



1081 E. 18th Street
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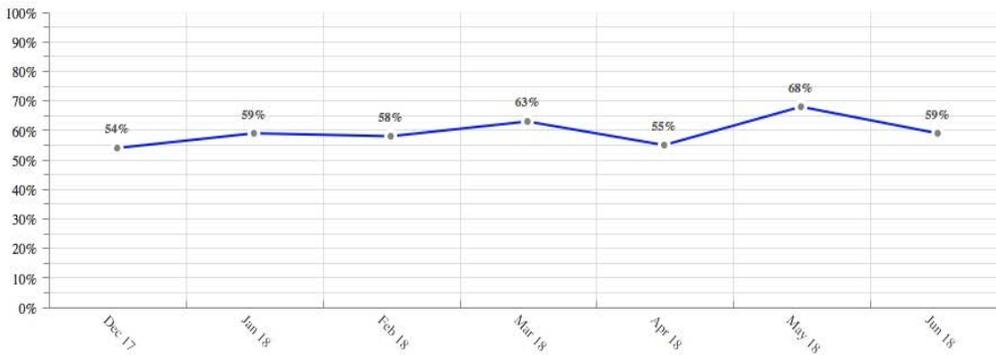
July, 2018

Dear Community Member:

At Your Community Health Center, we are committed to delivering Quality Care to all our patients. How is Quality measured? Your Community Health Center is a member of the Missouri Primary Care Association along with 29 other federally qualified health centers. The Missouri Primary Care Association has established “measures” or “metrics” to help us rate the quality of our care.

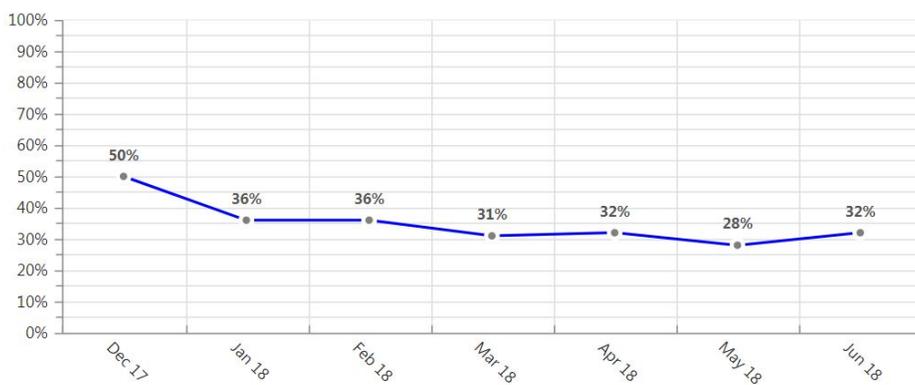
HYPERTENSION

One important quality measure is how good a job we are doing of controlling hypertension (high blood pressure) in our patients. High blood pressure is dangerous because it leads to heart disease, stroke, and other vascular diseases which can cause disability and death. Our goal is to have as many of our patients with hypertension “controlled”—that means a blood pressure less than 140/90. Currently we have 58% of hypertensive patients “controlled”—we are striving to get more of our patients with hypertension down to a blood pressure of 140/90. At YCHC, we are doing better than the US National average which is only 49% of patients with controlled blood pressure.



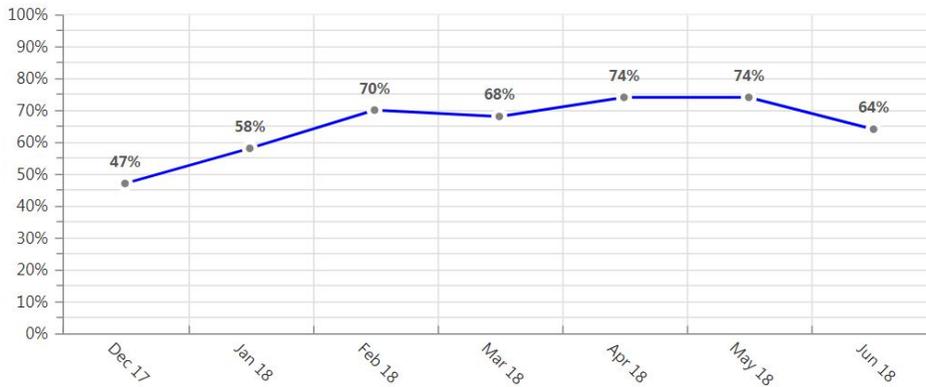
DIABETES

Poorly controlled diabetes is a major cause of vascular disease, kidney disease, stroke, and heart disease. When the hemoglobin A1C is over 9%, diabetes is considered “poorly controlled”. We try to have as few patients as possible with an A1C over 9%. Nationally, the average for diabetes patients with poor control is 19% so we are constantly striving to help our patients at YCHC to get better control of their diabetes.



OBESITY

Being overweight is a major health concern which can lead to joint injury, diabetes, breathing problems, and hypertension. We screen all patients for being overweight and offer advice and counseling to most overweight patients. Right now we offer counseling to 64% of our overweight patients, our goal is to offer counseling on obesity to 100% of our overweight patients.



TOBACCO USE

Tobacco use, including cigarettes, is a preventable cause of heart disease, lung cancer, and stroke. We offer tobacco cessation advice to our patients who smoke. Our goal is to make sure that our patients who smoke are informed of the risks of smoking and offered help on how to quit. We want to get to 100% compliance with this quality measure.



OUR GOAL

We want our patients with hypertension to have controlled blood pressure, we want our diabetes patients to have good control of their diabetes, we want our overweight patients to be counseled on weight loss, and our cigarette smokers to be counseled on quitting smoking. These are some of our quality measures. We are not perfect on any of them, but every month we strive to improve on them. We want to have the healthiest patients possible! In order to get better, we continue to measure how well we are doing on our quality measures.

I plan to update this newsletter twice a year. I look forward to communicating with you again soon.

Sincerely,

Daniel B. Hier MD MBA

Quality Director
Your Community Health Center