



Complete connected careSM

Community Benefit

Lowell General Hospital continually strives to improve the health and wellness of our community with bold initiatives aimed at providing ongoing chronic disease prevention and maintenance programs and increasing education on mental health and stress. Lowell General Hospital also funds and promotes programs targeting substance abuse. In 2013, Community Benefit programs totaled \$3,391,290, a testament to our commitment to enhancing the health of the community we serve.

Community benefit and community service programs continue to help the hospital achieve goals each year through a combination of community screenings, classes, and programs. Key accomplishments of 2013 include:

Chronic Disease Prevention and Management Programs

Lowell General Hospital has continued to focus on the prevention and management of chronic diseases over the past three years. In 2013, we increased the number of participants in classes and risk screenings by more than 80 percent. Some of our most effective community programs include: blood pressure and cardiovascular risk screenings; CPR, AED, and First Aid Combo classes; My Life, My Health: Chronic Disease Management, and our annual Get Heart Smart health fair.

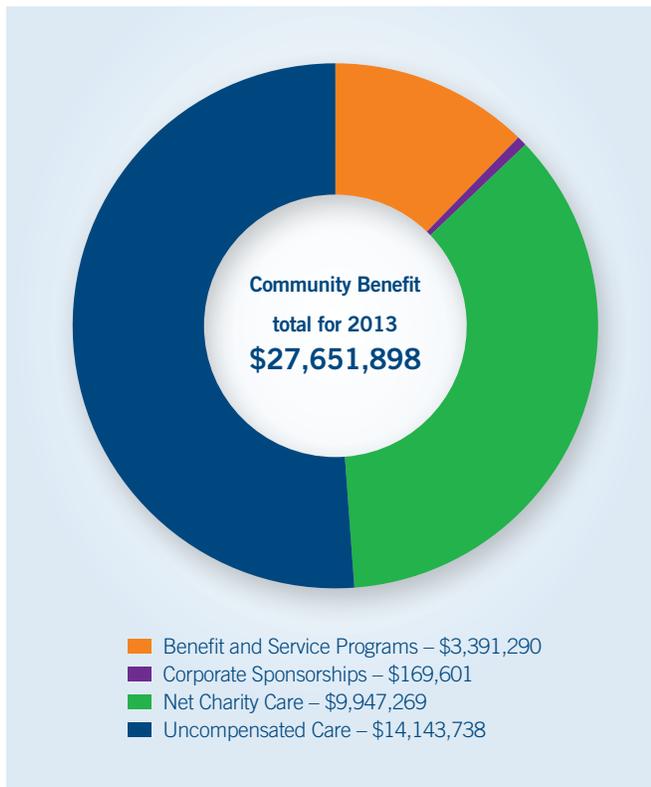
Addressing the Need for Mental Health and Stress Education

Over the last two years, the Greater Lowell community has shown an increased need for mental health and stress education programs. In 2013, the number of participants in our stress management programs steadily increased by more than 45 percent. Some of the programs offered were Acupressure for Stress Management, Strategies for Anxiety Management, Anger Management, Zentangle®, and Let's Meditate.

Lowell General Hospital recently hosted a Behavioral Health Roundtable sponsored by the Greater Lowell Health Alliance, State Representative Thomas Golden, and local, regional and state leaders. The discussion was focused on addressing the mental health and substance abuse crises in Greater Lowell and how we can work together to resolve the critical issues in our communities.

Targeting Substance Abuse

The City of Lowell, as well as many other surrounding cities and towns of Greater Lowell, has seen a significant rise in substance abuse. Lowell General Hospital is determined to help raise awareness about substance abuse and prevention efforts. In 2013, we reached all of our goals—offering four substance abuse prevention and education programs, increasing the number of



participants by more than 30 percent, and providing innovative grant funding to Billerica Public Schools.

Fulfilling Our Commitment to Community Health Improvement

In partnership with the Greater Lowell Health Alliance and the University of Massachusetts Lowell, we completed the 2013 Community Health Needs Assessment. In addition, Lowell General Hospital has sustained active participation in various collaborative and capacity building events, coalitions and task forces, such as the Lowell Youth Development Collaborative, Maternal & Child Health Task Force, Middlesex Community College Wellness Expo, and the Lowell Food Security Coalition. With more than 500 hours donated annually, our staff continue to show their dedication to improving the overall health of our community.

For 2014, we seek to:

- Offer chronic disease management programs to a diverse population within the community.
- Collaborate with local organizations to provide substance abuse prevention and education programs in the community.
- Increase the number of mental health prevention and education programs targeting at-risk youth.
- Provide workforce development opportunities for high school and college students in our local community.

To learn more about Lowell General Hospital's Community Benefit Program, visit www.lowellgeneral.org/communitybenefitreport