



**For Immediate Release**  
June 13, 2019

Contact: Fiona Phelan  
Manager, Communications and Public Relations  
(203) 294-7206  
[Phelan@chime.org](mailto:Phelan@chime.org)

## **CHA to Recognize Bridgeport Hospital and St. Vincent's Medical Center with the 2019 Connecticut's Hospital Community Service Award**

WALLINGFORD – At its 101st Annual Meeting on Thursday, June 20, 2019, the Connecticut Hospital Association (CHA) and the Connecticut Department of Public Health will award the *2019 Connecticut's Hospital Community Service Award* to Bridgeport Hospital and St. Vincent's Medical Center for the *Know Your Numbers* program.

Bridgeport Hospital and St. Vincent's Medical Center are lead hospitals for Greater Bridgeport's Health Improvement Alliance (HIA). Since 2003, HIA has focused on improving health outcomes in the greater Bridgeport area through a collective impact approach that brings together healthcare, academic, and not-for-profit partners. One outcome of this collaboration has been *Know Your Numbers* (KYN), which has provided free health screenings for the underserved population in local food pantries since 2014.

Bridgeport Hospital and St. Vincent's Medical Center are dedicated to continued enhancement of KYN. Both hospitals contribute roughly a combined \$20,000 annually towards KYN and together dedicate three full-time staff members to the program's implementation and continued expansion. In addition to these staff members, approximately a dozen volunteers help at each screening, including hospital staff and local nursing students.

"We applaud the collaboration between Bridgeport Hospital and St. Vincent's Medical Center to provide, through the Know Your Numbers program, health screenings and education to the underserved community in Bridgeport," said Jennifer Jackson, CEO, CHA. "By considering the whole person – including their social determinants of health – Know Your Numbers is improving lives. We are proud to honor Bridgeport Hospital and St. Vincent's Medical Center with this award."

More than 2,500 individual KYN health screenings have been completed, including 203 at 10 area food pantries in February 2019. Screening protocols changed this year; hemoglobin A1c (HA1C) screening was added to measure blood sugar averages over three months. This helps to identify people who are in the pre-diabetic range and may not know it, which is an important time to counsel someone on how it can be reversed with lifestyle changes.

Additionally, during the 2019 screenings, KYN began to offer automated blood pressure (BP) cuffs to those with elevated BPs. Cuffs were distributed along with education on how and when to properly

monitor BP at home. A total of 120 food pantry clients met the criteria for elevated BP and received the cuffs. This was 59% of the total people who were screened.

Community Health Workers were present at each screening and referred 35 people (17%) to local resources, including follow-up medical care and other needed community resources. KYN also teamed up with SNAPed to provide nutrition counseling at every site to those who screened high for BP or HA1c. This nutrition counseling is key to helping people learn ways to improve their health numbers.

KYN began in 2014 as a way to educate the community about knowing their own health numbers, and has evolved to become a multifaceted approach to improve the health of food pantry clients. Utilizing KYN screenings, referrals to follow up care and community resources, as well as nutrition education initiatives, HIA plans to continue to work collaboratively to improve health outcomes of Bridgeport's most vulnerable residents.

###

### **About CHA**

The Connecticut Hospital Association has been dedicated to serving Connecticut's hospitals and health systems since 1919. Through state and federal advocacy, CHA represents the interests of Connecticut's hospitals and health systems on key healthcare issues in the areas of quality and patient safety, access and coverage, workforce, community health, health equity, and hospital reimbursement.