

Population and Community Health News

Advancing Health

MedStar Franklin Square Medical Center



Food as medicine.

Innovative program promotes better overall health.

INSIDE: Addressing the link between diabetes and heart disease. | Connecting with our community.

Letter from the President.



Community education and partnerships have long been critical to our ability to best address the needs of the communities we serve. As one of the region's healthcare leaders, MedStar Health aims to provide care that emphasizes prevention, builds awareness, and fosters independence—especially in underserved communities adversely impacted by disease, disparities, and socioeconomic barriers to optimal health.

In this issue of *Advancing Health*, we illustrate our ongoing journey to achieve this goal through our population health programming.

You'll read about Food Rx, a unique initiative designed to ensure that individuals living with chronic medical conditions, particularly those impacted by food insecurity, have easy access to fresh, healthy food tailored to their individual needs. Through this program, we are able to supply patients and their families with the type of meals that will help keep their conditions under control...at no cost, thanks to the support of our many partners.

We also feature a new program called Know Diabetes by Heart™ recently launched in the Baltimore region to raise awareness of the dangerous link between diabetes and cardiovascular disease. Research has shown that many people living with diabetes do not understand the impact the condition has on their overall health...especially their cardiovascular health. The goal of this program is to empower individuals with diabetes to take charge of their health by giving them knowledge and resources.

While supporting a healthier community benefits each of us, it's also about living our promise. As always, we remain privileged to serve and contribute to the health and well-being of our communities. It's how we treat people.

In good health,

Stuart M. Levine, MD, FACP

President, MedStar Franklin Square Medical Center

Senior Vice President, MedStar Health

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At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations. We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Franklin Square Medical Center is proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: Pictured is Tornia Anderson Morgan, RD, LDN, a community dietitian with Food Rx at MedStar Franklin Square Medical Center.



Food as medicine.

Three years ago, MedStar Health set out to challenge conventional practices regarding the most effective way to help patients living with chronic conditions better manage their health through a program called Food Rx, a first-of-its-kind in Maryland.

Initially launched at MedStar Good Samaritan Hospital, the Food Rx program had the goal of ensuring that patients with chronic diseases, particularly those impacted by food insecurity, have easy access to fresh, healthy food tailored to their individual needs.

Since then, the program has been expanded throughout the Baltimore region to MedStar Franklin Square Medical Center and MedStar Harbor Hospital. The expansion has changed the landscape of food as medicine to improve clinical outcomes for individuals living with chronic disease while addressing social determinants of health and other drivers of health inequity.

“A person’s diet significantly impacts their health,” says Tornia Anderson Morgan, RD, LDN, a community health dietitian with Food Rx at MedStar Franklin Square. “Food is much more than energy to keep us going. The way in which anyone eats is influenced by many factors such as preferences, budget, culture, availability, and medical status. Food Rx, based on an evidence-based model, has proven to result in reductions in A1C, emergency room visits, and total costs of care for those with chronic conditions.”

Unfortunately, a lot of patients with such conditions have either one or a few limitations that affect their ability to improve their health. These include but are not limited to lower income, lower health literacy, limited



Tornia Anderson Morgan, RD, LDN, a community health dietitian with Food Rx, presents a certificate of completion to a graduate of the program.

nutrition knowledge, and unreliable transportation.

“Food Rx helps to address food insecurity and unmet social needs through strategic community partnerships,” says Morgan, who counsels patients at the hospital’s Family Health Center, Primary Care Center and at the Community Assistance Network, where the food pantry is located.

Led by MedStar Health’s Care Transformation Baltimore region team, the program provides medical, social, and behavioral care with the support of community-based organizations. In addition to the Community Assistance Network, other partners include the American Heart Association, First Fruits Farms, Franciscan Center, Hungry Harvest, Maryland Food Bank, McCormick and Company, Pompeian, Sodexo, and the Y in Central Maryland.

“Through this initiative, we not only ‘prescribe’ and supply patients with healthy food options, but we also teach them how to build balanced

meals, and how food choices impact their health,” says Morgan. “Based upon each patient’s needs, they receive a 2-week supply of stable, fresh, and frozen food bi-weekly for a minimum of 6 months at no cost. This supply includes enough food to feed the patient and their household.”

Those enrolled in the program are provided with a welcome kit that includes measuring cups and spoons, supplement samples, recipes, informational booklet on diabetes management and other health monitoring supplies. Currently, MedStar Franklin Square is distributing an average of 800 meals per month.

Food Rx is one of several services offered through MedStar Franklin Square to patients that screen positive for food insecurity. Depending on their needs and individual circumstances, patients may also be linked to Harvest Rx—which delivers boxes of fresh produce and other items to their homes, or resources such as SNAP, Meals on Wheels, and Movable Feast.

If you are a MedStar Health patient and would like to learn more about Food Rx, call Tornia at **771-215-7376**.

Addressing the link between diabetes and heart disease.

Did you know that cardiovascular disease is the leading cause of death for people living with type 2 diabetes? It's true. In fact, people living with type 2 diabetes are two times more likely to develop and die from cardiovascular disease, such as heart attacks, strokes, and heart failure, than people who do not have diabetes.

Yet according to a recent survey, only about half of people ages 45 and older with type 2 diabetes understand their increased risk for developing heart disease or have discussed their risk with their health care team. Considering that more than 37 million Americans have diabetes, it's a problem of epic proportions. Unfortunately, what's true nationwide is also true in Maryland where 11.9% of adults have been diagnosed with the disease.

Hoping to reverse these alarming trends, MedStar Health has joined with the American Heart Association and the American Diabetes Association, along with other healthcare organizations across the country to raise awareness of the link between diabetes and cardiovascular disease through a groundbreaking initiative called Know Diabetes by Heart™.

"Heart disease should be on the minds of all people living with type 2 diabetes," says Karen Polite-Lamma, MSN, RN, program manager for Population and Community Health at MedStar Franklin Square Medical Center. "The good news is that the lifestyle changes a person can make to keep their heart healthy, can also help them manage their diabetes and prevent heart disease."

MedStar Health is one of 10 organizations in the United States and the only one in Maryland to be awarded a community grant to implement the Know Diabetes by Heart program through a wide range of outreach efforts aimed at reducing cardiovascular deaths, heart attacks, heart failure, and strokes in people living with type 2 diabetes. The outreach is particularly focused on engaging Black and Latino populations, which experience higher rates of type 2 diabetes, heart disease, and stroke than non-Hispanic white populations.

"It's important for everyone to stay on top of their heart health, but it's especially important for people living with



Karen Polite-Lamma, MSN, RN, program manager for Population and Community Health at MedStar Franklin Square Medical Center, leads a Know Diabetes by Heart class.

diabetes," Polite-Lamma notes. "Creating a network of support for exercise, diet, and diabetes management can help people be heart healthy and avoid complications."

Diabetes is associated with a buildup of plaque that can clog arteries, leading to a heart attack, stroke, or heart failure. People living with type 2 diabetes often have risk factors such as high blood pressure, unhealthy levels of cholesterol, obesity and lack of physical activity, which all contribute to their risk for developing cardiovascular disease.

Polite-Lamma and her colleagues are utilizing a variety of diabetes and cardiovascular disease education materials and resources in English and Spanish to conduct community outreach at senior centers, community health clinics, homeless shelters, and other sites. Participants are presented with specially designed Care Kits to keep as a reference.

"We are empowering these individuals to take charge of their health," Polite-Lamma adds. "Know Diabetes by Heart wants people living with type 2 diabetes and their loved ones to know heart attacks, strokes, and heart failure are not inevitable. There are simple steps individuals can take to change and avoid this heart-breaking complication. Through these education and outreach efforts, we are helping people live longer, healthier lives."

For more information about Know Diabetes by Heart outreach efforts being conducted through MedStar Franklin Square Medical Center, email karen.polite-lamma@medstar.net.

Connecting with our community.

Population and Community Health teams throughout the Baltimore region are dedicated to connecting neighbors with programs and services. Whether it's providing health information about tobacco cessation, diabetes prevention, or mental health—printed in English and Spanish—or sharing resources that can help with food disparities, legal services, or housing, our teams are bringing support to your neighborhoods.

Below are some of our recent outreach events.



▲ More than 150 students from Chesapeake High School visited the MedStar Health tables during their College and Career Fair. During the event, our healthcare associates talked about careers with attendees, shared information about employment opportunities and the benefits of working for MedStar Health, while helping to develop a future workforce.

► Later this year, MedStar Health will expand its community-based healthcare services across the Baltimore region with the addition of a second Mobile Health Center. The new clinic will make it possible for even more people in traditionally underserved communities to better access critically important healthcare services right in their neighborhoods. Primary care, chronic disease management, women's health, vaccines, mental health, wound care, health screenings, and a few urgent care services are available for patients. The Mobile Health Center has an interdisciplinary team to help patients with medical and social needs. For more information, visit [MedStarHealth.org/MobileHealthCenter](https://www.MedStarHealth.org/MobileHealthCenter).



Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms, clinical breast exams, PAP and HPV testing for women ages 40 and older who live in Baltimore City.

Free PAP and HPV testing for women between ages 21 to 39 who live in Baltimore City.

Call **410-350-2066** for details.



Colon Cancer Screening

Free colon cancer screenings for uninsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties.

Have Medicaid or Medicare? We can pay your out-of-pocket costs and help you get screened.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

Lung Cancer Screening

Free lung cancer screenings for uninsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years, and live in Baltimore City or Anne Arundel County.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

DIABETES PREVENTION AND EDUCATION

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

In-person and virtual classes will assist gestational diabetic women with blood sugar control, diet, exercise, and medication instruction for a safe pregnancy. Call **443-777-6528** for details.

HEART AND LUNG HEALTH

Cardiac Rehabilitation

Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia Support Group

Aphasia is a language disorder due to illness.

Email kate.c.gerber@medstar.net for details.

Concussion Support Group

Email kate.c.gerber@medstar.net for details.

Diabetes Support Group

Email debbie.kavanagh@medstar.net at MedStar Franklin Square for details and melissa.a.santini@medstar.net at MedStar Good Samaritan.

Stroke Support Group

Email kate.c.gerber@medstar.net for details.

WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts.

Free virtual or in-person classes.

Call **855-218-2435** or visit MedStarHealth.org/StopSmoking.

PARKINSON'S DISEASE FITNESS

Aquatics for Parkinson's Disease

Parkinson's Exercise Class

Rock Steady Boxing

Call **443-444-4600** for details.

BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our birthplace virtual tours by scanning this QR code with your mobile phone camera feature and scrolling to the bottom of the page.



IN-PERSON CLASSES AT MEDSTAR FRANKLIN SQUARE MEDICAL CENTER

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.



Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes cover allergic reactions, sudden illness, head, bone and joint injury, wound care, shock, burns, and more. Classes can be taken separately or together with CPR (discount applies if taken at the same time).

Classes meet the State requirement for daycare providers.



Moms, Babies, and Breastfeeding Support Group

Facilitated by breastfeeding specialists, these groups provide clinical support to new moms while providing a place to build relationships with other new moms. Professional baby scale for weigh-ins available. FREE lunches provided (first-come, first served).

Virtual and in-person support groups held weekly.

Virtual support group: First Tuesday of the month, 10 to 11 a.m.

In-person support groups, 11 a.m. to 1 p.m. at these locations:
Tuesdays in Brooklyn - The Transformation Center
Wednesdays in Essex - Essex Library
Thursdays in Edgewood - EPICENTER

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Classes include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit [MedStarHealth.org/BirthandFamilyClasses](https://www.MedStarHealth.org/BirthandFamilyClasses).

For questions on any of these classes, contact beth.kegley@medstar.net.

To register online, visit: [MedStarHealth.org/BirthandFamilyClasses](https://www.MedStarHealth.org/BirthandFamilyClasses) or call 888-746-2852.



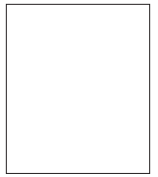


MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

[MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth)

855-218-2435



New **988 National Crisis Lifeline.**

Expanded network of centers to help people in emotional distress or experiencing a mental health crisis.

If you or someone you know is experiencing a mental health, suicide-related or substance-use crisis, call or text **988** to reach the national Suicide & Crisis Lifeline. You can also chat [988lifeline.org](https://www.988lifeline.org) for support.

Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services. By dialing **988**, you can now be connected to free, confidential mental health crisis resources. The number **988** operates out of the existing National Suicide Prevention Lifeline, which has been strengthened and expanded around the country with more than 200 local, independent, state-funded crisis centers. Dialing **988** serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.



Need help for emotional distress or a mental health crisis? Call and text: **988** | Chat: [988lifeline.org](https://www.988lifeline.org).

If you have non-urgent mental health needs, call Behavioral Health Services at MedStar Franklin Square Medical Center—Outpatient intake line: **443-777-7878**.