



ADVENTIST HEALTH
Saint Helena & Vallejo

YEAR ONE UPDATE, FY 2023
Community Health Implementation
Strategy

2023

Adventist Health
St. Helena

Adventist Health
Vallejo

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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 and Adventist Health Vallejo 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 Community 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 and Adventist Health Vallejo intentionally developed a strategic plan to address the needs of our community.

In this Year One Update, FY 2023 of our Community Health Implementation Strategy, also known as the Community Health Plan Update, FY 2023, you will find the strategies, tactics, and partnerships that worked to address the following health needs as identified in the 2022 Adventist Health St. Helena & Vallejo CHNA:

Access to Care

Health Conditions – Physical Health

Mental Health

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.

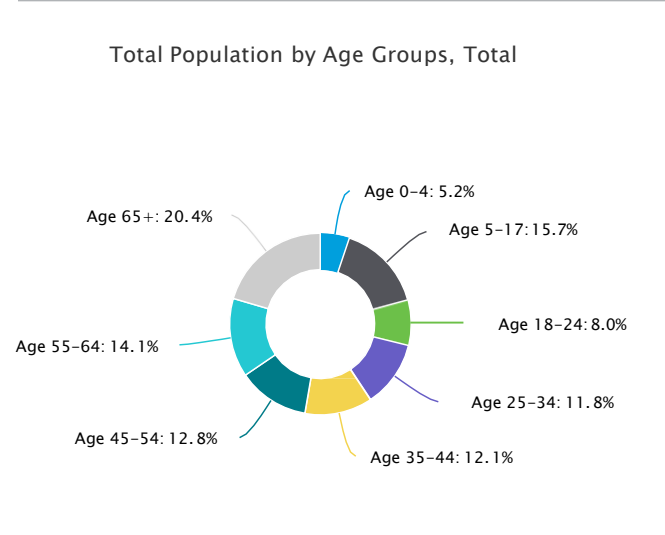
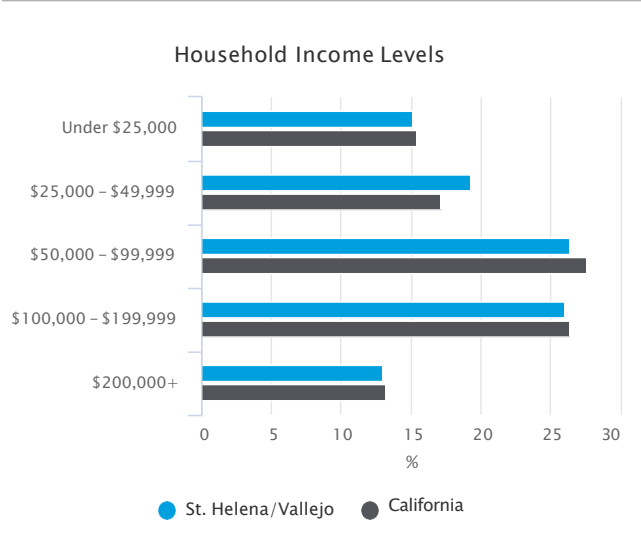
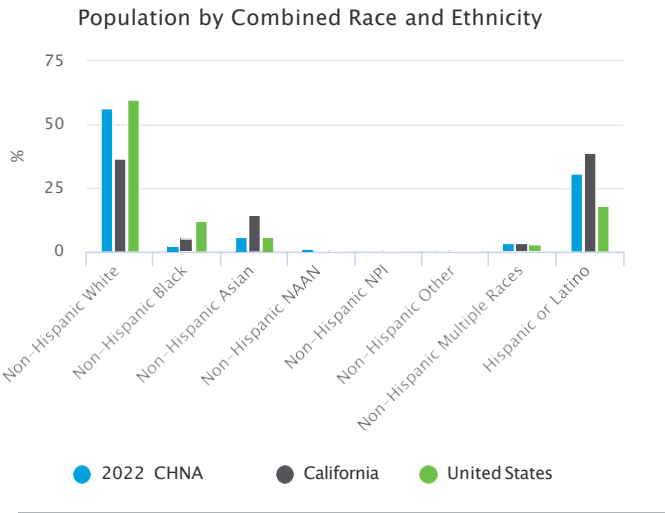
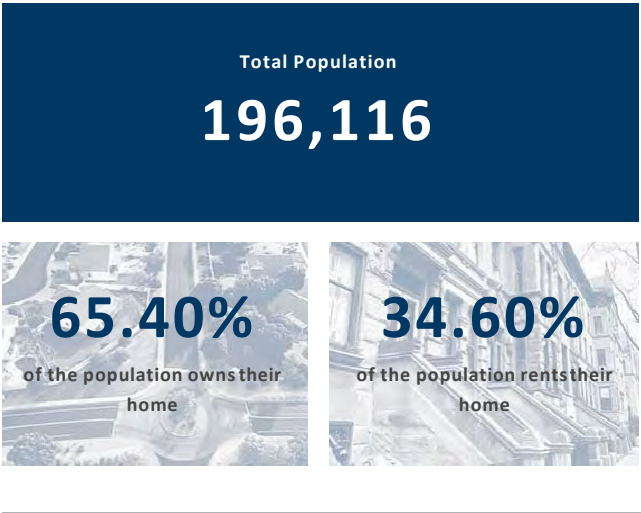
To learn more about Blue Zones Project Upper Napa Valley and how to get involved visit: uppernapavalley.bluezonesproject.com

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 C 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 & Vallejo

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 Vallejo has been serving the Vallejo community and surrounding areas for 30+ years. Our hospital prides itself on providing medical excellence, emergency care, outpatient services, and wellness programs for our behavioral health patients. Adventist Health Vallejo offers short-term psychiatric care for children, adolescents, and adults. In addition, partial hospitalization services for adults who are experiencing psychiatric problems or are dependent on alcohol, drugs, or prescription medications are available.

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 of the Adventist Health St. Helena & Vallejo CHNA Steering Committee identified as their top priority health needs, or as we refer to them in this report, their 'High Priority Needs'.

The High Priority Needs are addressed in the Community Health Implementation Strategy and are reported on a yearly basis through the Annual Community Health Plan Update. This is year 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 Plan for Addressing High Priority Needs

The following pages reflect the goals, strategies, actions, and resources That Adventist Health St. Helena and Adventist Health Vallejo provided in 2023 to address each selected High Priority Need

ADDRESSING HIGH PRIORITY: ACCESS TO CARE

GOAL	Collaborate to reduce transportation barriers.
Strategy 1:	Work with St. Helena Hospital Foundation to market the Lyft ride program.
Actions 1:	
Create marketing materials that inform patients that there are resources available to help get them to/from their appointments/ED. Hang flyers in apartment complexes, mobile home parks, markets, and bring them to Mobile Health events.	
FY 2023 YEAR ONE	
Distribute marketing materials, use Lyft reports from 2022 as baseline.	
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.
Actions 2: Program/Activity/Tactic/Policy	
Collaborate with Molly's Angels to actively recruit drivers in Calistoga and St. Helena, including engaging volunteers through Rianda House and Blue Zones Project.	
COMMUNITY IMPACT Access to Care Strategy	
There was a slight change in strategy in 2023 relating to addressing access to care issues although the larger goal of reducing transportation barriers remained the same. Additional strategies of increasing access to care through mobile van services and recruiting providers were incorporated in 2023.	
STRATEGY THAT CHANGED DURING THE YEAR:	
- To address access to care we offered a shuttle service for cancer patients who live in Lake County to get to their cancer treatment appointments at Adventist Health St. Helena. Our cancer center is the closest one in this rural area where 48% of our patients are from. These patients fall under the poverty line and one of the barriers to accessing appropriate care is the lack of transportation. Our shuttle service alleviates this issue and provides two trips per day Monday through Friday. - St. Helena Hospital Foundation's Mobile Health – affectionately named Mobi and team serve our community's adults, families and most vulnerable residents, including older adults and students. This versatile team provides preventative screenings which include height, weight, BMI, A1c, total cholesterol panel (including education on results), help with medications, education on chronic disease management, and sports physicals for students. The Mobile Health team has also eliminated barriers such as cost, transportation, language, and technology in order to provide COVID-19 vaccines, flu vaccines, and Tdap vaccines. In addition, Mobi provides food distribution to families in the area. 26.15% of the population in the AHSN primary and secondary service area are deemed to be living in a health professional shortage area. In addition, only 8.36% of the population live within 1 mile to the nearest hospital with an emergency room. AHSN committed in 2023 to recruit physicians to the area and was successful in recruiting physicians in occupational medicine, two primary care providers and two advanced practice providers.	
ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:	
St. Helena Hospital Foundation Mobile Health Unit Celebrates Major Milestone and International Recognition (prnewswire.com)	

ADDRESSING HIGH PRIORITY: HEALTH CONDITIONS - PHYSICAL HEALTH

GOAL	Reduce behaviors that lead to chronic health conditions.
Strategy 1:	Create an environment that discourages commercial tobacco and nicotine use, provides healthy tobacco-free spaces and places, supports prevention, cessation, and enforcement efforts, and limits/regulates the retail of tobacco products.
Action 1:	
- Develop and promote a cessation directory of all available tobacco cessation resources/services. - Support healthcare tobacco screening and referral systems.	
Strategy 2:	Encourage healthy behaviors that reduce preventable diseases by making programs/spaces affordable, accessible, and attractive to both English and Spanish speaking individuals.
Action 2:	
Promote and partner with free events that provide healthy food education, and opportunities to engage in physical activity and socialize with others.	
Strategy 3:	Provide chronic disease and cancer screenings.
Action 3:	
Education and screening for chronic disease and cancer through AHEAD hereditary screening program and Martin O'Neil Cancer Center, promoted through events like Zero Prostate Cancer Walk, Thanksgiving Turkey Trot, and Mobile Health Van engagements.	

COMMUNITY IMPACT Health Conditions Strategy Results

Adventist Health St. Helena was committed to addressing behaviors that can lead to chronic illness in 2023 by directing contributions and programming in the community. These included:

- Our donations to UpValley Family Centers (UVFC) allow them to encourage healthy behaviors and reduce preventable diseases through their Promotoras and Senior Lunch and Learn programs. The Promotoras are a group of Community Health Workers who are trained lay people and have a strong capacity for grassroots community engagement, spreading key wellness information to the Spanish speaking members of the community. The Lunch and Learns at UVFC are aimed at the older adults of the community to help keep them informed of helpful resources when it comes to their health and well-being. Some of the workshops have covered topics from emergency preparedness to housing rights to Medi-Cal expansion. It also provided the opportunity to socialize with others to alleviate the loneliness that many older adults face.
- Sponsorship of the walk/run event for Zero Prostate Cancer event. The organization's goal is to help create Generation ZERO - the first generation free from prostate cancer. Sponsorships of their Run/Walk help them keep their fundraising costs low and ensure that more money goes towards saving lives and keeping families together.
- Adventist Health St. Helena continues to offer free mammograms to those who are at risk and cannot afford the screening otherwise.

Utilization of the mobile health van addressed more than access to care issues. It also addressed food insecurity issues by providing:

- 45,000 lbs. of fresh produce | Equivalent to approximate \$68,400 in value
- Availability at three sites per month - Calistoga, Saint Helena, Napa.
- Provided food to 100 families per site for a total of almost 500 individuals each month.
- Partners- Up Valley Family Center (promotoras), Puertas Abiertas

Provided a total of 357 Health Assessments that included blood pressure, height, weight, A1c, total cholesterol panels and health education on the results.

Administered 45 high school sports physicals at Saint Helena High School

Administered over 4,000 vaccines in 2023:

- Monovalent COVID-19 vaccine: 1900 doses
- Regular Flu season 23: 1200 doses
- High Dose Flu season 23: 757 doses
- RSV: 48 doses

Adventist Health and Blue Zones continued their partnership in 2023 through the desire to improve community well-being. Overwhelmingly, we see issues related to health risk behaviors, mental health and chronic illnesses throughout the communities we serve. That is why we have focused our work around addressing behavior and the systems preventing our communities from achieving optimal health.

- Blue Zones Project Upper Napa Valley worked with the Town of Yountville to update their event policies to include smoke-free requirements.
- Expansion of tobacco education on campus in St. Helena Unified and Calistoga Joint Unified Districts, including a student tobacco-free poster design.
- BZP Tobacco Policy Committee embarked on a community education campaign, presenting key tobacco issues in our community, discussing tobacco policy solutions, and building support through signature collection. See list of presentations in BPC. Before presentations, the presenters met to tailor the presentation slides to the recipients.
- Napa County Tobacco Control Program and UpValley Family Centers supported Spanish translation for Spanish presentations. The Tobacco Policy Committee reviewed our organization outreach list at monthly committee meetings starting in September 2022. The list included all organizations we would outreach to for a presentation. The group divided up contacting and scheduling with organizations.
- Launched three Walking Moai's in Yountville and Calistoga to encourage natural movement and social connections.
- Facilitated 29 healthy plant-based cooking demonstrations with 271 participants in English and Spanish throughout Yountville, Calistoga and St. Helena to educate and encourage healthy eating.
- Created a food resource guide for use by healthcare providers with Adventist Health St. Helena to serve as a referral tool when speaking with food insecure community members and support ongoing use of the tool within the hospital system.
- BZP Committee's partnered with COAD and St. Helena Hospital Foundation to implement a health and wellness fair. The Calistoga Health and Emergency Preparedness Fair, took place on 4/29/23, bringing together community partners to help residents enroll in benefit programs (CalFresh resources through the County's Self-Sufficiency team, a food distribution, and a cooking demo hosted by BZP).
- The AHS Substance Use Navigator served as a public educator bringing to light the harmful effects fentanyl has on the individual, community and environment. The Substance Use Navigator attended Farmer's Markets in Saint Helena and Napa to educate the public as well as distribute free Narcan kits. Fentanyl test strips are also offered to community members who come into contact with opioids and other illicit drugs.

ADDRESSING HIGH PRIORITY: MENTAL HEALTH

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.
Strategy:	To connect the people of Upper Napa Valley to opportunities that impact individual well-being through engagement, education, and inspiration.
Action:	
Promote and encourage free resources provided by MENTIS, Rianda House, LHNC, and Blue Zones Project Purpose Workshops available in Spanish and English. Support Promotoras Program with UpValley Family Centers to build trust with individuals who may not seek care because of stigma, fear, or the unknown.	

COMMUNITY IMPACT Mental Health strategy results

- Contributions were provided to Napa Valley Grapegrowers. A community of wine industry leaders committed to working together to advance the heritage and reputation of the Napa Valley appellation by providing valuable educational opportunities that elevate the lives of grape growers, farmworkers, and the community-at-large. This local organization supports farmworkers by providing opportunities and preserving land. St. Helena Hospital sponsored their Harvest STOMP event, which since 2008 has connected Napa Valley Grapegrowers.
(NVC) and the Napa Valley Farmworker Foundation (FWF) with individuals passionate about preserving agricultural land and providing opportunity to farmworkers and their families.
- Blue Zones UNV Project: Facilitated 25 Purpose Workshops with a total of 110 participants throughout Yountville, St. Helena and Calistoga in English and Spanish. Purpose workshops help community members pinpoint their purpose and find their “why”. It’s known that when an individual finds clarity of purpose, they can enjoy a more centered and vibrant life and even live longer. At the end of the workshop, attendees walk away encouraged and equipped with a purpose statement and tools to live a happier and more purposeful life.
- Adventist Health Vallejo participated in coalition building through the attendance at the Solano County Behavioral Health LPS/PED bi-monthly meetings. This meeting is a county wide consortium comprised of entities, both public and private, that care for the uninsured, underinsured, homeless, disabled and persons living with mental illness. It is a collaborative group whose main focus is to strategize on a multi-system approach to the above-mentioned groups for their betterment and care. They also participated in the Napa County Behavioral Health bi-monthly meetings to address mental health care in Napa Valley.

Adventist Health St. Helena and Adventist Health Vallejo Additional Narrative:

Other programs/activities not included in the 2023 CHIS Strategic Plan that support community impact

Blue Zones Project Upper Napa Valley (BZPUNV) partnered and contributed to completion of Vine Trail from St. Helena to Calistoga creating new multi-modal transportation between St. Helena and Calistoga. BZP translated trail signage and promotional materials in Spanish.

BZPUNV hosted a Walking Moai, Purpose Workshop and a Cooking Demonstration for Calistoga Wellness Week in April 2023.

In partnership with UpValley Family Center’s, BZPUNV launched a cooking demonstration and natural movement series within Rancho de Calistoga Senior Mobile Home Park to promote natural movement, healthy eating and social connection with 16 participants.

Adventist Health Vallejo participated in the Angel Tree Giving program which supports community members through staff donations of Christmas gifts to families with children in need. An associate coordinates the program and organized the gift drive.

Partnered with AHSB and UpValley Family Center to host a healthy senior Thanksgiving meal encouraging healthy eating and social connection.

Significant Identified Health Needs 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/Adventist Health Vallejo. High priority health needs were chosen as they had demonstrated the greatest need based on severity and prevalence, intentional alignment around common goals, feasibility of potential interventions, and opportunities to maximize available resources over a three-year period.

Using the criteria mentioned above, we were able to determine which needs were high priority, as compared to those that were significant needs. The High Priority Needs are the focus of the community health implementation strategy and this accompanying Implementation Strategy, Year One Update, FY 2023. 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.

Adventist Health chose high priority needs to address based on community ranking of needs as well as areas of alignment and scope of expertise within AH Bakersfield. The remaining significant health needs will not be addressed directly but will likely benefit from the collective efforts defined in this report.

TABLE OF SIGNIFICANT IDENTIFIED HEALTH NEEDS

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



Scan the QR code for the full Secondary Data Report

Community Health Financial Assistance for Medically Necessary Care Commitment

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

Community members can find out if they qualify for financial aid in paying medical bills by completing a financial assistance application. Applications can be filled out at the time care is received or after the bill has been administered. To access the financial assistance policy for more information or contact a financial assistant counselor, please visit: <https://www.adventisthealth.org/patient-resources/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 report or obtain a copy free of charge, please email community.benefit@ah.org

Steven Herber, MD, FACS
Adventist Health St. Helena & Vallejo