

# THE CENTER FOR WELLNESS



# TABLE OF CONTENTS



2

## INTRODUCTION

We are highlighting Men's Health Month



2

## HEALTH FEATURE

Men's health awareness and education is provided.



4

## COVID & MEN'S HEALTH

COVID'S impact on Men's health.



6

## QUALITY GOALS

QI Team provides goals and the June Score Card.

# INTRODUCTION

We are in June! In this month's newsletter, the Quality department will highlight Men's Health Awareness month. Due to COVID-19 continued presence, it is important to ensure patients are exercising precaution and leading a healthy lifestyle. Men's health is an important part of global health awareness and education.

Now, more than ever, it is important to do screenings for various health measures as awareness has encouraged people to seek out help and resources.

With vaccinations being made available, we encourage people to get vaccinated when possible and continue to get preventative screenings.

# MEN'S HEALTH

Men's Health Month is a time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

The following statistics detail the overall health of men annually:

- 450,000 men die of cardiovascular disease each year ([CDC](#)).
- More than 700,000 men are diagnosed with a type of cancer each year; 300,000 of those cases will result in death ([Men's Health Resource Center](#)).
- 230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men ([Cancer.org](#))
- More than 60% of adult American men are overweight or obese ([National Institutes of Health](#)).Pregnancy diagnosis

As part of an educational campaign for men's health, [The Cleveland Clinic](#) surveyed more than 500 American men ages 18-70 about their use of healthcare resources and found:

- Only 3 out of 5 men get annual physicals
- Over 40% of men only go to the doctor when they think they have a serious medical condition
- More than half of men said their health wasn't something they talk about.



To help and encourage men to take a proactive approach to health – both physical and mental health, the following guidelines below regarding screening serve as reminder to keep an eye on your physical health. Courtesy of Cleveland Clinic.

Screening/Test	WHO	Frequency
<b>Colorectal Cancer Screening</b> <ul style="list-style-type: none"> <li>Screening Colonoscopy</li> <li>Immunochemical Fecal Occult Blood Test</li> <li>Flexible Sigmoidoscopy</li> <li>Stool DNA Testing</li> </ul>	For men ages 50 to 85; some experts suggest ages 45 and up for African Americans. For those with a family history, screening should begin at age 40, or 10 years before the age when a 1st degree relative got colorectal cancer/precancerous	<ul style="list-style-type: none"> <li>Every 10 Years</li> <li>Annually</li> <li>Every 5 years with immunochemical fecal occult blood every 3 years</li> <li>Every 3 years</li> </ul>
<b>Diabetes Risk Assessment</b> <ul style="list-style-type: none"> <li>Hemoglobin A1C</li> </ul>	<ul style="list-style-type: none"> <li>For men over age 50 with risk factors</li> <li>For men with a BMI over 30</li> </ul>	<ul style="list-style-type: none"> <li>Every 3 years</li> <li>Every 3 years</li> </ul>
<b>HIV Screening</b>	For all men	One time (follow-up tests are based on discussion of individual risk with your doctor)
<b>Hypertension Screening</b> Blood Pressure Measurement	For all men, regardless of age	Every 1-2 years



## COVID-19 & MEN'S HEALTH

Cleveland Clinic reveals, in a new national survey capturing the responses of males online, the COVID-19 pandemic is affecting both the mental and physical health of men and as a result, some men are negatively impacted while others are making healthier choices.

Key findings were:

- Men May Not MENTION It, but COVID-19 is Taking a Toll on Their Mental Health**
  - Three-in-five men (59%) feel COVID-19 has had a greater negative impact on their mental health than the 2008 recession.
  - 66% of men say they rarely talk about the impact COVID-19 has had on their mental health.
- Many Men Struggle to Stay Healthy During the Pandemic**
  - Half of men (48%) have put off seeing a doctor for non-COVID-19 related health issues over the last few months – this is even higher among men 18-34 (56%).

- 40% of men say they are struggling to stay healthy during COVID-19.
- A quarter (24%) of men report weight gain during the pandemic.

- While Some Are Struggling, COVID-19 Has Inspired Healthier Habits in Others**
  - Nearly half of men (45%) feel healthier now than before the COVID-19 outbreak.
  - Roughly one-quarter of men have started sleeping more (28%), while a fifth have been exercising more (22%) and eating healthier (19%) since the COVID-19 outbreak.
  - A quarter (23%) have been spending more time with family/friends virtually, likely as a way of coping with social distancing.

**MENTion It.**

**77%**

**of men say their stress level has increased because of COVID-19.**



# QUALITY GOALS

Ensuring that these screenings are being satisfied, we are collaborating and utilizing all our resources to ensure our patients receive quality care. Although there is no specific measure for men's health, screenings mentioned above can be satisfied using the appropriate documentation that can be found in our EMR, Athena.

In addition, as we enter the third phase of COVID-19 cases Henry J. Austin Health Center efforts are primarily focused on responding to our patient population needs in COVID-19 testing, providing vaccinations and flu shots.



## SCORECARD

Henry J. Austin Health Center's monthly scorecard highlights or year to date (YTD) performance on 14 of our priority quality measures on an organizational level.

The scorecard is a fundamental aid to drive and monitor quality improvement at Henry J. Austin Health Center.

Measure Type	Program	2020 Baseline	May	June	Month Variance	2021 Goal
Cervical CA Screening	UDS	40%	39%	41%	2%	48%
Childhood immunizations (Fully, of children who turn 2yrs of age )	UDS	23%	20%	24%	20%	42%
Colorectal CA Screening	UDS	23%	22%	22%	0%	34%
Hypertension	UDS	34%	17%	20%	3%	57%
Dental Sealants	UDS	20%			0%	34%
Diabetes Control (>9%)	UDS	47%	63%	61%	-2%	68%
IVD Medication	UDS	84%	82%	84%	2%	84%
Adult BMI Screen, Follow-up	UDS	41%	44%	45%	1%	75%
Depression Screening, Follow-up	UDS	54%	37%	37%	1%	82%
Statin Use	UDS	77%	80%	81%	1%	74%
Tobacco Use Screening	UDS	64%	57%	57%	0%	79%
Pediatric BMI & Counseling	UDS	50%	38%	38%	0%	78%

Scorecard Key

Measure type - UDS

2020 Baseline - Average baseline percentage met for each measure

Variance - performance growth from month to month.

Goal - 2020 Goal Mark

**MENTion It.**

**59%**

**of men feel COVID-19 has had a greater negative impact on their mental health than the 2008 recession.**



# CONTACT US



**RONALD JEAN**

Director Quality  
Improvement

609-297-6006



**UZO ACHEBE**

Quality Improvement  
Assistant

609-297-6036



**RITU DOIJAD**

Quality Improvement  
Data Analyst

609-297-6009

**QIREQUEST@HENRYJAUSTIN.ORG**

## QUOTE OF THE MONTH

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

- Nelson Mandela

