

Fiscal Year 2018 (Third Quarter: July 1, 2017 - March 31, 2018)

# Mercy Northwest Arkansas Community Benefit Report

Know the Risk. Make the Change. Live Your Life.

Total Community Benefit  
**\$14,695,000**



reducing portion sizes and ways to work more activity into their daily routines, among other lessons. "Making some simple lifestyle changes makes a big difference, and research has shown participants in the program can lower their risk and actually prevent the onset of diabetes by sticking with the changes," Caton said.

Ashton Caton, community wellness program manager in Rogers brought the National Diabetes Prevention Program (DPP) to Mercy Northwest Arkansas (NWA) in December 2016. The DPP is an evidence-based, CDC-recognized, year-long lifestyle change program. The program meets weekly for sixteen weeks, then bi-weekly for two months, followed by monthly sessions for six months. The program goal is for all participants to reduce their total body weight by 5-7 percent and increase weekly physical activity by 150 minutes per week during the first six months. Caton is one of the health coaches who lead the weekly classes, which offer a combination of information and encouragement to help participants reach their goals.

The DPP is for individuals who have elevated glucose levels or are at a high-risk for developing Type 2 diabetes.

The program teaches participants about nutrition,

"Not only did we learn from the class, we learned from each other, especially about our struggles," Harry Palmer said. "Short term, you may not face all of the things that are discouraging. When it's over 12 months, you're going to hit a wall," Judy Palmer said, noting Caton would help get her back on track.

Caton and her work with the DPP at Mercy NWA received the "2018 Chronic Disease Coordinating Council's Individual Trendsetter Award." Caton has helped train lifestyle coaches in other Mercy communities to spread the program across the ministry.

Mercy NWA has serviced 60 patients since December 2016.



## Charity Care

Includes the actual cost of providing free or discounted care to persons who cannot afford to pay and who are not eligible for public programs. Charity care does not include bad debt.

Benefit: \$3,710,000

## Community Outreach Services

Includes activities carried out to improve community health and services that are subsidized because they are needed in the community. Examples: education, support groups, health screenings, and immunizations.

Benefit: \$315,000

## Health Professionals

### Education and Research

Includes the cost of providing clinical placement for physicians, nurses and other health professionals plus the costs of the nursing anesthesia, EMS and radiology schools.

Benefit: \$1,697,000

### Cash, In-Kind Donations, Workforce Enhancement and Fundraising

Includes cash, in-kind donations, fundraising costs, food & supplies to shelters, use of Mercy rooms and facilities, donated office space and recruitment of health professionals in medically underserved areas.

Benefit: \$32,000

### Medicaid Subsidies

Includes the actual unpaid cost of providing care to Medicaid patients and represents the shortfall between cost of care and the payments received by the government.

Benefit: \$8,941,000



Your life is our life's work.