



California Hospital Medical Center

CHW



California Hospital Medical Center

Community Benefit Report 2011
Community Benefit Plan 2012

TABLE OF CONTENTS

Executive Summary	Page 3
Mission Statement CHW Mission Statement	Page 5
Organizational Commitment Non-quantifiable Benefit	Page 6 Page 7
Community Definition of Community Community Needs and Assets Assessment Process	Page 8 Page 10
Community Benefit Planning Process Developing the Hospital's Community Benefit Report and Plan Planning for the Uninsured/Underinsured Patient Populations	Page 9 Page 13
Plan Report and Update including Measurable Objectives and Timeframes Summary of Key Programs and Initiatives – FY 2012 Description of Key Programs and Initiatives (Program Digests)	Page 14 Page 18
Community Benefit and Economic Value Report – Classified Summary of Un-sponsored Community Benefit Expense Telling the Story	Page 33 Page 34 Page 33

EXECUTIVE SUMMARY

California Hospital Medical Center (CHMC), founded in 1887, is a not-for-profit hospital located at 1401 S. Grand Ave., Los Angeles, CA. It became a member of Catholic Healthcare West in 2004. The facility has 316 licensed beds. CHMC has a staff of 1,186 and professional relationships with more than 500 local physicians. Major programs and services include emergency and trauma services, obstetrics, neonatal intensive care, pediatrics, medical/surgical services, critical care, orthopedics, skilled nursing, and cancer care.

In response to identified unmet health-related needs in the community needs assessment, during FY 11 CHMC focused increasing access to health care for the broader and underserved disadvantaged members of the surrounding community. Major community benefit activities for FY11 focused on health coverage enrollment assistance, outreach health education and health screenings for common chronic conditions at over 30 sites in the community, referring individuals and families to local community clinics for on-going primary health care, and health education workshops for common chronic conditions both at some of the community clinics as well as at local schools, churches, and other community centers.

Health education was selected as a priority to address prevention of disease, to empower community members to assume responsibility for their health and to educate people about various medical conditions and the ability they have to make wise choices. Lecture topics were distributed in the following broad categories: family violence, mental health, safety, physical health, communicable diseases, and access to medical services. Self-management workshop series included: Healthier Living; Food, Fitness, and Diabetes Prevention; Living with Diabetes; Healthy Eating Lifestyle Program (addressing pediatric obesity); Freedom from Smoking; Asthma; and Heart H.E.L.P.

People with diabetes, especially those with poorly controlled diabetes, are more likely to have periodontal disease than people without diabetes. In fact, periodontal disease is often considered the sixth complication of diabetes and may make it more difficult for people with diabetes to control their blood sugar. The **Community Dental Partnership** is collaboration between Eisner Pediatric and Family Medical Center, the Southside Coalition of Community Clinics, and CHMC to provide access to basic dental services and periodontal services for uninsured adults with medication-dependent type 2 diabetes living in Central Los Angeles. Participants must have their medical home at one of the clinics of the Southside Coalition and must complete the *Living with Diabetes* workshop series and the Oral Hygiene class.

In September 1992 the **Hope Street Family Center (HSFC)** was established as a collaborative effort between the University of California Los Angeles (UCLA) and CHW dba CHMC to address several critical factors impacting the community: extreme poverty, predominant immigrant population, very low literacy rates, poor quality schools, high rates of disabilities in young children, gang violence, lack of access to health care including prenatal care and pediatric care, insufficient licensed child care, and the need for family mental health services. Today this collaboration has grown to include partnerships with over 30 community agencies. The HSFC exemplifies the mission of CHW to empower and strengthen families by providing health services, education, and access to community resources through a seamless, flexible, comprehensive, culturally-sensitive, and responsive array of services free of charge to meet a family's individual and changing needs. HSFC's services are both hospital- and community-based and include: Early Head Start Program, three licensed early care and education centers, the Hope Street Youth Center, Family Childcare Network, Healthy Marriage and Responsible Fatherhood Programs, Family Literacy Program, on-site continuation high school, Nurse Family Partnership Program, Pico Union Family Preservation Network, Early Intervention Program, and Behavioral Health Program.

CHMC has been a leader in perinatal services for over half a century. Therefore, it seemed only natural to become the host agency for the **Los Angeles Best Babies Network (LABBN) Center for Healthy Births**. The mission of the Center is to provide the infrastructure, programs, advocacy and support to enhance the capacity of the network of community stakeholders working to achieve healthy births

throughout Los Angeles County. The Network provides training and technical assistance for seven Best Babies Collaboratives that are partnerships funded to provide interconception care for women at high risk for recurrent poor birth outcomes; leads Care Quality Improvement activities to help perinatal care providers implement evidence-based practice guidelines and to link health care providers to community-based services and resources; coordinates and institutionalizes a broad perinatal health policy agenda working with community stakeholders and others to build sustainable improvement of pregnancy and birth outcomes; promotes health literacy skill building through the use of *Baby Basics*; and partners with the Los Angeles County Perinatal Mental Health Task Force to promote universal screening for perinatal depression.

CHMC has chosen the **Living with Diabetes Program** and **Heart H.E.L.P.** as its two Long Term Improvement Plans (LTIPs) for FY11-FY13. The goal of these LTIPs is to demonstrate a 50% reduction in hospital admissions for two of the most prevalent ambulatory care sensitive conditions in our community.

CHMC's FY2011 Community Benefit Report and FY2012 Community Benefit Plan document our commitment to the health and improved quality of life in our community. The total value of community benefit for FY2011 is \$243,827,095 which excludes the unpaid costs of Medicare \$25,733,749.

Mission Statement

Catholic Healthcare West

Catholic Healthcare West and our Sponsoring Congregations are committed to furthering the healing ministry of Jesus. We dedicate our resources to:

- ☞ delivering compassionate, high-quality, affordable health services;
- ☞ serving and advocating for our sisters and brothers who are poor and disenfranchised; and
- ☞ partnering with others in the community to improve the quality of life.

California Hospital Medical Center

California Hospital Medical Center (CHMC) is a non-profit public benefit health care center that has been a member of the downtown Los Angeles community since 1887. CHMC is committed to making quality, cost-effective healthcare available to, and improving the overall health of, the multi-ethnic communities it serves by providing specialized services, health screenings, and education which reflect the unique needs of these communities.

Several phrases written into the hospital's mission statement are key to the Community Benefit Plan:

- ☞ CHMC is committed to increasing access to care.
- ☞ CHMC will develop services based on the needs of the community.
- ☞ CHMC will work with available community resources in creating a network of care.

CHMC's vision statement: *CHMC is committed to improving the health and well being of the community by helping people help themselves.*

ORGANIZATIONAL COMMITMENT

California Hospital Medical Center's community benefit program reflects our commitment to improve the quality of life in the community we serve. The community benefit planning process is shaped by our Mission and Core Values, which emphasize collaboration, justice, stewardship, dignity of each person, and excellence. We seek to promote a healthier community by supporting partnerships with others. In keeping with our tradition of Catholic health care, we do this with special concern for the poor and disenfranchised.

The Community Benefit Committee of the Community Board consists of: Hospital President, Foundation President, Senior Vice President of Business Development, Director of Community Benefit, Director of Grants and Contracts, and two members of the Community Board. This committee provides oversight and policy guidance for all charitable services and activities supported by the hospital and makes sure that the Board is regularly briefed on community benefit activities and developments. In addition, the entire Community Board is responsible for review and approval of the annual Hospital Community Benefit Report and Plan.

The Community Board has the following expectations regarding the Community Benefits Planning Process:

- ❖ The Plan should be responsive to the Community Needs Assessment and, when possible, to CHMC's Strategic Plan.
- ❖ To the extent possible, the Plan should be budget neutral, i.e., the majority of the Programs should be grant funded.
- ❖ Programs should be culturally-sensitive and evidence-based.
- ❖ Programs should have measurable objectives and should be continuously monitored.

The Community Board delegates the following decisions to the Foundation President and his staff: budget decisions, program content, program design, program targeting, securing outside funding, program continuation or termination, and program monitoring. Any major deviations from the approved Community Benefit Plan must be brought back to the Community Advisory Board for its consideration and approval.

California Hospital Medical Center is also committed to CHW's annual community grants program which supports the continuum of care in the community offered by other not-for-profit organizations. The director of community benefit oversees this program. Each summer a request for Letters of Intent (LOIs) is widely circulated to non-profits in the community who are asked to focus on specific needs identified in the Community Needs Assessment. This year we focused on 1) access to mental health services for the uninsured, 2) chronic disease prevention, and 3) type 2 diabetes. LOIs and later full proposals are reviewed and scored by the Grant Review Committee and the top seven proposals are forwarded to Corporate for funding.

In order to complete a 2010 Community Needs Assessment, California Hospital Medical Center pooled its resources with four other hospitals to collect information about the health and well-being of residents in our service community. This group, called the Los Angeles Metropolitan

Hospital Collaborative, includes: CHMC, Children's Hospital Los Angeles, Good Samaritan Hospital, Kaiser Foundation Hospital- Los Angeles, and St. Vincent Medical Center. The Collaborative contracted with the Center for Nonprofit Management in collaboration with Special Service for Groups to collect and analyze the necessary data, conduct interviews and focus groups, and write individualized Needs Assessment for each participating hospital.

In January 2009 the Hope Street Family Center (HSFC) completed its own Community Needs Assessment for its service area, which is a subset of CHMC's primary service area. This Needs Assessment primarily focused on children, especially those aged 0-5 years, and their families.

The HSFC has its own Community Advisory Board comprised of: three members of the CHMC Community Board, six members of the CHMC Foundation Board, three members from CHW Corporate Office, two professors from UCLA, two members involved in community development, one former HSFC participant, CHMC's President and Foundation President, and the Director of Community Benefits.

NON-QUANTIFIABLE BENEFITS

There are a variety of ways that California Hospital Medical Center contributes to the community we serve. Senior staff actively participates on many community boards, task forces, commissions, and committees in order to share expertise, resources, and contacts and to stay abreast of breaking community issues and challenges. For example, the director of community benefit is a member of: Women's Health Policy Council of Los Angeles County, the Interconception Care Collaborative of Los Angeles County, the Home Visitation Advisory Committee of Los Angeles County, the Health Committee of the Los Angeles Chamber of Commerce, the LA County Perinatal Mental Health Task Force, the First 5 LA Policy Roundtable, the California Breastfeeding Roundtable, and the Preconception Health Council of California. Right now many meetings are focused on preparing for Health Reform in 2014 and it is critical for leadership to stay abreast of the rapidly moving changes – transformation of community clinics to medical-homes, the creation of accountable care organizations, the creation of Healthy Way LA by the LA County Department of Health Services, just to name a few.

One particularly exciting new collaboration this year has been with the Federal Reserve Bank of San Francisco's Los Angeles office. The director of community benefit has spoken at three meetings there this year, actively exploring the nexus between community benefit programming and community development finance. We all know that people who live in supportive, connected, and economically-thriving communities tend to be healthier. Therefore, the Fed realized that perhaps the most important contribution that community development finance provides – more than the affordable apartments, more than the startup capital for small businesses, more than the funding for a grocery store in a food desert, a charter school, or day care center – is the larger contribution of a more vibrant and healthier community. We both focus on the same community and desire the same outcomes – the end of health disparities by addressing the social determinants of health. We look forward to exciting synergistic efforts in the future!

COMMUNITY

California Hospital Medical Center is located in a federally designated Medically Underserved Area and serves a Medically Underserved Population (MUA/P ID #04011) (Census tract 2240.10). While CHMC is located in Service Planning Area (SPA) 4 of Metro Los Angeles, its service area, also includes parts of SPA 6 (South) and SPA 8 (South Bay). The CHMC service area encompasses a large area that includes all or portions of the following SPAs, Health Districts and cities:

<u>Service Planning Areas</u>	<u>Health Districts</u>	<u>Cities/Areas</u>
SPA 4 - Metro	HD 9 - Central	Crenshaw
SPA 6 - South	HD 34 - Hollywood/Wilshire	Los Angeles
SPA 8 - South Bay	HD 37 - Inglewood	Pico-Union
	HD 69 - South	South Central
	HD 72 - Southeast	Westlake
	HD 75 - Southwest	Wilshire
	HD 84 - West	

The Community that California Hospital Medical Center serves is defined by CHMC's primary and secondary service areas and is located in Central/Downtown and South Central Los Angeles.

Primary Service Area Zip Codes: 90003, 90006, 90007, 90011, 90015, 90016, 90017, 90018, 90019, 90037, 90044, 90062, 90071

Secondary Service Area Zip Codes: 90001, 90002, 90004, 90005, 90008, 90010, 90017, 90020, 90026, 90043, 90047, 90057, 90255

Over one-half million people (664,393) live in CHMC's primary service area and a total of 1.2 million live in its primary and secondary service area. A majority of residents are Latino (63%) and are of Mexican origin (60%). The remaining population is mostly African-American (21%). Compared to the County there is a higher concentration of Latinos and African Americans in the CHMC service area. Two-thirds of the population in CHMC's service area speaks a language other than English at home.

Children under the age of 18 accounted for 29.4% of the population, while only 8.3% are seniors. Over half of the residents have not received a high school diploma, and household incomes are generally low with a median household income of only \$23,328, nearly \$20,000 less than the County median. Over a third of households live below the poverty level, almost three times the LA County rate. A majority of residents living below the poverty level are under 65 years of age. A third of households are experiencing food insecurity.

Three quarters of the housing units in CHMC's service area are renter-occupied, significantly higher than the LA County rate of 52%. Moreover, the majority of homes in CHMC's service area were built in 1939 or earlier (26%), between 1940-49 (17.6%) or between 1950-59 (17.4%) and are far older than housing structures in the rest of LA County. A fifth of households do not have a vehicle. Over half of the population are unemployed or not in labor force. A quarter of the population ages 0-64 residing in CHMC's service area is uninsured. In zip code 90017, 1 in 3 people are uninsured.

45% of Los Angeles County's homeless population lives in CHMC's service area; only a third are sheltered while the rest live in streets, parks, vehicles, abandoned buildings, etc. 60% of homeless people are adult males, 32% adult females, and 8% children. 47% are African American, 29% Hispanic/Latinos, and 8% White.

The not-for-profit hospital/medical centers in or near CHMC's service area include:

- Children's Hospital Los Angeles 7 miles north of CHMC
- Good Samaritan Hospital 2 miles west
- Kaiser Foundation Hospital – Los Angeles 7 miles north
- LAC+USC Medical Center 5.5 miles east
- St. Vincent Medical Center 3 miles west
- White Memorial Medical Center 5 miles east

COMMUNITY BENEFIT PLANNING PROCESS

In order to complete the 2010 Community Needs Assessment, five hospitals pooled resources to collect information about the health and well-being of residents in their service community. This group, called the Los Angeles Metropolitan Hospital Collaborative, included: California Hospital Medical Center, Children's Hospital Los Angeles, Good Samaritan Hospital, Kaiser Foundation Hospital – Los Angeles, and St. Vincent Medical Center.

Planning the Community Needs Assessment

The first step in the project design was to work with the Los Angeles Metro Collaborative to review the previous needs assessments from 2004 and 2007, in order to refine the focus areas and to identify additional data sources to update local demographic and descriptive data for communities served by each member hospital. From this review, recommendations were put forth to the Collaborative, who were asked to assist in setting priorities of the needs assessment as well as to determine the preferred format for the final report.

The Center for Nonprofit Management (CNM) in collaboration with Special Service for Groups (SSG) created a variety of data collection instruments, including standardized interview protocols, survey forms, document analysis tools and focus group protocols used in needs assessments in general and specifically for the 2004 and 2007 needs assessment for the hospital collaborative. These instruments provided useful templates for this needs assessment and were refined to ensure all instruments were clear and could be used effectively.

Organization of 2010 Community Needs Assessment

The report summarizes key quantitative and qualitative findings for the Los Angeles Metro Collaborative. Overall, findings are organized in narrative and graphic formats by Service Planning Area (SPA), and/or zip codes. Findings are organized by the following major content areas: Community Health Profile, Health Access, Health Behaviors and Preventative Care, Risk Behaviors, Chronic Diseases, Cancer, HIV/AIDS, Communicable Diseases, Mental Health, and Community and Social Issues.

Methods

The report was developed using both quantitative and qualitative data sources. To the extent necessary, secondary or existing datasets were accessed to update the previous needs assessment. Data sources for this purpose include reports from the Los Angeles County Department of Health Services, including the Los Angeles Health Survey, and additional data on live births and deaths. Additionally, the Project Team utilized 2009 projection data, instead of relying on outdated 2000 Census data (the 2010 Census data would not be available until after this project is completed, and American Community Survey data are not available in the lowest geography, such as zip codes or census tracts, desired by the hospital collaborative).

Thirty key informant interviewees (mostly from community based organizations providing medical and social services) added important knowledge and experience for their target areas. Other community members and service recipients chosen by community-based agencies provided a broader and more precise perspective about health care services, gaps in services, and suggestions about how to fill them. Their input made it possible to conduct an informative needs assessment with direct implications for policies and resource allocation to address the individual member hospital's specific priorities. Ten focus groups were conducted to cover the number of communities served by the hospital collaborative. A majority of these focus groups

were done with community residents identified by community agencies involved in previous needs assessments and by the collaborative.

Overview of Findings

Since the last needs assessment report in 2007, the communities within the CHMC's service area, much like the rest of the nation, have suffered through a devastating economic recession that left many of its residents more vulnerable. Many participants reported seeing more and more people losing health insurance. Some of this has to do with high unemployment rate, as many people lost their insurance coverage when they were laid off.

Both quantitative (or secondary) data and qualitative (or focus group and interview) data suggest that there has been a negative trend most prominently in the area of access to health care and three health-related issues: **mental health, diabetes and obesity**. Services or programs were either eliminated, hospitals were closed, or eligibility became more restricted. Or community members simply could not afford health services, or prioritized them below more basic needs, such as food and shelter. Both providers and community members identified vision and dental services to be especially lacking in the community. The lack of access to health services affected the older adult population and undocumented population disproportionately.

The emergency room continues to be the last resort for many community members who are uninsured or who delay care. Having patients in the emergency room whose symptoms do not warrant emergency care taxes the quality and efficiency of the health care system. Increasingly, though, community clinics are becoming a regular source of care in Los Angeles health care landscape, especially for immigrants. While this cushioned some of economic blows to health access, it also created a seemingly fractured system.

Despite increasing health needs (or because of it), participants believed that there is a community interest in promoting healthy behavior and in focusing on prevention efforts. Access to green space and healthy food options were often cited as top priorities for the community. The quantitative data also suggested that certain health trends, such as smoking cessation and breast cancer screening, turned positive, when there were concentrated efforts in social marketing, policy advocacy, and community health promotion and outreach.

Other community services have been similarly impacted by the recession. Consistent with the quantitative data, participants reported that there was a rise in childhood diabetes, as a result of increasing obesity rates in this population. Easy access to fast food and the elimination of physical fitness programs were just two reasons cited for this, as the recession had made the fast food option affordable to many families and, because of shrinking school budgets, many schools did not even offer physical education classes anymore. Participants also believed that the recession also had led to stressors, such as unemployment, overcrowding and financial instability, that further complicates the mental health of many community members. In addition, budget cuts have reduced the availability of mental health services.

Participants expressed optimism that hospitals like CHMC will play a leadership or convening role in improving health outcomes in their communities. Some participants suggested and others cited examples of collaboration between hospitals and clinics, schools and community-based organizations that serve hard-to-reach populations as a crucial strategy in promoting health. The community health promoter, or *promotora*, model was especially successful in the Latino community.

Access

- According to the 2005 California Health Interview Survey, all 12 zip codes in CHMC's primary service area and 9 of 12 zip codes in CHMC's secondary service area had a 20% uninsured rate for individuals under the age of 65.
- In 2007, the percentage of adults who reported a regular source of care in the Metro and South SPAs of CHMC's service area were lower compared to Los Angeles County (74.1% and 79.1% vs. 80.8%)

and all other SPAs. However, the Metro and South SPAs had the highest percentage of adults receiving medical primary services from the Los Angeles County Health Department facilities.

- The percentages of adults and children who did not obtain dental care in the past 12 months because they could not afford it was higher in CHMC's Metro SPA 4 (27.7%) and South SPA 6 (28.8%) than in the Los Angeles County (23.3%).
- The cost of prescription medication continues to be a problem for low-income, uninsured and under-insured individuals and families. The percentage of adults who did not get their prescription medication in the past year because they could not afford it was also higher in CHMC's Metro SPA 4 (13.7%) and South SPA 6 (18.7%) than in the Los Angeles County (12.1%).
- Two of the biggest barriers to accessing care were transportation and lack of linguistic competence of providers. An additional barrier particular to senior care was a lack of primary service coordination among an overly fragmented and often competitive long-term care system.
- For community clinics, recent and impending budget cuts, delayed payments, and a growing low-income under-insured population have exacerbated an already overburdened system

Mental Health

- The need for mental health primary services has increased, given the high level of stress due to the worsening economy and unemployment.
- The most frequently cited community mental health issue continues to be depression. Diagnosis of depression had risen since 1999. In particular, women, older adults and American Indians had the highest rate of depression in Los Angeles County. In 2007, there were 13.6% of adults diagnosed with depression (up from 12.9% in 2005) in Los Angeles County. The largest increase occurred in CHMC's SPA 4 (11.9% vs. 14.6%). Within CHMC's service area, the average percent of adults diagnosed with depression was 13.8%.

Health Behavior and Preventive Care

- The California Health Interview Survey reported less than half (42.8%) the adults in both CHMC's primary and secondary service areas consumed at least 5 servings of fruits and vegetables from 2003 to 2005.
- From 2005 to 2007, CHMC's service area had an increase in individuals who were overweight or obese. Nearly two-thirds of adults in CHMC's SPA 6 (65.2%) were overweight or obese compared to over half (57.4%) of Los Angeles County adults.

Chronic Diseases

- Within CHMC's service area, SPA 4 had the largest increase in the prevalence rate of diabetes from 2005 to 2007 (14.5% vs. 20.8%) and tied with SPA 7, with the second highest diabetic prevalence rate in Los Angeles County. CHMC's SPA 6 continues to report the highest diabetes prevalence rate in Los Angeles County and California.
- SPA 6 had an increase in the prevalence rate of asthma; while SPA 4 decreased.
- CHMC's service area had a 2.8% average increase in heart disease in ten years, compared to an average of 2.7% across all SPAs.
- There was also an increase in hypertension for CHMC's service area. The prevalence of hypertension in Metro SPA 4 had double-digit growth from 1997 to 2007 (13.8% vs. 24.8%). While SPA 6 continues to have the highest hypertension rates in Los Angeles County at 29.0%.
- SPA 4 and SPA 6 had the lowest high blood cholesterol estimates than Los Angeles County. Nevertheless, an average of 26% reported high blood cholesterol.

Cancer

- In Los Angeles County, 34,335 residents were diagnosed with cancer in 2010. Most cancer incidents were attributed to breast cancer, colon cancer, and cervical cancer. Since 2007, cancer screening rates continues to improve and cancer incidence rates have remained steady.
- In CHMC's primary and secondary service areas, more than two-thirds of women 40 years and older reported having a mammogram in 2007 or the previous two years. And nearly three-fourths of women 50 years and older reported having a mammogram in 2007 or the previous two years.
- Colon screening rates varied across Los Angeles County, from a low 35.6% in CHMC's SPA 4 to a high 43.3% in CHMC's SPA 6, compared to median 38.1% for Los Angeles County.

- All of CHMC's SPAs reported higher rates of cervical (Pap smear) screenings among women than Los Angeles County.

HIV/AIDS

- The number of HIV/AIDS cases decreased from 2007 to 2010. However, a disproportionate number of cases were reported among people of color and youths. Hispanic and immigrant groups lacked awareness in HIV prevention and proper use of HIV medication.
- In 2009, SPA 4 had the highest number of adolescents diagnosed with AIDS (74) than other SPAs in Los Angeles County. SPA 6 had the second highest number at 58.
- Although the number of HIV/AIDS cases has decreased, the number of individuals living with HIV has increased as many people living with HIV are living longer as a result of better medication.

Communicable Diseases

- The number of pertussis cases has increased in 2010. In CHMC's service area, the majority of cases occurred in SPA 6 (23.7%, n=14) followed by SPA 4 (17.0%, n=10).
- Among STDs, the rate of Chlamydia in Los Angeles County remained higher than California or the United States. SPA 6 reported the highest rate of Chlamydia cases with 960.0 cases per 100,000 in 2007, the highest rate of Chlamydia cases in Los Angeles County.

Community Needs Index (CNI)

To complement the traditional methodology used to conduct community needs assessments, CHW developed the CNI, a tool that uses socio-demographic and hospital utilization data to provide an "at a glance" view of disproportionate unmet health care needs in a geographic area. The CNI measures community need in a specific zip code by analyzing the degree to which a community has the following barriers to health care access: income, educational/literacy, cultural, insurance, and housing. Using statistical modeling, the combination of these barriers results in a score between 1 (less needy) and 5 (most needy). Analysis has indicated significant correlation (97%) between the CNI and preventable hospital admissions. Individuals living in communities with scores of "5" are more than twice as likely to need inpatient care for a preventable condition, i.e., otitis media or pneumonia, as those residing in communities with a score of "1". The CNI map of CHMC's service area is included in the Appendix.

Developing the Implementation Plan

The Community Benefit Planning Work Group comprised of key community stakeholders and *promotoras* residing in CHMC's service area uses a process that focuses on two levels of decision-making to determine how identified health issues will be addressed:

- Content Areas
 - Size of the problem
 - Severity of the problem
 - Economic feasibility
 - Available expertise
 - Necessary time commitment
 - External salience
- Project Activities
 - Target population
 - Number of people (i.e., How many people will be helped by this intervention?)
 - Estimated effectiveness/efficiency
 - Existing efforts (i.e., Who else is working on this? What is our role? How can we best complement/enhance an existing effort?)

The Work Group considered the following documents as it began its deliberations:

- 2010 CHMC Community Needs Assessment
- 2009 Hope Street Family Center Community Needs Assessment
- CHMC Strategic Plan
- Problems linked to high utilization rates at CHMC

- Prevention Requirements of Level II Trauma Center

The **2012 Community Benefit Plan** is summarized in the next section.

Planning for the Uninsured/Underinsured Patient Population

It is CHW's belief that fear of a hospital bill should not prevent someone from seeking needed care at one of their hospitals. CHMC adheres to the Financial Assistance/Charity Care Policy (included in the Appendix) established by CHW and makes available free or discounted care to uninsured individuals with incomes up to 500% of the federal poverty level.

In order to ensure that patients/families are aware of the assistance available to them, there is prominent signage in English and Spanish in the ED/Urgent Care areas and in the Admission Office. Registration staff in the ED gives each patient/family a Payment Assistance Application and Brochure; they also direct them to www.chwhealth.org/billpay, a website in English/Spanish that helps them understand their options. In addition, Patient Advocates visit every in-patient individually to make them aware of the Policy.

PLAN REPORT AND UPDATE INCLUDING MEASURABLE OBJECTIVES AND TIMEFRAMES

Below are the major initiatives and key community based programs operated or substantially supported by California Hospital Medical Center in 2011. Programs intended to be operating in 2012 are noted by *. Programs were developed in response to the current Community Health Needs Assessment and are guided by the following five core principles:

- **Disproportionate Unmet Health-Related Needs**
Seek to accommodate the needs to communities with disproportionate unmet health-related needs.
- **Primary Prevention**
Address the underlying causes of persistent health problem.
- **Seamless Continuum of Care**
Emphasis evidence-based approaches by establishing operational between clinical services and community health improvement activities.
- **Build Community Capacity**
Target charitable resources to mobilize and build the capacity of existing community assets.
- **Collaborative Governance**
Engage diverse community stakeholders in the selection, design, implementation, and evaluation of program activities.

Initiative I: Improving Access to Healthcare

- *Para Su Salud* Program*
- Health Ministry Program*
- Charity Care for uninsured/underinsured and low income residents*
- Clinical experience for medical professional students*
- CHW Community Grant Program- Project Access*

Initiative II: Improving Access to Mental Health Services

- Health Ministry Program*
- Hope Street Family Center
 - Early Head Start Program*
 - Nurse Family Partnership*
 - School Readiness Program*
 - Welcome, Baby! Program*
 - Pico Union Family Preservation Program*
 - Responsible Fatherhood Program*
 - Healthy Marriage Program*
 - Hope Street Youth Center*
 - CA Behavioral Health Clinic*
- Clinical experience for social work students*
- LA County Perinatal Mental Health Task Force*
- Los Angeles Best Babies Network- Best Babies Collaboratives*
- CHW Community Grant Program-Community Yoga/Exercise Classes and Health Workshops*
- CHW Community Grant Program-First Steps Program*
- CHW Community Grant Program-Domestic Violence Intervention Program
- CHW Community Grant Program-Community Mental Health Program*
- CHW Community Grant Program-Counseling and Wellness Program
- CHW Community Grant Program-*Regresar al Bienestar* (Return to Wellness) Program for Underserved Latina Women with Breast Cancer*

- CHW Community Grant Program-School-Based Intern Training and Community Outreach Program*
- CHW Community Grant Program-Hope Street Youth Circus*
- CHW Community Grant Program-Rowdy Ridge Gang Camp for HSFC

Initiative III: Improving Access to Oral Health Care and Improving Oral Health Status

- Hope Street Family Center*
- Health Ministry Program*
- Community Dental Partnership*
- CHW Community Grant Program-Dental Care for Pregnant Women

Initiative IV: Improving Physical Activity and Dietary Habits and Reducing Obesity

- Health Ministry Program*
- Best Start LA's Baby-Friendly Hospital Initiative*
- Healthy Eating Lifestyle Program for pediatric obesity*
- Food, Fitness, and Diabetes Prevention Program*
- Hope Street Family Center
 - Early Head Start Program*
 - Nurse Family Partnership*
 - School Readiness Program*
 - Welcome, Baby! Program*
 - Hope Street Youth Center*
 - Licensed childcare centers (N=3)*
- CHW Community Grant Program- Community Yoga/Exercise Classes and Health Workshops*
- CHW Community Grant Program-Hope Street Youth Circus*
- CHW Community Grant Program-Rowdy Ridge Gang Camp for HSFC
- Los Angeles Best Babies Network-Quality Improvement in Perinatal Care to Reduce Health Disparities

Initiative V: Preventing and/or Managing Chronic Health Conditions

- Health Ministry Program*
- Food, Fitness, and Diabetes Prevention Program*
- Living with Diabetes Program*
- Chronic Disease Self Management Program (CDSMP) aka Healthier Living Program*
- Heart H.E.L.P.*
- Asthma Program*
- Healthy Eating Lifestyle Program for pediatric obesity*
- Freedom from Smoking*

Initiative VI: Improving Birth Outcomes

- Los Angeles Best Babies Network
 - Quality Improvement in Perinatal Care to Reduce Health Disparities
 - Best Babies Collaboratives*
 - CenteringPregnancy® Feasibility & Landscape Analysis for LA County*
 - Incorporating *Baby Basics* into Prenatal Healthcare Delivery*
- CHW Community Grant Program-Dental Care for Pregnant Women
- Hope Street Family Center
 - Early Head Start Program*
 - Nurse Family Partnership*
 - Welcome, Baby! Program*

Initiative VII: Improving Health Literacy

- Hope Street Family Center
 - Family Literacy Program*
 - School Readiness Program*
 - Early Head Start Program*
 - Licensed childcare centers (N=3)*
 - Family Childcare Network*
 - Hope Street Youth Center*
 - Central High Continuation School*
- Los Angeles Best Babies Network-Incorporating *Baby Basics* into Prenatal Healthcare Delivery*

Initiative VIII: Injury Prevention

- Gang Prevention
 - Hope Street Family Center
 - Hope Street Youth Center*
 - Central High Continuation School*
 - Nurse Family Partnership*
 - Responsible Fatherhood Program*
 - Healthy Marriage Program*
 - CA Behavioral Health Clinic*
- Pedestrian Safety
 - Health Ministry Program*
- Child Car Seat Safety
 - Maternity Tours*
 - Free car seats given to all new parents delivering at CHMC*
 - First 5 LA *Kit for New Parents*
- Child Abuse and Neglect
 - Hope Street Family Center
 - Pico Union Family Preservation Network*
 - Early Head Start Program*
 - Nurse Family Partnership*
 - Welcome, Baby! Program*
 - Responsible Fatherhood Program*
 - Healthy Marriage Program*
 - Licensed Childcare Centers (N=3)*
 - Family Childcare Network*
 - CA Behavioral Health Clinic*
 - Early Intervention Program*
 - Los Angeles Best Babies Network
 - Best Babies Collaboratives*
 - LA County Perinatal Mental Health Task Force*
- Family Violence Prevention
 - Health Ministry Program*
 - Hope Street Family Center
 - Responsible Fatherhood Program*
 - Healthy Marriage Program*
 - Pico Union Family Preservation Network*
 - Early Head Start Program*
 - Nurse Family Partnership*
 - Welcome, Baby! Program*
 - Early Intervention Program*
 - CA Behavioral Health Clinic*
 - Los Angeles Best Babies Network

- Best Babies Collaboratives*
- LA County Perinatal Mental Health Task Force*
- CHW Community Grant Program- Community Yoga/Exercise Classes and Health Workshops*
- CHW Community Grant Program-Domestic Violence Intervention Program
- CHW Community Grant Program-Community Mental Health Program*
- CHW Community Grant Program-School-Based Intern Training and Community Outreach Program*

These key programs are continuously monitored for performance and quality with ongoing improvements to facilitate their success. The Executive Leadership, Community Board, and Catholic Healthcare West receive quarterly updates on program performance and news.

The following pages include Program Digests for a few key programs that address one or more of the Initiatives listed above.

PROGRAM DIGESTS

Health Ministry Program	
Hospital CB Priority Areas	Please add the Hospital Priority Areas identified in the Community Needs Assessment for your hospital here <input type="checkbox"/> Priority Area 1 <input checked="" type="checkbox"/> Priority Area 2 Health Promotion/Disease Prevention <input checked="" type="checkbox"/> Priority Area 3 Disease Management <input type="checkbox"/> Priority Area 4 <input type="checkbox"/> Priority Area 5
Program Emphasis	Please select the emphasis of this program from the options below: <input checked="" type="checkbox"/> Disproportionate Unmet Health-Related Needs <input checked="" type="checkbox"/> Primary Prevention <input checked="" type="checkbox"/> Seamless Continuum of Care <input type="checkbox"/> Build Community Capacity <input type="checkbox"/> Collaborative Governance
Link to Community Needs Assessment	Lack of access to healthcare, especially preventive care and health screenings
Program Description	CHMC sponsors Parish Nurses and community health promoters (CHPs) at over 30 local schools, churches, and community sites to provide health screenings, immunizations, health education and information, and referral services. Each site selects their health education classes from a menu of choices offered annually. Health Ministry staff also participates in local health fairs. CHPs together with a volunteer lay leader conduct Chronic Disease Self Management Program Workshops at Health Ministry sites.
FY 2011	
Goal FY 2011	Eliminate health disparities in CHMC's service area
2011 Objective Measure/Indicator of Success	Increase in awareness, knowledge, attitudes, and skill development/acquisition regarding high prevalence health conditions, especially chronic conditions Increase in health screens for chronic conditions Increase the ability of people with chronic conditions to manage their health and maintain active and fulfilling lives
Baseline	The following factors contribute to lack of access to health education, health screenings, and referrals to regular source of health care: high rates of uninsured adults, highest rates of low literacy in Los Angeles County, large percentage of foreign born residents, extreme poverty.
Intervention Strategy for Achieving Goal	Provide free health education classes in English and Spanish at Health Ministry sites on a variety of topics. Conduct pre- and post-tests to assess knowledge acquisition. Provide free health screenings for diabetes, hypercholesterolemia, hypertension, tuberculosis, anemia, obesity and depression. Provide referrals to local primary care clinics when screening tests are positive. Provide flu shots Participate in local health fairs. Provide CDSMP workshops
Result FY 2011	Please see table documenting classes/participants following this Program Digest. 95% of class participants completed both pre- and post-tests. Of those, 90% demonstrated increased knowledge. 91% of CDSMP participants completed the series of 6 workshops. Please see the table documenting health screens below. 186 flu shots were given.
Hospital's Contribution / Program Expense	The hospital contributed the majority of the operating budget for this program and provided office space and office equipment for staff. The annual budget is \$267,874 for the Health Ministry Program.
FY 2012	
Goal 2012	Eliminate health disparities in CHMC's service area
2012 Objective Measure/Indicator of Success	Increase in awareness, knowledge, attitudes, and skill development/acquisition regarding high prevalence health conditions, especially chronic conditions Increase in health screens for chronic conditions Increase the ability of people with chronic conditions to manage their health and maintain active and fulfilling lives
Baseline	The following factors contribute to lack of access to health education, health screenings, and referrals to regular source of health care: high rates of uninsured adults, highest rates of low literacy in Los Angeles County, large percentage of foreign born residents, extreme poverty.
Intervention Strategy for Achieving Goal	Continue intervention strategy detailed above.

Health Ministry Classes/Workshops 2010-2011		
Topic	# of Classes	# of Participants
Arthritis	2	33
Asthma	3	14
Basic First Aid	8	91
Building Healthy Relationships	4-wk sessions/ 32 classes	127
Blood Pressure	8	118
Cancer	3	45
CDSMP	6-wk sessions/54 classes	262
Child Abuse	5	74
Cholesterol	1	10
Communication Skills	10	132
Depression	52	515
Diabetes: "Are You at Risk?"	4	37
Emergency Preparedness	8	111
Getting Back into Shape After Pregnancy	3	16
Immunizations	1	10
Healthy Habits Before Pregnancy	5	71
HIV/AIDS	3	38
Home Safety	4	44
Menopause	6	70
Nutrition	39	400
Oral Hygiene	38	472
Pedestrian Safety	2	24
Raising a Healthy Eater	3	50
Self Esteem	1	10
Sexuality	4	57
STDs	2	8
Stress Management	37	445
Tuberculosis	2	47
Grand Total	340 classes	3331 participants
Referrals from HM Classes/Workshops FY 11		
Referred to:	Number Referred	
Living with Diabetes Program	30	For diabetes education
Hope Street Family Center	30	For home visiting program
CDSMP	60	For self management education
Families in Crisis 323-969-6642	20	For family support/DV issues
Mental Health 800-969-6642	80	For depression
Health Screens FY11		
Screen	# Screened	# Referred
Blood pressure	4583	1728
Glucose/HbA1c	4583/1152	1685
Cholesterol	4583	1921
Tuberculosis	97	33
Height & Weight/Body Mass Index	1827/1178	823/999
Hemoglobin	4583	1087
Grand Total	33,557 screened	12,457 referred

Type 2 Diabetes Prevention, Screening, and Intervention Program

Hospital CB Priority Areas	<p>Please add the Hospital Priority Areas identified in the Community Needs Assessment for your hospital here</p> <p> <input type="checkbox"/> Priority Area 1 <input checked="" type="checkbox"/> Priority Area 2 Health Promotion/Disease Prevention <input checked="" type="checkbox"/> Priority Area 3 Disease Management <input type="checkbox"/> Priority Area 4 <input type="checkbox"/> Priority Area 5 </p>
Program Emphasis	<p>Please select the emphasis of this program from the options below:</p> <p> <input checked="" type="checkbox"/> Disproportionate Unmet Health-Related Needs <input checked="" type="checkbox"/> Primary Prevention <input checked="" type="checkbox"/> Seamless Continuum of Care <input type="checkbox"/> Build Community Capacity <input checked="" type="checkbox"/> Collaborative Governance </p>
Link to Community Needs Assessment	<p>In LA County, diabetes is the sixth leading cause of death since 1997, and an important cause of premature death since 1999. In 2007, 18.1% of adults ages 45 and over, ~1 in 5 have been diagnosed with diabetes, including borderline and pre-diabetes.</p> <p>Diabetes is the fourth leading cause (age-adjusted) of mortality in the CHMC service area. Between 1990 and 2000 there was an increase of 53% in diagnosed diabetes, suggesting a growing health care condition in L.A. County. Nationally, it is expected that diabetes among Latinos will increase by 100% between 2002 and 2020.</p> <p>CHMC's service area has a higher prevalence of diabetes (20.8% in Metro LA, 22.2% in South LA, and 19.2% in South Bay) compared to LA County (18.1%) and California (15.9%). This increasing prevalence likely reflects the impact of sedentary lifestyles and the obesity epidemic. Obesity is the single most important risk factor for type 2 diabetes, the major form of diabetes in adults. Other risk factors include increasing age, family history, and physical inactivity. In Los Angeles County, direct costs of medical care for diabetes and indirect costs associated with disability and lost productivity were estimated to be \$5.6 billion in 2005. The LA County Health Survey (LACHS) identified large disparities in diabetes by race/ethnicity, income, and educational level.</p> <ul style="list-style-type: none"> • Diabetes rates among Latinos (12.3%) and African Americans (12%) were nearly double the rates among Whites (5.6%) and Asian/Pacific Islanders (7.1%). • Nearly one in five adults 65 years and older have been diagnosed with diabetes according to the 2005 LACHS. • From 1997 to 2005, the rate of diabetes increased most rapidly among those living in poverty and was more than two times higher in this group than among those with incomes at or above 200% of FPL. • In 2005, the prevalence of diabetes among adults who did not graduate from high school (14%) was more than two times higher than the prevalence among adults who graduated from college (6%). • The prevalence rate of diabetes among adults was the highest in SPA 6 (14.5%) followed by SPA 4 (11.4%). <p>The U.S. Healthy People 2010 preventive health targets for people with diabetes include self-monitoring blood glucose at least once a day, having a diabetic eye exam and foot exam once a year, and being up-to-date on immunizations. The 2005 LACHS revealed that adults with diabetes in LA County were far from complying with these targets.</p> <ul style="list-style-type: none"> • 63% had received a foot exam in the past year. Diabetes can cause blood vessel and nerve damage that, without preventive measures, frequently lead to leg or foot amputation. • 57% had received an eye exam in the past year. Diabetes is the leading preventable cause of blindness in the U.S. • 47% had received a flu shot in the past year. Diabetics are at increased risk for severe complications of influenza. • 63% of adults (65 years and older) reported ever having a pneumonia shot. Diabetics are at increased risk for contracting pneumonia and developing complications from it. <p>Having health insurance and access to a regular source of care are essential for effective management of diabetes.</p> <ul style="list-style-type: none"> • In 2005, only 26% of adults with diabetes who did not have a regular source of care had an eye exam in the past year, compared to 60% of adults with diabetes who did have a regular source of care. • Similar to findings from 2002-3 LACHS, in 2005 a larger percentage of insured adults with diabetes (59%) reported having an eye exam compared to uninsured adults (43%). • In 2002-3, only 32% of uninsured adults with diabetes self-monitored their blood glucose at least once daily compared to 60% of insured adults with diabetes. <p>Diabetics are at increased risk for heart disease and stroke, so addressing hypertension, high cholesterol, obesity, smoking and physical inactivity is important. Among adults with diabetes:</p> <ul style="list-style-type: none"> • 58% had hypertension • 56% had high cholesterol. • 48% reported minimal to no regular physical activity • 41% were obese based on self-reported height and weight. • 14% reported being a current smoker.

<p>Program Description</p>	<p>In 2004, the Chronic Disease Management Consortium (CHMC, Good Samaritan Hospital, Huntington Memorial Hospital, and the National Health Foundation) designed, submitted, and received a multi-year grant from the Good Hope Medical Foundation for a comprehensive program for the prevention, screening, and treatment of type 2 diabetes. This program has three distinct goals: 1) To increase early identification of those at high-risk for developing diabetes and to provide education and promote behavioral changes that prevent its development (Primary Diabetes Prevention Services); 2) To increase early diagnosis of those with diabetes and to provide education and support to help them manage their disease (Secondary Prevention Services); and 3) To educate providers to promote quality diabetes care in the community (Provider Education).</p> <p>CHMC's community health promoters provide outreach education about type 2 diabetes at local schools, churches, and community-based organizations and encourage all class participants to complete the American Diabetes Association's Diabetes Risk Test. Participants scoring 10 or more points are at a greater risk for having diabetes and will be referred to a health care provider to determine if they have diabetes. Participants not found to have diabetes will be invited to participate in Primary Diabetes Prevention Services, entitled Food, Fitness and Diabetes Prevention, that includes 4 weekly workshops promoting healthy eating and increased physical activity.</p> <p>Diagnosed type 2 diabetics will be invited to participate in Secondary Prevention Services that include:</p> <ul style="list-style-type: none"> • Living with Diabetes: 5 weekly workshops designed to help patients understand their condition. Topics include: <ul style="list-style-type: none"> • Understanding what diabetes is • Strategies and benefits of good diabetes control • Importance of blood sugar monitoring • Nutrition • Lifestyle behaviors (physical activity, weight management, smoking cessation) • Mental health • Partnership with healthcare team • Identifying and avoiding diabetes complications • Social support • Preventive care • Community resources • Chronic Disease Self-Management Program (CDSMP): This six week intervention is based on self-efficacy theory and emphasizes problem solving, decision making and confidence building. The Program was designed by K.R. Lorig <i>et al</i> of the Stanford Patient Education Research Center. Two bilingual, indigenous community health promoters lead the 6-week, small group intervention using a highly structured manual. Subjects covered include: techniques to deal with problems such as frustration, fatigue, pain, and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and making informed treatment decisions. The sessions are highly participatory. Mutual support and success build patients' confidence in their ability to manage their health and maintain active and fulfilling lives. . <ul style="list-style-type: none"> • Additional educational interventions: Dental hygiene class given by Community Dental Partnership community health promoter. Referrals for dental care and periodontal care through the UniHealth Community Dental Partnership Program. Referral to Heart HELP given by CHP to all diabetics. Referrals for smoking cessation classes, as needed. <p>All data are entered into the web-based data system housed at the National Health Foundation, the program evaluator.</p>
FY 2011	
<p>Goal FY 2011</p>	<ol style="list-style-type: none"> 1) To increase early identification of those at high-risk for developing diabetes and to provide education and promote behavioral changes that prevent its development (Primary Diabetes Prevention Services); 2) To increase early diagnosis of those with diabetes and to provide education and support to help them manage their disease (Secondary Prevention Services);
<p>2011 Objective Measure/Indicator of Success</p>	<p>Primary Diabetes Prevention Services</p> <p>All of those with scores of ≥ 10 on ADA Risk Test will be referred to health care provider for definitive diagnostic testing for diabetes.</p> <p>50% of those referred to health care providers will follow-up on these referrals and determine their diabetes status.</p>

	<p>40% of those referred to health care provider but determined not to have diabetes yet will participate in the Primary Diabetes Prevention Services.</p> <p>Of those participating in the Diabetes Prevention Workshops:</p> <ul style="list-style-type: none"> • 80% will self-identify as being at high-risk for diabetes. • 80% will report increasing their knowledge about healthy eating. • 80% will report increasing their knowledge about the importance of physical activity. • 60% will report increasing their amount of exercise (frequency and length of time): goal 30 minutes a day, 5 days a week. • 60% will report eating more healthily. • 50% will reduce their weight by 5-7%. • 70% will report asking their health care provider if they should be tested for pre-diabetes. <p>Secondary Prevention Services</p> <ul style="list-style-type: none"> • 60% of patients diagnosed with diabetes will participate in Living with Diabetes Program. <p>Of patients participating in these services:</p> <ul style="list-style-type: none"> • 70% will show reduced Hemoglobin A1c (goal < 7). • 50% will show reduced Body Mass Index ratios. • 50% will reduce their weight 5-7%. • 50% will show reductions in waist circumference. • 70% will report eating more well-balanced healthy meals. • 70% will report eating less fat. • 70% will report eating less calories. • 60% will report cooking more healthily (i.e., less fat). • 80% will know that their blood sugar records should be reviewed at every visit. • 80% will know that their blood pressure should be checked at every visit. • 80% will know that their weight should be checked at every visit. • 80% will know that their feet should be examined at every visit. • 80% will know that their HgbA1c should be measured every 3 months. • 80% will know that the target for the HgbA1c is less than 7. • 80% will know that their urine should be tested once a year for protein. • 80% will know that they should have a dilated eye exam once a year. • 80% will know that they should have a blood test to measure "fats" (i.e., a lipid profile) once a year. • 80% will know that they should have a flu shot once a year. • 80% will know that they should have a pneumonia vaccine at least once. • 80% of those who smoke will know that they should stop. • 50% will check blood sugars at least daily. • 50% will check their feet daily for sores. <p>Of patients participating in the CDSMP:</p> <ul style="list-style-type: none"> • 70% will complete the workshop series. • 80% will report increasing confidence in managing their care. • 70% will report increasing their physical activity. • 70% will report eating more well-balanced, healthy meals. • 70% will report taking their medication as directed by their health care provider. • 60% will report visiting their doctor for problems related to their diabetes. • 60% will report feeling more comfortable asking their doctor about their diabetes. • 70% will report feeling less sad, lonely, or down in the dumps due to their diabetes.
Baseline	<p>Residents in our service area have a high prevalence of the following risk factors for type 2 diabetes: ethnicity, family history, obesity, lack of physical activity, food insecurity; and lack of access to prevention programs.</p> <p>Residents in our service area have the following risk factors for delayed diagnosis and treatment of type 2 diabetes: uninsured, poverty, lack of access to primary care for screening and initiation of treatment.</p> <p>Residents in our service area are at increased risk for morbidity/mortality secondary to type 2 diabetes because they lack access to regular source of care, lack access to specialty care, cannot afford medications or supplies (glucometer, test strips, lancets), and lack access to comprehensive diabetes education.</p>
Intervention Strategy for Achieving Goal	<p><i>Living with Diabetes Program</i> was selected as one of our two LTIP programs for 2011-13. CHPs offer Diabetes: "Are You at Risk?" in the community and encourage participants to complete the ADA Risk Test.</p>

	<p>The Parish Nurse also screens for diabetes in the community using hemoglobin A1c. Those at high risk for diabetes are offered the <i>Food, Fitness, and Diabetes Prevention Program</i>. Those diagnosed with diabetes are offered <i>Living with Diabetes Program</i>. We also offer to provide <i>Living with Diabetes Program</i> at clinics belongs to the Southside Coalition of Community Clinics.</p>
Result FY 2011	<p>129 participants completed the 4-wk series of Prevention workshops, <i>Food, Fitness, and Diabetes Prevention</i>.</p> <p>Paired data of Prevention participants demonstrated the following:</p> <ul style="list-style-type: none"> • 28% lost weight from the beginning until 3-6 mo. follow/up. 12% lost \geq 5% of their weight during this period. • 35% improved their knowledge about healthy eating. 31% eating \geq 5 servings of fruits and vegetables/d; 75% drinking \geq 4 cups of water/d; 72% eating breakfast daily; 76% eating fast food 0-1 days in last week. • At beginning of program 56% knew how much physical activity is recommended. 16% improved their knowledge about physical activity. 23% increased duration of PA to \geq 30 minutes each time; 24% increased the distance walked/d; 19% increased frequency of being physically active to \geq 4 times/wk. <p>100 participants completed the 5-wk series of <i>Living with Diabetes</i> workshops.</p> <p>Paired data of Intervention participants demonstrated that by the end of the Program:</p> <ul style="list-style-type: none"> • 35% lost weight from the beginning until 3-6 mo followup. • 14% lost \geq 5% of their body weight by the 3-6 mo. follow-up visit. • 15% decreased their HgbA1c below 7; total of 56% had Hgb A1c < 7 at end. • 49% improved their confidence in being able to improve their eating habits. <ul style="list-style-type: none"> ○ 36% eating \geq 5 servings of fruits & vegetables/d ○ 77% drinking \geq 4 cups of water/d ○ 83% eating breakfast daily ○ 76% eating fast food 0-1 days in last week. • 47% improved their confidence in being able to improve their exercise habits. <ul style="list-style-type: none"> ○ 10% started being physically active ○ 35% physically active \geq 4 times/wk; 72% total. ○ 35% increased frequency ○ 65% physically active \geq 30 minutes each time; 94% total. ○ 36% increased duration of PA ○ 47% increased distance walked each time. • 41% increased their emotional wellbeing • 67% improved their confidence in being able to manage their diabetes. <ul style="list-style-type: none"> ○ 23% began asking questions about their diabetes and treatment ○ 11% increase in discussing their personal problems related to diabetes with their doctor ○ 48% learned what the HgbA1c target was ○ 86% checked feet daily for sores ○ 73% had dilated eye exam in past year ○ 3% quit smoking ○ 25% requested pneumonia vaccine. ○ 42% requested flu shot.
LTIP Results	<p>See table below Program Digest.</p> <p>The impact of <i>Living with Diabetes</i> on healthcare utilization for glucose control was that there was an 100% decrease in hospitalizations and 100% decrease in ER visits for glucose control during the six months following program participation compared to the 6 months prior to program participation.</p>
Hospital's Contribution / Program Expense	<p>CHMC provides office space and office equipment for program staff. CHMC Foundation provides grants management and fiscal oversight.</p> <p>CHMC received \$228,013 per year for this 3-year project, which was funded by a grant from the Good Hope Medical Foundation.</p> <p>Due to delayed start-up, a no-cost extension was requested. Therefore the program's grant funding ended in December 2008.</p> <p>CHMC's President felt that the program was so important given the prevalence of diabetes in the community that he granted an additional FTE to the Health Ministry program so that the program could continue. This was our LTIP FY 08- FY 10. Moreover, it will now be our continuing LTIP until FY13.</p>

FY 2012	
Goal 2012	1) To increase early identification of those at high-risk for developing diabetes and to provide education and promote behavioral changes that prevent its development (Primary Diabetes Prevention Services); 2) To increase early diagnosis of those with diabetes and to provide education and support to help them manage their disease (Secondary Prevention Services);
2012 Objective Measure/Indicator of Success	Maintain same modified measurable objectives as FY10. Outreach to federally qualified health centers (FQHCs) who care for many diabetics but may not have the resources to provide comprehensive diabetes education.
Baseline	There is a growing need for this program in CHMC's service area
Intervention Strategy for Achieving Goal	Continue to monitor and report measurable objectives. Link the hospital discharge planning process to the Secondary Prevention Services Develop collaborative agreements with local FQHCs that would like us to provide diabetes education for their diabetics. Increase outreach to predominantly African American churches. Identify grant funding for the continuation of this program.

Impact of *Living with Diabetes* (LWD) on Healthcare Utilization for Glucose Control

Quarter	Completed LWD 6 mo ago	Contacted	6 mo prior to LWD		6 mo after LWD	
			Hospital Stay	ER visit	Hospital Stay	ER visit
FY11-Q1	24	23	1	4	0	0
FY11-Q2	19	14	0	0	0	0
FY11-Q3	37	26	2	2	0	0
FY11-Q4	23	23	1	1	0	0
Total	103	86 (83.5%)	4 (4.6%)	7 (8.1%)	0	0

Therefore, participation in *Living with Diabetes* Program resulted in 100% reduction in hospitalizations and ER visits for glucose control by participants.

Best Start LA Baby-Friendly Hospital Initiative	
Hospital CB Priority Areas	Please add the Hospital Priority Areas identified in the Community Needs Assessment for your hospital here <input type="checkbox"/> Priority Area 1 <input checked="" type="checkbox"/> Priority Area 2 Health Promotion/Primary Prevention <input type="checkbox"/> Priority Area 3 <input type="checkbox"/> Priority Area 4 <input type="checkbox"/> Priority Area 5
Program Emphasis	Please select the emphasis of this program from the options below: <input checked="" type="checkbox"/> Disproportionate Unmet Health-Related Needs <input checked="" type="checkbox"/> Primary Prevention <input checked="" type="checkbox"/> Seamless Continuum of Care <input type="checkbox"/> Build Community Capacity <input type="checkbox"/> Collaborative Governance
Link to Community Needs Assessment	<p>Obesity - The Healthy People 2010 objective is to reduce the percentage of adults who are obese to 15%. In Los Angeles County in 2005, 20.9% reported being obese, a slight increase from 2003 (19.3%). The obesity rate for the county was higher than the Healthy People 2010 objective of 15%. Of the CHMC health districts in 2005, the Southeast (27.5%) and Southwest (27.5%) districts reported the highest rates of adult obesity. No CHMC health district met the 2010 objective. The Hollywood district (16.5%) reported the lowest rate and the Southeast and Southwest districts (27.5%, respectively) reported the highest.</p> <p>It is well known that the extent and duration of breastfeeding are inversely associated with risk of obesity later in childhood. Von Kries found a 57% reduction in the adjusted odds of being overweight at 5 or 6 years of age when contrasting those who were breastfed for at least 12 months compared with those who were never breastfed. Liese et al found even stronger effects contrasting > 1 yr of breastfeeding with those who were not breastfed, a 71% reduction in odds. However, according to the literature, the protective effects of breastfeeding are gained only when exclusive breastfeeding continues for at least 3 months.</p> <p>The California Maternal and Infant Health Assessment (MIHA) is an annual, statewide, representative survey of women who have recently given birth. Data from the 2006 assessment demonstrated that women are less likely to be exclusively breastfeeding at 2 months if their income is less than 200% of the Federal Poverty Level, they have no college education, they are less than 25 years old, they are not white or Asian/Pacific Islander, the language spoken at home is Spanish or an Asian language, they are not privately insured, or they do not live in Northern California.</p> <p>California in-hospital infant feeding practices are monitored by the Newborn Screening Program which gathers data on all infant feedings from birth to 24-48 hr. In Los Angeles County in 2007, the rate of exclusive breastfeeding was 24% and the rate of any breastfeeding was 82.8%; while in San Francisco County, the rate of exclusive breastfeeding was 78% and the rate of any breastfeeding was 98%. The same year, the rate of exclusive breastfeeding at CHMC was only 10.2% and the rate of any breastfeeding was 88.9%</p>
Program Description	<p>On 3/13/07 a group of concerned prenatal care and WIC providers along with breastfeeding advocates demanded a meeting with CHMC staff. They complained that many of their clients planned to exclusively breastfeed their infants but their plans were not honored or supported at CHMC. They stated that they had prepared their clients to exclusively breastfeed but CHMC was sabotaging their efforts during the mothers/infants hospital stay. CHMC promptly responded by forming a Breastfeeding Task Force and doing an initial needs assessment. The director of community benefit went to a training seminar at the request of the Breastfeeding Task Force of Greater LA; the training was entitled "Improving Breastfeeding Rates with the Model Hospital Policy Recommendations Toolkit". In late May CHMC completed the self-appraisal questionnaire. They sought advice from their sister-hospital Glendale Memorial which had become the first Baby-Friendly Hospital in LA County. CHMC's breastfeeding policy was revised based on Glendale Memorial's. This new policy was unanimously passed at both the Pediatric and Ob/Gyn medical staff committees in November 2007. In May 2008 the director of community benefit wrote a grant for Birth and Beyond California: Breastfeeding Training and Quality Improvement Project. In June, CHMC was notified that it had been selected as one of the four hospitals in LA County to participate. In October 2008 the first cohort of 20 CHMC staff received the BBC training. In January 2009 CHMC future trainers received train-the-trainer preparation. In February 2009 CHMC was invited to submit a grant to First 5 LA for its pilot project to assist us in our efforts to become a Baby-Friendly Hospital. In March 2009 we were awarded a three year grant from First 5 LA. Also in March we began training our perinatal nursing staff; each perinatal nurse must receive 16 hr of didactic training following verification of clinical competency. In September Lily Morales, BS, CHES, IBCLC was hired as Project Coordinator and in September Dorian Avalos, data entry clerk was hired.</p> <p>The Baby Friendly Hospital Initiative promotes, protects, and supports breastfeeding through the Ten Steps to Successful Breastfeeding for Hospitals, as outlined by UNICEF/WHO. The steps in the United States are:</p> <ol style="list-style-type: none"> 1. Maintain a written breastfeeding policy that is routinely communicated to all health care staff. 2. Train all health care staff in skills necessary to implement this policy 3. Inform all pregnant women about the benefits and management of breastfeeding 4. Help mothers initiate breastfeeding within one hour of birth 5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants. 6. Give infants no food or drink other than breast milk, unless medically indicated. 7. Practice rooming-in – allow mothers and infants to remain together 24 hr a day 8. Encourage unrestricted breastfeeding 9. Give no pacifiers or artificial nipples to breastfeeding infants 10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

	<p>By March 2010 all perinatal nursing staff had received the required didactic training. They are now in the process of receiving clinical competency verification on their units.</p> <p>A prenatal breastfeeding class is offered in English or Spanish monthly.</p> <p>Maternity Tour Guides distribute the Golden Hour brochures to expectant mothers and inform them that their infants will be placed skin-to-skin with the mother after birth as long as the baby is healthy. During this initial skin-to-skin time the majority of infants will initiate breastfeeding. The mother/infant dyad will remain together and will be transported to Couplet Care skin-to-skin. The Couplet Care nurse will teach the mother to recognize the infant's feeding cues and will help the mother breastfeed comfortably. If the mother is having difficulties either the CLE or IBCLC may be asked to consult with the mother. Mothers will be encouraged to breastfeed on demand. Formula will only be dispensed for medical necessity with a physician's order.</p> <p>If the infant goes to NICU a consult by the IBCLC will be initiated and the nurse will teach the patient how to use the hospital grade electric breast pump within 6 hours of admission. The NICU will use breast milk to feed the infant unless formula is medically necessary. The goal will be for the NICU graduate to be able to exclusively breastfeed after discharge from the hospital.</p> <p>Breastfeeding Support Groups meets twice a month for postpartum mothers.</p> <p>The Breastfeeding QI Committee meets monthly to review the data and to problem solve barriers to exclusive breastfeeding.</p> <p>CHMC's goal is to become Baby Friendly before the end of the three year grant.</p>																																			
FY 2011																																				
Goal FY 2011	<ol style="list-style-type: none"> 1.) Increase CHMC's rate of exclusive breastfeeding to meet or exceed current benchmark in LA County. 2.) Implement the 10 Steps to Successful Breastfeeding for Hospitals 3.) Move toward becoming a Baby Friendly Hospital 																																			
2011 Objective Measure/Indicator of Success	<p>A written breastfeeding policy is approved by Medical Staff Committees and is routinely communicated to all health care staff.</p> <p>All the perinatal nurses received the Birth and Beyond California Training (16 hr each) and had their clinical competency verified by March 2010; new staff are trained quarterly.</p> <p>All pregnant women are informed about the benefits and management of breastfeeding either by their prenatal care provider, WIC provider, or during Breastfeeding Class offered by CHMC.</p> <p>Healthy term infants are placed skin-to-skin with mothers as soon as possible after delivery. Nursing staff help mothers initiate breastfeeding within one hour of birth.</p> <p>Mothers are shown how to breastfeed and how to maintain lactation, via self expression and/or breast pump, even if they are separated from their infants.</p> <p>Infants are given no food or drink other than breast milk, unless medically indicated.</p> <p>Babies room-in with mother at least 23/24 hr a day.</p> <p>Unrestricted breastfeeding is encouraged.</p> <p>No pacifiers or artificial nipples are given to breastfeeding infants.</p> <p>Mothers are referred to our Postpartum Breastfeeding Support Groups on discharge from hospital.</p> <p>The IBCLC will fax a copy of her consult to baby's physician or to the lactation consultant following up with the mother.</p> <p>Provider Education will be offered at least twice a year by CHMC.</p> <p>Physicians will be encouraged to complete at least 3 hr of CME on breastfeeding.</p> <p>Residents rotating on the Ob service must complete the free on-line web-based training offered by the University of Virginia at www.breastfeedingtraining.org and obtain their CME certificate.</p>																																			
Baseline	In 2010, the rate of exclusive breastfeeding at CHMC was 36.7% and the rate of any breastfeeding was 89%.																																			
Intervention Strategy to Achieve Goal	<p>Continue to meet monthly to review data and problem solve any barriers.</p> <p>Utilize technical assistance provided by Baby Friendly USA to reduce barriers and move toward becoming Baby Friendly Hospital.</p>																																			
Result FY 2011	<p>The grant funded staff meet monthly with director of community benefits.</p> <p>The multidisciplinary Breastfeeding QI Committee meets monthly.</p> <p>CHMC's Breastfeeding Policy initially approved in November 2007; recently revised and approved in October 2010.</p> <p>Skin-to-skin sticker template obtained from Stanford. Xeroxed onto neon-colored stickers and placed on charts by volunteer. However, stickers are not on every chart for a variety of reasons. Moreover, up until June 2010 almost half of the stickers were not filled out. After the Project Coordinator provided the nurses with written instructions on how to fill out the stickers, only 14% were left blank and the majority was filled out.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Q1</th> <th style="text-align: center;">Q2</th> <th style="text-align: center;">Q3</th> <th style="text-align: center;">Q4</th> </tr> </thead> <tbody> <tr> <td>No sticker on chart</td> <td style="text-align: center;">22.7%</td> <td style="text-align: center;">18.9%</td> <td style="text-align: center;">5.6%</td> <td style="text-align: center;">5.8%</td> </tr> <tr> <td>Term baby placed skin-to-skin after delivery</td> <td style="text-align: center;">85%</td> <td style="text-align: center;">76.6%</td> <td style="text-align: center;">79.3%</td> <td style="text-align: center;">84.7%</td> </tr> <tr> <td>Term baby delivered vaginally placed skin-to-skin</td> <td style="text-align: center;">89.5%</td> <td style="text-align: center;">96%</td> <td style="text-align: center;">80.4%</td> <td style="text-align: center;">99.8%</td> </tr> <tr> <td>Term baby delivered by CS placed skin-to-skin</td> <td style="text-align: center;">72%</td> <td style="text-align: center;">80.3%</td> <td style="text-align: center;">76.4%</td> <td style="text-align: center;">80.5%</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Q1</th> <th style="text-align: center;">Q2</th> <th style="text-align: center;">Q3</th> <th style="text-align: center;">Q4</th> </tr> </thead> <tbody> <tr> <td>Term babies delivered vaginally initiated BF during first hour</td> <td style="text-align: center;">84.7%</td> <td style="text-align: center;">83%</td> <td style="text-align: center;">78.5%</td> <td style="text-align: center;">74.7%</td> </tr> </tbody> </table>		Q1	Q2	Q3	Q4	No sticker on chart	22.7%	18.9%	5.6%	5.8%	Term baby placed skin-to-skin after delivery	85%	76.6%	79.3%	84.7%	Term baby delivered vaginally placed skin-to-skin	89.5%	96%	80.4%	99.8%	Term baby delivered by CS placed skin-to-skin	72%	80.3%	76.4%	80.5%		Q1	Q2	Q3	Q4	Term babies delivered vaginally initiated BF during first hour	84.7%	83%	78.5%	74.7%
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Hope Street Family Center Early Head Start Program	
Hospital CB Priority Areas	<p>Please add the Hospital Priority Areas identified in the Community Needs Assessment for your hospital here</p> <p> <input type="checkbox"/> Priority Area 1 <input type="checkbox"/> Priority Area 2 <input type="checkbox"/> Priority Area 3 <input type="checkbox"/> Priority Area 4 <input checked="" type="checkbox"/> Priority Area 5 Healthy Communities </p>
Program Emphasis	<p>Please select the emphasis of this program from the options below:</p> <p> <input checked="" type="checkbox"/> Disproportionate Unmet Health-Related Needs <input checked="" type="checkbox"/> Primary Prevention <input checked="" type="checkbox"/> Seamless Continuum of Care <input checked="" type="checkbox"/> Build Community Capacity <input checked="" type="checkbox"/> Collaborative Governance </p>
Link to Community Needs Assessment	<p>In 2009, 105,267 children ages 0-4 yr lived in CHMC's service area. The majority identified themselves as Latino (68.5%), followed by African American (21%). This community is predominantly composed of young families. Overall, the rate of those living below the federal poverty level in CHMC's service area (32%) is almost three times the LA County rate (12%). The majority of people living in CHMC's service area have less than a HS education.</p> <p>The primary language spoken at home is Spanish (59%) for the majority of households. The majority of adults are either unemployed (>7%) or not in labor force (47%). The rate of teen mothers in our service area (14.8%) is much higher than the countywide percentage (9.5%).</p>
Program Description	<p>Core services of EHS include: early childhood education (ECE); healthcare and mental health services; parenting education; childcare; adult education; and housing, legal, and financial assistance. We have put into place a continuum of home and center-based early childhood education services that responsively meet the individual and changing needs of young families. Options currently available to families include: 1) home-based services with weekly in-home ECE, along with twice-per month socialization opportunities; 2) full-year, full-day center-based ECE, with monthly home visits; 3) combination option services, with daily center-based family literacy services, combined with biweekly in-home ECE; and biweekly in-home ECE, concurrent with enrollment in high-quality childcare and bimonthly visits at the childcare site.</p> <p>Priority for EHS enrollment is given to children with special needs; homeless families; foster children; parents interested in ESL or high school diploma/GED studies; and families participating in other HSFC programs. Enrollment priorities reflect Community Assessment data that document a high incidence of developmental disabilities and homelessness within the service area; large numbers of recent immigrant, mono-lingual young families; and low adult literacy and educational levels.</p>
FY 2011	
Goal FY 2011	<p>Optimize the overall development of infants and toddlers participating in HSFC's EHS program. Strengthen the economic and social self-sufficiency and stability of families. Enhance the local service delivery network of agencies serving young children and their families.</p>
2011 Objective Measure/Indicator of Success	<p>Maintain full enrollment</p> <p>Promote the overall (physical, cognitive, social, and emotional) development of infants and toddlers through a continuum of early childhood development and health services that include in-home and center-based ECE activities and opportunities, comprehensive health and nutrition services and anticipatory guidance on these matters.</p> <p>Enhance the capacity of parents to nurture and care for their very young children by providing a variety of parent education and family support services that bolster their roles as parents and the self-sufficiency of their families.</p> <p>Build on the existing service delivery network and foster community partnerships that will keep the network accessible, responsive, and sensitive to the developmental, cultural, and familial characteristics of the service population.</p> <p>Continuously refine and expand the existing base of knowledge, skills, and abilities of program staff to improve their capacity to serve very young children and their families, especially families at high risk due to developmental disabilities, substance abuse, domestic violence, or child abuse.</p>
Baseline	<p>HSFC's service area has the highest population density and the oldest housing stock in the county. It is the home of the working poor. The median annual household income is \$19,930. Moreover, 42% of households earn less than \$15,000 per year. More than 21,000 children under the age of five live below poverty, yet more than half of these children live in households in which one or both parents work. A third of the labor force is employed in the garment industry and other light manufacturing industries and a fifth in service occupations. In terms of ethnicity, 72% are Latino, 9% African American, 7% Asian, and 6% Caucasian. However, more than 90% of the elementary school-aged children are Latino. Children under age 14 represent 28% of the population and only 7% of residents are ≥65. Spanish is the primary language for more than 55% of families in the area. In a study of Latinos in South Central Los Angeles, 96% of the children were born in the U.S. compared to only 20% of their parents. Downtown Los Angeles is ranked as the lowest literacy area in the city. The region has high levels of limited English proficiency; more than 70% of school-aged children are limited English proficient. In the core service area, 23% of persons 16 years and older have a high school education or less; 36% have less than a ninth grade education; and 61% have only rudimentary education. Parents in this community often find themselves isolated, feeling depressed</p>

	and overwhelmed by their daily struggle for economic survival. Hence, they are less likely to verbalize a great deal with their young children or to utilize communication styles that nurture early language skills. Likewise, the babysitters with whom they leave their children while they work are unaware of the importance of language development in children and how to foster such development in children in their care. This lack of knowledge can seriously impact children's futures since studies show that impairment of early language development becomes a disability for children, limiting their subsequent social and educational growth
Intervention Strategy for Achieving Goal	Continue to provide EHS services for qualifying families on our service area in accordance with EHS performance standards and guidance as specified in our contract and implementation plan.
Result FY 2011	During FY11 program enrollment rose from 272 to 307 when EHS expansion increased our base enrollment from 272 to 302. The percentage of children with disabilities ranged from 8-15%. The types of disabilities included developmental delay (8), health related (i.e. prematurity, seizures, Down syndrome) (10), hearing impairment (1), mental retardation (2), multiple disabilities (1), orthopedic impairment (1), and speech/language impairment (20). The majority of families were enrolled in our center-based option or our combination option. We served an average of 1500 breakfasts/mo, 1700 lunches/mo, and 1300 snacks/mo.
Hospital's Contribution / Program Expense	CHMC provides 1 ½ floors of Leavey Hall for Hope Street Family Center (SB 697 in-kind contribution value of \$474,900). The annual EHS budget is \$4,603,729. The US Department of Health and Human Services funds this program.
FY 2012	
Goal 2012	Optimize the overall development of infants and toddlers participating in HSFC's EHS program. Strengthen the economic and social self-sufficiency and stability of families. Enhance the local service delivery network of agencies serving young children and their families.
2012 Objective Measure/Indicator of Success	Maintain full enrollment Promote the overall (physical, cognitive, social, and emotional) development of infants and toddlers through a continuum of early childhood development and health services that include in-home and center-based ECE activities and opportunities, comprehensive health and nutrition services and anticipatory guidance on these matters. Enhance the capacity of parents to nurture and care for their very young children by providing a variety of parent education and family support services that bolster their roles as parents and the self-sufficiency of their families. Build on the existing service delivery network and foster community partnerships that will keep the network accessible, responsive, and sensitive to the developmental, cultural, and familial characteristics of the service population. Continuously refine and expand the existing base of knowledge, skills, and abilities of program staff to improve their capacity to serve very young children and their families, especially families at high risk due to developmental disabilities, substance abuse, domestic violence, or child abuse.
Baseline	Over the course of the past three years there has been no significant change in the demographic make-up of the EHS service area, the estimated number of eligible EHS children and families, or the ethnic and racial composition of eligible families. There are ~ 34,000 children under age 4 living in the service area, with approximately 47% meeting the federal definition of poverty. Among children in poverty living within the service area, 90% are Latino. The estimated number of children with disabilities, four years old or younger and living in the area is ~ 5% with speech or language delay being the most common disability. The changes that have occurred within the service area are a result of the significant construction and business expansion that has occurred within downtown Los Angeles, which comprises the northern portion of our service area. The expansion of the Staples Center and the related new condominium construction has the potential of offering increased employment opportunities and better wages. In addition, three new low-income housing developments, also undertaken in conjunction with Convention Center expansion, have positively impacted our community. As documented above, the target EHS population experiences a significant lack of resources (income, education, training, and housing) that place them at high risk for a variety of health and social problems. Better housing and increased economic development are important and emerging community strengths. However, the recent economic downturn has significantly impacted our community, with increased unemployment, deepening poverty, and homelessness. This, in turn, resulted in increased stress, anxiety, depression, substance abuse, and family violence.
Intervention Strategy for Achieving Goal	Continue to provide EHS services for qualifying families on our service area in accordance with EHS performance standards and guidance as specified in our contract and implementation plan.

Heart H.E.L.P.	
Hospital CB Priority Areas	<p>Please add the Hospital Priority Areas identified in the Community Needs Assessment for your hospital here</p> <p><input type="checkbox"/> Priority Area 1</p> <p><input checked="" type="checkbox"/> Priority Area 2 Health Promotion/Disease Prevention</p> <p><input checked="" type="checkbox"/> Priority Area 3 Disease Management</p> <p><input type="checkbox"/> Priority Area 4</p> <p><input type="checkbox"/> Priority Area 5</p>
Program Emphasis	<p>Please select the emphasis of this program from the options below:</p> <p><input checked="" type="checkbox"/> Disproportionate Unmet Health-Related Needs</p> <p><input checked="" type="checkbox"/> Primary Prevention</p> <p><input checked="" type="checkbox"/> Seamless Continuum of Care</p> <p><input checked="" type="checkbox"/> Build Community Capacity</p> <p><input checked="" type="checkbox"/> Collaborative Governance</p>
Link to Community Needs Assessment	<p>Heart disease is the leading cause of death in the U.S. for both men and women and is a major cause of disability. Risk factors for heart disease include: hypertension (32.1%), high blood cholesterol (16.9%), diabetes (10%), obesity (32%), current cigarette smoking (18.4%), and physical inactivity (39.5%). Approximately 37% of adults reported having 2 or more risk factors for heart disease and stroke. Fortunately, early death and disability from cardiovascular disease (CVD) is to a large degree preventable.</p> <p>In CHMC's service area heart disease is the number one cause of death. CHMC's primary service area had a larger number of deaths caused by heart disease (964 or 28.9%) than in CHMC's secondary service area (775 or 23.2%). The fourth leading cause of death is stroke. In 2007, 24 out of every 100 premature deaths in LA County were caused by coronary heart disease. The leading cause of premature death in 2007 was coronary heart disease in SPAs 2,3,3,5,7 and homicide in SPA 6 only.</p> <p>Overall the prevalence of heart disease has increased every year in LA County from 1997 (4.8%) to 2007 (7.7%). Most SPAs in the Metro Collaborative fall under LA County's rate of 7.7% of residents diagnosed with heart disease, except CHMC's SPA 8 (9%).</p> <p>The largest reported chronic condition in LA County is high blood cholesterol; in 2007 29% of residents suffer with this condition. In 2007, CHMC's SPAs 5 (30.6%) and 8 (29.6%) reported higher percentages of adults diagnosed with high blood cholesterol than the LA County estimate of 29.1%. One out of four (24.7%) LA County adults were diagnosed with hypertension in 2007 compared to only 15.8% of adults in 1997. Similar increasing trends are evident across all SPAs in LA County including CHMC's SPAs. The prevalence of hypertension in SPA4 had double-digit growth from 1997 to 2007 (13.8% vs. 24.8%). The prevalence of hypertension in 2007 by SPA ranges from a low of 19.3% occurring in SPA 5 to a high of 29.0% occurring in SPA 6.</p>
Program Description	<p>In September 2009 CHMC launched the implementation phase of Heart H.E.L.P., a cardiovascular disease program for low-income and ethnically diverse patients. The program is designed to reduce risk, delay onset and/or reduce the progression of CVD among those participating. Heart HELP has two distinct components: 1) outreach which includes community education, risk assessments, and medical referrals; and 2) four consecutive weekly 2-hour lifestyle workshops that focus on modifiable risk factor reduction, especially in the areas of nutrition, physical activity, and smoking cessation. There is an optional fifth workshop focused on Heart Failure.</p>
FY 2011	
Goal FY 2011	To help participants adopt healthier lifestyles, thereby reducing their risk of developing, dying from, or being disabled by CVD.
2011 Objective Measure/Indicator of Success	<p>Clinical outcomes:</p> <ul style="list-style-type: none"> • 50% of participants with BMIs 25 or more at program beginning will reduce their BMIs at program follow-up • 10% of participants with above normal blood pressures at program beginning will reduce their blood pressures by one or more categories at program follow-up • 10% of participants with abnormal total cholesterol (200 or higher) will decrease their cholesterol to normal at program follow-up <p>Behavioral outcomes:</p> <ul style="list-style-type: none"> • 25% of participants who smoke at program beginning will move one or more categories in favor of smoking cessation on Prochaska's Stages of Change at program follow-up • 60% of participants not exercising 30 minutes or more at program beginning will report exercising 30 minutes a day three or more days a week at program follow-up • 30% of participants will increase their fruit consumption by one or more servings per day • 30% of participants will increase their vegetable consumption by one or more servings per day • Of participants who do not have perfect scores on the CDC's Healthy Days Measure at program beginning (perfect score=report of excellent health and zero days of poor physical and mental health during the past 30 days): <ul style="list-style-type: none"> ○ 30% will describe their general health as being better by one or more categories at program follow-up in comparison to program beginning ○ 30% will reduce the number of days they report poor physical health during the last 30 days at program follow-up in comparison to program beginning ○ 30% will reduce the number of days they report poor mental health during the last 30 days at program follow-up in comparison to program beginning

	<ul style="list-style-type: none"> ○ 30% will reduce the number of days that poor mental or physical health prevented them from doing usual activities at program follow-up in comparison to program beginning. <p>Knowledge outcomes:</p> <ul style="list-style-type: none"> • 30% of participants will report knowing how to read food labels • 30% of participants will report knowing how much sodium they should consume each day • 80% of participants will report knowing the amount of exercise adults should get on a daily basis in order to improve health.
Baseline	<p>Residents in our service area have a high prevalence of the following risk factors for CVD: hypertension, high blood cholesterol, diabetes, obesity, current cigarette smoking, physical inactivity, and excessive alcohol intake.</p> <p>Residents in our service area have the following risk factors for delayed diagnosis and treatment of hypertension, high blood cholesterol, and diabetes: lack of health insurance, lack of access to primary care for screening and initiation of treatment, extreme poverty, very low literacy rate, language barrier, and transportation barrier.</p>
Intervention Strategy for Achieving Goal	In the summer of 2009, the Chronic Disease Management Consortium obtained a three year grant from the Good Hope Medical Foundation and the Watts Health Foundation. Therefore, they began hiring staff in August 2009 in order to launch Heart H.E.L.P in September 2009.
Result FY 2011	<p>237/294 (80.6%) completed the program in FY11; 98.3% were Hispanic and 94.5% were female. 45% were between 31-40 yr of age (range 18-66+). Our workshop retention rate was very good at 93%, 81%, 74%, 63%, and 61% for workshops 1, 2, 3, 4, and 5 respectively; 40% returned for 3-6 mo follow-up. 17 workshop series were conducted; 2 in English and 15 in Spanish/English. In terms of medical conditions of the participants: 28% reported hypertension, 26% had abnormal lipid profile, 5% had had a heart attack in the past, 2% had a pacemaker, and 5% had diabetes.</p> <p>Clinical outcomes:</p> <ul style="list-style-type: none"> • 53% reduced BMI; 3% reduced weight by $\geq 10\%$ • 37.8% with above normal blood pressure at program beginning reduced their blood pressure by one or more categories at the end of the program • 41.4% of participants with abnormal total cholesterol (≥ 200) decreased their cholesterol to normal by the end of the program <p>Behavioral outcomes:</p> <ul style="list-style-type: none"> • No change in number of participants who smoked (N=2). • 27% of participants who were not exercising 30 minutes or more at program beginning reported exercising 30 minutes a day 3 or more days a week at the end of the program. In fact by the end of the program 69% were exercising 4 or more times a week; 77% were exercising for 30min-1 hour each time; and 36% were walking 5 or more miles a day. • 78.6% of participants reported increasing their fruit and vegetable consumption by at least one or more servings per day. By program end, <ul style="list-style-type: none"> ○ 24% were eating 5 or more servings of fruits and vegetables per day ○ 74% were drinking 4 or more cups of water per day ○ 61% were eating breakfast 7 days a week ○ 77% were eating fast food 0-1 day/wk ○ 29% reported eating high sodium prepared foods last week ○ 86% reported reading food labels before purchasing a product. <p>Knowledge outcomes:</p> <ul style="list-style-type: none"> • 86% reported knowing how to read a food label • 82% reported knowing how much sodium they should consume each day • 84% reported being familiar with the Dash diet • 100% knew how much exercise adults should get on a daily basis. <p>As one participant said, "Thank you for educating me. Since I started coming to these classes I am not buying cup of noodles and my blood pressure is much better."</p>
LTIP Result	<p>Heart H.E.L.P. was selected as one of our two LTIPs for FY11-13.</p> <p>See table below Program Digest.</p> <p>The impact of Heart H.E.L.P. on healthcare utilization for CVD was that there was a 66.7% reduction in hospitalizations and a 100% reduction in ER visits for CVD after participating in the Heart H.E.L.P. program.</p>
Hospital's Contribution / Program Expense	<p>CHMC provides office space and office equipment for program staff. CHMC Foundation provides grants management and fiscal oversight.</p> <p>CHMC receives \$246,398 per year for this 3-year project that is funded by matching grants from the Good Hope Medical Foundation and the Watts Health Foundation.</p>
FY 2012	
Goal 2012	To help participants adopt healthier lifestyles, thereby reducing their risk of developing, dying from, or being disabled by CVD.
2012 Objective Measure/Indicator of Success	Maintain same measurable objectives as FY11 Identify grant funding opportunities for continuation of this program beyond FY12.
Baseline	There is growing need for this program in CHMC's service area. The recession has brought increased poverty, food insecurity, depression/anxiety, alcohol abuse, cigarette smoking, and obesity, all of which contribute to increased risk factors for CVD.
Intervention Strategy for Achieving Goal	Continue to monitor the same measurable objectives Link the hospital discharge planning process to the program.

Increase outreach to predominantly African American churches. Identify grant funding to replace the current matching grant which ends at the end of FY12.
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Impact of Heart H.E.L.P. on Healthcare Utilization for CVD

Quarter	Completed Heart HELP 6 mo ago	Contacted	6 mo prior to Heart HELP		6 mo after Heart HELP	
			Hospital Stay	ER visits	Hospital Stay	ER visits
FY11-Q1	25	25 (100%)	1	0	0	0
FY11-Q2	72	60 (83.3%)	0	0	0	0
FY11-Q3	5	4	(80%)	0	0	0
FY11-Q4	132	129 (97%)	2	11	1	0
Total	234	218 (93.2%)	3 (1.4%)	11 (5.05%)	1 (0.5%)	0

Therefore, participation in Heart HELP resulted in a 66.7% reduction in hospitalizations and a 100% reduction in ER visits for cardiovascular disease after participating in Heart HELP.

COMMUNITY BENEFIT AND ECONOMIC VALUE

A copy of the Classified Summary of Un-sponsored Community Benefit Expense is included on the next page of this report.

Cost ratio calculations for Traditional Medicare, Medi-Cal care services, Charity Care and Other Government programs is based on cost report provided by Cost Reimbursement Department of the hospital.

Communication Plan

Internal communication plan

- Updates on various community benefit programs are provided in the **monthly e-newsletter** distributed to all CHMC network users.
- New employees are briefly informed about community benefits programs during the New Employee Orientation Day. Each employee is given the latest copy of our annual *Service to Our Community Report*.
- The Contract Manager for Community Partnerships participates in the Patient Education Committee.
- The Contract Manager for Community Partnerships meets with individual Service Managers at least annually to provide an update on relevant Community Benefit Programs.
- The Director of Community Benefits provides an annual update on Community Benefit Programs and classes to all Department Managers at the request of the President.

External communication plan

- At least one community benefit program is highlighted in each edition of the **Foundation Update** that is published twice each year and mailed to our medical staff, donors, supporters, and Board members.
- Each quarter, the Director of Community Benefits informs new medical staff and their office staff about our community benefit programs and how they can refer patients to them.
- Each year CHMC publishes its annual ***Service to Our Community Report*** that summarizes our community benefits programs and services.

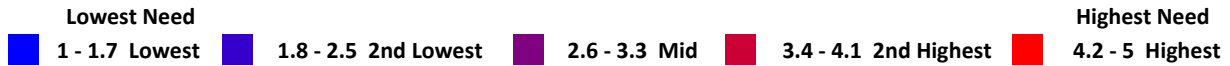
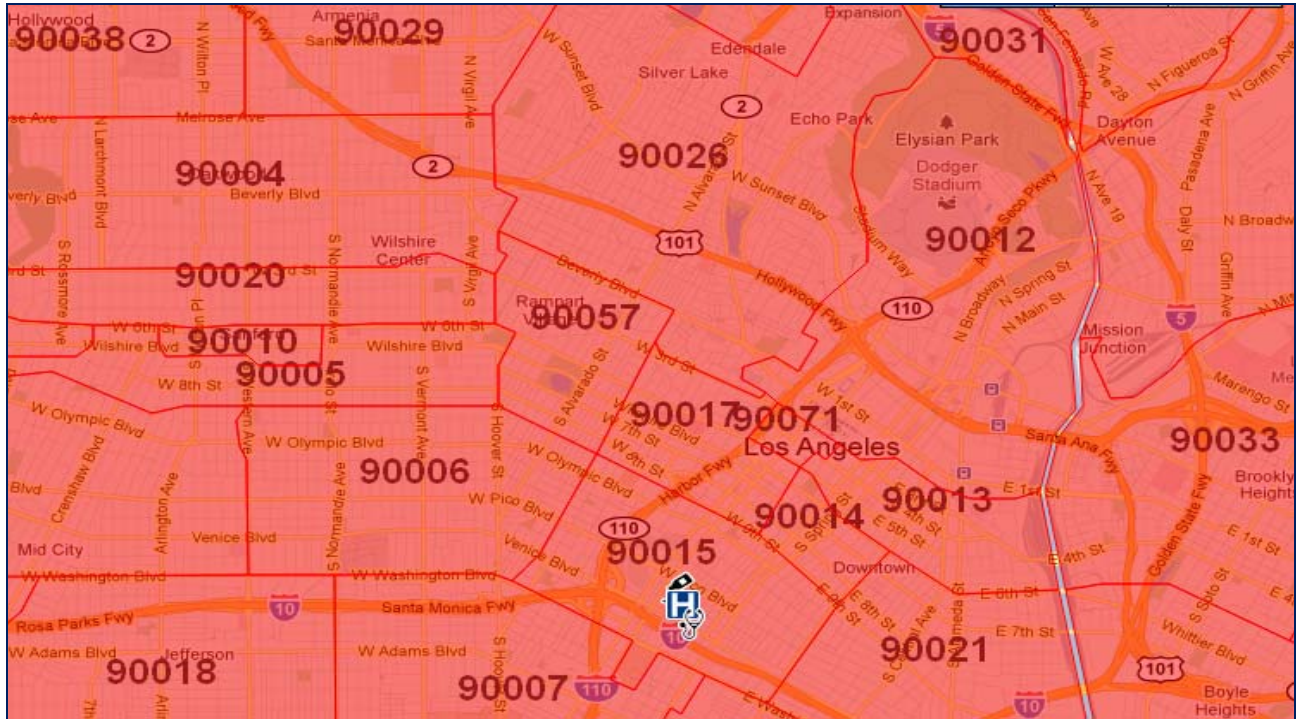
Attachments

- A. Community Need Index, Map of the Community
- B. Charity Care Policy

9/22/2011
306 California Hospital
Complete Summary - Classified Including Non Community Benefit (Medicare)
For period from 7/1/2010 through 6/30/2011
CHMC uses the cost accounting methodology.

	Persons	Total Expense	Offsetting Revenue	Net Benefit	% of Organization Expenses	Revenues
<u>Benefits for Living in Poverty</u>						
Traditional Charity Care	842	29,198,387	1,237,555	27,960,832	12.4	10.9
Unpaid Cost of Medicaid	7,480	166,338,043	179,228,104	(12,890,061)	(5.7)	(5.0)
Means-Tested Programs	1,803	15,541,427	11,250,117	4,291,310	1.9	1.7
Community Services						
Community Benefit Operations	0	422,914	0	422,914	0.2	0.2
Community Health Improvement	36,887	15,199,692	0	15,199,692	6.7	5.9
Financial and In-Kind Contributions	0	3,945,468	0	3,945,468	1.8	1.5
Totals for Community Services	36,887	19,568,074	0	19,568,074	8.7	7.6
Totals for Living in Poverty	47,012	230,645,931	191,715,776	38,930,155	17.3	15.2
<u>Benefits for Broader</u>						
Community Services						
Community Health Improvement	9,353	707,566	0	707,566	0.3	0.3
Health Professions Education	11,094	6,842,887	0	6,842,887	3.0	2.7
Subsidized Health Services	63,498	5,630,711	0	5,630,711	2.5	2.2
Totals for Community Services	83,945	13,181,164	0	13,181,164	5.8	5.1
Totals for Broader Community	83,945	13,181,164	0	13,181,164	5.8	5.1
Totals - Community Benefit	130,957	243,827,095	191,715,776	52,111,319	23.1	20.3
Unpaid Cost of Medicare	1,730	25,733,749	20,723,244	5,010,505	2.2	2.0
Totals with Medicare	132,687	269,560,844	212,439,020	57,121,824	25.3	22.3
Totals Including Medicare	132,687	269,560,844	212,439,020	57,121,824	25.3	22.3

California Hospital Medical Center Community Need Index



Zip Code	CNI Score	Population	City	County
90001	5	59061	Los Angeles	Los Angeles
90002	5	49204	Los Angeles	Los Angeles
90003	5	68682	Los Angeles	Los Angeles
90004	5	70525	Los Angeles	Los Angeles
90005	5	46215	Los Angeles	Los Angeles
90006	5	66783	Los Angeles	Los Angeles
90007	5	46553	Los Angeles	Los Angeles
90008	4.4	31089	Los Angeles	Los Angeles
90010	4.4	2215	Los Angeles	Los Angeles
90011	5	108722	Los Angeles	Los Angeles
90012	5	35707	Los Angeles	Los Angeles
90013	5	9739	Los Angeles	Los Angeles
90014	5	3952	Los Angeles	Los Angeles
90015	5	19211	Los Angeles	Los Angeles
90016	4.8	49441	Los Angeles	Los Angeles
90017	5	27700	Los Angeles	Los Angeles
90018	5	50553	Los Angeles	Los Angeles
90019	4.8	70707	Los Angeles	Los Angeles

CATHOLIC HEALTHCARE WEST
SUMMARY OF PATIENT FINANCIAL ASSISTANCE POLICY
(June 2008)

Policy Overview:

Catholic Healthcare West (CHW) is committed to providing financial assistance to persons who have health care needs and are uninsured or under-insured, ineligible for a government program, and otherwise unable to pay for medically necessary care based on their individual financial situations. Consistent with its mission to deliver compassionate, high quality, affordable health care services, and to advocate for those who are poor and disenfranchised, CHW strives to ensure that the financial capacity of people who need health care services does not prevent them from seeking or receiving care. Financial assistance is not considered to be a substitute for personal responsibility, and patients are expected to cooperate with CHW's procedures for obtaining financial assistance, and to contribute to the cost of their care based on individual ability to pay. Individuals with financial capacity to purchase health insurance shall be encouraged to do so as a means of assuring access to health care services.

Eligibility for Patient Financial Assistance:

- *Eligibility for financial assistance will be considered for those individuals who are uninsured, ineligible for any government health care benefit program, and unable to pay for their care, based upon a determination of financial need in accordance with the policy.*
- *The granting of financial assistance shall be based on an individualized determination of financial need, and shall not take into account age, gender, race, or immigration status, sexual orientation or religious affiliation.*

Determination of Financial Need:

- *Financial need will be determined through an individual assessment that may include:*
 - a. *an application process in which the patient or the patient's guarantor is required to cooperate and supply all documentation necessary to make the determination of financial need;*
 - b. *the use of external publicly available data sources that provide information on a patient's or a patient's guarantor's ability to pay;*
 - c. *a reasonable effort by the CHW facility to explore and assist patients in applying for appropriate alternative sources of payment and coverage from public and private payment programs; and will take into account the patient's assets and other financial resources.*
- *It is preferred but not required that a request for financial assistance and a determination of financial need occur prior to rendering of services. The need for financial assistance may be re-evaluated at each*

subsequent rendering of services, or at any time additional information relevant to the eligibility of the patient for financial assistance becomes known.

- *CHW's values of human dignity and stewardship shall be reflected in the application process, financial need determination and granting of financial assistance. Requests for financial assistance shall be processed promptly, and the CHW facility shall notify the patient or applicant in writing within 30 days of receipt of a completed application.*

Patient Financial Assistance Guidelines:

Services eligible under the policy will be made available to the patient on a sliding fee scale, in accordance with financial need as determined by the Federal Poverty Level (FPL) in effect at the time of the determination as follows:

- *Patients whose income is at or below 200% of the FPL are eligible to receive free care;*
- *Patients whose income is above 200% but not more than 350% of the FPL are eligible to receive services at the average rates of payment the CHW facility would receive from Medicare, Medicaid (Medi-Cal), Healthy Families, or any other government-sponsored health program in which the hospital participates, whichever is greater in amount for the same services;*
- *Patients whose income is above 350% but not more than 500% of the FPL are eligible to receive services at 135% of the average rates the CHW facility would receive from Medicare, Medicaid (Medi-Cal), Healthy Families, or any other government-sponsored health program in which the hospital participates, whichever is greater for the same services;*
- *Patients whose income exceeds 500% of the FPL may be eligible to receive discounted rates on a case-by-case basis based on their specific circumstances, such as catastrophic illness or medical indigence, at the discretion of the CHW facility.*

CHW's administrative policy for Eligibility and Application for Payment Assistance shall define what qualifies as income for these purposes.

Communication of the Financial Assistance Program to Patients and the Public:

- *Information about patient financial assistance available from CHW, including a contact number, shall be disseminated by the CHW facility by various means, including the publication of notices in patient bills and by posting notices in the Emergency and Admitting Departments, and at other public places as the CHW facility may elect. Such information shall be provided in the primary languages spoken by the populations served by the CHW facility.*
- *Any member of the CHW facility staff or medical staff may make referral of patients for financial assistance. The patient or a family member, a close friend or associate of the patient may also make a request for financial assistance.*

Budgeting and Reporting:

- *Specific dollar amounts and annual plans for patient financial assistance will be included within the Social Accountability Budget of the CHW facility. CHW facilities will report patient financial assistance calculated at cost in the annual Social Accountability Report and may voluntarily report such information as deemed appropriate.*
- *Patient financial assistance statistics shall be disclosed in annual financial statements but shall not include amounts that are properly considered to be bad debt or contractual discounts.*

Relationship to Collection Policies:

- *CHW system management shall develop policies and procedures for internal and external collection practices by CHW facilities that take into account the extent to which the patient qualifies for financial assistance, a patient's good faith effort to apply for a governmental program or for financial assistance from CHW, and a patient's good faith effort to comply with his or her payment agreements with the CHW facility.*
- *For patients who qualify for financial assistance and who are cooperating in good faith to resolve their hospital bills, CHW facilities may offer interest-free extended payment plans to eligible patients, will not impose wage garnishments or liens on primary residences and will not send unpaid bills to outside collection agencies.*

Regulatory Requirements:

In implementing this policy, CHW management and CHW facilities shall comply with all federal, state and local laws, rules and regulations that may apply to activities conducted pursuant to this policy.