



TRINA RADSKE-SUCHAN, PT, CSCS, FMSC

Clinic and community come together to fight chronic disease by executing community-based strategies that proactively link and support clinical services.

Trina Radske-Suchan serves as the Executive Vice President and Chief Health Officer for Community Health Partners (CHP, and d.b.a. Core Health Partners in the Southwest Florida region). NWI is proud to join Core Health Partners, The Help a Diabetic Child Foundation, and Healthcare Network of Southwest Florida in developing the [Von Arx Family Foundation Southwest Florida Diabetes & Wellness Conference](#), which will take place on **November 4, 2018**.

Ms. Suchan Trina Radske-Suchan serves as the Executive Vice President and Chief Health Officer for Community Health Partners (CHP, and d.b.a. Core Health Partners in the Southwest Florida region). She received her Master's degree in Physical Therapy from the University of Iowa and has dedicated most of her career to preventing behaviors leading to death, disability and rising health care costs. She's done that by leading community health efforts to address chronic disease, health disparities, and health-related concerns of aging populations.

Physical therapists are uniquely educated and trained to adapt health care recommendations to the community environment where individuals live, work, learn, and play. Her expertise as a physical therapist was essential in the development of the first YMCA-hospital partnership nationally that created the YMCA Healthy Living Center (Y-HLC) in Clive, Iowa employing and administering physical therapy and medically-integrated programs and services under YMCA management. As the Y-HLC Medical Program Executive from 2009-2017, she led the Y-HLC medically-integrated efforts reaching over 1,160 provider

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referrals. Y-HLC membership peaked at 8,300 members and nearly half of the membership population was driven by a medical referral. She averaged 160 referrals per month with the highest month achieving 257 referrals. She managed over 20 medical programs that delivered evidence-based educational curriculum, self-management training, behavior modification, group and independent exercise related to disease or impairment, and ongoing support through health coaching.

Trina works to build broader approaches to chronic disease management through partnerships with health care systems, government agencies, non-profits and corporate partners as well as build collaborations to enhance support for the clinic to community health model. Today, CHP builds environments where clinic and community come together to fight chronic disease by executing community-based strategies that proactively link and support clinical services. As part of community-based integrated teams, CHP leads the design and development of integrated clinical and community screening and referral pathways, develops network hubs that centralize processes and enhance communications, and adapts the environment to promote healthy behaviors and improved health outcomes for individuals and populations of all ages, including those with complex health and functional needs.

Ms. Suchan says, "Being a competitive athlete teaches you to be committed to a process, be purposeful in team work, tenacious in goal achievement, and understand the importance of taking care of your body".

Links for podcast episode 48

[CHP Website](#)

[CHP Blog Posts by Trina Suchan](#)

[CHP on Facebook](#)

[Southwest Florida Diabetes & Wellness Conference Website:](#)

<https://www.swfldiabetes.com/>

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