



ADVENTIST HEALTH
RIDEOUT

IMPLEMENTATION STRATEGY
Year Two Update, FY 2024

2024

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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 Rideout 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: Families, low income, Spanish speaking, farm laborers, homeless, residents of Sutter County, residents of Yuba County, low income, children and adolescents, and at-risk populations in Sutter and Yuba County. 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, 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, Blue Zones leadership, local public health officials, community-based organizations, medical providers, and members of selected underserved, low-income, and minority populations.

In this Implementation Strategy Year Two Update, FY 2024 also known as the Community Health Plan Update, FY 2024 you will find strategies, tactics, and partnerships that address the following prioritized health needs identified in the 2022 Adventist Health Rideout CHNA:

Access to Mental/Behavioral and Substance-Use Services

Access to Quality Primary Health Care Services and Specialty Care Service

Increased Community Connections

Blue Zones Project Yuba Sutter

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 Rideout proudly sponsors Blue Zones Project Yuba Sutter (BZPYS). The BZPYS team is 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 BZPYS 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 BZPYS sector leads come together to evaluate and update the Blueprint to ensure community alignment.

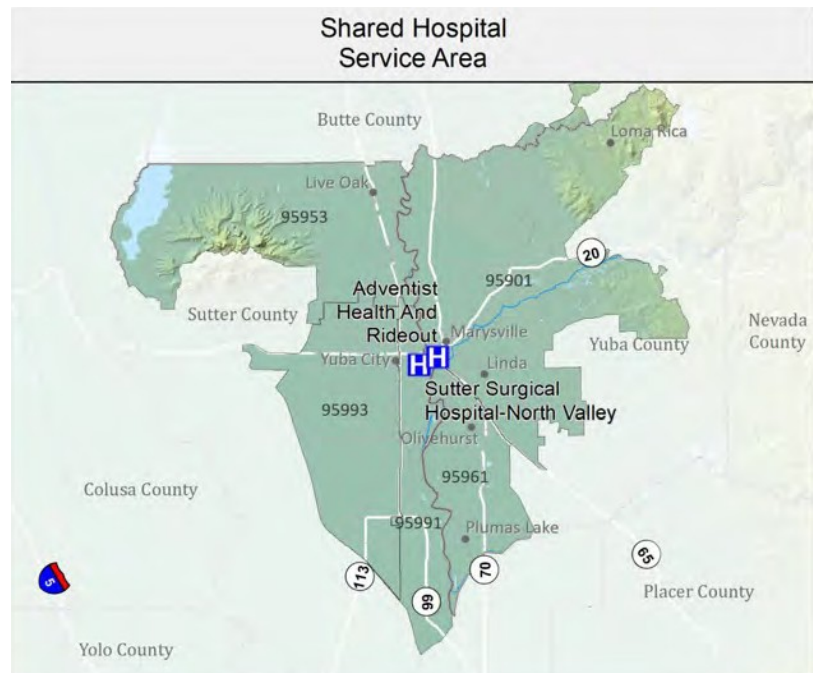
To learn more about Blue Zones Project Yuba Sutter and how to get involved visit: yubasutter.bluezonesproject.com

Description of Community Served

Marysville and Yuba City lie in Northern California's Sacramento Valley within the Greater Sacramento area, approximately 125 miles northeast of San Francisco and 125 miles west of Reno, Nevada. Nearly 11 million people live within a two-hour drive of the Yuba-Sutter area. Adventist Health and Rideout serves a region comprised of Yuba and Sutter counties, with a combined population of 181,480. Yuba and Sutter counties' population growth has outpaced the growth rate in California over the past two decades and is projected to continue. In both Yuba and Sutter counties, the largest segmentation of the population is currently 15-44 years old and senior population 65+ represent the largest growing segment, 11% and 6% respectively. The population demographics representing the largest disparities include:

- Seniors
- Non-English Speaking
- Homeless
- Youth
- Punjabi
- Migrants
- Rural Communities
- Disabled
- Those with Chronic Illnesses
- Undocumented
- Low Income
- Single Parents

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



Community Demographics

The definition of the community served was the primary service area jointly shared by Adventist Health and Rideout (AHR) and Sutter Surgical Hospital North Valley (SSHNV). This area was defined by five ZIP Codes: 95901, 95953, 95961, 95991, and 95993. This service area was designated because the majority of patients served by both ADR and SSHNV resided in these ZIP Codes. AHR is located in Marysville, CA, and SSHNV

is located in Yuba City, CA. Separated by the Feather River, these cities are located adjacent to one another and are part of the Yuba City Metropolitan Statistical Area as designated by the US Office of Management and Budget. The service area is home to over 150,000 community residents, and encompasses portions of both Sutter and Yuba Counties. The rural community is rich in diversity along a number of dimensions.

ZIP Code	Total Population	% Non-White or Hispanic/Latin x	Median Age (yrs.)	Median Income	% Poverty	% Unemployment	% Uninsured	% Without High School Graduation	% With High Housing Costs	% With Disability
95953	10,925	58	34.2	\$57,949	18.9	6.7	8.0	29.4	35.4	15.0
95991	40,861	56.3	33.9	\$50,682	18.7	9.7	8.9	24.0	42.8	13.9
95993	37,077	54.7	37.8	\$69,019	12.1	7.6	7.1	19.1	29.1	12.6
Sutter	96,109	53.8	35.7	\$59,050	15.5	8.3	8.0	21.8	35.5	13.6
95901	33,455	46.6	31.7	\$54,851	17.3	7.5	7.3	16.9	38.1	16.2
95961	28,489	53.8	31.6	\$55,590	15.9	7.5	7.6	22.8	37.0	12.7
Yuba	76,360	44.8	32.8	\$58,054	15.5	7.2	7.2	17.7	36.4	15.0
Californi	39,283,497	62.8	36.5	\$75,235	13.4	6.1	7.5	16.7	40.6	10.6

Source: 2019 American Community Survey 5-year estimates; U.S. Census Bureau

About Us

Adventist Health Rideout

Adventist Health and Rideout is a non-profit community-based system comprised of the Adventist Health and Rideout acute care hospital; the Heart Center at Rideout; the Cancer Center affiliated with UC Davis Medical Center; outpatient clinics and a host of ancillary services including senior living services located throughout Yuba and Sutter counties. Adventist Health and Rideout employs more than 2,100 employees and has approximately 300 physicians on the medical staff.



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 Adventist Health and Rideout 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 two, 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 2024.

Action Plans for Addressing Prioritized Health Needs

The following pages reflect the goals, strategies, actions, and resources that Adventist Health & Rideout provided in 2024 to address each selected Prioritized Health Need.

ADDRESSING HIGH PRIORITY: ACCESS TO MENTAL/BEHAVIORAL HEALTH & SUBSTANCE USE SERVICE

GOAL	The primary objective is to develop an infrastructure that effectively addresses a critical public health need: the provision of essential behavioral health and substance use medical services which are currently lacking in our community as well as the surrounding regions. These services are vital for promoting the overall health and well-being of our population.
Strategy:	This initiative aims to lead efforts in identifying and addressing key deficiencies in the community's capacity to respond to non-acute medical and behavioral health needs by enhancing access to comprehensive non-acute care services and treatment options.
Type of Strategy: Program/Activity/Tactic/Policy	
Expand the range of our existing services designed to respond to the behavioral health and substance use issues prevalent within our community. "Project Hope" is an initiative that envisions the establishment of an integrated campus that offers behavioral health and community support services dedicated to serving our most vulnerable populations who often present with complex health and social needs. The services offered will not only meet immediate healthcare demands but also sustain long-term well-being while complementing the resources provided by our acute care hospital.	
FY 2024 YEAR TWO	
Stay connected to the behavioral health needs of the community. Continue collaboration with community and county partners. Provide access to wraparound and step-down care for individuals needing assistance managing needs associated with mental, behavioral, and substance-abuse. *Goals for Years 2 and 3 dependent on progress.	
COMMUNITY IMPACT SUMMARY	
<p>Project Hope was conceived as a comprehensive two-phase initiative focused on establishing infrastructure to support the behavioral health crisis continuum throughout the bi-county region. The original concept involves the development of a dedicated behavioral health campus offering a wide variety of services designed to address both clinical and non-clinical needs, covered under Medi-Cal and the CalAim expansion, including:</p> <ul style="list-style-type: none"> • Medical Recuperative Care • Short-Term Post-Hospitalization Housing • Sobering • Temporary Housing • Housing Navigation • Day Habilitation • Supporting Spaces <p>Adventist Health + Rideout (AHRO) continues to make progress with "Project Hope Minor," an estimated 20-22 bed sobering center with proposed limited services providing:</p> <ul style="list-style-type: none"> ▪ Medical Recuperative Care ▪ Short-Term Post Hospitalization Housing ▪ Enhanced Care Management ▪ Housing Navigation <p>In 2024, AHRO secured a location for Project Hope Minor at 543 Garden Highway in Yuba City. New building plans were required to initiate construction which identified more significant renovation needs and associated costs, all to be covered by PATH funding. Given associated renovation delays, AHRO construction is to be completed by the end of Q3, with the ultimate goal of welcoming clients in Q4 2025.</p> <p>AHRO was awarded \$8 million in grant fund to begin Project Hope Major design and construction. This would not have been possible without all our community partners who have been instrumental in supporting Project Hope, including:</p> <ul style="list-style-type: none"> • The city of Marysville and Yuba City • Yuba and Sutter Counties • The Salvation Army 	

- Sutter & Yuba Health and Human Services
- Sutter Yuba Homeless Consortium
- Local Federally Qualified Health Centers (PeachTree, Ampla Health, Harmony Health)
- Local law enforcement
- Managed Medical Health Plans
- Beale Air Force Base

AHRO collaborated with Yuba-Sutter Behavioral Health to evaluate the long-term financial viability and sustainability of Project Hope Major; the collective intent was to apply for BHCIP bond monies to complete the renovation of the former Fremont Hospital, owned by AHRO.

Additional changes

- In April, Adventist Health (AH) hired two Enhanced Care Management (ECM) team members and added 2 additional positions in November. Presently, the case load ratio for each is 1:50.
- Although AHRO hired/replaced the substance abuse navigator embedded in the ED, in December 2023, the navigator subsequently resigned. AHRO is pursuing a SUN navigator replacement upon receipt of being awarded a grant from Partnership to fund the position.
- AHRO's street nursing team transitioned to Harmony Health in April 2024. To support these services that will continue in the market, AHRO donated the Street Nursing van and medical supplies to Harmony Health.

ADAPTED STRATEGY IN RESPONSE TO CHANGING CONDITIONS

After careful consideration and extensive collaboration with community partners, including Yuba and Sutter County Health and Human Services, we have made the difficult decision not to proceed with Project Hope Major. This decision was not made lightly. Recent changes to grant funding stipulations have significantly impacted the feasibility of a project of this scale. One major change in the stipulations now requires Adventist Health and Rideout to provide upfront funding for the project, an approach that presents substantial financial risk and is not suitable for our organization at this time.

Additionally, the revised grant terms grant the funding entity the authority to rescind funding at their discretion if they disapprove of any aspect of how Project Hope Major is developed or managed. Another provision further requires the grant recipient to commit to operating the behavioral health facility for 30 years, or risk losing the funding. This long-term obligation poses significant risks and uncertainty that Adventist Health cannot responsibly assume. Finally, the evolving financial landscape has made it increasingly challenging to maintain a project with the scope and resources required for Project Hope Major. Despite this change, our commitment to serving our community's health needs remains strong. We will continue to work with local partners and explore new sustainable opportunities that will allow us to make meaningful and lasting impact on community health.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

- [Project Hope moving forward: Adventist Health/Rideout splits needed health care program into two phases | News | appeal-democrat.com](#)
- [Project Hope minor is underway: Lease secured for first phase of Adventist behavioral health project | News | appeal-democrat.com](#)

ADDRESSING HIGH PRIORITY: ACCESS TO QUALITY PRIMARY HEALTH & SPECIALTY CARE SERVICES

GOAL	Retain and recruit primary care specialists to meet and serve the medical needs of the community.
Strategy:	Redefine current physician recruitment approach and invest in new plans to actively engage and attract clinicians seeking employment.
Type of Strategy: Program/Activity/Tactic/Policy	
Launch an aggressive physician recruitment plan to sustain and expand medical services in the Yuba Sutter community. (Draft plan attached)	
FY 2024 YEAR TWO	
Evaluate/communicate results, refresh approach, continue to focus on stated goals, and continue to develop relationships with referral sources. Evaluate physician needs assessment, service line growth and new opportunities and subsequently refresh the list, as necessary. Evaluate key performance indicators (KPIs).	

COMMUNITY IMPACT SUMMARY

According to the US Census Bureau (American Community Survey, 2018-2022) there are 45,198 people living in a health professional shortage area of primary care, dental or mental health professionals within the primary and secondary service area of Adventist Health + Rideout (AHRO). This represents 24.39% of the total population. The Centers for Medicare and Medicaid Services reports the number of providers that specialize in primary care are 68.01 per 100,000 population (NPPES January 2024) while California has 106.20 providers per 100,000 and overall, in the United States there are 111.42 providers per 100,000. This represents a significant shortage of physicians in the Yuba/Sutter community.

Adventist Health and Rideout (AHRO) continues to focus on building our provider roster to increase access. From 2022 – 2024, Adventist Health Medical Group (AHMG) increase their patient panel by 41%; from 11,249 to 15,866 patient lives. AHMG has achieved the highest clinical quality scores in the Adventist Health system, improving from the 83rd percentile in 2022 to the 93rd in 2024.

AHMG continues to excel at providing excellent customer service, meeting their patients' needs as evidenced by strong patient satisfaction scores for the practice and providers individually. AHMG's overall clinic patient experience score falls in the 77th percentile. Additionally, in the last two years, consumer perception of AHRO improved from a 2.4 google star rating to maintaining a 4.0 in 2024.

2023 Recruitment Results:

- (2) Primary Care APPs
- (4) Specialty APPs (Urology, Orthopedics, Trauma, Bariatrics)
- (2) Interventional Cardiologists
- ObGyns/Laborists transitioned from locums to AHMG

AHRO hired a dedicated physician recruiter in July 2024 and achieved the following results.

2024 Recruitment statistics:

- (13) virtual interviews
- (10) onsite interviews and facility tours

2024 new provider placement results to date:

- **Dr. Nguyen, Podiatrist (June)**
“Wonderful doctor!!!” – Cathy P.
 - 203 post reactions, 8 post comments, 8 post shares.
- **M. Garcia, Cardiology PA (June)**
“Muchas felicidades Otra habla hispana para nuestra Gente” (translation: Congratulations Another Spanish-speaking community for our people) – Rosa P.
 - 342 post reactions, 12 post comments, 11 post shares.
- **B. Counts, Bariatric NP (July)**
“She is Amazing. She really cares about her patients. Dr. Garcia is lucky to have her. Makes his job easier following up bariatric patients.” – Sandra R.
 - 399 post reactions, 48 post comments, 8 post shares.
- **M. Lovernsky, ObGyn PA (August)**
- **Dr. Wu, Orthopedic Surgeon (September)**
“He’s a very kind Dr he was filling in for my surgeon. I didn’t feel like I was taking up his time.” – Michele M.
 - 275 post reactions, 26 post comments, 5 post shares.
- **P. Roher, Cardiology NP (October)**
- **Dr. Supple, General Surgery (November)**
“Can’t say enough good things about Dr Supple. “– Alyssa M.
 - 321 post reactions, 45 post comments, 11 post shares.

With the introduction of Partnership to the communities AHRO serves, Adventist Health is developing a system-wide contract to leverage Partnership’s physician recruitment incentives associated with Primary Care and Ob/Gyn doctors.

STRATEGY THAT WAS ENHANCED DURING THE YEAR:

Strategy: Retool physician recruitment through the dedication of a hospital-based recruiter and the shifting of marketing resources to fund the physician recruitment campaign.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

[Adventist Health Yuba County Board of Supervisors Approves \\$192K Nursing Scholarship Program In Partnership with Rideout Foundation](#) (also Rideout Foundation, area partners OK scholarship program | News | [appeal-democrat.com](#))

Yuba College Recognizes Adventist Health and Rideout for Support of Nursing Program | Territorial Dispatch serving Yuba, Sutter, Colusa, and Nevada Counties.

[93Q Radio Dr. Kurdin and Dr. Wu](#)

ADDRESSING HIGH PRIORITY: INCREASING COMMUNITY CONNECTIONS

GOAL	Align focus with community partners to create opportunities for increased, collaborative outreach efforts to maximize collective resources benefitting individuals living in the Yuba Sutter community.
Strategy:	Leverage and seek to develop new community partnerships (including non-profits, medical providers, county/public services) to minimize redundancies and leverage local resources to address mutual objectives associated with community well-being and reach target audiences.
Type of Strategy: Program/Activity/Tactic/Policy	
Nurture well-being in the community by engaging established (and newly identified) community partners to develop a regular planning cadence to:	
<ul style="list-style-type: none"> - Leverage resources and identify opportunities with local organizations to develop plans/activities to address community well-being needs. - Identify opportunities to partner with community organizations a focus on creating increased brand alignment and visibility with a focus on access to healthcare, encouraging physical activity, and positive interactions. 	
FY 2024 YEAR TWO	
Evaluate year one achievements.	
Develop a Community Engagement Consortium annual plan and key performance indicators (KPIs).	
Continue to refine opportunities to maximize resources. Continue to identify new partners to add value. Create transparency. Identify opportunities to share success, opportunities to engage, and benefits of outreach.	
Process Measures	
3,030 attendees in 2024	

Sponsored Events

Unsponsored Participation

rotary Club of Yuba City	Live Oak Fall Festival
Day for Women	Yuba City Summer Stroll
Yuba City Firefighters	Yuba City Christmas Stroll
Giving Grace	Yuba City Senior Resource Fair
Sutter County Peace Officers Assoc.	Sutter County Wellness Fair
Punjabi American Heritage Festival	MJUSD Health Fair
City of Marysville Peach Festival	Sunsweet Employee Health Fair
Beale Military Liaison Council Inc	Tri-Counties Breastfeeding Alliance
Flying U Rodeo Co Inc	Ampla Health Annual Baby Fair
Pink Oct Walk/Run	Yuba County Dad's Event
Pink October Golf Tournament	Kiwanis Spring Swing for Kids Golf Tourney

Salvation Army/Red Kettle Kickoff	Yuba County - Day of the Child
REST	International Association of Punjabi Women Festival
Hands of Hope	Sutter Yuba Co Behavioral Health Recovery Happens
Alzheimer's Association/ Walk/Run	Veterans Stand Down
Sikh Day Festival	Lincoln Senior Resource Fair
Sutter Buttes Day	Sutter Yuba Co Bridging Hope
Thanksgiving Dinner Giveaways	Juneteenth Bethel Church Resource Fair
Marysville Christmas Parade	Marysville Peach Festival
United Way Y-S-C Spooktacular Walk	Cardiac Seminar Adventist Church
Tyler Rich Concert/Enterprise Rancheria Community Fund	
Yuba Sutter Chamber of Commerce	
Family Support Center Booster Club	
Yuba City Education and Kids Walk/Run	
Pinktober Dinner Gala	
Badges & Bows/Back the Badge	
Yuba-Sutter Shines	

Blue Zones Project Yuba Sutter: 2024 Annual Report

EXECUTIVE SUMMARY:

The Blue Zones Project Yuba Sutter continues to make significant strides toward creating a healthier, happier, and more vibrant community. Guided by our goal to improve well-being and make the healthy choice the easy choice, we have made impactful progress across key areas of community transformation.

One of this year's milestone achievements was the successful establishment and launch of the Yuba Sutter food policy council. This collaborative initiative brings together diverse stakeholders, including farmers, food distributors, health advocates, and policymakers, to address food security, promote access to nutritious options, and support sustainable agriculture. The council has already begun implementing strategies to enhance the local food system, ensuring healthier choices are accessible to all community members.

Working in partnership with local jurisdictions, Blue Zones Project Yuba-Sutter has been laying a strong foundation for creating safer, more accessible streets. Through collaborative planning, community engagement, and advocacy, we have advanced initiatives to improve infrastructure for walking, biking, and other forms of active transportation. These efforts are not only making our streets safer but also fostering a culture of physical activity and connectivity that enhances overall well-being.

Our ongoing work in tobacco policy has been a cornerstone of our commitment to creating a healthier Yuba Sutter. By collaborating with policymakers and public health officials, we are making strides toward implementing policies that reduce tobacco use and exposure to secondhand smoke. These efforts aim to protect our community, particularly vulnerable populations, from the health risks associated with tobacco. In addition to policy-level changes, the Blue Zones project continues to lead the way in fostering health and well-being across schools, worksites, restaurants, and grocery stores. From implementing wellness programs in workplaces to partnering with local schools to integrate well-being practices, our efforts are transforming environments where people live, learn, work, and play. By working with grocery stores and restaurants, we are making it easier for residents to access and choose healthier options, contributing to a culture of well-being throughout the region.

The Blue Zones project is honored to lead this community journey toward better health and well-being. Through partnerships, community engagement, and innovative strategies, we are creating a ripple effect of positive change. As we reflect on this year's achievements, we remain inspired by the dedication and collaboration of our partners, stakeholders, and residents. Together, we are building a legacy of health, happiness, and longevity in Yuba Sutter.

We look forward to continuing this transformative work in the coming year, advancing our shared vision of a thriving, well-connected community where everyone can live their best lives.

We are proud to highlight our key accomplishments from 2024.

POLICY

BUILT ENVIRONMENT POLICY:

- Yuba Sutter partnered with Blue Zones national team experts to conduct walking audits to examine the conditions of certain problematic streets throughout the jurisdictions. Based on the findings Blue Zones Project Yuba-Sutter was provided recommendations for improving infrastructure to create more walkable and bikeable communities. For example, Blue Zones partnered with the city of Marysville to improve 14th Street, which had become a major thoroughfare for traffic passing through Marysville. The goal was to reduce traffic driving down residential streets off 14th Street. Blue Zones played an active role in outreach and education about the project. They conducted pre- and post-traffic counts. Post counts showed a considerable reduction in traffic through residential streets as a result of the traffic calming measure on 14th.
- Blue Zones Project Yuba-Sutter held a Safe Streets & Vision Zero Leadership Summit: This workshop was designed for elected officials, transportation advocates, and city and county staff to learn about the principles of Vision Zero, a global movement to end traffic-related fatalities and serious injuries by taking a systemic approach to road safety. The premise of this strategy is that road deaths and injuries are unacceptable and preventable.
- Traffic Calming Audits and Workshop: This workshop was designed for city and county technical staff to learn more about traffic calming principles. Blue Zones national team experts provided recommendations on specific locations in Yuba Sutter that were audited, which the jurisdictions chose. After conducting walking audits, they provided traffic calming recommendations to city and county technical staff. Now that technical staff have received training on traffic calming and recommendations on specific locations, they can begin to work with Blue Zones Project Yuba-Sutter to implement demonstration and pilot projects, making our community more walkable and bikeable. A few of these projects will be implemented in 2025.
- Community Bike Cruise & Bike Rodeo: Blue Zones Project Yuba-Sutter hosted a community event for May is Bike Month. This event was held to promote bicycle and pedestrian safety. The event drew nearly a hundred people of all ages to a street-closed Downtown in partnership with the Thursdays on 3rd Market. At the event, people could ride their bikes safely without the stress of cars; children could get a free helmet and learn how to safely use a bike thanks to the bike rodeo organized by our partners at Yuba County Health and Human Services. This project demonstrated the benefit of creating a downtown free of cars for one afternoon/evening out of the week.
- Bike to Market: Blue Zones Project Yuba-Sutter is proud to have partnered with the City of Yuba City on the Bike to Market event to encourage people to ride their bikes during National Bike Month. This Demonstration Project not only encouraged people to bike to the Thursdays on 3rd Market but also demonstrated the benefits of having more bicycle racks throughout the Yuba City Fountains area. Blue Zones Project Yuba-Sutter staff learned that there is a lack of bicycle racks throughout the city and decided to set up bike racks so people could park their bikes. People at the Thursdays on 3rd Market said they liked them and would like to see more throughout the Yuba-Sutter region. Blue Zones Project Yuba-Sutter plans to work with local jurisdictions and non-profit organizations to seek grant funding to place more bicycle racks.
- Mobility Hub: Blue Zones Project Yuba-Sutter partnered with the Sacramento Area Council of Governments (SACOG) on the Mobility Hub Demonstration Project. Their goal was to showcase what a Mobility Hub could look like in Downtown Yuba City. Through various planning meetings and discussions, Blue Zones Project Yuba-Sutter was a key partner in ensuring this project came to

fruition. Blue Zones Project Yuba-Sutter was part of the planning and set-up, advertised the event and invited bike advocates. Mobility Hubs are places in a community that brings together public transit, bike share, care share, EVs, and other ways to get to where they want to go without a private vehicle. This demonstration project successfully showcased what a mobility hub could look like in Yuba City and the Yuba Sutter region, prioritizing multimodal transportation.

FOOD POLICY:

- **School Wellness Policy:** Blue Zones Project Yuba-Sutter played an instrumental role in assisting Marysville Joint Unified School District (MJUSD) in updating its School Wellness Policy. This policy is an essential tool for parents, LEAs, and school districts in promoting student wellness, preventing, and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards. One of the goals of Blue Zones Project Yuba-Sutter is to work with government officials and residents to reduce child obesity. The success of this policy not only works towards that goal but also builds an ongoing and strong relationship with MJUSD, which will result in future BZP-approved schools. Our role directly contributed to the formation and passage of the policy. Furthermore, the wellness policy will directly impact all students who are part of the Marysville Joint Unified School District.
- **Harmony Market:** One of the key strategies at Blue Zones Project Yuba-Sutter to create healthier communities is to address access to more nutritious foods. We are proud of the work being done around food access, including the launch of Harmony Market, a collaboration between Blue Zones Project Yuba Sutter, Harmony Health (a federally qualified health center) Yuba Sutter Food Bank and Yuba Sutter local farmers. Through this collaboration, we were able to provide fresh, locally grown (within 40 to 50 miles) produce to 161 families (632 individuals) at the first market, totaling 1,950 pounds of food. This market is transformative as it increased collaboration amongst partners, purchased food from local growers, and increased access to healthy, locally grown foods to low-income communities who otherwise would not have access.
- **Formation of the Yuba Sutter Food Policy Council:** The formation of the Yuba Sutter Food Policy Council marks a significant step toward enhancing the region's food systems and addressing critical challenges related to food security and sustainability. This council serves as a collaborative platform for local stakeholders, including farmers, community organizations, health advocates, and government representatives, to develop and implement strategic priorities that strengthen the local food supply chain. Key initiatives include growing our local food production capabilities, building healthy food skills within the community, and ensuring a sustainable infrastructure that supports food rescue and recovery efforts. By focusing on these priorities, the council aims to increase access to affordable, healthy food options for all residents, ultimately fostering a more resilient and equitable food system that benefits the entire Yuba Sutter community.

TOBACCO POLICY:

- **Blue Zones Project Yuba-Sutter supported the California Health Collaborative grant efforts for a Tobacco Retail License (TRL) campaign.** Tobacco Prevention Program announced the grant award of \$300,000 for 15 months for a TRL campaign in Sutter County. This grant award was a huge success and a step forward in our Tobacco Policy efforts.
- **Advocacy Training:** Blue Zones Project Yuba-Sutter has driven local tobacco prevention work in the

Yuba-Sutter region. Blue Zones Project Yuba-Sutter assisted in developing and facilitating an advocacy training—Advocacy in Action: Public Comment & Government Structure Demystified. Over 20 community partners attended the advocacy training, where they learned about the branches of government, levels of government, the roles and functions of governing boards, and how to give public comment effectively. As for the next steps, Blue Zones Project Yuba-Sutter plans to continue fostering relationships and building on the momentum of the training to advance local ordinances. This training was coordinated between Blue Zones Project Yuba-Sutter, the Yuba County Tobacco Prevention Coalition, and the Sutter County Tobacco Prevention Coalition.

PLACES

SCHOOLS:

Blue Zones school approvals within the community plays a vital role in fostering a culture of well-being by integrating healthy habits into the daily lives of students. By implementing activities and resources such as nutrition education and physical activity, these schools create an environment that encourages children to adopt and maintain healthy lifestyle choices from an early age. This proactive approach not only enhances students' physical and mental health but also instills lifelong habits that contribute to their overall well-being, ultimately leading to healthier generations and a stronger, more vibrant community.

Highlights:

- Approved schools: 5
- Walking School Bus, Bus-to-Walk, or Safe Routes to Schools programs: 7
- Number of students participating in Blue Zones Project activities such as Purpose Workshops: Sutter County: 843. Yuba County: 405
- Five schools approved: Bridge Street School, April Lane School, Olivehurst Elementary School, Johnson Park Elementary School, and Marysville High School.
- Three new schools participated in Walk to School events: Olivehurst Elementary School, Lincoln School, and Johnson Park Elementary School.
- One new school participated in a Bike to School event: Yuba Gardens Intermediate School.
- Five schools (Lincrest Elementary School, Kynoch Elementary School, April Lane School, Lincoln School, and Olivehurst Elementary School) hosted multiple walk to school events in the school year.
- One school (Twin Rivers Charter School) started a Wednesday Morning School Walk due to Blue Zones best practices around Move Naturally.
- Blue Zones Story was shared with all Physical Education classes at Marysville High School and River Valley High School.
- Blue Zones Story was shared with all AVID classes at Yuba City High School.
- Established student-led wellness groups at Yuba City High School and River Valley High School that will launch in 2024-25 School Year.
- Established and supported community service project between one high school (South Lindhurst High School) and Prestige Assisted Living. Project will continue quarterly in the 2024-25 school year.
- School garden boxes were installed in one school (Andros Karperos) during a community service day.
- Blue Zones Project Yuba Sutter are members of the YCUSD and MJUSD Wellness Committees.
- Eleven schools were engaged in Blue Zones Project activities during the 2022-2023 School Year.
- Facilitated monthly wellness groups in three schools: South Lindhurst High School, Marysville High School, Yuba Gardens Intermediate School.
- Facilitated multiple classroom activities for 5th-8th graders around Downshift, Loved Ones First and Positive Pack.
- Participated in numerous family engagement activities at both school districts including fall festivals,

jog-a-thons, Open Houses, wellness fairs and career days.

RESTAURANTS:

By collaborating with local eateries to offer Blue Zones-approved menus, these initiatives have successfully increased the sales of healthy foods, making nutritious choices more accessible and appealing to the community. This improved access encourages healthier lifestyles, contributing to overall community health and fostering a culture of wellness that encourages better eating habits.

Highlights:

- 3 approved restaurants
 - 2 Bits Express
 - Pete's Restaurant & Brewhouse
 - Iguana's Mexican Grill
- Tasty Tuesday Event launched in July 2024, a sample of all Blue Zones Project Inspired menu items, free to the public.

GROCERY STORES:

The approval of grocery stores as part of blue zones initiatives significantly enhances community health by increasing access to fresh, nutritious food options by prioritizing and placing healthy food options in more prominent places in grocery stores encouraging shoppers to choose whole foods, fruits, vegetables, and other healthy products, fostering a culture of wellness.

Highlights:

- Number of Blue Zones Approved grocery stores: (1) La Superior Super Mercados
- Three other grocery stores are actively undergoing the approval process, Cloverleaf Market, Grocery Outlet and Olivehurst Food Center

WORKSITES:

Blue Zones approval at worksites promotes employee well-being by creating environments that encourage healthy habits, such as nutritious food options, regular physical activity, and stress management practices. This initiative fosters a culture of support and wellness, empowering employees to prioritize their health and well-being, which can lead to increased productivity, reduced absenteeism, and enhanced overall job satisfaction.

Highlights:

- Number of Blue Zones Project Approved worksites: Three additional employers became Blue Zones Project Approved in Year 2: Sunsweet, Caltrans District 3, and Yuba County Government Center.
- Number of employees engaged in wellness activities and/or Blue Zones Project activities: 687
- 1,107 employees took the Real-Age Test.
- Facilitated 28 Blue Zones Project workshops in worksites including cooking demonstrations, Blue Zones story, and Purpose Workshops.
- Tabled at 13 worksite events.
- Provided unique wellness ideas and challenges to worksites focusing on the Power 9.
- Monthly Blue Zones Project Yuba Sutter engagement activities were shared with over 20 worksite internal champions.

- At least 9 of these worksites include Blue Zones Project Yuba Sutter monthly engagement activities in their internal monthly newsletter via email, social media and/or printed bulletin boards.
- One worksite (Yuba County Health and Human Services) hosted a “Live to 100” screening for their employees.

PEOPLE:

Blue Zones Power 9 principles play a crucial role in creating healthier communities by promoting sustainable lifestyle changes. By offering purpose workshops, cooking classes, and walking and other moais, these initiatives empower individuals to make informed choices about their health and well-being. As community members adopt these principles—such as prioritizing plant-based foods, engaging in regular exercise, and nurturing social connections—they contribute to a collective shift toward healthier behaviors, ultimately enhancing the quality of life for everyone in the community.

Highlights:

- Number of individuals who attend the Blue Zones Project Story Speech: 3,486
- Number of completed Moais and participants: 7 Walking Moais, 1 Book Club Moai. 176 total participants.
- Number of Purpose Workshops and participants: 169
- Number of volunteers and ambassadors: 233
- Success stories and personal transformations: 2
- Number and value of positive media stories featuring Blue Zones Project: 31
- Volunteer hours: 937
- Yuba Sutter Shines Community Day of Service: Hosted Yuba Sutter Shines, a community-wide day of service with over 200 volunteers participating in nearly 20 volunteer opportunities.
- Nutrition Education Through Cooking Demonstrations: Hosted 27 cooking demonstrations, many of which featured a local dietitian to provide valuable nutrition education. Three of these demonstrations were specifically tailored for communities with limited access to resources, including Cedar Lane, Harmony Village, and the Salvation Army. These efforts helped bridge the gap in nutrition knowledge and accessibility.
- Faith-Based Community Outreach: Our team tabled at multiple events organized by faith-based organizations, including the Black History Month Community Celebration and Juneteenth. These events allowed us to connect with diverse community members and promote the Blue Zones Project's mission in our faith-based organizations.
- Blue Zones Project Experience at Yuba College: We hosted a Blue Zones Project experience week for Yuba College's administration during their professional development week. This initiative provided the college's leadership with in-depth insights into the Blue Zones principles and how they can be integrated into campus life.
- International Women's Day Walk: On International Women's Day, we organized a Walk for Women at Feather River Parkway, bringing together women from across the community to celebrate and support one another in a healthy, active way.
- Strengthening Faith-Based Leadership Connections: Fostered stronger connections with local faith-based leaders by hosting a luncheon for them, during which we presented the Blue Zones Story.
- Recognition of Blue Zones Project Participating Organizations: We recognized Harkey House as a Blue Zones Project Participating Organization with a Historic Walking Tour and celebrated Training Zone as a Blue Zones Project Participating Organization during their grand opening event. These recognitions highlight the growing number of local organizations committed to the Blue Zones principles.
- Purpose Workshop at Beale Air Force Base: A Purpose Workshop was conducted at Beale Air Force

Base, helping participants align their personal and professional lives with a sense of purpose.

- Community Screening of 'Live to 100': We hosted a community screening of the documentary 'Live to 100' at Yuba College, sparking meaningful discussions about longevity and healthy living on campus.
- Santa for a Senior Program: We made a local centenarian's 90-yearlong Christmas wish come true through our Santa for a Senior program. Bringing joy and fulfillment to one of our community's cherished elders.
- Teen-Specific Purpose Workshop: In collaboration with the Sedona Project, we hosted a Purpose Workshop specifically designed for teens, empowering young people to discover and pursue their life's purpose.
- Mind Matters Brain Health Series: We partnered with the Alzheimer's Association to deliver a three-part Mind Matters brain health series, providing valuable insights into maintaining cognitive health by incorporating some of Blue Zones lifestyle habits.
- Cultural Outreach Through Blue Zones Story: We presented the Blue Zones Story at a Punjabi Heritage Society meeting, broadening our outreach and fostering cultural connections.
- May is Bike Month Celebration: We celebrated May is Bike Month by organizing events in Yuba and Sutter County, including a Bike to Market event and Community Cruise and Bike Rodeo, encouraging families to get out and ride together, promoting both health and community spirit.
- Launch of Blooming Buddies Garden Volunteer Program: We started the launch of our Blooming Buddies program, bringing together volunteers to help nourish and nurture community gardens. This initiative will not only strengthen community bonds, but also contribute to the growth and sustainability of local gardens, ensuring that fresh produce and beautiful green spaces are accessible to all.

MEDIA:

Highlights:

- Achieve 95 percent positive or neutral sentiment as defined by Cision: 89% positive & 11% neutral
- Secured a signed partnership agreement for Public Service Announcements with two local radio stations, totaling over 3,500 broadcast spots
- Generated Significant Media Coverage: We secured 31 media stories across various platforms, including television, print, and radio, which has greatly enhanced the visibility of our project and its impact on the community.
- Implemented Bilingual Marketing Campaigns: To reach a broader audience, we successfully launched bilingual marketing efforts in the Linda and Olivehurst areas. This included strategically placed billboards and bus stop advertisements, ensuring that our messaging was accessible to diverse populations within these communities.

Prioritized Health Needs - Planning to Address

Adventist Health and Rideout are committed to addressing the needs of the community. The nine priority needs identified in 2022 for the Yuba Sutter community are consistent with the last evaluation, with the addition of “community connections.” Adventist Health and Rideout will continue to dedicate resources and collaborate with community partners to advance current initiatives.

Adventist Health and Rideout approached selecting the top priority needs to address by focusing on the needs that have the most significant impact and those that AHRO has the greatest influence in addressing. This selection was made using rigorous criteria that included: severity and prevalence of need, intentional alignment around common goals and initiatives, feasibility of potential interventions, community partner alignment and collaboration, and opportunities to maximize all available resources over a three-year period. The high priority needs are the focus the implementation strategy and this accompanying community health plan update, FY 2023.

The top priority needs selected on the criteria above are not a necessarily a new focus of the organization. The goal of Adventist Health and Rideout is to expand our current efforts and invest significantly more effort to these focal areas. The three priority needs and current programs in place are featured below.

1. Access to Mental/Behavioral and Substance-Use Services

- Sun/Bridge Navigator Program (Emergency Department)
- The Behavioral Health Collaborative (Emergency Department)
- Enhanced Care Management (via Community Connect)
- Narcan Distribution

2. Access to Quality Primary Health Care Services and Specialty Care Services

- Expanded Clinics
- Expanded insurance coverage to include MediCal
- Clinic Expansion (Tharp Road & Urgent Care on Bogue Road)

3. Increased Community Connections

- Community Outreach/Sponsorship
- Blue Zones Project

Below is a list of low priority needs that will not be specifically addressed in the 2022 CHIS, due to lack of meeting criteria outlined above. These lower priority needs that will not be addressed by Adventist Health and Rideout due to limited resources, expertise and feasibility of viable interventions. Although it is important to note that as the needs of the community have been consistent year-over-year, there are a number of initiatives already in place that will continue.

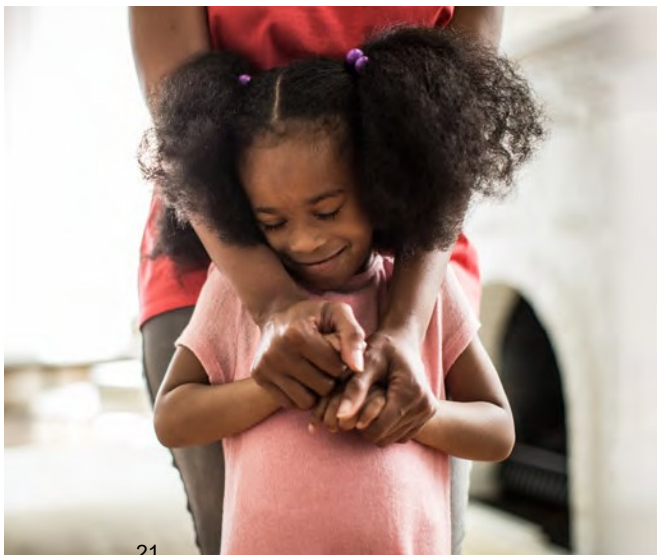
1. Access to Basic Needs, such as Housing, Jobs, and Food
2. Active Living and Healthy Eating
3. Access to Functional Needs
4. Injury and Disease Prevention and Management
5. Safe and Violence-Free Environment



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 One Update, FY 2024. 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.benefit@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/about-us/community-benefit/> or
<https://www.adventisthealth.org/rideout/about-us/community-relations/community-benefit/>