

2019-2021



# Community Benefit Implementation Strategy

**Table of Contents**

Introduction ..... 2

2018 Community Health Needs Assessment ..... 2

Significant Health Needs the Hospital will Address ..... 3

    ACCESS TO CARE ..... 4

    CHRONIC DISEASES WITH AN EMPHASIS ON DIABETES ..... 6

    FOOD INSECURITY ..... 7

    MENTAL HEALTH ..... 8

Evaluation of Impact..... 10

Needs the Hospital will Not Address ..... 10

## Introduction

Valley Presbyterian Hospital (VPH) opened in 1958, as a small, neighborhood provider of personalized medical care. Today, it is one of the largest and most prestigious full-service acute care facilities in the San Fernando Valley. The 350-bed hospital serves thousands of families each year, with access to a wide range of medical expertise and cutting-edge technology across all elements of care. While the range of acute care services and expertise has continued to expand, VPH remains a community-based hospital at heart. As one of the region's only independent, non-profit, and locally governed institutions it provides an exceptional level of care while responding to the needs of the community. As a result, the hospital has been voted "Best Medical Center" by the readers of *The Daily News* for 13 years in a row.

## 2018 Community Health Needs Assessment

In 2018, Valley Presbyterian Hospital conducted a Community Health Needs Assessment (CHNA) to comply with federal and state regulations guiding tax-exempt hospitals. The CHNA and Implementation Strategy are posted on the hospital website and can be accessed at <https://www.valleypres.org/Community/Community-Benefit.aspx>. Public comment on the CHNA and Implementation Strategy are encouraged and comments from community residents were used to inform and influence this work.

The Community Health Needs Assessment incorporated demographic and health data for the communities served by the hospital. Significant health needs were identified from secondary data sources and key informant interviews. Health indicators were considered high-risk health needs when they exceeded benchmark data, specifically county or state rates or Healthy People 2020 objectives.

The following significant health needs were identified:

- Access to health care (including specialty care)
- Alzheimer's disease
- Birth indicators
- Chronic disease (asthma, cancer, diabetes, heart disease, liver disease, kidney disease)
- Community safety and violence prevention
- Dental care
- Economic insecurity
- Education and health literacy
- Food insecurity
- Housing and homelessness

- Mental health
- Overweight and obesity
- Preventive practices
- Substance abuse
- Transportation and mobility

A complete description of these health needs can be found in the 2018 CHNA report.

### **Significant Health Needs the Hospital will Address**

To obtain input on the priority health needs the hospital will address, VPH conducted patient surveys, met with internal stakeholders, and discussed partnership opportunities with collaborative partners.

VPH will address the following health needs through a commitment of community benefit programs and charitable resources.

- Access to care (includes preventive practices and transportation)
- Chronic disease (with an emphasis on diabetes)
- Food insecurity
- Mental health
- Substance use and misuse

This Implementation Strategy describes how VPH plans to address significant health needs identified in the 2018 Community Health Needs Assessment. For each significant health need that the hospital plans to address, the strategy describes: actions the hospital intends to take, including programs and resources it plans to commit; anticipated impacts of these actions; and planned collaboration between the hospital and other organizations.

Goals have been established that indicate the anticipated impact on these health needs as a result of the resources the hospital will commit to meeting the health needs. Strategies to address the priority health needs are identified and impact measures will be tracked.

## ACCESS TO CARE

### (Includes preventive practices and transportation)

#### Goal

Increase access to health care and improve community health through preventive practices.

#### Strategies

The hospital intends to address access to health care by taking the following actions:

1. Provide financial assistance for health care services consistent with VPH's financial assistance policy. In addition to offering financial assistance, the hospital will assist patients in determining eligibility and enrolling in low or no cost insurance programs, including Covered CA, the state insurance marketplace and Medi-cal.
2. Provide transportation to health care services at the hospital and local community health centers to support to area residents who experience lack of transportation as a barrier to access health care services.
3. Continue the VPH community grants program in partnership with established community organizations to implement programs that increase access to care for underserved populations.
4. Provide free health screenings at community events targeted at the uninsured. Initiate a follow-up strategy for individuals with abnormal screening results, linking them to resources to manage their health issues.
5. Provide free flu vaccines to the medically underserved.
6. Offer childbirth education free of charge to community residents.
7. Communicate to service area residents how to access health care services through established communication methods and social media.

#### Impact

The anticipated impact of these actions will be to:

- Increase availability and access to health care and preventive care services.
- Provide financial assistance to qualified patients.
- Reduce the percentage of residents who delay obtaining needed preventive screenings.
- Aid access to health care services by providing transportation assistance.
- Increase knowledge of childbirth and parenting.

## **Collaboration**

To address access to care, VPH plans to collaborate with several community health clinics and nonprofit organizations that serve residents within VPH's service area. VPH will collaborate with:

- First 5 LA
- Eisner Health
- Mid Valley YMCA
- Northeast Valley Health Corporation
- ONEgeneration
- Ovarian Cancer Coalition of CA
- Social and Environmental Entrepreneurs
- Valley Community Healthcare



## CHRONIC DISEASES WITH AN EMPHASIS ON DIABETES

### Goal

Reduce the impact of chronic diseases on health and increase focus on prevention, education and treatment.

### Strategies

The hospital intends to address chronic diseases by taking the following actions:

1. Provide education on diabetes prevention and treatment, including a focus on healthy eating and physical activity.
2. Establish partnerships and programs with local schools and community clinics to focus on diabetes prevention.
3. Continue the VPH community grants program in partnership with established community organizations to implement programs that focus on chronic disease interventions.
4. Provide support groups for individuals with diabetes or those who are at-risk for diabetes.
5. Offer the Arthritis Foundation-approved low-impact exercise program.

### Impact

The anticipated impact of these actions will be to:

- Increase the early diagnosis pre-diabetes and diabetes.
- Improve linkages with services for treatment of chronic diseases.
- Increase public awareness of diabetes prevention.
- Increase individuals' compliance with disease prevention recommendations.

### Collaboration

To address chronic diseases, including diabetes, VPH will collaborate with:

- American Diabetes Association
- Columbus Avenue Elementary School
- Los Angeles County Department of Public Health
- Meet Each Need with Dignity
- Mid Valley Family YMCA
- Northeast Valley Health Corporation
- Valley Care Community Consortium
- Van Nuys Elementary School

## **FOOD INSECURITY**

### **Goal**

Reduce food insecurity in the hospital service area.

### **Strategies**

The hospital intends to address food insecurity by taking the following actions:

1. Continue the VPH community grants program in partnership with established community organizations to implement programs that address food insecurity.
2. Explore implementation of a program to screen hospital patients for food insecurity. Provide food resources for those screened as food insecure.
3. Participate in feeding events at Hope of the Valley Homeless and San Fernando Valley Rescue Mission.

### **Impact**

The anticipated impact of these actions will be to:

- Reduce barriers to accessing nutritionally adequate foods.
- Increase awareness of food insecurity.
- Build community capacity to address food insecurity.

### **Collaboration**

To address food insecurity, VPH will collaborate with:

- Hope of the Valley Rescue Mission
- Los Angeles Regional Food Bank
- MEND – Meet Every Need with Dignity
- San Fernando Valley Rescue Mission



## **MENTAL HEALTH**

### **Goal**

Increase access to mental health resources and services.

### **Strategies**

The hospital intends to address mental health by taking the following actions:

1. Provide community health education on mental health topics.
2. Continue the VPH community grants program in partnership with established community organizations to implement programs that increase access to mental health care services for underserved populations.
3. Provide access to mental health care services through telemedicine services that reduce geographic barriers to care.

### **Impact**

The anticipated impact of these actions will be to:

- Increase access to mental health resources.
- Increase public awareness of mental health resources.
- Build community capacity to address mental health issues.

### **Collaboration**

To address mental health, VPH will collaborate with:

- El Nido Family Services
- Los Angeles County Department of Mental Health
- Los Angeles Family Housing
- Northeast Valley Health Corporation
- San Fernando Valley Mental Health Center
- San Fernando Valley Rescue Mission
- Tarzana Treatment Center
- Valley Community Healthcare

## **SUBSTANCE USE AND MISUSE**

### **Goal**

Increase access to substance use resources and services.

### **Strategies**

The hospital intends to address mental health by taking the following actions:

1. Provide community health education on substance use topics.
2. Continue the VPH community grants program in partnership with established community organizations to implement programs that increase access to substance use health care services for underserved populations.

### **Impact**

The anticipated impact of these actions will be to:

- Increase access to substance use and misuse resources.
- Increase public awareness of substance use resources.
- Build community capacity to address substance use issues.

### **Collaboration**

To address mental health, VPH will collaborate with:

- Northeast Valley Health Corporation
- San Fernando Valley Rescue Mission
- Tarzana Treatment Center
- Valley Community Healthcare

## **Evaluation of Impact**

VPH will monitor and evaluate the programs and activities outlined above. The hospital has implemented a system that tracks the implementation of the strategies and documents the anticipated impact. The VPH reporting process includes the collection and documentation of tracking measures, such as the number of people reached/served, increases in knowledge or changes in behavior as a result of community programs, and collaborative efforts to address health needs. An evaluation of the impact of the hospital's actions to address these significant health needs will be reported in the next scheduled Community Health Needs Assessment.

## **Needs the Hospital will Not Address**

Taking existing hospital and community resources into consideration, VPH will not directly address the remaining health needs identified in the CHNA including: Alzheimer's disease, birth indicators, community safety and violence prevention, dental care, economic insecurity, education and health literacy, housing and homelessness, and overweight and obesity. Since VPH cannot address all the health needs present in the community, it will concentrate on those health needs that it can most effectively address given areas of focus and expertise. Therefore, the hospital's charitable resources will be dedicated to the selected priority health needs.

The Board of Directors of Valley Presbyterian Hospital reviewed and approved this Implementation Strategy on May 10, 2019.