

Executive Summary

Introduction & Purpose

Adventist Health Sonora 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 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 the 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 Sonora to develop and collaborate on community-benefit programs that address prioritized health needs identified in its 2019 CHNA. Adventist Health Sonora has adopted the following priority areas for our community health investments.

1. Health Priority #1: Access to Health Care
2. Health Priority #2: Mental and Behavioral Health
- 3.

Building a healthy community requires multiple stakeholders working together with a common purpose. We invite you to explore how we intend to address health challenges in our community and partner to achieve change. More importantly, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities that define the well-being of people.

The purpose of the CHNA was to offer a comprehensive understanding of the health needs in Adventist Health Sonora’s service area and guide the planning efforts to address those needs.

The significant health needs were identified through an analysis of secondary data and community input. These health needs were prioritized according to a set of criteria that included primary and secondary data sources. Secondary sources include publicly available state and nationally recognized

data sources available at the zip code, county and state level. Health indicators for social and economic factors, health system, public health and prevention, and physical environment are incorporated. The top leading causes of death as well as conditions of morbidity that illustrate the communicable and chronic disease burden across Calaveras and Tuolumne counties are included. A significant portion of the data for this assessment was collected through a custom report generated through CARES Engagement Network CHNA (<https://engagementnetwork.org/assessment/>). Other sources include California Department of Public Health, County Health Rankin

Adventist Health Sonora and Adventist Health

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

Vision

Summary of Implementation Strategies

Implementation Strategy Design Process

Stakeholders from the 21 hospital facilities in the Adventist Health System were invited to participate in a Mission Integration Summit on September 26 and 27, 2019. During these two day-long events, participants were introduced to the 2019 Adventist Health Implementation Strategy Template. After the summit, each hospital was invited to participate in a series of technical assistance calls and consultation sessions with representatives from Adventist Health Community Integration and Conduent Health Communities Institute to further develop and

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 Sonora is committed to serving the community by adhering to its mission, and using its skills, expertise and

COVID 19 Considerations

The COVID-19 global pandemic has caused extraordinary challenges for Adventist Health hospitals and healthcare systems across the world, including keeping front-line workers safe, shortages of protective equipment, limited ICU bed space and developing testing protocols. They have also focused on helping patients and families deal with the isolation needed to stop the spread of the virus, and, more recently, vaccine roll-out efforts.

Adventist Health, like other healthcare systems, had to pivot its focus to meet the most urgent healthcare needs of its community during the pandemic, as well as reassess the ability to continue with some community-health strategies due to public-health guidelines for social distancing. Adjustments have been made to continue community-health improvement efforts as possible, while ensuring the health and safety of those participating. The Strategy Action Plan Grids on the following pages reflect updated activities for each strategy.

During the pandemic, Adventist Health as a system took the following actions in response to the needs created or exacerbated by COVID-19:

1. Began offering more virtual healthcare visits to keep community members safe and healthy
2. Developed an online symptom tracker to help community members determine if they may have COVID-19 or some other flu-type illness, and what steps to take
3. Was part of a community-wide effort by the local health system to vaccinate eligible community members to help stop the spread of the virus

Additionally, Adventist Health Sonora took the following steps:

1. Worked within CDPH and CDC guidelines to create processes for screening staff, patients and visitors and also developed ways for families to stay connected with their loved ones who were being treated in our facilities.
2. Provided outpatient monoclonal antibody treatments for COVID-positive patients at our infusion center, using dedicated entrances and spaces to keep non-COVID patients safe.
3. Established processes for regularly testing staff and providing COVID tests for inpatients, surgery patients and symptomatic community members.

The Adventist Health + Blue Zones Solution

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. 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.

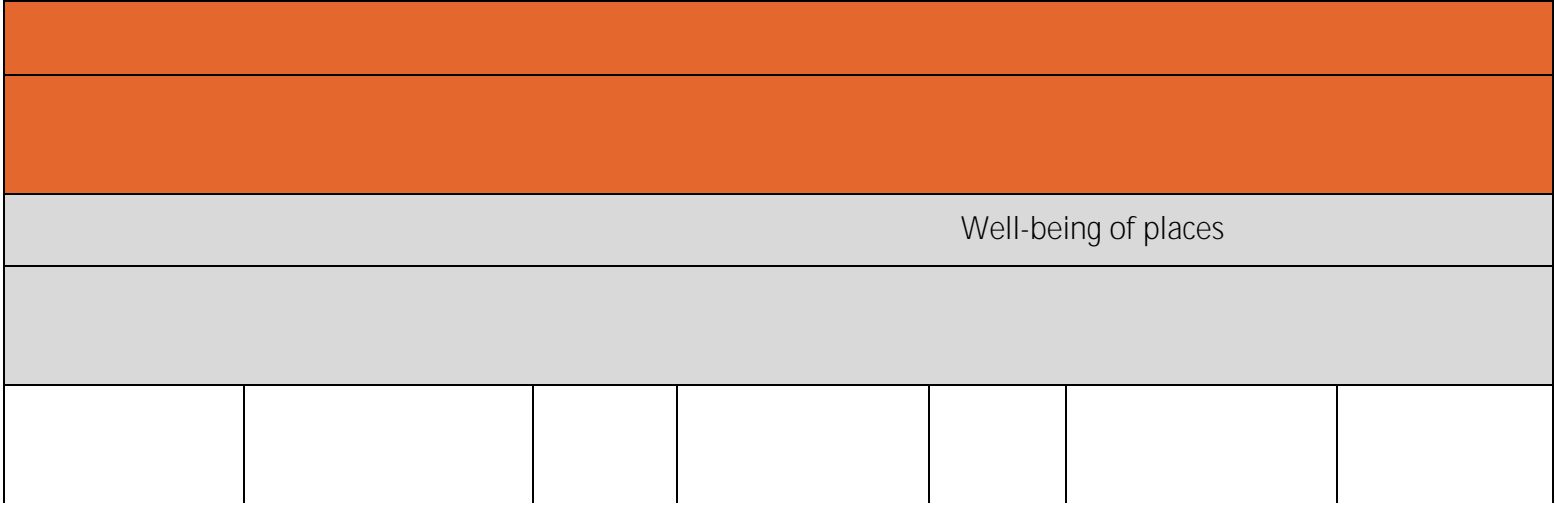
On April 9, 2022, Sonora Adventist Health proudly launched Blue Zones Project Tuolumne County (BZPTC).

<ul style="list-style-type: none"> • Broader community; vulnerable populations
<p>(financial, staff, supplies, in-kind etc.)</p>
<ul style="list-style-type: none"> • Financial, staff, supplies, in-kind
<p>(place a "*" by the lead organization if other than Adventist Health)</p>
<ul style="list-style-type: none"> • Schools Life Hope Centers, County of Tuolumne
<p>(Community Health Improvement; - Cash and In-Kind; Community Building; Community Benefit Operations)</p>
<ul style="list-style-type: none"> •

School sports resumed in 2022; however, due to restrictions on gathering sizes, sports physicals did not resume. Events such as the Tuolumne County Health Fair and Life Hope Centers were not held in 2022 due to gathering size restrictions and staffing shortages. Vaccination clinics were only offered by Tuolumne County Public Health due to the decrease in demand.

Project HOPE (which stands for Health, Outreach, Prevention and Education) is a charitable fund administered by AHS's Community Well-being Department. Due to the pandemic, Project HOPE's outreach component has grown in scope to assist community members facing financial hardship. Project HOPE has provided applicants with payment of medical bills, purchases of medical equipment, transportation and lodging for patients, and other health-supporting assistance. In 2022, over 50





Resiliency Village Project
Move to narrative

Partner with County and Resiliency

Well-being of People

