





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 magnitude of the problem, severity of the problem, need among vulnerable populations, measurable impact on the issue, availability of hospital and community resources, existing interventions focused on the issue, whether the issue is a root cause of other problems and the trending health concerns in the community. The decision tree discussion further analyzed acute the need is, whether Adventist Health White Memorial already provides services in this area and what role the hospital would fulfill in addressing the need. For further information about the process to identify and prioritize significant health needs, please refer to the Adventist Health White Memorial CHNA report at the following link:

[https://www.adventisthealth.org/documents/communitybenefit/2019-chna/WhiteMemorial\\_2019\\_CommunityHealthNeedsAssessment.pdf](https://www.adventisthealth.org/documents/communitybenefit/2019-chna/WhiteMemorial_2019_CommunityHealthNeedsAssessment.pdf)

## Adventist Health White Memorial and Adventist Health

Adventist Health White Memorial 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

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

### Mission Statement

To provide the highest quality of care, while maintaining financial strength and operational excellence, in order to advance the mission of the Seventh-day Adventist Church.

### Adventist Health Includes:

- { 23 hospitals with more than 3,393 beds
- { 370 clinics (hospital-based, rural health and physician clinics)
- { 14 home care agencies and eight hospice agencies
- { 3 retirement centers & 1 continuing care retirement community
- { A workforce of 37,000 including medical staff physicians, allied health professionals and support services

We owe much of our heritage and organizational success to the Seventh-day Adventist Church, which has long been a promoter of prevention and whole person care. Inspired by our belief in the loving and healing power of Jesus Christ, we aim to bring physical and spiritual



The Action Plan presented below outlines in detail the individual strategies and activities  
Adventist Health White Memorial

## COVID 19 Considerations

The COVID-19 global pandemic has caused extraordinary challenges for Adventist Health hospitals and health care 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 health care systems, had to pivot its focus to meet the most urgent needs of patients and families.

## Adventist Health White Memorial Implementation Strategy Action Plan

PRIORITY HEALTH NEED: CHRONIC DISEASE

GOAL STATEMENT: IMPROVE HEALTH OUTCOMES IN PATIENTS AND COMMUNITY MEMBERS WITH DISEASE

	# of referrals to resources	<p>Conference calls was the best way to communicate with the members since many do not know how to use technological devices.</p> <p># of participants in health ed. Classes: 286</p> <p># of participants in fitness classes: 732</p> <p># of referrals to resources: 3 mental health referrals.</p> <p>55, food distribution referrals.</p>			referral resources	
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Activity 1.3 (N/A, started in Blue Zones 2021)

Complete readiness assessment

Community listening meetings started from Aug 2021 Dec 2021

Complete Foundation Phase and create Blueprint



## Strategy Results 2022:

**Diabetes Center** Our strategy for 2022 was focused on building our referral base and increasing the number of Diabetes Self-Management Education referrals for our outpatient education program which saw a decline during the pandemic. Additionally, we were focused on increasing our virtual education. As a result, the impact included the following:

- Ø 294 total participants were educated
- Ø 86 participants were provided diabetes self-management education.
  - 70% of participants were checking their blood sugar at least 1 time per day.
  - 75% of the participants lowered their Hemoglobin A1c level.
- Ø 83 total GDM (Gestational Diabetes Mellitus) received diabetes self-management education using the Sweet Success model.
  - 86% of our GDM participants delivered normal weight babies.
- Ø Increased our virtual education by 47% from 2021.
  - 61 participants in the Healthy Eating Lifestyle Program (HELP) were educated virtually.
  - 1 participant in the Living with Diabetes program was educated virtually.

**Vive Bien** In January 2022 programming was paused due to an increase in COVID-19 cases. April through September the Community Resource Center went through a transition phase to a new location. Classes were temporarily hosted in hospital meeting rooms and programming resumed at a limited capacity. Also, due to space constraints many of the exercise classes were paused. The new center opened in September 2022 and classes resumed at full capacity.

- Ø A total of 1,532 participants took part in the exercise classes.
- Ø A total of 145 participants took part in the health education classes.



<p>Source of Data:</p> <ul style="list-style-type: none"> <li>Referral to mental health services, mental health assessments, pre and post surveys</li> </ul>
<p>Target Population(s):</p> <ul style="list-style-type: none"> <li>Patients and community members</li> </ul>
<p>Adventist Health Resources (financial, staff, supplies, etc.)</p> <ul style="list-style-type: none"> <li>Welcome Baby Program Staff, Community Information Center, space for education workshops</li> </ul>
<p>Collaboration Partners:</p> <ul style="list-style-type: none"> <li>First 5 LA, Los Angeles County Department of Mental Health, Mexican American Opportunity Foundation</li> </ul>
<p>CBISA Category (A - Community Health Improvement; E - Cash and Kind; F - Community Building; G - Community Benefit Operations)</p> <ul style="list-style-type: none"> <li>A - Community Health Improvement</li> </ul>

Strategy Results 2022:

Community Information Center Due to COVID-19, the Community Information Center had a soft reopening in Mid-July 2021. The soft reopening consisted of a combination of in-person services and over-the-phone services. 2022 was the year to do outreach and build relationships with the community and partners once again. The pandemic raised mental health needs and awareness in the community, in which many community members were in search of safe spaces that offered support groups.

- Ø 4 individuals were referred to Wellnest by the CIC
- Ø 10 mental health classes were offered at the CIC through the Vive Bien Program



Collaboration Partners:~ %o o ^ Ž _ Ç š Z o }œ P v ] í š ] } v ] ( } š Z œ š Z v À v š ] •
<ul style="list-style-type: none"> <li>Department of Public Social Services, Applied General Agency, Covered California, Mexican American Opportunity Foundation, outpatient clinic offices</li> </ul>
CBISA Category: A - Community Health Improvement; E - Cash and In-Kind; F - Community Building; G - Community Benefit Operations)
<ul style="list-style-type: none"> <li>A - Community Health Improvement</li> </ul>

### Strategy Results 2022:

Community Information Center Due to COVID-19, the Community Information Center had a soft reopening in Mid-July 2021. The soft reopening consisted of a combination of in-person services and over-the-phone services. Most of the community members preferred in person services but still had anxiety attending due to the pandemic. 2022 was the year to do outreach and rebuild relationships with the community once again.

- Ø 567 on site enrollment/ assistance to health care
- Ø 45 referrals via Referral Pad for services and resources
- Ø 1673 services, resources, referred and coordinated (Total Visits for the Year)
- Ø 12 new enrollments for Vive Bien referred through the Referral Pad

## The Adventist Health + Blue Zones Solution

Our desire to improve community wellbeing grew out of not only our mission at Adventist Health- but also by the sheer need as seen across our system of 23 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 an effort to meet these needs, our solution is to create a sustainable model that measurably impacts the wellbeing of people, wellbeing of places and equity.

In 2020, Adventist Health acquired Blue Zones as the first step towards 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 wellbeing changing the way communities live, work and play. In 2021, Adventist Health committed to launching six Blue Zone Projects within our community footprint, and as we enter 2022 these projects are active. Blue Zone Projects are bringing together local stakeholders and international experts to introduce evidence