

Sequoia Hospital

Community Benefit 2023 Report and 2024 Plan

Adopted November 2023



A message from

Bill Graham, President, and Jan Barker, Chair of the Dignity Health Sequoia Hospital Community Board.

Dignity Health's approach to community health improvement aims to address significant health needs identified in the Community Health Needs Assessments that we conduct with community input, including from the local public health department. Our initiatives to deliver community benefit include financial assistance for those unable to afford medically necessary care, a range of prevention and health improvement programs conducted by the hospital and with community partners, and investing in efforts that address social determinants of health.

Sequoia Hospital shares a commitment with others to improve the health of our community, and delivers programs and services to help achieve that goal. The Community Benefit 2023 Report and 2024 Plan describes much of this work. This report meets requirements in California (Senate Bill 697) that not-for-profit hospitals produce an annual community benefit report and plan. Dignity Health hospitals in Arizona and Nevada voluntarily produce these reports and plans, as well. We are proud of the outstanding programs, services and other community benefits our hospital delivers, and are pleased to report to our community.

In fiscal year 2023 (FY23), Sequoia Hospital provided \$23,852,210 in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services and other community benefits. The hospital also incurred \$42,874,560 in unreimbursed costs of caring for patients covered by Medicare fee-for-service.

The hospital's Community Board reviewed, approved and adopted the Community Benefit 2023 Report and 2024 Plan at its November 8, 2023 meeting.

Thank you for taking the time to review our report and plan. We welcome any questions or ideas for collaborating that you may have, by reaching out to Marie.Violet@CommonSpirit.org or Tricia.Coffey@CommonSpirit.org.





Bill Graham
President

Jan Barker
Chairperson, Board of Directors

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At-a-Glance Summary

<p>Community Served</p> 	<p>Dignity Health Sequoia Hospital serves the cities in mid-county, south county, and the coastside of San Mateo County on the San Francisco Peninsula. The hospital service area includes the cities of Atherton, Belmont, Burlingame, Half Moon Bay, La Honda, Los Altos, Menlo Park, Mountain View, East Palo Alto/Palo Alto, Portola Valley, Redwood City, San Carlos and San Mateo with a total population of 609,356.</p> <p>While the population of the community served by Sequoia Hospital tends to be wealthier and better educated when compared to the state, there are a number of cities in the service area that experience high rates of poverty and health care disparities.</p>
<p>Economic Value of Community Benefit</p> 	<p>\$23,852,210 in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services, community grants and other community benefits</p> <p>\$42,874,560 in unreimbursed costs of caring for patients covered by Medicare fee-for-service</p>
<p>Significant Community Health Needs Being Addressed</p> 	<p>The significant community health needs the hospital is helping to address and that form the basis of this document were identified in the hospital's most recent Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <ul style="list-style-type: none"> • Access to health care • Healthy lifestyles (Chronic Diseases & Preventive Practices) • Housing and homelessness • Mental health
<p>FY23 Programs and Services</p> 	<p>The hospital has implemented various programs and services to address significant community health needs as follows:</p> <ul style="list-style-type: none"> • Charitable cash and in-kind donations: Provides cash and in-kind donations to community-based organizations to address access to health care. • Community Health Improvement Grants program: Offers grants to nonprofit community organizations that provide access to health care programs and services. • Community Space Sharing Program: This program offers meeting room space to nonprofit organizations addressing chronic diseases and preventive practices. • Discharge Planning for Homeless Patients: Supportive services include a meal, weather-appropriate clothing, medications, transportation, infectious disease screening, vaccinations, and screening for affordable healthcare coverage. The San Mateo County Coordinated Entry System is contacted for shelter placement. • Financial assistance for the uninsured or underinsured: Provides financial assistance (including discounts and charity care) to those who have health care

needs and are uninsured, underinsured, ineligible for a government program or otherwise unable to pay.

- **Health Professions Education Program:** The hospital partners with educational or training programs to offer a clinical setting for training and educating nursing students and other allied health professionals.
- **LiveWell Program:** This program assists San Mateo County residents in achieving their health and wellness goals by focusing on healthy behaviors, disease prevention and management, and injury prevention through health screenings, evidence-based prevention programs, community health education, support groups, and health advocacy.
- **New Parents Support Group:** This group helps individuals navigate the challenges of parenting through structured, inclusive, strength-based, and empowering experiences.
- **Operation Access:** Sequoia Hospital partners with Operation Access to link donated surgical preventive care to uninsured and underinsured patients in San Mateo County at no charge to patients.
- **Sequoia Community Care:** Program designed to offer services and community resources to allow older adults discharged from Sequoia Hospital to recover safely in their community dwelling.
- **Sequoia Health Equity Partnership:** In collaboration with Samaritan House, the Sequoia Hospital Foundation funds a diabetes nurse educator at their Redwood City clinic to assist at-risk patients with lifestyle modifications for successful diabetes management.
- **Workforce Development Program:** In partnership with Wender Weis Foundation for Children, the program aims to introduce local high school students to entry level jobs in health care fields.

FY24 Planned Programs and Services



In FY24, our programs will continue while incorporating the following modifications: The responsibilities of the Sequoia Community Care nurse will transition to the Care Coordination Team. We are committed to tackling healthcare disparities and bridging the digital divide through a new partnership with AnewVista Community Services.

This document is publicly available online at

<https://www.dignityhealth.org/bayarea/locations/sequoia/about-us/community-benefits>.

Written comments on this report can be submitted to Dignity Health Sequoia Hospital, Health & Wellness Department, 170 Alameda de las Pulgas, Redwood City, CA 94062. To send comments or questions about this report, please visit dignityhealth.org/sequoia/contact-us and select the “CHNA comments” in the drop-down menu.

Our Hospital and the Community Served

About Sequoia Hospital

Sequoia Hospital is a member of Dignity Health, which is a part of CommonSpirit Health. Sequoia's Heart and Vascular Institute is a nationally known pioneer in advanced cardiac care. Sequoia has received national recognition as one of America's top 100 hospitals for cardiac care, as well as for superior patient safety from Healthgrades. Our Birth Center is consistently ranked as a favorite among Peninsula families, and we're also known for our Center for Total Joint Replacement and comprehensive emergency care. Our new state-of-the-art Pavilion combines the most advanced medical and surgical services with a unique healing environment, including private, spacious rooms and inviting garden areas. High technology meets Hello humankindness at Sequoia Hospital.

Our Mission

As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Our Vision

A healthier future for all – inspired by faith, driven by innovation, and powered by our humanity.

Financial Assistance for Medically Necessary Care

It is the policy of CommonSpirit Health to provide, without discrimination, emergency medical care and medically necessary care in CommonSpirit hospital facilities to all patients, without regard to a patient's financial ability to pay. This hospital has a financial assistance policy that describes the assistance provided to patients for whom it would be a financial hardship to fully pay the expected out-of-pocket expenses for such care, and who meet the eligibility criteria for such assistance. The financial assistance policy, a plain language summary and related materials are available in multiple languages on the hospital's website.

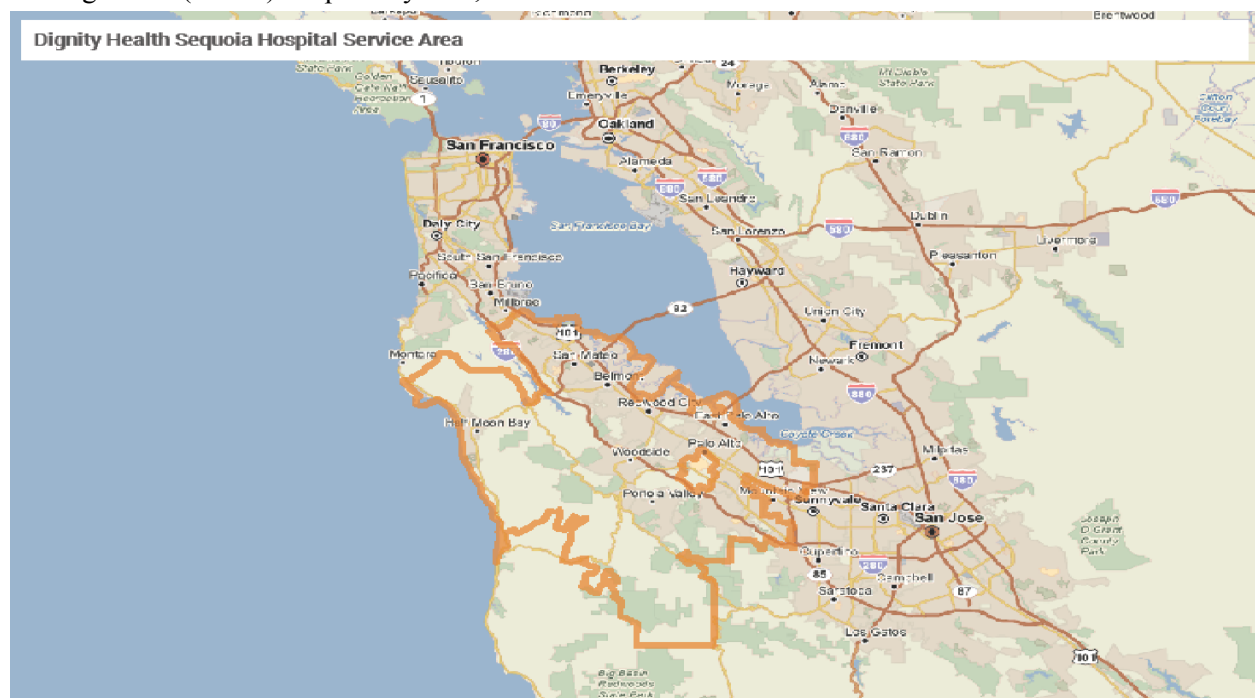
Description of the Community Served

The hospital serves 23 ZIP Codes in 13 cities in San Mateo County. A summary description of the community is below. Additional details can be found in the CHNA report online.

The population of the Sequoia Hospital service area is 609,356. Children and youth, ages 0-17, are 22.8% of the population, 61.4% are adults, ages 18-64, and 15.8% of the population are seniors, ages 65 and older. The largest portion of the population in the service area identifies as White/Caucasian (49.2%), with 22.4% of the population identifying as Asian and 20.5% as Hispanic/Latino. 4.3% of the population identifies as multiracial (two-or-more races), 2.1% as Black/African American, 1% as Native Hawaiian/Pacific Islander, and 0.2% as American Indian/Alaskan Native.

Among the residents in the service area, 6.5% are at or below 100% of the federal poverty level (FPL) and 15.3% are at 200% of FPL or below. Educational attainment is a key driver of health. In the hospital service area, 8.3% of adults, ages 25 and older, lack a high school diploma, which is lower than the county (10.4%) and state (16.7%) rates. 63.1% of area adults have a Bachelor's degree or higher degree.

San Mateo County is designated a Medically Underserved Area (MUA) and a Health Professional Shortage Area (HPSA) for primary care, dental health and mental health.



Community Assessment and Significant Needs

The hospital engages in multiple activities to conduct its community health improvement planning process. These include, but are not limited to, conducting a Community Health Needs Assessment with community input at least every three years, identifying collaborating community stakeholder organizations, describing anticipated impacts of program activities and measuring program indicators.

Community Health Needs Assessment

The health issues that form the basis of the hospital's community benefit plan and programs were identified in the most recent CHNA report, which was adopted in May 2022. The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital;
- Description of assessment processes and methods;
- Presentation of data, information and findings, including significant community health needs;
- Community resources potentially available to help address identified needs; and
- Discussion of impacts of actions taken by the hospital since the preceding CHNA.

Additional detail about the needs assessment process and findings can be found in the CHNA report, which is publicly available at

<https://www.dignityhealth.org/bayarea/locations/sequoia/about-us/community-benefits>

or upon request at the hospital's Community Health office.

Significant Health Needs

The CHNA identified the significant needs in the table below, which also indicates which needs the hospital intends to address. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Access to health care	Access to health care refers to the availability of primary care, specialty care and dental care services. Health insurance coverage is considered a key component to ensure access to health care.	X
Chronic diseases	A chronic disease or condition usually lasts for three months or longer and may get worse over time. Chronic diseases can usually be controlled but not always cured. The most common types of chronic diseases are cancer, heart disease, stroke, diabetes, and arthritis.	X
COVID-19	Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.	

Significant Health Need	Description	Intend to Address?
Food insecurity	The USDA defines food insecurity as limited or uncertain availability of nutritionally adequate foods or an uncertain ability to acquire foods in socially-acceptable ways.	
Housing and homelessness	Homelessness is known as a state of being unhoused or unsheltered and is the condition of lacking stable, safe, and adequate housing.	X
Mental health	Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.	X
Overweight and obesity	Overweight and obesity are common conditions that are defined as the increase in size and amount of fat cells in the body. Obesity is a chronic health condition that raises the risk for heart disease and is linked to many other health problems, including type 2 diabetes and cancer.	
Preventive practices	Preventive practices refer to health maintenance activities that help to prevent disease. For example, vaccines, routine health screenings (mammogram, colonoscopy, Pap smear) and injury prevention are preventive practices.	X
Substance use	Substance use is the use of tobacco products, illegal drugs, prescription or over-the-counter drugs or alcohol. Excessive use of these substances, or use for purposes other than those for which they are meant to be used.	
Tuberculosis	Tuberculosis (TB) is a contagious bacterial infection that usually attacks the lungs.	

Significant Needs the Hospital Does Not Intend to Address

Taking existing hospital and community resources into consideration, Sequoia Hospital will not directly address COVID-19, food insecurity, overweight and obesity, substance use and tuberculosis as priority health needs. Knowing that there are not sufficient resources to address all the community health needs, Sequoia Hospital chose to concentrate on those health needs that can most effectively be addressed given the organization's areas of focus and expertise. The hospital has insufficient resources to effectively address all the identified needs and, in some cases, the needs are currently addressed by others in the community.

2023 Report and 2024 Plan

This section presents strategies and program activities the hospital is delivering, funding or on which it is collaborating with others to address significant community health needs. It summarizes actions taken in FY23 and planned activities for FY24, with statements on impacts and community collaboration. Program Highlights provide additional detail on select programs.

Planned activities are consistent with current significant needs and the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

Creating the Community Benefit Plan

The hospital is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.

The following criteria were used by the hospital to determine the significant health needs Sequoia

Hospital will address in the Implementation Strategy:

- Existing Infrastructure: There are programs, systems, staff and support resources in place to address the issue.
- Established Relationships: There are established relationships with community partners to address the issue.
- Ongoing Investment: Existing resources are committed to the issue. Staff time and financial resources for this issue are counted as part of our community benefit effort.
- Focus Area: The hospital has acknowledged competencies and expertise to address the issue and the issue fits with the organizational mission.



Sequoia Hospital engaged the community health team, hospital executive leaders and the Community Advisory Committee to examine the identified health needs according to these criteria. The CHNA served as the resource document for the review of health needs as it provided statistical data on the severity of issues and also included community input on the health needs. As well, the community prioritization of the needs was taken into consideration. As a result of the review of needs and application of the above criteria, Sequoia Hospital chose to focus on: access to health care, healthy lifestyles (chronic diseases & preventive practices), housing and homelessness and mental health.

For each health need the hospital plans to address, the Implementation Strategy describes: actions the hospital intends to take, including programs and resources it plans to commit, anticipated impacts of these actions, and planned collaboration between the hospital and other organizations. In most cases, the strategies identified to address the selected needs are based on existing programs that have evidence of success. For some strategies, Sequoia Hospital is part of a larger collaborative effort.

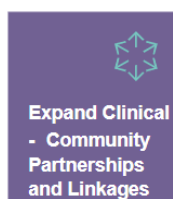
Community Health Strategic Objectives

The hospital believes that program activities to help address significant community health needs should reflect a strategic use of resources and engagement of participants both inside and outside of the health care delivery system.

CommonSpirit Health has established four core strategic objectives for community health improvement activities. These objectives help to ensure that our program activities overall address strategic aims while meeting locally-identified needs.



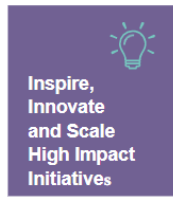
Create robust alignment with multiple departments and programmatic integration with relevant strategic initiatives to optimize system resources for advancing community health.



Scale initiatives that complement conventional care to be proactive and community-centered, and strengthen the connection between clinical care and social health.



Work with community members and agency partners to strengthen the capacity and resiliency of local ecosystems of health, public health, and social services.




Partner, invest in and catalyze the expansion of evidence-based programs and innovative solutions that improve community health and well-being.

Report and Plan by Health Need

The tables below present strategies and program activities the hospital has delivered or intends to deliver to help address significant health needs identified in the community health needs assessment.

They are organized by health need and include statements of strategy and program impact, and any collaboration with other organizations in our community.



 Health Need: Access to Health Care			
Strategy or Program	Summary Description	Active FY23	Planned FY24
Financial assistance for the uninsured or underinsured	Sequoia Hospital provides financial assistance to those who have health care needs and are uninsured, underinsured, ineligible for a government program or otherwise unable to pay.	•	•
Health Professions Education Program	The hospital partners with educational or training programs to offer a clinical setting for training and educating nursing students and other allied health professionals.	•	•
Workforce Development Program	In partnership with Wender Weis Foundation for Children, the program aims to introduce local high school students to entry level jobs in health care fields.	•	•
Sequoia Community Care	Program designed to offer services and community resources to allow older adults discharged from Sequoia Hospital to recover safely in their community dwelling. The responsibilities of the Sequoia Community Care nurse will transition to the Care Coordination Team,	•	•
Operation Access	Sequoia Hospital partners with Operation Access to link donated surgical preventive care to uninsured and underinsured patients in San Mateo County at no charge to patients.	•	•
Addressing Disparities in Health Care and the Digital Divide	Sequoia Hospital helps support and promote AnewVista Community Services programming, a digital literacy	•	•

	initiative for older adults that aims to enhance their health and well-being outcomes.		
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide access to health care programs and services.	•	•
Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address access to health care.	•	•

Goal and Impact: The hospital's initiatives to address access to care are anticipated to result in: increased access to health care for the medically underserved, reduced barriers to care, increased availability and access to preventive care services and increased local health care workforce.

Collaborators:

- AnewVista Community Services
- Arizona State University
- Bay Area Community Health Advisory Council (BACHAC)
- Belle Haven Child Development Center
- Casa Circulo Cultural
- Canada College
- Mental Health Association of San Mateo County
- National Institute of First Assisting
- NCTI - Bay Area (Livermore)
- Operation Access
- Pathways Home Health and Hospice
- Paratransit Coordinating Council (PCC)
- Redwood City Public Library
- Redwood City Together
- Samaritan House
- San Francisco State University
- San Mateo County Health
- San Mateo County Office of Education
- San Mateo Pride Center
- Sequoia Healthcare District
- Sequoia Union High School District
- Sonrisas Dental Health, Inc.
- St. Francis Center of Redwood City/Siena Youth Center
- Taft Community School
- Touro University California
- United Through Education: Familias Unidas
- University of San Francisco
- University of the Pacific - Stockton
- Wender Weis Foundation for Children



Health Need: Healthy Lifestyles (Chronic Diseases & Preventive Practices)

Strategy or Program	Summary Description	Active FY23	Planned FY24
LiveWell Program	This program assists San Mateo County residents in achieving their health and wellness goals by focusing on healthy behaviors, disease prevention and management, and injury prevention through health screenings, evidence-based prevention programs, community health education and health advocacy.	•	•
Sequoia Health Equity Partnership	In partnership with Samaritan House, a leading non-profit serving San Mateo County, the Sequoia Hospital Foundation will provide the funding necessary to bring a diabetes nurse educator to their Redwood City clinic to work directly with at-risk patients to provide the necessary tools and education regarding critical lifestyle modifications (meal planning, activity/exercise and stress management) so they can live with diabetes successfully.	•	•
Diabetes Empowerment Education Program (D.E.E.P.)	An evidence-based program for diabetes self-management practices.	•	•
Matter of Balance	An evidence-based program designed to reduce the fear of falling and increase activity levels among older adults.	•	•
Community Space Sharing Program	Provides meeting room overhead and space to the nonprofit organization Bay Area Community Health Advisory Council (BACHAC). BACHAC's mission is to increase awareness of major health issues affecting African Americans and diverse communities, advocate for increased health education and access to resources and actively encourage accountability for healthy lifestyles.	•	•
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide healthy lifestyles (chronic diseases & preventive practices) programs and services.	•	•
Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address healthy lifestyles (chronic diseases & preventive practices).	•	•
Goal and Impact: The hospital's initiatives to improve healthy lifestyles are anticipated to result in: increased knowledge of healthy eating and physical activity, increased identification and treatment of chronic diseases, increased compliance with chronic disease prevention and management recommendations.			
Collaborators:			

- Bay Area Community Health Advisory Council (BACHAC)
- Fair Oaks Adult Activity Center
- Fall Prevention Coalition of San Mateo County
- Little House Activity Center
- Redwood City Parks, Recreation and Community Services
- Redwood City School District
- Samaritan House
- San Carlos Adult Community Center
- Sandpiper Community Center
- San Mateo County Breastfeeding Advisory Committee
- San Mateo County Human Trafficking Initiative
- The San Mateo County Paratransit Coordinating Council (PCC)
- San Mateo County Tobacco Prevention Program
- Sequoia Healthcare District
- Sequoia Union High School District
- Sonrisas Dental Health
- Twin Pines Senior & Community Center
- United through Education – Familias Unidas
- Veterans Memorial Senior Center
- Villages of San Mateo County



Health Need: Housing and Homelessness

Strategy or Program	Summary Description	Active FY23	Planned FY24
Discharge planning for homeless patients	<p>Supportive services are offered that include a meal, weather-appropriate clothing, medications, transportation, infectious disease screening, vaccinations and screening for affordable health care coverage. For shelter resources, the San Mateo County Coordinated Entry System is called for assistance.</p> <p>The hospital care coordinators and social workers engage the services of LifeMoves “Homeless Outreach Team” (HOT) to provide a broad range of services, which include outreach and engagement, intensive case management (including support in following-up on medical appointments), benefits enrollment, and transportation to and from medical appointments.</p>	●	●
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide housing and homelessness programs and services.	●	●
Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address housing and homelessness.	●	●

Goal and Impact: The hospital’s initiatives to address housing and homelessness are anticipated to result in: improved health care delivery to persons experiencing homelessness and increased access to community-based services for persons experiencing homelessness.

Collaborators:

- Fair Oaks Community Center
- HIP Housing
- LifeMoves
- Redwood City Police Department
- Samaritan House (SMC Coordinated Entry System)
- San Mateo County Behavioral Health & Recovery Services
- San Mateo Medical Center



Health Need: Mental Health

Strategy or Program	Summary Description	Active FY23	Planned FY24
New Parents support group	This group helps individuals navigate the challenges of parenting through structured, inclusive, strength-based, and empowering experiences.	•	•
Community Space Sharing Program	Provides meeting room overhead and space to the nonprofit organization OneLife Counseling Services for community members to feel connected and have a safe place to access mental health services.	•	•
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide mental health programs and services.	•	•
Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address mental health issues.	•	•

Goal and Impact: The hospital's initiatives to address mental health are anticipated to result in: increased access to mental health services in the community, and improved screening and identification of mental health needs.

Collaborators:

- Izzi Early Education
- Family Connections
- Hatch Elementary School
- LifeMoves
- Mental Health Association of San Mateo County
- McKinley Institute
- One Life Counseling Services
- Peninsula Kidpower Teenpower Fullpower
- Samaritan House

Community Health Improvement Grants Program

One important way the hospital helps to address community health needs is by awarding financial grants to non-profit organizations working together to improve health status and quality of life. Grant funds are used to deliver services and strengthen service systems, to improve the health and well-being of vulnerable and underserved populations related to CHNA priorities.

In FY23, the hospital awarded the grants below totaling \$134,464. Some projects also may be described elsewhere in this report.

Grant Recipient	Project Name	Amount
LifeMoves	Homeless Outreach Team (HOT) Project	\$27,464
Operation Access	San Mateo Specialty Care Access & Delivery Program	\$30,000
Peninsula Kidpower Teenpower Fullpower	From Trauma to Thriving	\$30,000
Sonrisas Dental Health, Inc.	Sonrisas Dental Health School Screening Program	\$20,000
United through Education	Familias Unidas Family Engagement Workshop and Community Outreach	\$27,000


Art Faro Grant Program

Dignity Health Sequoia Hospital and the Sequoia Healthcare District provided \$100,000 in funding for vulnerable populations on the Peninsula facing ongoing food insecurity. The Art Faro Grant Program, a collaboration between the two Redwood City based organizations, supports the following seven organizations in their efforts to provide food and meals to those most in need:

- Ecumenical Hunger Program
- First Step Community Services
- Friends for Youth
- Karat School Project
- Nuestra Casa
- Redwood City School District
- Upward Scholars

Program Highlights

The following pages describe a sampling of programs and initiatives listed above in additional detail, illustrating the work undertaken to help address significant community health needs.

 From Trauma to Thriving	
Significant Health Needs Addressed	Mental health
Program Description	<p>2023 Community Health Improvements Grants Program: 12-month grant period: Jan. – Dec. 2023</p> <p>Lead Organization: Peninsula Kidpower Teenpower Fullpower (commonly known as ‘Kidpower’)</p> <p>Project Name: From Trauma to Thriving</p> <p>Project Summary: Resilience Skill-Building for Families Struggling with Long-Term Negative Mental and Behavioral Health and Safety Impacts in the wake of the COVID-19 pandemic.</p>
Population Served	<p>Communities with high representation of populations whose economic vulnerabilities as well as social determinants of health place them at higher risk for an array of poor relationship health outcomes, including:</p> <p>Families in the service industries, and agricultural fieldworkers (Half Moon Bay) striving to parent in the context of health, immigration, and economic challenges as well as anti-immigrant and racist sentiment.</p> <p>Youth with disabilities, low-income youth, Spanish-speaking children, and LGBTQIA+ gender-diverse youth whose vulnerability intensified due to the intersection of Covid-19, ableism, racism, and homophobia/transphobia</p> <p>Women and youth victims of intimate partner, family and teen dating violence and sex trafficking and those at high-risk of victimization who are now more vulnerable than ever due to additional stressors from the pandemic.</p> <p>Geographically, the project covers school and human needs programs in communities ranging from East Palo Alto to Menlo Park, South San Francisco, Daly City, San Mateo, Belmont, San Carlos, Redwood City and Half Moon Bay.</p>
Program Goal / Anticipated Impact	<p>Goal #1: Increased emotional, mental and behavioral health, safety and well-being of children and families.</p> <p>Goal #2: Increased safe, healthy interactions and relationships between children and their families.</p>

Goal #3: Increased safe, secure school, home, and community environments to meet the people's social-emotional safety, health and wellness needs.

FY 2023 Report

Activities Summary

Children/Youth

In small group sessions, ranging from short-term (up to 2-hour long) prevention type assistance to long-term restorative intervention to take place once-a-week (1/4-1/2 hour) over a period as long as 24 weeks at our partner schools/agencies, we give them the opportunity to apply social-emotional and behavioral health & safety, 'trigger management', (self-) advocacy, and resilience-building concepts and turn them into skills through role-plays. The skills are tailored to people's age, ability, culture, and unique situations, broken down in small steps incrementally increased, repeated, and practiced until integrated.

Parents/Families

We use single or multiple (up to two (2) 2-hours) Parent Education and Joint Parent-Child training sessions to coach parents in how to recognize ways they can take charge of mental and emotional safety to protect themselves and their loved ones – even within contexts outside their control – from both overt and insidious forms of mental and behavioral harm; how to make better self-care and child protection decisions; manage their own emotional triggers; help children and youth stay safe at school, at home, and online, during this challenging time; and how to integrate these skills into their family structure.

Teachers/Program Staff

In (2-6 hours) professional group trainings and individualized follow-up coaching sessions, teachers/staff will learn how to:

- Teach/incorporate core Kidpower skills into their curriculum/standard practices
- Create safe environments, and cultures of social-emotional safety, health and wellness by repeatedly and consistently modeling, using, and reinforcing Kidpower skills with their students and clients. However, the exact duration and time allotment largely depends on the specific learning/communication platforms designed by our partner agencies, some of which are still being fine-tuned in the Covid-19 aftermath.

Performance / Impact

Mid-Year Report

Over ninety-four percent (94.8%) of the 39 parents/teachers/staff reporting believed — either agreeing (66.7%) or strongly agreeing (28.1%) — that the Kidpower skills introduced were relevant to their kids/students' lives, has helped them be more confident, and has increased their emotional, mental, and behavioral safety, health, and well-being. Two people disagreed (5.2%).

Over eighty-seven percent (97.4%) of 39 parents/teachers/staff reporting concurred — either agreeing (53.8%) or strongly agreeing (43.6%) — that they now had the information, specific skills, and language for teaching and practicing, in an age-appropriate way, interpersonal safety skills with the kids in their care to increase safe, healthy interactions and relationships with children and their families. One person disagreed (2.6%).

Over ninety-four percent (94.8%) of the 39 parents/teachers/staff reporting

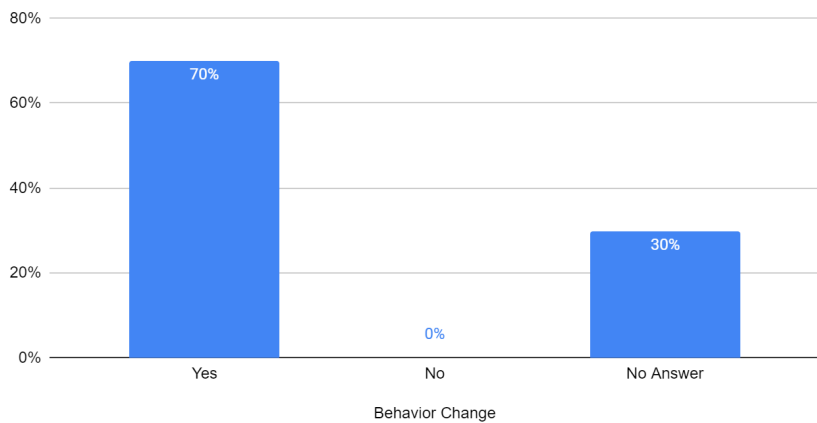
	believed — either agreeing (66.7%) or strongly agreeing (28.1%) that the Kidpower skills introduced has increased safe, secure school, home and community environments to meet the people’s social emotional safety, health and wellness needs. Two people disagreed (5.2.%).
Hospital’s Contribution / Program Expense	Dignity Health Community Grant award amount: \$ 30,000.
FY 2024 Plan	
Program Goal / Anticipated Impact	<p>Goal #1: Increased emotional, mental and behavioral health, safety and well-being of children and families.</p> <p>Goal #2: Increased safe, healthy interactions and relationships between children and their families.</p> <p>Goal #3: Increased safe, secure school, home, and community environments to meet the people’s social-emotional safety, health and wellness needs.</p>
Planned Activities	<p>Plan to continue all activities in the second half of the grant period: July 2023 - December 2023</p> <p>Submit Final Report to Sequoia Hospital Dignity Health, due February 29, 2024.</p>



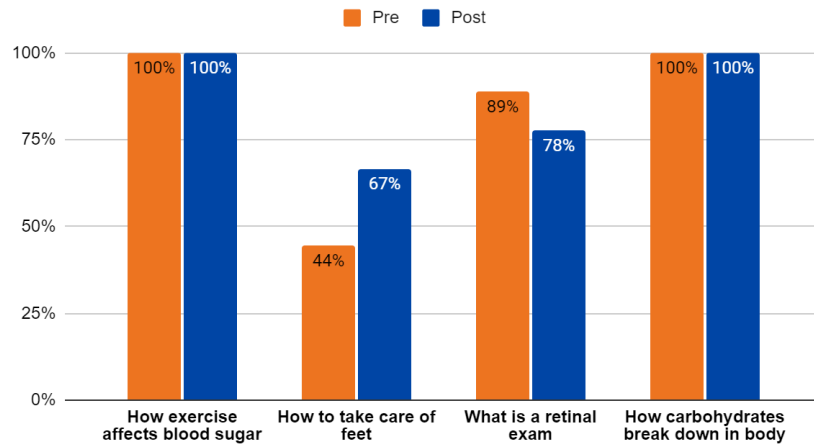
Significant Health Needs Addressed	Healthy lifestyles (Chronic Diseases & Preventive Practices)
Program Description	<p>The LiveWell program helps residents of San Mateo County achieve their goals for health and wellness. The LiveWell program focuses on healthy behaviors, disease prevention and management, and injury prevention. Activities/Programs include:</p> <ul style="list-style-type: none">• Blood Pressure Screening & community health education• Evidence-based prevention program(s)
Population Served	Residents of San Mateo County
Program Goal / Anticipated Impact	<p>Early detection and lifestyle changes or surveillance, to reduce the risk of disease, or to detect it early enough to treat it most effectively.</p> <p>Provide evidence based programs that offer proven ways to promote and prevent disease among older adults.</p> <p>To positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health.</p>

FY 2023 Report

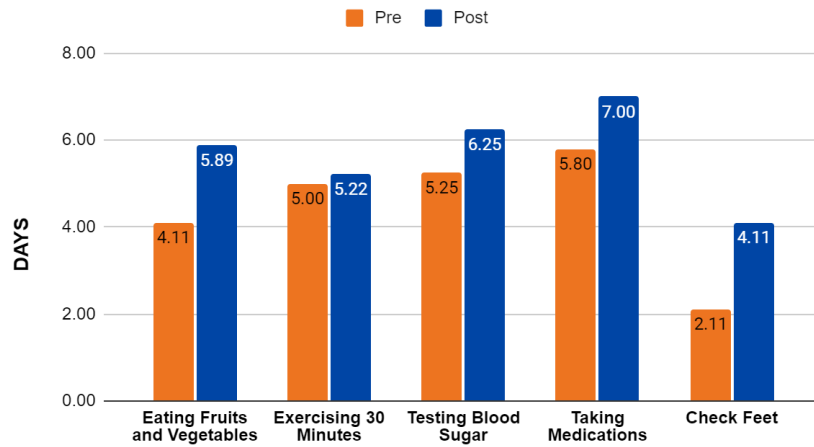
Activities Summary	<p><u>Blood Pressure Screening & community health education</u></p> <p>A hospital community health nurse, operating at 20% of a full-time position, offered complimentary blood pressure screenings at six community locations. These services encompassed screening result monitoring, personalized counseling, and facilitating referrals to physicians in cases of abnormal results.</p> <p>A community health nurse and educator, working at 80% of a full-time position, dedicated their efforts to creating and executing educational initiatives focused on the social and environmental factors influencing health outcomes. The educational programs covered various topics, including:</p> <ul style="list-style-type: none">• Empowering Blood Pressure Control• Raising Awareness about Diabetes and Prediabetes• Navigating Stress for Holistic Well-being• Optimizing Medication Management• Caring for Your Feet: A Guide to Foot Health <p><u>Evidence-based prevention program(s)</u></p> <p>Hosted two Diabetes Empowerment Education Program (D.E.E.P.) An evidence-based program for diabetes self-management practices. Classes are once a week for six weeks for two hours each.</p>
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	<p>Hosted one Matter of Balance (MOB) - An evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. Classes are twice a week for four weeks for two hours each.</p>								
Performance / Impact	<p>Blood Pressure Screening & community health education performance/impact</p> <p>Of the 687 blood pressure screenings provided:</p> <ul style="list-style-type: none"> • 227 participants receiving one-on-one counseling • 61 referrals made to primary care physician • 73% of participants surveyed shared their results with their physician • 20% of participants surveyed said their physician made a change to their medications, diet and/or exercise plan based on screening results • 100% of participants surveyed rated the service as above average or excellent <p>Community health educations performance/impact</p> <p>% of participants that incorporated a positive behavior change in their life due to attending a community education class. N=87</p>  <table border="1"> <caption>Behavior Change Data</caption> <thead> <tr> <th>Behavior Change</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>70%</td> </tr> <tr> <td>No</td> <td>0%</td> </tr> <tr> <td>No Answer</td> <td>30%</td> </tr> </tbody> </table> <p>Evidence-based prevention program(s) performance/impact</p>	Behavior Change	Percentage	Yes	70%	No	0%	No Answer	30%
Behavior Change	Percentage								
Yes	70%								
No	0%								
No Answer	30%								

Diabetes Knowledge

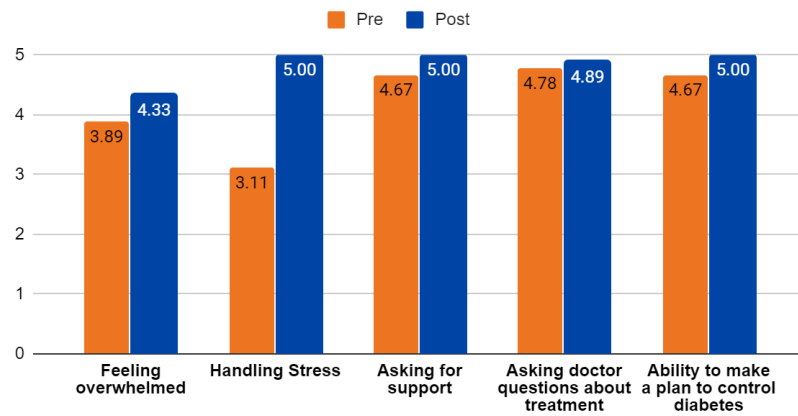


Self-Care Measures

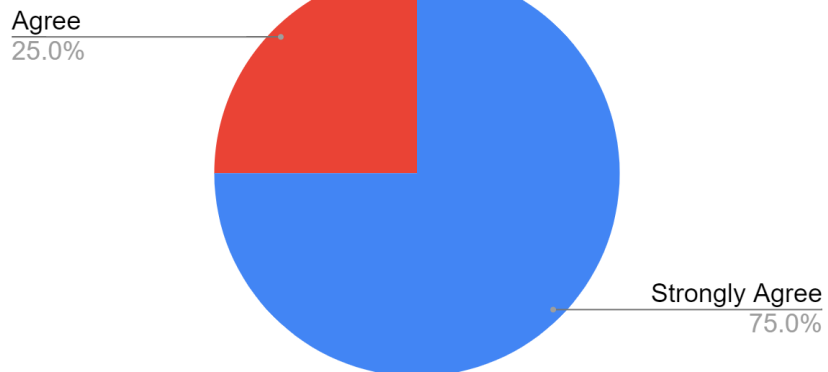


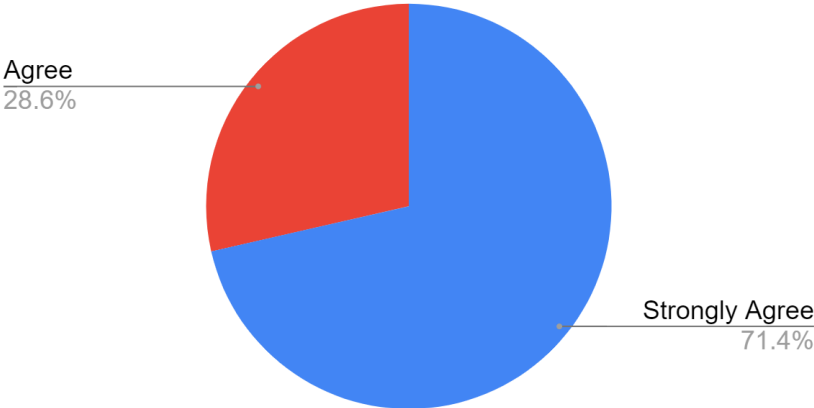
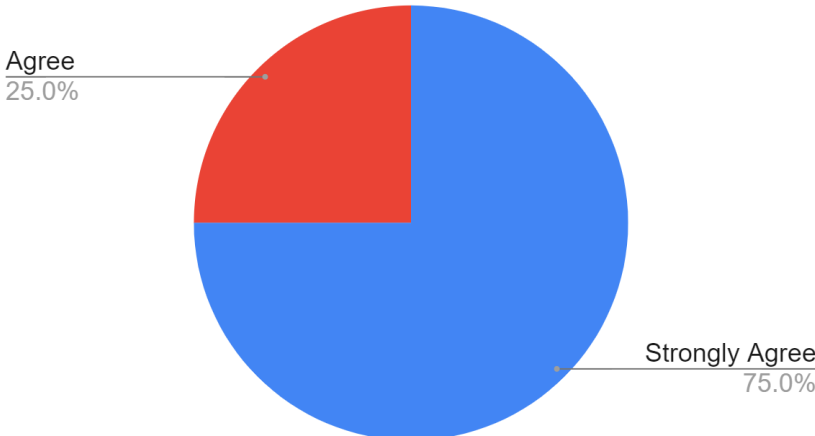
Coping with Diabetes

Scale 0-5 (0 = not coping 5 = coping well)



As a result of MOB, I feel more comfortable talking with others about my fear of falling.



	<p>As a result of MOB I feel more comfortable increasing my activity.</p>  <table><tr><th>Response</th><th>Percentage</th></tr><tr><td>Strongly Agree</td><td>71.4%</td></tr><tr><td>Agree</td><td>28.6%</td></tr></table>	Response	Percentage	Strongly Agree	71.4%	Agree	28.6%
Response	Percentage						
Strongly Agree	71.4%						
Agree	28.6%						
	<p>As a result of MOB, I have made changes to my environment</p>  <table><tr><th>Response</th><th>Percentage</th></tr><tr><td>Strongly Agree</td><td>75.0%</td></tr><tr><td>Agree</td><td>25.0%</td></tr></table>	Response	Percentage	Strongly Agree	75.0%	Agree	25.0%
Response	Percentage						
Strongly Agree	75.0%						
Agree	25.0%						
Hospital's Contribution / Program Expense	Staffing: 1.0 FTE						
FY 2024 Plan							
Program Goal / Anticipated Impact	<ul style="list-style-type: none">• Early detection and lifestyle changes or surveillance, to reduce the risk of disease, or to detect it early enough to treat it most effectively.• Provide evidence based programs that offer proven ways to promote and prevent disease among older adults.• To positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health.						
Planned Activities	Our intention is to continue the activities from FY23 into FY24.						



Sonrisas Dental Health School Screening Program

Significant Health Needs Addressed	Access to health care
Program Description	<p>2023 Community Health Improvements Grants Program 12-month grant period: Jan. – Dec. 2023</p> <p>Lead Organization: Sonrisas Dental Health, Inc.</p> <p>Project Name: Sonrisas Dental Health School Screening Program</p> <p>Project Summary: This project will specifically focus on schools and facilities that serve children (ages 1-18) in the Sequoia Hospital service area who experience barriers (access, financial, physical) to obtaining dental care. Several of the children screened will be students of Special Day Class (SDC)/Special Education Preschool Programs for children with Intellectual and Developmental Disabilities (IDD); a historically vulnerable population because of the lack of dental providers and specialists in San Mateo County who serve patients with special needs, especially if they have Medi-Cal coverage.</p>
Population Served	This project will specifically focus on schools and facilities that serve children (ages 1-18) in the Sequoia Hospital service area who experience barriers (access, financial, physical) to obtaining dental care. Several of the children screened will be students of Special Day Class (SDC)/Special Education Preschool Programs for children with Intellectual and Developmental Disabilities (IDD); a historically vulnerable population because of the lack of dental providers and specialists in San Mateo County who serve patients with special needs, especially if they have Medi-Cal coverage.
Program Goal / Anticipated Impact	This program is aligned with the Measurable Outcomes of the San Mateo County Oral Health Strategic Plan, which aims to: Increase access to dental services and oral health education for children and pregnant women, focusing on co-location and prevention.
FY 2023 Report	
Activities Summary	<p>Sonrisas Dental Health's dental professionals will provide dental screenings and oral health education to children ages 1-18 in the southern region of San Mateo County. These free evaluations which take place on school campuses will also fulfill the state-mandated Kindergarten Oral Health Assessment requirement (AB 1433).</p> <p>After the dental screening, each child participant's caregiver will be notified of child's oral health status and will be referred back to his/her existing dental home, or to a new dental provider to seek care, if one does not exist. If the family has difficulty locating a dentist, the child may be given an appointment at Sonrisas Dental Health San Mateo Center.</p> <p>Provide 12 children with comprehensive dental treatment in our dental clinic,</p>

	<p>particularly to those who have urgent dental needs identified at the dental screenings.</p> <p>Provide 50 children and their families with oral health education presentations during their online workshop sessions. Topics will include oral hygiene maintenance, nutritional counseling, and smoking cessation.</p>
Performance / Impact	<p>Mid-Year Report</p> <p>Of the 154 students that were screened:</p> <p>62% of the children screened were in need of some type of dental care.</p> <p>14% of the children screened needed urgent care due to severe decay, pain, and/or infection. This number is more than twice as high as many other schools in San Mateo County.</p> <p>All screening participants, particularly those in urgent need of care, were given individualized assistance in connecting with dental services to treat painful dental disease and/or infections, possibly preventing visits to the Emergency Department. Also, addressing less severe dental problems prevented dental disease from progressing into more costly and painful dental needs.</p> <p>Funding from this grant allowed us to establish an oral health program on-site in schools that serve low-income children - those that we have served in past years and new community partners who did not have any type of school-based dental program before Sonrisas/Sequoia Hospital's program.</p>
Hospital's Contribution / Program Expense	Dignity Health Community Grant award amount: \$ 20,000
FY 2024 Plan	
Program Goal / Anticipated Impact	<p>This program is aligned with the Measurable Outcomes of the San Mateo County Oral Health Strategic Plan, which aims to:</p> <p>Increase access to dental services and oral health education for children and pregnant women, focusing on co-location and prevention.</p>
Planned Activities	<p>Plan to continue all activities in the second half of the grant period: July 2023 - December 2023</p> <p>Submit Final Report to Sequoia Hospital Dignity Health, due February 29, 2024.</p>



Homeless Outreach Team (HOT) Program

Significant Health Needs Addressed	Housing and homelessness
Program Description	<p>2023 Community Health Improvements Grants Program 12-month grant period: Jan. – Dec. 2023</p> <p>Lead Organization: LifeMoves</p> <p>Project Name: Homeless Outreach Team (HOT) Program</p> <p>Project Summary: The HOT provides critically needed support services to unsheltered homeless people in San Mateo County (SMC) with the goal of promoting sustainable life choices, reducing hospital and emergency room visits, and ultimately transitioning out of homelessness. Services offered under this program include connecting the target population to medical and behavioral health services, shelter and housing resources, benefits enrollment, support in following up on medical appointments, transportation, food, hygiene and safety, and employment search assistance.</p>
Population Served	Unsheltered homeless individuals and families in San Mateo County.
Program Goal / Anticipated Impact	<p>HOT staff will make contact and engage with at least 25 unsheltered homeless individuals. All clients will be offered basic necessities such as food and clothing, and also COVID kits containing masks, wipes and hand sanitizers.</p> <p>Prompt response by the HOT staff to calls from the Medical Social Workers at Sequoia Hospital will increase ability of HOT staff to connect to the identified unsheltered individuals</p> <p>100% of clients wishing to exit homelessness will be connected to SMC CES for evaluation regarding available shelter bed or other alternative housing.</p> <p>All clients wishing to receive supportive services will be connected to community partners and county agencies</p> <p>Community safety will be improved by LifeMoves working directly with Redwood City PD regarding the location of homeless individuals who may present a safety risk to themselves or others.</p>
FY 2023 Report	
Activities Summary	<p>HOT staff will contact and engage with at least 25 unsheltered homeless individuals. Staff will provide them with information on available medical, behavioral health, housing, and other services available in SMC.</p> <p>HOT staff will respond to calls from Project partners within 24 hours (excluding weekends).</p>

	<p>Clients wishing to be connected to housing or shelter will be connected to SMC's Coordinated Entry System (CES).</p> <p>For clients wishing to be connected to other supportive services, HOT staff will connect clients to community partners and county agencies, as appropriate.</p> <p>HOT will coordinate with Redwood City Police Department (RWC PD) if safety issues are a concern.</p>
Performance / Impact	<p>Mid-Year Report</p> <p>Members of five Outreach teams worked together to serve more than 240 unsheltered individuals in San Mateo County. The greatest number of individuals were served in the communities of Redwood City, Half Moon Bay, San Mateo, and Menlo Park. All teams offered basic items to these individuals, working to develop relationships built on trust.</p> <p>The LifeMoves HOT responded promptly to calls from staff at Sequoia Hospital during this reporting period, working together to connect with unsheltered individuals active near the health facility.</p> <p>All clients wishing to exit homelessness that conformed to the new 90-day proof of county residency were connected to SMC CES for evaluation for shelter or other housing supports.</p> <p>All clients who wished to learn more about available community resources were connected to appropriate services.</p> <p>The partnership between the RWC PD and LifeMoves has helped the HOT respond quickly to health and safety concerns for unsheltered individuals in and around Sequoia Hospital.</p>
Hospital's Contribution / Program Expense	Dignity Health Community Grant award amount: \$ 20,000
FY 2024 Plan	
Program Goal / Anticipated Impact	<p>HOT staff will make contact and engage with at least 25 unsheltered homeless individuals. All clients will be offered basic necessities such as food and clothing, and also COVID kits containing masks, wipes and hand sanitizers.</p> <p>Prompt response by the HOT staff to calls from the Medical Social Workers at Sequoia Hospital will increase ability of HOT staff to connect to the identified unsheltered individuals</p> <p>100% of clients wishing to exit homelessness will be connected to SMC CES for evaluation regarding available shelter bed or other alternative housing.</p> <p>All clients wishing to receive supportive services will be connected to community partners and county agencies</p>

	Community safety will be improved by LifeMoves working directly with Redwood City PD regarding the location of homeless individuals who may present a safety risk to themselves or others.
Planned Activities	<p>Plan to continue all activities in the second half of the grant period: July 2023 - December 2023</p> <p>Submit Final Report to Sequoia Hospital Dignity Health, due February 29, 2024.</p>

Other Programs and Non-Quantifiable Benefits

The hospital delivers community programs, services and non-quantifiable benefits in addition to those described elsewhere in this report. Like those programs and initiatives, the one below is a reflection of the hospital's mission and its commitment to improving community health and well-being.

Dignity Health Sequoia Hospital was recognized as a LGBTQ+ Healthcare Equality Leader in the Human Rights Campaign Foundation's 2022 Healthcare Equality Index (HEI).

The HEI is the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors and employees.

The HEI evaluates and scores healthcare facilities on detailed criteria falling under four central pillars:

- Foundational Policies and Training in LGBTQ+ Patient-Centered Care;
- LGBTQ+ Patient Services and Support;
- Employee Benefits and Policies; and,
- Patient and Community Engagement.

LGBTQ+ patients have historically faced significant and long standing challenges to accessing the care they need, and Sequoia Hospital is committed to providing welcoming, compassionate care for LGBTQ+ patients and their families.

"Every person deserves to have access to quality healthcare, be respected and heard by their doctor, and feel safe in the facility where they are receiving care. But LGBTQ+ people are often subject to discrimination in all spaces, including healthcare facilities, which leads to members of the community avoiding care and anticipating our voices will not be respected in an incredibly vulnerable environment," said Tari Hanneman, Director of Health & Aging at The Human Rights Campaign. "The Healthcare Equality Index, at its core, strives to ensure LGBTQ+ people are protected and affirmed by their healthcare providers and feel safe seeking services. Our HEI active participants are truly pioneering the healthcare industry by implementing robust, comprehensive LGBTQ+ inclusive policies that hopefully, because of their work, will become standard practice."

As part of the HEI process, Sequoia Hospital worked with a nationally recognized LGBTQ+ health expert to undertake a comprehensive review of LGBTQ+ care policies and practices within the organization. Sequoia Hospital updated dozens of policies to support LGBTQ+ health care outcomes, expanded training for staff and clinicians, updated patient forms and IT processes to better capture preferred pronouns and solicit feedback from LGBTQ+ patients, created the role of an LGBTQ+ patient advocate, and clarified wording in employee benefits to be explicitly inclusive of LGBTQ+ employees – to name just a few examples.

The HEI is a biennial survey. The survey is conducted in odd years (typically beginning around June) and the report is published in even years. The HEI is revised each cycle to incorporate new issues and resources related to LGBTQ+ patient-centered care. The next HEI report will be the HEI 2024 and we are actively participating in the HEI 2024.

Economic Value of Community Benefit

240 Sequoia Hospital					
Complete Summary - Classified (Programs) Including Non Community Benefit (Medicare)					
For period from 07/01/2022 through 06/30/2023					
	<u>Persons</u>	<u>Expense</u>	<u>Offsetting Revenue</u>	<u>Net Benefit</u>	<u>% of Expenses</u>
Benefits for Poor					
Financial Assistance	4,513	\$2,955,292	\$0	\$2,955,292	0.9%
Medicaid	5,838	\$30,617,137	\$13,618,035	\$16,999,102	5.3%
Other Means Tested Programs	2	\$4,363	\$1,034	\$3,329	0.0%
Community Services					
A - Community Health Improvement Services	319	\$2,903	\$0	\$2,903	0.0%
C - Subsidized Health Services	11	\$6,697	\$0	\$6,697	0.0%
E - Cash and In-Kind Contributions	5	\$854,800	\$0	\$854,800	0.3%
G - Community Benefit Operations	Unknown	\$1,867,626	\$0	\$1,867,626	0.6%
Totals for Community Services	335	\$2,732,026	\$0	\$2,732,026	0.9%
Totals for Benefits for Poor	10,688	\$36,308,818	\$13,619,069	\$22,689,749	7.1%
Benefits for Broader Community					
Community Services					
A - Community Health Improvement Services	1,062	\$22,779	\$0	\$22,779	0.0%
B - Health Professions Education	184	\$1,193,196	\$54,980	\$1,138,216	0.4%
F - Community Building Activities	120	\$1,466	\$0	\$1,466	0.0%
Totals for Community Services	1,366	\$1,217,441	\$54,980	\$1,162,461	0.4%
Totals for Broader Community	1,366	\$1,217,441	\$54,980	\$1,162,461	0.4%
Totals - Community Benefit	12,054	\$37,526,259	\$13,674,049	\$23,852,210	7.4%
Medicare	19,016	\$124,893,068	\$82,018,508	\$42,874,560	13.4%
Totals Including Medicare	31,070	\$162,419,327	\$95,692,557	\$66,726,770	20.8%

The economic value of all community benefit is reported at cost. Patient financial assistance (charity care) reported here is as reported to the Office of Statewide Health Planning and Development in Hospital Annual Financial Disclosure Reports, as required by Assembly Bill 204. The community benefit of Medicaid and other means-tested programs is calculated using a cost-to-charge ratio to determine costs, minus revenue received for providing that care. Other net community benefit expenses are calculated using a cost accounting methodology. Restricted offsetting revenue for a given activity, where applicable, is subtracted from total expenses to determine net benefit in dollars.

Hospital Board and Committee Rosters

SEQUOIA HOSPITAL COMMUNITY BOARD

Chair

Jan Barker

Community Member

Secretary

Mojdeh Talebian, MD

President, Medical Staff

Adam Harmon, MD

Sequoia Hospital

Members

Dorena Chan

Community Member

Sandra Ferrando

Community Member

Bill Graham

President, Sequoia Hospital

Connie Guerrero

Swinterton Builders

Sunil Pandya

Wells Fargo

(Amita) Niki Saxena, MD

Lisa Tealer

Executive Director

Bay Area Community Health Advisory Council

(BACHAC)

Tykia Warden

Executive Director of Development

San Mateo County Community Colleges Foundation

SEQUOIA HOSPITAL COMMUNITY ADVISORY COMMITTEE (CAC)

Chair

Melissa Platte

Executive Director

Mental Health Association of San Mateo County

Members

Christopher Beth

Director, Redwood City Parks, Recreation and
Community Services Department

Susan Eldredge

Executive Director

Villages of San Mateo County

Laura Fanucchi

Associate Executive Director

HIPhousing

Sandra Ferrando

Sequoia Hospital Community Board Member

Ted Hannig

Attorney, Hannig Law Firm

Diane Howard

City of Redwood City Council Member

Karen F. Krueger

Executive Director of Philanthropy

Pathways Home Health & Hospice

Alisa Greene MacAvoy

RCSD Board of Trustee

Trustee At-Large

Francisco (Frankie) Sapp

Pronouns: he/his/him

Program Director

San Mateo County Pride Center

Lisa Tealer, (She/Her)

Sequoia Hospital Community Board Member

Executive Director

Bay Area Community Health Advisory

Council (BACHAC)

Sequoia Hospital Staff

Bill Graham

Liaison to Sequoia Hospital Community Board

President

David Cowell

Vice President of Mission Integration

Marie Violet

Director, Health & Wellness

Tricia Coffey

Manager of Community Health Outreach