



FY 2012

REPORT TO THE ATTORNEY GENERAL

TUFTS MEDICAL CENTER

Community Health Improvement Programs

800 Washington Street, Box 116

Boston, MA 02111

Honoring Our History and Our Mission

Located in Downtown Boston within Chinatown and the Theater District, Tufts Medical Center is the oldest permanent medical facility in the United States. Founded by early American patriots including Paul Revere, Samuel Adams and Oliver Wendell Holmes, Tufts Medical Center continues to honor its original mission to provide care to Boston residents while fulfilling important roles as the principal teaching hospital for Tufts University School of Medicine, and a full-service tertiary and quaternary referral and research hospital.

The commitment to meeting the needs of Boston residents, in particular the residents from the neighborhoods of Chinatown, Dorchester and South Boston which are in close proximity to the Medical Center and with which it has had long and historic relationships, is reflected by funded initiatives which focus either on a particular geography, target population and/or health issue. It is also reflected in the medical departments' efforts to institutionalize education, early screening, diagnosis and treatment for illnesses that can be prevented or treated early to restore patients from underserved communities to good health.

Asian Health/Chinatown

In Fiscal Year 2012, guided by a community health needs assessment completed in Fiscal Year 2010, Tufts Medical Center provided funding through its *Asian Health Initiative* (AHI) for five organizations to address the issues of obesity, diabetes and smoking and its consequences in the Chinatown and Boston Asian community. Three organizations continued in their second year of funding to offer an array of services to children and youth to encourage healthy lifestyles and food choices to prevent obesity. One organization focused on providing education and peer leadership training to Chinese speaking seniors to improve their understanding and management of diabetes. The fifth organization established a health column focused on informing the community about the risks associated with obesity, diabetes and smoking in a bi-weekly, bi-lingual community newspaper.

The five organizations collectively reached over 6,208 members of the Chinatown and Boston Asian community. The AHI grantees for Fiscal Year 2012 were:

- Asian American Civic Association/Sampan
- Boston Asian: Youth Essential Service – Teens Going Healthy
- Boston Chinatown Neighborhood Center – Rock Your Body
- Greater Boston Chinese Golden Age Center – Understanding Diabetes
- Wang YMCA – Teen EBALANCE

A sixth organization, Asian Spectrum, which was funded in the prior grant cycle, completed a complex media and education project addressing mental health for the Chinese speaking community. The project included the development and broadcast of interviews and educational discussions on various mental health issues for children, adults/caretakers and the elderly, and broadcasting on local cable access channels in Boston, Malden and Quincy, which have notable Chinese populations. The difficult process of converting the broadcasts to both a DVD and web format required two additional years

beyond the original funding period. Additional challenges included identifying individuals with mental health issues or their family members or caretakers who were willing to speak out publicly about the issue, which is stigmatized in the Chinese communities.

Tufts Medical Center departments responded to other critical health issues or disparities for the Chinatown and the Boston Asian community which also uses Chinatown as a service hub. These health disparities included a high incidence of asthma in students at the local elementary school and community, high incidences of breast, cervical, head, neck and nasopharyngeal cancers, mental health, and chronic diseases such as diabetes, heart and kidney disease and lung cancer. Departmental efforts included institutionalizing educational efforts, screening events, participation in community health fairs and special programs to meet the health care needs of 3,362 patients.

- Asian Clinical Services – Pediatric Patients
- Adult Psychiatry – Asian Community Flexible Support
- Community Health Improvement Programs – Asthma Home Visits Program
- Community Health Improvement Programs – Asthma Prevention and Management Initiative
- Internal Medicine – Diabetes and Smoking Cessation Workshops for Chinese Speakers
- Internal Medicine – Medical Home Visits Program for Chinese seniors
- Otolaryngology – Head, Neck Cancer Screening
- Otolaryngology – Nasopharyngeal Screening
- Pathology, et al – See, Test, Treat (breast and cervical cancer screening program)
- Psychiatry – Asian Community-Based Flexible Support
- Psychiatry – School Consultations at Josiah Quincy School

Dorchester

Dorchester is the largest neighborhood in the city of Boston both geographically and in terms of population. It is comprised of North and South Dorchester and numerous sub-neighborhoods. The neighborhood's demographics reflect the city's racial/ethnic, linguistic and economic diversity. The priorities funded for the *Dorchester Health Initiative* (DHI) were identified in the Fiscal Year 2010 community health needs assessment: obesity, diabetes and youth development and violence prevention. Of the grantees selected for the current grant cycle, four focus on youth violence prevention and employ different programmatic strategies to provide youth with the skills and knowledge to consider alternatives to violence. Two organizations focus on helping adults to better manage their chronic diseases and improve their overall well-being and quality of life.

The six DHI grantees listed below collectively provided services to 8,210 individuals:

- Bird Street Community Center
- Codman Square Health Center
- Harbor Health Services, Inc./Neponset Health Center
- Sportsmen's Tennis and Education Center
- Vietnamese American Initiative for Development

Maternal and Infant Health

Maternal and infant health has been a major priority for Tufts Medical Center. Since 1992, the Medical Center has run the Parent-to-Parent Program (P2P) which provides outreach, education and case management to encourage pregnant women to engage in early and regular pre-natal and post-partum care. Dorchester has historically had higher rates of infant mortality and low-birth weights than the City average. Dorchester, therefore is the primary, though not sole target area for the P2P. One grantee in Chinatown focused on pregnancy prevention since teen pregnancies are at risk for low-birth weights or infant mortality. The eight P2P grantees in Fiscal Year 2012 were:

- Boston Healthcare for the Homeless
- Boston Asian: Youth Essential Service
- Codman Square Health Center
- Dorchester House Multi-Service Center
- La Alianza Hispana
- Manet Community Health Center
- Harbor Health Services, Inc./Neponset Health Center
- Uphams Corner Health Center

Together, the eight P2P grantees provided case management and a wide range of services to 1,034 women.

The Department of Obstetrics and Gynecology supports efforts to improve maternal and infant health and the needs of pregnant and parenting women and their children, by providing residents to assist health centers in their efforts to reduce low-birth weights and infant mortality. OB/GYN residents were placed in 4 community health centers and assisted with the care of 450 pre-natal patients.

South Boston

South Boston has historically been home to working families. In recent years, the neighborhood has experienced a wave of housing development that has brought many young professionals and young families to the West Broadway area. Long standing health issues, however, continue to concern community members and service providers. Tufts Medical Center continues to provide funding and the extension of services from its medical departments to address and prevent substance abuse (smoking, alcohol and opiates). Two community agencies leading these efforts are the Gavin Foundation and the South Boston Community Health Center. Tufts Medical Center departmental efforts include providing clinical services to youth and adults in recovery at community sites. A total of 14,670 individuals were served by community-based programs and Tufts' departmental efforts.

Internal Efforts

Tufts Medical Center departmental efforts to address health disparities include responses to requests for educational workshops and participation in community health fairs to provide information and various types of health screenings to promote good health and injury prevention for medically underserved persons. Among the departments or programs most involved in community outreach and

education are: Endocrinology, Kiwanis Pediatric Trauma Institute, Nephrology, Ophthalmology and Trauma. Medical departments served 744 individuals and the Kiwanis Pediatric Trauma Institute reached an additional 15,500.

Health Center Support

Health center support was provided to three community health centers. Funding provided the resources to address specific priority health issues for the respective patient populations and underwrote services to reduce the incidence of low-birth weights and infant mortality, promote chronic disease management, and support substance abuse prevention and recovery services. In Fiscal Year 2012 funding was provided to Harbor Health Services Inc./Neponset Health Center, Manet Health Center and South Boston Community Health Center.

Neighborhood Impact Highlights

Chinatown/Boston Asian Community: 18,364

AACA Sampan – Bilingual Health Column

Asthma Prevention and Management Initiative

Boston Asian: Youth Essential Service – Teens Going Healthy, Maternal and Infant Health

Boston Chinatown Neighborhood Center – Family Services/Rock Your Body

Tufts Medical Center – Social Services - Asian Access

Tufts Medical Center – Adult Psychiatry - Asian Flexible Support

Tufts Medical Center – Pediatrics - Asian Clinical Services

Tufts Medical Center – OB/GYN - Asian Women’s Health

Tufts Medical Center – Center for Youth Wellness

Tufts Medical Center – Internal Medicine - Diabetes and Smoking Cessation Workshops

Tufts Medical Center – Internal Medicine - Home Visit Program for Chinese Seniors

Tufts Medical Center – Otolaryngology - Oral, Head, Neck and Nasopharyngeal Screenings

Tufts Medical Center – Adolescent Psychiatry - Josiah Quincy Elementary School Case Consultations

Tufts Medical Center – Pathology - See, Test, Treat

Wang YMCA – Teen E-BALANCE Program

Dorchester: 9,355

Bird Street Community Center – Case Management Services/Youth Violence Prevention

Codman Square Health Center – Chronic Disease Management, Maternal and Infant Health

Dorchester House Multi-Service Center – Maternal and Infant Health
Harbor Health Services Inc./Neponset Health Center – Maternal and Infant Health, Youth Violence Prevention
Kit Clark Senior Services – Fit-4-Life/Chronic Disease Management
La Alianza Hispana – Maternal and Infant Health
Sportsmen’s Tennis & Enrichment Center – Volley Against Violence
Tufts Medical Center – OB/GYN - Asian Women’s Health
Tufts Medical Center – Women’s Care at Community Health Centers
Uphams Corner Health Center – Maternal and Infant Health
Vietnamese American Initiative for Development – Youth Academic and Cultural Support/Violence Prevention

South Boston: 14,670

Gavin Foundation/Cushing House – Substance Abuse Recovery
South Boston Community Health Center – Hepatitis C
South Boston Community Health Center – Smoking Cessation
South Boston Community Health Center – Youth Ambassadors Youth Development Program
Tufts Medical Center – Adolescent Medicine - Opioid Dependence Treatment Program
Tufts Medical Center – Women’s Care at Community Health Centers

Tufts Medical Center focuses its community benefits efforts on preventing chronic diseases and/or improving chronic disease management in disadvantaged populations, reducing racial and ethnic health disparities, with special emphasis on its surrounding Asian communities, and promoting the wellness of vulnerable populations.

The following illustrates some of the community-based efforts that Tufts Medical Center funds through grant initiatives, technical support and internal programs.

Reducing Health Disparities in the Chinatown and Boston Asian Community at Tufts Medical Center

Asthma Prevention and Management Initiative

Provides educational sessions, home evaluations, to help elementary students more effectively manage their asthma and reduce triggers in the home. Educational sessions and family counseling are conducted in English and Chinese.



Asian Community-Based Flexible Support

Provides culturally and linguistically appropriate mental health services to members of the Chinese community.

Diabetes and Smoking Cessation Workshops

Designed and facilitated by members of the Internal Medicine Department to help patients and community members better understand the diagnosis of diabetes and to support medical adherence, discourage smoking and preventing the health consequences of tobacco use and smoking.

Nasopharyngeal and Oral Head, Neck Screening Programs

Offers screenings and early treatment to individuals from the Chinese community who are at high risk for nasopharyngeal, oral, head, or neck cancers.

Psychiatric Consultations

Consultations to elementary school staff by Tufts Medical Center clinicians to address students' behavioral health issues.

See, Test, Treat

Mobilizes teams from various disciplines to screen and diagnose Asian women who are known to have a high incidence of cervical and breast cancer and provide early treatment.



Reducing Health Disparities: Maternal and Infant Health

Boston Asian: Youth Essential Services

Health Smarts for Teens

Provides teens with classes to help be better informed about health facts, their personal health and behaviors that relate to teen pregnancy prevention.

Boston Healthcare for the Homeless

Improving Birth Outcomes for Homeless Women

Integrates transportation support to help secure that homeless pregnant women will be able to keep pre-and post- partum medical appointments.

Codman Square Health Center

Parent-to-Parent Program

Provides case management support to promote early and consistent pre-natal care to improve birth weights and outcomes and promote access to primary and well child care.

Dorchester House Multi-Service Center

Parent-to-Parent Program

Conducts outreach and offers health education and parenting support to Vietnamese-speaking women and other family members who are child caregivers to improve birth weights, the number of healthy babies, reduce teen pregnancy, reduce barriers to behavioral health services and improve access to primary care.

La Alianza Hispana

Prenatal Maternal Child Health Program

Provides case management and referral services to increase access to culturally and linguistically appropriate pre- and post-partum care for Latino, Cape Verdean and African-American women.

Harbor Health Services, Inc./Neponset Health Center

Parent-to-Parent Program

Provides case management, referrals and educational services to support the delivery of healthy babies.

Uphams Corner Health Center

Parent-to-Parent Program

Conducts outreach and education to promote healthy pregnancies; provides case management to coordinate services and connect expectant women to resources to support a healthy pregnancy and a healthy baby.



Chronic Disease/Prevention

Boston Asian: Youth Essential Services Teens Going Healthy

Provides nutrition workshops and a wide range of physical activities to promote a healthy choices and lifestyle.



Boston Chinatown Neighborhood Center Family Services/Rock Your Body

Provides fitness programming for obese youth and nutrition and cooking workshops for them and their parents.

Codman Square Health Center Diabetes and Obesity Prevention Project

Assigns a community health worker to help patients who are experiencing difficulties with the management of their diabetes and medical adherence.

Greater Boston Chinese Golden Age Center Understanding Diabetes

Offers workshops and leadership training to help Chinese seniors better understand and manage their diabetes.

South Boston Community Health Center Asthma Registry/ Smoking Cessation/Hepatitis C

Provides educational programming and support services to help patients manage their asthma, quit smoking and/or avoid the risks for hepatitis C.

Kit Clark Senior Services Fit-4-Life

Offers seniors with chronic diseases fitness evaluations, personal training programs and nutritional counseling to improve overall wellness.



Promoting Wellness of Vulnerable Populations

Bird Street Community Center

Case Management Program

Provides individual case management to youth to help youth navigate challenges to achieving their individual goals.



Gavin Foundation

Cushing House

Provides housing and support services to youth and young adults in recovery from substance abuse.

Harbor Health Services Inc./Neponset Health Center

Youth Violence Project

Provides local youth with leadership development workshops, life and job search skills, summer employment and opportunities to interact with local business owners and law enforcement officials for personal and professional development.

South Boston Community Health Center

Young Ambassadors

Offers youth development program to gain knowledge about a number of health topics, develop leadership skills, self-esteem and community engagement in the areas of substance abuse prevention, tobacco control, and violence prevention through community service projects.

Sportsmen's Tennis and Enrichment Center

Volley Against Violence

Provides academic support, tennis lessons and play time, and mentoring to promote positive relationships with other program participants and adults and the skills for personal development.



Vietnamese American Initiative for Development

Youth Violence Prevention

Provides afterschool and summer programming to support academic success, school attendance, cultural and recreational activities to help youth blend their Vietnamese culture with American culture, and reduce the risks for gang involvement.