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Adventist Health Overview

Adventist Health Portland is an affiliate of Adventist Health, a faith-based, nonprofit, integrated health system headquartered in Roseville, California. We provide compassionate care in more than 75 communities throughout California, Hawaii, Oregon and Washington.

Adventist Health entities include:

- 20 hospitals with more than 2,800 beds
- More than 280 clinics (hospital-based, rural health and physician clinics)
- 13 home care agencies and seven hospice agencies
- Four joint-venture retirement centers
- Workforce of 33,000 includes more than 24,600 employees; 5,000 medical staff physicians; and 3,700 volunteers

We owe much of our heritage and organizational success to the Seventh-day Adventist Church, which has long been a promoter of prevention and whole person care. Inspired by our belief in the loving and healing power of Jesus Christ, we aim to bring physical, mental and spiritual health and healing to our neighbors of all faiths. Every individual, regardless of his/her personal beliefs, is welcome in our facilities. We are also eager to partner with members of other faiths to enhance the health of the communities we serve.

Our commitment to quality health care stems from our heritage, which dates back to 1866 when the first Seventh-day Adventist health care facility opened in Battle Creek, Michigan. There, dedicated pioneers promoted the “radical” concepts of proper nutrition, exercise and sanitation. Early on, the facility was devoted to prevention as well as healing. They called it a sanitarium, a place where patients—and their families—could learn to be well.

More than a century later, the health care system sponsored by the Seventh-day Adventist Church circles the globe with more than 170 hospitals and more than 500 clinics, nursing homes and dispensaries worldwide. And the same vision to treat the whole person—mind, body and spirit—continues to provide the foundation for our progressive approach to health care.
Dear Friends and Colleagues,

For more than 120 years Adventist Health Portland has been serving East Portland communities. We have always been committed to providing more than just care for people who are sick—we strive to help people learn to live well and stay well.

You can have faith that the moment you connect with our team--from our volunteers to our providers to our educators—everyone in our organization is committed to caring for you as a whole person. Our focus on body, mind and spirit makes us unique, showing our commitment to mission – Living God’s love by inspiring health, wholeness and hope.

As Jesus ministered to people, He cared for their physical needs and then went on to address their emotional and spiritual health. Our mission calls us to do the same.

We are expanding our mission focus from “healthcare” and “healing” more broadly to “health”. We continue to provide health care and healing in the context of helping people achieve optimal personal health. This means engaging with our communities to understand how we can support population health improvement, as well as creating an optimal work environment for our associates to support their own personal health goals.

We are proud of our exceptional team of medical providers. Adventist Health Medical Group providers partner with their patients to serve as a personal wellness resource and coach. Our associates work to achieve and maintain the highest training and certifications because we know every member of our community deserves our very best care.

Thank you for partnering with us to expand the impact of our mission, creating opportunity for us serve more people—inspiring health, wholeness and hope.

With gratitude,

David Russell, President
Portland Adventist Medical Center (dba Adventist Medical Center)

Number of Beds: 302

Mailing Address: 10123 SE Market St., Portland, OR 97216

Contact Information: David Russell, President

(503) 251-6150

Existing healthcare facilities that can respond to the health needs of the community:

- Oregon Health Sciences University (OHSU)
- Legacy Health
- Kaiser Permanente
- Providence Health & Services
- Coalition of Community Health Clinics
- County Health Departments, etc.
Community Health Development Team

Edward Hoover, MA
Manager, LivingWell/Community Wellness

Terry Johnsson, DMin
Administrative Director of Mission Fulfillment

Peter Morgan, MBA
Community Benefits Specialist

C.J. Anderson
Marketing Manager

CHNA/CHP contact:
Ed Hoover
10123 SE Market St.
Manager, LivingWell/Community Wellness

To request a copy, provide comments or view electronic copies of current and previous community health needs assessments: https://www.adventisthealth.org/about-us/community-benefit/
Invitation to a Healthier Community

Fulfilling Adventist Health’s Mission

Where and how we live is vital to our health. We recognize that health status is a product of multiple factors. To comprehensively address the needs of our community, we must take into account health behaviors and risks, the physical environment, the health system, and social determinant of health. Each component influences the next and through strategic and collective action improved health can be achieved.

The Community Health Plan marks the second phase in a collaborative effort to systematically investigate and identify our community’s most pressing needs. After a thorough review of health status in our community through the Community Health Needs Assessment (CHNA), we identified areas that we could address using our resources, expertise, and community partners. Through these actions and relationships, we aim to empower our community and fulfill our mission, “to share God’s love by providing physical, mental and spiritual healing.”

Identified Community Needs

The results of the CHNA guided the creation of this document and aided us in how we could best provide benefit to our community and the most vulnerable among us. As a result, Adventist Health Portland has adopted the following priority areas for our community health investments for 2017-2019:

- Chronic Disease
- Access to Care
- Behavioral Health/Addictions
- Social Determinants of Health

Additionally, we engage in a process of continuous quality improvement, whereby we ask the following questions for each priority area:

- Are our interventions making a difference in improving health outcomes?
- Are we providing the appropriate resources in the appropriate locations?
- What changes or collaborations within our system need to be made?
- How are we using technology to track our health improvements and providing relevant feedback at the local level?
- Do we have the resources as a region to elevate the population’s health status?

Building a healthy community requires multiple stakeholders working together with a common purpose. We invite you to explore how we intend to address health challenges in our community and partner to achieve change. More importantly though, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities we all want for ourselves and our families.
Priority Need - Chronic Disease

**Objective 1:** Reduce local cancer deaths through prevention, early detection and patient support efforts for the following cancer types: Breast, Colorectal, Lung and Skin. (Previously Objectives 1-3)

**Intervention:** Continue to develop funding and outreach partnerships to improve **mammography screening** for those not covered by insurance. Number of Community Members Served with special grant: 47 Mammography screens in 2018 (an increase over 2016 and 2017).

**Intervention:** Continue provider education and outreach to qualifying Smokers for **Low-dose Lung CT Scan Program.** Number of Community Members Served in 2018: 537 Smoker CT Scans (a significant increase over 2017.)

**Intervention:** Provide free **skin cancer screening** and interactive educational activity at two-day Impact Your Health Portland Clinic at Portland Adventist Academy. Number of guests served: 160 quizzes returned and 72 skin cancer screens.

**Intervention:** Continue community **Radon Awareness Campaign** and **Free Home Radon screening** kit distribution in 2018. Number of Community Households Served: 19 Home Radon Kits, and educational outreach to around 300 individuals.

**Intervention:** Support the community education and mammography screening work of **Komen Foundation** at the Race for the Cure. Also provide practical nutrition support (bananas) to 2,000 Race for the Cure participants in 2018.

**Intervention:** Provide **Cancer Navigator** support services to help patients better navigate treatment and the stress often connected with cancer care. 189 persons/families served in 2018. Also provided **medical transport** to treatment services for 200 cancer patients.

**Intervention:** Community **Colorectal/Digestive Health Outreach** Activities in March 2018. (Included in Objective 6)

**Objective 4:** Reduce deaths from Heart Disease

**Intervention:** Provide training and/or information on AHA “Hands-only” CPR at 2018 Montavilla Street Fair. Number of Community Members Served: Approx. 45 HOCPR interactions (English/Spanish)
**Intervention:** Conduct FREE Community Heart Health Education series featuring providers from Northwest Cardiovascular Institute (Included in Objective 6) Number of contacts: 370

**Objective 5:** Provide Healthier futures for babies and families

**Intervention: Car Safety Seat Project.** Number of Families Served with free/subsidized car seats: 11 Families. Also co-hosted a FREE Safety Seat Clinic in partnership with OHSU. 25 Families served and educated – 33 car seats checked – 70% misuse rate.

**Objective 6:** Promote & support the adoption of healthier lifestyles to prevent/manage/help reverse chronic diseases.

**Intervention: Community Classes, support groups on lifestyle factors and health conditions.**
Approximate number of Community Members Served: 2400+ encounters

**Intervention:** Establish the LivingWell Fitness Trail around the hospital campus, and in the Tunnel system to promote outdoor physical activity and build community. (Also Social Determinants, Objective #3 and Community Garden). Trail dedicated in September 2018 shortly before the rains started. Community Number of QR visits in Nov/Dec 2018: 29 visits (Unfortunately, the tracking system was not activated during the first two months when the weather was a bit better).

**Intervention:** Health for Life Publication - Quarterly health publication that covers a variety of relevant health topics and community wellness news. Number of Community Members Served: Average 97,000 households touched in 2018.

**Intervention: VegFest 2018** – Interactive education/materials about plant-based nutrition and other life style factors related to health/chronic disease prevention/spiritual life. Partnered with People to People Ministries in 2018. Number of Community Members Served: 1,000+

**Intervention:** Social Media-related Educational Outreach (Podcasts, Blog) also 14 media appearances (TV and print). Estimated Number of Community Members Served: 500,000 media impressions

**Objective 7:** Train Healthcare professionals in the application of Plant-based Nutrition and Lifestyle Medicine

**Intervention:** Co-sponsored the 9th Northwest Health & Nutrition Conference at the Oregon Convention Center and donated CME services. Number of Community Members Served: 277 in 2018. Up from 247 in 2017. (Participant ratings for the Conference were the highest in the last 7 years in 7 categories)
Community Partners

- American Cancer Society
- American Lung Association, Northwest Radon Coalition
- American Heart Association
- Compassion Connect (with area churches)
- OHSU
- Northwest VEG and other Conference Partners
- Goodskin Dermatology

A Program highlight: Free Skin Cancer Screenings & Education

In August 2018, Adventist Health Portland and Goodskin Dermatology joined forces to add free skin cancer screenings, and a unique, interactive skin cancer education activity to the 2018 Impact Your Health Portland Clinic. During the two-day Free Clinic, 72 community members gratefully received professional skin cancer screening (75% of positive findings scheduled follow-up visits at the time). In addition, the LivingWell and Oncology departments of the hospital put together an educational handout and quiz that was translated into the top three languages spoken in Oregon (English, Spanish and Russian). The handout/quiz was distributed to guests by student volunteers dressed in fruit and vegetable costumes while guests were waiting for other medical/dental services. 160 guests brought their completed quizzes to the AH Portland booth on their way out for scoring and to receive free gifts, including sunscreen. 132 surveys (82.5%) were completed in English, 26 surveys (16.2%) in Spanish and 2 surveys (1.2%) in Russian.
Priority Need - Access to Care

Objective 1: Strengthen the continuum of health care and create additional healthcare access points with a focus on low-income adults, ages 19–64, and those living below 200% of the FPL.

Intervention: Continue work with Compassion Connect holding free community medical/dental clinics to address the need for access to health care in our greater service area.

- Number of Community Members Served in 2018: 3,373
- Volunteers Serving: 3,144
- Churches uniting: 126

Intervention: Impact Your Health Portland free clinic offering free dental care, vision, general medical care, and health education services to uninsured and under-insured people in the Portland metro area. Number of Community Members Served: 674 guests served by 650 volunteers in 2018


Objective 2: Continue to assist the uninsured/underinsured by removing undesirable barriers to receiving appropriate health care or being crushed by unmanageable health care bills.


Intervention: Patient Enrollment Assistance into means tested programs. Number of Community Members Served: Approximately 1,100

Intervention: Help fund Project Access NOW which connects low-income, uninsured people to donated care across the Portland metropolitan area. The mission of Project Access NOW is “...to improve the health of our community by creating access to care and services for those most in need.” Number of Community Members Served: Estimated 1,146

Intervention: Provide medical transport services for Cancer and Behavioral health. Persons served in 2018: 200+

Objective 3: To establish practices and processes, as well as develop capacity to help provide more culturally responsive whole-person healthcare services to selected communities within our service area.
Intervention: Meet with area Russian Community Pastors and other groups to better understand their needs and barriers to care. Pastors session held on May 11, 2018 Attendees: 22

Intervention: Hire more Russian-speaking Associates in Emergency Department, AHMG clinics, etc. to facilitate the patient experience and improve quality of care. 7 new Russian-speaking staff hired and now serving in this project.

Intervention: Participated in Portland Slavic Festival reported elsewhere.

Objective 4: Train/mentor multiethnic young people, and more seasoned adults to be whole-person health care workers serving our community.

Intervention: Training of Clinical and Community Chaplains of diverse cultural backgrounds
  - Clinical Pastoral Education Students (13 CPE students trained in 2018)
  - Spiritual Care Volunteers (8 volunteers regularly engaged in 2018)
  - Area Pastors (12 on-call chaplain/pastors engaged)

Intervention: Student Healthcare Leaders Program for High School age students in partnership with local schools. Our first two groups completed the program in 2018. Total: 28 students from seven High Schools, plus Home School students.

Intervention: Support Faith Community Nursing and Health Ministries NW as they train and support faith community volunteers as they serve their parishes and communities.

Community Partners:

- Greater Portland Area SDA Churches
- Compassion Connect (with area churches)
- Adventist Medical Evangelism Network (AMEN)
- Central City Concern (and other healthcare partners)
- Portland Adventist Community Services (PACS)
- Project Access NOW
- Selected area schools – David Douglas High, Portland Adventist Academy

A Program Highlight – 2018 Student Healthcare Leaders Program comments

“I wasn’t really planning on medicine. I was looking more towards engineering, but that might end up being biomedical engineering, which would be in medicine. If you want to go into medicine or even if
Priority Need – Behavioral Health/Addictions

**Objective 1:** Continue funding & leadership support for the **UNITY Center for Behavioral Health** (a partnership) which opened in 2017. The acute and emergency mental health services provided fill a huge community need.

**Objective 2:** Expand access to outpatient, intermediate mental health care on AH Campus.

**Intervention:** Continue to develop the **Outpatient Emotional Wellness Clinic.** Add new, cutting edge treatment for depression. Number of Community Members Served in 2018: 402 patients

**Objective 3:** Provide additional Behavioral Health and related services on Eastside in partnership with other groups like Central City Concern.

**Intervention:** Help fund and build **CCC Eastside Health Center** and housing facility. Number of Community Members Served: Facility under construction. To open in 2019.

**Objective 4:** Serve 2,000 residents via First Friday, Soup & Salad, Grief Support, Bible Study group and PrayerWorks/AMEN Programs to address emotional and spiritual needs.

**Intervention:** Further develop/promote First Friday Program, etc. Number of Community Members Served in 2018: 767 served, 2,058 attended meetings
Community Partners

- **Central City Concern**, plus AH Portland, CareOregon, Kaiser Permanente Northwest, Legacy Health, OHSU, Providence Health & Services
- **UNITY Center for Behavioral Health partners** (AH, Legacy Health, OHSU, Kaiser Permanente)
- **Area churches in First Friday Project** including Pleasant Valley Church, Sunnyside SDA Church, Oasis Christian Center, Ohana Christian Fellowship, ROC Fellowship, and Sharon SDA Church
- **KPDQ 93.9/The Fish 104.1 FM** (First Friday, etc.)

A Program Highlight – **Emotional Wellness TMS Patient Stories** (names changed)

We had a male patient, Morris, who had been through our group program for 2 months. While he learned skills and found a good balance of medication for his anxiety, his depression remained strong with little indication of changing. He had heard about our new TMS treatment option from our group discussions and did an intake shortly after finishing the group services. Originally, the patient rated their depression using our rating scale at severe (24), but after only 6 weeks of treatment, he rated himself at mild (9)! Further, he went from being really quiet and muted, to smiling, talking, and even making jokes during the treatment.

We had a male patient, Ian, who struggled with depression for over 30 years. He came to us with "nothing ever works" attitude, would rarely talk, and was very suicidal. He told us nothing in his life was changing and put the same score every time on his mood scales - "very depressed". Yet over 6 weeks he began taking better care of himself - showering, grooming, shave and a haircut, even new clothes. At the last treatment he reported he was still depressed - but asked us to wish him luck on his first date in a decade!

Glenn Maia, LPC
Behavioral Health Counselor

Priority Need - **Social Determinates of Health**

**Objective 1:** Improve Housing/Social Services for Special Need groups on the Eastside of Portland.
OUR MISSION:
Living God's love by inspiring health, wholeness and hope

**Intervention:** Help fund Central City Concern's **Housing is Health Initiative** - Three comprehensive housing projects (331 units) in East Portland for medically fragile and those in recovery. Also includes a medical clinic, counseling and other support services. Nearing completion at the end of 2018. Phased opening in 2019.

**Intervention:** Fund Housing Vouchers with City Team Ministries and Corporation for Supportive Housing. Persons served: 27 through CTM in 2018.

**Objective 2:** Improve Nutrition and Reduce Food Insecurity for needy Mid-county residents.

**Intervention:** Recruit AH volunteer leaders and others to deliver nutritious meals to needy individuals in 2018 in partnership with East Portland **Meals on Wheels**. Number of Community Members Served: 50 with around 2,600 meals served in 2018.

**Intervention:** **Market Street Community Garden.** Increase access to fresh produce and building community connections by partnering with Outgrowing Hunger to establish a community garden adjacent to AH Portland. Garden under development in 2018, into 2019. Opening in Spring 2019. Anticipated number of Community Members Served in 2019: 80 families and approximately 320 individuals.

**Intervention:** Collect food/clothing donations from special hospital-sponsored events and classes. Donations funneled through **Portland Adventist Community Services** to needy community members. Over 3,851 pounds of food, and 12,000 pairs of socks were collected for those in need in 2018! (A significant increase over 2017) Administration and AHP Nutritional Services also donates money/food to **Snow Cap** for distribution.

**Objective 3:** Community and relationship building with a health promotion focus

**Intervention:** Engage with **Special Neighborhood-building Events**, including the following:
- Gladstone Community Festival
- Sandy Mountain Festival
- Montavilla Street Fair
- Portland Slavic Festival
- SunnyCity Festival
- Estimate of Community Members Served: 4,000+

**Intervention:** Established **QR Fit Trail** to help bring together area residents and AHP staff around fitness. To also tie in with the developing **Community Garden Project** when it opens in 2019. (See Chronic Disease, Objective 6)
Community Partners

- **Central City Concern** (and partners mentioned earlier)
- Outgrowing Hunger
- **Meals on Wheels – Mid-County Site**
- Neighborhood Associations
- CherryWood Village
- Afisha
- **Cherry Blossom Estates – Low Income Housing**
- Sunnyside SDA Church

A Program Highlight – **Market Street Community Garden**

Two of the identified Social Determinants of Health is access to quality nutrition and places for safe outdoor physical activity. Establishing a community garden on uncommitted hospital property made sense. In 2017, we started discussions with Outgrowing Hunger (OH), a local Community Garden and Education non-profit. In 2018, we worked with OH to conduct neighborhood information sessions to share our Community Garden vision and listen to our neighbors. The sessions confirmed the interest and excitement started to build. But starting a Community Garden takes more time and effort than some of us anticipated. Getting contracts in place, making arrangements for installation of water meters, water lines, fencing, adding soil amendments and starting our Gathering Space/shelter took us into the Fall. The exciting thing was to see so many groups come together to help. We had a local Landscape Company donate a full day and many of their staff and equipment to install an amazing network of water lines; Central City Concern clients came and dug post holes for the fence and helped spread lime; Students from Warner Pacific University cut sod and helped build the base for our raised bed area; and more recently students from Colorado State University came and spent two days outlining plots, building paths and adding compost to the plots. An Eagle Scout troop is planning on building the raised bed frames in April. Most of the plots are already spoken for and the gardeners form a virtual United Nations. Afghanistan, Bhutan, Burma, Congo, Eritrea, Ethiopia, Kenya, Mexico, Russia and the US are among the nations represented so far – many of which are refugees, or recent immigrants. When fully operational, we anticipate around 80 families will be served with around 320 area residents enjoying better nutrition. We look forward to an exciting 2019 growing fresh food and forever relationships in our new Community Garden.
Other Community Needs Addressed in 2018

**Intervention:** Medical Education

- Medical Students: 35
- Nursing Students: 277
- Rehab students: 53

**Changes in 2018**

Development of corporate Mission Integration Team that will serve the hospitals in integrating best practices in population health initiatives.

Establishment of a local Mission Integration Team

The role of the Mission Integration Committee is to:

1. Intentionally expand the mission of Adventist Health outside the hospital walls and into the communities we serve.
2. Ensure the integration of Adventist Health’s mission, identity, spirituality, heritage and values into its care delivery, community engagement, leadership, operations and culture.

The new expanded relationship with OHSU partnership will create additional opportunities to impact the health of our community.
Connecting Strategy and Community Health

As hospitals move toward population health management, community health interventions are a key element in achieving the overall goals of reducing the overall cost of health care, improving the health of the population, and improving access to affordable health services for the community both in outpatient and community settings. The key factor in improving quality and efficiency of the care hospitals provide is to include the larger community they serve as a part of their overall strategy.

Health systems must now step outside of the traditional roles of hospitals to begin to address the social, economic, and environmental conditions that contribute to poor health in the communities we serve. Bold leadership is required from our administrators, healthcare providers, and governing boards to meet the pressing health challenges we face as a nation. These challenges include a paradigm shift in how hospitals and health systems are positioning themselves and their strategies for success in a new payment environment. This will impact everyone in a community and will require shared responsibility among all stakeholders.

Population health is not just the overall health of a population but also includes the distribution of health. Overall health could be quite high if the majority of the population is relatively healthy—even though a minority of the population is much less healthy. Ideally such differences would be eliminated or at least substantially reduced.

Community health can serve as a strategic platform to improve the health outcomes of a defined group of people, concentrating on three correlated stages:

1) The distribution of specific health statuses and outcomes within a population;
2) Factors that cause the present outcomes distribution; and
3) Interventions that may modify the factors to improve health outcomes.

Improving population health requires effective initiatives to:

1) Increase the prevalence of evidence-based preventive health services and preventive health behaviors,
2) Improve care quality and patient safety, and
3) Advance care coordination across the health care continuum.

Our mission as a health system is to share God’s love by providing physical, mental and spiritual healing and we believe the best way to re-imagine our future business model with a major emphasis of community health is by working together with our community.