

Reaching out to our community

2013 Community Benefit Report



Can you identify the disease that kills more Hillsborough County residents than any other disease?

Can you name any of the most significant healthcare issues facing Hillsborough County?

The answers to these questions are contained in a community health needs assessment (CHNA) conducted by Tampa General Hospital (TGH) in 2013. TGH performed this review as part of the requirements of the Patient Protection and Affordable Care Act.

The goal of the CHNA is to identify the major healthcare issues in a hospital's service area and how the hospital is addressing those issues. The assessment identified eight significant healthcare issues:

- **Asthma**
- **Cancer**
- **Cardiovascular disease**
- **Communicable diseases**
- **Diabetes**
- **Access to health care**
- **Mental health**
- **Obesity**

For the purposes of this report, we will focus on how TGH is addressing two of these issues: **cardiovascular disease** and **obesity**.

Let's begin with the disease that is the leading cause of death in Hillsborough County - **cardiovascular disease**. Cardiovascular disease, often called heart disease, generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves, or rhythm, also are considered forms of heart disease.

Tampa General has a community health education department that offers many free screenings throughout the community. Residents can have their blood pressure, cholesterol and glucose levels checked, all of which may affect cardiovascular health.

Hospital staff provides information about risk factors and helps educate people about their individual screening results. They also may recommend a follow-up plan for those people with screening results that warrant additional action.



Free classes are offered to educate people about healthy lifestyle changes that can reduce the risk of cardiovascular disease, such as smoking cessation and nutrition. Some examples of these classes include:

Nutrition is Medicine - Proteins, Carbohydrates, Fats; Active Living Every Day; and Healthy Eating Every Day, to name just a few.

Active Living Every Day is an evidence-based program that targets people with cardiovascular disease. It employs proven behavior change education models that help people overcome barriers to physical activity. The goal of

these classes is to help participants generate 150 minutes of moderately intense activity each week.

This activity does not have to be structured, but instead can become a part of your daily life. It can include such behaviors as parking a bit further from your destination, taking stairs instead of elevators, taking a few extra laps around the grocery store, or indulging in a few extra squats while gardening.

Class sessions are bolstered by online tools that provide support and guidance as participants work to achieve activity goals.

During the 12-week class, participants experience the positive impact increased activity has on their health - increased energy, reduced stress, healthier weight, and a reduced risk of heart disease.

Another concern that can trigger a wide range of serious health issues is **obesity**. The medical problems associated with being overweight are a growing national concern, and Hillsborough County has not been spared. The good news is people can tackle obesity with the right education, tools and encouragement – and TGH is addressing this problem with the same arsenal it is using to address cardiovascular disease.

Obesity is often a result of poor dietary habits. In fact, being overweight is a risk factor for developing cardiovascular disease and diabetes. As with cardiovascular disease, people grappling with weight issues can benefit from lifestyle changes.

Tampa General has rolled out another evidence-based program to help give people the right tools to attack obesity. **Healthy Eating Every Day** also relies on proven behavior change education models to promote healthier eating habits. It's an interactive program built on discussions with expert staff, self-assessments to identify areas for improvement, the use of food journals to track eating (“If you bite it, write it”), and goal setting.



Self-assessments designed to track progress are conducted at the beginning, middle and end of the 14-session program. Participants are taught meal planning skills built around their individual lifestyles to promote better nutrition. Food diaries are eye-opening exercises for many participants who are often unaware of how much they snack as they watch television or sit at their computers.

As they progress through the program, participants grow to understand how eating affects health, and what lifestyle changes they need to make to stay healthy. In short, unlike many weight loss efforts, the goal of **Healthy Eating Every Day** is not to lose weight; it is to change lifestyles, with weight loss being a byproduct of this lifestyle change.

These are just two examples of how Tampa General is addressing the significant health needs identified in the community health needs assessment. We are working to increase the number of evidence-based health education classes in targeted areas. We will partner with different healthcare providers so they can encourage at-risk patients to attend support groups and education classes, as well as take advantage of our health screenings.

Community Benefit

Tampa General Hospital
From IRS Form 990, Schedule H
Fiscal Year End 9/30/2013

The Patient Protection and Affordable Care Act contains a provision for Tampa General to issue a financial report on the level of community benefit the hospital provides each year. Here is our community benefit report for 2013,

Community benefit is defined as:

- Charity care and other financial assistance on behalf of uninsured and low-income people
- Subsidized health services
- Financial and in-kind contributions to local charities
- Health professions education
- Research
- Community health improvement

As part of its overall community benefit, Tampa General Hospital annually provides almost \$1 million to other community not-for-profit organizations, and more than \$2 million to community health improvement and community benefit operations.

Community Benefit at Cost

Charity Care & Other Means-Tested Programs

Charity Care at Cost.....	\$46,619,550
Unreimbursed Medicaid.....	\$20,532,109
Unreimbursed Costs	
- Other Means-Tested Gov't Programs	\$17,354,846
Total Charity Care.....	\$84,506,505

Community Health Improvements & Community Benefit Operations.....	\$2,497,217
Health Professions Education	\$24,168,493
Research.....	\$389,249
Subsidized Health Services.....	\$3,854,220
Cash & In-Kind Contributions to Community Groups.....	\$948,776
Total Other Benefits.....	\$31,857,955

Total Community Benefit at Cost..... \$116,364,460

NOTE: All community benefit costs are net of any reimbursement received from federal, state or local government sources, patients and private funding sources.