



ADVENTIST HEALTH
SONORA- Greenley

IMPLEMENTATION STRATEGY
Year Three Update, FY 2025
January 1, 2025-December 31, 2025

2025

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Purpose & Summary

Non-profit health systems, community-based organizations, and public health agencies across the country all share a similar calling: to provide public service to help improve the lives of their community. To live out this calling and responsibility, Adventist Health Sonora conducts a Community Health Needs Assessment (CHNA) every three years, with our most recent report completed in 2022. Part of that process is engaging our community through focus groups, key informant interviews and surveys. Represented and vulnerable populations included: Civic government, community-based healthcare workers focusing on behavioral health, faith, law enforcement, low-income, medically underserved, minority populations, older adults, providers and unhoused populations. Now that our communities' voices, stories, and priority areas are reflected in the CHNA, our next step is to complete a Community Health Improvement Plan (CHIP), or as we refer to it in this report, a Community Health Implementation Strategy (CHIS).

The CHIS consists of a long-term community health improvement plan that strategically implements solutions and programs to address our health needs identified in the CHNA. Together with the Adventist Health Well-Being team, local public health officials, community-based organizations, medical providers, students, parents, and members of selected underserved, low-income, and minority populations, Adventist Health Sonora intentionally developed a strategic plan to address the needs of our community. In this Implementation Strategy Year Three Update, FY 2025 also known as the Community Health Plan Update, FY 2025 you will find strategies, tactics, and partnerships that address the following health needs identified in the 2022 Adventist Health Sonora CHNA:

Financial Stability

Housing

Mental Health

Blue Zones Project Tuolumne County

Across the globe lie blue zones areas - places where people are living vibrant, active lives well into their hundreds at an astonishing rate—and with higher rates of well-being. Attaining optimal well-being means that our physical, emotional, and social health is thriving. Blue Zones Project works with communities to make sustainable changes to their environment, policies, and social networks to support healthy behaviors. Instead of a focus on individual behavior change, it is an upstream solution focused on making healthy options easy in all the places people spend most of their time. Blue Zones Project is committed to measurably improving the well-being of community residents and through their proven programs, tools and resources, utilizes rigorous metrics to inform strategies and track progress throughout the life of the project. This includes well-being data, community-wide metrics, sector-level progress and outcome metrics, transforming community well-being by making changes to environment, policy, worksites and social networks that create healthy and equitable opportunities for all.

Adventist Health Sonora proudly sponsors Blue Zones Project Tuolumne County (BZPTC). The BZPTC team collaborates with community leaders and organizations active in the sectors of built environment, education, economic and workforce development, mental and physical well-being, policy and public health. Together the BZPTC team and sector leaders develop a community Blueprint that strategically aligns and leverages the actions and resources of the sectors where we live, learn, work and play to help advance the efforts around the community's biggest Social Determinant of Health challenges while connecting them to Health-Related Social Needs organizations.

Equity is a strategic priority woven throughout the Blueprint and programs. Policies and initiatives are developed in a way that honors the local culture that is focused on reaching out to all populations. Each year BZPTC sector leads come together to evaluate and update the Blueprint to ensure community alignment.

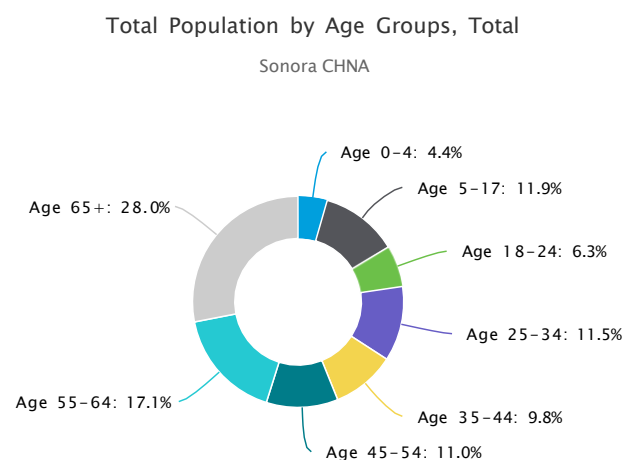
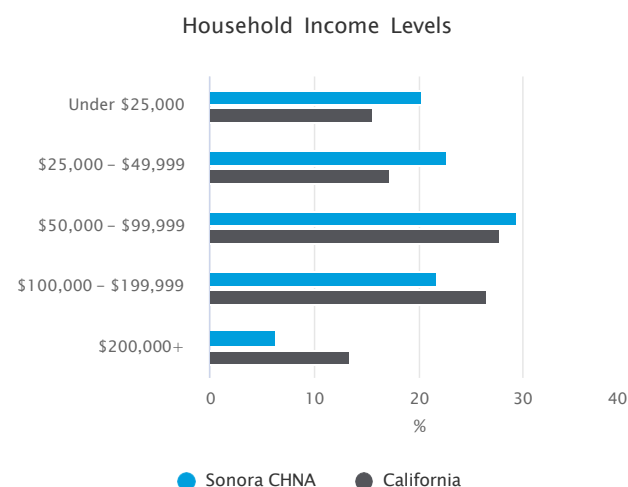
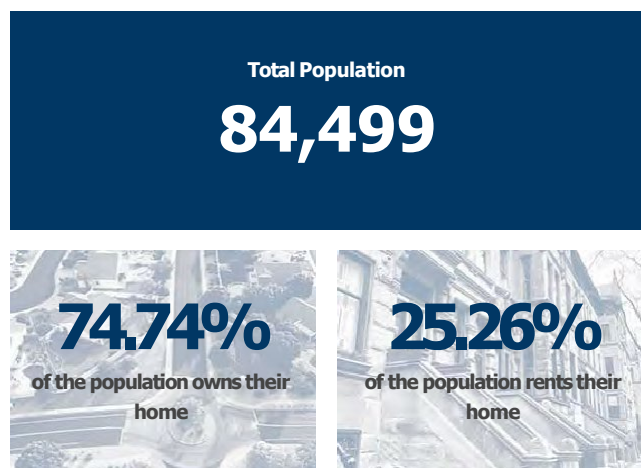
To learn more about Blue Zones Project Tuolumne County and how to get involved visit: tuolumnecounty.bluezonesproject.com

Who We Serve

DEMOGRAPHIC PROFILE

The following zip codes represent Adventist Health Sonora's primary service area (PSA), accounting for 75% of hospital discharges. Additionally, we took a collaborative approach and expanded our PSA by inviting Steering Committee members to include the zip codes of those they serve.

The Adventist Health Sonora CHNA market has a total population of 84,499 (based on the 2020 Decennial Census). The largest city in the service area is Sonora, with a population of 4,904. The service area is comprised of the following zip codes: 95311, 95310, 95248, 95251, 95224, 95318, 95223, 95370, 95383, 95321, 95364, 95247, 95329, 95222, 95372, 95305, 95346, 95379, 95375, 95233, 95327, 95335, 95228, 95249, 95246.



About Us

Adventist Health Sonora

Adventist Health Sonora (AHSR) is located in the city of Sonora in Tuolumne County. Tuolumne County is in the beautiful Sierra Nevada foothills and is at the gateway to Gold Country. A 152-bed medical center in Sonora, California, serving the residents of Calaveras and Tuolumne counties. Our hospital prides itself on providing excellent emergency medical care, outpatient services, and wellness programs. Our vast network of healthcare resources and expertise allows us to provide the community with seamless coordination and access to specialized services.

Adventist Health

Adventist Health is a faith-inspired, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii. Founded on Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies and joint-venture retirement centers in both rural and urban communities. Our compassionate and talented team of 34,000 includes associates, medical staff physicians, allied health professionals and volunteers driven in pursuit of one mission: living God's love by inspiring health, wholeness and hope. Together, we are transforming the American healthcare experience with an innovative, yet timeless, whole-person focus on physical, mental, spiritual and social healing to support community well-being.



Adventist Health's Approach to CHNA & CHIS

Adventist Health prioritizes well-being in the communities we serve across our system. We use an intentional, community centered approach when creating our hospital CHNA's to understand the health needs of each community. After the completion of the community assessment process, we address health needs such as mental health, access to care, health risk behaviors, and others through the creation and execution of a Community Health Implementation Strategy (CHIS) for each of our hospitals and their communities. The following pages highlight the key findings the Adventist Health Sonora CHNA Steering Committee identified as their top priority health needs, or as we refer to them in this report, their 'High Priority Needs'.

The High Priority Needs are addressed in the Community Health Implementation Strategy and are reported on a yearly basis through the Annual Community Health Plan Update. This is year three, of a three-year strategy to improve the health of our community. We invite you to learn about the actions, activities and programs that have been implemented in 2025.

Action Plan for Addressing High Priority Needs

The following pages reflect the goals, strategies, actions, and resources that Adventist Health Sonora provided in 2025 to address each selected High Priority Need.

ADDRESSING HIGH PRIORITY: Financial Stability

GOAL 1	Increase financial stability by reducing the negative impacts caused by chronic health conditions that lead to lost work time and increased health care costs.
Strategy 1:	Support community programs and events that promote healthy lifestyle choices and reduce the worsening of chronic health conditions.
Strategy 2:	Reduce barriers that are preventing the most at-risk individuals from seeking treatment and screenings.
GOAL 2	Expand the number of staff and providers able to see underinsured patients and increase the number of family practice practitioners in our community to reduce expensive travel and delayed treatment, which can lead to financial instability. These strategies will also improve outcomes for community members seeking to improve career opportunities.
Strategy:	Provide opportunities for workforce development so individuals can pursue local, family wage careers.
FY 2025 YEAR THREE Program/Activity	

COMMUNITY IMPACT Financial Impact SUMMARY

Provide screenings and other health services to educate, prevent chronic disease, and increase access to healthcare and wellbeing services

- Hosted 4th annual diabetes awareness event – Turkey Trot. Increase awareness of diabetes prevention and screening tools. Increased participation to over 500 individuals.
- Hosted breast health awareness event - Ladies Night Out - Event to bring the community together to learn about importance of early screening, education about breast health, and cancer treatments with community partners. Approximately 750 attendees.
- Hosted heart education events - Heart Health month included community outreach events to provide blood pressure screening, cardio/pulmonary health information, and access to no cost exercise to prevent chronic disease. Over 300 individuals (children and adults) were impacted in February 2025.
- Tuolumne County Health Fair became Community Roots in September 2025. AHSR served as the co-Chair for the 2025 event and combined efforts with community-based organizations and governmental agencies to provide free screenings, lab draws at no/low cost, and information on preventative and health related programs and services. Over 400 people attended.
- MACT Health Board Health event in Calaveras County supported no cost health screenings to over 400 attendees.
- Adventist Health Sonora partnered with the Tuolumne County Blue Zones Project Tuolumne County to offer community cooking demonstrations featuring affordable, healthy meals. AHSR team members also participate in the Tuolumne Thrives (CNAF) committee to expand access to nutritious, low-cost foods and promote WIC and other local food-assistance resources.
- Promoted low- or no-cost fitness opportunities offered by partners such as the Blue Zones Project Tuolumne County (Tai Chi, yoga, and swim classes) and the AHSR Living Well Fitness Center, which served 7,182 participants. Supported ongoing development of an accessible, free trail system in Groveland, an underserved area of Tuolumne County, with approximately 500 current users. Also provided funding for park restoration efforts in Angels Camp.
- Provided low-cost high school physicals so all youth can participate in school-based low/no cost sports. May 2025.
- Created additional tobacco cessation programs for youth & adults hosted at AHSR and provided teams to support Red Ribbon Week activities at all school districts (12) in Tuolumne County.
- Provided volunteers and medical staff at the Life Hope Clinic – screenings included blood pressure, cholesterol, blood sugar, vision, dental, and foot health.

- First Aid provided at the July local county fair at no cost provided educational materials and services to over 1500 attendees.
- Smile Keepers provided oral-health services and education to 5,844 community members, including more than 2,800 dental screenings and approximately 200 cases of advanced preventive care such as cleanings, sealants, ITR fillings, and SDF applications. All participants received oral-health education and hygiene supplies, and roughly 1,000 individuals received follow-up consultations or assistance in finding dental providers for issues ranging from decay and airway concerns to hygiene and developmental conditions. Tooth decay remains the most common chronic disease of childhood nationally, and local data mirror this trend: 22% of those screened in Tuolumne County had cavities, 24% of individuals over age five had an identified oral-health issue, and 39% of children age five and under required attention. Smile Keepers also supports mental and behavioral health through education and services at the Enrichment Center, Life Hope Clinic, and community events. The program regularly encounters children and adults experiencing homelessness across schools, the Enrichment Center, GREC placements, and the Cassina youth program, highlighting the strong intersection between oral health, stability, and overall well-being.
- Childbirth classes (including Breastfeeding Basics) were provided with approximately 72 individuals served each annually.

Services for individuals in financial distress/experiencing homelessness and general community support

- Transportation was provided to 799 individuals who earn less than 250% of poverty level to access medical care and services. This is almost 200 more than the previous year.
- Funding was provided to support transportation services to/from Tuolumne (south) and Calaveras counties in order for people to keep health related appointments.
- Clothing Closet provided clean, new clothing for individuals who are unhoused. 75-100 individuals.
- Provided funding to help income-eligible high school students in Tuolumne and Calaveras counties build essential “adulthood” skills, including career development, driver’s license preparation, interview readiness, and guidance on accessing health care and health insurance.
- Provided substantial support for the Tuolumne Food Bank after funding was decreased and continued participation in the Mother Lode Food Project (Green Bag program).

Tuolumne Blue Zone Project

Since launching in 2021, the Blue Zones Project (BZP) has advanced population health and well-being across Tuolumne County through coordinated work in engagement, schools, worksites, food systems, built environment, and policy transformation. FY2021–2026 outcomes show measurable community-level impact and strong alignment with CHIS priority areas. A complete, detailed summary is included at the end of this report, offering a full breakdown of activities, outcomes, and supporting information.

1. Community Engagement Impact

- 3,659 residents engaged.
- 44 Walking Moais held in communities across the county.
- 87 Cooking Demos with 1,913 participants.
- 150+ Tai Chi participants; 6 Moai series (164 participants).
- 2,665 volunteer hours contributed to BZP and partner programs.

2. Schools & Youth Well-Being

- 14 schools approved
- Walking School Bus + 1 Safe Routes to School program completed.
- Healthy concessions, garden programs, and youth cooking/food literacy programs introduced across multiple campuses.

3. Healthy Retail & Restaurants

- 14 restaurants approved
- 4 grocery stores approved, meeting all BZP food-environment criteria.

- Stores adopted BZP recipe cards, produce visibility enhancements, and healthy shopping nudges.
4. Worksite Well-Being
- 10 of top 20 employers approved.
 - 9 RealAge Test campaigns implemented.
5. Built Environment & Policy (High Impact)
- 19 built-environment initiatives completed.
 - \$15.9M in grant funding secured with BZP support.
 - Age-Friendly Resolutions adopted by Tuolumne County and City of Sonora.
 - Safe Routes to Schools, transit feasibility studies, and community design improvements completed.
 - Outcome Indicators
 - AARP Livability Index – City of Sonora: improved +2 points.
 - AARP Livability Index – Tuolumne County: improved across multiple domains; surpassed 900 peer communities since 2021.
6. Food Systems Transformation
- 20 food system initiatives completed.
 - \$537,899 in grant funding secured.
 - Healthy Concessions Guidelines implemented countywide.
 - Charlie Cart mobile teaching kitchens deployed in multiple schools.

Expansion of job opportunities available to working families and individuals in the community

- A new cohort of MA recruits completed in 2025 (8). An RN pathway continued in 2025 with 18 participating.
- The Rural Medicine Residency Program continued with four third-year residents, and four additional residents advanced into their second year in July 2025.
- AHSR Operations leaders, education partners, colleges, and workforce agencies collaborated to develop a healthcare career pathway track as part of the \$18 million K-16 grant.

STRATEGY THAT CHANGED DURING THE YEAR:

We determined that community members preferred a single, consolidated event rather than multiple separate offerings. As a result, the health fair and Community Roots events were combined to streamline access to services and reduce the need for participants to attend multiple events.

We discontinued the CNA/MA program due to its high operational cost and shifted our efforts toward a stronger partnership with PUC & Columbia Community Colleges, where we have collaboratively developed a more sustainable and comprehensive health-careers pathway.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

Ladies Night Out: [Ladies Night Out Planned In Downtown Sonora - myMotherLode.com](https://www.mymotherlode.com/ladies-night-out-planned-in-downtown-sonora)

Turkey Trot: [Adventist Health Sonora's Turkey Trot returns with new route | News | uniondemocrat.com](https://www.uniondemocrat.com/news/adventist-health-sonoras-turkey-trot-returns-with-new-route)

Community Roots/Health Fair: [Event will connect Tuolumne County residents with support programs, health screenings | News | uniondemocrat.com](https://www.uniondemocrat.com/news/event-will-connect-tuolumne-county-residents-with-support-programs-health-screenings)

Dr. Vasilyan – 2nd year resident: [Video | Facebook](https://www.facebook.com/uniondemocrat)

Healthcare pathways: [5.7 Million Grant For Columbia College To Expand Healthcare Pathways - myMotherLode.com](https://www.mymotherlode.com/5-7-million-grant-for-columbia-college-to-expand-healthcare-pathways) and [Columbia College will lead \\$18 million regional career pathways initiative | News | uniondemocrat.com](https://www.uniondemocrat.com/news/columbia-college-will-lead-18-million-regional-career-pathways-initiative)

Smilekeepers: [Smile Keepers founder retires after 30 years of bringing dental services to Tuolumne County schools | News | uniondemocrat.com](https://www.uniondemocrat.com/news/smile-keepers-founder-retires-after-30-years-of-bringing-dental-services-to-tuolumne-county-schools)

Schools earn BZ approval: [More schools in Tuolumne County earn 'Blue Zones Approved' status | News | uniondemocrat.com](https://www.uniondemocrat.com/news/more-schools-in-tuolumne-county-earn-blue-zones-approved-status)

Disc Golf BZP: [Blues Zones Project Tuolumne County invests \\$15K in public disc golf courses | Sports | uniondemocrat.com](#)

Cassina High School: [Cassina High students, staff celebrate holiday spirit at 2025 Christmas Feast | News | uniondemocrat.com](#)

Nursing students: [Welcoming new RN Residents, RN students complete clinicals](#); [Training the next generation of nurses with MJC and Columbia College](#)

CNA/MA: [Info sessions for upcoming MA and CNA Training Programs at Columbia College](#)

ADDRESSING HIGH PRIORITY: Housing

GOAL 1	Residents have access to safe, affordable, and stable housing and resources that provide the conditions necessary for health and well-being.
Strategy:	Develop and maintain partnerships to address unhoused individuals/families and housing using evidence-based strategies.
FY 2025 YEAR THREE Program/Activity	

COMMUNITY IMPACT Housing SUMMARY

Direct funding and support for individuals experiencing homelessness or housing insecurity

- AHSR representatives attended the Board of Supervisors Homeless Subcommittee. Accomplishments include the opening of the Oak Terrace Transitional Housing Center – low barrier, housing first temporary housing shelter and operating Camp Justice which is a safe parking encampment.
- An Adventist Health Sonora representative serves on the Boards of Resiliency Village and the Amador Tuolumne Community Action Agency (ATCAA). These organizations provide temporary housing, financial assistance, and case management services for individuals and households who qualify for support. In total, more than 6,855 individuals and households received services through ATCAA's temporary shelter, utility assistance, and food programs, and 35 individuals were supported through Resiliency Village.
- Donations to Nancy's Hope, Sierra Hope and ATCAA which provides emergency, temporary shelter, rental assistance, and placement for unhoused individuals into residential recovery programs with case management services were made. Approximately 2,000 people were supported. Additionally, Nancy's Hope expanded services in 2025 through the merger with Give Someone a Chance, strengthening support for individuals experiencing housing instability and homelessness. The organization provides assistance with emergency housing coordination and stabilization planning through case management services that help vulnerable individuals and families navigate housing and support systems. A key component of their outreach is the operation of mobile hygiene services, including a Shower Bus and Laundry Bus, which restore dignity and improve health for unsheltered individuals who otherwise lack access to basic hygiene facilities. Maintaining these mobile units requires an annual commercial insurance policy and operational support to ensure safe delivery of services throughout the community.
- Homeless Navigator and Community Health Worker positions were filled, and a Housing Support Specialist position was funded by CalAIM.
- Housing Navigation was able to serve 14 individuals monthly on average.

	J		K		L		M		N		O		P		Q		R		S		T		U		V		W		X		Y		Z		AA	
	Mar-25		Apr-25		May-25		Jun-25		Jul-25		Aug-25		Sep-25		Oct-25		Nov-25																			
	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled	Capacity	Enrolled																		
Housing Navigation Services	30	11	30	13	30	13	30	13	30	13	30	14	30	14	30	14	30	14																		
Housing Deposits				1		0		0		0		0		0		0		0																		
Housing Tenancy and Sustaining Services				1		0		0		0		0		0		0		0																		
Sonora TOTAL	30	11	30	15	30	13	30	13	30	13	30	14	30	14	30	14	30	14																		
Total number of Members	11		13		13		13		13		13		14		14		14																			

Direct funding and support for the development of affordable/workforce housing

- Habitat for Humanity was provided direct funding to support affordable housing builds in the community.
- Columbia College Foundation – Foster Youth Housing spaces were provided in onsite dormitories to address student housing needs. AHSR representatives serve on the board.
- The Tuolumne County Housing Collaborative met several times in 2025 with the goal of identifying opportunities to increase housing options in the area. The AHSR Operations Executive serves on the Committee.
-

STRATEGY THAT CHANGED DURING THE YEAR:

Homeless Navigator and Community Health Worker positions were filled, and a Housing Support Specialist position was funded through CalAIM. At the end of 2025, the Homeless Navigator and Community Health Worker roles concluded when the funding for those positions ended.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

Tuolumne County Homeless Services Strategic Plan: [Homeless-Housing-Program-Summary](#)
Navigation Center: [TC Supervisors Hear Update On Homelessness Projects - myMotherLode.com](#)
ATCAA Annual Report: [CAP/CNA | ATCAA](#)
Habitat for Humanity: [Tuolumne County To Seek Non-Profit For Columbia Way Veterans Housing - myMotherLode.com](#)
Tuolumne County Housing Collaborative: [DRAFT---Housing-2025-03-03 Optimized](#)

ADDRESSING HIGH PRIORITY: Mental Health

GOAL 1	To prevent substance and tobacco use and improve health outcomes and recovery
Strategy 1	Complete screening for substance use disorders (SUD) and co-occurring disorders in the community. Link individuals assessed as needing additional services to treatment and other resources. This will include but is not limited to referrals from AHSR's Emergency Department.
Strategy 1.2	Increase community knowledge of the risks associated with alcohol, tobacco, and drug use in youth and at-risk populations and provide resources.

GOAL 2	Providers, staff, community members, and trainees increase their knowledge of and skills in evidenced-based, culturally responsive, and/or trauma-informed behavioral health resources and services with a focus on childhood and youth.
Strategy 2.1:	Increase access to support services and interventions for families who have experienced trauma and expand community centered activities.
Strategy 2.2. Provide Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training to community members to build peer to peer support networks. Identify and provide grief counseling supports in partnership with schools.	
FY 2025 YEAR THREE Program/Activity	

COMMUNITY IMPACT Mental Health SUMMARY

Substance Use Reduction

- A Substance Use Navigator (SUN) position was funded through the CalBridge program to support individuals experiencing substance use challenges. Due to the navigator being on extended leave during the reporting period, complete data regarding the number of individuals served, follow-up consultations, referrals to mental health services, and Narcan distributions were not available. The SUN, Pharmacy, ED and Well Being representatives are on the Tuolumne County Opioid Coalition to create more opportunities to identify services.
- The Tuolumne County Tobacco Coalition continues to meet, and a tobacco license ordinance was passed to address the impacts of tobacco use and to develop tobacco use cessation programs for youth and adults. AHSR has representation on the coalition.
- Smoking Cessation classes continue to be offered at AHSR and other partner agencies that are open to the community.
- Tobacco Prevention Outcomes
 - 350% improvement in American Lung Association Tobacco Report Card (City of Sonora).
 - Smoke-/vape-free events increased 2,800% since 2021.
 - Adult smoking decreased 18.8%.
 - Youth smoking reductions:
 - 10th grade down 28.6%,
 - 12th grade down 19 points.
 - Tobacco Coalition membership increased 135%.

Mental Health Support

- AHSR co-sponsored Adult and Youth Mental Health Training (MHFA) along with the YES Partnership. Over 40 individuals were trained at 6 trainings from January 2025 – December 2025.
- AHSR and the YES Partnership provided two 2-day ASIST training courses in the community serving 14 people.
- The Cancer Patient Support Group meets weekly with about 10-15 attendees.
- Neurological, Pulmonary Health and Diabetes Support groups meet monthly with 10-15 attendees per meeting.

- The Tuolumne County Behavioral Health Advisory Board, Tuolumne Resiliency Coalition (Prevent Child Abuse Tuolumne), and the Suicide Prevention Coalition have AHSR representation at monthly meetings.
- The YES Partnership and Juvenile Justice Coordinating Council have AHSR representation at monthly meetings and at the Executive Board.
- BZP principles have been incorporated into the program and address how social connectivity, purpose, healthy eating, physical movement, volunteerism, and mindfulness impact health and well-being. 9 Purpose Workshops, over 120 moais, almost 30 cooking demos, and 350+ volunteers have been engaged over the lifespan of the project.
- The Calaveras and Tuolumne County Youth Mentoring programs were supported through direct donations. Over 100 youth were served in 2025.
- The Adverse Childhood Experiences (ACEs) team integrates trauma-informed screening and care practices into clinical settings to help identify individuals affected by childhood adversity and connect them with appropriate behavioral health and community support resources. Additionally, the LivingWell Fitness Center offers free child and parent yoga and mindfulness classes that emphasize stress reduction, mindful movement, and emotional resilience. 10-16 parent/children have attended once a week since this has started.

Patient Age	# Patients	Resources Provided:	# Impacted by Resources
Infant (0-12 mos)	8	Housing Resources	9
Toddler (1-2 yrs)	6	Gas/Grocery gift cards	28
Early Childhood (3-5 yrs)	9	Food Resources	18
Middle Childhood (6-11 yrs)	3	Transportation Resources	9
Adolescent (12-17 yrs)	7	Home Visiting Program Referrals	10
Young Adult/ TAY (18-24 yrs)	4	Childcare Resources	6
Adult (25+)	18	Health Related (set up with PCP, dental referral, specialist referral etc.)	9
Total Patients	55	Mental Health Resource	13
		Social Services Resources (CalWORKs, CalFresh, Medi-Cal etc.)	19
		Legal Aid Resources	9
		School/Education related resources	3
		Support Group (grief, grandparents raising grandchildren, etc.)	3
		Other basic needs (clothing, diapers, shoes resources)	6
		PCE (imagination library, sports	18

		scholarships, equine therapy etc.)		
STRATEGY THAT CHANGED DURING THE YEAR:				
During the year, the strategy shifted due to staffing changes when the navigator was unavailable for an extended period. In response, departments collaborated to ensure continuity of support by integrating substance use–related needs into existing case management services.				
ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:				
Dr. Abid (Pain Management): Ariana Abid, MD, helps people find other solutions for managing pain Suicide Prevention Raising Local Awareness About Suicide Prevention - myMotherLode.com Tobacco Retail License: FINAL-TRL-FAQs 3325 Mental Health First Aid: Free Mental Health First Aid Training: October 7 and March 20 City Council Tobacco Retail License: Sonora To Look At Tobacco Licensing Program - myMotherLode.com ACES instruction sheet: ACEs Instruction Sheet for Patients Mindfulness Classes: Free Child and Parent Yoga and Mindfulness Classes				

2025 Blue Zones Project Tuolumne County Summary

Executive Summary:

In 2025, Blue Zones Project Tuolumne County achieved remarkable momentum by weaving wellness into the fabric of daily life through strategic policy, organization work and deep social engagement. By addressing the "Life radius" the places where residents live, work, and play—the project successfully nudged the community toward healthier behaviors. This comprehensive approach was bolstered by securing over \$670,000 in grant funding, which facilitated permanent infrastructure improvements and sustainable health initiatives that will benefit the county for years to come.

The project's impact on the built environment and local food systems has been transformative. Notable achievements include the completion of the Rails with Trails Feasibility Study for a new 2.5-mile multi-use path in Jamestown and the implementation of pedestrian safety enhancements in Groveland and Sonora. In the realm of nutrition, the project launched the "Food Systems Marquee Project," deploying Charlie Cart mobile kitchens to schools like Cassina High and Columbia Elementary. These efforts were complemented by the development of healthy concession guidelines and wellness policies for childcare providers, ensuring that the healthy choice is becoming the easy choice for all ages.

Organizational wellness reached new heights as the project surpassed its certification goals for schools, worksites, and local businesses. With 13 approved schools and 10 approved worksites, including major employers like Adventist Health Sonora and the Tuolumne County Superintendent of Schools, wellness is now integrated into the daily routines of thousands of students and employees. The retail landscape also shifted, with 10 approved restaurants and 4 grocery stores now offering curated Blue Zones "recipe kits" and plant-based menu options, making nutritious eating more accessible and convenient for the entire community.

At the heart of this movement is a vibrant social network of 659 unique individuals engaged through 817 approved activities. Signature programs like the Tai Chi Moai at the Sonora Opera Hall and the "History Mystery" walking group have become essential social hubs, reducing isolation and promoting natural movement. These initiatives are supported by a powerful force of 356 volunteers who contributed over 1,049 hours in 2025. From leading bio-intensive gardening workshops to managing EBT services at local farmers' markets, these volunteers model the leadership and purpose-driven living that define the Blue Zones philosophy.

Ultimately, 2025 has been a year of transition from individual effort to a sustainable, community-wide culture of health. Through high-impact events like the "Food is Medicine" symposiums and the installation of new public assets like disc golf courses and bike racks, Blue Zones Project Tuolumne County has created a lasting foundation for longevity. By empowering residents to reclaim their health through connection, purpose, and environmental change, the project continues to build a more resilient and thriving Tuolumne County.

POLICY:

BUILT ENVIRONMENT:

- **Policy**
 - ***CalWalks & UC Berkeley SafeTREC Community Pedestrian and Bicycle Safety Program (CPBST):***

Groveland was selected as one of eight communities in CA to participate in this program. Planning and community engagement sessions took place over three months to conduct walk

& bike audits, host meetings, gather stakeholder feedback, and provide a detailed recommendations report.

- ***City of Sonora Community Walk & Talk Recommendations Report:***

A community walk audit with Dan Burden took place in December of 2024 with a comprehensive report provided in Spring 2025. The report detailed specific recommendations to improve pedestrian safety and to mitigate risks. Caltrans has re-striped the crosswalks on Washington Street, improving visibility for pedestrians and motorists. Other short, medium, and long-term suggestions are currently under review.

- ***Rails with Trails Feasibility Study:***

The Rails with Trails Project is a collaborative effort led by the Chicken Ranch Rancheria Tribe, with Blue Zones Project and the Tuolumne County Transportation Council (TCTC), to develop a multi-use trail connecting Tribal lands with the Jamestown community. A Feasibility Study was completed to conduct a comprehensive analysis of work required, environmental concerns, and to gather community feedback. The proposed 2.5-mile trail would provide a safe, sustainable alternative to car travel while serving as a recreational corridor for walking, biking, and possibly horseback riding. The trail would be integrated alongside the historic Sierra Railway corridor, and would strengthen the relationship between the Tribe and Jamestown's residents and businesses, fostering economic growth, building cultural and historical awareness, and improving community resilience.

- ***Age-Friendly Action Plan:***

The Tuolumne County Age-Friendly Action Plan was completed and adopted by the Age-Friendly Coalition.

- **Capacity Building**

- ***Age-Friendly Coalition & Workgroup Established:***

Elected officials, community leaders, and BZPTC partners gathered to create an Age-Friendly Coalition to address needs of older adults in Tuolumne County. From that coalition, a core workgroup was created to meet monthly to review and analyze data, create goals and strategies, and develop a formal Action Plan to present to the Coalition for approval.

- ***The Jamestown Happiness Project (JHP), Transformative Climate Change, Chicken Ranch Rancheria:***

This three-year long capacity building project was completed in July, 2025. Community meetings, focus groups, interviews, and surveys were conducted to assess Jamestown community needs around public health & safety, reducing greenhouse gas emissions, and prioritizing economic development efforts. A key result of this project was the opening of the Chakachi-no Learning Center, a community center focused on providing social connection, learning opportunities, and community growth. This effort touched all BZP Policy pillars by incorporation the Food Policy Marquee Charlie Cart, BE Capacity Building SRTS evaluation at Jamestown El, and BZP No smoking/vaping decals posted at the Chakachi-no Learning Center.

- ***Gold Rush Path Visioning Days:***

BZP played an integral role in supporting TCTC in the Gold Rush Path Visioning Days, 3 days of community outreach events. BZP provided appetizers for the Welcoming Meeting on 11/13; hosted a GRP walk & talk on 11/14; and hosted a table at the Open House on 11/15. Nearly 120 people participated in one or more of these events.

- **2025 Grant Awards with BZP Support:** \$307,727

- **Demonstration Projects**

- **City of Sonora, Stewart Street Safety & Beautification Project:** Re-striped crosswalks on Stewart Street at Linoberg and Theall as well as on Shepherd Street at Theall. Removed trash bins from the sidewalks and Installed planter boxes filled with hearty drought resistant plants on both sides to beautify the area. Closed Stewart Street from Linoberg to Theall during the Farmers Market to reduce traffic flow and create additional space for art, music, and connection at the market.

- **Marquee Project**

- Continued work with BZP People & Places to install Disc Golf courses in the community. A school-wide event took place in May 2025 at Columbia Elementary to celebrate completion of the course. A three-basket practice course was installed at Twain Harte Elementary and an 18-hole tournament grade course was designed for Groveland Community Services District at Mary Laveroni Park. Installation completed in January 2026 with a Grand-Opening event scheduled for March.

FOOD:

- **Policy**

- **Healthy Concession Stands:** Completion of a Healthy Food Concession Guidelines and free healthy food tastings throughout the community. We partnered with GCSD, TPRD, and Sonora Chamber to host BZP healthy food tastings at community movie events, receiving overwhelmingly positive feedback from participants. Healthy items included no-sugar-added fruit strips, sparkling water, chips and salsa, and hot chocolate made with oat milk, dark cocoa powder, and stevia. This initiative culminated in a collaboration between BZP-approved restaurant Fit Fuel Kitchen and BZP-approved schools. Healthy menu options such as sweet potato nachos, turkey wraps, and protein bites, will be offered up for free tasting at concession stands at upcoming youth sports events at Sonora and Summerville High Schools.
- **Wellness Policy for In-Home Childcare Providers:**
Developed a comprehensive policy guideline document with nutrition recommendations, proposed physical activities, and best practices for childcare providers overseeing children 0 – 5 years of age and operating in a home setting. The document was distributed to licensed and family caregivers throughout the county.

- **Capacity Building**

- **Healthy Cooking Classes & Skill Building:**

Continued partnerships with several organizations to host nutrition education, kitchen safety, cooking skills, and healthy eating classes. Continued distribution of ChopChop magazines to schools, libraries, and parent groups.

- **2025 Grant Awards with BZP Support:** \$366,599

- **Marquee Project**

- **Charlie Cart Support:**

Continued to support cooking classes at Cassina High School focusing on ingredient substitution and student recipe development. Incorporated field trips to Columbia Junior College and Black Bomb Entertainment Café.

TOBACCO:

- **City of Sonora:**

- **No Smoking/No Vaping Signage:**

The City Installed a large "No Smoking/No Vaping" sign in the middle of Linoberg St, designating the pedestrian only street as a smoke-free area. This marks the first city sanctioned signage in a public space and is part of the smoke-free areas Capacity-Building effort.

- **Tuolumne County:**

- **No Smoking/No Vaping Signage:**

Groveland Community Services District (GCSD) installed five (5) No smoking/No Vaping signs throughout Mary Laveroni Park, Leon Rose Ball Field, and the GCSD Dog Park.

PLACES

In 2025, BZP Tuolumne achieved remarkable momentum across all four sectors, successfully meeting or exceeding key project milestones through strategic adaptation and deep community engagement. We surpassed our approved restaurant and school project goals, overcoming the challenges of a rural landscape by providing tangible infrastructure like disc golf courses, school gardens, and "Charlie Cart" mobile kitchens. Our grocery sector reached its four-store goal with the addition of Twain Harte Market and PriceCo Foods, where we implemented innovative "recipe kit" endcaps and store beautification projects to make healthy shopping effortless. Finally, we met our 10-worksite goal by early 2026 by pivoting toward school districts and healthcare providers—leveraging partnerships with CVT Benefits, delivering Purpose Workshops and wellbeing programming to hundreds of Tuolumne County employees. Through these combined efforts in infrastructure, policy support, and high-impact events like the Adventist health Sonora Heart Month events. Tuolumne County HHSA Salis Symposium and BZP Tuolumne hosted "Food is Medicine" events, BZP Tuolumne has established a sustainable foundation for wellness that extends from staff and students to the broader community.

Schools:

After a thorough review of the corporate PLACES School goals, we adjusted our targets to better reflect the unique educational landscape of Tuolumne County. Because many local schools operate as independent districts or qualify as "Small but Necessary Rural" (SNR) schools—which cannot undergo the validation

process alone - the goal for SCHOOL PLACES was reduced from a total of 12 to 8 school approved. By the end of 2024, BZP Tuolumne had three approved schools and three more in the validation pipeline. Progress accelerated significantly in 2025; by year-end, 13 schools were approved, with one additional school achieving approval in January 2026, exceeding our goal of 8 Approved Schools. To ensure long-term sustainability, we maintained an active presence at school functions like family nights and provided tangible resources, including Power 9 cafeteria posters and physical education equipment, and assistance with School Wellness Policy revisions and updates.

- **2025 Approvals**

- Belleview Elementary School District
- Chinese Camp Science Academy
- Summerville Union High School District (includes:)
 - Summerville High School
 - Connections VPAA
 - Mountain High
 - Cold Springs High
 - South Fork High
- Twain Harte Elementary School District

- **2026 Approvals pending**

- Summerville Elementary School District

Highlights:

- **Disc Golf Installation:** Installed a three-cage disc golf course at Twain Harte Elementary to encourage active outdoor play.
- **School Gardens:** BZP Tuolumne volunteers refreshed and planted vegetable gardens at Twain Harte Elementary and Chinese Camp Elementary, promoting hands-on nutritional education.
- **Dario Cassina High School Expansion:** Provided financial support for garden expansion and farm-to-table initiatives. In collaboration with our Policy Lead, BZP supplied a Charlie Cart (mobile kitchen) and funded weekly cooking classes. We also facilitated a restaurant tour and professional cooking demonstration at the BZP-approved Black Bomb Entertainment.
- **Columbia Elementary Support:** Collaborated with the Policy Lead to secure a Charlie Cart for the middle school and after-school programs, integrating culinary skills into the curriculum.
- **Belleview Elementary Bike Day:** Supported the school's annual Bike Day by donating six high-quality children's bikes. To ensure longevity, we partnered with Sonora Cyclery for ongoing maintenance.
- **Summerville Elementary Bike Initiative:** Assisted the school in launching its own annual Bike Day and community event. BZP provided an event-planning template, donated 12 high-quality bikes with a maintenance plan through Sonora Cyclery, and shared traffic garden blueprints for inclusion in future site remodels

Restaurants:

BZP Tuolumne entered 2025 with eight approved restaurants and continued that momentum by certifying two additional locations. This brought our total to 10 approved restaurants - significantly surpassing our original project goal of seven. This achievement highlights the growing commitment of our local dining partners to foster a healthier community. To ensure long-term sustainability, we continued to support our partners by providing branded aluminum cups and materials, while hosting Blue Zones cooking

demonstrations and community events. These efforts reinforce that our approved restaurants are more than just healthy dining options—they serve as vital community gathering spaces.

- **2025 Approvals**

- Fit Fuel Kitchen
- The Standard Pour

Highlights:

- Community Wellbeing Evenings: Co-hosted "Wellbeing Evenings" with Black Bomb Entertainment, integrating BZP education and resources into their community game nights. These events fostered social connection while highlighting the café's plant-based menu options.
- Youth Culinary Mentorship: In collaboration with the Policy Lead, Black Bomb Entertainment hosted a field trip for Dario Cassina High School culinary students, featuring a professional restaurant tour and an interactive hot sauce cooking demonstration.
- Organizational Hubs: Partnered with The Standard Pour, The Armory, and Yianni's Grill to host various BZP initiatives, including official certification meetings.
- Medical & Nutritional Education: Yianni's Grill provided healthy catering for two "Food is Medicine" events, which featured presentations from local oncology director and nutrition expert Dr. Ionides.
- Food Accessibility & Healthy Concessions: Collaborated with Fit Fuel Kitchen and the Policy Lead to pursue EBT/SNAP benefit approval. Additionally, Fit Fuel has been a key partner in BZP's "Healthy Concession Foods" initiative, improving nutritional options at school and community events.

Grocery Stores:

BZP Tuolumne has target goal of four approved grocery stores and successfully met this target in early 2026. By the close of 2025, we had secured the third approval, followed by our fourth approval in January 2026. To support these partners and promote sustainability, we supplied the stores with BZP branded reusable shopping bags and hosted in-store food demonstrations and tastings. Additionally, we implemented dedicated endcaps at larger locations, providing customers with Blue Zones recipes and all the necessary ingredients in one convenient location for easy access.

- **2025 Approvals**

- Twain Harte Market

- **2026 Approvals**

- PriceCo Foods

Highlights:

- Nutritional Demonstrations: Collaborated with Standard Whole Foods Depot to provide live smoothie and juice demonstrations, educating customers on healthy, whole-food alternatives.
- Healthy Hydration Events: Hosted an "Alternatives to Soda" beverage tasting at Columbia Mercantile 1855 to promote low-sugar, wellness-focused hydration options.
- Strategic Merchandising: Partnered with Twain Harte Market and PriceCo Foods to implement dedicated Blue Zones Project endcaps. These displays featured the Blue Zones Food List, community scavenger hunts, and curated "recipe kits" that grouped all necessary ingredients for quick and healthy shopping.
- Store Beautification & Signage: Enhanced the shopping environment at PriceCo Foods through custom front-window decals and produce department signage. These visual assets highlight fresh fruits and vegetables while proudly displaying the store's Blue Zones Project Approval status.

WORKSITES:

By the close of 2024, BZP Tuolumne had achieved four of its ten targeted worksite approvals. Despite leadership transitions in 2023 and 2024 that constrained our timeline, we successfully met our ten-worksite goal by early 2026. This achievement was driven by a strategic pivot toward school districts, allowing us to leverage a key partnership with benefit provider CVT Benefits to focus on staff education and the initiation of comprehensive wellbeing programming.

To ensure long-term sustainability, we provided deep-level support to these sites through educational initiatives, such as staff cooking demonstrations and Purpose Workshops. We also prioritized engagement by supporting teacher wellbeing days and community-wide health events. Beyond immediate programming, we helped build a lasting foundation for health by establishing formal wellbeing committees and drafting supportive organizational policies. By focusing our efforts on large school districts and healthcare providers, this wellbeing work now extends far beyond the staff, creating a positive ripple effect throughout the broader community these organizations serve.

2025 Approvals:

- Columbia Elementary School District
- Sonora Elementary School District
- Tuolumne County Superintendent of Schools (TCSOS)
- Tuolumne Band of Me-Wuk Indians Health Clinics (TMWIHC)

2026 Approvals:

- Summerville Union High School District
- Summerville Elementary School District.

Highlights:

- RealAge Campaigns (RAT): Successfully executed a total of five Worksite RAT campaigns throughout 2025 to drive employee engagement.
- BZP Tuolumne provided comprehensive support to Adventist Health Sonora (AH) throughout 2025, focusing on employee wellness and community engagement. Nutritional initiatives included hosting multiple cooking demonstrations paired with healthy food surveys, hosting a free on-site farmers' market, and conducting a food distribution box survey to assess staff needs. To bolster the hospital's progress toward Blue Zones certification, we successfully documented and incentivized employee walking groups. Our team also provided consistent staffing and educational resources for high-profile events, including Heart Month activities in both February 2025 and 2026. Beyond clinical programming, we prioritized staff appreciation by delivering healthy snack baskets to nurses at all AH locations on Nurse Appreciation Day and fostered team morale by sponsoring the AH bowling team and providing raffle prizes and swag for employee events.
- Head Start Engagement: Co-facilitated the ATCAA Head Start Employee In-Service Day, leading a "Purpose Review" and a "Power 9 Goal" activity to align staff with wellness principles.
- HHSA Salis Symposium: Co-hosted the annual Salis Symposium for all 200 Tuolumne County Health & Human Services (HHSA) employees. BZP volunteers facilitated two purpose workshops, while yoga therapist Ellen Cramer led mindful movement sessions and provided branded tip sheets for all participants.
- Tribal Health Partnership: Hosted eight cooking demonstrations and a purpose workshop for the Tuolumne Me-Wuk Indian Health Clinics. Supported staff wellbeing challenges by providing pedometers, jump ropes, and gift card incentives for walking groups.

- **Active Transportation Infrastructure:** Installed Blue Zones-branded bike racks at Sonora Elementary School, the Tuolumne County Superintendent of Schools (TCSOS), and the Tuolumne Me-Wuk Indian Health Clinics (TMWIHC).
- **School District Wellness Integration:** Partnered with CVT Benefits to educate staff and implement the CVT STRIVE (Fit for Life) wellbeing programs. We furthered these efforts by facilitating employee wellbeing days at Jamestown Elementary and Summerville High School, providing incentive gifts to encourage participation in health activities

PEOPLE

Engagement

The Blue Zones Project Tuolumne County fostered deep community roots in 2025 through diverse movement, purpose, and nutritional programs. By leveraging local partnerships and volunteer leadership, the project successfully engaged **659 unique individuals** across **817 approved activities**, transforming healthy choices into a natural part of daily life.

Highlights:

- **Tai Chi Moai:** What began as a one-time gathering in partnership with the City of Sonora has grown into a weekly staple for nearly four years at the historic Sonora Opera Hall. The class serves 30 to 40 participants each week, focusing on balance, strength, and calm.
- **History Mystery Moai:** Developed in partnership with the Aronos Club, this group combines movement with local heritage. A home-bound architect researched the history of ten local sites, and the group walks to each location to enjoy a program on the area's unique past.
- **Diverse Movement Moais:** Facilitated 121 "Moving Naturally" events, including kayaking at Pinecrest Lake, water walking at the Sonora High School pool, and five other walking groups.
- **Widespread Purpose Workshops:** Delivered purpose-finding sessions to 282 individuals, including Summerville High School seniors, the Health & Human Services Agency staff, and diabetic patients at Adventist Health Sonora.
- **Nutritional Education:** Hosted 29 cooking demonstrations for 882 participants, reaching a broad audience at the County Health Fair and making healthy choices practical for students and teachers.

Participating Organizations:

- **Indigeny Reserve:** A local apple cider ranch and Participating Organization that has hosted walking groups since the project's inception and provides a venue for the annual Sonora Bike Day at no cost.
- **Aronos Club:** A longstanding service organization that provides its historic clubhouse for Purpose Workshops, cooking demos, yoga, and meetings.
- **Resiliency Village:** Recognized as an approved Participating Organization in 2025.
- **Sierra Flow Fitness:** Recognized as an approved Participating Organization in 2025

Volunteers;

Volunteers are the heartbeat of the project, modeling well-being while leading initiatives that range from school garden planting to managing food access programs. In 2025, 356 volunteers contributed 1,049.5 hours toward building a healthier Tuolumne County.

Highlights:

- **Chris Montesano:** A 77-year-old volunteer who developed a bio-intensive gardening curriculum and leads a monthly Garden Club to build local food resilience.
- **Mike Mazzetti:** A retired engineer who transitioned from a participant to a volunteer, launching his own Sunday kayaking Moai and supporting community events to overcome post-COVID isolation.
- **Impactful Quotes:**

- *"I was in a cycle I knew I had to break... [Tai Chi] really saved me."* — **Laurie Sylwester**
- *"I feel more connected and part of the community now, and that's made me happier."* — **Mike Mazzetti**
- *"It's kind of contagious."* — **Mike Mazzetti**
- *"We need to learn from [Chris] if we're going to be a more resilient community."* — **Ismael Canizalez**

Media:

The project's media presence focuses on storytelling and digital connectivity to inspire community-wide change. By highlighting personal transformations and successful partnerships, the project maintains high visibility across the county.

Highlights:

- **Personal Renewal Narratives:** Featured stories of residents like Laurie Sylwester, whose commitment to Tai Chi improved her flexibility, balance, and endurance.
- **Community Leadership Spotlight:** Showcased how neighbors are stepping forward to model well-being through "History Mystery" walks and local heritage programs.
- **Institutional Partnerships:** Highlighted successful collaborations with the City of Sonora and the Aronos Club to normalize well-being in historic public spaces.
- **Digital Hub Engagement:** Utilized Hubspot, Facebook, and Instagram to facilitate ongoing connection and resource sharing.
- **Event Promotion:** Targeted outreach for high-visibility events like the Sonora Bike Day and "Movies in the Park" to drive new participation.

ENGAGEMENTS	# of Individuals	# of Events
Blue Zones Story Speech	89	2
Moving Naturally Moais	266	121
Purpose Workshops	282	9
Cooking Demos/Classes	882	29 demos
Volunteers	356	81 events with 1,049.5 hours

Significant Identified Health Needs

TABLE OF SIGNIFICANT IDENTIFIED HEALTH NEEDS

The Adventist Health Community Well-Being team and community partners collectively reviewed all relevant significant health needs identified through the CHNA process. Using a community health framework developed for this purpose, 12 significant health needs were initially considered. The list of significant needs are as follows:

- Access to Care
- Community Safety
- Community Vitality
- Education
- Environment & Infrastructure
- Financial Stability
- Food Security
- Health Conditions
- Health Risk Behaviors
- Housing
- Inclusion & Equity
- Mental Health

From this group of 12, several high priority health needs were established for Adventist Health Sonora. High priority health needs were chosen as they had demonstrated the greatest need based on severity and prevalence, intentional alignment around common goals, feasibility of potential interventions, and opportunities to maximize available resources over a three-year period.

Using the criteria mentioned above, we were able to determine which needs were high priority, as compared to those that were significant needs. The High Priority Needs are the focus of the community health implementation strategy and this accompanying Community Health Plan Update, FY 2025. The remaining significant health needs are not addressed directly but will likely benefit from the collective efforts defined in this report. The following table provides additional information on all the significant health needs that were considered.

Financial Stability
Housing
Mental Health
Lower Priority Needs that will not be addressed directly by Adventist Health Sonora due to limited resources, expertise and feasibility of viable interventions
Access to Care
Health Risk Behaviors
Health Risk Condition
Food Security
Environment & Infrastructure
Inclusion and Equity
COVID
Education
Community Vitality
Community Safety



Scan the QR code for the full Secondary Data Report



Community Health Financial Assistance for Medically Necessary Care Commitment

Adventist Health understands that community members may experience barriers in paying for the care they need. That is why we are committed to providing financial assistance to those who may need support in paying their medical expense(s).

Community members can find out if they qualify for financial aid in paying medical bills by completing a financial assistance application. Applications can be filled out at the time care is received or after the bill has been administered. To access the financial assistance policy for more information or contact a financial assistant counselor, please visit us at: [Adventist Health - Help Paying Your Bill](#)



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Thank you for reviewing our Implementation Strategy Year Three Update, FY 2025. We are proud to serve our local community and are committed to making it a healthier place for all. To provide feedback on this community benefit report or other reports referenced, please email community@ah.org. You may also request a copy free of charge.

To review this report as well as our most recent Community Health Needs Assessment and Community Health Implementation Strategy, please visit:
<https://www.adventisthealth.org/sonora/about-us/community-benefit/> or
<https://www.adventisthealth.org/about-us/community-benefit/>

