

## **Adventist Health Bakersfield 2021 Community Health Plan**



The following Implementation Strategy serves as the 2020 – 2022 Community Health Plan for Adventist Health Bakersfield and is respectfully submitted to the Office of Statewide Health Planning and Development on May 27<sup>th</sup>, 2022 reporting on 2021 results.

## Executive Summary

### Introduction and Purpose

Adventist Health Bakersfield is pleased to share its Community Health Implementation Strategy. This follows the development of its 2019 Community Health Needs Assessment (CHNA) in accordance with requirements in the Affordable Care Act and IRS 990 Schedule H requirements and approved by the Adventist Health Board of Directors on October 17, 2019.

After a thorough review of the 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 of “Living God’s love by inspiring health, wholeness and hope.”

The results of the CHNA guided this creation of this document and aided us in how we could best provide for our community and the vulnerable among us. This Implementation Strategy summarizes the plans for Adventist Health Bakersfield to develop and collaborate on community benefit programs that address prioritized health needs identified in its 2019 CHNA. Adventist Health Bakersfield has adopted the following priority areas for our community health investments.

#### **Prioritized Health Needs – Planning to Address**

- Housing and homelessness
- Economic insecurity
- Chronic diseases
- Food insecurity
- Preventive practices
- Overweight and obesity

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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, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities that define the well-being of people.

The purpose of the CHNA was to offer a comprehensive understanding of the health needs in Adventist Health Bakersfield service area and guide the hospital's planning efforts to address those needs.

The significant health needs were identified through an analysis of secondary data and community input. The health needs were prioritized according to a set of criteria that included:

- The perceived severity of a health issue or health factor as it affects the health and lives of those in the community;
- The level of importance the hospital should place on addressing the issue.

### **Secondary Data Collection**

Secondary data were collected from a variety of local, county and state sources to present a community profile, social determinants of health, health care access, birth indicators, leading causes of death, acute and chronic disease, health behaviors, mental health, substance use and misuse, and preventive practices. When available, data sets were presented in the context of Kern County and California to help frame the scope of an issue, as it relates to the broader community.

Sources of data included: the U.S. Census American Community Survey, California Department of Public Health, California Health Interview Survey, Kern County Public Health Department, Healthy Kern County, County Health Rankings, California Department of Education, California Office of Statewide Health Planning and Development and California Department of Justice, among others.

For further information about the process to identify and prioritize significant health needs, please refer to Adventist Health Bakersfield CHNA report at the following link:

<https://www.adventisthealth.org/about-us/community-benefit/>

## Adventist Health Bakersfield and Adventist Health

Adventist Health Bakersfield is an affiliate of Adventist Health, a faith-based, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii.

### **Vision**

Adventist Health will be a recognized leader in mission focus, quality care and fiscal strength.

### **Mission Statement**

Living God's love by inspiring health, wholeness and hope.

### Adventist Health Includes:

- 23 hospitals with more than 3,600 beds
- 290 clinics (hospital-based, rural health and physician clinics)
- 15 home care agencies and eight hospice agencies
- Three retirement centers and one continuing care retirement community
- A workforce of 37,000 including associated, 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 all faiths to enhance the health of the communities we serve.

Our commitment to quality health care stems from our heritage, which dates to 1866 when the first Seventh-day Adventist healthcare 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.

## Summary of Implementation Strategies

### Implementation Strategy Design Process

Stakeholders from the 19 hospital facilities in the Adventist Health System were invited to participate in a Mission Integration Summit on September 26 and 27, 2019. During the two-day-long event, participants were introduced to the 2019 Adventist Health Implementation Strategy Template. After the summit, each hospital was invited to participate in a series of technical assistance calls and consultation sessions with representatives from Adventist Health Community Integration and Conduent Health Communities Institute to further develop and refine their implementation strategy.

## Adventist Health Bakersfield Implementation Strategy

The implementation strategy outlined below summarizes the strategies and activities by Adventist Health Bakersfield to directly address the prioritized health needs. They include:

- **Health Need 1: Housing and Homelessness**
  - Financial/Volunteer support of the Homeless Point in Time Count
  - Data/Program Analytics as part of the Homeless Action Planning Committee
- **Health Need 2: Economic Insecurity**
  - Homeless Workforce Development
  - Tattoo Removal
- **Health Need 3: Chronic Diseases**
  - Cancer Outreach/Screening
  - Heart Disease Outreach/Screening
- **Health Need 4: Food Insecurity**
  - Waste Hunger Not Food
- **Health Need 5: Preventative Practices**
  - Childhood Mobile Immunization Program
- **Health Need 6: Overweight and Obesity**
  - Mobile Kitchen Project

The Action Plan presented below outlines in detail the individual strategies and activities Adventist Health Bakersfield will implement to address the health needs identified through the CHNA process. The following components are outlined in detail in the tables below: 1) actions the hospital intends to take to address the health needs identified in the CHNA, 2) the anticipated impact of these actions as reflected in the Process and Outcomes measures for each activity, 3) the resources the hospital plans to commit to each strategy, and 4) any planned collaboration to support the work outlined.

No hospital can address all the health needs identified in its community. Adventist Health Bakersfield is committed to serving the community by adhering to its mission, and using its skills, expertise and resources to provide a range of community benefit programs. This Implementation Strategy does not include specific plan to address the following significant health needs identified in the 2019 CHNA.

### Significant Health Needs – NOT Planning to Address

These needs are being addressed by others:

- Mental health access to health care
- Sexually transmitted infections
- Dental care/oral health
- Alzheimer's disease

The hospital does not have the expertise or resources to effectively address these needs:

- Substance use and misuse
- Environmental pollution
- Violence and injury
- Birth indicators
- Unintentional injuries

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## COVID 19 Considerations

The COVID-19 global pandemic has caused extraordinary challenges for Adventist Health hospitals and health care systems across the world including keeping front line workers safe, shortages of protective equipment, limited ICU bed space and developing testing protocols. They have also focused on helping patients and families deal with the isolation needed to stop the spread of the virus, and more recently vaccine roll out efforts.

Adventist Health, like other health care systems, had to pivot its focus to meet the most urgent healthcare needs of its community during the pandemic, as well as reassess the ability to continue with some community health strategies due public health guidelines for social distancing. Adjustments have been made to continue community health improvement efforts as possible, while ensuring the health and safety of those participating. The Strategy Action Plan Grids on the following pages reflect updated activities for each strategy.

In FY21, Adventist Health, as a system, took the following actions in response to the needs created or exacerbated by COVID-19:

- Began offering more virtual health care visits to keep community members safe and healthy

- Developed an online symptom tracker to help community members determine if they may have COVID-19 or some other flu type illness and what steps to take
- Was part of a communitywide effort by the local health system to vaccinate eligible community members to help stop the spread of the virus

Additionally, Adventist Health Bakersfield took the following actions to support COVID-19 efforts:

- Hospital COVID vaccines for employees, families, children, and friends
- Mobile vaccine efforts in rural areas with no access to healthcare
- Partnered with large employer groups to bring vaccines to their workforce

## Adventist Health Bakersfield Implementation Strategy Action Plan

### PRIORITY HEALTH NEED: HOUSING AND HOMELESSNESS

**GOAL STATEMENT: WORK HAND-IN-HAND WITH COMMUNITY PARTNERS TO DELIVER A METRIC-DRIVEN STRATEGY TO REDUCE CHRONIC HOMELESSNESS ACROSS THE COUNTY.**

**Mission Alignment: (Well-being of People; Well-being of Places; Equity)** Well-being of people, Equity

**Strategy: Partner with existing organizations in the Kern County to support accurate homeless counts, data sharing and grant funding opportunities**

Programs/ Activities	Process Measures	Results: Year 1	Short Term Outcomes	Results: Year 2	Medium Term Outcomes	Results: Year 3
Activity 1.1 AH to provide financial and volunteer support for the annual Point in Time Count	-# of homeless and unsheltered counted in PIT	2,338	-Identify community resources to assist in sheltering. -# individuals entered into HMIS -# of individuals receiving social services	See Narrative Below	-# of Individuals sheltered at new low-barrier shelter.	
Activity 1.2 County of Kern Emergency Solutions Homeless Care Coordination Grant	screen patients for program acceptance in Homeless Prevention or Rapid Rehousing Program (in partnership with Bakersfield Homeless Center)	Awarded contract in 2020.	-Establish direct partnerships with Bakersfield-Kern-Regional Homeless Collaborative and Bakersfield Homeless Center. -Staff HMIS training via Kern Behavioral Health and Recovery Services.	See Narrative Below	-directly connect patients who are homeless with supportive services and housing.	
<b>Source of Data:</b> HMIS, Kern Homeless Collaborative Data						
<b>Target Population(s):</b>						

**PRIORITY HEALTH NEED: HOUSING AND HOMELESSNESS**

Individuals and families experiencing homelessness, sleeping in vehicles, on the streets, or sleeping in other places not meant for habitation.

**Adventist Health Resources:** (financial, staff, supplies, in-kind etc.)

- Financial, staff, volunteers

**Collaboration Partners:** (place a "\*" by the lead organization if other than Adventist Health)

1.1 Bakersfield-Kern Regional Homeless Collaborative 1.2 Bakersfield-Kern Regional Homeless Collaborative\*, Bakersfield Homeless Center\*, Kern Behavioral Health and Recovery Services\*

**CBISA Category:** (A - Community Health Improvement; E - Cash and In-Kind; E2 – Grants; F - Community Building; G - Community Benefit Operations)

- E-1 Cash Donations/Not-for-profit Community Organizations

**Strategy Results 2021:**

- The Bakersfield-Kern Regional Homeless Collaborative (BKRHC) in partnership with Adventist Health sponsoring the Point in time count, also known as the Bakersfield/Kern County Continuum of Care (COC) CA-604, completed the annual 2021 Point-in-Time Count following guidance from the U.S. Department of Housing and Urban Development (HUD) for those who are sheltered and unsheltered. There was a total of 2,150 unduplicated persons sleeping in shelters and unsheltered on January 27, 2021. The PIT Count resulted in 569 persons who were sleeping in shelters and 1,581 who were unsheltered.
- Adventist Health launched the homeless prevention and homeless ESG grant program in the fall of 2021. The program screened patients, aligned patients with rapid re-housing and hotels stays to vulnerable patients. The program offers case management services to assist in the process of finding permanent housing solutions along with emergent housing.

**PRIORITY HEALTH NEED: ECONOMIC INSECURITY**

**GOAL STATEMENT: IMPROVE THE ECONOMIC SECURITY OF THE COUNTY, IMPROVE THE SOCIAL AND PHYSICAL WELL-BEING OF ITS RESIDENTS BY DECREASING BARRIERS TO EMPLOYMENT.**

**Mission Alignment: (Well-being of People; Well-being of Places; Equity) Well-being of Places, Equity**

**Strategy: Partner in the community to address employment barriers for homeless and those recently released from incarceration.**

<b>Programs/ Activities</b>	<b>Process Measures</b>	<b>Results: Year 1</b>	<b>Short Term Outcomes</b>	<b>Results: Year 2</b>	<b>Medium Term Outcomes</b>	<b>Results: Year 3</b>
Activity 1.1 Deploy a Homeless Workforce Development Initiative in partnership with Bakersfield College, Bakersfield Homeless Center and the Mission at Kern County and employ graduates at the hospital.	-# of homeless graduates employed	Reduced due to COVID-19	-# of program graduates who promote to other roles or maintain employment	See Narrative Below	-# of program graduates obtained employment	
Activity 1.2 Provide administrative and volunteer staff for a medical tattoo removal program with Garden Pathways to reduce barriers to employment for those recently released from incarceration	-# of mentorship participants who have tattoos removed	16	-# of mentees who gain employment post program participation	See Narrative Below	-% of mentees employed 2 years post program participation	

**Source of Data:**

- Adventist Health HP, Bakersfield College, Garden Pathways Program Data, Kern Economic Development Corporation

**Target Population(s):**

- Recently Incarcerated, Homeless

**Adventist Health Resources:** (financial, staff, supplies, in-kind etc.)

- In-Kind, Financial

**PRIORITY HEALTH NEED: ECONOMIC INSECURITY****Collaboration Partners:** (place a "\*" by the lead organization if other than Adventist Health)

- Bakersfield College, Mission at Kern County, Bakersfield Homeless Center, 1.2 \*Garden Pathways

**CBISA Category:** (A - Community Health Improvement; E - Cash and In-Kind; F - Community Building; G - Community Benefit Operations)

- **F8-Workforce Development**

**Strategy Results 2021:**

- Adventist Health partnered with Garden Pathways to align recently released inmates to job retraining programs. This will reduce the unemployment numbers of inmates released.
- Over 150 were seen in the tattoo removal program to remove employment barriers and stigmas around tattoos.

**PRIORITY HEALTH NEED: CHRONIC DISEASES**

**GOAL STATEMENT: REDUCE THE IMPACT OF CHRONIC DISEASES, INCREASE PREVENTION AND AWARENESS**

**Mission Alignment: (Well-being of People; Well-being of Places; Equity) Well-being of people**

**Strategy: Target education and screening activities to high-risk zip codes.**

**Strategy 1.1: Provide screening for cholesterol, blood glucose, BMI, blood pressure at various health fairs, including the American Heart Association Community Block Party**

**Strategy 1.2: Provide cancer-related screenings and preventative practice information at a variety of health fairs and community events.**

<b>Programs/ Activities</b>	<b>Process Measures</b>	<b>Results: Year 1</b>	<b>Short Term Outcomes</b>	<b>Results: Year 2</b>	<b>Medium Term Outcomes</b>	<b>Results: Year 3</b>
Activity 1.1 Provide screening for cholesterol, blood glucose, BMI, blood pressure at various health fairs, including the American Heart Association Community Block Party	-# of people screened at community events -# of people referred for follow-up care	Diabetes and heart disease education was provided to approx. 10,600+ individuals.	-Raise awareness of heart disease/stroke in critical zip codes.	See Narrative Below.	-Increase the number of people in critical zip codes who know their heart health numbers.	
Activity 1.2 Provide cancer-related screenings and preventative practice information at a variety of health fairs and community events	-# of people screened at community events -# of people referred for follow-up care	Cancer education was provided to over 20,000 people. At least 26 received screenings. Numbers are reduced due to COVID.	-Raise awareness of cancer and its prevention in critical zip codes.	See Narrative Below.	-Increase the number of people who receive PAP smear, FIT test kit in critical zip codes.	

**PRIORITY HEALTH NEED: CHRONIC DISEASES**

1.3 Equity and diversity inclusion for health screenings	# of people served in focused areas of disparate health needs	Focused breast cancer screenings were provided to both Punjabi and African American women.		See Narrative Below.		
<b>Source of Data:</b> <ul style="list-style-type: none"> <li>American Heart Association, AIS Cancer Center, County of Kern Public Health Department</li> </ul>						
<b>Target Population(s):</b> <ul style="list-style-type: none"> <li>Rural zip codes, Zip codes with abnormally high rates of heart disease or cancer</li> </ul>						
<b>Adventist Health Resources:</b> (financial, staff, supplies, in-kind etc.) <ul style="list-style-type: none"> <li>Financial, supplies, in-kind</li> </ul>						
<b>Collaboration Partners:</b> (place a "*" by the lead organization if other than Adventist Health) <ul style="list-style-type: none"> <li>American Heart Association, American Cancer Society, Sikh Women’s Association</li> </ul>						
<b>CBISA Category:</b> (A - Community Health Improvement; E - Cash and In-Kind; F - Community Building; G - Community Benefit Operations) <b>A2-Community Based Clinical Services</b>						

**Strategy Results 2021:**

- 1.1 Diabetes and heart disease education was provided to over 15,000 through virtual events such as the Go Red- American Heart Association.
- 1.2 Through our cancer-related screenings, preventative practice education over 5,000 people who joined approved outreach events were educated on the importance of early detection and well-being. Overall attendance was reduced due to limited capacity and COVID-19 restrictions.
- 1.3 A focused event was held and provided breast cancer screening for Punjabi women. In return a three women were diagnosed with lumps and would not have sought out care outside their community. Additionally, colon cancer screening were held to identify early stages of colon cancer.

**PRIORITY HEALTH NEED: FOOD INSECURITY**

**GOAL STATEMENT: REDUCE SURPLUS FOOD WASTE AND IMPROVE DISTRIBUTION TO THOSE IN NEED**

**Mission Alignment: (Well-being of People; Well-being of Places; Equity) Well-being of people**

**Strategy 1.1: Partner with Waste Hunger Not Food program to take edible, surplus food to distribute to those in need**

<b>Programs/ Activities</b>	<b>Process Measures</b>	<b>Results: Year 1</b>	<b>Short Term Outcomes</b>	<b>Results: Year 2</b>	<b>Medium Term Outcomes</b>	<b>Results: Year 3</b>
<b>Activity 1.1</b> Partner with Kern Public Health 'Waste Hunger Not Food' to recover leftover hospital café food and transport/redirect to local churches for distribution.	-# of people served by program -# of lbs. of food recovered from hospital -#of church partners distributing food	AHBD donated 3,900 pounds of food resulting in 3,245 meals for people who are vulnerable in Kern County.	-Raise awareness of food insecurity in the community -Create workflow and knowledge plan to successfully donate food to program.	See Narrative Below	- Expansion of program to other Adventist Health market hospitals/service areas.	
<b>Activity 1.2</b> Community Garden in partnership with edible schoolyard Kern County and CSUB		Delayed due to COVID-19		See Narrative Below		

**Source of Data:**

- Kern County Public Health-

**Target Population(s):**

- Food insecure families, adults

**Adventist Health Resources:** (financial, staff, supplies, in-kind etc.)

- In-kind – Adventist Health Bakersfield Nutrition Services gifted 3,894 pounds of food to Waste Hunger Not Food. This equates to 3,245 meals.

**Collaboration Partners:** (place a "\*" by the lead organization if other than Adventist Health)

- \*Kern County Public Health, City Serve Kern County

**PRIORITY HEALTH NEED: FOOD INSECURITY**

**CBISA Category:** (A - Community Health Improvement; E - Cash and In-Kind; F - Community Building; G - Community Benefit Operations)

- E3-In-kind Donations

**Strategy/Narrative Results 2021:**

- 1.1** Food from the hospital café was donated to the Kern County Public Health's program wasting hunger not food. Over 3,000 people were served through the donated food.
- 1.2** AHBD financially supported the created of the edible school community garden at California State University Bakersfield campus. The garden provides food to students on campus to reduce the hunger and burden of food insecurity. The study of students found 40% of the CSUB student on campus were food insecure at least once within the past year. Last year the garden had a yield of 3,000 pounds of free fresh fruit and vegetables for the students on campus. The healthier food options also reduce the health risks of high fat and sodium enriched foods commonly found in a college student's diet. Additionally, the Bakersfield City College launched a community garden sponsored by Adventist Health to feed students at risk of food insecurity. The garden is going to produce enough healthy food options to prepare of 2,500 meals.

**PRIORITY HEALTH NEED: PREVENTATIVE PRACTICES**

**GOAL STATEMENT: REDUCE THE RATE OF UNVACCINATED AND UNDERVACCINATED KIDS AGES 0-5 AND DECREASE THE RISK FOR OUTBREAKS OF VACCINE-PREVENTABLE DISEASES.**

**Mission Alignment: (Well-being of People; Well-being of Places; Equity) Well-Being of People**

**Strategy 1: Utilize grant funding to provide free flu and childhood immunizations to Kern County residents through a specially equipped mobile unit.**

<b>Programs/ Activities</b>	<b>Process Measures</b>	<b>Results: Year 1</b>	<b>Short Term Outcomes</b>	<b>Results: Year 2</b>	<b>Medium Term Outcomes</b>	<b>Results: Year 3</b>
Activity 1.1 Mobile Immunization Van	-# of kids, ages 0-5 immunized each year. -# of vaccines administered	Over 14,000 immunizations for children, and 424 immunizations for adults	-Raise awareness of the importance of childhood vaccinations and flu shots.	See Narrative Below	-Increase percentage of kids who are vaccinated at area schools to 96%.	
Activity 1.2 Mobile Immunization Van COVID adults	-# of vaccines administered	Mobile COVID vaccine program was developed and is expected to launch in 2021.		See Narrative Below		

**Source of Data:**

- Children’s Mobile Immunization Program, County of Kern Public Health

**Target Population(s):**

- Children, especially those ages 0-5. Adults

**Adventist Health Resources:** (financial, staff, supplies, in-kind etc.)

- Financial, supplies, in-kind, staff support

**Collaboration Partners:** (place a “\*” by the lead organization if other than Adventist Health)

- County of Kern, State of California, First 5 Kern, CAPK

**CBISA Category:** (A - Community Health Improvement; E - Cash and In-Kind; F - Community Building; G - Community Benefit Operations)

- **A2-Community Based Clinical Services**

**Strategy/Narrative Results 2021:**

1.1 Over 2,300 children immunizations were provided free of charge to the community through the immunizations mobile program.

1.2 A mobile COVID vaccine was given an award by Kern County Public Health for providing over 10,000 shots through the mobile unit. The mobile unit went to areas of the city with ethnic disparities and a lack of access to healthcare.

**PRIORITY HEALTH NEED: OVERWEIGHT AND OBESITY**

**GOAL STATEMENT: USE THE MOBILE KITCHEN CONCEPT TO ADDRESS DIABETES AND ADOLESCENT OBESITY BY TRANSFERRING PREVENTATIVE KNOWLEDGE AND PROVIDING FARM-TO-TABLE EXPERIENCES THAT WILL INCREASE STUDENT FAMILIARITY, RECOGNITION, AND TASTING OF FRUITS AND VEGETABLES.**

**Mission Alignment: (Well-being of People; Well-being of Places; Equity) Well-being of people**

**Strategy 1: Utilize the mobile kitchen unit to provide a unique hands-on experience to 800 students at 8 locations during the first year with opportunities in year 2 to expand outreach to other Boys and Girls Club sites.**

Programs/ Activities	Process Measures	Results: Year 1	Short Term Outcomes	Results: Year 2	Medium Term Outcomes	Results: Year 3
Activity 1.1	-# events attended -# students served	See narrative below	- Change in attitude towards healthy foods and food identification as identified in post-program survey.		-Incremental increase in program participation by 30 percent. -Expansion of program to two new schools/centers over 2 years.	

**Source of Data:**

- Grimm Family Education Foundation, County of Kern Public Health

**Target Population(s):**

- Children, ages 5-17

**Adventist Health Resources:** (financial, staff, supplies, in-kind etc.)

- Financial, staff

**Collaboration Partners:** (place a "\*" by the lead organization if other than Adventist Health)

- \*Grimm Family Education Foundation, Boys and Girls Club of Kern County, local school districts, Kaiser Permanente Kern County

**CBISA Category:** (A - Community Health Improvement; E - Cash and In-Kind; F - Community Building; G - Community Benefit Operations)

- A1-Community Health Education

**Strategy/Narrative Results 2021:**

- In conjunction with our food insecurity priority, AHBD continues to build collaborations and opportunities to address our overweight and obesity priority area. Due to COVID-19, activities were limited and reduced . It is our hope that program opportunities will reactivate and increase in 2022.

## The Adventist Health + Blue Zones Solution

Our desire to improve community well-being grew out of not only our mission at Adventist Health -to live God's love by inspiring health, wholeness and hope – but also by the sheer need as seen across our system of 23 hospitals. Overwhelmingly, we see issues related to health risk behaviors, mental health and chronic illnesses throughout the communities we serve. That is why we have focused our work around addressing behavior and the systems preventing our communities from achieving optimal health.

In an effort to meet these needs, our solution is to create a sustainable model of well-being that measurably impacts the well-being of people, well-being of places and equity.

In 2020, Adventist Health acquired Blue Zones as the first step toward reaching our solution. By partnering with Blue zones, we will be able to gain ground in shifting the balance from healthcare – treating people once they are ill – to transformative well-being – changing the way communities live, work and play. In 2021, Adventist Health committed to launching six Blue Zone Projects within our community footprint, and as we enter 2022 these projects are active. Blue Zone Projects are bringing together local stakeholders and international well-being experts to introduce evidence-based programs and changes to environment, policy and social networks. Together, they measurably improve well-being in the communities we serve.