardiovascular screening is held annually from proceeds generated by the Houma Heart and Soles Half Marathon and 5K. The screening is free of charge and includes and Ankle Brachial Index (ABI), cholesterol screening, blood pressure and Body Mass Index. Proceeds to provide these screenings are provided from the annual Houma Heart and Soles Half Marathon and 5K.



Date	Location
June 23, 2011	CIS
July 26, 2011	CIS
June 20, 2012	CIS
June 13, 2013	CIS

• Keep the Beat Bystander CPR is offered annually in the spring of each year. Certified CPR instructors teach the course, which is about 1 ½ hours long. Manikins are provided for hands-on training, and attendees also learn how to use an automated external defibrillator (AED). An AED is a portable, electronic, lifesaving unit that provides the user with step-by-step verbal instructions on administering shocks to a victim in cardiac arrest. The use of CPR and an AED greatly increases a victim's chance for survival because these steps can be taken prior to the arrival of a professional medical team.

"Keep the Beat" began in 2003 and TGMC has been a proud sponsor of this program that has since educated more than 1,300 people in bystander CPR. The effort targets the Bayou Region to educate residents from Assumption, Lafourche, St. Mary and Terrebonne parishes in basic lifesaving techniques. Although South Louisiana has one of the highest incidences of heart and vascular disease, many in the area do not know how to perform CPR.

• TGMC has participated through a sponsorship and employee participation in American Heart Association Over and Under Tunnel Run for over 20 years. Below are the most recent dates of TGMC participation via sponsorships, providing volunteers and a healthy food option(fruit) for the race.



Date	Location
March 10, 2007	Municipal Auditorium
March 15, 2008	Municipal Auditorium
April 4, 2009	Municipal Auditorium
March 13, 2010	Municipal Auditorium
April 9, 2011	Municipal Auditorium
April 14, 2012	Municipal Auditorium
April 6, 2013	Municipal Auditorium

• TGMC obtained a grant from the New Orleans foundation to improve education of heart disease in the underserved population through the Search Your Heart Program.

Stroke

- TGMC developed a telemedicine stroke program for 24/7/365 access to neurology specialists at Ochsner Health System to improve access to advanced neurological diagnosis and interventions.
- TGMC has improved acute care protocols for our patients using evidenced based practices to manage care of patients with acute stroke symptoms inside the hospital to address community needs.
- TGMC participates with the American Heart Association in the "Get with the Guidelines" education program to improve patient management inside the hospital through collaboration and monitoring of patient outcomes.
- TGMC has stroke education focused materials such as brochures and educational programs that will be offered throughout the year to educate our community about the signs and symptoms of a stroke and the importance of seeking medical attention immediately.

• <u>To Your Health with TGMC</u> is an educational TV program produced by TGMC that addresses the warning signs and symptoms of a stroke on a regular basis to educate our community. <u>To Your Health with TGMC</u> is also on You Tube as well as the TGMC website.



• Frequent messages on TGMC's Facebook and Twitter postings of social media will also educate our community about the warning signs for stroke and the importance of getting to the hospital emergency department immediately.

Also, a stroke risk assessment is located on the TGMC website at: <u>www.tgmc.com/stroke</u>

Life Style Choices

Weight Issues

- The TGMC Diabetes Management Center offers the Kids Can't Weight Program throughout the year to combat childhood obesity.
- TGMC has a partnership with the Louisiana Ag Center to offer Smart Portions Healthy Eating Program twice per year. This 8-week program is an instructional program that teaches the proper nutrition to achieve and maintain a healthy weight.



- The TGMC Food and Nutrition Department offers healthy menu choices in our cafeteria daily.
- TGMC hosts the Houma Heart and Soles Half Marathon and 5K annually to encourage healthy lifestyles through walking and running as exercise.

- TGMC also sponsors many organizations 5K run/walk fundraisers and provides Team Terrebonne Volunteers:
 - Louisiana Organ Procurement Agency (LOPA) Mad Dash
 - Cooper Life Fund Super Cooper Heart Run
 - American Heart Association Over and Under Tunnel Run
 - American Cancer Society's Relay for Life
 - Terrebonne Foundation for Academic Excellence (TFAE)
 - The Diabetes Association 5K Walk
 - Susan G Komen Race for the Cure

Utilization Patterns

Continue Efforts to Recruit Additional Family Physicians

• Plans to recruit additional internal medicine and family practice physician have been included in the 2013/14 strategic plan.

Basic Healthcare

Basic Preventative Healthcare – ACHIEVED

Routine medical care for adults and children is a fundamental part of preventative medicine. Over 8 out of 10 residents visited a doctor in the last six months. Almost 9 out of 10 children saw a doctor within the past year. Also on an encouraging note, 96% of Terrebonne parents reported that they have obtained all of the appropriate vaccinations for their children. In addition, 8 out of 10 residents had their blood pressure checked within the last 6 months.

Increase the percentage of residents 65 and older who get the annual flu shot

- TGMC will offer an annual flu vaccine in September and continue to partner with the local Council on Aging, Bayou Towers, and other organizations that cater to the elder population to offer the flu vaccination.
- Education and awareness will be provided through TGMC's To Your Health show and tgmc.com. highlights will include dispelling the myths associated with getting the flu shot.

Preventative Healthcare

Increase mammograms for women 40 years and older

- 18 breast cancer screenings will be provided by the Early Bird Mobile Medical Clinic for 2013.
- TGMC participated in the Pink Ribbon Social since its inception in 2009 and will participate in the Pink Ribbon Social in July 2013, which offers FREE mammograms to working class women who do not have insurance.

Increase colorectal cancer screenings

• 37 colorectal screenings will be provided by the Early Bird Mobile Medical Clinic in 2013.

Increase awareness about the warning signs and symptoms of stroke

- An informational brochure is being distributed throughout the hospital and on the TGMC website.
- Educational programming through TGMC's To Your Health show will be aired throughout the year.
- Frequent messages on TGMC's Facebook and Twitter postings of social media will also educate our community about the warning signs for stroke and the importance of getting to the hospital emergency department immediately.
- Also, a stroke risk assessment is located on the TGMC website at: <u>www.tgmc.com/stroke</u>

Increase participation in community health screenings

- Mary Bird Perkins Cancer Center at TGMC demonstrates a strong commitment to community outreach which is evidenced by multiple FREE cancer screenings, a vast array of community education, and a patient navigator to support cancer patients throughout their journey. In 2012, 17 screenings were conducted and over 730 people were screened for breast, prostate, colorectal, oral and skin cancers all at no cost to the patient if they are uninsured. 79 abnormalities were found and three cancers detected. These wellness and prevention efforts literally help to save hundreds of lives annually.
- In 2013, an additional 21 Early Bird Mobile Medical Clinic screenings will be held in Terrebonne, Lafourche and St. Mary Parishes.
- The Foundation for TGMC was formed in late 2012 and its first goal is to obtain a vehicle that can be used for health screenings in the community. Fundraisers are being held to further these efforts so that people in our community have access to much needed preventative health screenings.

The internet serves as a communication vehicle

In Louisiana, 69.7% of households have Internet access at some location inside or outside the home, which ranks 44th in the nation. (Louisiana Fact Book 2011.)

Healthy People 2020 objectives include the need to increase individuals' access to the Internet from 68.5% to a target of 75.4%, and to increase the proportion of persons who use mobile devices from 6.7% to 7.7%. Another objective states to increase the proportion of quality, health-related websites.

- TGMC will continue to use the internet to reach our community by calling them to action through using interactive methods to engage consumers to take action in their health.
- Topics will include educational information on the primary health concerns identified in the survey: Diabetes, Cancer, Heart Disease and Stroke. Also included will be the importance of mammography, healthy weight management and the importance of the getting the flu shot.
 - On tgmc.com
 - Currently a stroke risk assessment is available to test the risk of a stroke, also stroke signs and symptoms are discussed.
 - Stroke brochures as well as other educational information on the tgmc.com website will be enhanced.
 - All <u>To Your Health with TGMC</u> television programs, which have useful healthcare related information, are also available on tgmc.com.
 - Through the use of Facebook and Twitter, TGMC will continue to ask our community to engage with us and get involved with their health.
 - Preventative information will continue to be posted on Facebook and twitter as well as You Tube.

Summary of Survey Goals

Main health concerns identified in the 2012 Community Health Needs Assessment were:

- Diabetes
- Cancer
- Heart Disease
- Stroke

I. Lifestyle Choices

A. Provide healthy weight programs such as Smart Portions with LSU Ag center.

II. Physician Utilization Patterns

A. Continue efforts to recruit additional family physicians.

III. Basic Healthcare

A. Basic Preventive Healthcare – ACHIEVED

B. Increase the percentage of residents 65 years and older who get the annual flu shot.

IV. Preventive Healthcare- Cancer and Heart

- A. Increase mammograms for women 40 years and older on the Early Bird and with the Pink Ribbon Social.
- B. Increase colorectal cancer screenings on the Early Bird.
- C. Increase awareness for warning signs and symptoms of stroke through use of To Your Health education programming and on the TGMC website.

V. Community Behavior

- A. Increase participation in community health screenings by adding a second Early Bird that will be housed in Terrebonne Parish for Terrebonne residents.
- B. The Internet serves as a communication vehicle. Enrich the TGMC website content by providing risk assessments for stroke and heart attack. Also update and add additional healthcare educational content on TGMC website.

In conclusion, TGMC has developed strategic initiatives as defined above to address the main health concerns as identified in the findings of this survey. These initiatives are further described in the strategic and operational plans of the organization and in the commitment of resources and technology to address the major health concerns identified in the community. TGMC has partnered and will continue to partner with community health and social organizations within the parish to provide healthcare services to all people within the service district as defined in our mission and vision statements.

People Quick Facts	Terrebonne Parish	Louisiana
Population, 2012 Estimate	N/A	4,601,893
Population, 2011 Estimate	111,917	4,574,766
Population, 2010 (April 1)	111,860	4,533,372
Estimate Base		.,,
Population, 2010	111,860	4,533,372
Persons under 5 years, percent,	7.3%	6.9%
2011		
Persons under 18 years, percent,	25.8%	24.4%
2011		
Persons 65 years and over,	11.5%	12.5%
percent, 2011		
Female persons, percent, 2011	50.5%	51.1%
White persons, percent, 2011 (a)	72.1%	63.8%
Black persons, percent, 2011 (a)	19.2%	32.4%
American Indian and Alaska	5.5%	0.7%
Native persons, percent, 2011 (a)		
Asian persons, percent, 2011 (a)	1.1%	1.6%
Native Hawaiian and Other	0.1%	0.1%
Pacific Islander persons, percent,		
2011 (a)		
Persons reporting two or more	2.0%	1.4%
races, percent, 2011		
Persons of Hispanic or Latino	4.2%	4.4%
Origin, percent, 2011 (b)		
White persons not Hispanic,	68.6%	60.1%
percent, 2011		
Living in same house 1 year &	85.9%	85.1%
over, percent, 2007-2011		
Foreign born persons, percent,	3.1%	3.7%
2007-2011		
Language other than English	11.5%	8.8%
spoken at home, percent age 5+,		
2007-2011		
High school graduate or higher,	73.1%	81.6%
percent of persons age 25+,		
2007-2011		
Bachelor's degree or higher,	13.3%	21.1%
percent of persons age 25+,		
2007-2011		
Veterans, 2007-2011	6,824	314,677
Housing Units, 2011	44,060	1,978,848
Homeownership rate, 2007-2011	73.7%	67.9%

Table 1. Terrebonne Parish Quick Facts

Terrebonne Parish QuickFacts from the US Census Bureau. http://quickfacts.census.gov/qfd/states/22/22109.html

Table 2. Community Resources

Home Health Vendors:

Amedisys Home Health 1402 St. Charles Street, Ste 101 Houma, LA 70360 (P)985-872-1955 (F)985-580-4233

Bayou Home Care 232 Civic Center Blvd. Houma, LA 70360 (P)985-580-2273 (F)985-580-2202

Stat Home Health 6104 West Park Ave. Houma, LA 70364 (P)985-872-2422 (F)985-872-2423

Synergy Home Care 303 Gabasse Street Houma, LA 70360 (P)985-223-4321 (F)985-872-3263

Hospice:

Amedisys Hospice 1403 St. Charles Street, Ste 103 Houma, LA 70360 (P)985-872-0292 (F)985-872-0293

Canon Hospice 1221 S. Clearview Pkwy, Ste 400 Jefferson, LA 7070121 (P)504-818-2723 (F)504-818-2723 Terrebonne Home Care 760 W. Tunnel Blvd. Houma, LA 70360 (P)985-873-7000 (F)985-873-7019

The Medical Team 4722 Hwy 311 Houma, LA 70360 (P)985-872-6666

Delta Home Health 209 Bayou Gardens, Ste S Houma, LA 70364 (P)985-851-7584 (F)985-851-7537

St. Catherine's Hospice 2701 New Highway 51 Laplace, LA 70068 (P)985-651-9733 (F)985-651-1162

Haydel Memorial Hospice 102 Wilson Ave. Houma, LA 70364 (P)985-655-1020 (F)985-655-1023 Southern Care Hospice 108 B. West Main Street Thibodaux, LA 70301 (P)985-448-0235 (F)985-448-0236

Journey Hospice 598 Corporate Drive Houma, LA 70360 (P)985-223-1865 (F)985-223-1863

Durable Medical Equipment Vendors:

Alumni Medical 4313 Highway 1 Raceland, LA 70394 (P)985-664-1319 (F)985-664-1320

APRIA Health Care 404 N. Canal Blvd Thibodaux, LA 70301 (P)985-447-0085 (F)985-447-0086

Breathing Care Medical Supplies 1772 Canal Blvd. A Thibodaux, LA 70301 (P)985-448-2113 (F)985-448-2114

D&M Home Medical 1713 Canal Blvd Thibodaux, LA 70301 (P)985-447-9597 (F)985-447-9588

Lincare 402 Barrow Street (P)985-384-0689 (F)985-384-2689 St. Joseph Hospice 103 Ridgefield Road Thibodaux, L A70301 (P)985-447-0095 (F)985-447-7672

Hospice of South Louisiana 6500 West Main Street Houma, LA 70360 (P)985-868-3095 (F)985-868-3910

Houma, LA 70360 (P)985-580-1577 (F)985-580-9948

Fournet's Professional Home 848 Marguerite Street Morgan City, LA 70380

Mobility Depot 501 Barrow Street Houma, LA 70360 (P)985-872-4856 (F)985-872-6325

PS Homecare 6861 West Park Ave Houma, LA 70364 (P)985-872-1596 (F)985-872-1598

Pulmonary Home Care 1301 ½ Barataria Street Houma, LA 70360 (P)985-853-0082 (F)985-853-0086

Dialysis Vendors:

Fresenius Medical Center Central admissions phone: 866-939-1212; fax: 866-943-2364

Fresenius Medical Care Houma 800 Point Street Houma, LA 70360

DSI Houma Dialysis Center 108 Picone Rd Houma, LA 70363

Reliant Renal Care 707 Grand Caillou Road Houma, LA 70363

Local Nursing Homes:

Chateau Terrebonne Health Care Center Phone: 872-4553 Fax: 872-1803 or 851-0060 1386 West Tunnel Blvd. Houma, LA 70360

Maison Deville of Houma Phone: 876-3250 Fax: 873-0046 107 S Hollywood Road Houma, LA 70360

The Oaks of Houma Phone: 876-5692 Fax: 868-1954 400 Monarch Drive Houma, LA 70364

Heritage Manor of Houma Phone: 851-2307 Fax: 851-6562 1701 Polk Street Houma, LA 70360

Assisted Living homes:

Homestead Assisted Living 1132 Cottage Dr. Houma LA 70360 (985)223-4663

The Suites at Sugar Mill Point 220 Valhi Blvd. Houma, LA 70360 (985)868-8400

Terrebonne House 1163 Museum Dr. Houma, LA 70360 (985)580-0620

Table 3. United Way Agencies

St. Vincent de Paul Pharmacy Mary Bird Perkins Cancer Center at TGMC Terrebonne Council of Aging The Haven Council on Aging Alcohol & Drug Abuse Council for S. LA St. Lucy's Day Care **Raceland Food Bank** CCHT Houma Food Bank Christ Baptist Daycare United Way of St. Charles Parish Project Learn Special Olympics LA Bayouland St. Jude Bikers against Child Abuse-5013C Organization **Terrebonne** Parish Lafayette Parrish Council on Aging Lafourche Parish Council on Aging Boy Scouts of America-Bayou District Catholic Charities Food Bank **AAA-Terrebonne** Parish Houma Food Bank **CCHT-Raceland Food Bank** Cancer Ctr. of Thibodaux Regional Medical Ctr. CCHT-St. Lucy Day Care Leonard Chabert-Oncology Pt. Assist. Grant Chez Hope Sallie Astor Burdine Foundation **Terrebonne** Parish **Bridge House**

Table 4. Survey Review Participants

TGMC Board of Commissioners

Morris P. Hebert, Chairman Mr. Daniel Henry Mr. Craig Stewart Dr. Raul Doria Craig Dalferes Mr. Michael Bergeron Mr. J. Louis Watkins, III, Mr. Robert Picou, Jr. Mr. Kevin Belanger Garland Aycock, D.D.S.

Medical Staff Performance Improvement Committee Members

Dr. Robert Gamble, Cancer Care Specialists Dr. Abayomi Sanusi, Omnicare Medical Clinic, LLC Dr. Mary Eschete, Infection Control Practitioner Dr. Ruthanne Gallagher, Bayou Pediatrics Association Dr. Eric Jukes, Haydel Medical and Surgical Clinic Dr. Vinod Nair, Cardiovascular Institute of the South Dr. Christine Albrecht Dr. Owen Grossman, Emcare

TGMC Executive Team

Phyllis Peoples, President & CEO Diane Yeates, Chief Operating Officer Sid Hutchinson, Vice President of Clinical Ancillary Services Teresita McNabb, Vice President of Nursing Services Dean Verret, Vice President of Financial Services Mary Miller, Vice President of Physician Services Laura Poole, Assistant Vice President of Nursing

Patient Advisory Council

Dr. Eric Jukes Ron Brooks Teresa Bergeron Lydia Babin Robert Boudreaux Willie Glaze Geraldine Jones Kelly Marcantel Ruth Morris Gwen Talbot Brian Robichaux Lisa Positerry Mary Chauvin

Other participants

Rhonda Alfred, Director, Marketing and Planning Ann Dupre, Marketing and Planning Kellie Walters, Marketing and Planning Paul Labat, The Foundation for TGMC Table 5. Community Health Needs Survey Tool

2012 COMMUNITY HEALTH NEEDS ASSESSMENT (TER1019)

Hello, I am _____ with Strategic Marketing & Research. We are helping one of the local hospitals conduct a research study on the health care needs of Terrebonne Parish residents. This survey is part of a project studying ways to improve the health care and health education services for our community.

[IF NECESSARY, READ]: Your number has been chosen randomly to be included in the study, and we'd like to ask some questions about things that may affect your health. Your answers will be kept completely confidential.

S1 Do you or does any member of your household work for a local hospital?

Yes [THANK & DISCONTINUE]

S2 Are you under or over the age of 65?

0=Refused

No

2=65 years and older [NOT to exceed 80]

S3 May I have your Zip code?

City of Houma (n=250) 1=70360		
2=70361		
3 =70363 TERMINATE] 4=70364	99=Other [THANK &	
South Terrebonne (n=75) 5=70343 (Bourg)	North Terrebonne (n=75) 10=70352 (Donner)	
	10-70332 (Donner)	
6=70344 (Chauvin)	11=70356 (Gibson)	
7=70353 (Dulac)	12=70359 (Gray)	

8=70377 (Montegut)

13=70395 (Schriever)

9=70397 (Theriot)

1 Personally, which medical problem are you most concerned about for yourself and your immediate family members? [UNAIDED]

0=[DO NOT KNOW/REFUSED]	9=dermatitis/skin conditions
1=alcohol or drug abuse	10=diabetes
2=allergies/sinus problems	11=high blood pressure
3=Alzheimer/Parkinson's	12=heart disease
4=arthritis/rheumatism bronchitis, emphysema)	13=lung problems (i.e., asthma,
5=breast disease/breast cancer	14=mental or emotional problems
6=back problems/chronic back pain	15=prostate problems/prostate cancer
7=cancer	16=weight problems/overweight
8=cigarette smoking	99=other, specify:

2 Please tell me if you have a history of any of the following illnesses in your family.

[AUTOMATIC RO	TATION a-g]	Yes	No	Dł
a. Heart disea	se	1	2	0
b. Cancer		1	2	0
c. Diabetes or	high blood sugar	1	2	0
d. Stroke or cl	nest pains	1	2	0
e. Chronic obs	structive pulmonary disease such as chronic bronchitis and	1	2	0
f. Obesity		1	2	0
g. Orthopedic	problems with bones, joints, or muscles	1	2	0

3 Would you say that, in general, your health is [READ RESPONSES]:

5=excellent	2=fair
4=very good	1=poor
3=good	0=[DO NOT KNOW/REFUSED]

When you need medical care, where do you most often go [READ LIST]?
 0=[DO NOT KNOW/REFUSED]
 1=doctor's office
 2=clinic
 9=other,

specify:

5 About how long has it been since <u>you</u> last visited a doctor for a <u>routine checkup</u>? 0=[DO NOT KNOW/REFUSED] 1=never 2=within the last 6 months 3=within the last 12 months

6a In the last 12 months, have you had any trouble getting in to see a doctor? 0=[DO NOT KNOW/REFUSED] [SKIP TO Q7] 1=yes 2=no [SKIP TO Q7]

6b Which type of doctor did you have trouble getting in to see?

0=[DO NOT KNOW/NONE] 1=family physician/general practitioner 2=internal medicine 3=obstetrician/gynecologist 4=ophthalmologist (eyes) 5=orthopedics 6=ENT (Ear, Nose, & Throat) 7=pediatrician 8=general surgeon 9=oncologist (cancer) 10=cardiologist (heart) 11=urologist 12=neurologist/neuro-surgeon 13=rheumatologist 14=psychologist 99=other, specify:

7 Which type of physician, if any, do you feel is most needed in your community? [UNAIDED]

0=[DO NOT KNOW]	8=general surgeon	
1=family physician/general practitioner	9=oncologist/cancer	
2=internal medicine	10=cardiologist/heart	
3=obstetrician/gynecologist	11=urologist	
4=ophthalmologist (eyes)	23=psychiatrist	
5=orthopedics	19=allergist	
6=ENT-Ear, Nose, Throat	27=neurologist	
7=pediatrician	99=other, specify:	

8a In the last two years, have you or has any member of your household traveled outside of Terrebonne Parish to obtain medical care from a <u>doctor</u>?
 0=[DON'T KNOW/REFUSED] [SKIP TO Q9]
 1=yes 2=no [SKIP TO Q9]

8b Which type of doctor did you use outside of your local area?

0=[DO NOT KNOW/NONE]	8=general surgeon
1=family physician/general practitioner	9=oncologist (cancer)
2=internal medicine	10=cardiologist (heart)
3=obstetrician/gynecologist	11=urologist
4=ophthalmologist (eyes)	12=neurologist/neuro-surgeon
5=orthopedics	13=rheumatologist
6=ENT (Ear, Nose, & Throat)	14=psychologist
7=pediatrician	99=other,specify:

8c What is the main reason you used a doctor located outside of your local area? [NOTE: IF RESPONDENT SAYS – HAVE ALWAYS USED THAT DOCTOR – PROBE: Why did you begin using that doctor?]

0=[DO NOT KNOW/REFUSED]	7=referred/recommended by a local
doctor	
1=type of doctor/specialist needed not available locally	8=previous doctor moved/retired/died
2=better doctors/specialists	9=insurance reasons/required by
health plan	
3=not enough local physicians to choose from	10=moved from area/continued using
physician	
4=local physicians not good enough	11=work in area
5=previous bad experience with local physicians	12=ER/closest at the time
6=local doctors not accepting new patients	13=needed second opinion
99=other, specify:	_

BASIC HEALTH SCREENINGS/PREVENTIVE HEALTH

9	About how long has it been since you last had your blood pressure checked?		
	0=[DO NOT KNOW/REFUSED]	4=within the past 2 years	
	1=never	5=within the past 3 years	
	2=within the last 6 months	6=over 3 years ago	
	3=within the last 12 months		

10	0 About how long has it been since you last had your blood cholesterol checked?		
10	0=[DO NOT KNOW/REFUSED]	4=within the past 2 years	
	1=never	5=within the past 3 years	
	2=within the last 6 months	6= within the past 5 years	
	3=within the last 12 months	7=over 5 years ago	
11	During the past 12 months, have you had a flu sho	t?	
	0=[DO NOT KNOW/REFUSED]		
	1=yes	2=no	
12	Have you ever had a pneumonia vaccination?		
	0=[DO NOT KNOW/REFUSED]		
	1=yes	2=no	
WO	MEN'S HEALTH – ASK TO WOMEN ONLY	SKIP MALE RESPONDENTS TO	
	<u>Q18</u>		
13	A Mammogram is an x-ray of the breast to look for	r cancer. How long has it been since	
	you had your last breast x-ray, if ever?		
	0=[DO NOT KNOW/REFUSED]	4=within the past 2 years	
	1=never	5=within the past 3 years	
	2=within the last 6 months	6=over 3 years ago	
	3=within the last 12 months		
14	A clinical breast exam is when a doctor, nurse, o	ar other health professional feels the	
14	breast for lumps. How long has it been since you has	-	
	0=[DO NOT KNOW/REFUSED]	4=within the past 2 years	
	1=never	5=within the past 3 years	
	2=within the last 6 months	6=over 3 years ago	
	3=within the last 12 months	0-over 5 years ago	
	5-within the fust 12 months		
15a	Have you been shown how to examine your own	breasts for lumps, that is a breast	
	self-examination?	•	
	0=[DO NOT KNOW/REFUSED] [SKIP TO Q16]		
	1=yes	2=no [SKIP TO Q16]	
15b	How often do you do a breast self-examination? V	Vould you say:	
	0=[DO NOT KNOW/REFUSED] [DO NOT READ]		
	1=never [DO NOT READ]	3=once every one or two months	
	2=at least once a month	4=less often	

16 A Pap smear is a test for cancer of the womb. How long has it been since you had your last Pap smear, if ever? 0=[DO NOT KNOW/REFUSED] 4=within the past 2 years 1=never 5=within the past 3 years 6=over 3 years ago 2=within the last 6 months 3=within the last 12 months 17 Have you been screened for osteoporosis by your physician? 0=[DO NOT KNOW/REFUSED] 2 = no1=yes ***** SKIP FEMALE RESPONDENTS TO Q22 ***** **MEN'S HEALTH – ASK OF MEN ONLY** 18 Have you been screened for prostate cancer? 0=[DO NOT KNOW/REFUSED] 1=yes 2=no **19** Have you ever had an examination of the testicles or scrotum by a physician? 0=[DO NOT KNOW/REFUSED] 1=yes 2=no20a Have you been shown how to examine your testicles or scrotum for lumps or swelling? 0=[DO NOT KNOW/REFUSED] [SKIP TO Q21] 1=yes 2=no [SKIP TO Q21] 20b How often do you check your scrotum? Would you say: 0=[DO NOT KNOW/REFUSED] [DO NOT READ] 1=never [DO NOT READ] 3=once every one or two months 2=at least once a month 4=less often 21 Have you been screened for osteoporosis by your physician? 0=[DO NOT KNOW/REFUSED]

1=yes

2=no

COLORECTAL CANCER SCREENING

22 The next series of questions applies to residents who are 50 years of age or older. Would that apply to you?

1 = yes/50 + yrs

2=no/under 50 yrs [SKIP TO Q24]

TGMC 36

23a A fecal occult blood test is the standard test used to screen for colorectal cancer. Have you ever had this screening and, if so, when was the last one?

0=[DO NOT KNOW/REFUSED]	
1=never	
2=within the last 6 months	
3=within the last 12 months	

4=within the past 2 years 5=within the past 3 years 6=over 3 years ago

23b A sigmoidoscopy (sig-moid-os-ka-pe) exam is when a tube is inserted in the rectum to check for cancer and other health problems. Have you ever had this exam and, if so, when was the last one?

0=[DO NOT KNOW/REFUSED]	4=within the past 2 years
1=never	5=within the past 3 years
2=within the last 6 months	6=over 3 years ago
3=within the last 12 months	

23c A colonoscopy is a standard test used to screen for colorectal cancer. Have you ever had a colonoscopy and if so, when was the last one?,

0=[DO NOT KNOW/REFUSED]	
1=never	5=within the past 10 years
2=within the last 1 year	6=over 10 years ago
3=within the last 5 years	

CHILDREN'S HEALTH

24 If you have children 18 or younger, I would like to ask you some questions about the health care of one of your children - the child who had the last <u>birthday</u>. How old is that child?

99=[DO NOT HAVE ANY CHILDREN] [SKIP TO Q28]0=less than one year98=[DO NOT KNOW/REFUSED] [SKIP TO Q28]years

- About how long has it been since that child visited a doctor for a routine checkup?
 0=[DO NOT KNOW/REFUSED]
 1=never
 2=within the last 6 months
 3=within the last 12 months
- 26 Has that child had all of his/her baby shots or school shots that children of his/her age are supposed to have?

0=[DO NOT KNOW/REFUSED] 1=yes

2=no

0=[DO NOT KNOW/REFUSED]

27	Are any of your children considered overweight for their age?	
	0=[DO NOT KNOW/REFUSED]	
	1=yes	2=no

TOBACCO USE

28 Have you smoked at least 100 cigarettes in your entire life, which would be about 5 packs?

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0=[DO NOT KNOW/REFUSED] [SKIP TO Q32]
1=yes 2=no [SKIP TO Q32]
```

29	Have you smoked a cigarette within the last 30 da	ys?
	0=[REFUSED] [SKIP TO Q32]	
	1=yes	2=no [SKIP TO Q32]

30 During the past 12 months, have you quit smoking for one day or longer? 0=[DO NOT KNOW/REFUSED] 1=yes 2=no

31 How likely would you be to participate in a program designed to help you stop smoking? [READ RESPONSES]
5=definitely would 2=not likely 4=very likely 1=definitely not

3=somewhat likely

PARTICIPATION IN COMMUNITY OUTREACH PROGRAMS

32	Do you know how to perform CP 0=[DO NOT KNOW/REFUSED]	R?
	1=yes	2=no
33	In the last 12 months, did you par 0=[DO NOT KNOW/REFUSED]	ticipate in any community health screenings?
	1=yes	2=no
34	In the last 12 months, did you attend any community health education classes? 0=[DO NOT KNOW/REFUSED]	
	1=yes	2=no
35	Have you ever had a cardiac scree	ening?

35 Have you ever had a cardiac screening? 0=[DO NOT KNOW/REFUSED] 1=yes 2=no

36a Do you know some of the early warning signs and symptoms of a heart attack? 0=No/do not know

99=Other/specify:

36b Do you know some of the early warning signs and symptoms of a stroke? 0=No/do not know

99=Other/specify:

37	How do you seek health related information?	
•	0=[DO NOT KNOW/REFUSED]	5=doctors/physicians
	1=Internet	6=family
	2=television	7=friends
	3=talk show	
	4=newspaper	99=Other specify:
DEMOGRAHICS These last few questions are for statistical purposes only.		
38	May I have your age?	years
39a	Are you covered by health insurance, Medicaid, Mexpenses yourself?	Iedicare, or do you pay for medical

0=[DO NOT KNOW/REFUSED] [SKIP TO Q40]

1=Health Insurance [through an employer or an individual policy]

2=Medicaid (Medical Card) [SKIP TO Q40]

3=Medicare [SHOULD BE AT LEAST 65, VERIFY IF YOUNGER] [SKIP TO Q40]

4=Not insured/Self Pay [SKIP TO Q40]

5=VA/CHAMPUS/Military [SKIP TO Q40]

39b Which company provides your PRIMARY health insurance coverage? **[DO NOT READ - IF MORE THAN ONE, MAKE SURE RESPONDENT GIVES YOU** THE **PRIMARY** INSURER] 0=[DON'T KNOW/REFUSED] 3=United Healthcare 1=Blue Cross Blue Shield of LA 4=Aetna 2=CIGNA 5=Gilsbar 9=Other, specify: 40 Which of the following best describes you? 0=[DO NOT KNOW/REFUSED] 2=currently married 1=never been married 3=previously married What is the highest grade or year of school you completed? 41 0=[DO NOT KNOW/REFUSED] 3=some (1-3)college years)/vocational/technical 1=less than high school 4=college graduate/bachelor's degree 2=grade 12 or GED (high school graduate) 5=postgraduate degree (Master's, M.D., Ph.D., J.D) 42 Please stop me when I reach your total family household income: 1=under \$25,000 4=\$75,000 to \$99,999 2=\$25,000 to \$49,999 5=\$100,000 and over 3=\$50,000 to \$74,999 0=[REFUSED] 43a About how much do you weigh without shoes? 0=[DO NOT KNOW/REFUSED] __ pounds **43b** About how tall are you without shoes? [RECORD FEET AND INCHES. THEN, **CONVERT TO INCHES**] 0=[DO NOT KNOW/REFUSED] _____ feet _____ inches inches (convert everything to inches) 44 Finally, which of the following best describes your race: Caucasian/White, African descent/Black, Asian, Hispanic, or some other race? 0 n

0=[DO NOT KNOW/REFUSED]	3=Native American
1=White/Caucasian	4=Hispanic
2=Black/African	6=Asian

45	[DO NOT ASK: SIMPLY RECORD] Gender	1=male
		2=female



Terrebonne General Medical Center

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