1. Overview

The Katz Institute for Women’s Health (KIWH) is a champion of women’s health and wellness and is dedicated as a health care partner to educate, empower, nurture and guide women through their healthcare needs at every stage of life. KIWH operates on a fundamental belief that healthier women mean healthier families and healthier communities.

In June 2011, the U.S. Department of Health and Human Services announced the nation’s “National Prevention Strategy (NPS).” Called for under the Affordable Care Act, the NPS aims to increase the number of Americans who are healthy at every stage of life. The 4 “Strategic Directions” of the NPS: Healthy and Safe Community Environments, Clinical & Community Preventive Services, Empowered People, and Elimination of Health Disparities have components essential to understanding how diversity, inclusion, and health literacy can be operationalized within the context of medical care.

KIWH has aligned its philosophy, principles and activities with NPS to maximally improve the health of the populations that it serves. The key principle of Education and Health Literacy focuses on the need to educate patients, providers and the public to create a partnership to optimize health. This principle aligns with two of the four strategic directions of the NPS, “Empowered People” and “Elimination of Health Disparities,” which are fundamental to improving the nation’s health.

2. Context

KIWH is part of the North Shore-LIJ Health System (NSLIJHS), which serves a geographic area encompassing more than 8 million people and is one of the largest and most diverse organizations in metropolitan New York, with more than 60,000 employees.

3. Objectives

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| • Identify the importance of low health literacy and its impact on patient safety and poor health outcomes.
| • Discuss strategies that foster partnerships among health care providers and the communities they serve.
| • Discuss how applying the National Prevention Strategy to women’s health can be fundamental to improving the nation’s health.
| • Identify the importance of and strategies to empower patients to make informed decisions about their health and wellness.

4. Approach

**Empowered People**
- Education - KIWH provides support for women to make healthy choices by incorporating health literacy tenets into the following resources:

  - Fact Sheets & Presentations
  - KIWH Website
  - KIWH Resource Center
  - Support Groups

**Elimination of Health Disparities**
- Access to Quality Healthcare – Focusing on communities at greatest risk, KIWH promotes women’s health among the Health System’s female employees and patients throughout the year by:

  - Broadening the scope of preventive care
  - Increasing access/awareness of community & preventive services
  - Providing outreach & support

**Screening & Early Detection**
- Lifestyle modification
- Medical therapy
- Radiation therapy
- Surgical intervention
- Cosmetic reconstruction
- Complementary & Alternative Medicine

**Treatment & Follow-up**
- Convenience
- Support groups
- Quality of life improvements
- Holistic care
- Child care services

5. Key Programs

**Women’s Heart Health Program:**
- Provides personalized care for the prevention, early detection and treatment of cardiovascular disease in women by reaching out to women in their communities and their Ob/Gyn and Primary Care providers.
- As a founding member of the National Hospital Alliance of WomenHeart: The National Coalition for Women with Heart Disease, peer-led support groups are available for women who have a cardiac condition or are at risk for heart disease.

**KIWH Wellness Campaigns:**
- Promotes women’s health throughout the year through focused wellness campaigns. System-wide activities are coordinated to educate female employees and community members, including lectures, informational tables, health screenings and outreach.

**KIWH Resource Center:**
- Offers women seamless, coordinated access to all of NSLIJHS clinical programs and services. In 2014, it served over 4,500 callers.

6. Conclusion

As healthcare in America moves toward population health management, wellness and prevention become critically important as we transition from:

- Value Blind
- Disease and Treatment
- Episodic and Fragmented
- Value Based
- Prevention and Wellness
- Seamless and Coordinated