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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. 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 Year One Update, FY 2023 of the Community Health Implementation Strategy also known as the Community Health Plan Update, FY 2023 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 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 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.

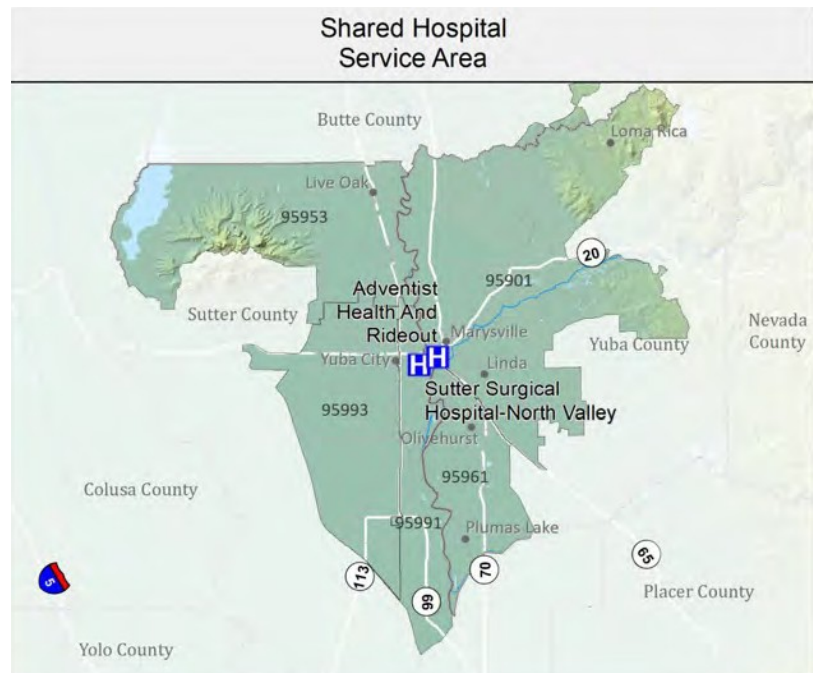
To learn more about Blue Zones Project Yuba Sutter and how to get involved visit: [yubasutter.bluezonesproject.com](https://yubasutter.bluezonesproject.com)

# 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](http://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	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 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 one, 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 2023.

# Action Plans for Addressing Prioritized Health Needs

The following pages reflect the goals, strategies, actions, and resources that Adventist Health & Rideout provided in 2023 to address each selected Prioritized Health Need

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

<b>GOAL</b>	Develop infrastructure to address a significant public health need associated with providing essential behavioral health and substance use medical services that are critical to the health of our community and notably absent in our community (and beyond).
<b>Strategy:</b>	Lead an initiative focused on addressing the significant deficit in the community to meet non-acute medical and behavioral health needs by enhancing access to non-acute care services and treatment.
<b>Type of Strategy:</b> Program/Activity/Tactic/Policy	
Expand current services created/provided to treat/address behavioral health and substance use issues in the community. Build an infrastructure, via “Project Hope” – a vision to create a medical campus that has a suite of services designed to serve our most vulnerable populations with the most complex health and social needs. These services will support the health and well-being of those we serve while complimenting and supporting our acute care hospital.	
<b>FY 2023 YEAR ONE</b>	
Adventist Health + Rideout applied for a grant in October 2022 that would create the opportunity to initiate plans to develop a smaller scale “Project Hope” campus. Collect data validating the community's needs and opportunities. Create/continue a multi-disciplinary collaborative with community partners to shape the vision, drive change, and ensure sustainability of the program. Initiate plans to implement services and establish milestones.	
<b>COMMUNITY IMPACT SUMMARY - Access to Mental/Behavioral Health &amp; Substance Use Services</b>	
<p>Project Hope is a two-phase plan with a goal to build infrastructure to support the behavioral health crisis continuum in the bi-county region. Project Hope’s original concept was the development of a behavioral health campus designed to provide a range of services, addressing both clinical and non-clinical needs, covered by MediCal and the CalAIM expansion. Including:</p> <ul style="list-style-type: none"> <li>• Medical Recuperative Care</li> <li>• Short-Term Post-Hospitalization Housing</li> <li>• Sobering</li> <li>• Temporary Housing</li> <li>• Housing Navigation</li> <li>• Day Habilitation</li> <li>• Supporting Spaces</li> </ul> <p>Adventist Health + Rideout (AHRO) has made significant progress with “Project Hope Minor,” an estimated 20-22 bed sobering center with limited services providing:</p> <ul style="list-style-type: none"> <li>▪ Medical Recuperative Care</li> <li>▪ Short-Term Post Hospitalization Housing</li> <li>▪ Enhanced Care Management</li> <li>▪ Housing Navigation</li> </ul> <p>The goal is to begin welcoming residents to this facility at the end of 2024.</p> <p>AHRO was awarded \$8 million in grant funds 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"> <li>• The City of Marysville and Yuba City</li> <li>• Yuba and Sutter Counties</li> <li>• The Salvation Army</li> <li>• Sutter &amp; Yuba Health and Human Services</li> <li>• Sutter Yuba Homeless Consortium</li> <li>• Local Federally Qualified Health Centers (PeachTree, Ampla Health, Harmony Health)</li> <li>• Local law enforcement</li> <li>• Managed Medical Health Plans</li> </ul>	

- Beale Air Force Base

AHRO hired/replaced the substance use navigator, embedded in the ED, in December 2023 and she began working at AHRO in January 2024.

Adventist Health + Rideout continued their Street Nursing Program which began in 2019 which provides valuable outreach services to the unhoused population in Yuba-Sutter. The staff provides medical screenings and case management services two days a week at a local coordinated entry site. The program also provided hygiene supplies, dietary supplements and connections to community services. Five hundred and seventy two individuals were served in 2023.

#### ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

- **Appeal-Democrat article, Feb. 21, 2024: Project Hope moving forward:** [https://www.appeal-democrat.com/news/project-hope-moving-forward-adventist-health-rideout-splits-needed-health-care-program-into-two-phases/article\\_aedde472-d114-11ee-a749-1f7ccd4ebb5d.html](https://www.appeal-democrat.com/news/project-hope-moving-forward-adventist-health-rideout-splits-needed-health-care-program-into-two-phases/article_aedde472-d114-11ee-a749-1f7ccd4ebb5d.html)



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

<b>GOAL</b>	Retain and recruit primary care and specialists to meet and serve the medical needs of the community.
<b>Strategy:</b>	Redefine current physician recruitment approach and invest in new plan to actively engage and attract clinicians seeking employment.
<b>Type of Strategy:</b> Program/Activity/Tactic/Policy	
Launch an aggressive physician recruitment plan to sustain and expand medical services in the Yuba Sutter community.	
<b>FY 2023 YEAR ONE</b>	
Work with a dedicated physician recruiter to launch a robust physician recruitment campaign. Partner with our Northern California network interested in recruitment (e.g., Clear Lake, Mendocino, Ukiah). The current focus is on addressing short-term physician needs to fill provider openings and concurrently build out an optimized, long-term physician landscape for the next five years.	
<b>COMMUNITY IMPACT SUMMARY - Access to Quality Primary Health &amp; Specialty Care Services</b>	
Data shows that there are 68.1 providers per 100,000 residents in the Adventist Health + Rideout (AHRO) primary and secondary service area which is well below the national rate of 111.42 providers per 100,000 residents. Additionally, there are 45,198 residents living in a health professional shortage area which represents 24.30% of the total population. Of that percentage, 51.72% are an underserved population.  Therefore, to address access to care issues as identified in the 2022 Community Health Needs Assessment, Adventist Health + Rideout (AHRO) created and posted a position for a dedicated AHRO recruiter and continues to seek to fill this position. In 2023 AHRO successfully recruited and secured the following providers: <b>2023 Recruitment Results:</b>  (2) Primary Care APPs (4) Specialty APPs (Urology, Orthopedics, Trauma, Bariatrics) (3) OBGYN (2) Interventional Cardiologists  Adventist Health moved to a clinic in Gridley mid-summer and replaced the locum's primary care provider with a permanent Adventist Health Medical Group provider.  With the introduction of Partnership to the communities AHRO serves, AHRO is investigating the physician recruitment incentives they offer to their provider partners to offer a more competitive compensation package.	
<b>STRATEGY THAT CHANGED DURING THE YEAR:</b>	
<b>Strategy:</b> Retool physician recruitment <ul style="list-style-type: none"><li>Dedicated hospital-based recruiter</li><li>Shift marketing resources to fund physician recruitment campaign.</li></ul>	

## ADDRESSING HIGH PRIORITY: INCREASING COMMUNITY CONNECTIONS

<b>GOAL</b>	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.
<b>Strategy:</b>	Leverage and seek to develop new community partnerships (including non-profits, medical providers, county/public services) to address mutual objectives and reach target audiences.
<b>Type of Strategy:</b> Program/Activity/Tactic/Policy	
<p>Nurture well-being in the community by engaging established (and newly identified) community partners to develop a regular planning cadence to:</p> <ul style="list-style-type: none"> <li>- Share plans/activities to address community needs.</li> <li>- Identify opportunities to partner with a focus on creating increased visibility and access to healthcare, encouraging physical activity and positive interactions.</li> </ul>	
<b>FY 2023 YEAR ONE</b>	
<p>Identify community partners to create a Community Engagement Consortium. Develop an AHRO community engagement plan to share broadly with partners, community, and stakeholders.</p> <p>Develop a regular cadence for the Community Engagement Consortium to meet. The objective of meetings is to share initial plans and identify new opportunities to collaborate and add incremental activities to the original plan.</p> <p>Develop objectives and goals for community. Develop a robust AHRO volunteer base to deploy to community events.</p>	
<b>COMMUNITY IMPACT SUMMARY - Increasing Community Connections</b>	
<p>Although Adventist Health + Rideout (AHRO) has not created a separate Community Engagement Consortium, we have begun to coordinate our community outreach efforts with other local partners to maximize our resources and serve the community.</p> <p>In 2023, AHRO participated in 39 local community events, sponsoring 27 directly.</p> <p>AHRO also made a dedicated effort to coordinate opportunities to partner with community organizations including Day of the Child, leveraging the collective educational and access resources to meet the needs of the children and their caregivers in the community including 3 FQHCS, Ampla, Harmony Health and Peachtree, Yuba County Health &amp; Human Services, The Community Resource Project, Marysville Kiwanis Club and the American Lung Association.</p> <p>AHRO continued to further the association and alignment with Blue Zones by combining resources at seven local community events serving a broad population including Day of the Child, Yuba Sutter Shines volunteer day, Heart for Kids Walk, Peach Festival, Yuba City Summer Stroll.</p> <p>In addition to community events, AHRO hosts and coordinates a quarterly civic and law enforcement leadership meeting to discuss and address challenges facing stakeholders and the community with the intent to strengthen the group's overall communication and ability to work seamlessly together. Representation includes all law enforcement agencies, the directors of Health and Human Services, AHRO Emergency Department leadership, AHRO executive leadership, risk management and security.</p> <p>AHRO continues to participate in the Homeless Consortium Stakeholder group, the fentanyl task force, Yuba and Sutter counties CHIP meetings, the local PIO group including civic organizations and the Yuba Sutter Healthcare Council.</p>	
<b>STRATEGY THAT CHANGED DURING THE YEAR:</b>	
<p><b>Goals:</b> Develop new and strengthen existing community partnerships.</p> <p><b>Community Outreach/Sponsorship strategy</b></p> <ul style="list-style-type: none"> <li>• Support well attended, integral community events.</li> <li>• Leadership representation in the community.</li> <li>• Increase associate engagement outside the walls of the hospital.</li> <li>• Partner with local organizations like Blue Zones Project, Trauma Intervention Program, Hands of Hope.</li> </ul>	

## ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

**Appeal Democrat article, April 2, 2024:** [Blue Zones invites residents to take part in walking initiatives \(yahoo.com\)](#)

## Adventist Health + Rideout Additional Narrative:

In 2023, Adventist Health + Rideout collaborated with and supported over 15 community-based organizations to increase community connections as an identified need in the 2022 Community Health Needs Assessment (CHNA). The CHNA stated that humans are social beings with community connection as a crucial part of living a healthy life. People have a need to feel connected with a large support network and the comfort of knowing they are accepted and loved. Research suggests “individuals who feel a sense of security, belonging, and trust in their community have better health. People who don’t feel connected are less inclined to act in healthy ways or work with others to promote well-being for all.” Assuring that community members have ways to connect with each other through programs, services, and opportunities is important in fostering a healthy community and the primary reason behind the work that Adventist Health + Rideout did in 2023.

## 2023 Blue Zones Project Yuba Sutter Update

### Executive Summary

In 2023, Blue Zones Project Yuba Sutter (BZPYS) as powered by Adventist Health has made significant strides in making health focused transformations in the community. This has been done by implementing policies and capacity building activities and providing resources and education to promote a healthier environment for all. The initial foundational planning phase included a community assessment to better understand the community’s strengths, weaknesses, challenges, and opportunities for improving well-being for Yuba Sutter. A blueprint or strategic plan was developed from these findings. Progress has been measured through a set of certification criteria targets, well-being data, community-wide metrics, sector-level progress and outcome metrics, and organization-level metrics to ensure that the work to transform community well-being is occurring and the anticipated outcomes are achieved. The following report gives an overview of the progress made in people, places, and policy and community-wide measures.

Our people's work focuses on changing mindsets and habits in lasting ways. We give individuals tools that empower them to adopt the Power 9 principles – the healthy habits of the original Blue Zones – and transform their home, social environments, and outlook so healthy choices becomes easier.

Through our places of work, we orchestrate a critical mass of worksites, schools, restaurants, grocery stores and faith-based organizations across the community to optimize environments toward healthy living.

Our policy work is the driving force behind community transformation. Through our policy work, we advocate for improvements to build environments by assisting in efforts to create a more walkable and bikeable community, we advocate for reduction in tobacco use through critical partnerships and education and we work to increase access to healthier foods for all through our efforts to build stronger food systems.

### People

The local BZPYS team coordinated a kick-off event in 2022 to spread awareness throughout the county.

Since that time:

- 2,206 unique individuals 15 years or older participated in Blue Zones Project activities.
- Blue Zones Story Speech: 1270 individuals
- Walking Moais: 144 individuals gathered at various times to walk and talk. Walking Moais blend the power of connection with the physical, mental and emotional benefits of walking.
- Purpose Workshops: 320 individuals participated in workshops to build relationships that help you improve your strengths and contribute meaningfully to your community. Living with purpose is a proven way to add years to your life.
- Cooking Demos/Classes: 385 individuals
- Volunteers: 87 individuals

### Places

Restaurants

- 2 restaurants achieved Blue Zones Approval status in year 1. One restaurant achieved Blue Zones Approval status in year 2, five more are registered to receive blue zone status.
- Server training video was made to provide to restaurants who are unable to meet in-person in April 2024
- Partnership with Yuba-Sutter Chamber of Commerce: BZP to offer one year membership fee for restaurants or grocery stores interested in becoming chamber members if they undergo approval process. The Chamber also promotes BZP approval process to newly onboarded chamber members.
- BZP YS utilizes our approved restaurants to cater meetings and events. Gift cards are also purchased and used in raffle baskets.

#### Grocery Stores

- New Earth Market in Yuba city became Blue Zones Approved in October 2022. Three grocery stores are registered and actively engaged in the pledge process in 2023.

#### Schools

- Superintendents of both Yuba City Unified School District (YCUSD) and Marysville Joint Unified School District (MJUSD) are on our Steering Committee and both districts are highly engaged.
- Four schools were Blue Zones Project Approved in 2023: Kynoch Elementary School (MJUSD) in April 2023, Lincrest Elementary School (YCUSD) in May 2023, Twin Rivers Charter School in June 2023, and Bridge Street Elementary School (YCUSD) in November 2023.
- Four schools have been Blue Zones Project Approved to date in 2024: Johnson Park Elementary School (MJUSD) in March 2024, April Lane School (YCUSD) in March 2024, Olivehurst Elementary School (MJUSD) in April 2024, and Marysville High School (MJUSD) in April 2024.
- Eight schools are registered and actively working towards approval: Andros Karperos School (YCUSD), Linda Elementary School (MJUSD), Lincoln Elementary School (YCUSD), South Lindhurst High School (MJUSD), Yuba Gardens Intermediate School (MJUSD), Albert Powell High School (YCUSD), River Valley High School (YCUSD) and Franklin Elementary School.
- Six schools started and are continuing Walk to School Days: Lincrest School, April Lane School, Lincoln School, Kynoch School, Olivehurst Elementary School, and Johnson Park Elementary School.
- Four schools have implemented monthly student wellness groups: Marysville High School, South Lindhurst High School, Yuba Gardens Intermediate School, and Albert Powell School.
- Blue Zones Project Representative on both district wellness committees.
- MJUSD Student Wellness Board Policy was updated and approved in January 2024 with the support of Blue Zones Project.
- Blue Zones Project Purpose activity with 7th and 8th graders was piloted at Twin Rivers Charter School in February 2024.
- Blue Zones Project Downshift activity with 5th graders was piloted at Johnson Park Elementary School in March 2024.

#### Worksites

- Six worksites were Blue Zones Project Approved in 2023: Yuba Water Agency in January 2023, Hilbers, Inc. in February 2023, Sutter County Administration Office in April 2023, Sutter County Superintendent of School in May 2023, Yuba County Health and Human Services in July 2023, and Sunsweet Growers, Inc. in August 2023.
- One worksite has been Blue Zones Project approved to date in 2024: Caltrans District 3 in January 2024.
- Five worksites are registered and actively working towards approval: Yuba County Government Center, City of Yuba City Hall, River Valley Community Bank, Yuba City Unified School District, and eCenter.

#### **Policy**

#### Built Environment



- Policy: Abandoned Railroad Corridor Feasibility Study, City of Yuba City
  - The Council adopted the Abandoned Railroad Corridor Feasibility Study on March 7, 2023, which reaffirms the city's commitment to increasing the bicycle network. BZPYS staff were at the March 7th Council meeting to support this item. Agenda Item #13: Yuba City Council Meeting.
- Policy: SACOG 2022-2023 Regional & Community Design Program Grant, City of Marysville
  - BZPYS supported the City of Marysville's grant application for the SACOG (Sacramento Area Council of Governments) 2022-2023 Regional & Community Design Program Grant. In addition to a strong letter of support, BZPYS staff attended the SACOG Board meeting to advocate in support of the grant funds, which was approved. The City of Marysville was awarded \$250,000 for the 2022-23 Regional and Community Design Program Grant focused on historic downtown Marysville safety and walkability enhancements project. Furthermore, BZPYS will play a key role in the implementation phase of this project.
- Policy: SACOG 2022-23 Regional Program Maintenance and Modernization Grant, City of Marysville
  - Blue Zones Project Yuba-Sutter was instrumental in helping the City of Marysville secure \$3.5 Million for their application to SACOG's (Sacramento Area Council of Governments) 2022-23 Regional Program Maintenance and Modernization Grant funding. BZP provided a strong letter of support and attended the SACOG Board meeting in May 2023 to ask that the Board approve the funds. These funds helped fund phase two of Marysville's E 22nd Street project, which will make significant safety improvements to one of the main streets in East Marysville. Furthermore, BZPYS will be playing a key role in the implementation phase of this project.
- Capacity Building: Complete Streets Safety Assessment
  - BZPYS was instrumental in bringing a Complete Streets Safety Assessment (CSSA) to Yuba-Sutter. UC Berkeley SafeTREK was awarded grant money from the California Department of Traffic Safety to conduct Complete Street Safety Assessments in 13 jurisdictions. On behalf of the Built Environment Committee, BZPYS submitted a regional joint application, which was awarded. We were paired up with Fehr & Peers, a consulting firm who helped us identify specific locations, analyze crash data, and ultimately conducted a walk audit. The final CSSA report was officially sent to BZPYS on November 29, 2023. This report includes recommendations for making our streets safer and will be used to advocate for improved built environment changes. Additionally, the report will be used to seek grant funding for certain areas. This is a win-win for our community!
- Capacity-Building: Safe Streets and Roads for all Grant (SS4A)
  - BZPYS convened all six jurisdictions in the Yuba-Sutter Region (Yuba City, Live Oak, Sutter County, Marysville, Wheatland, Yuba County) and pitched the idea to them about submitting a Regional Joint Application. Since these federal grants are competitive, the intent was to have a regional application, with all jurisdictions on board to increase their chances of being awarded the grant. In February 2023, the Department of Transportation announced that Yuba County (as lead agency), had been awarded the grant, for a total of \$1,000,000 (\$800,000 from DOT & a 20% match of \$200,000). Once a consultant comes on board and an action plan is developed, all Yuba-Sutter jurisdictions will become eligible (because of the action plan) to apply for capital dollars from a \$4 Billion pool of money from the DOT.
- Capacity-Building: Yuba-Sutter Bicycle Implementation Plan
  - BZPYZ retained a consultant (Cole Peiffer) to help identify gaps in Yuba-Sutter's regional bike network. The consultant researched and reviewed existing bicycle plans and projects, interviewed committee members to learn more about biking culture and bicycle infrastructure in Yuba-Sutter, and joined the BE committee on a bicycle tour to experience firsthand the bike-ability of our community. The consultant finalized a Bicycle Implementation Plan that outlines how we can implement a bike path that connects the Sutter Buttes to Yuba College, covering 4 different jurisdictions. This entire effort resulted in excitement from city/county staff and elected officials, and there is now a strong interest and desire to implement this plan.

#### Food

- Capacity-Building: Establish a Food Policy Council

- BZPYS was the leading entity in establishing a food policy council in Yuba-Sutter. Throughout an eight-month planning process, the Blue Zones food sector committee developed a plan for the food policy council that consisted of membership composition, structure, functions, roles, and responsibilities, and compiled a list of potential members. After months of recruitment, the Food Policy Council was officially launched on June 1, 2023. The council is currently undergoing a strategic planning process and aims to finalize their action plan by June 2024.
- Capacity-Building: Host a Farm-to-School info session with California Department of Food and Agriculture
  - BZPYS convened staff officials from the region and helped facilitate a Farm to School Info Session with the California Department of Food and Agriculture (CDFA). Staff from school districts and county education offices heard directly from CDFA staff about the different grant funding opportunities. With a well-established relationship with CDFA, and strong interest from school staff in implementing farm-to-school, we are excited that schools in the region are applying for the Farm-to-School grant, which is currently open.
- Marquee Project: Community Project at Casa de Esperanza (Where Hope Grows)
  - The Where Hope Grows Campaign was a partnership between Blue Zones Project Yuba-Sutter, Casa de Esperanza, and the UC Extension Master Gardeners Program to build a garden for the residents of Casa de Esperanza. Casa offers programs and services for individuals seeking assistance with domestic abuse, child abuse and human trafficking. The goal of the Where Hope Grows Campaign was to build a healing and therapeutic garden for survivors of domestic and sexual violence in the Yuba and Sutter communities. There was a fundraising campaign to raise money for materials and labor. Nearly \$20,000 was raised to complete the project. The healing and therapeutic garden includes six raised beds with vegetables and flowers. This effort to build a garden will not only provide fresh produce for the women and children who reside at Casa de Esperanza, but the garden will also serve as a sanctuary where residents can enjoy gardening. This garden will give residents of Casa an opportunity to learn to garden and use what they have grown to cook and preserve, all while receiving the benefits of what gardening can do to reduce stress and boost overall well-being.

#### Tobacco

- Capacity-Building: Goal Setting Session for the Yuba County Tobacco Prevention Coalition
  - BZPYS played an important role in helping the Yuba County Coalition (CHAT) establish goals, create subcommittees that will carry out the goals, and develop an action-oriented functioning coalition. The process was led by BZPYS's public policy advocate, who also chairs the coalition.

#### **Community Wide Measures**

Selected Measure	Status	Source
Increase in community walkability and bikeability	Yuba City Downtown Walk Score: 88 Yuba City Bike Score: 57 Marysville Downtown Walk Score: 85 Marysville Downtown Bike Score: 65	Walkscore.com (2023 data)
Decrease in adult obesity	The obesity rate of adults (18+) in Yuba Sutter is 30 percent	Behavioral Risk Factor Surveillance System
Increase access to healthy foods	33 percent of Sutter County residents and 21 percent of Yuba County residents have low access to a grocery store	USDA Food Environment Atlas (percent of population, low access to a grocery store, 2015 data)
Increase in volunteerism	2023 – 107 hours	Blue Zones Project Team/Engagement Committee

# 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 Year One Update, FY 2023 of the Community Health Implementation Strategy

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](mailto:community.benefit@ah.org). You may also request a copy free of charge.

**Chris Champlin, CEO**  
Adventist Health Rideout