















## Invitation to a Healthier Community

### Fulfilling Adventist Health 's Mission

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

The Community Health Plan marks the second phase in a collaborative effort to systematically investigate and identify our community's most pressing needs. After a thorough review of health status in our community through the Community Health Needs Assessment (CHNA), we identified areas that we could address 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 CHNA led in the creation of our Community Health Plan. As a result, Adventist Health Simi Valley has adopted the following priority areas for our community health investments for 2017-2019:

- Access to health care
- Cancer
- Diabetes
- Mental health/substance abuse

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 partner to achieve change. More importantly though, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities we all want for ourselves and our families.



## 2017 Annual Community Benefit Update

In 2016 Adventist Health Simi Valley conducted a community health needs assessment and was followed by a 2017 Community Health Plan (Implementation Plan) 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 - Access to health care

#### COPE Health Scholars Program

- Approximately 250 Students enrolled annually for AHSV location
- Students who are 18 or older pay a fee to enroll in a program that gives them access to serving in hospitals. Students will receive training and then work shifts in scheduled rotations throughout the hospital including patient care clinical areas, ancillary and business support departments. Students who complete the 15+ month program will have hundreds of practical hours to add to their applications to medical programs, giving them an advantage in gaining entrance to competitive programs and eventual employment in a healthcare field.
- COPE Health Solutions partners with healthcare providers like UCLA, Adventist Health and others, giving students in our community exposure and access to excellent careers in the communities in which they live.

#### Moorpark College Nursing Students

- Approximately 100 students annually
- Moorpark College is an award-winning community college providing allied health and nursing degrees that help students in our community stay in their home town while gaining their education.
- Moorpark students have clinical rotations at AHSV, providing vital support to nursing units and gaining practical insights into modern nursing care. This relationship helps establish a pipeline of new healthcare workers who are committed to serving their local community.

#### Diagnostic Lab Screenings for Uninsured via The Free Clinic of Simi Valley

- 1,111 people served
- The Free Clinic of Simi Valley provides care for the uninsured of our community.

#### Diagnostic Radiology Screenings for Uninsured via The Free Clinic of Simi Valley

- 97 radiology patients served
- 6 ultrasound patients served

#### Opened Moorpark Urgent Care – August 22, 2017

- 10-20 patients per day in Moorpark
- Moorpark is severely lacking in health care providers and does not have a hospital in their city

#### **Partners**

- **Cope Health Scholars**
- **Moorpark College**
- **Adventist Health Physicians Network**
- **City of Moorpark and Moorpark Chamber of Commerce**
- **The Free Clinic of Simi Valley**

#### **Priority Need - Cancer**

##### Cancer Care Navigators

- 300 cancer patients received free support
- Cancer Care Navigators are oncology certified R.N.s who support our inpatient cancer patients, outpatient cancer patients and the community at large. They offer free navigation support to anyone in our community seeking support, regardless of where they get their healthcare.

##### Cancer Support Group Funding

- 35 support group members received additional classes and resources from hospital funding

##### Mammograms for Uninsured via The Free Clinic of Simi Valley

- 38 women served

##### Cancer Survivors Picnic June 2017

- 100 people served
- We provide location, rental tables and chairs, staff hours for set up, program and take down. AHSV provided a variety of free gifts and educational materials

##### Sponsor of ACS Relay for Life – Walk/Run

- We create teams and provide education, outreach and health promoting gifts

#### Build of Lung Cancer Screening for January 2018 Launch

- Invested in software, technology, and education for lung cancer screening
- Data on patients served will begin January 2018

#### Pampered in Pink 2017

- Free community education and outreach event
- 400 people attended
- AHSV provides healthy dinner food, gifts, education and resources for cancer patients, survivors, family and friends.

#### **Partners**

- **Marcelle Erian Cancer Foundation**
- **Free Clinic of Simi Valley**
- **Nancy Reagan Breast Center**
- **American Cancer Society and Relay for Life Volunteers**
- **Adventist Health Glendale**
- **Adventist Health Physicians Network**

#### **Priority Need – Diabetes/obesity**

##### YMCA and Diabetes Prevention Program

- Program is in development

##### Business Plan to Hire Nurse Practitioner to Facilitate Diabetes Support for Inpatients in 2018

- NP hired in early 2018
- Data will be available in 2019

##### Cycling for Education Sponsorship and Education Grants

- Provided \$5000 in targeted grant money to our four priority areas
- Schools applied for enhancement grants that are focused on our priority areas and are in mid-cycle. We will have data to report in 2018.

#### Healthy Kids Fun Zone – Moorpark Country Days

- Provided a \$5000 sponsorship to make the Kids Zone free to all who attended. This gave less privileged families access to the bungee jump, rock climbing wall, bounce house, obstacle course and other fun activities that get kids moving and inspired to be more active.
- Approximately 500 kids and their parents came through the Healthy Kids Fun Zone
- Enhancement Grants from Simi Valley Education Foundation were, for the first time, directed to projects that could help our community in our four priority areas. Data will be available in 2018.
- Simi Valley Boy's and Girl's Club utilized hospital funds to directly fund and provide healthy fresh fruits and vegetables to 120 children and their families.

#### Partners

- **YMCA of Simi Valley**
- **Simi Valley Education Foundation**
- **Moorpark Chamber of Commerce**
- **Simi Valley Boys & Girls Club**

#### Program Highlight

Adventist Health Simi Valley worked with the Simi Valley Boys and Girls Club to re-invent our support for the club. Instead of sponsoring a gala, we provided funds that were targeted to providing bags of fresh fruit and produce for the kids to take home to their families. 120 children were part of the program and weekly took home bags of fresh produce for their families.

#### Priority Need – Mental Health/Substance Abuse

Every Fifteen Minutes / Simi Valley High School/ Royal High School

- Provide funding for reenactment of driving under the influence
- Hospital participates in the dramatic “accident” and deadly outcome

For the Troops

- AHSV provides sponsorships that help support programs for PTSD in veterans

Simi Valley High and Royale High

- AHSV provides funding for baseline concussion testing for all high school athletes

#### City Championship Football Sponsor

- AHSV provides funds for this community game that rallies our families around the importance of sports in the lives of high school students.

#### Free Drug Teen Drug Testing

- We offer free drug testing to our community through our school system

#### **Partners**

- **Every Fifteen Minutes**
- **Simi Valley High**
- **Royal High**
- **For the Troops**
- **Simi Valley Boys and Girls Club**
- **Moorpark Boys and Girls Club**

#### **Other Community Benefits –**

##### **Re-designed \$5000 Sponsorship with American Heart Association**

- Funds were used to provide FAST Duck key chains and education in three Simi Valley middle schools. 150 students were educated about signs and symptoms of stroke. They had share the information with their parents and return a signed document to the teacher. Adventist Health Simi Valley's stroke coordinator, Shannon Morris and two representatives from Ventura County American Heart and Stroke Association conducted the education program.

##### **Life After – Heart Attack Patient Short Film Production**

- AHSV created a short film in 2017 that was unveiled in 2018, highlighting a miraculous survival story of a young father and husband who had a massive heart attack, essentially dying.
- The short film was made to help us educate our community about the early warning signs of heart attacks and heart disease. We invested approximately \$50,000 in creation of the film and educational collateral in 2017.
- We launched the film in February 2018 and submitted it for multiple awards.

### **2-Step CPR Training Sessions**

- We are working with Ventura County first responders to help get 100% of Ventura County residents trained to perform Hands Only CPR / 2-Step CPR by 2020.
- We have teams who work with the community to host education sessions and have trained over 500 people.

### **Hosting, Promoting and Facilitating Various Free Support Groups**

- We list all known support groups on our website and promote with printed flyers and printed ads.

### **Free Classes for Expecting and New Families:**

- Free Weekly Breastfeeding Support Group
  - 511 moms served
- Free Siblings Relations Class – 3 Classes per year
  - 19 families and 26 children served
- Free Maternity Tours
  - 539 people served

### **Partners American Heart and Stroke Association**

- **American Cancer Society**

## Changes in 2017-2018

We will participate in a broader CHNA in 2019. We are working with Erin Slack of Ventura County Public Health to do a broader CHNA with other stakeholders, including hospitals, in eastern Ventura County.

We anticipate an increase in diabetes cases being diagnosed in the next 10 years. We are working on several grant opportunities that will be addressing diabetes and have hired a Nurse PR actioner who is focused on diabetes education and post-hospitalization support.

We anecdotally believe that our biggest challenge is providing services and support for the “working poor”. These are people who have one or more jobs, often part-time, and health insurance. However, their out of pocket expenses are so high that they avoid getting early care and wait until a condition becomes a full emergency.

We need to keep our eye on cardiovascular disease, though it is not one of our four main priority areas. We are working closely with our community to train our community to provide 2-step CPR, to know the signs and symptoms of stroke and heart attack and how to act quickly. Our Chest Pain Center accreditation is anticipated in late 2018 and has expectations of robust community outreach and education.

## 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, health care 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.