

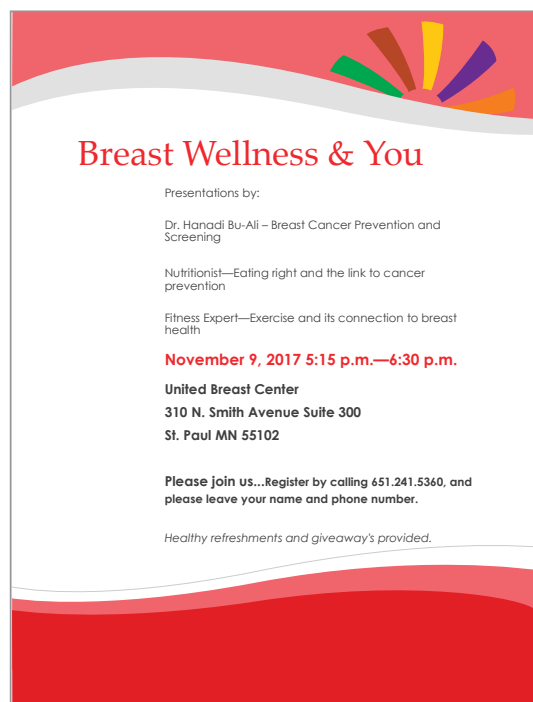
# 2017 Public Outcomes Report

## COMMISSION ON CANCER PERFORMANCE MEASURES

The American College of Surgeons Commission on Cancer (CoC) Standard 1.12 requires an annual report of patient or program outcomes be developed and disseminated by the United Hospital Cancer Committee.

Performance and outcomes data are evaluated annually by United Hospital's Cancer Committee and the Virginia Piper Cancer Institute leadership team. The data for this report is generated by the Virginia Piper Cancer Institute – United clinic from January through December 2017.

Each calendar year, the cancer committee organizes and offers at least one cancer prevention program designed to reduce the incidence of a specific cancer type and targeted to meet the prevention needs of the community. Each prevention program is consistent with evidence-based national guidelines for cancer prevention.



**Breast Wellness & You**

Presentations by:

- Dr. Hanadi Bu-Ali – Breast Cancer Prevention and Screening
- Nutritionist—Eating right and the link to cancer prevention
- Fitness Expert—Exercise and its connection to breast health

**November 9, 2017 5:15 p.m.—6:30 p.m.**

**United Breast Center**  
310 N. Smith Avenue Suite 300  
St. Paul MN 55102

**Please join us...Register by calling 651.241.5360, and please leave your name and phone number.**

*Healthy refreshments and giveaway's provided.*

Both the 2017-2019 United Hospital Community Needs Assessment and the United Hospital Cancer Committee Community Needs Assessment identify the need to increase community members' knowledge of the link between overweight/obesity and cancer.

## PREVENTION ACTIVITY OFFERED

Community presenters provided a free community presentation about the important connections between nutrition, exercise and breast screening to maximize women's breast health. The hour-long presentation focused on breast screening guidelines and options, nutrition information specifically targeting breast cancer prevention and the role exercise plays in helping the body stay well.

## General Prevention Guidelines for All Average Risk Adults

Provide advice to patients on nutrition and physical activity:

- Achieve and maintain a healthy weight.
- Exercise for at least 30 minutes on 5 or more days a week.
- Eat at least 5 servings of vegetables and fruits daily.

Ask patients about tobacco use and provide cessation counseling and pharmacotherapy.

AGE							
TEST	20	30	40	50+			
BMI	Each regular health care visit						
Blood Pressure	Each regular health care visit (or at least once every 2 years if BP <120/80 mm Hg)						
Lipid Profile	Every 5 years						
Blood Glucose test	Every 3 years						
Clinical Breast Exam (CBE) and Mammography	CBE every 3 years	Yearly CBE and Mammography					
Pap test	Yearly	Every 1-3 years, depends on type of test and past results					
Colorectal Screening	Frequency depends on test preferred						
Prostate specific antigen test and digital rectal exam	Offer yearly, assist informed decisions						

(continued on next page)

## POPULATION HEALTH

BMI: Overweight and obesity threaten the health of children, youth and adults, placing them at much greater risk for premature death and many disease and health conditions. These conditions include hypertension, hyperlipidemia (high cholesterol), type 2 diabetes, coronary heart disease, stroke and cancer. The obesity epidemic appears in both boys and girls, men and women, and among all racial and ethnic groups (*Healthy MN 2020*).

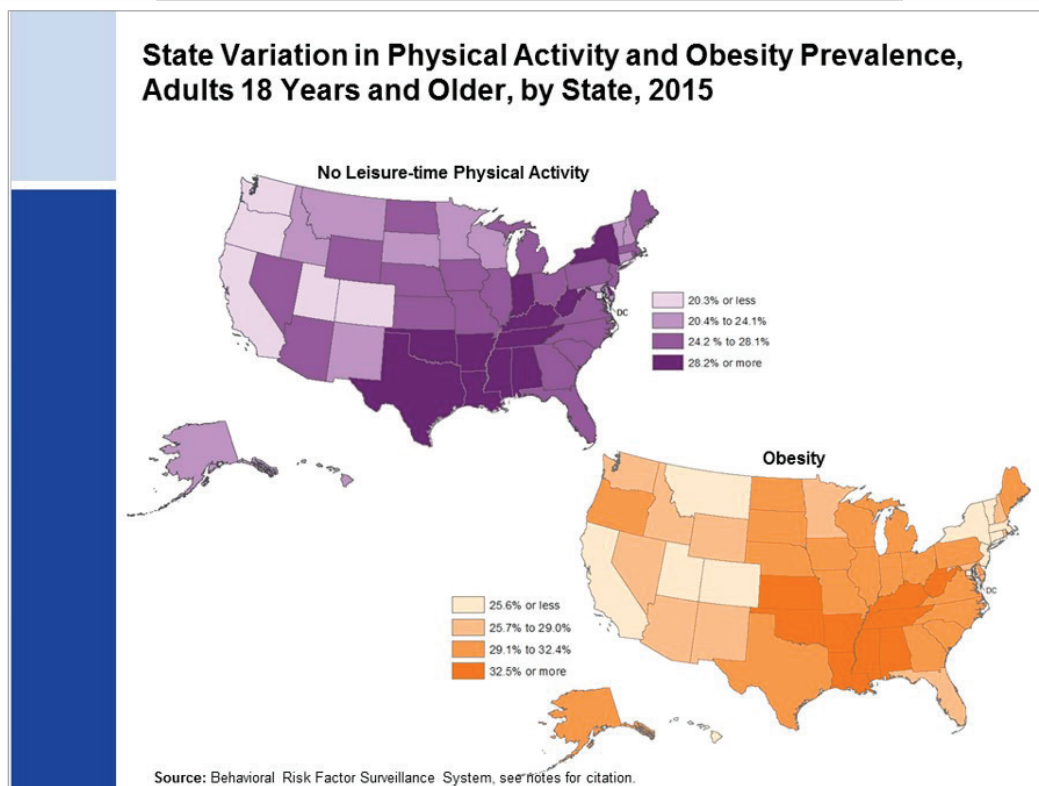
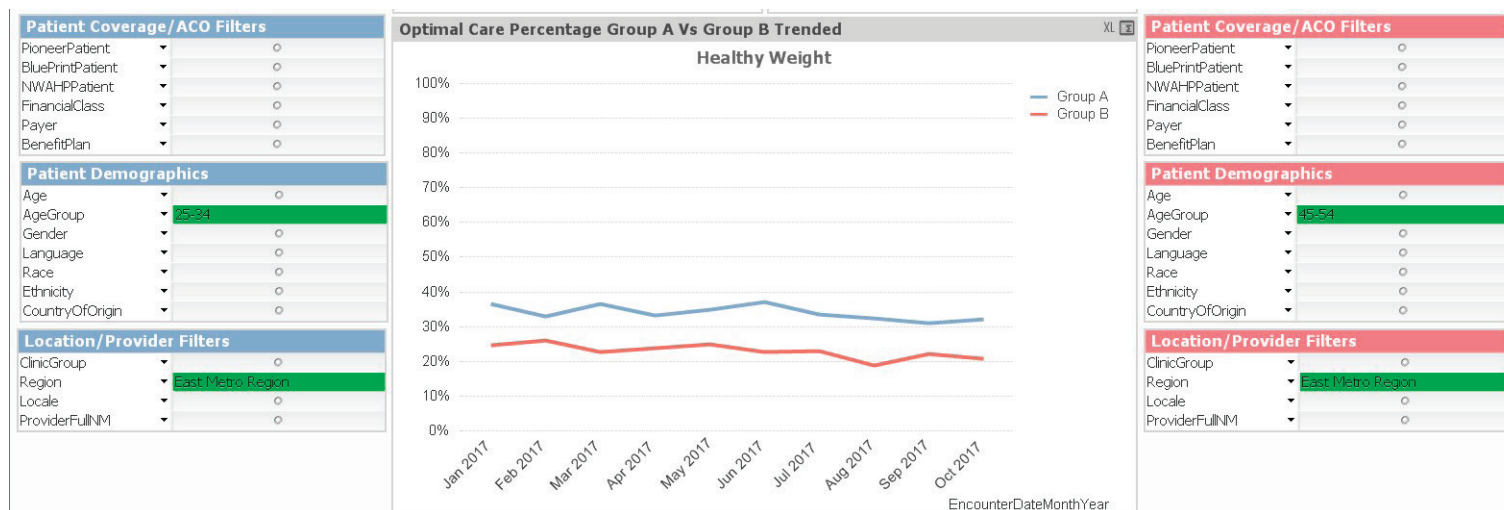
At Allina Health, the percent of patients who are overweight and obese continues to increase. Reversing this trend in 2018 may be unrealistic for Allina Health. Further, when we look at social determinants of health, clinical care is about 20 percent of what makes up health (County Health Rankings Model 2014). Therefore, the best interventions related to maintaining healthy weight and decreasing weight are outside of the clinical setting (e.g., accessible walking paths, access to healthy foods, etc.)

## TRACKING OF HEALTHY WEIGHTS IN POPULATION HEALTH – JANUARY TO OCTOBER 2017

**Summary:** In both age groups, tracking of healthy weights in population health for the East Metro Region is well under 40 percent.

Group A (blue) = age 25-34

Group B (red) = age 45-54



## EFFECTIVENESS OF ACTIVITY (VALUE, LESSONS LEARNED, RECOMMENDATIONS FOR IMPROVEMENTS):

**Presenters:** Hanandi Bu-Ali, MD, board-certified breast surgical oncologist and breast medical director at United Breast Center; Sue Moores, RD, registered dietitian, Kowalski's Market; Gail Ericson, physical therapist, Penny George Institute for Health and Healing.

**Attendees:** 18

**Surveys returned:** 14, 14/16 = 87.5 percent return rate

### Survey questions:

1. Was this prevention event helpful to you?
  - Yes – 14
  - No – 0
2. Because of the information you learned tonight, how likely are you to make positive changes that impact your health?
  - Not likely – 0
  - Somewhat likely – 2
  - Highly likely – 12
3. What is something new you learned from tonight's presentations?
  - The importance of exercise
  - Alcohol/insulin-resistance factors
  - Risk factors that remain after cancer diagnosis and how to reduce, better nutrition balance and increase beans, information about starting a walking program
  - 3-D mammography
  - Screening for my daughters to start earlier, recommended screening for dense breasts, paraben avoidance
  - N.E.A.T., artificial sweeteners BAD
  - Wonderful program. Dr. Bu-Ali, Sue, and Gail- all information very informative. Nice job!!! Thank you for doing this educational event
  - Do it!
  - More information / understanding of screenings. Exercise and % that it can help reduce. Different oils and portion size. The many benefits of beans. Helping lower risks of breast cancer recurrence and other cancers.
  - Vit E intake for hot flashes. Stop taking combination of estrogen and progesterone together as an HRT. The importance of exercise and a healthy diet to preventing breast cancer.
  - Estrogen- reducing activity, like weight loss

