

## **Sanford Health 2013 Community Benefit Annual Report**

### **Overview and Purpose**

Sanford Health is an integrated health system headquartered in the Dakotas and is now the largest rural, not-for-profit healthcare system in the nation with locations in 126 communities in nine states. In addition, Sanford Health is in the process of developing international clinics in Ghana, Israel and Mexico. Sanford Health includes 39 hospitals, 140 clinic locations, and 1,360 physicians in 81 specialty areas of medicine. With more than 26,000 employees, Sanford Health is the largest employer in North and South Dakota. The system is experiencing dynamic growth and development in conjunction with Denny Sanford's nearly \$700 million in gifts, the largest ever to a healthcare organization in America. These gifts are making possible the implementation of several initiatives including global children's clinics, multiple research centers and finding a cure for Type 1 diabetes and breast cancer.

### **Our Mission:** *Dedicated to the Work of Health and Healing*

We provide the best care possible for patients at every stage of life, and support healing and wholeness in body, mind and spirit.

### **Our Vision:** *To improve the Human Condition through Exceptional Care, Innovation and Discovery*

We strive to provide exceptional care that exceeds our patients' expectations. We encourage diversity in thought and ideas that lead to better care, service and advanced expertise.

### **Our Values:**

- **Courage:** *Strength to persevere, to use our voice and take action*
- **Passion:** *Enthusiasm for patients and work, commitment to the organization*
- **Resolve:** *Adherence to systems that align actions to achieve excellence, efficiency and purpose*
- **Advancement:** *Pursuit of individual and organizational growth and development*
- **Family:** *Connection and commitment to each other*

### **Our Promise:** *Deliver a flawless experience that inspires*

We promise that every individual's experience at Sanford—whether patient, visitor or referring physician—will result in a positive impact, and for every person to benefit from a flawless experience that inspires.

### **Guiding Principles:**

- *All healthcare is a community asset*
- *Care should be delivered as close to home as possible*
- *Access to healthcare must be provided regionally*
- *Integrated care delivers the best quality and efficiency*
- *Community involvement and support is essential to success*
- *Sanford Health is invited into the communities we serve*

Support for our mission is demonstrated throughout our Community Benefit work. Sanford Health is a non-profit organization developed to provide the best care possible for patients at every stage of life and to support healing and wholeness in body, mind and spirit. We are inspired by the communities that we serve and we strive to remain a diligent corporate citizen that meets the health needs of these communities.

The purpose of this Community Benefit Annual Report is to communicate the work that has transpired during fiscal year (FY) 2013 and also to discuss the 2012-2013 community health needs assessment and implementation strategies for 2014-2016. The rational standard for Community Benefit at Sanford Health is to meet our charitable purpose and to fulfill the requirements of a not-for-profit health system. During FY 2013 Sanford Health contributed \$321,144,164.00 as Community Benefit.

During 2012-2013 Sanford conducted a community health needs assessment for each of our hospital facilities. During the assessment process Sanford collaborated with numerous community key stakeholders and community partners. The collaborative nature of this work proved to be a beneficial outcome of the process, and the collaboration continues among communities as the unmet needs are addressed.

The 2010 Patient Protection and Affordable Care Act (PPACA) requires that each hospital must have: (1) conducted a community health needs assessment (CHNA) in the applicable taxable year that starts two years after the date of enactment which was March 2010; (2) adopted an implementation strategy for meeting the community health needs identified in the assessment; and (3) created transparency by making the CHNA report available to our publics.

Implementation strategies have been adopted for each medical center within our organization and the reports and strategies are posted on our Sanford web site at: <http://www.sanfordhealth.org/About/CHNA>

The Sanford Health Community Benefit Strategic Objectives include:

1. Collaborate with communities to identify unmet community health needs and under-served populations.
2. Address under-served populations and unmet needs.
3. Implement coordination and strategic management of Sanford Health's Community Benefit efforts.
4. Improve the health of the communities we serve.

**Objective One: Collaborate with communities to identify unmet community health needs and under-served populations**

The unmet community needs were identified through the 2005 and 2008 community health needs assessments. The identified priorities are:

- Mental Health
- Chronic Disease
- Childhood Obesity
- Family HealthCare Center
- Aging Services
- Other identified needs and concerns of the Faith Communities Advisory Group include transportation to medical services and poverty/hunger

During the 2012-2013 CHNA process Sanford convened a collaborative group to determine methodology, data sets and indicators that would be helpful to assess overall community health. The following needs were identified and prioritized as enterprise implementation strategies and will be addressed in FY 2014-2016:

- Mental Health
- Obesity

## **Objective Two: Address under-served populations and unmet needs**

Sanford Health continues to actively work to meet the identified needs of the communities within our footprint. Key actions taken to support those under-served community members in FY 2013 include the following:

### Transportation

Transportation to specialty care medical services is a need in most of our communities. Actions taken to address transportation during FY 2013 in the Fargo Region include the administrative leadership to assist with contributions from the Community Care and Friends of the Family programs which support cab and bus assistance. In some communities the volunteer EMS Program includes Sanford employees who are available during work time to assist with EMS/ambulance calls.

### Poverty and Hunger

Poverty and Hunger remain within our footprint. The percent of the population with an income of less than 100% of the Federal Poverty Guideline or FPG (\$23,050 for a family of 4) is 12% in North Dakota, 11% in Minnesota and 14% in South Dakota. The national benchmark for this indicator is 14%.

### Uninsured and Community Care Programs

Sanford cares for the needs of those living in poverty by providing medical services at no cost for those who live at less than 225% of the FPG. The program that assists people living in poverty is called the Community Care Program. Healthcare services are provided at no cost or reduced cost (for those within 226-375% of the FPG) to patients within its service area in Minnesota, South Dakota, Nebraska, Iowa and North Dakota who qualify for the Community Care Program.

Sanford Health supports the United Way throughout our footprint with a corporate contribution each year. Sanford leaders also serve on numerous United Way boards and committees and assure that the needs of the community are understood. Employees contribute a sizable amount to the United Way through the employee campaign each year, and employees volunteer numerous hours through United Way coordinated community events.

Sanford provides subsidized continuing care and home care services and a discounted or free prescription drug program.

### The Homeless Population

The homeless population growth in the Fargo Moorhead area was determined through a 2012 Wilder Study where 874 homeless people were identified. The homeless population grew 15% in the Fargo-Moorhead area from 2009 - 2012. Children make up 15% of the homeless population.

Approximately one-third of the male homeless met the federal definition of chronic homeless or long-term homeless for one year or more or more than four times within three years. Veterans make up 32% of the homeless males in Fargo and 20% of the homeless males in Moorhead. Over one-quarter of the homeless are American Indian.

Sanford supports the shelters for the homeless and in Fargo the Church Sheltering partnership between Sanford Medical Center and area churches (which goes into effect when local homeless shelters are over capacity) are operational during the colder months.

### Shelter Nurse Program

The Fargo Shelter Faith Community Nurses (SFCN) are located at the YWCA and Churches United for the Homeless Shelters. During FY 2013 the SFCNs spent 2,600 hours meeting with patients, providing assessments, making referrals for services in the community, or providing education regarding personal health. The SFCN works with those who are homeless and refers them to resources in a timely manner to address health issues and reduce the risk of unnecessary admissions or readmissions to the hospital. The contacts included 1,437 health counseling

interventions. The nurses worked with 262 children under the age of 18; however, the age span of the homeless population at the shelters ranged from less than one year to over 80 years of age. Emergency Center utilization has decreased since the implementation of the SFCN program. In FY 2013 the SFCN was able to avert 7 ambulance rides (estimated at \$1,925), 183 Emergency Room visits (\$79,239), and 122 visits to the urgent walk-in clinic.

Additional Sanford services and interventions to assist those living in poverty and to address homelessness include:

- Sanford Health Fargo Region partners with the community and the Coalition for Homeless Persons to provide support for the Cooper House shelter nurse. The Cooper House provides shelter and nursing services for the homeless who are chemically addicted and not able to secure other means of housing.
- Support for Churches United for the Homeless and the Cooper House.
- The Fargo-Moorhead Homeless Connect, a health and community services fair, addresses the needs of the homeless and supplies services such as dental care, job coaching, haircuts, job location, etc.
- Contributions through the Great Plains Food Bank and to the Daily Bread Program amounted to over \$21,168 during FY 2013.
- Sanford Health Social Services contributed information and referrals to community services for those in need.
- The Friends of the Family program contributed to over 2,800 people who needed help with transportation to healthcare and other services while away from their home community.
- Employee delivery of Meals on Wheels.

#### *The Family HealthCare Center in Fargo*

Sanford Health Fargo Region supports the Family HealthCare Center (FHC) by providing lab services, quality support from the Sanford biomed team, and administrative support to FHC leadership. A Sanford leader serves on the board of directors for FHC.

The Family HealthCare Center (FHC) is a federally-funded clinic that serves a population that is diverse and predominantly under-served or under-insured. The missions of FHC and Sanford are closely aligned. The intent of the October 2, 2006 Statement of Support is to proactively plan together priority work that will be beneficial to providing the highest quality of care for both organizations. The Sanford contribution is reported in terms of cost, not charges.

During FY 2013 Sanford Health made a Community Benefit contribution to FHC of \$791,330 through the following means of support:

- Continued support of operations by providing administrative leadership through the Chief Financial Officer for the Medical Center and through a Sanford Vice President who serves on the Center's Board of Directors.
- Provision of interpreter services as necessary.
- Provision of in lab services of \$777,812.
- Imaging services support through monthly quality inspection by the Sanford radiology physics team and biomed.

#### **Objective Three: Implement coordination and strategic management of Sanford Health's Community Benefit efforts**

Community partnerships have been developed to address identified community needs. Strategy and measurement outcomes are in place to monitor changes in the following areas of focus:

- Support for the United Way with a corporate contribution of \$211,000 during FY 2013.
- The Adopt-a-School partnership with Sanford Health and the Horace Mann/Roosevelt (HMR) schools has had a positive community health impact since the program's inception in 1999. During FY 2013 Sanford employees provided 1,100 volunteer hours to the HMR students by serving as mentors, classroom readers, and healthcare professionals providing special events. The healthcare professionals included a registered nurse, an EMT, a respiratory therapist, a child safety specialist, and a marketing/public

relations specialist. During the 2012-2013 school year the discipline report stated that 77% of the 30 students participating in the Sanford mentoring program did not have a discipline referral, and 79% of the students were either advanced or proficient on the North Dakota State Assessment in reading. Notably, 100% of the students participating in the Sanford mentoring program were either advanced or proficient on the North Dakota State Assessment in math. For the third year in a row HMR had the highest test scores in reading and math of all Fargo Public Schools (based on the North Dakota State Assessment taken by the students in grades 3-5).

- Dental healthcare can be a major factor in the student's ability to do well in school. According to the Kaiser Commission (2008), dental caries (tooth decay) is the single most common chronic disease of childhood, affecting nearly six in ten children in the United States – which is five times as many children as those with asthma. About 25% of all children have untreated caries in their permanent teeth. Sanford began to facilitate dental screening services for the students of HMR during the 2008 school year and have continued to screen annually since that time. In the 2013 school year, 253 students participated in the dental screening program. Of those who were screened, there were 62 referrals for additional dental care, and of those 62 referrals, there were 12 students who had urgent dental needs. This dental screening is a collaboration between HMR Elementary School, Sanford Health, and the Moorhead State Community and Technical College dental hygienist and dental assistant program.
- Each year a community asset directory is posted on the Community Benefit website. This directory is a valuable tool for those who make referrals to community services and programs such as the Faith Communities Advisory Group members and parish nurses. This directory is part of the 2008 community asset mapping work and our action plan to address the identified community. It can be found on the Sanford website at [http://www.sanfordhealth.org/Content/Pdfs/About/CommunityBenefit/Resource\\_Directory\\_August\\_2012.pdf](http://www.sanfordhealth.org/Content/Pdfs/About/CommunityBenefit/Resource_Directory_August_2012.pdf)
- Sanford's Patient and Family Resource Center is open to the public. The library consists of 200 free pamphlet titles. The center can be accessed for personal Internet searches and guided Internet searches. Registered nurses and staff are available to help with personalized reference services and the reference questions are answered in person, by phone, or by e-mail. The services are provided at no charge to the customers. During FY 2013 there were 5,775 people who utilized the services at the Patient and Family Resource Center.
- The My Sanford Nurse Program, formerly known as the Ask-A-Nurse Program telephonic service, is available to the entire region and beyond. The nurses served 81,026 individuals during FY 2013, provided a Community Benefit contribution of \$1,261,200, and logged 34,120 nurse staff hours.
- Collaborative partnerships include the Patient Advisory Councils, which were formalized through the Board of Trustees in 2005.
  - The Children's Hospital and Clinic Family Advisory Council is a parent membership group that meets as an advisory about the services, quality and satisfaction with the care at the Children's Hospital. The members of this advisory council have provided input on the development of the Neonatal Intensive Care (NICU) visitation policies and ideas for the development of a NICU Family Advisory Council.
  - The NICU Family Advisory Council began as a formal group during 2011. Parents participate in the advisory group and members from outside of Fargo attend by teleconference. The agendas are developed from assessing the parents to determine what topics are important for them. Such items include parents wanting a mechanism to become more interconnected after discharge to provide a support network for each other and their families. The parent group has branched out to other services that are available throughout the region including Family Voices of ND and MN, the Early Intervention and the Experienced Parent Project, and the Parent Connections weekly meetings which are facilitated by an experienced parent and contribute to consistent care team patient care development through the NICU primary nursing group. The quarterly newsletter for parents and by parents was launched and includes inspirational stories, useful educational topics, and information to help guide parents through the journey during and after the NICU. The group

is also planning a Parent Survival Guide, a NICU Parent Checklist, and benchmarks for going home.

- The Faith Communities Advisory Group (FCAG) was established in 2005. The charter lists four purposes for the group: to preserve the historic relationship between Sanford Health and area faiths, to improve communication between Sanford Health and faith communities, to give input to the Board of Trustees on quality of care and services, and to provide a faith-based perspective to management. Each faith community is invited to send two representatives to the quarterly group meetings (a faith leader and one other representative) based on amendments made to the original charter. Accomplishments of the Faith Communities Advisory Group over the past year include the following:
  - Presentations to the Fargo FCAG included regional updates on homelessness, Native Americans moving beyond survival, nurturing the design of the new Sanford Fargo Medical Center, and improving health through a community health needs assessment.
  - The Wahpeton FCAG focused efforts on Faith Community Nursing in the area and the launch of the Back Pack Program which provides weekend meals to children of low-income families.

#### **Objective Four: Improve the health of the communities we serve**

This objective is addressed through the strategic plan for disease management, childhood obesity, mental health and aging services. The following action steps were taken during FY 2013 to address the assessed health needs of the communities we serve:

##### *Disease Management*

The leading causes of death in North Dakota, South Dakota, Minnesota, and Iowa include heart disease, stroke, Alzheimer's, chronic obstructive pulmonary disease (COPD), and diabetes.

Sanford Health has noted a gain from 2012 in unique patients with all of the leading disease diagnoses during FY 2013. The following examples demonstrate in part how Sanford is addressing the need to improve the lives of those who are diagnosed with a chronic disease:

- Sanford Heart Hospital in Sioux Falls is a certified chest pain center that supports the mission of improving the health of the community by offering education to the community on early recognition of signs and symptoms of heart attack and stroke. The program is leveraged throughout the Sioux Falls region bringing expertise to communities within our footprint. The chest pain center offers a heart screening which includes CT calcium score, EKG, cholesterol, blood pressure, body mass index, and the Framingham Score. Vascular screens include carotid ultrasound, ankle brachial index, and abdominal ultrasound. The Youth Heart Screen is a series of non-invasive tests that evaluate the heart health of children and young adults 12- 24 years of age. Sanford and WebMD have joined together to build an interactive website geared towards improving children's health by focusing education on health promotion and disease prevention. Additional efforts to impact heart health include cardiac nutrition classes, tobacco cessation programs, outpatient cardiac rehab, a healthy hunter challenge program, employee health programs, and by placing AEDs within the community.
- The multi-disciplinary Stroke Program was awarded the "Get with the Guidelines" Stroke Silver Plus Quality Achievement Award during FY 2013, demonstrating commitment and success in implementing a higher standard of stroke care according to nationally accepted standards and recommendations. This team was also recognized with recertification of their Joint Commission Primary Stroke designation during FY 2013, representing their continuing efforts to foster better outcomes for stroke care.
- The Better Choices, Better Health program provided \$108,436 in Community Benefit services through the complimentary provision of the chronic disease self-management program in Fargo and regional locations. The program was provided to 234 participants in FY 2013. The Better Choices, Better Health program equips participants with general self-management skills to help them make steps towards a healthier life and become more actively engaged in their own healthcare.
- The Sanford COPD inpatient care continues to show improvement in outcomes. Sanford received the Pulmonary Care Excellence award for 2014, 2013, and 2012 for superior outcomes in COPD and

pneumonia care and Sanford Fargo is the only “Top-Performing Hospital” for COPD care in the state of ND. The percentage of inpatients receiving evidence-based recommended care is at the highest level since our initiative began in 2008.

- Sanford Bismarck is working in partnership with the North Dakota Department of Health on a new strategy to initiate a comprehensive pre-diabetes behavior modification class. The class is designed specifically for people who do not have diabetes but have been flagged to be at high risk based upon screening results, family history and lifestyle. The class is led via a partnership of Sanford diabetes educators and Department of Health staff and features education materials tailored to this target population.
- Sanford Health supports the American Diabetes Association and the Tour de Cure in Fargo as well as the Step Out Walk to Fight Diabetes in Fargo and Grand Forks. Sanford provides healthcare for over 41,000 patients with a diabetes diagnosis and has contributed \$10,750 in cash and additional in-kind support to the ADA to advance the work to find a cure.
- Sanford contributed nearly \$17,000 in support for the National Kidney Foundation’s KEEP screening and the NDT (Nephrology-Dialysis Transplantation) conference.
- Sanford has developed an exclusive partnership with the American Heart Association and supports the Start Walking Program as a mechanism to provide public education about the risk factors of heart disease and stroke and what preventive measures can be taken to prevent these diseases. During FY 2013 Sanford contributed \$50,000 to the Start Program and to the Heart Walks in Fargo, Detroit Lakes and Grand Forks, and additional in-kind support for programs. Sanford continues to work in partnership with the American Heart Association and other healthcare partners throughout the state to assure that patients who experience a heart attack or stroke receive the appropriate life-saving care.
- Sanford contributed over \$13,000 to the 6<sup>th</sup> Annual Confident Living with an ICD program that had 150 participants from across the region.
- Sanford has placed health coaches in primary care locations. The health coach works one-on-one with patients who have been diagnosed with a chronic illness, helping them achieve wellness goals and improve self-management of their disease.
- Sanford supported the American Cancer Society with a contribution of over \$14,000 during FY 2013.
- Primary Prevention at Sanford Health starts with our commitment to invest in children. Sanford is addressing childhood obesity in an effort to prevent chronic disease in the future. Sanford is a partner in the Cass Clay Alive initiative in Fargo and Live Well Sioux Falls, as well as Live Well in Bemidji. Sanford Health in Bismarck is partnering with Public Health to address childhood obesity. Sanford Medical Centers in Canton-Inwood, Clear Lake, Webster, and Westbrook have all set strategies to address obesity in their communities.
- Sanford Medical Center Clear Lake is offering a life-saving gift to the community through free heart screenings for youth in grades 6-12 at Duel County Schools. The screenings check for heart abnormalities that can be life-threatening but often go undetected. Incidents of children dying from undetected hypertrophic cardiomyopathy and a community health needs assessment survey both pointed out that heart screenings for youth were important. The community in partnership with Sanford donated funds to screen up to 257 students during FY 2013. Parents give consent and the screens are conducted at the school. The non-invasive tests use high-tech diagnostic equipment and include an EKG, a limited echocardiogram, and a lab test to check for lipid disorders.

### Mental Health

Sanford One Mind is a new approach to addressing behavioral health in primary and specialty care clinics and medical centers. Sanford One Mind uses technology to conduct behavioral health screenings in order to identify behavioral health concerns as early as possible. Through deployment of Medical Home with fully integrated behavioral healthcare services, Sanford is providing patient-centered collaborative teams to meet the behavioral health needs of Sanford patients.

### Childhood Obesity

Sanford Health follows the American Academy of Pediatrics evidence-based guidelines developed by the National Childhood Action Network Expert Committee. All pediatric patients within the Pediatrics and Family Medicine services are assessed for BMI during the Bright Futures visits. Over 32% of the pediatric population at Sanford Health Fargo ages 2-19 years of age have a BMI greater than the 84<sup>th</sup> percentile. Pediatrics and Family Medicine provide the 5-2-1-0 Childhood Obesity Prevention Program handouts at provider visits. These handouts recommend at least five fruits and vegetables each day, no more than two hours of screen time daily (including computer time needed to complete school work), at least one hour of physical activity daily, and no sweetened beverages.

The Sanford Health *fit* initiative, a childhood obesity prevention initiative, continues to grow and mature as we work to refine our existing offerings to enable broad replication and meaningful use. Backed by the clinical experts of Sanford Health, *fit* educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of online resources for kids, parents, teachers and clinicians. *fit* is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food (nutrition), Move (activity), Mood (behavioral health), and Recharge (sleep). There were 200 pieces of new content added to the *fit* site over the last year. The site has received over 6M visitors since going live and averages over 100K visits each month. Visit the site by going to <http://fit.webmd.com>.

Sanford Health in partnership with Discovery Education developed *fit4theclassroom* that incorporates *fit* (healthy choice) topics into science and math curriculum. Proceedings from the first year include:

- The development of 10 lesson plans that were downloaded 8,000 times
- Use by 434,250 students
- Reached 33,000 schools (half of the total elementary schools in the U.S.) through use of the site, email, and print blasts and the Discovery Education Network.
- Had more than 15M impressions for *fit4theclassroom* and *fit*

An in-classroom *fit4schools* component is based on four key principles: MOOD, FOOD, RECHARGE, and MOVE. This component was first piloted in Vermillion, SD in three elementary schools and six classrooms. Now in its second pilot, the program is being offered in 37 classrooms.

The response to *fit* in Vermillion has been so great that the community has taken it upon themselves to also incorporate *fitCare*, *fitClub* and other activities throughout their community. Sanford continues to expand roll-out of *fit4schools* within other schools and cities across the Sanford region.

The *fitCare* program was developed with the State of South Dakota Department of Health to reduce childhood obesity. The Minnesota Extension Service is evaluating the roll-out in their state as well.

The *fitClub4Girls* is a revolutionary healthy lifestyle program to teach girls, 3<sup>rd</sup> – 5<sup>th</sup> grade, about making healthy choices. This program is entering its second year.

During FY 2013 the Family Fit Night “Energ-I-ze” was a popular series of events in the Fargo area. The Sanford Health Fargo Region licensed registered dietitians and exercise physiologists provided expert clinical guidance for the new Family *Fit* Night Programs in eleven area schools. These programs were scheduled on a monthly basis and provided educational sessions on health, nutrition and physical fitness, as well as providing a time for creative physical activity with children and family members. The local elementary schools were selected in partnership with TNT Kids Fitness and the Boys and Girls Club. Over 2,400 parents and children attended these events.

Weekly nutrition classes at Horace Mann/Roosevelt elementary schools continued this year. This is a weekly nutritional talk that is conducted in the cafeteria over the lunch period. The 155 students are very excited to welcome the Sanford community dietitian and Sanford exercise physiologist who provide a high energy talk based



on a weekly nutrition and fitness theme. A “quick facts” handout is sent home to the parents each week to reinforce the healthy recommendations both at home and at school.

Camp Fuel is offered in Sioux Falls, SD and Fargo, ND. The purpose of the camp is to dispel myths and media messages targeted at youth about nutrition, activity, body image and acceptance. The camp promotes a positive self-image and understanding of how our bodies use the “fuel” we eat and burn. Topics covered include:

- Nutrition knowledge of portions, eating out and reading labels
- Behavior change to make healthier nutritional choices
- Increasing activity at all levels and understanding of the importance of being physically active
- Positive self-esteem and body image

Sanford supported the Students of all Abilities Respected (SOAR) grant that the Fargo-based TNT Kids Fitness organization received for fitness and nutrition activities for the elementary schools in the Fargo-Moorhead area. Dietitians trained interns and provided in-kind contributions while developing curriculum and lessons for this program. The program served 350 students.

The adult weight management program “Honor Your Health” is a comprehensive wellness program developed by Sanford Health Fargo Region which focuses on evidenced-based nutrition standards, physical activity and behavioral health. This class is offered for adults and provides a basis for young parents as well as all adults to learn about health and wellness. This program is a comprehensive approach to healthy lifestyle practices and may facilitate healthy behaviors for families.

The Family Wellness Centers in Fargo and Sioux Falls offer many classes each week that address wellness for children and families in partnership with Sanford Health and the YMCA. The facilities have multiple group exercise rooms as well as classrooms for educational events. Children and families have numerous fitness options as well as classes that address health, healthy nutrition and healthy cooking. The Family Wellness Center is a place for the entire family with drop-in child care, a kid-friendly pool with water slide, swimming lessons and an open gym for free play.

The Sanford athletic training coverage at high school, college and local sporting events promotes wellness and fitness. During FY 2013 the Fargo athletic trainers contributed over \$1,278,000 in Community Benefit to local sports teams at sporting events. Sheldon contributed over \$10,000 and Worthington contributed over \$16,500 in Community Benefit for athletic training.

Sanford Bemidji participates in Active Living in the city of Bemidji. This collaborative continues to execute their strategic plan as a comprehensive model to address childhood obesity and other health prevention programs. This community collaborative works to change social norms to increase people's activities and eating behaviors.

Sanford Luverne has partnered with the area community leaders on the Community Health Improvement Program (CHIP) initiatives to improve community health and decrease obesity by implementing a community garden project to encourage the growth of fresh produce. The hospital has added locally grown foods to the cafeteria menu and fresh produce is used during the growing season. In addition, all nutrition information on menu items is posted in the cafeteria.

Sanford Jackson Medical Center supports and encourages children and adults to stay active. As the title sponsor of the Tri for Health, an annual triathlon that takes place at the end of June, Sanford is encouraging an active lifestyle for kids and adults of every level of skill. The two-day event served over 275 participants this past year from Minnesota, South Dakota and Iowa. The Tri for Health event started in 2009 with a morning event and has grown very quickly over the past five years. The main goal of the event is to create a fun way for families to stay healthy and to promote physical activity for everyone.

### Aging Services

The Better Choices, Better Health Program serves the aging population and helps them set chronic disease self-management goals. This program is offered in person in a classroom setting as well as online to assist community members throughout our footprint.

Sanford Health's Occupational Therapy providers present the Car Fit Program for the senior population.

Neilson Place, a long-term skilled nursing facility in Bemidji, Minnesota, opened in August of 2004. The new facility was part of a Sanford Health \$46.5 million dollar construction and renovation project and replaced the former Sanford Health Nursing and Rehabilitation Center. Neilson Place supports the social model of care philosophy. The social model focuses on caring for the elderly in a living place, versus the former medical model, a concept fashioned after hospital care.

Neilson Place consists of four neighborhoods. Mulberry is the neighborhood where many patients stay for short-term rehabilitation. The Mulberry neighborhood has 18 beds, two that are reserved for hospice patients. The other beds are for patients who need rehabilitation therapy, have complex wounds, need IV antibiotics, or other skilled-nursing care. Neilson Place offers physical, occupational, and speech therapy services. It has a large, well-equipped gym for strengthening and conditioning, mat tables for exercise, and stairs for climbing. The therapy department has a large wall of windows that provide natural light and a private door to an outdoor courtyard. Outdoor access allows the therapy staff to incorporate outdoor mobility into the patient's plan of care. During FY 2013 Sanford contributed over \$642,000 in Community Benefit to Neilson Place, and over \$46,000 to Baker Park House, a long-term care facility that is also in Bemidji.

Sanford Health Bemidji contributed over \$441,000 in FY 2013 to the aging population through subsidized continuation of care and home care services to help the aging population return home after hospitalization or medical procedures and to help the patients remain in their homes.

At Sanford Medical Center Fargo, the parish nurse program continues to support the aging population in our region. During FY 2013, 64% of the population served by parish nurses was 65 years or older, and the greatest number of contacts was made for those over the age of 80 years.

### Additional Community Benefit Contributions

- Sanford Medical Center demonstrates its commitment to providing Community Benefit through the following specific accomplishments:
- The Joint Commission's Advanced Certification of Distinction for Primary Stroke Center (Sanford Bismarck and Fargo)
- American College of Cardiology Foundation NCDR ACTION Registry - GWTG *Platinum Recognition Achievement Award* for high standard of care of heart attack patients (Sanford USD Medical Center, Sioux Falls and Sanford Bismarck Medical Center)
- American Heart Association gold standard in STEMI heart attack care and *Mission Lifeline Performance Achievement* for care of heart attack patients and STEMI (Sanford USD Medical Center, Sioux Falls)
- The Society of Cardiovascular Patient Care National Certification for Atrial Fibrillation (Sanford USD Medical Center, Sioux Falls)
- American Heart Association GWTG Silver Recognition for care of heart failure patients (Sanford USD Medical Center, Sioux Falls)
- The American Heart Association Mission Lifeline Heart Attack Receiving Center Accreditation (Sanford USD Medical Center, Sioux Falls)
- The American Academy of Sleep Medicine Center Accreditation (Sanford Medical Centers in Bismarck, Fargo and Sioux Falls)
- The American Nurses Credentialing Center's Magnet Recognition for quality patient care, nursing excellence, and innovations in professional nursing practice (Sanford USD Medical Center, Sioux Falls; Sanford Medical Center, Bismarck)

- National Accreditation Program for Breast Centers (Sanford Medical Center Bismarck, Fargo and Sioux Falls)
- American College of Radiology *Breast Imaging Center of Excellence* - Breast Ultrasound (Sanford Medical Center, Fargo and Sioux Falls)
- American College of Radiology Breast Imaging Center of Excellence – Mammography (Sanford Medical Center Fargo, Sioux Falls, Thief River Falls); American College of Radiology Breast Imaging Center of Excellence – Stereotactic Breast Biopsy (Sanford Medical Center Fargo and USD Medical Center, Sioux Falls)
- American College of Surgeons *Level II Trauma Center re-verification* (Sanford Medical Center, Fargo)
- American College of Surgeons *National Accreditation Program for Breast Centers*, three-year accreditation (Sanford Breast Health Institute, Sioux Falls; Sanford Breast Health, Fargo; Sanford Health, Bismarck)
- Becker’s Hospital Review “*61 Integrated Health Systems to Know*” recognition for achieving a high level of integration through strong physician alignment (Sanford Sioux Falls and Sanford Fargo)
- Blue Cross Blue Shield of North Dakota *2012 Bold Innovator Award* for achieving best results in diabetes care, vascular care and high blood pressure (Sanford Fargo)
- Blue Cross Blue Shield of North Dakota *2012 Distinctive Award for Care Delivery*, recognition for redesigning practice around MediQHome patient-centered Medical Home model (Sanford Bismarck)
- *Commission on Accreditation of Ambulance Services (CAAS)* three-year accreditation for FM Ambulance, the only CAAS-accredited service in North Dakota and one of two in Minnesota (Sanford Health Fargo Region)
- *Commission on Accreditation of Rehabilitation Facilities (CARF)* three-year accreditation for inpatient rehabilitation and brain Injury programs for adults and children (Sanford Medical Center, Fargo)
- The Minnesota Department of Health Certified Health Care Home (Sanford Medical Center Fargo, Sioux Falls)
- Commission on Cancer of the American College of Surgeons three-year *Accreditation with Commendation* (Sanford Roger Maris Cancer Center, Fargo and Sanford Cancer Center, Sioux Falls)
- Department of Health and Human Services awards:
  - *Bronze Award for Transplant Programs* – recognition for quality performance in transplant care - kidney transplants, quality, post-transplant survival rates, transplant rates on wait-list patients and pre-transplant mortality rates. (Sanford Fargo and Sanford Sioux Falls)
  - *Bronze Medal of Honor for Organ Donations* - achieving and sustaining national goals for collaborative conversion of organ donations, including a 75%+ donation rate of eligible donors. (Sanford Fargo and Sanford Sioux Falls donation rates over 80%)
- Intersocietal Commission for the *Accreditation of Echocardiography Laboratories* three-year accreditation for fetal, pediatric transesophageal, and pediatric transthoracic echocardiograms (Sanford USD Medical Center, Sioux Falls)
- Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program Accredited Centers
- Joint Commission *Gold Seal of Approval for Bariatric Surgery* (Sanford USD Medical Center, Sioux Falls)
- Joint Commission *Gold Seal of Approval for Hip Fracture, Knee Replacement, Hip Replacement and Shoulder Replacement* programs (Sanford USD Medical Center, Sioux Falls)
- National Organization on Fetal Alcohol Syndrome recognition of H. Eugene Hoyme, MD with the *2012 Excellence Award* for commitment to understand, prevent and treat alcohol-related birth defects
- National Research Corporation (NCR); Healthcare Information and Management Systems Society (HIMSS) *Stage 6 Electronic Medical Record Adoption* recognition for implementation of technology to improve patient safety and care (Sanford USD Medical Center, Sioux Falls; Sanford Medical Center, Fargo; Sanford Medical Center Aberdeen)
- Accredited by the American Institute of Ultrasound in Medicine (AIUM).
- National Accreditation Program Level II Trauma Center (Sanford Medical Center Bismarck, Fargo, Sioux Falls)

Sanford Clinic has 1,359 physicians representing 81 specialties. Supporting the five Centers of Excellence of the Sanford integrated health system, Sanford Clinic physicians and clinical teams provide services in Cancer, Women's, Heart and Vascular, Children's, Surgery and Trauma, Neuroscience/Orthopedics and Primary Care. Sanford Clinic Cancer Services include a multidisciplinary team of experts and a pinnacle service in Head and Neck Cancer with NIH-funded research in HPV.

Women's services span the entire clinical services spectrum and integrated medicine services including a Medical Spa. The physician experts provide urogynecology, reproductive endocrinology, gynecology/oncology, genetic counseling and maternal fetal medicine subspecialty care. Another pinnacle service is the regional Fetal Care Centers located in Fargo, ND and Sioux Falls, SD which include diagnostic services and fetal surgery.

The Heart and Vascular service has grown to 17 interventional, invasive, general cardiologists and vascular surgeons in Sioux Falls and 18 in Fargo. The strong clinical research program and preventive focus with screenings programs all provided the foundation for a new Heart Hospital which opened in Sioux Falls in March of 2012.

Surgical Care for the Sanford Clinic is performed by 19 surgeons in Sioux Falls and 16 in Fargo. Bariatric, trauma and general surgery as well as surgical oncology care, a strong breast cancer program, GI cancer program, and lung cancer program fall within this area of expertise.

General pediatric and subspecialty pediatric physicians support the Children's Hospital and regional outreach services and national pediatric care.

Additional growth continues in neuroscience and orthopedic clinical services, sports medicine, general and subspecialty care.

A majority of the rural clinics reside in counties designated by the Department of Health and Human Services as medically under-served areas. In each of its outlying locations, the clinic provides primary care services to the community. In many communities, the clinic is the sole provider of physician services. Additionally, in order to improve the breadth, access and integration of care available in these outlying rural communities, Sanford medical specialists reach out to provide part-time services which would not otherwise be available to regional clinics, other hospitals, Public Health Service, and Indian Health Service locations. The clinics offer a full range of medical specialties. Sanford operates 19 walk-in clinics, and also owns and operates the region's largest provider of home healthcare with over 63,000 skilled visits. Each year Sanford provides 6.8 million inpatient/outpatient visits and over 8,200 surgical procedures. There are over 200,800 ER visits annually and approximately 8,600 births. Sanford is addressing behavioral health needs throughout its large footprint through a \$12M CMS Innovation Grant. The grant will be used to transform healthcare delivery in North Dakota, South Dakota and Minnesota through the integration of primary care and behavioral health. The Medical Home model will implement RN health coaches and information technology to serve patients in their primary care location.

Sanford Health supports community healthcare facilities as they provide care close to home through 39 hospitals and 22 long-term care homes. Sanford Health supports a network of owned, leased, managed and affiliated facilities to ensure that necessary healthcare services across a broad range of medical and surgical specialties are delivered locally to the broad service area.

Sanford Health Network's commitment to local healthcare delivery is clearly evident in its community-based leadership and local Board involvement. Additionally, our technology deployment in the form of our health system's fully integrated clinical and financial information system, called docZ, remains a priority.

Sanford Health Network has added a new hospital in Aberdeen, SD in July of 2012, and is working on the replacement of the medical facility in Thief River Falls, MN and several long-term care facilities in two communities in South Dakota. Sanford is also building a new clinic in Moorhead, MN and one in Dickinson, ND.

The new \$60 million Sanford Thief River Falls Medical Center expands patient access so that families living in and near Thief River Falls, MN won't have to travel far to get expert care and a broad range of services in one place. The new medical center is the largest construction project in the history of Thief River Falls and is set to open in the fall of 2014. It is a state-of-the-art facility equipped with the most advanced technology in a 25-bed critical access hospital and clinic with more than 30 specialties. Sanford Medical Center Thief River Falls is also home to more than 540 Sanford employees. Additional services that will be located at the current clinic location include audiology, a fitness center, optometry, and pharmacy. New services that will be located at the current downtown medical center location include behavioral health, dialysis and public education.

Sanford Health in Dickinson, ND is completing the construction of a new \$20 million clinic. The new clinic will replace the existing Sanford Health Dickinson Clinic, and it is expected to be open in summer 2014.

In addition to family medicine, internal medicine, pediatrics, OB/GYN and general surgery services Sanford Health currently provides in Dickinson, the new clinic, which will be more than three times the size of the current one, will house a walk-in clinic, an ambulatory surgery center, infusion services for cancer treatment, and space for mobile MRI and CT scans. The clinic will have room for more than 20 physicians and will accommodate more opportunities for visiting specialists. Sanford Health is analyzing additional services and community needs for the clinic as well.

The new Sanford Moorhead Clinic is scheduled to open in the spring of 2014 on the \$20 million campus. The 49,000 square foot facility will include 52 clinical exam rooms with shelved space for an additional 13 rooms for expansion/growth. The clinic will house over 20 physicians and other clinicians. Services will include internal medicine, family medicine, pediatrics, obstetrics and gynecology, occupational medicine, behavioral health, lab, x-ray, ultrasound and pharmacy.

Businesses and residents had the opportunity to be a part of the planning of the new Moorhead facility. Given the high visibility location, Moorhead wanted the clinic to be iconic and specific to their needs. One of the services is occupational medicine, giving easy access to work-site services for business in the adjacent Moorhead industrial park.

The renovation and new construction on the campus of Sanford Canton-Inwood is designed to meet the growing and unique needs of the patients it serves. The design focuses on convenience for patients and their families, as well as a focus on privacy.

The project will renovate 17,630 square feet of current space, finish updates on 8,000 square feet of existing space, and will add approximately 11,000 square feet of new construction, to be completed in July of 2014. This is a \$6.5 million project with \$1.5 million being funded through a generous donation from the Canton-Inwood Area Health Foundation.

#### Patient benefits:

- Increased access to outpatient and same-day services
- Centralized scheduling and registration
- Convenient lab access
- Ease of movement around campus
- Larger physical therapy and rehab service areas

Sanford Health believes in investing in wellness opportunities in the communities we serve. It's part of our mission of health and healing. The Sanford Pentagon is a 160,000 square foot facility that includes nine basketball courts (six high school regulation, two professional/college practice courts and the "heritage" court). While the entire facility features modern design and amenities, the heritage court, located in the center of the building, is a premium NBA/college size court with design inspiration reminiscent of 1950's/1960's basketball. The Pentagon will be the epicenter of the Sanford Sports Complex. The Sanford Pentagon opened in the fall of 2013.

Sanford's new Fargo Medical Center will open in 2016 and is a world-class facility equipped with the latest technology and staffed by leading medical professionals in the country. The center will bring unprecedented medical care to North Dakota and our neighbors in South Dakota and Minnesota. The \$494 million project is one of the largest private industry construction projects in the history of the Dakotas and the top 10 healthcare projects in the U.S.

The new Sanford Fargo Medical Center is a 384-bed, 11-story, 1 million square foot project located on the south side of I-94 at the intersection between Veteran's Boulevard and 51st Street in Fargo, ND. Some of the services that will initially be housed in the new building are Children's/Prenatal Intensive Care Unit (PICU), Trauma/Operating Rooms, Orthopedics/Neurosurgery, Heart Surgery/Interventional Cardiology and Emergency Services including the following:

- Children's/PICU
- 36 general pediatric beds
- 14 PICU beds
- Trauma/OR
- 18 ORs
- 4 angio suites
- Orthopedics/Neurosurgery
  - 64 beds
- Emergency Services
  - 51 treatment rooms

Sanford Home Health Fargo provides skilled nursing care, PT/OT/ST therapy services, home infusion therapy, pediatric care, medical social services, home health aides, homemaking, community foot care clinics, lab draws, Emergency Response System (Lifeline) and guidance allowing individuals to heal and recuperate in the comfort of their home. There were 53,112 skilled visits and 61,198 personal care hours during FY 2013.

Sanford Sioux Falls Home Health provided 10,492 skilled visits in FY 2013 including SN, HHA, PT, OT, and ST services to a total of 653 unduplicated patients during FY 2013. Sioux Falls Hospice provided 23,800 days of service (routine, respite and acute) to 584 unduplicated patients.

Sanford Home Health and Hospice in Bismarck, ND provides skilled nursing care through various programs. The hospice program promotes and enhances the comfort and dignity of the terminally ill person, the family, and the primary caregivers in the home, and uses the skills of a multidisciplinary team. The skilled home health program provides care by nurses, physical, occupational and speech therapies, and certified care aides to homebound individuals. The homemaker and personal care aide programs provide care to people in their homes on a community need or private-pay basis. There were 7,218 hospice visits, 15,781 home care visits (including community need personal care services), and 2,009 private pay (help at home) visits during 2012 at the Sanford Bismarck location.

Sanford Research is a non-profit research organization formed between Sanford Health and the University of South Dakota. A transformational gift of \$400 million given by Denny Sanford in 2007 has allowed for an expansion of current goals and will enable Sanford Research to become one of the premiere research institutions in the United States and the world. Sanford Health has over 150 open clinical trials and over 350 ongoing clinical studies.

Sanford Research is a non-profit research organization formed between Sanford Health and the University of South Dakota. In 2007, a transformational gift of \$400 million by Denny Sanford provided for an expansion of children's and research initiatives, one of which was to find a cure for type 1 diabetes, and has given Sanford Research significant momentum in its goal of becoming one of the premiere research institutions in the United States and the world. Most recently, subsequent gifts of more than \$200 million by Mr. Sanford have paved the way to establish Edith Sanford Breast Cancer Research and Sanford Imagenetics.

Sanford Imagenetics is a first-of-its-kind program in the country that integrates genomic medicine into primary care for adults. Sanford Imagenetics has developed initial partnerships with Augustana College and the University of South Dakota to develop new academic programs that train the next generation of doctors, nurses and scientists in genomic medicine.

With a team of more than 200 researchers, Sanford Research is comprised of several research centers, including Genomic and Molecular Medicine, Children's Health, Edith Sanford Breast Cancer Research, Health Outcomes and Prevention, National Institute for Athletic Health and Performance, Sanford Applied Biosciences, and Clinical Research. Sanford Health has over 150 open clinical trials and over 350 ongoing clinical studies.

Sanford USD Medical Center in Sioux Falls, SD is a 550-bed tertiary care regional medical center and the primary teaching hospital for the Sanford School of Medicine. It also features:

- 432,100 outpatient and 26,100 inpatient visits per year
- Stable, compliant population base for clinical research
- Electronic medical record and clinical information system
- Multi-generational families for clinical studies
- Accommodating regulatory environment
- Comprehensive research infrastructure
- Ongoing in-house research
- The Sanford Project
- Global presence in clinical and research relationships

#### **The Sanford Project**

The Sanford Project has one goal: Curing type 1 diabetes. The Sanford Project is designed for results and focuses on one of the most promising, fast-moving fields of research – regenerative medicine. The initiative is directed by the Todd and Linda Broin Chair of The Sanford Project.

#### **Edith Sanford Breast Cancer Research**

Edith Sanford Breast Cancer Research is pursuing cutting-edge forward genomic research to identify specific treatments that will work best for each woman, prevent the disease on an individual basis, and ultimately eradicate breast cancer. The initiative is directed by the Edith Sanford Breast Cancer Research Director.

#### **Children's Health Research Center**

The Children's Health Research Center is located in Sioux Falls, SD and within Sanford Burnham in LaJolla, CA. Key focus areas include genomics, fetal alcohol syndrome, cancer, neurodegenerative disease and cardiology. The center also includes the Coordination of Rare Diseases at Sanford (CoRDS) Registry, an international and central registry of individuals who have been diagnosed with a rare disease.

#### **Center for Genomic and Molecular Medicine**

The Center for Genomic and Molecular Medicine at Sanford Research includes research teams focused on understanding the molecular, cellular and genetic basis of heart disease and cancer, including breast, head and neck, ovarian, colon, cervical and lymphoid. The center includes a blood and tissue biobank, and a molecular and cytogenetics laboratory, including on-site capabilities in exome and whole genome sequencing.

#### **Sanford Applied Biosciences**

Sanford Applied Biosciences has developed the world's first large animal platform technology to produce fully human antibodies, both monoclonal and polyclonal, using the latest advances in gene engineering and transfer to produce new biopharmaceuticals that help fight disease. The antibodies generated in this unique system have been shown to have high diversity and affinity compared to other genetically engineered animal systems.

### **National Institute for Athletic Health and Performance (NIAHP)**

Sanford researchers are working on studies addressing training, competition and rehabilitation challenges for youth and other populations. NIAHP is developing new educational initiatives, guidelines, and policies for safe and appropriate exercise, training and sports participation.

### **Center for Health Outcomes and Prevention Research (CHOPR)**

The Center for Health Outcomes and Prevention Research (CHOPR) is committed to improving the health of our communities through collaboration with clinics, hospitals, schools, academic institutions and a wide variety of community-based organizations. CHOPR's reach is expansive, from regional American Indian Tribal nations to provinces in South Africa, addressing important health concerns such as childhood obesity, maternal and fetal health, teenage pregnancy prevention, and Native American health disparities.

### **Clinical Research Center**

Sanford Health patients receive the most advanced care and treatment that today's medical research offers through over 350 clinical trials. As part of Sanford Health's legacy in clinical research, Sanford physician scientists lead National Cancer Institute and other nationally sponsored cooperative group study programs involving adult and pediatric oncology. Additionally, a growing variety of industry-sponsored and physician-investigator drug and device trials are conducted through the Sanford Clinical Research Center.

### **The Sanford PROMISE**

With the goal of growing and nurturing the Midwest's science-based economy, The Sanford PROMISE provides education and outreach programs for students, educators, and science-minded people within the communities that Sanford Health serves. K-12 students have the opportunity to participate in research at Sanford through a variety of ways, including the Life Science Discovery Program, Research Shadowing Program, PROMISE summer Scholars Program, or through programming at The Sanford PROMISE community lab, located at Sanford Health's headquarters in Sioux Falls, SD.

Undergraduates can participate in the Research Shadowing Program, the National Science Foundation Research Experiences for Undergraduates (NSF REU) Site in Cell and Molecular Biology at Sanford Research and Augustana College, the Sanford Program for Undergraduate Research (SPUR), or the Summer Undergraduate Research Experience (SURE) for Native American students.

Educators can participate in the PROMISE Educator Enrichment Workshop and Science Educator Research Fellowship programs.

Sanford Research continues to lead the way in education, innovation and discovery. Most recently, a partnership with the PAST Foundation has allowed for the development of the South Dakota Innovation Lab, which is dedicated to improving education by promoting trans-disciplinary, problem-based learning in an integrated STEM approach.

### **Additional 2013 Community Benefit contribution examples:**

- Sanford Medical Center Mayville provides an annual SCRUBS Camp for high school students. This camp provides a hands-on learning experience for four area high schools to introduce students to a variety of health careers.
- The Roger Maris Cancer Center's cancer survivorship and Embrace programs impacted over 20,000 people during FY 2013. This program provides monthly educational meetings and a chance for patients and their families to share their journey with others. The program also provides an exercise program and various other components to enhance the patient's health after cancer treatment.
- The Friends of the Family impacted over 1,600 people in FY 2013 by assisting with immediate needs such as taxi vouchers or bus passes for transportation to and from medical appointments.
- Community health fairs are held in many of the communities that we serve, and reach over 10,000 people
- Sanford's contributions of medical equipment and supplies to HERO totaled over \$126,000.



- Lamaze classes for nearly 700 patients.
- The Multiple Sclerosis Program impacted over 550 people during FY 2013.
- A Sanford contribution to the Cancer Coalition of over \$380,000.
- Sanford dietitians (LRDs) provided nutrition presentations to over 20,500 people on medical nutrition therapy topics.
- Occupational Health Program for over 1,500 people.
- Education for University of North Dakota School of Medicine students.
- Sanford Medical Center Hillsboro provides meals for the jail.
- Sanford Medical Center in Thief River Falls provides an annual safety camp and reached over 350 people during FY 2013.
- Sanford Medical Center Canton-Inwood sponsors quarterly programs on a wide range of topics such as a heart healthy cooking class.
- Sanford Medical Center in Chamberlain provided health screenings that impacted over 800 people.
- Sanford Medical Center in Canby provides a subsidized dialysis center for the community.
- Sanford Medical Center in Canby supports a dental clinic.
- Sanford Medical Center in Sheldon supports a farm safety camp. The medical center also provides clinical experiences for students in the following disciplines: physician, advanced practice providers, radiology, pharmacy, physical therapy, and athletic trainers.
- Sanford Medical Center in Jackson provides an Active Community Program that in FY 2013 impacted over 860 people.
- Sanford Medical Center in Rock Rapids provides blood pressure and dermatology screenings and reached out to over 200 people in FY 2013. The medical center also provided clinical experiences for students in pharmacy, lab, physical therapy and radiology.
- Sanford Medical Center in Worthington provides a wellness partners clinic for over 3,000 people.
- Sanford Medical Centers in Mayville and Hillsboro have partnered with the medical center in Northwood to bring physical therapy to the local communities. These services meet a need in the community, especially among nursing home patients who have suffered strokes and have other health conditions.
- Sanford Luverne has partnered with area community leaders on CHIP (Community Health Improvement Program) initiatives to decrease obesity. A community garden project was implemented to promote the growing of fresh produce. In addition to the focus on nutrition there is also a focus on creating a more active community.

## Analysis of the 2013 Community Benefit Inventory Data

Sanford Health contributed \$321,144,164.00 in Community Benefit during FY 2013. This accounts for 9.4% quantifiable benefit as a percent of total net revenue.

The annual community benefit report is divided into two sections. The first section captures the losses incurred through the provision of traditional medical care and the second section captures expenditures in community benefit programmatic categories. An explanation of the FY 2013 data follows.

### Charity Care and Other Means-Tested Government Programs

Charity Care is free or reduced health services provided to persons who cannot afford to pay and who meet the organization's financial assistance policy criteria. Charity Care is reported in terms of cost, not charges, and does not include bad debt. Sanford Health's contribution for Charity Care for FY 2013 was \$44,933,239.00. At Sanford, the Charity Care program is known as the Community Care Program.

Government-sponsored means-tested healthcare community benefit includes unpaid costs of public programs for low income persons. This reflects the shortfall that is created when the facility receives payments that are less than the cost of caring for public program beneficiaries. This payment is not the same as contractual allowance, which is the full difference between charges and government payments. The unpaid cost of public programs (Medicaid) is \$83,367,783.00 for FY 2013.

### Community Health Improvement Services

Community Health Improvement Services are activities that are carried out to improve community health, extend beyond patient care activities, and are usually subsidized by the healthcare organization. These services do not generate patient care bills.

Sanford contributed \$3,860,491.00 for Community Health Improvement Services which include community health education and community-based clinical services.

Community health education includes lectures, presentations, and other group programs and activities apart from clinical or diagnostic services. Key components of this category include the following community health education services which detail just some of the programs contributed by Sanford Health Fargo during FY 2013:

- The My Sanford Nurse Program (formerly called Ask-A-Nurse) served 81,026 individuals from throughout the region and nation during FY 2013 and provided a Community Benefit of \$1,261,200 with more than 34,120 nursing staff hours.
- Community-based licensed registered dietitians provided nutrition presentations to over 20,500 individuals.
- Cancer education for patients and cancer survivorship programs.
- Better Choices, Better Health impacted 234 individuals who live with a chronic illness.
- The Sanford Patient and Family Resource Center served 5,775 individuals.
- Car Fit services for seniors where senior patients are evaluated by an occupational therapist to make certain that the car is adjusted to the patient's needs and assuring that every effort is made to improve safe driving conditions.
- Sanford diabetes education classes for patients and families across the enterprise.
- The Diabetes Advisory Board is part of the national certification as an American Diabetes Association Program. This Advisory Board is comprised of healthcare professionals and patients who work to improve the care and outcomes for patients with diabetes.
- Family parenting and sibling classes, birthing classes, breastfeeding classes and caring for your newborn class.
- The Speaker's Bureau provides numerous healthcare experts from Sanford who responded to a request to address specific topics to a broad range of community organizations.

- Numerous support groups are hosted by Sanford each month and receive indirect support as well as expert healthcare presentations as requested.
- The Workforce Development K-12 contributions include the Adopt-a-School Program with Horace Mann and Roosevelt Elementary Schools, Career Days, Youth Medical Experience, and SCRUBS Camp.
- The Confident Living with an ICD meeting hosted by cardiology

Community-based clinical services are services and screenings provided on a one-time basis or as a special event in the community. These services are designed to meet identified community needs or improve community health. Key components of Sanford community-based clinical services for FY 2013 include the following:

- The shelter nurse program for homeless shelters has assessed and provided nursing care for 1,437 interventions.
- Biomed outreach is provided to Family HealthCare Center, a federally-funded clinic. The physics team assures quality standards are met.
- Support services for the homeless population in our area including the Cooper House, the Coalition for Homeless, the Community of Care Task Force, Churches United for the Homeless, and Gourmet Soup Kitchen.
- Foot Care Clinic
- Screenings for colorectal cancer, cholesterol, prostate cancer, school-based sports physicals, and comprehensive physicals.
- Collaboration with the National Kidney Foundation's KEEP Screening.

#### Health Professionals Education

Sanford Health is committed to investing in education. Each day, medical students, dietitians, pharmacists, respiratory therapists, occupational therapists, nuclear medicine, nursing students and other healthcare workers receive training at Sanford and stay to begin their careers with us or move on to other organizations where their Sanford training will be a benefit far beyond our walls. Sanford also hosted many professional development symposiums during FY 2013, including the annual Cardiovascular Symposium, the Diabetes Symposium, the Women and Children's Conference, and the Nephrology, Dialysis and Transplantation Conference. These workshops and symposiums are attended by hundreds of healthcare providers. The contribution for health professional education during FY 2013 was \$8,682,234.00.

#### Subsidized Health Services

Subsidized Health Services are clinical programs that are provided despite a financial loss so significant that negative margins remain after removing the bad debt, charity care, and Medicaid shortfalls. The service is provided because it meets an identified community need and if it were not offered by Sanford, it would either be unavailable or fall to the responsibility of government or another not-for-profit organization. Examples from our work include the renal dialysis services and radiology screenings during the Legs for Life event. During FY 2013 \$145,075,332.00 was contributed to subsidizing health services.

#### Research

Contributions to research include clinical and community health research as well as studies on healthcare delivery that are generalizable, shared with the public and funded by a tax-exempt entity, the government or by our own organization. We do not count research that is used only internally or is proprietary. Research in this category may involve research papers prepared by staff for professional journals or presentations, or it may be a study of community health and the incidence rates of conditions for special populations. Sanford contributed \$11,955,837.00 to research during FY 2013.

#### Cash and In-Kind Contributions to Community Groups

In-kind services include hours contributed by staff to the community while on work time. This category may also include overhead expenses and the donation of equipment and supplies. Cash donations are provided to other not-for-profit community organizations, and are aligned with the mission and strategic priorities to meet the

community needs. During FY 2013 Sanford contributed \$10,626,502.00 in cash and in-kind to other not-for-profit organizations.

Community Building Activities

Community Building Activities include programs and services that address the cause of health problems such as poverty, homelessness, and environmental problems. Key components of this category include physical improvements and housing, economic development, community support, environmental improvements, coalition building, leadership training for community members, workforce development, and advocacy for healthcare improvements. Several examples of Sanford's Community Building Activities include the Community of Care Task Force, and leadership participation in the Chamber of Commerce and the Economic Development Council. Sanford contributed \$590,514.00 in Community Building Activities during FY 2013.