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Adventist Health Overview

Adventist Health St. Helena and Adventist Health Vallejo are affiliates of Adventist Health, a faith-based, nonprofit, integrated health system headquartered in Roseville, California. We provide compassionate care in more than 80 communities throughout California, Hawaii, Oregon and Washington.

Adventist Health entities include:

- 20 hospitals with more than 3,200 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
- Compassionate and talented team of 35,000 associates, medical staff physicians, allied health professionals and 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.

OUR MISSION:
Living God’s love by inspiring health, wholeness and hope.

OUR VISION:
We will transform the health experience of our communities by improving health, enhancing interactions and making care more accessible.
Dear Friends and Colleagues,

As President of Adventist Health St. Helena and Adventist Health Vallejo, I would like to share our Community Health Plan with you. As you read this plan, please join me in imagining new ways to work together with the community to help our residents achieve optimal health.

As we look back to 2018 and look forward to another three years of addressing the needs that we’ve found through the Community Health Needs Assessment, central to our effort is knowing that creating a healthy community is more than just about medical care. Studies have shown that health education, the conditions in which people live, learn, work and age affect their health. Social determinants such as housing, literacy, early child experiences, income and social support among others can influence our residents’ lifelong health and well-being for generations to come.

Through our partnerships with other organizations for the 2016 Community Health Needs Assessment we have gained new insight into the health of our community, areas we collectively have identified as priorities, and where we can work together with other partners to achieve better health outcomes in our region. Our goal is to build on collective wisdom and use resources throughout the community to improve health and quality of life for everyone in Napa County. We are encouraged by the collaborative partners in our community. Through these partnerships, we will find innovative solutions that can make a difference in the lives of the families in our community.

Steven Herber, MD
President
Existing healthcare facilities that can respond to the health needs of the community:

- Lifestyle Medicine Institute – Lifestyle Medicine – St. Helena
- Adventist Heart & Vascular Institute – Hidden Valley Lake, St. Helena (2), Vallejo, Calistoga
- Coon Joint Replacement Institute – St. Helena
- Adventist Health Physicians Network Internal Medicine and Psychology – Calistoga
- Adventist Health Physicians Network – General Surgery – St. Helena
- Martin-O’Neil Cancer Center – Hematology/Oncology, Radiation Oncology, Surgical Oncology – St. Helena, Hidden Valley Lake
- Adventist Health Physicians Network – Internal Medicine/Neurology – St. Helena
- Adventist Health Physicians Network – OB/GYN - St. Helena & Napa
- Adventist Health Physicians Network – Orthopedics - St. Helena
- Adventist Health Physicians Network - Plastic Surgery – St. Helena
- Adventist Health Physicians Network – Pulmonology and Gastroenterology – St. Helena
- Adventist Health Physicians Network – Urology – St. Helena

Adventist Health St. Helena
Number of Hospital Beds: 151
10 Woodland Avenue
St. Helena, CA, 94574

Adventist Health Vallejo
61 beds
525 Oregon St,
Vallejo, CA 94590
Community Health Development Team

Steven Herber, MD
President Adventist Health St. Helena

Nia Lendaris
Patient Care Executive

Karla Newton
Community Outreach Manager

CHNA/CHP contact:
Karla Newton, Community Outreach Manager
Email: NewtonKS@ah.org
Phone number: 707.963.3611
10 Woodland Rd., St. Helena, CA 94574

Request a paper copy from Administration/President’s office. To provide comments or view electronic copies of current and previous community health needs assessments go to: https://www.adventisthealth.org/about-us/community-benefit/
Invitation to a Healthier Community

Fulfilling the Adventist Health 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 determinants of health. Each component influences the next and through strategic and collective action improved health can be achieved.

The 2017 Community Health Plan (Implementation Strategy) 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 through the use of our resources, expertise, and community partners. Through these actions and relationships, we aim to empower our community and fulfill our mission, “Living God’s love by inspiring health, wholeness and hope.

Identified Community Needs

The results of the Community Health Needs Assessment guided the creation of this document and aided us in how we could best provide for our community and the most vulnerable among us. As a result, St. Helena Hospital and Adventist Health Vallejo has adopted the following priority areas for our community health investments for 2017-2019:

- Mental Health
- Obesity and Diabetes
- Access to Primary Health Care
- Cancers
- Access to affordable housing/care

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 provide 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 who we intend to partner with 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.
2018 Community Benefit Update

In 2016, Adventist Health St. Helena and Adventist Health Vallejo, conducted a community health needs assessment and was followed by a 2017 Community Health Plan (Implementation Strategy) that identified the priority needs listed below. The prioritized needs were chosen based on community health data and the voices of our community. Working together with our community is key to achieving the necessary health improvements to create the communities that allow each member to have safe and healthy places to live, learn, work, play, and pray. Below you will find an inventory of additional interventions supporting the health of our communities.

**Priority Need - Mental Health**

**Intervention: Partnered with Mentis, an organization that provides mental health services throughout the Napa Valley**

In an effort to expand access and increase awareness of mental health disorders, Adventist Health St. Helena proudly partnered with Mentis, a community partner that focuses on providing bilingual professional mental health services to people throughout the county of every age, stage and income level. Through our partnership, we have been able to implement Teens Café, a group peer and professional support program, serving over 245 teens on the St. Helena High School campus. As of January 2019, Teens Café will expand to include middle school aged students at Robert Louis Stephenson Middle School. Mentis’ School-Based Program works closely with the Napa, Calistoga, Howell Mountain and St. Helena school districts to provide counseling to children and teens in elementary, middle and high schools struggling with depression, violence, and family conflicts that are causing emotional, behavioral and academic problems. Mentis’ therapists work closely with the student and their families to address and resolve problems that are having a significant impact on high risk youth in Napa County.

**Intervention: Provide inpatient mental health care for seniors**

Adventist Health St. Helena is working to reduce the gap in services available for our community as it relates to mental health. Our dedicated senior behavioral health unit provides inpatient mental health services for those in need and is the only unit of its kind in the North Bay.

**Intervention: Increased outpatient mental health services by expanding available appointments and hours**

Transitioned Dr. Haycraft from part-time inpatient hospital and part-time outpatient clinic setting to full-time clinic setting allowing for additional appointments in clinic and increasing access to immediate mental health resources.
Intervention: Provided community education from an expert psychologist in gun violence to address community fears and help heal after a tragic gun violence incident in the community

In response to the horrific and tragic gun violence incident that occurred at the Yountville Veterans Home in early 2018, Adventist Health St. Helena held a free communitywide presentation and education session in English and Spanish led by expert psychologist Dr. Amy Barnhorst. Approximately 80 community members attended. Dr. Barnhorst addressed the current status and capabilities of our mental health system, gun control and how mental health actually relates to gun violence in the United States. She also discussed healing after such event and resources that are available in the community to all members.

Partners

Mentis
Liz Marks
Phone: 707.255.0966
Email: lmarks@mentisnapa.org

2018 Evaluation Impact

<table>
<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
<th>Actual</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase awareness and treatment of mental health in Napa Valley</td>
<td># of patients served for mental health services</td>
<td>100% of persons who need services are able to access needed services</td>
<td>55</td>
<td>Patients/ Clients</td>
</tr>
<tr>
<td>Increase awareness and treatment of mental health in schools through Teens Connect and Mentis</td>
<td>300 individuals in target audience</td>
<td>100% awareness</td>
<td>300</td>
<td>Mentis</td>
</tr>
<tr>
<td>Increase outpatient services</td>
<td>Patient visits</td>
<td>100% of persons who need services are able to access needed services</td>
<td>936 patient visits</td>
<td>Patients/ Clients</td>
</tr>
</tbody>
</table>
Priority Need - Obesity and Diabetes

**Intervention: Provide access to fresh, locally grown fruit and vegetables to employees and community members**

Through local growers, Adventist Health St. Helena sourced farm fresh produce for a monthly farmers’ market available onsite at Café 1878. Employees and community members receive food demonstrations and have the option to purchase farm fresh produce once a month. Total number of people served is approximately 480 people.

**Intervention: Partnered with and participated in Wellness Fair for St. Helena Unified School District**

Adventist Health St. Helena worked together with Robert Louis Stevenson Middle School to put together a wellness curriculum that teaches students about mind, body and spirit health. The day’s events included education on healthy snacks, sleep, exercise interventions, prevention of tobacco use and the importance of hydration. The day was attended by more than 285 students and was very successful in teaching children how to make healthy choices for their long-term health.

**Intervention: Utilize physicians, integrative medicine specialists, and nutritionists to educate community on health-related topics**

Adventist Health St. Helena proudly sponsored a series of educational events that helped to educate the public on variety of health topics taught by physicians and dietitians. The Awaken Series is one example of many in which we brought subject matter experts to the community on prevention and quality of life topics as it relates to cancer. The Awaken Series served a total of 90 community members in 2018. In addition, we sponsored a monthly senior health education series in Calistoga that highlights different health-related and self-care topics presented by specialists in each field.

**Intervention: Include prenatal and early life nutrition as a topic in prenatal programs**

Adventist Health St. Helena extended prenatal and early life nutrition into its curriculum of its series of twenty free child birth education classes offered over the year. This program reaches more than 260 mothers and fathers and teaches them the importance of prenatal health and good nutrition to optimize the health of both the expectant mother and their newly born child.

**Intervention: Enhance diabetes education program to accommodate more of the community, including Spanish speaking patients**

Adventist Health St. Helena provided 47 residents in our community with access to a free four-week diabetes education class in St. Helena. The free class series helps participants learn how to make simple lifestyle choices that can make all the difference. Plus, participants have an opportunity to meet one on one with a registered dietitian where they work together to tailor a plan around the participant’s health and lifestyle.
Intervention: Provide free community exercise programs to encourage physical fitness and weight management

Together with the City of St. Helena Parks and Recreation department, we were able to introduce a free exercise class where more than 30 community members gathered in the park on a weekly basis, encouraging community members to get outside, get moving and take control of their health.

Partners

- St. Helena Unified School District
  465 Main Street St. Helena, CA 94574
  Yvonne Vosti

- UpValley Family Centers
  1500 Cedar Street
  Calistoga, CA 94515
  Phone: (707) 965-5010
  emendez@upvalleyfamilycenters.org
  Elena Mendez

- City of St. Helena Parks and Recreation
  Amalia Kulczycki, M.S.
  Recreation Supervisor
  (707) 967-2736 / 486-6428
  amaliak@cityofsthelena.org
2018 Evaluation Impact

<table>
<thead>
<tr>
<th>Objective</th>
<th>Baseline Measurement</th>
<th>Performance Target</th>
<th>Actual</th>
<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase accessibility to healthy foods</td>
<td>0</td>
<td>100% of persons able to access healthy foods</td>
<td>480</td>
<td>Patients/Clients</td>
</tr>
<tr>
<td>Increase opportunities for physical activity</td>
<td>0</td>
<td>% of person participating in opportunities</td>
<td>150</td>
<td>Patients/Clients</td>
</tr>
<tr>
<td>Increase education about healthy eating and active living</td>
<td>Knowledge of healthy foods and exercise patterns</td>
<td># of people educated in order to increase awareness levels</td>
<td>Knowledge level</td>
<td>Patients/Clients</td>
</tr>
</tbody>
</table>

Priority Need - Access to Health Care & Dental Care

**Intervention: Launched Dare to C.A.R.E program providing free heart and vascular screening for seniors**

Adventist Heart & Vascular Institute launched Dare to C.A.R.E, a free screening for those who qualify to detect carotid artery disease, abdominal aortic aneurysm, renal artery disease and extremity artery disease. This ultrasound screening provides the public with education about the unrecognized risks of vascular disease. Countless lives can be saved by teaching people about vascular disease and options they have for pre-emptive treatment.

- Number of Community Members Served – There were a total of 21 screenings completed in 2018 in Calistoga, CA.

**Intervention: Provide specialty care and surgical services to low-income, uninsured patients**

Adventist Health St. Helena is a proud partner of Operation Access. Together with other community partners we are able to provide quality specialty care for low-income, uninsured patients. This work improves individual lives as well as the community as a whole.

The physicians who provide services includes Abhishek Choudhary, MD, Gastroenterology Stephanie Kekulawela, MD, General Surgery John H. Kirk, MD, Gynecology, Eugene Lam, MD, Gastroenterology Mark Potter, MD, General Surgery Andreas Sakopoulous, MD, Cardiothoracic Surgery and Huber Anesthesiology Group. Six physician volunteers provided 37 surgical and diagnostic procedures for 30 individuals at Adventist Health St. Helena. Of those who benefited from the services, 97% of the patients were very satisfied with their experience and 96% reported improved health, 90% reported that it improved their ability to work and 93% reported that it improved their quality of life.
Partners

- **Operation Access**
  - Daniel Rabkin
  - Program Coordinator
  - Phone: 415.733.0004
  - Email: daniel@operationaccess.org

### 2018 Evaluation Impact

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Expand accessibility to surgical and specialty care</td>
<td>% of persons with a primary care doctor</td>
<td>100% of persons with an assigned doctor</td>
<td>37</td>
<td>Patients/clients</td>
</tr>
</tbody>
</table>

### Priority Need - Cancers

Partnered with ZERO Prostate Cancer to promote education and awareness of prostate cancer prevention and treatment to approximately 3,600 community members.

Adventist Health St. Helena's Martin O'Neil Cancer Center is a proud sponsor of the Zero Prostate Cancer Napa Valley, where a team of staff members, physicians and community members participate in a 5k or 10k walk/run to raise awareness and promote prostate cancer screening. All proceeds provide research for new treatments, free prostate cancer testing, and education for men and families about prostate cancer.

**Intervention: Held first-ever Turkey Trot to promote the importance of early hereditary cancer screening and educate the community on the AHEAD (Adventist Health Early All-Around Detection) Program for early detection and treatment of genetic cancers**

Founded by Dr. Candace Westgate, an obstetrician and gynecologist, our AHEAD program sponsored the first-ever Turkey Trot in St. Helena promoting health, community and the importance of early hereditary cancer screening for genetic cancers. The event shared great enthusiasm with more than 150 participants in the first year.

**Intervention: Communitywide education through the Awaken Series**

The Martin-O'Neil Cancer Center held communitywide education and support programs throughout 2018 that focused on topics like self-awareness and the importance of genetic screening. During the genetic cancer discussion, 40 participants were made aware of genetic screenings available to them.
**Partners:**
*Myriad*

### 2018 Evaluation Impact

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Increase access to diagnosis of lung cancer screening</td>
<td># of lung cancer screening cases detected</td>
<td>% increase in lung cancer screenings</td>
<td># of low dose CT screenings</td>
<td>2018 data not available</td>
</tr>
<tr>
<td>Increase in number of cases identified through genetic testing</td>
<td># of genetic tests that result in gene positive outcomes</td>
<td>Genetic tests that test positive</td>
<td>Out of 440 genetic tests, 39 patients tested positive</td>
<td>Patients/ Clients</td>
</tr>
<tr>
<td>Increase awareness of interventions that prevent cancer</td>
<td># of attendees</td>
<td>% decrease in diagnosis of cancer</td>
<td># of cases diagnosed per year</td>
<td>Community Health Needs Assessment</td>
</tr>
<tr>
<td>Provide cancer support services for patients diagnosed with cancer and their caregivers</td>
<td># of participants</td>
<td>200 participants</td>
<td>248 participants</td>
<td>Participants</td>
</tr>
</tbody>
</table>

**Priority Need - Access to shelter and respite care for the homeless**

Adventist Health St. Helena is proud to support and be a part of Catholic Charities Shelter and Housing Department’s initiative to operate the Nightingale Center, a medical respite center for patients from Queen of the Valley and Adventist Health St. Helena Hospital. The center is designed to help patients who have no place to go to continue with their recovery. The Nightingale House will help patients to be released to a safe and stable environment to minimize recidivism. This facility will have 11 beds to provide temporary on-site residential medical care.

**Partners**
- **Gasser Foundation**
- **Catholic Charities**
2018 Evaluation Impact

<table>
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<tr>
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<th>Data Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase access to care for the homeless</td>
<td># of patients served by the Medical Respite Care Facility</td>
<td>100% of persons who need services are able to access needed services</td>
<td>Estimated number of patients served is 336 in 2018</td>
<td>Patients/Clients</td>
</tr>
</tbody>
</table>

Other Community Benefits –

Transportation Program for Seniors
Transportation is a major barrier to healthcare access for many seniors. A recent survey by HAPI (Healthy Aging Population Initiative) indicated that transportation challenges are the leading concern from patients in this population. As a note: 24% of the population of St. Helena is senior, and 22% of Calistoga.

In partnership with Rianda House and Molly’s Angels, Adventist Health St. Helena sponsored a pilot with on-demand ride service Lyft for seniors facing transportation challenges getting to and from their appointments at the hospital. The program was very successful and was able to provide approximately 41 rides for seniors.

Partners

- Rianda House
- Molly’s Angels
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 Living God’s love by inspiring health, wholeness and hope, 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.