

ADVENTIST HEALTH ST. HELENA

2022 COMMUNITY HEALTH IMPLEMENTATION STRATEGY

APPROVED APRIL 27, 2023



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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 St. Helena conducts a Community Health Needs Assessment (CHNA) every three years, with our most recent report completed in 2022. 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 St. Helena intentionally developed a strategic plan to address the needs of our community.

In this CHIS, you will find strategies, tactics, and partnerships that address the following health needs identified in the 2022 Adventist Health St. Helena CHNA:

Access to Care

Health Conditions - Physical Health

Mental Health

We hope this report is leveraged by all local partners and community members, empowering them to own the potential of healthy living for all. This report was reviewed and approved by our Hospital Board as well as the Adventist Health System Board on April 27, 2023. The entire report is published online and available in print form by contacting community.benefit@ah.org.

Blue Zones Project Upper Napa Valley

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 St. Helena proudly sponsors Blue Zones Project Upper Napa Valley (BZPUNV). The BZPUNV team wakes up each morning focused on partnering and collaborating 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 BZPUNV 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 BZPUNV sector leads come together to evaluate and update the Blueprint to ensure community alignment.

To learn more about Blue Zones Project Upper Napa Valley and how to get involved visit: uppernapavalley.bluezonesproject.com

What if ...

It's not a prescription that changes your health? Instead, it's a collaboration between you and your care providers? And it's community-based organizations working together to support you?

Getting to know our CHNA St. Helena service area*

The Adventist Health St. Helena service area exemplifies diversity and is known for beautiful vineyards, a culinary scene with renowned dining, and a popular tourist destination that brings visitors from across the country. Just over 196,000 residents call our service area home now, and the growth continues as the tranquility of this beautiful place becomes known.

Household income levels are slightly higher than the California average, with 54% of annual income going towards housing and transportation. Age ranges are consistent, with children ages 0 to 4 being the smallest population group at 5.3%, to age 65, the largest community group by age is those 65 and older, 19.7% of the population. The largest groups by population are Caucasian, followed by LatinX and Black.

For a more detailed look into community member comments, facts and numbers that are captured in the CHNA, please visit adventisthealth. org/about-us/community-benefit. The following pages provide a closer look into our community demographic as well as our approach to the CHIS.

*This service area represents Adventist Health St. Helena's primary service areas (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, creating the Adventist Health St. Helena CHNA service area.





What if our community worked together and made life all-around better? What if we offered various pathways to meet our diverse needs, so every member of our community experienced better health, prosperity and longevity?

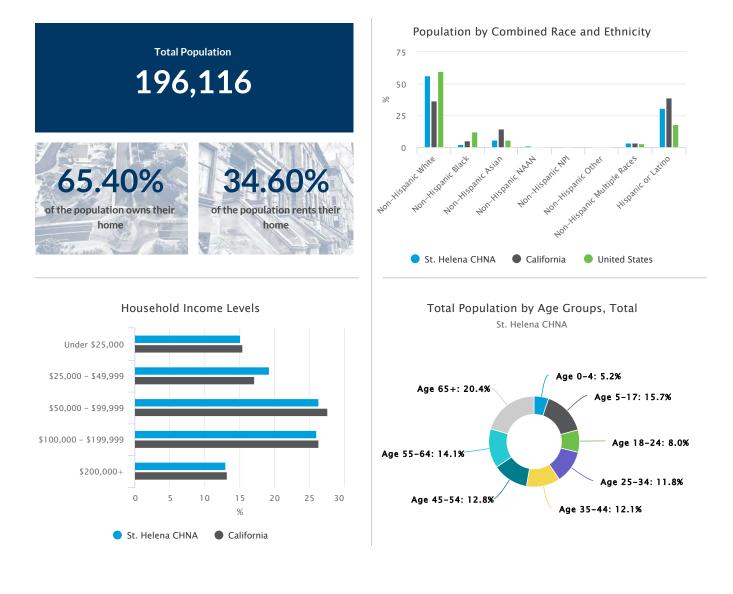
Who We Serve

DEMOGRAPHIC PROFILE

The following zip codes represent Adventist Health St. Helena'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 St. Helena CHNA market has a total population of 196,116 (based on the 2020 Decennial Census). The largest city in the service area is Napa city, with a population of 76,987. The service area is comprised of the following zip codes: 94567, 95423, 95467, 94515, 94576, 94508, 95451, 94599, 94574, 95457, 95453, 94503, 94559, 94558, 95422, 95443, 95461.





About Us

Adventist Health St. Helena

Located in the beautiful Napa Valley, Adventist Health St. Helena is a 151-bed acute-care hospital with key service areas including 24-hour emergency care, Adventist Heart and Vascular Institute, Coon Joint Replacement Institute, Martin O'Neil Cancer Center and Behavioral Health units. We are proud to serve a rural area that ordinarily would not have access to many of the advanced medical services we offer.

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 St. Helena CHNA Steering Committee (see page 18 for a list of CHNA Steering Committee sector participants) 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 this Community Health Implementation Strategy.

High Priority Needs

The following pages highlight the High Priority Needs that will be addressed in this Community Health Implementation Strategy.

Access to Care



COMMUNITY VOICES

- People noted that a lot of people are reluctant to take the ambulance because they don't have transportation to get back.
- "Rural areas are difficult to get transportation access."
- "No Lyft, afraid to drive too medical appointments."
- "People don't want to travel out of town for services."

The ability to access health care services is critical for any healthy community, and residents in our service area face challenges here. Community members note that residents are reluctant to take an ambulance because they are afraid they won't have transportation back. The uninsured rate is higher than that of California and some racial groups, such as Pacific Islanderers, have an even higher insured rate. Overall, 14.5 percent of residents 25 and older don't have a high school diploma and 12 percent of people have limited English proficiency, limiting their

opportunity to access resources to learn about health matters, schedule appointments or get test results.

Public data shows that just 16.6% of St. Helena's population lives within a half mile of public transit. During focus groups, seniors noted that the lack of sidewalks makes it difficult to get to where they need to go, and inconvenient bus routes limit their ability to participate in their community.

Data spells out concerns. Human engagement improves lives.

SECONDARY DATA

Percentage of Population Living in an Area Affected by a HPSA



Population Age 25+ with No High School Diploma, Percent

Adventist (14.26%)

California (16.08%)

United States (11.47%)



0% 25% ● Adventist (11.89%) ● California (17.41%) ● United States (8.25%)

Health Conditions – Physical Health

COMMUNITY VOICES

- "It is important to recognize that while bringing many benefits to our community the wine and grape growing industry also brings impacts of industrial agriculture including substantial use of synthetic pesticides, herbicides and other contaminants that can get into our water supplies, soils and air, and unless managed in a considered way may not be consistent with long term public health goals of the community."
- "The younger that people are getting diagnosed, it affects their journey on healthcare systems."
- "There is a lack of nutritional education."



A community with a higher-thanaverage burden of major health conditions, especially chronic conditions, poses social, environmental, and healthcare concerns, and the Adventist Health St. Helena service area faces some noteworthy challenges. Nearly 30 percent of the St. Helena population is obese, and cancer risk (7.3%) and cancer mortality rates (152 per 100,000) are higher than in California and the United States.

Residents believe that nine out of 10 people who are unhoused have a medical condition that prevents them from working. Families need physicals for their children, but clinics are too far away, and the costs are a barrier to care. Vaping is of concern, even knowing that youth may be vaping without any parental awareness.

Death due to liver disease is higher here than in California and the United States, and chronic conditions in general are drivers of lower quality of life and higher healthcare expenditures. Knowing which conditions are driving reduced health and well-being is key to improving overall health.

SECONDARY DATA





Liver Disease Mortality, Age-Adjusted Death Rate (Per 100,000 Pop.)



 $\begin{array}{l} Percentage \ of \ Adults \ Obese \ (BMI \\ \geq 30.0 \ kg/m^2) \end{array}$



Percentage of Adults with Cancer



Mental Health

COMMUNITY VOICES

- "It's hard for people with depression and anxiety to talk about or admit that they are having difficulties around mental wellbeing."
- People shared that mental health services are extremely hard to get in Napa.
- We heard from community members there are not enough mental health providers to meet the needs, especially Spanish-speaking providers.
- People noted that the mental health crises, and the lack of crisis services, are impacting access to medical care in local emergency rooms



A recent survey showed that 50% of respondents see mental health as a top concern. They voiced fears that there is a shortage of mental health providers to meet needs – particularly those who are Spanish-speaking.

Residents shared fears of a future where, if mental health isn't addressed, rates of anxiety, depression and suicide in their community may increase.

In our Adventist Health St. Helena service area, 13.5% of adults report having poor mental health and 30% of Medicare beneficiaries have mental health and substance use conditions. Also among Medicare recipients, 4.6% have a substance use disorder, while 17.6% of the overall adult population binge drink.

Unemployment and high cost of living contributes to increased stress by creating financial instability and barriers to basic needs like health services, food and housing. The suicide rate in our community (14.8 per 100,000) is higher than in California overall (10.5 per 100,000).

Through education, collective engagement, and community-driven changes, residents have the potential to experience mental well-being and a newfound sense of purpose.

SECONDARY DATA



Suicide, Age-Adjusted Death Rate (Per 100,000 Pop.)



California (10.5) United States (13.8)

Violent Crime Rate

Report Area	Violent Crimes	Violent Crime Rate (Per 100,000 Pop.)
Adventist Health St. Helena	901	439.5
Lake County, CA	343	535.5
Napa County, CA	566	397.7
Sonoma County, CA	1,845	367.9
California	327,327	419.4
United States	2,445,671	385.6

Action Plan for Addressing High Priority Needs

Committee members drew upon a broad spectrum of expertise and possible strategies to improve the health and well-being of vulnerable populations within the community.

The following pages reflect the goals, strategies, actions, and resources identified to address each selected High Priority Need.

ADDRESSING HIGH PRIORITY: ACCESS TO CARE

GOAL	Colla	aborate to reduce transportation barriers.						
Priority Area:	A	ccess to Care			fining etric:			
Strateg		Work with St. He	lena Hospital Four	ndatio	n to market th	e Lyft ride prog	jram.	
Population Serv	ved:	Vulnerable Popu	lations					
Internal Partn			n Director and staf	ff, St. I	Helena Hospita	l Foundation		
External Partn	ers:	Lyft, UpValley Fa	mily Centers					
Actions: Organization Lead								
Program/Activit		· · ·						
	-		patients that the	ere	Adventist Hea		Troy McGilvra	
		le to help get the			Adventist Hea		Melissa Davis, RN	
•••		ing flyers in aparti	•		UpValley Fam	•	Jenny Ocon	
	arks, r	narkets, and bring	them to Mobile		St. Helena Ho	spital	Glen Newhart	
Health events.					Foundation			
					Mobile Health	ו	Noemi Mauricio	
							Jimenez, RN	
	AR O			AR TW			YEAR THREE	
Distribute mark			Assess Lyft usage		•	Refresh the	e marketing of the	
Lyft reports fror	n 202	2 as baseline.	determine if bar					
			service was due					
			drivers or if it wa	asn t n	harketed.			
Strateg	y 2:	Collaborate with	Strategy 2: Collaborate with partners at Napa Valley Transit Authority (NVTA) and Molly's Angels to					
	connect transportation resources to community members who need to access to healthcare.					• • •	, .	
opulation Served: All people experiencing transportation needs, specifically low income, seniors, and those with disabilities.				to com	munity memb	ers who need t	o access to healthcare.	
Population Serv	ved:		tation resources t	to com	munity memb	ers who need t	o access to healthcare.	
Population Servine		All people experi disabilities.	tation resources t	to com ation no	munity memb	ers who need t	o access to healthcare.	
-	ers:	All people experi disabilities. Emergency Roon	tation resources t encing transporta	to com ation no gers	nmunity memb eeds, specifica	ers who need t	o access to healthcare.	
Internal Partn External Partn	ers:	All people experi disabilities. Emergency Roon	tation resources t encing transporta n and Clinic manag	to com ation no gers	nmunity memb eeds, specifica	ers who need t	o access to healthcare.	
Internal Partn External Partn Actions:	ers: ers:	All people experi disabilities. Emergency Roon Napa Valley Tran	tation resources t encing transporta n and Clinic manag	to com ation no gers	nmunity memb eeds, specifica ngels	ers who need t	o access to healthcare. seniors, and those with	
Internal Partn External Partn Actions: Program/Activit	ers: ers: y/Tac	All people experi disabilities. Emergency Roon Napa Valley Tran	tation resources t encing transporta n and Clinic manag	to com ation no gers Ily's An	nmunity memb eeds, specifica ngels	ers who need t Ily low income,	o access to healthcare. seniors, and those with	
Internal Partn External Partn Actions: Program/Activit Collaborate with	ers: ers: y/Tac n Mol	All people experi disabilities. Emergency Roon Napa Valley Tran	tation resources t encing transporta n and Clinic manag sit Authority, Mol	to com ation no gers Ily's An	nmunity memb eeds, specifica ngels Organization	ers who need t Ily low income,	o access to healthcare. seniors, and those with	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St	ers: ers: y/Tac n Mol . Hele	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to activ	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers	to com ation no gers Ily's An	nmunity memb eeds, specifica ngels Organization Adventist Hea	ers who need t lly low income,	o access to healthcare. seniors, and those with Lead Dr. Steve Herber	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St	ers: ers: y/Tac n Mol . Hele	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers	to com ation no gers Ily's An	imunity memb eeds, specifica ngels Organization Adventist Hea NVTA	ers who need t Ily low income,	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St	ers: ers: y/Tac n Mol . Hele	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers	to com ation no gers Ily's An	munity memb eeds, specifica ogels Organization Adventist Hea NVTA Molly's Angel	ers who need t Ily low income, Ilth	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan Devereaux Smith	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St through Rianda	ers: ers: y/Tac n Mol . Hele	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng- e and Blue Zones	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers Project.	to com ation no gers Ily's An	munity memb eeds, specifica ngels Organization Adventist Hea NVTA Molly's Angels Rianda House Blue Zones Pr	ers who need t Ily low income, Ilth	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan Devereaux Smith Maury Robertson	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St through Rianda	ers: ers: y/Tac n Mol . Hele Hous	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng- e and Blue Zones	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers Project.	to com ation no gers Ily's An s in AR TW	munity memb eeds, specifica organization Adventist Hea NVTA Molly's Angels Rianda House Blue Zones Pr	ers who need t lly low income, ilth s oject	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan Devereaux Smith Maury Robertson Joaquin Razo	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St through Rianda	ers: ers: y/Tac n Mol . Hele Hous	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng- e and Blue Zones NE TA's Accessibility	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers Project. YE/	to com ation no gers Ily's Ar s in s in AR TW of Moll	munity memb eeds, specifica organization Adventist Hea NVTA Molly's Angels Rianda House Blue Zones Pr O y's Angels	ers who need t lly low income, ilth s oject	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan Devereaux Smith Maury Robertson Joaquin Razo YEAR THREE cted to the need for	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St through Rianda YE Review results c	ers: ers: y/Tac Mol Hous Hous	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng- e and Blue Zones NE TA's Accessibility e the need was	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers Project. YE/ Assess if usage o	to com ation no gers Ily's Ar s in s in AR TW of Moll	munity memb eeds, specifica organization Adventist Hea NVTA Molly's Angels Rianda House Blue Zones Pr O y's Angels	ers who need t lly low income, llth s oject Stay connee volunteers	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan Devereaux Smith Maury Robertson Joaquin Razo YEAR THREE cted to the need for	
Internal Partn External Partn Actions: Program/Activit Collaborate with Calistoga and St through Rianda YE Review results of Survey and see	ers: ers: y/Tac n Mol . Hele Hous EAR O of NVT where niors	All people experi disabilities. Emergency Roon Napa Valley Tran tic/Policy ly's Angels to active ena, including eng- e and Blue Zones NE TA's Accessibility e the need was and those with	tation resources t encing transporta n and Clinic manag sit Authority, Mol vely recruit drivers aging volunteers Project. YE A Assess if usage o services and pub	to com ation no gers Ily's Ar s in s in AR TW of Moll	munity memb eeds, specifica organization Adventist Hea NVTA Molly's Angels Rianda House Blue Zones Pr O y's Angels	ers who need t lly low income, ilth s oject Stay connec volunteers distribute/c	o access to healthcare. seniors, and those with Lead Dr. Steve Herber Libby Payan Devereaux Smith Maury Robertson Joaquin Razo YEAR THREE cted to the need for and help to communicate available ion method materials to	

ADDRESSING HIGH PRIORITY: HEALTH CONDITIONS - PHYSICAL HEALTH

GOAL	Red	Reduce behaviors that lead to chronic health conditions.						
Priority Area:	Неа	alth Conditions	Sub-Category: Tobacco Defi Physical Inactivity		Defining Metric:		Health Condition metrics	
Strategy 1:Create an environment that discourages commercial tobacco and nicotine use, provides heal tobacco-free spaces and places, supports prevention, cessation, and enforcement efforts, and limits/regulates the retail of tobacco products.								
Population Ser		Total Population						
Internal Partn External Partn		Marcia Lynn Bea Blue Zones Proje	•			tricto		
	ers.	Blue Zolles Proje	ct, St. Helena al		Ĵ.			-
Action: Organization Program/Activity/Tactic/Policy				Lead	d			
Develop and pro	omote	e a cessation direc	ctory of all availa	able	Blue Zones Project Jo		Joac	quin Razo
tobacco cessation resources/services.				Calistoga Joint Unified Audra Pittman School District		ra Pittman		
Support healthcare tobacco screening and referral system			tems.	Martin O'Neil Cancer Marcia Lynn Beau Center		cia Lynn Beauchamp		
					St. Helena Unified School Ruben Aurelio District		en Aurelio	
YE	EAR O	NE		YEAR TV	VO YEAR THREE		R THREE	
Increase in number of public spaces Decre		related incide			cigarette an	or decrease youth e- e and cigarette use rate,		
messaged as smoke-and-tobacco and high schools. free.			ols.		maintain or rate.	decre	ease adult smoking	

Strategy 2:	Encourage healthy behaviors that reduce preventable diseases by making programs/spaces affordable, accessible, and attractive to both English and Spanish speaking individuals.
Population Served:	Total Population
Internal Partners:	Community Well-being Committee
External Partners:	Blue Zones Project, Parks & Recreation, Boys & Girls Clubs

Action:		Organization	Lead	
Program/Activity/Tactic/Policy				
Promote and partner with free events t	hat provide:	Blue Zones Project		Joaquin Razo
healthy food education, and opportunit	ties to engage in	Calistoga Parks & R	Recreation	Rachel Melick
physical activity and socialize with othe	rs.	St. Helena Parks &	Recreation	Dave Jahns
	UpValley Family Centers		Jenny Ocon	
		Napa Valley Vine Trail		Chuck McMinn
		Rianda House		Maury Robertson
		Boys & Girls Clubs of St.		Trent Yaconelli
		Helena & Calistoga		
YEAR ONE	RTWO		YEAR THREE	
Establish a plan to help the above	Increased number	of walking Moai	Assess Vine Trail usage through trail	

Establish a plan to help the above	Increased number of walking Moai	Assess Vine Trail usage through trail	
organizations market their programs,	participants, volunteers, and	counters.	
whether on social media or within	engagement with parks and		
the hospital clinics and facilities.	recreation programs and Boys and		
	Girls Clubs.		

Strategy 3:	Provide chronic disease and cancer screenings.
Population Served:	Total Population
Internal Partners:	Dr. Candace Westgate of the AHEAD program, Mobile Health, Martin O'Neil Cancer Center
External Partners:	N/A

Action:		Organization		Lead
Program/Activity/Tactic/Policy				
Education and screening for Chronic di	sease and Cancer	Adventist Healt	h St. Helena	Dr. Candace Westgate
through AHEAD hereditary screening p	rogram and Martin	St. Helena Hosp	ital	Glen Newhart
O'Neil Cancer Center, promoted throu	gh events like Zero	Foundation		
Prostate Cancer Walk, Thanksgiving Tu	rkey Trot, and Mobile	Martin O'Neil Cancer		Janice Peters
Health Van engagements.		Center		
	Mobile Health		Noemi Mauricio	
			Jimenez, RN	
YEAR ONE	vo		YEAR THREE	
Build on the current successes of	Monitor number of re	eferrals to Monitor nu		mber of referrals to
years past and assess opportunities	Cancer Center for trea	atment. Cancer Center for treatmer		er for treatment.

ADDRESSING HIGH PRIORITY: MENTAL HEALTH

for growth.

GOAL	Work with Mental Health Partners to provide additional treatment and programs to our service area while stimulating an environment that increases mental well-being.							
Priority Area:	Mer	ntal Health	Sub-Category:	Category: Health Outcomes - Defining Me Anxiety & Depression		Metric:	Poor Mental Health (days)	
Strat	egy:		the people of Up agement, educa			rtunities t	hat impa	ct individual well-being
Population Ser	ved:	Total Popula	ation					
Internal Partn	ers:	Mental & Be	ehavioral Health	Unit (St. He	lena) and faci	ility (Valle	ejo)	
External Partn	ers:	Blue Zones I	Project, UpValley	y Family Cen	ters, Mentis,	Napa Co	unty Healt	th and Human Services
Action:OrganizationLeadProgram/Activity/Tactic/Policy			Lead					
			urces provided b	W MENTIS,	Adventist H	ealth		Jack Lungu
		-	nes Project Purpo	•	Mentis			Rob Weiss
Workshops avai	lable	in Spanish an	d English.		Rianda Hous	se		Maury Robertson
Support Promot	toras	Program with	n UpValley Famil	y Centers	UpValley Fa	mily Cent	ers .	Jenny Ocon
to build trust wi	ith ind	dividuals who	may not seek ca	ay not seek care Blue Zones Project Joaquin Razo		Joaquin Razo		
because of stigr	na, fe	ar, or the unl	known.		Live Healthy	/ Nара Сс) .	Jennifer Yasumoto
Y	EAR O	NE		YEAR TV	vo		١	/EAR THREE
Connect existing	g pro	grams to folks	6 Compare	baseline of '	'Thriving in Li	fe" Ider	ntify the g	aps and see where
who seek care a	ind m	ay not have	measuren	nent that Blu	ue Zones Proj	ect furt	her fundir	ng can support
knowledge of o			measures through community expa		-	r Mentis, Rianda House, amily Centers).		

Performance Management & Evaluation

We value the importance of measuring and evaluating the impact of our community programs.

Performance Management & Evaluation

Adventist Health will support the High Priority Need action plans identified in this CHIS by monitoring progress on an ongoing basis and adjusting the approach as needed over the course of the next three years. There are several resources in place to aid in this. All CHIS programs and initiatives will include a completed logic model to identify intended activities, outputs, and short and long-term outcomes. Establishing core metrics for each program or initiative will allow for the ongoing collection of performance management data. Actively tracking metric performance leads to the identification of strengths and challenges to the work, the local hospital, the Adventist Health Community Benefit team, and external consultants. Together, we will work to share successes and create performance improvement plans when necessary.

In addition, Adventist Health hospitals where High Priority Needs are shared will have the opportunity to join a collaborative held by the Adventist Health Well-Being team. The collaborative will be centered on building a common approach that aligns and maximizes community benefit, thus reducing the need to manage this work independently at each hospital. Along with that, where appropriate, evaluation activities designed to measure the overall strength and success of this work at the community level will be incorporated into performance management tracking.

CHIS Development

The development of the CHIS was directly built from the CHNA, whose goal focused on leveraging community stakeholders and data to address the most significant health needs of our community over the next three years. Members of the CHNA Steering Committee—comprised of healthcare, civic, public, and business leaders led the process of identifying and addressing health needs for a healthier community, completing the final report in fall of 2022.

Collaborating with CHNA Steering Committee members again in early 2023, Adventist Health Community Well-Being Directors facilitated a multi-step process to outline goals and strategies for the CHIS that foster change and positive impact in each of the High Priority Need areas. Each community relied on existing programs and services, and, where necessary, identified new opportunities to pursue collectively.

Once an approach received a consensus, the Community Well-Being Directors worked with Adventist Health leadership and expert consultants to set major annual milestones for each approach, generating outputs and outcomes that allow for ongoing performance management of this work. For further information on how success will be tracked refer to the Performance Management and Evaluation section above.

Finally, the CHIS was presented to Adventist Health local Hospital Boards for review and feedback. In addition to this collaborative effort, we also welcome feedback at community.benefit@ah.org.



Scan the QR code for the full Secondary Data Report



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 St. Helena. 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 this CHIS. 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.

TABLE OF SIGNIFICANT IDENTIFIED HEALTH NEEDS

High Priority Needs	
Access to Care	See Sections III.C - E
Health Conditions-	See Sections III.C - E
Physical Health	
Mental Health	See Sections III.C - E
Lower Priority Needs	
Financial Stability 211bayarea.org/napa/income-expenses/	Community members noted having to choose between rent and other household expenses, and that the high cost of living is a major burden. 83% of surveyed community members indicated that financial stability is a major health problem.
Health Risk Behaviors 211bayarea.org/napa/substance-abuse/	This area has higher smoking and substance use disorder rates than the rest of the state, and more than one in five adults is physically inactive.
Housing 211bayarea.org/napa/housing/	68% of surveyed community members said housing costs are a top health need. Interviewees noted the high cost of housing and limited housing stock as major concerns.
Food Security 211bayarea.org/napa/food/	The percent of students receiving free and reduced-price school meals is higher than the national average, and interviewees said that reasonably priced health food is difficult to find.
Environment & Infrastructure 211bayarea.org/napa/transportation/	Limited public transportation, long drives to services, and an environment designed for cars were seen as problems by residents. 17% said this was a health need.
Homelessness 211bayarea.org/napa/housing/	Nearly 60% of residents said homelessness was a health need. The limited housing options and relatively few services for the unhoused have lead this to be a chronic problem in the area.
COVID 211bavarea.org/napa/health-care/ Education 211bavarea.org/napa/education/	48% of surveyed residents identified COVID as a community health need. 69% of 4 th grader students are not proficient in Language Arts. 62% of the population is without any type of college degree. 24% of surveyed residents identified this as a community health need.



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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 https://www.adventisthealth.org/patient-resources/financialservices/financial-assistance/.











Glossary of Terms

COMMUNITY ASSET

refers to community organizations, programs, policies, activities or tactics that improves the quality of community life.

DEFINING METRIC

this is the metric used to define the extent of the problem faced by the target population.

FUNDING

can be provided by (but not limited to) government agencies, public organizations, grants and philanthropic giving.

GOAL

there may be several overarching goals to address each prioritized health need. This is the overarching impact we want to achieve.

PARTNERS

describe any planned collaboration between the hospital and other facilities or organizations in addressing health needs.

POPULATION SERVED

who is included within the group to receive services of the program.

PRIORITIZED HEALTH NEED/ PRIORITY AREA/SIGNIFICANT HEALTH NEEDS

a health need that was identified in a community health needs assessment and was then selected by committee as a high priority need to be addressed.

STAKEHOLDER- INTERNAL

colleagues and or board members who work for or with the hospital.

STAKEHOLDER- EXTERNAL

community members or organizations who regularly collaborate with the hospital.

STRATEGY

a specific action plan designed to achieve the expected outcome.

SUB-CATEGORY

if needed, a more granular focus within the identified priority area may be called out.

Approval Page **2023 CHIS Approval**

In response to the 2022 Community Health Needs Assessment, this Community Health Implementation Strategy was adopted on April 27, 2023 by the Adventist Health System/West Board of Directors.

The final report was made widely available on May 31, 2023.

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Thank you for reviewing our 2023 Community Health Implementation Strategy. We are proud to serve our local community and are committed to making it a healthier place for all.

Steven Herber, MD, FACS

Adventist Health St. Helena

