

Washington Hospital Healthcare System

Community Health Needs Assessment

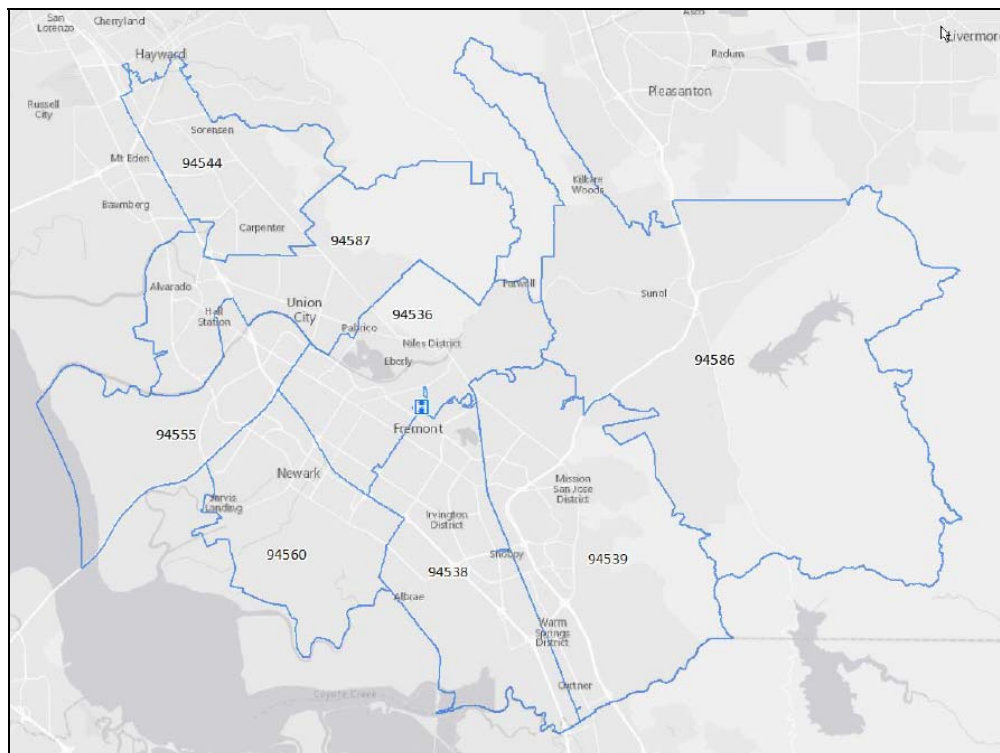
2017 Implementation Plan

Washington Hospital Healthcare System is a District hospital which opened in 1958. It is governed by an elected Board of Directors made up of five members. Washington Hospital Healthcare System serves the residents of Fremont, Newark, Union City, and part of south Hayward and unincorporated Sunol and encompasses approximately 124 square miles of Southern Alameda County. The District's population is approximately 429,500.

The Community Health Needs Assessment was conducted in the summer of 2016 in collaboration with the Northern California Hospital Council. The assessment included key health statistics along with input from health and social service providers and community members.

In accordance with proposed Internal Revenue Service (IRS) regulations pursuant to the Patient Protection and Affordable Care Act of 2010, for the purposes of Washington Hospital's Community Health Needs Assessment, the service area of focus includes the Washington Township Health Care District boundaries of Fremont, Newark, Union City, Sunol and a portion of the Hayward zip codes 94544 and 94545. The District area in 94545 consists of a golf course and there are no residential homes on the land therefore for the purposes of this report, when referring to Hayward, this will include the area of 94544 solely.

Washington Hospital Healthcare System: Service Area Map



The Community Health Needs Assessment was conducted through the collection of quantitative and qualitative data. The quantitative data was collected through various reports such as Alameda County Public Health Department, California Cancer Registry, California Department of Public Health, and the Office of Statewide Health Planning and Development (OSHPD). The qualitative data was collected through several focus group interviews and 8 confidential interviews with 11 professional experts in areas such as aging and family services, emergency services, low-income, underserved, mental health, and women's health.

Washington Hospital Healthcare System: Mission Statement

As the local Health Care District, our mission is to meet the healthcare needs of the District residents through medical services, education and research.

Within this scope, Washington Township Health Care District is committed to assuming the leadership role in improving and maintaining the health status of the residents by:

- Identifying and assessing community healthcare needs.
- Developing mechanisms to respond to the identified need within the financial capabilities of the District.
- Committing to a culture of patient safety and accountability.
- Adopting identified best practices.
- Providing access to high quality, cost-effective health services through an integrated delivery system.
- Partnering with a diverse medical staff and other providers to meet the health care needs of district residents.
- Providing appropriate employee, professional and community educational resources to enhance patient care and health promotion throughout the District.

Washington Hospital Healthcare System: Vision

To support the fulfillment of the mission, the District's strategic vision is to be the regional medical center of choice in Southern Alameda County offering quality services that span the full range of care within the available financial resources.

Resolved by the Board of Directors, Washington Township Health Care District on October 12, 2016.

Washington Hospital Healthcare System: Values Statement

- Our organizational values stem directly from the origins of the Hospital District in 1948. The District was formed to provide access to patient care services for the residents of the Township, at a time when people had to leave their community and travel significant distances to find hospital care. The District serves its community by providing high quality, affordable and convenient care. We are committed not only in law, but in spirit to local accountability.

- Healthcare is an intensely personal service. Underlying all that we offer is the recognition that healthcare is not a commodity. Our essential purpose is to improve the human condition. Our reason for being begins and ends with our patients and our community, and we are committed to a "patient first" ethic. To our patients we owe comfort, compassion and whenever possible, a cure. Our efforts are focused not just on individuals and families, but also on the overall health of the community.
- It is our obligation to provide responsible stewardship of our resources, acting in all areas of our healthcare system with integrity, professionalism and with respect for a patient's right to choice.
- To our fellow employees, volunteers and members of our medical staff we owe a commitment to perform all of our responsibilities with loyalty, perseverance, self-discipline and dependability. We achieve these goals through our organizational commitment to innovation, process improvements and pursuit of excellence.

As a result of the 2016 Community Health Needs Assessment, Washington Hospital identified seven key community health needs to address based on the prevalence of the health need, the number of people affected, and the expertise and assets of Washington Hospital to address the need. The seven key health needs identified were:

- asthma
- behavioral health
- cancer
- cardiovascular disease / stroke
- maternal and child health
- obesity, diabetes, healthy living & active living (HEAL)
- violence and injury prevention

Asthma

Asthma is a chronic inflammatory disorder of the airways characterized by episodes of reversible breathing problems due to airway narrowing and obstruction. These episodes can range in severity from mild to life threatening. Symptoms of asthma include wheezing, coughing, chest tightness, and shortness of breath. Risk factors for asthma currently being investigated include having a parent with asthma; sensitization to irritants and allergens; respiratory infections in childhood; and being overweight.

While Alameda County's air quality was better than the state's as a whole, Newark, Union City, and Unincorporated Sunol had higher asthma Emergency Department (ED) visit rates than the state. Fremont, Newark, and Union City also had higher proportions of adults, teens, and children diagnosed with asthma than the county and the state.

Initiatives

- Explore the opportunity to partner with UCSF for the care of patients with pediatric asthma
- Explore opportunities, such as elementary school health fairs, to provide pediatric asthma screenings.
- Explore reaching out to celebrity athletes with asthma to serve as a spokesperson.
- Explore the development of an Asthma Day Camp for asthmatic children between the ages of 7 to 12.

Behavioral Health

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society. It plays a major role in people's ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect people's ability to participate in health-promoting behaviors.

The Washington Hospital Healthcare System service area paralleled the state on a number of mental health and substance use indicators, however there appears to have been high usage of the hospital emergency department in parts of the Washington Hospital service area for mental illness related issues. Furthermore, community members noted there is a lack of understanding about mental health and did not consider mental health an illness.

Initiatives

- Education regarding understanding mental illness is an illness.

- Provide community seminars, in addition to exploring the development of a mental health education series as part of the Health and Wellness programming, to reduce the stigma associated with mental illness by promoting awareness about the incidence of mental health disorders and the effectiveness of seeking help.
- Explore a collaboration with Alameda Health System to develop an outpatient mental health clinic in our district to provide much needed ongoing care for those with various mental health issues.

Cancer

Cancer is a term used for diseases in which abnormal cells divide without control and can invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. There are more than 100 kinds of cancer. Data showed Fremont had the highest number of each type of cancer (breast, cervical, colorectal, lung, and prostate). It should be noted Fremont represents 54% of Washington Hospital's service area.

New Initiatives

- Washington Hospital will continue to develop a more complete, comprehensive cancer program from diagnosis, to treatment, and survivorship through an affiliation with the University of California San Francisco Medical Center (UCSF). The affiliation will establish a highly coordinated medical oncology network to patients receiving care locally and better facilitate referring and transferring patients to UCSF when needed.
- A new anti-smoking campaign that highlights the dangers of tobacco, e-cigarettes, and marijuana to prevent adolescents from smoking. Thereafter, collaborate with local schools to present curriculum.

Cardiovascular / Stroke

Nationally, more than one in three adults (81.1 million) lives with one or more types of cardiovascular disease (CVD). In addition to being the first and third leading causes of death, heart disease and stroke result in serious illness and disability and decreased quality of life.

The prevalence and death rate for all types of heart disease in the Washington Hospital service area was below the state average. However, congestive heart failure was high in the Washington Hospital service area compared to the state average and coronary heart disease was high compared to the *Healthy People 2020* objective. *Healthy People 2020* is a set of goals and objectives with 10-year targets designed by the Department of Health and Human Services. Based on the high quality of care and management of strokes that Washington Hospital provides, it has been certified as a Primary Stroke Center by The Joint Commission and designated as a stroke receiving center for strokes in Southern Alameda County.

Initiatives

- Expand hosting free mini health blitz in the community. The health blitz includes blood pressure and blood glucose and cholesterol screenings with nursing to interpret results and provide education.
- Explore providing stroke education at churches and other community organizations.
- Provide community seminars in addition to exploring the development of an education series to increase awareness around women's heart health.
- Explore expanding the stroke support services offered

Maternal and Child Health

The topic of maternal and child health addresses a wide range of conditions, health behaviors, and health systems indicators that affect the health, wellness, and quality of life of women, children, and families. The risk of maternal and infant mortality and pregnancy-related complications can be reduced by increasing access to quality pre-conception (before pregnancy) and inter-conception (between pregnancies) care.

Initiatives

- Increase awareness of education classes accessible to low income patients by collaborating with community clinics such as Tri-City Health Center, Newark Wellness Center, and Tiburcio Vasquez.
- Implement a Prenatal Diagnostic Center in collaboration with UCSF to serve high risk mothers.

Obesity, Diabetes, Healthy Living & Active Living (HEAL)

Obesity is a risk factor for cardiovascular disease and health problems that can include diabetes, heart attack, heart failure, stroke, cancer, arthritis, and others. The risk of diabetes and other diseases can be lowered by losing weight and making lifestyle changes. Efforts to change diet and activity level address individual behaviors, as well as the policies and environments that support these behaviors.

Low income and food-insecure populations are especially vulnerable to obesity because they have less access to nutritious foods and to quality health care. They also may undergo cycles of abundance and deprivation, have less opportunity to exercise, and experience more stress.

Initiatives

- Increase collaboration with community partners with shared initiatives to address obesity.
- Promote community awareness of healthy weight management as part of the Health and Wellness programming and collaborate with schools on speaking engagements such as school-wide assemblies.
- Explore adding diabetes education to Washington on Wheels Mobile Clinic's free community glucose screening program.
- Redesign "Diabetes Matters" program to add focus on culturally-sensitive and ethnically-relevant nutrition recommendations to immigrant population.
- Explore collaborating with Pacific Coast Farmers' Market Association (PCFMA) for opportunities to host an information table during the Spring and/or Summer months to provide nutrition tips, recipe ideas.
- Establish a weekly post / blog on Facebook with nutrition and healthy eating tips, recipes, and articles chosen and developed by registered dietitians.

Violence and Injury Prevention

Violence and intentional injury contribute to poor health outcomes for victims, perpetrators, and community members. In addition to direct physical injury, victims of violence are at increased risk for depression, substance abuse, anxiety, reproductive health problems, and suicidal behavior.

While unintentional injuries in the Washington Hospital Healthcare System (Washington Hospital) service area are not higher than state averages or Healthy People 2020 (HP2020) objectives, violence is more likely to occur in Alameda County and some of the cities in the Washington Hospital service area.

Initiative

- Explore outlets, including partnering with local police departments, to promote the Tattoo Removal Program. The program is designed to help teenagers and young adults make positive changes in their lives by removing symbols of past negative behaviors and actions associated with gang and drug activities.

Now is a time of uncertainty and the changes at the Federal level relating to access to healthcare can have implications on the programs and lives of the District residents. For example, with federal funding being cut for vital services, it will also be important to help the senior population, especially those living alone, to ensure they are connected with community organizations to help them remain independent. As part of this implementation plan, it will be

imperative that a post legislation gap analysis is completed to evaluate existing and new programs and services based on the outcome of the analysis.