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NEWS
August 22, 2024

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Workgroup updates

Thank you for your continued participation in EQIC’s affinity [workgroup meetings](#). Upcoming meeting dates are listed below. All meetings are from 1 to 2 p.m.

Focus area	Next meeting
Falls	Thursday, Aug. 22
Readmissions	Tuesday, Aug. 27
Sepsis	Tuesday, Sept. 3

Announcements

Contract closing dates and reminders

- The CMS contract that funded the EQIC program officially ends Sept. 17, therefore, the EQIC program will close on Sept. 17. Please work with your project manager to plan for the end of the contract.
- EQIC data submissions have officially closed.
- Final EQIC data will be posted in the EQIC portal on Sept. 1.
- The EQIC portal will close Sept. 17.
- **Please download any data reports you wish to capture from the program before Sept. 17.**
- Click the link for a brief tutorial on [how to download your data](#).

Patient Safety Organization

Operating as the Patient Safety Organization was among the services provided to EQIC participating hospitals. However, that service will end with the EQIC contract on Sept. 17. A listing of PSOs is available on the [AHRQ website](#). If you have any questions, please contact your project manager.

Hospital Success in Reducing Anticoagulant ADEs

CMS featured a [blog article](#) on the QIO Program website about an EQIC hospital that achieved reductions in anticoagulant ADEs.

Education

Sepsis Alliance Summit is Sept. 25-27

Join the Sepsis Alliance this Sepsis Awareness Month to learn how to better identify, diagnose and treat this deadly condition. Mortality increases by 4-9% for every hour that treatment is delayed. Stay up-to-date on current recommendations and guidelines around sepsis by attending the free [Sepsis Alliance Summit](#).



Addressing health equity through healthy food education in the SBH Bronx school community

SBH Health System

Submitted by Alvin Lin, Vice President, Ambulatory Care Transformation and Innovation

Background

The Bronx has one of the highest rates of food insecurity in the country, affecting more than 35% of local children. Limited access to nutritious food leads to unhealthy diets and contributes to chronic diseases like diabetes. Even when food intake is not reduced, food-insecure households often buy cheaper, less nutritious foods due to tight budgets.

Educating the community about the importance of a healthy diet and subsidizing healthy meals can promote sustained healthy choices. SBH Health acknowledged this need among its patient population and pursued a multifaceted approach to educate Bronx youth on nutrition and healthy eating.

Approach and collaboration

In partnership with the New York City Department of Education, the team engaged students in the following activities:

- **Urban rooftop farming:** Students had practical, hands-on experiences that connected them directly with the food production process. They took part in planting, weeding, spacing and harvesting fresh food onsite at the SBH rooftop farm. They saw the direct link between the food they grew and its nutritional benefits, developing a positive attitude toward fresh, healthy foods. Several students posted on their social media accounts about how much fun they had on the rooftop farm.
- **Culinary center and teaching kitchen:** Students were provided with fundamental life skills that empowered them to prepare their own meals. This independence can lead to healthier eating habits because they have greater control over ingredients and cooking methods. Students learned knife skills and kitchen safety and prepared several healthy dishes for a family-style meal in a state-of-the-art commercial kitchen.
- **Education:** Students learned how to read nutrition labels and make informed decisions about their food choices based on their nutritional needs. They also learned how to identify foods lower in saturated fats, sugars and sodium and higher in beneficial nutrients like fiber and vitamins. Students discussed the importance of understanding serving sizes, sugar content in drinks and the differences in how their bodies digest processed versus whole foods.
- **Meal prep at home:** The program sought to instill lifelong habits of preparing and enjoying healthy meals at home. Students are more likely to continue cooking for themselves and their families as they age, promoting better long-term health outcomes. SBH distributed "STEM" food kits containing healthy meal recipes and a

week’s supply of fresh, healthy food for students to prepare at home with their families.

Results and impact

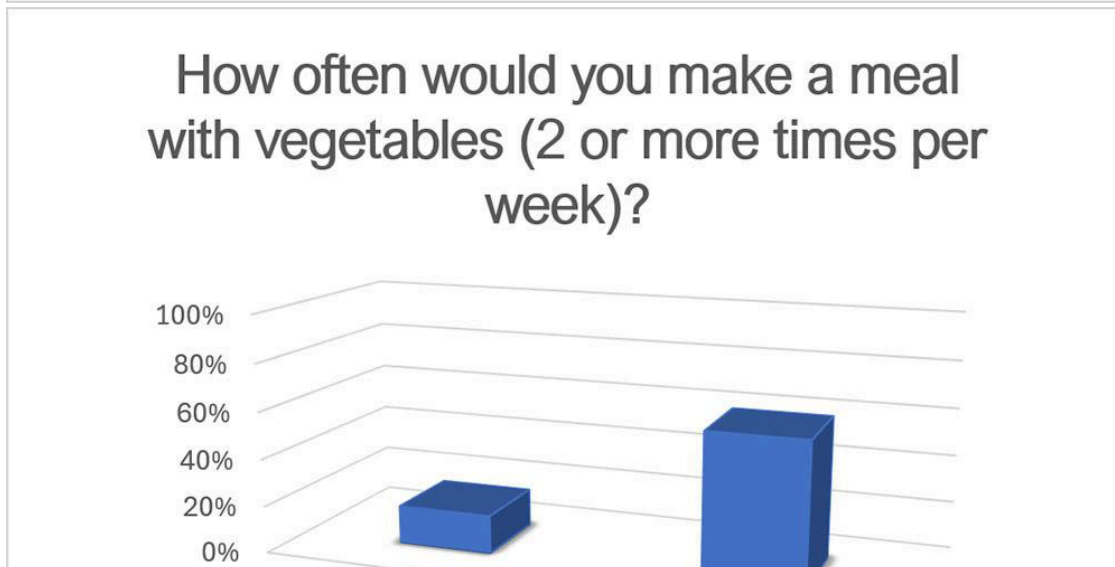
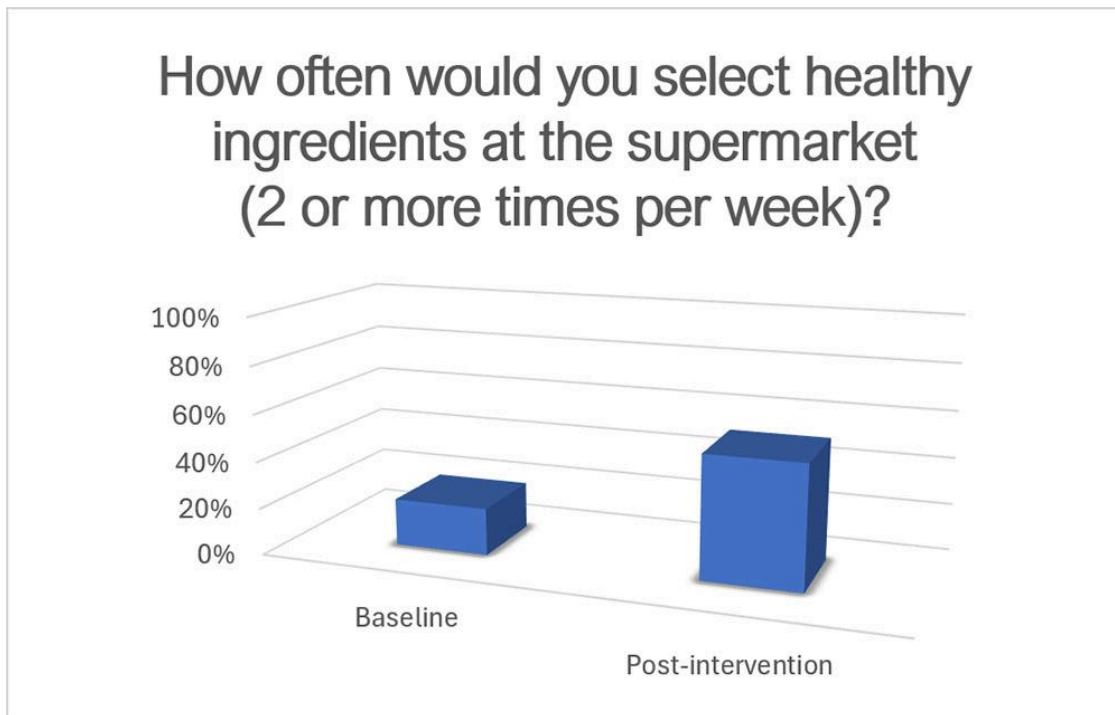
The team assessed its three-month program through pre- and post-program surveys and used the Plan-Do-Study-Act methodology.

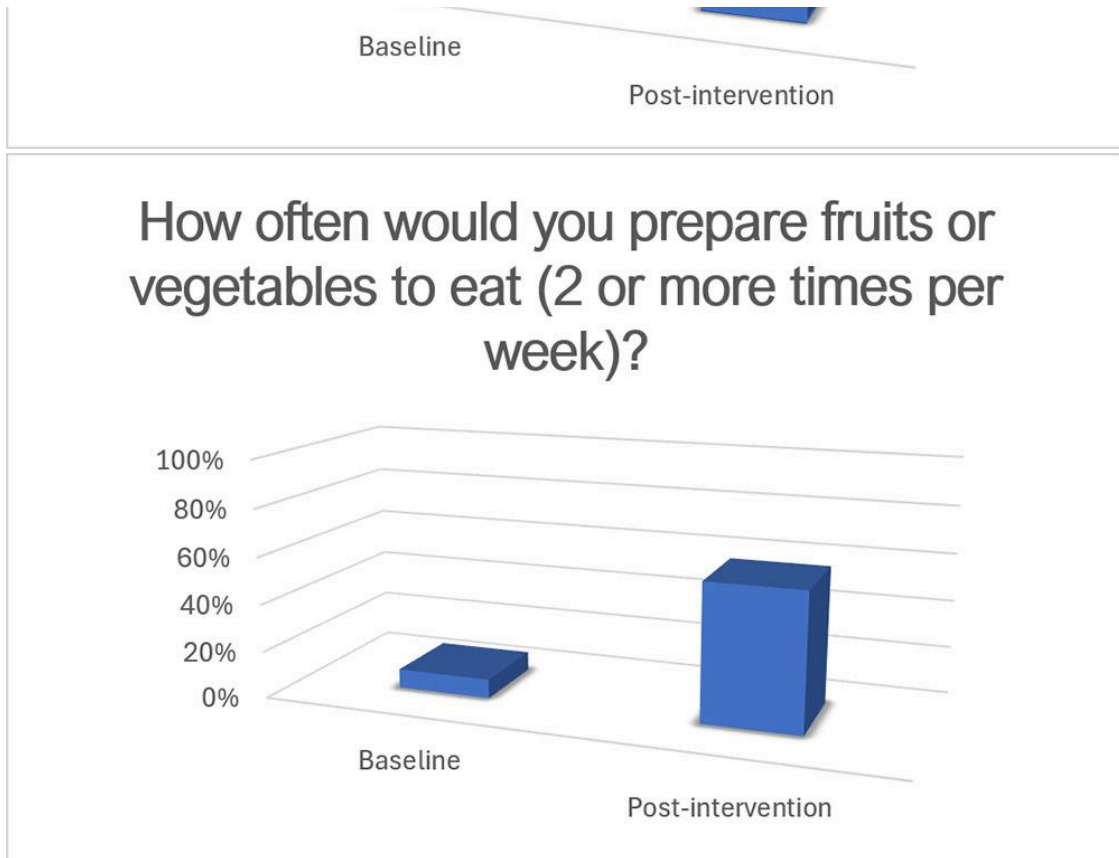
The program was a success, exceeding the goal of a 20% improvement in understanding and choosing healthy foods and how to read nutrition labels. Quiz scores increased post-intervention.

Students reported significant behavioral changes:

- 52% now often choose healthy supermarket ingredients (160% increase);
- 60% frequently prepare meals with vegetables (275% increase); and
- 48% regularly consume prepared fruits or vegetables (500% increase).

This program effectively enhanced nutritional knowledge and promoted healthier eating habits among Bronx youth, addressing critical community health challenges.





Questions?

Please contact [Cathleen Wright](#) or your [EQIC project manager](#) with any questions.

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