

Adventist Health Clear Lake Hospital 2022 Community Health Plan

The following Implementation Strategy serves as the 2020 – 2022
Community Health

Adventist Health Clear Lake Hospital is pleased to share its Community Health Implementation Strategy. This follows the development of its 2019 Community Health Needs Assessment (CHNA) in accordance with requirements in the Affordable Care Act and IRS 990 Schedule H requirements and approved by the Adventist Health Board of Directors on October 17, 2019.

After a thorough review of the health status in our community through the community health needs assessment (CHNA), we identified areas that we could address using our resources, expertise and community partners. Through these actions and relationships, we aim to empower our community and fulfill our mission of "Living God's love by inspiring health, wholeness and hope."

The results of the CHNA guided this creation of this document and aided us in how we could best provide for our community and the vulnerable among us. This Implementation Strategy summarizes the plans for Adventist Health Clear Lake Hospital to develop and collaborate on community benefit programs that address prioritized health needs identified in its 2019 CHNA. Adventist Health Clear Lake has adopted the following priority areas for our community health investments.

The significant health needs were identified through an analysis of secondary data and community input. These health needs were identified according to a set of criteria that included primary and secondary data on Lake County and responses received from Community Forums held around Lake County. We recognized that many of the priority health needs from prior CHNAs remain health issues for Lake County. For further information about the process to identify and prioritize significant health needs, please refer to Adventist Health Clear Lake Hospital CHNA report at the following link:

<https://www.adventisthealth.org/about-us/community-benefit/>

Adventist Health Clear Lake Hospital is an affiliate of Adventist Health, a faith-based, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii.

Adventist Health will be a recognized leader in mission focus, quality care and fiscal strength.

Living God's love by inspiring health, wholeness and hope.

- Prostate cancer screening
- Smoking Cessation

The Action Plan presented below outlines in detail the individual strategies and activities Adventist Health Clear Lake Hospital will implement to address the health needs identified through the CHNA process. The following components are outlined in detail in the tables below: 1) actions the hospital intends to take to address the health needs identified in the CHNA, 2) the anticipated impact of these actions as reflected in the Process and Outcomes measures for each activity, 3) the resources the hospital plans to commit to each strategy, and 4) any planned collaboration to support the work outlined.

No hospital can address all the health needs identified in its community. Adventist Health Clear Lake Hospital is committed to serving the community by adhering to its mission, and using its skills, expertise and resources to provide a range of community benefit programs. This Implementation Strategy does not include a specific plan to address the following significant health needs identified in the 2019 CHNA.

Significant

The Adventist Health + Blue Zones Project Lake County

Our desire to improve community well-being grew out of not only our mission at Adventist Health -to live God's love by inspiring health, wholeness and hope – but also by the sheer need as seen across our system hospitals. 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.

In 2020, Adventist Health acquired Blue Zones as a step toward reaching our solution. By partnering with Blue Zones, we will be able to gain ground in shifting the balance from healthcare – treating people once they are ill – to transformative health and wholeness – changing the way communities live, work and play.

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. The 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. The 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.

In September of 2021, Adventist Health Clear Lake proudly launched Blue Zones Project Lake County (BZPLC). The BZPLC 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 BZPLC 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 BZPLC sector leads come together to evaluate and update the Blueprint to ensure community alignment.

2022 BLUE ZONES PROJECT LAKE COUNTY UPDATE

From May through December 2021, the Blue Zones Project team assessed Lake County's readiness to undertake the community well-being transformation initiative where the healthy option becomes the

easy option through permanent changes in environment, policy, and social networks. The Blue Zones Project team conducted a comprehensive analysis of the current state of well-being and met with local leaders and stakeholders across all sectors to learn about the strengths, challenges, and opportunities for improving well-being in Lake County. The team's findings are summarized in the Blue Zones Project Discovery Report. The findings in that report were coupled with expert-led discovery meetings in the policy areas of built environment, tobacco, and food policy to inform the Blueprint for Blue Zones Project implementation in Lake ~~Clake~~

the implementation of their Bus-to-Walk program with BZPLC support in May 2023, and another elementary school plans to host a Walking School Bus Demo in June 2023 with support from the BZPLC team. The district also invited AH and BZPLC team members to participate in the LCAP (Local Control Accountability Process) discovery meetings, and plans to write BZPLC into their 2023-24 district Local Control and Accountability Plan (LCAP).

- Kelseyville Unified School District has plans for school approvals, starting at the elementary level, during the 2023-24 school year. BZPLC team members and Nick Buettner have engaged with the district through board presentations, staff presentations, and at Back to School nights.
 - Upper Lake Unified School District has plans for school approvals, starting at the elementary level, with plans for approval by June 2023. BZPLC team members have engaged with the district through board presentations, staff presentations, and at Back to School nights.
 - Lucerne School District is registered, with plans to focus on the pledge process during the 2023-24 school year.
 - Lakeport Unified School District has not registered yet, but the BZPLC team has connected with the superintendent and is working to set up a planning meeting prior to the 2023-24 school year.
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- 1 restaurant achieved Blue Zones Approval status in year 1. Two more are registered, actively engaged in the pledge process, and nearing approval. Another newly opened restaurant plans

- The City of Clearlake is registered and actively working through the pledge process.
 - Lake County Office of Educations is registered and actively working through the pledge process.
 - Strong Financial is registered and actively working through the pledge process.
 - Woodland Community College is registered.
 - Redwood Food Bank is registered.
 - Konocti Unified School District, Upper Lake Unified School District, and Kelseyville Unified School District are registered and actively working through the pledge process.
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- Kelseyville Sunrise Rotary was recognized as a Blue Zones participating organization in November 2022.
 - The Ripe Choice Farm was recognized as a Blue Zones participating organization in April 2023.

POLICY

- Capacity Building
 - BZPLC hosted Urbswork for a two-day community project tour s4 ((m)4 (un)32)4 (m)4 (5(Z)-2(g)T11 (o)TJ

Priority Health Need: Address Drug Abuse/Substance Use Within the Community

Goal Statement: Improve healthy behavior by reducing drug dependency.

Strategy Results 2022:

Adventist Health Clear Lake recognizes the increasing need for addiction services with our hospital emergency department and outpatient clinic care. For that reason, increased efforts have been made in outreach and education of our associates, providers, the communities we serve, and most importantly those suffering with the pain from the disease of addiction. Over the past five years, in order to better serve our communities Adventist Health Clear Lake has applied for and received grant funding to provide Medically Assisted Treatment (MAT) and the CA Bridge grant, to specifically address California's opioid epidemic and to accelerate health organizations progress to reduce opioid related deaths and addiction.

Continued COVID-19 protocols and impact on staffing complicated the ability to collect and record relevant and accurate data. Continued partnership with community organizations such as Lake County Faith Leaders Network

Priority Health Need: Increase housing stability and target homelessness.

	Number of Jail Days	Facility Opened in Dec. 2020	Data currently unavailable	Data currently unavailable	
	Number of EMS Transports				
	Number of Police Department Calls				
	Short & Medium Term Outcomes: LOS. Admit – Placement			Data currently unavailable	Data currently unavailable
	VISPDAT				
	Amount of Savings After Enrollment				
<i>Activity 1.3- Elijah House Collaboration</i>		Year 1 2020	Year 2 2021	Year 3 2022	
	Process Measure: Average Daily Census	28/36	N/A	Closed 2022	
<i>Activity 1.4- Healthy Homes</i>		Year 1 2020	Year 2 2021	Year 3 2022	
	Process Measure: Number of individuals housed –				

Strategy Results 2022:

Due to the ongoing pandemic, many of our programs continued to be impacted into 2022. Additionally, due to staffing shortages, many of our programs remained on hold. In 2022 under new administration, Restoration House transitioned from a medical respite care facility to a recuperative care facility to

better meet our goals and objectives. Hope Center is a key partner in addressing homelessness in our community and in 2022 Adventist Health Clear Lake was asked to take over the operations and staffing of Hope Center. While this transition was not completed in 2022 the partnership continued. Due to staffing changes and accountability, some of the data was incomplete and unknown. Adventist Health Clear Lake expanded partnership in 2022 to meet stated goals.



Adventist Health Resources: (financial, staff, supplies, in-kind etc.) Staff, Financial, Supplies
Collaboration Partners: (place a "*" by the lead organization if other than Adventist Health) <ul style="list-style-type: none"> • Churches & Clearlake Community Centers for shower trailer host locations, City of Clearlake. • Lake County Peer Support, Lake County Behavioral Health
CBISA Category: A - Community Health Improvement

Strategy Results 2022:

AHCL Shower Trailer Project This project expanded to 5 days per week and increased to four locations in Lake County – Clearlake Oaks Big O Peer Center, Clearlake Shower Trailer site at the Senior Center, Lucerne and Kelseyville. We have seen a substantial increase in the number of guests served each week. We held two Health Outreach Events, offering COVID vaccines and testing, wound care, Narcan training and kit giveaway, dental screening, Social Services applications, haircuts, etc. At each event we had nine community partners that also participated. With a local community grant, we have been able to provide clean clothes (socks, underwear, sweats, t-shirts) for our guests.

Partnership with faith based organizations helped expand capacity to provide more clothing as well as meals at each location.

Baby Sleep Safe – CPSP (*Comprehensive Perinatal Services Program*) is a program that guides the mother through the pregnancy and postpartum journey. The program follows three assessments: Health Education, Nutrition, and Psychosocial. At every appointment our conversation and education fall under one of these three categories. The goal of the program is to enhance the knowledge of maternity for each woman, all through education and community support. Much of what we know about pregnancy is only seen from the outside (*i.e. body changes*). The CPSP program helps woman understand what is happening on during their pregnancy. The program explores fetal development, emotions, hormone changes, up to and including postpartum care, which includes baby safe sleep environment/and preparedness. The CPSP program wants to give every mother and their baby a healthy start.

Priority Health Need: Increase opportunity for cancer prevention and screenings.				
Goal Statement: Reduce cancer mortality rate in Lake County				
Mission Alignment: Well-Being of People				
Strategy 1: Increase screening opportunities by expanding early detection programming.				
Program/Activity	Metrics			
Activity 1.1 Hereditary Cancer Screenings		Year 1 2020	Year 2 2021	Year 3 2022
	Process Measure: Number of Screenings			
	Number of Referrals to Specialty Short Term Outcome			
		On Hold Due to COVID-19	On Hold Due to COVID-19	

<i>Activity 1.3- Colorectal Screening (Scope)</i>		Year 1 2020	Year 2 2021	Year 3 2022	
	Process Measure:	On Hold Due to COVID-19			
	Number of Screenings		3,004	5,683	
	Number of Referrals		60%		
	Number of Treatments				
	Compliance Rate				
	Short Term Outcomes:		On Hold Due to COVID-19		
Number of Biopsies Ordered					
Percentage of Malignant/Benign Cases					
Medium Term Outcomes:	On Hold Due to COVID-19				
Number of patients in treatment from Screening					
Mortality Rate					
<i>Activity 1.4- Prostate Cancer Screenings</i>		Year 1 2020	Year 2 2021	Year 3 2022	
	Process Measure:	On Hold Due to COVID-19			
	Number of Screenings		On Hold Due to COVID-19	On Hold Due to COVID-19	
	Number of Referrals				
	Compliance Rate				
	Short Term Outcomes:		On Hold Due to COVID-19		
	Number of Biopsies Ordered				
Percentage of Malignant/Benign Cases					
Medium Term Outcomes:	On Hold Due to COVID-19				
Number of patients in treatment from Screening					
Mortality Rate					
Source of Data: AHCL EMR					
Target Population(s): Vulnerable Population					
Adventist Health Resources: Facility, Staff, Supplies, Financial					
Collaboration Partners:					

Strategy Results 2022:

Cancer Screening: In 2022, Adventist Health Clear Lake continued to navigate the challenges of the pandemic. While there were increased numbers of 3D mammography and colorectal screenings, data for other types of cancer screenings was incomplete. The new goal of encouraging patients to schedule cancer screenings as we began to emerge from the pandemic became even more important. Due to patients reluctance to visit medical facilities, Adventist Health Clear Lake's new expansive goal to encourage healthy lifestyle practices through