



Community Benefit Report

Submitted to:
Department of Health Care Access and Information
Accounting and Reporting Systems Section
Sacramento, California

About Valley Presbyterian Hospital

Valley Presbyterian Hospital (VPH) is a community-based, acute-care hospital in Van Nuys, California. Valley Presbyterian Hospital opened to the community 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 leading-edge technology. Among the region's brightest and best, the hospital's nurses, therapists, technicians and more than 500 physicians represent most every specialty and sub-specialty in the medical field, including cardiac care, orthopedics, and maternal and child health.

As a certified STEMI receiving center, Valley Presbyterian Hospital is one of the facilities best equipped to care for heart attack patients within the critical 90 minutes following the onset of chest pain. It provides rapid response to heart attacks and provides cardiac intervention and full surgery coverage any time, day or night. Valley Presbyterian Hospital is also a Certified Stroke Center, providing immediate access to a specialized neurologist.

Valley Presbyterian Hospital earned the Pediatric Medical Center (PMC) designation, which is recognized by the County of Los Angeles, and allows our team of pediatric specialists to treat and handle a higher level of care needed for our pediatric patients in our Pediatric Intensive Care Unit (PICU). Only three hospitals are a designated PMC in the San Fernando Valley, and we are proud VPH is one of them. Additionally, our Emergency Department Approved for Pediatrics (EDAP) designation means we have specialized pediatric teams, including pediatric surgeons and anesthesiologists, who are ready at a moment's notice to assemble, triage, and fast-track children to the care they urgently need.

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 Valley's only independent, nonprofit, and locally governed institutions, it provides an exceptional level of care that responds to the needs of its community. As a result, VPH is honored to have been voted "Best Hospital" by the readers of LA Daily News 18 years in a row, 2006-2023. In 2023, VPH was awarded the One Legacy Silver Recognition Award. During the last year, VPH received recognition from various local community-based organizations for its continued commitment to the community.



Mission, Vision and Values

Our Mission

To improve the quality of health in the San Fernando Valley.

Our Vision

Be Vital to this Valley.

Core Values

- We treat with respect.
- We love to help one another.
- We strive to get better, every day.

Hospital Services

Emergency Services – The hospital’s emergency services department plays an important role in serving the community and has several designations that demonstrate commitment to excellent care. As a Certified Cardiac Receiving Center for heart attack patients, heart specialists collaborate to provide critical care within the first 90 minutes of chest pain. In addition, the hospital is a Certified Stroke Center based on its response to critical patient conditions. The hospital has a dedicated stroke-focused program staffed by medical professionals who are specially trained in stroke care and who use advanced techniques to act quickly. Valley Presbyterian Hospital is designated as a **Pediatric Medical Center** (PMC), recognized by the County of Los Angeles. This designation allows our team of pediatric specialists to treat and handle a higher level of care needed for pediatric patients in our **Pediatric Intensive Care Unit** (PICU). We are one of only three hospitals that hold the PMC designation in the San Fernando Valley. During 2023, 54,914 patients visited the emergency services department.

Rehabilitation Services – Valley Presbyterian Hospital offers a full range of rehabilitation services. Our physicians, nurses, therapists, and specialists work together to provide personalized treatment plans. We offer physical therapy, occupational therapy, speech therapy, and rehabilitation services in our well-equipped rehabilitation center. The department has been certified by the internationally renowned CARF, the Commission on Accreditation of Rehabilitation Facilities.

Children’s Services – The hospital provides compassionate and specialized pediatric care for sick or injured children. VPH has a 25-bed Pediatric Care Center for children with serious conditions and received a complete make-over in 2022. Additionally, the hospital has a 10-bed Pediatric Intensive Care Unit (PICU) and a 32-bed, Level III



Neonatal Intensive Care Unit (NICU) for critically ill newborns. VPH maintains the Pediatric Medical Center designation.

Maternity Services – The maternity program is well known among families in the region. During 2023, 2,148 babies were born at VPH. Should a need arise, a physician is available 24/7 to handle patient emergencies. The hospital’s outpatient Perinatal Center serves women with high-risk pregnancies and offers “non-stress” ultrasounds, fetal echocardiogram services as well as high-risk infant follow up services. In addition, VPH offers maternity classes to the community at no cost.

Surgery Services – The hospital provides a broad range of surgical services representing a wide range of specialty areas. In CY23, 7,421 surgeries were performed. Physicians and surgical staff have the tools and advanced technology needed to perform a full range of surgical procedures and to deliver the highest quality of care. Many procedures involve minimally invasive techniques, which can minimize pain and speed recovery time.

Heart & Vascular Services – Valley Presbyterian Hospital offers a full range of cardiac services to quickly and accurately diagnose and treat patients suffering from critical heart and vascular conditions. The expert multidisciplinary medical team is dedicated to acting quickly and saving patients’ lives. The Fritz B. Burns Valley Cardiac Catheterization Lab is one of the area’s most technologically advanced and best equipped facilities. As a Certified Stroke Center we are committed to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Outpatient Services – The hospital’s outpatient services departments include outpatient general and gastrointestinal laboratories; radiology/imaging department; and therapy programs, including occupational, physical, respiratory, and nuclear medicine.

Center for Wound Healing – The Center for Wound Healing is among a few facilities nationwide that brings together the interdisciplinary expertise of vascular and podiatric surgeons, limb salvage, and wound management specialists. Patients with “at-risk” limbs receive integrated care utilizing the latest equipment and instruments to perform limb-saving procedures.

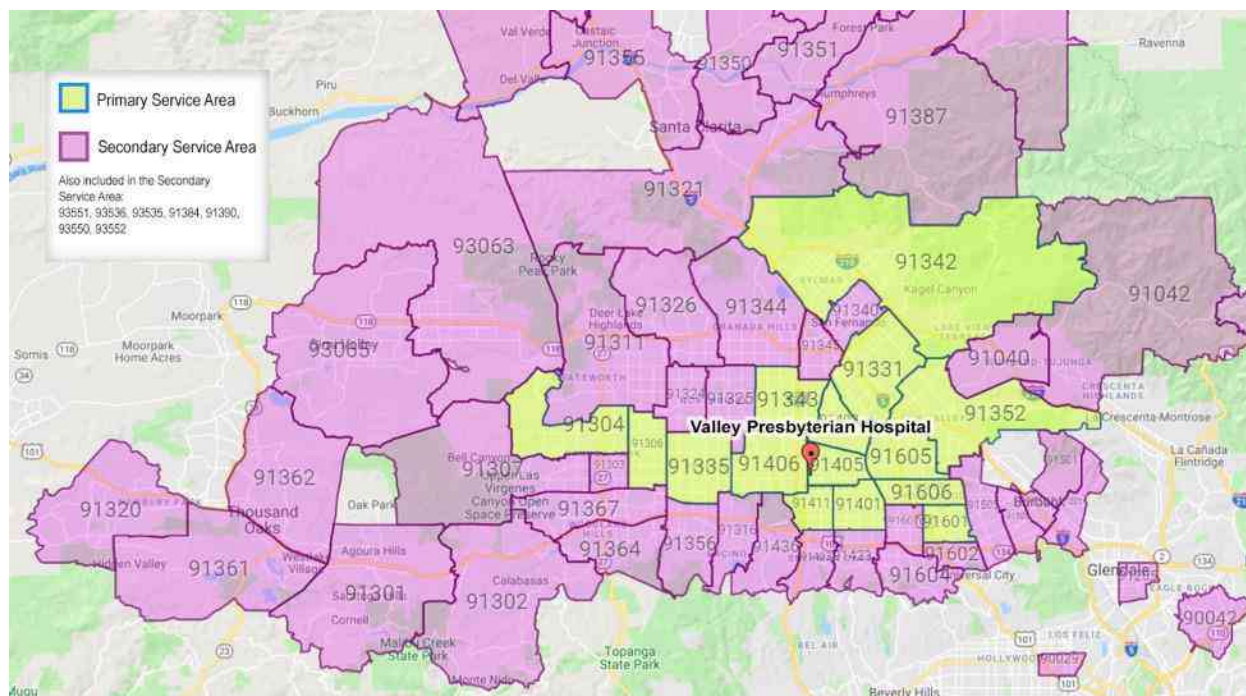
The Community Service Area

Valley Presbyterian Hospital is located at 15107 Vanowen Street, Van Nuys, California, in the heart of the San Fernando Valley. Our primary service area includes 15 ZIP



Codes in 9 cities: Canoga Park, North Hills, North Hollywood, Pacoima, Reseda, Sun Valley, Sylmar, Van Nuys, and Winnetka. The service area is located in Los Angeles City Council District 6 and Los Angeles County Service Planning Area (SPA) 2.

Valley Presbyterian Service Area



At the time of the 2021 Community Health Needs Assessment, the population in the service area was 882,305. In the primary service area, adults (ages 18-64) make up 65.6% of the population. Children and youth (ages 0-17) make up 22.9% of the population while 11.3% of the population are senior adults, 65 years of age and older. Over half of the service area population (61.5%) is comprised of Hispanics or Latinos. Whites make up 23.1% of the population. Asians comprise 9.3% of the population and African Americans are 4.1% of the population. Native Americans, Hawaiians, and other races are a combined total of 2.2% of the population. In the service area, 26.9% of the adult population has less than a high school diploma. The median household income in the service area ranges from \$45,796 in Van Nuys 91402 to \$74,050 in Sylmar. Among the residents represented in the hospital service area, 16.8% of households have incomes <100% of the Federal Poverty Level. Among SPA 2 children, ages 0 to 17, 95.7% are insured. 84.0% of adults in SPA 2 have insurance coverage.

Community Health Needs Assessment

Valley Presbyterian Hospital conducted its most recent Community Health Needs Assessment (CHNA) in CY2021. The Community Health Needs Assessment may be accessed on the hospital's web site at

<https://www.valleypres.org/Community/Community-Benefit.aspx>.

The CHNA incorporated components of primary and secondary data collection and analysis that focused on the health and social needs of the service area. Secondary data were collected from a variety of local, county, and state sources to present community demographics, social determinants of health, health care access, birth characteristics, leading causes of death, acute and chronic disease, health behaviors, mental health, substance use and misuse, and preventive practices. Valley Presbyterian Hospital conducted 16 targeted interviews to gather information and opinions from persons who represent the broad interests of the community served by the hospital.

Priority Health Needs

Significant health needs were identified from secondary data using the size of the problem (relative portion of population afflicted by the problem) and the seriousness of the problem (impact at individual, family, and community levels). To determine size or seriousness of the problem, the health need indicators identified in the secondary data were measured against benchmark data; specifically, county rates, state rates and/or Healthy People 2020 objectives. Indicators related to the health needs that performed poorly against one or more of these benchmarks met this criterion to be considered a health need.

The analysis of secondary data yielded a preliminary list of health needs. The initial list included:

- Access to health care (including specialty care)
- Alzheimer's disease
- Birth indicators
- Chronic disease (asthma, cancer, diabetes, heart disease, liver disease, kidney disease)
- COVID-19
- Dental care
- Economic insecurity
- Housing and homelessness
- Mental health
- Overweight and obesity
- Preventive practices



- Substance use and misuse

Community stakeholder interviews were used to gather input and prioritize the significant health needs. Access to health care, chronic diseases, mental health, housing and homelessness and economic insecurity were ranked as the top five priority needs in the service area. During calendar year CY2024 Valley Presbyterian Hospital will be working on the new Community Health Needs Assessment for CY25-27.

Addressing Priority Health Needs

In CY23, Valley Presbyterian Hospital engaged in activities and programs that addressed the priority health needs identified in the 2022-2024 Implementation Strategy/Community Benefit plan. VPH chose to address access to health care, chronic diseases with an emphasis on diabetes, mental health, homelessness and overweight and obesity through a commitment of resources to community partners that focused on the priority health needs. VPH remained committed to its mission and values as a VITAL asset to the community and community-based organizations.



Access to Health Care

A lack of access to care presents barriers to good health. Access to primary care is a key determinant of health that exposes individuals to preventive measures and disease management, reducing the likelihood of hospitalizations and emergency room admissions. Individuals, who receive services in a timely manner, have greater opportunity to prevent or detect disease during earlier, treatable stages. A delay of necessary care can lead to an increased risk of complications.

Response to Need: *Valley Presbyterian Hospital removed barriers and increased access to health care by offering transportation to 1,817 riders who lacked transportation. VPH's contracted transportation service provides rides free of charge to community residents to and from their homes to the hospital and to and from their homes to a community clinic.*



We actively assisted more than 7,669 patients to enroll in Medi-Cal programs and other low-cost programs through Covered California.

The hospital partnered with Federally Qualified Health Centers (FQHC) to improve access to care by providing grants to address healthcare gaps.

VPH supported organizations focused on improving access to care in acute need populations such as foster youth, domestic violence victims, and children with developmental disabilities.

COVID-19 Vaccines were offered to community members during our annual Health Fair and other community events in 2023.

The 2023 VPH annual Community Health and Wellness Fair reached over 500 community residents. Individuals participated in an outdoor event where they received many screenings including blood pressure, vision and hearing and information on local community resources. Flu shots were provided to 226 people. Over 600 Grab-n-Go lunches were provided to attendees.

Hospital clinical leaders also volunteered during various community health fairs to provide blood pressure screenings.

In partnership with First 5 LA, the hospital continued the Welcome Baby program. This free and voluntary program supported parents and their infants. The Welcome Baby program plays a key role in ensuring that parents have the resources in place to follow up on newborn care such as health assessments and vaccinations. In 2023 the Welcome Baby Program enrolled 810 mothers.

In addition, VPH provided maternity focused classes to 132 community residents.



Chronic Diseases with an Emphasis on Diabetes

Chronic diseases are long-term medical conditions that tend to progressively worsen. Chronic diseases, such as cancer, heart disease, diabetes, and asthma, are major causes of disability and death. Chronic diseases are also the major causes of premature adult deaths.

Response to Need: *VPH developed the Live Well with Diabetes class aimed at community members living with Diabetes. In addition to general Diabetes education, the bilingual class allows participants to interact with a pharmacist, registered dietician, and fitness instructor. In CY23 128 community members participated in the class.*

Proper nutrition is essential for individuals with Diabetes. Due to inflation, food insecurity remained high post pandemic. VPH supported many food programs, including those that directly impacted individuals with Diabetes.

- *Renewed support for the local YMCA fresh produce distribution program.*
- *Provided a grant for the OneGeneration Senior Center which delivers in-home meal delivery, food distributions, and also serves as a congregate meal site.*
- *4,000 pounds of food were collected and distributed from our annual hospital wide food drive.*

Northeast Valley Health Center received a VPH Community Grant that increased behavioral health screening for individuals living with Diabetes with 517 participants benefiting from the program.

World Diabetes Day events included a lunch time tabling event with healthy snack options, exercise demonstrations and the American Diabetes Association, Are you at risk for type-2 diabetes, assessment activity.

Exercise is an essential activity to reduce the risk of Diabetes. The Healthy Maturity Senior Exercise class was held weekly on the VPH campus. During the past year, there were 272 participants in the free senior exercise classes.

Breastfed babies are known to be less overweight as they grow older than bottle fed babies. VPH offered breastfeeding classes in English and Spanish, a breastfeeding support group, and held its annual Breastfeeding Awareness Month event in August. 150 people participated in these programs.





Overweight and Obesity

Nutritious food options or lack thereof is an economic and social indicator of the health of a community. According to the National Institute of Health 1 in 3 adults are overweight and about 1 in 6 children and adolescents ages 2 to 19 are overweight. Limited availability of nutritionally adequate foods or difficulty acquiring these foods due to various socio-economic barriers, may predispose communities to higher rates of obesity.

Response to Need: *VPH collaborated with the local YMCA in their efforts to address food insecurity and to increase physical activity among the youth.*

In CY23 Meals in Motion received a VPH community grant aimed at engaging children and their families in cooking healthy meals, and the participants received a free food box.

VPH also renewed support for various fresh produce distribution sites including:

- *Mid Valley YMCA*
- *North Valley Caring Services*
- *LA Food Bank*
- *MEND*

Homelessness

Increased cost of housing and gaps in accessing mental health services are some of the barriers to addressing the homelessness crisis. The percentage of chronically homeless increased in SPA 2 from 2018 to 2022.



Response to Need: VPH participated in the San Fernando and Santa Clarita Valley SPA 2 Homeless Coalition which focuses on homelessness resources and community planning.

In CY23 VPH also provided support via sponsorships and grants to several organizations providing homeless services.

- VPH supported the San Fernando Valley Rescue Mission with a family dinner sponsorship.
- Hope of the Valley was the recipient of two sponsorships, 1) Holiday Toy Distribution, 2) Holiday Meal Campaign.
- Global Orphan Project received a grant to address imminent needs presented by various foster youth aging out of the foster care system.
- Bundles of Kindness received a donation for rain ponchos to be included in homeless kits.
- VIDA Mobile received a community grant to help support their homeless outreach and mobile clinic with the goal of improving their access to care.

Mental Health and Substance Use and Misuse

Positive mental health is associated with improved health outcomes. Indicators and contributors to poor mental health include poverty and low levels of education. The need to access mental health services was noted as a high priority among community members.

Response to Need: Valley Presbyterian Hospital increased access to mental health services through the offering of tele-psych services. VPH provided 471 consultations for 446 patients in CY23. Offering this service decreased the amount of time needed to evaluate a patient with possible mental health symptoms. Additionally, to increase access to mental health services, VPH employs a psychiatric nurse practitioner that assists with patient placement post-acute stabilization.

Community Grants were provided to the following organizations focused on mental health services.

- Tarzana Treatment Center conducted wellness activities for their clients receiving mental health services.
- San Fernando Valley Community Mental Health Center used the funds to support their Parent and Family Center.
- El Centro de Amistad received a community grant to help support their transportation services for individuals receiving talk therapy services.



- *NAMI facilitates a weekly art workshop through the Donated Space Program at VPH.*
- *The Child Development Institute received a grant to facilitate an infant massage class with families and their newborn at their center. This therapeutic technique has been shown to directly impact the mental health of the mother and infant.*

VPH provided access to needed psychiatric care hospitalization for low-income patients. While VPH does not have dedicated inpatient mental health care beds, it financially supports inpatient mental health care for vulnerable patients needing mental health hospitalization. Psychiatric care was provided to 90 low-income, vulnerable patients who were treated in the ED and then transported to a medically necessary inpatient mental health care bed.

VPH partnered with Drum to Learn and the Boys & Girls Club for story time and to teach drumming as a coping tool for emotional regulation for children.



COVID-19

Long term effects of the COVID-19 pandemic as it relates to community needs are still emerging. VPH focused its efforts on support of community-based organizations providing relief, education, and vaccinations.

Response to Need: *Efforts included awarding various grants to organizations already providing support around mental health, vaccination, and access to care. Some of the immediate actions taken included the following:*

- *Efforts were made to keep the public informed by regularly updating the main hospital website to include the latest information around COVID-19.*
- *VPH collaborated with U.S Health Fairs to provide COVID-19 vaccinations.*

Community Benefit Services Summary CY23

In CY23 (January – December 2023), VPH provided community benefit activities and programs within its service area. As a result of these community benefit efforts, VPH served 71,205 persons. A summary of these activities follows.

Community Health Improvement Services

The hospital's community education programs are designed to meet significant community health needs.

Community Health Education/Community-Based Clinical Services

Women's Services – VPH offered a combination of free in-person community education programs to women and to their families to help them experience a safe pregnancy and childbirth. During the past year, 132 women and their families attended community classes on caring for a new baby and breastfeeding support. Classes are offered in English and Spanish.

Cardiopulmonary Resuscitation – VPH provided free community Heartsaver CPR classes for the community on a monthly basis.

Healthy Aging – The hospital offered low-impact exercise classes for seniors. The Healthy Maturity class had 272 class visitors.





Community Health Fairs – VPH continued to collaborate with local educational institutions, non-profit organizations, and social services groups to support community health needs.

VPH reached over 17,000 people through participation in community health fairs and events throughout the year. Here is a partial listing of VPH involvement in community health efforts.

- Partnered with Comprehensive Community Health Centers for its annual Multicultural Fair.
- Sponsored North Valley Caring Services Fall Harvest, which provided kids living in unsafe zip codes the opportunity to Trick-or-Treat in a safe environment.
- Participated in the OneGeneration Senior Symposium event that aims to provide information and resources to the seniors in the community.
- Participated in and sponsored a local Ovarian Cancer Walk.
- Attended the annual LA Care Community Resource Back to School Backpack giveaway.
- Offered our 4th Annual Holiday Toy Distribution gifting over 800 toys.

Health Care Support Services

Patient Transportation – VPH provided transportation services free of charge to community residents needing a ride to and from the hospital and a community clinic. Over 1,800 rides were provided to patients in the community who lacked transportation options to access health care.





Insurance Enrollment – These services were provided to assist patients with government sponsored health insurance coverage programs. The hospital enrollers assisted 7,669 patients primarily with Medi-Cal coverage.

Psychiatric Care – VPH financed inpatient mental health care services at a trusted community partner. In CY23, VPH supported mental health care for 90 vulnerable patients who needed inpatient psychiatric care.

Health Professions Education

Educational programs for physicians, nurses, nursing students, and other health professionals were offered by the hospital throughout the fiscal year.

Nursing Education – The hospital provided preceptors for 1,855 nursing students in the past year. Students from colleges and universities obtained clinical experiences required for their bachelor's and master's degrees. In addition, 3 Clinical Nurse Specialist received precepting in CY23.

Valley Simulation Laboratory – The Valley Simulation Laboratory at VPH provided high-fidelity mannequins designed to simulate patient situations and responses. The Laboratory is designed to model the Labor & Delivery Unit and the Intensive Care Unit. VPH partnered with local nursing programs to provide nursing students with a link from classroom learning to hands-on medical applications in a no-risk environment.





Other Health Professions Education –The hospital also provided preceptors for students in various health care disciplines:

- 10 Respiratory Therapy students from Concorde Career College and LA Valley College completed clinical internships.
- 87 Radiology and Ultrasound students from California State University Northridge, and Moorpark College completed clinical internships.
- 2 Public Health students from California State University Northridge completed internships.
- 29 Surgical Technician students from Concorde Career College and American Career College.
- 10 Medical Laboratory Technician students from College of the Canyons completed a clinical rotation.
- 13 Pharmacy interns from Western University participated in a clinical rotation.



Cash and In-Kind Contributions

Funds and in-kind services were donated to community groups and non-profit organizations. The support of these organizations furthered the hospital's mission and aligned with the community health needs identified through the CHNA.

Donated Space – The hospital donated meeting space within its facility for nonprofit organizations, colleges, and universities, and/or community forums.

Compassion in Action – The hospital sponsored an employee volunteer program throughout the year. Through this program, VPH employees reached close to 13,000 community members by participating in programs to benefit the community. Activities included feeding the homeless, conducting blood drives, collecting food for the homeless, and many other activities.

Cash Donations – During CY23, community organizations were supported with cash donations and grants. These community organizations partnered with the hospital in the furtherance of its mission and alignment with needs identified through the Community Health Needs Assessment. VPH supported over 38,000 individuals affected by the issues outlined as our key funding priorities and in partnership with several local community-based organizations.

Community Building Activities

These activities support community assets by offering the expertise and resources of the hospital. Community building activities may address the root causes of health problems, such as homelessness, poverty, and environmental concerns.

Community Support

Hospital leadership staff supported community organizations through participation in coalitions, community boards, committees and networks of agencies addressing common issues. Employees are also supported by the hospital to engage in planning, education presentations, consortia, summits, and meetings with community groups.

Coalition Building and Advocacy

Hospital representatives served on several community committees and boards that addressed health improvement and community development and engaged in advocacy efforts that supported access to health care.



Workforce Development

VPH knows the importance of connecting with the workforce of the future. The hospital participated in several career day events with local high schools to provide information on health care careers to 215 students.

Indirect Support

VPH is committed to empowering our community partners by providing resources and opportunities that may contribute to the community's well-being. Some of these examples include:

Invitations to table and outreach to our shared community during the monthly VPH baby showers.

Provided in-service sessions for the VPH case management team, enabling organizations to exchange the most recent resources for patients post hospital discharge. This approach supports patients holistically, addressing their social determinants of health.

Some of these organizations include:

- *Mother's Nutrition*
- *Northeast Valley WIC Program*
- *Chica's Mom*
- *Tarzana Treatment Center*



Financial Summary of Community Benefit

Valley Presbyterian Hospital community benefit funding for CY23 (January – December 2023) is summarized in the table below. The hospital’s community benefit costs are following Internal Revenue Service instructions for Form 990 Schedule H. All community benefit expenses are based on actual costs, not charges, in compliance with IRS Form 990 Schedule H instructions using a cost to charge ratio for financial assistance.

Summary CY23 (January 1 - December 31, 2023)

Community Benefit Categories		Net Benefit
1. Charity Care ¹	\$	3,908,738
2. Unpaid Costs of Medi-Cal ²	\$	17,058,109
3. Education and Research ³	\$	7,064,986
4. Other for the Broader Community ⁴	\$	1,403,661
Total Quantifiable Community Benefit Less Unpaid Cost of Medicare	\$	29,435,495
5. Unpaid Costs of Medicare	\$	16,864,442
Total Quantifiable Community Benefit	\$	46,299,937

¹Charity Care includes financial assistance to eligible patients for care at reduced or no cost based upon the individual patient’s financial situation.

³ Costs related to the health professions education programs and research the hospital sponsors.

⁴Includes non-billed activities, such as community education, screenings, health support services, community benefit operations, and cash and in-kind donations to support community health initiatives.



Community Benefit Plan CY24

Valley Presbyterian Hospital (VPH) is dedicated to improving the quality of health in the San Fernando Valley. VPH is a value-based organization that strives to uphold the Core Values of dignity, respect, compassion, transparency, and collaboration. The main objective remains to support the health and wellbeing of at-risk Individuals and families in the San Fernando Valley.

Significant Needs the Hospital Intends to Address

In CY21, Valley Presbyterian Hospital completed a Community Health Needs Assessment. As required by federal IRS guidelines, an Implementation Strategy was developed to address the priority health needs of access to care, chronic diseases with an emphasis on diabetes, homelessness, mental health, and obesity. This plan spans the time period 2022-2024 and targets the following priority health needs through a commitment of resources with the following programs and services.

Access to Care

Strategies

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.
2. Provide transportation to health care services at the hospital and local community health centers to support 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, community presentations to community-based organizations and stakeholder meetings, and social media.

Chronic Diseases with an Emphasis on Diabetes

Strategies

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 a low-impact exercise program.

Overweight and Obesity

Strategies

1. Continue the VPH community grants program in partnership with established community organizations to implement programs that address diet and nutrition.
2. Explore implementation of a program to screen hospital patients for food insecurity. Provide food resources for those screened as food insecure and/or as lacking access to healthy foods.
3. Collaborate with local schools, and community-based organizations that promote physical activity.
4. Increase the number of people with Diabetes who get formal Diabetes education.

Mental Health

Strategies

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. Due to COVID-19, the demand for at-risk individuals and families has escalated at an unforeseen rate. VPH will explore new ways to help.
3. Provide access to mental health care services through telemedicine services that reduce geographic barriers to care.

Homelessness

Strategies

1. Continue collaboration with housing agencies who assist with housing navigation services post hospital discharge.
2. Continue the VPH community grants program in partnership with established community organizations to implement programs that assist with links to housing and housing developments.



3. Establish community-based partnerships to increase the number of homeless adults with mental health problems who get linked to mental health services.

Significant Needs the Hospital Does Not Intend to 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

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. Where VPH is unable to assist directly but is able to identify others in the community who can assist VPH coordinate introductions between those community-based organizations that provide the needed services.

Evaluation of Impact

VPH has established impact measures and objectives for the community benefit programs. For example, measures may include documenting persons served, and identifying increases in knowledge and changes in behavior as a result of the programs. The hospital is committed to monitoring key initiatives to assess impact. 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.



VITAL



Community Partners in 2023

African American Infant Maternal Mortality Coalition

Alzheimer's Association

American Heart Association

Barlow

Breastfeed LA

Bernardi Senior Center

Chica's Mom

Child Development Institute

Children's Dental Clinic

Clinica Romero (FQHC)

Columbus Elementary School

Comprehensive Community Health Centers (FQHC)

Eisner Health Centers

El Centro de Amistad

Eyes of a Mother

Fit 4 the Cause

Greater San Fernando Valley Chamber

Hope of the Valley

Kidney Quest Foundation

LA Care Community Resource Center (FQHC)

LA Food Bank

Leukemia & Lymphoma Society

Los Angeles Public Library

Meals in Motion

MEND

Mid Valley YMCA

Mindful Veteran Project

Mother's Nutrition

NEV Best Start

NEW Economics for Women

North Valley Caring Services

Northeast Valley Healthcare Corporation

OneGeneration

Ovarian Cancer Coalition of Greater California

Pacoima Charter Elementary

Partners in Care Foundation

Power of Sight Foundation

San Fernando Valley Breast Cancer Foundation

San Fernando Valley Community Mental Health Center

San Fernando Valley Rescue Mission

Serra Medical Clinic

Southern CA Medical Group (FQHC)

Tarzana Treatment Center

The Orphan Project

The Children's Burn Foundation

Tia Chucha's Cultural Center

Tierra Del Sol

Valley Community Care Consortium

Valley Community Healthcare (FQHC)

Valley Cultural Arts Foundation

Valley Economic Alliance

Valley Family Center

Valley Village

Vida Mobile

Vision y Compromiso

WIC (Northeast Valley Health Corporation)

West Valley YMCA





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VALLEY PRESBYTERIAN
HOSPITAL

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