Sustaining Healthy Communities: The State University of New York (SUNY) Downstate Approach

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SUNY Downstate Medical Center
College of Medicine
Brooklyn Health Disparities Center
SUNY Downstate

Downstate is the only academic medical center in the borough of Brooklyn, NY where the population is 2.6 million residents.

We serve many Brooklyn communities especially those in Central and Northern Brooklyn (Flatbush, East Flatbush, Bedford-Stuyvesant, Crown Heights, Brownsville, and East New York).

We train a healthcare workforce that reflects Brooklyn’s diversity:

• 25% of the medical students were born outside the U.S
• over 40% are first or second generation Americans
• 30% of students belong to underrepresented minority groups

Our students are often the first in their families to attend college.

We are the community that we serve.
Social Determinants of Health (SDOH)

Sustaining healthy and resilient communities requires that we address the social determinants in the educational curriculum, patient care practices, and research activities.

- Access to health care
- Access to resources
- Education
- Employment
- Environment
- Income/Poverty
- Insurance Coverage
- Housing
- Segregation
- Transportation
- Racism/Discrimination
<table>
<thead>
<tr>
<th></th>
<th>Brownsville</th>
<th>Bedstuy</th>
<th>E. Flatbush</th>
<th>Crown/Pros. Hts</th>
<th>Park slope</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>76%</td>
<td>64%</td>
<td>89%</td>
<td>64%</td>
<td>10%</td>
</tr>
<tr>
<td>Latino</td>
<td>20%</td>
<td>20%</td>
<td>7%</td>
<td>12%</td>
<td>18%</td>
</tr>
<tr>
<td>Immigrants</td>
<td>30%</td>
<td>19%</td>
<td>53%</td>
<td>31%</td>
<td>18%</td>
</tr>
<tr>
<td>Income &lt; FPL</td>
<td>37%</td>
<td>33%</td>
<td>18%</td>
<td>27%</td>
<td>11%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>16%</td>
<td>17%</td>
<td>12%</td>
<td>12%</td>
<td>7%</td>
</tr>
<tr>
<td>&lt; HS</td>
<td>28%</td>
<td>25%</td>
<td>17%</td>
<td>20%</td>
<td>9%</td>
</tr>
<tr>
<td>No insurance</td>
<td>18%</td>
<td>20%</td>
<td>24%</td>
<td>20%</td>
<td>16%</td>
</tr>
<tr>
<td>Current smokers</td>
<td>14%</td>
<td>20%</td>
<td>10%</td>
<td>17%</td>
<td>10%</td>
</tr>
<tr>
<td>Obesity</td>
<td>32%</td>
<td>33%</td>
<td>30%</td>
<td>33%</td>
<td>13%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>15%</td>
<td>15%</td>
<td>12%</td>
<td>16%</td>
<td>7%</td>
</tr>
<tr>
<td>Violence/100,000</td>
<td>180</td>
<td>129</td>
<td>85</td>
<td>98</td>
<td>32</td>
</tr>
<tr>
<td>Incarcerations/10^5</td>
<td>348</td>
<td>244</td>
<td>112</td>
<td>169</td>
<td>64</td>
</tr>
<tr>
<td>Life expectancy</td>
<td>74.1</td>
<td>75.1</td>
<td>82.1</td>
<td>77.5</td>
<td>80.3</td>
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</table>
Sustaining Healthy Communities Requires a Sustainable and Diverse Workforce

• Partner with local 4-year and 2-year colleges

• Attract and recruit a diverse workforce starting from high school

• We integrate social determinants of health and culturally responsive care skills in our curriculum

• Academic career development programs that provide faculty with the ability to develop research and policies that address and intervene on social determinants of health
HEAL is a structured program of didactic seminars, community engagement, and scholarship that is designed to:

- Empower students to be more socially aware and to understand the consequences of inequities on health outcomes
- Enable students to identify and intervene on social determinants through outreach, research, policy, and clinical initiatives
- Equip students to be advocates for patients and communities
- Foster community-academic partnerships and enhance community capacity for change
Sustaining Healthy Communities Requires Vocal Advocates
Sustaining Healthy Communities Requires a Diverse Research Faculty

In 2017, we received an NIMHD endowment to support TRANSPORT - **Translational Program Of** health disparities **Research Training**

This is endowment supports a research infrastructure for conducting interdisciplinary and translational research

Train faculty to conduct cutting edge translational research that blends basic science with community engagement and advances our understanding of gene-environment interactions
Sustaining Healthy Communities Requires Strong Community-Academic Partnerships

• Recognize the community as part of the solution

• Identify healthy opportunities in non-clinical settings that are trusted and frequently visited

• Build community capacity and resilience by leveraging resources and recognizing their historical value
  • Go where our communities go
  • Speak the language (linguistically, socially, and politically, and culturally)
  • Appreciate and respect values
Brooklyn Health Disparities Center

NIH funded Community-academic research partnership

- SUNY Downstate
- Arthur Ashe Institute for Urban Health
- Brooklyn Borough President’s office

• PI: Drs. Moro Salifu and Marilyn Fraser
  - Pamela Straker PhD
  - Lakia Maxwell MS
  - Mark Stewart MD, PhD
  - Tracey Wilson PhD
  - Michael Joseph PhD, MPH
  - Daniel Cukor PhD
  - Margaret Kaplan PhD, OTR/L

Research is informed by community partners
# Sustaining Healthy Communities: Requires Recognition of Community Assets

<table>
<thead>
<tr>
<th>Barbershop/Salons</th>
<th>Faith-based organizations</th>
<th>CBOs that provide Social service</th>
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<tbody>
<tr>
<td>HIV</td>
<td>Weight loss</td>
<td>Breast cancer screening for women with disabilities</td>
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<tr>
<td>Weight loss</td>
<td></td>
<td></td>
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<tr>
<td>Colorectal cancer screening</td>
<td>Mental health</td>
<td>Health promotion for non-custodial fathers</td>
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<tr>
<td>Blood pressure assessments</td>
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BARBERSHOP & SALONS

Screening
Motivational Interviewing
Education
Follow-up

Biweekly for 3 months
Monthly for 6 months

Improved outcomes
- Weight loss
- Lifestyle modification
- Increase physical activity
Sustaining Healthy Communities: Requires Supporting Economic Development

Dr. Marilyn Fraser (CEO) Arthur Ashe Institute for Urban Health hires barbershop/salon owners as community advocates

Dr. Margaret Kaplan- Associate Dean, trains community health workers

Each summer over 100 adolescents are hired to work at Downstate through summer research and summer youth employment programs
Sustaining Healthy Communities

Diverse clinical workforce  Education  Research  Community-Engagement and development

SUNY Downstate Approach