

2014

# Community Benefit Report

For the fiscal year ending June 30, 2014

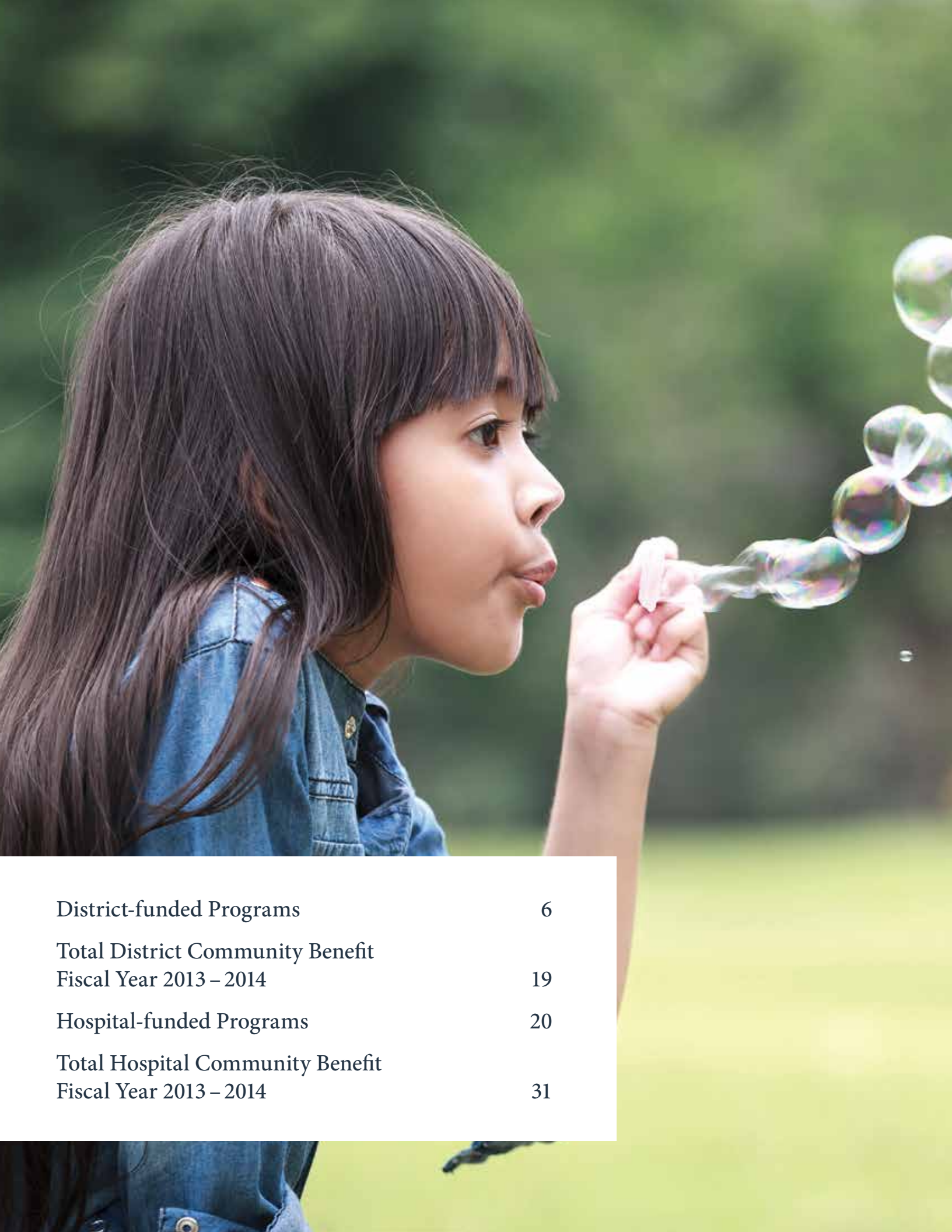
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EL CAMINO HEALTHCARE DISTRICT



**El Camino Hospital**<sup>®</sup>  
THE HOSPITAL OF SILICON VALLEY



District-funded Programs	6
Total District Community Benefit Fiscal Year 2013 – 2014	19
Hospital-funded Programs	20
Total Hospital Community Benefit Fiscal Year 2013 – 2014	31





# 2014 Community Benefit Report

While El Camino Healthcare District and El Camino Hospital have separate, individually funded Community Benefit programs, the two programs share a common goal: **to improve the health and well-being of our community.**

Both funds address this goal in two powerful ways:

- Making meaningful investments to help members of our community — especially those who are uninsured and underserved — receive the healthcare they need
- Funding programs and activities that foster the health of the community as a whole

This report covers Community Benefit activities for both organizations during fiscal year 2013 – 2014. The report is divided into two sections, each with a description of programs, highlights of the year’s accomplishments, and a financial summary.

## *Additional El Camino Hospital Information*

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The 2014 Community Benefit Plan, 2014 Community Benefit Report, and the Community Health Needs Assessment are available at [www.elcaminohospital.org/communitybenefit](http://www.elcaminohospital.org/communitybenefit).

## *Additional El Camino Healthcare District Information*

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The 2014 ECHD Community Benefit Plan and 2014 Community Benefit Report are available at [www.elcaminohealthcaredistrict.org/communitybenefit](http://www.elcaminohealthcaredistrict.org/communitybenefit).

# Investing in Community Health

## El Camino Healthcare District (ECHD) Community Benefit Program

El Camino Healthcare District's Community Benefit Program has one overarching purpose: Meet the needs of underserved and at-risk residents of the El Camino Healthcare District, which includes most of Mountain View, Los Altos, and Los Altos Hills; a large portion of Sunnyvale, and small sections of Cupertino, Santa Clara, and Palo Alto. ECHD makes a significant contribution to our community by funding programs administered by agencies that include local nonprofits, school districts, and other community-based organizations. All funding is approved by the ECHD Board of Directors.

## El Camino Hospital Community Benefit Program

As a local nonprofit hospital, giving back to the community is important to El Camino Hospital. The hospital's Community Benefit efforts include the following:

- Providing financial assistance
- Subsidizing health services
- Training and education for health professionals
- Covering unreimbursed Medi-Cal costs

The hospital collaborates on health initiatives with local nonprofits and community partners. El Camino Hospital Community Benefit funds are distributed across the hospital's wider service area, including West San Jose, Campbell, Los Gatos, parts of Cupertino, Saratoga, and Santa Clara. Funds are approved each year by the El Camino Hospital Board of Directors.

## How Community Benefit Is Defined

In order to make a significant local impact, El Camino Healthcare District and El Camino Hospital Community Benefit programs follow established national guidelines. Programs and activities being funded must fulfill at least one of the following goals to qualify as community benefit:

- Improve access to healthcare services
- Enhance the health of the community
- Advance medical or health knowledge
- Relieve or reduce the burden of government or other community health efforts
- Provide financial assistance that does not include bad debt, contractual allowances, or quick-pay discounts

## How Community Benefit Funds Are Allocated

In 2013, El Camino Hospital conducted a community health needs assessment (CHNA) to identify Santa Clara County's most significant health needs. The CHNA combines public health data with community input gathered from public health experts, frontline service providers, clients/patients, and residents. Health indicators were evaluated to identify the county's most pressing health needs. These needs were then reviewed by the Community Benefit Advisory Council (CBAC), a group of community members with knowledge about the health disparities impacting the local community.

El Camino Hospital Community Benefit Staff oversees and administers both Community Benefit programs. Each year, they prepare individual plans for El Camino Healthcare District and El Camino Hospital, with valuable input from the CBAC. Prospective partners submit detailed grant applications with their goals, budgets, and accountability metrics. Requests for funding are then carefully evaluated. Using the findings of the CHNA as a guide for documented needs, the CBAC reviews the plans and provides their input. Programs chosen for funding must address one of the identified priorities.







*"The El Camino Healthcare District Board has demonstrated steadfast commitment to serving individuals who have little or no access to healthcare. We live in an affluent community, yet there are many who have difficulty making ends meet. Often, seeing a doctor or a dentist, or making sure children are immunized is beyond reach. That is where our community benefit program makes such a difference! The District makes sure that our residents can see a physician, children will be immunized, and diabetes will be managed. All year long, thousands of people benefit from the health services that are made available through community benefit. These individuals truly depend on the services so generously supported by El Camino Healthcare District."*

**Cecile Currier**, Vice President of Corporate & Community Health Services, El Camino Hospital, and CEO of CONCERN:EAP



# An Update on the Health of Our Community

According to the Community Health Needs Assessment, Santa Clara County, one of the most affluent in the country, still has significant disparities due to gender, race, ethnicity, and income. Although generally affluent, there are still many vulnerable families and individuals who do not have access to medical, dental, and mental health services. The data also show significant health risk factors in the local population, including obesity, poor nutrition, and untreated mental and emotional problems.

## PRIORITY

# 1

### HEALTHCARE ACCESS

- 13% of Santa Clara County's population — approximately 171,000 adults — is uninsured
- 3.9% of children did not have health coverage (approximately 17,000) in 2012
- 36% of adults do not have dental insurance

## PRIORITY

# 2

### MENTAL HEALTH

- Nearly 4 in 10 adults reported poor mental health at least one day in the past month
- 37% of adolescents say they were depressed in the past year
- 12% of adolescents engaged in binge drinking in the past 30 days

## PRIORITY

# 3

### HEALTHY EATING AND PHYSICAL ACTIVITY

- Over 50% of adults and 25% of adolescents in Santa Clara County are overweight or obese
- Only 57% of adults in Santa Clara County meet CDC recommendations for physical activity
- Approximately 4 in 10 children ages 6 – 11 say they ate five or more fruits and vegetables the prior day
- 34% of Latino adults and 26% of Latino adolescents are obese
- 8% of adults in Santa Clara County have diabetes

## PRIORITY

# 4

### COMMUNITY HEALTH EDUCATION

- Many community members lack access to resources that can address their health needs
- Segments of the community are disproportionately at risk for certain health issues or problems and don't even realize it
- Limited health literacy is associated with minimal use of preventive health services
- People with inadequate health literacy are more likely to skip necessary medical tests; they have greater difficulty managing their chronic conditions and are less likely to go to the emergency room when they need to



## Income Disparity Hits Home: Santa Clara Is #1 in the Country

The widening gap between rich and poor is a concern across the country, and nowhere is that disparity greater than here in Santa Clara County. We have one of the nation's highest median incomes, yet 23 percent of our residents live at or below 300 percent of the federal poverty level. Poverty has a strong negative impact on an individual's health and ability to obtain healthcare. What's more, poverty is just one of the major factors impacting the health of Santa Clara County residents:

- We have a rapidly aging population, which increases the burden of chronic disease such as diabetes and Alzheimer's
- Young adults have a worsening health profile as their rates of obesity and sedentary behavior have all increased significantly over the past 20 years
- 40 percent of adults have high blood pressure, high cholesterol, or diabetes
- We have the nation's highest per capita percentage of homeless people, and the number of homeless individuals has increased by eight percent since 2011. Nine percent of the homeless in our county are children under the age of 18.





EL CAMINO HEALTHCARE DISTRICT

## EL CAMINO HEALTHCARE DISTRICT 2014 Community Benefit Report

Inadequate access to healthcare is an overarching issue in Santa Clara County, and it disproportionately affects the most vulnerable: the elderly, the poor, and immigrant populations. El Camino Healthcare District is working on closing the gaps in healthcare access by partnering with organizations experienced in improving community health, including school districts, community service agencies, safety-net clinics, and other nonprofit organizations. Funds come from a portion of annual property taxes collected by ECHD. These resources are invested in identified programs that effectively meet the health needs of individuals who live, work, or go to school in the District.





*Dear Community Members,*



According to a recent Stanford University study on health and poverty in Santa Clara County, we have the highest income gap of any county in the nation. Many residents earn far below \$47,700 — twice the poverty threshold for a family of four — in a community where the cost of living is 7.6 percent greater than the California average. Behind these worrisome statistics are scores of medically underserved individuals and families with many unmet health needs.

The El Camino Healthcare District Community Benefit Program was established to address the needs of the underserved and improve the health of the community at large. A significant portion of the taxes collected by the El Camino Healthcare District goes to supporting programs that address vital community health priorities. This year, ECHD funds helped underserved families gain access to a wide range of medical, dental, and mental health services. We made it possible for impoverished seniors to have a “medical home” and get regular oversight for chronic conditions. We provided support to help homeless people find stable housing, food, and much-needed medical care. Community Benefit grants also funded a variety of health education programs for school children, teachers, and parents on topics such as nutrition, physical fitness, eating disorders, and substance abuse.

We are honored to have worked with the organizations we funded this past year. These nonprofits continue to have a measurable impact on the health of our District. We look forward to continuing to help them close the health gaps in our community.

Sincerely,

*Patricia A. Einarson, MD*

**Patricia A. Einarson, MD, MBA**  
Chair, Board of Directors, El Camino Healthcare District



## **EL CAMINO HEALTHCARE DISTRICT**

### Fiscal Year 2014 Grants

5210 Health Awareness Program  
Alzheimer's Association  
Bay Area Women's Sports Initiative (BAWSI)  
Cancer Support Community  
Chinese Health Initiative  
Community Health Awareness Council  
Community Services Agency Mountain View  
Cupertino Union School District – Nurse  
Eating Disorders Resource Center  
Fremont High School – Mental Health  
Health Library and Resource Center –  
El Camino Hospital  
HealthTeacher  
Immunization Program  
Lucile Packard Foundation – Teen Health Van  
MayView Community Health Center  
Medical Respite Program  
Momentum for Mental Health  
Mountain View Los Altos High School District –  
Mental Health  
Mountain View Whisman School District – Nurse  
National Alliance on Mental Health – Peer PALS  
New Directions  
Pathways Home Health & Hospice Agency  
Playworks  
RoadRunners  
RotaCare Clinic  
South Asian Heart Center  
Sunnyvale Community Services  
Sunnyvale School District – Nurse  
Valley Health Center Sunnyvale

PRIORITY

1

**HEALTHCARE ACCESS**

In 2014, El Camino Healthcare District invested more than \$5 million in community partnerships to help underserved individuals and families become aware of and access the health-care services they so desperately need.



People served: 22,057



Services provided: 64,201



## Access to Basic Medical Care Is Good Medicine for the Whole Community

### RotaCare Clinic, Mountain View

The RotaCare clinic on the El Camino Hospital campus in Mountain View provides free primary care and specialty services to vulnerable, uninsured community members, including both the working poor and people who are temporarily out of work. By offering a broad range of healthcare services in one location, RotaCare gives patients a “medical home,” with providers who become familiar with their histories and can provide ongoing medical oversight. Core healthcare services are listed below:

- Treatment for basic medical conditions
- Thirteen medical specialties, including cardiology, gynecology, and dermatology
- Pharmaceutical assistance to help patients find affordable medications
- Case management for patients with chronic illnesses to prevent complications from heart disease, diabetes, asthma, and other chronic conditions
- Preventative care, including gynecological services and children’s physicals
- Basic mental health and social work services

In order to provide such extensive services, RotaCare supplements paid staff with help from more than 250 volunteers. While RotaCare is dependent on a number of funding sources, a significant portion comes from El Camino Healthcare District Community Benefit funds.

### Help From RotaCare Gave Sasha Relief on Many Levels

Sasha, age 50, came to RotaCare to seek treatment. An accident left her with chronic pain in both knees. The pain, swelling, and stiffness had gradually spread to her elbows, wrists, fingers, and right shoulder. Her range of motion was increasingly limited. Out of work for several years, Sasha had depleted her savings. Her unemployment insurance had run out as well. She did not have enough money for groceries and was facing eviction if she could not come up with next month’s rent. Worsening joint pain and loss of mobility made finding work a challenge. As Sasha put it, “no one will hire me when they see me hobble in.”

The RotaCare team collaborated on a solution to Sasha’s complicated situation. They gave her contact information for a community services agency and food banks nearby. Then, based on her medical exams, Sasha was diagnosed with rheumatoid arthritis and referred to a RotaCare rheumatology specialist right at the clinic. Once Sasha’s basic food and lodging needs were met, she was able to focus on understanding her diagnosis and reducing her pain and inflammation through medication and exercise.





### Valley Health Center Sunnyvale

This clinic serves low-income families in northern Santa Clara County, providing a home base for patients to receive regular, ongoing healthcare, including integrated mental health services. The partnership with El Camino Healthcare District helps ensure that patients have access to medical services as well as management for chronic diseases. The partnership also supports full-service dental care.

### MayView Community Health Center

Mountain View is home to some of Silicon Valley’s most successful high-tech companies, yet one in five of the city’s residents live below 200 percent of the federal poverty level. Many of these low-income families rely on MayView Community Health Center for primary care services. Funding from the El Camino Healthcare District helps this safety net clinic employ a primary care physician and vaccinate hundreds of people each year.

### El Camino Hospital Immunization Program

The El Camino Hospital Immunization Program helps prevent the spread of tuberculosis (TB), flu, pneumonia, whooping cough, hepatitis, and other infectious diseases, which are a significant risk for the underserved. Santa Clara County has the third highest TB rate in California. Asian Pacific Islanders are especially hard hit, accounting for four out of five TB cases. With the continuing decline of walk-in immunization services available in Santa Clara County, this program is more essential than ever. Last year, vaccines and a TB test from the El Camino Hospital Immunization Program saved the life of a young boy named Roy. Nurses noticed excessive bruising and bleeding from the shots and alerted a volunteer pediatrician at RotaCare. Roy was diagnosed with a rare form of leukemia and is currently in treatment.

### She Makes House Calls: the Life of a Public Health Nurse

As the dedicated Public Health Nurse for Valley Health Center Sunnyvale’s primary care team, it’s Joy Almquist’s responsibility to care for patients needing medical support at home. Joy makes home visits to provide one-on-one assistance. She helps patients manage medication and chronic conditions. She also offers guidance and encouragement for maintaining good health, advising her patients on how to eat right, quit smoking, abstain from alcohol, and comply with their doctor’s orders. Joy’s patients feel a connection with her and are grateful for the services they receive. As one patient says, “I don’t know what I’d do without Joy. This program is very important especially for people who can’t get around. She comes to my home and it makes it so much easier and more personal.”

*“Our valuable and innovative partnership with El Camino Healthcare District has supported our efforts to provide much-needed health services to the most vulnerable children and adults in northern Santa Clara County. This relationship has improved our ability to link the care provided in the clinical setting to preventive services provided in the larger community.”*

René G. Santiago, Deputy County Executive and Director, Santa Clara Valley Health & Hospital System



### Teen Health Van

Staying physically and emotionally healthy is especially challenging for poor or homeless teens who may not know where their next meal is coming from. In an effort to provide free, much-needed medical care to these vulnerable young people, El Camino Healthcare District funds supported Lucile Packard Foundation's Teen Health Van. Van staff collaborates with school administrators who refer teens to the program and provide space for clinic activities. First-time visits last approximately one hour and include appointments with a doctor, nurse practitioner, social worker, and dietitian. In addition to one-on-one meetings, the dietitian and social worker also conduct several health-education/health-promotion group activities. The team provides complete physical exams and comprehensive treatment. The Teen Health Van serves students in the Mountain View Los Altos High School District.

## Partnering with Schools

The inclusion of special-needs students in traditional classrooms, a process known as mainstreaming, has become the norm in today's schools. As a result, school nurses are seeing more medically fragile children, including handicapped children needing special procedures, and children with cancer or diabetes. Beyond their traditional job of providing first aid and emergency care, school nurses have a responsibility to make sure children who fail health screenings get connected with community health resources and are seen by a provider. As part of the Community Benefit Program, El Camino Healthcare District partners with schools to fund additional school nurses and health aides for elementary and middle schools. El Camino Healthcare District also funds school programs that promote health education and active, healthy lifestyles for young students.

### Mountain View Whisman School District

This school district, consisting of seven elementary schools and two middle schools, has a highly diverse student population, with many children coming from low-income, underserved families. Some of these children have debilitating medical conditions that require in-school health management, such as muscular dystrophy, cerebral palsy, or neurological impairments. Others have Type 1 diabetes and need a nurse to administer their insulin. Without enough nurses on staff to meet their medical needs, these children would not be able to attend school. El Camino Healthcare District Community Benefit funds enabled the addition of two nurses and a health aide to the staff. As a result, the school district's medically challenged and special-needs students can safely attend school. Funding also provided assistance for families who were having difficulty accessing the necessary resources for their children's healthcare. ECHD's support yielded the following positive results:

- Earlier detection of acute and chronic health conditions
- Intervention to treat health conditions
- Reduction in absenteeism





## Sunnyvale School District

The Sunnyvale School District student base includes a high percentage of families with socio-economic challenges. Currently, 36.8 percent of students receive free or reduced-fee lunches and 24 percent are English learners. Over the past several years, funding from the El Camino Healthcare District Community Benefit Program has increased health staff for the Sunnyvale School District by 66 percent. Christina Ballentyne, Principal of San Miguel Elementary School, has seen first hand the difference school nurse Frances Combe is making for students and their families. “Having Frances on campus working with students and families has been a huge asset to San Miguel Elementary... We serve a high-poverty population and Frances is able to connect families and parents to medical care.” A larger nursing staff provided more support for children who are medically fragile or suffer from chronic conditions. Nurses also made sure children who failed health screenings got the medical follow-up they needed. In addition, the ECHD Community Benefit Program funded CPR and first aid training for school personnel. ECHD also addressed school leaders’ concerns about the lack of student mental health services by financing mental health and counseling services through the Community Health Awareness Council in all ten Sunnyvale School District schools.

## Helping Seniors Stay Independent and Mobile

### RoadRunners Transportation Program

Mary is a regular user of the RoadRunners service, and she is a big fan. “RoadRunners is a wonderful service. It’s a lifesaver for me. The drivers are always courteous and nice. They get me to my doctor’s appointments on time and take me home when I’m done. They are always kind and helpful, and I couldn’t manage without them.” Mary’s words are echoed by many seniors who rely on the RoadRunners Transportation Program. Not being able to drive or have access to public transportation can keep seniors from getting to the doctor’s office, obtaining prescriptions, and remaining independent in their homes. In addition to driving people to medical appointments, RoadRunners provide door-to-door transportation to senior centers, local banks, and markets. Thanks to its corps of experienced, friendly drivers, the RoadRunners Transportation Program has been on the road for decades, providing thousands of rides to seniors, people with disabilities, and others in need.

*“We are grateful for the long-term support that the El Camino Healthcare District has provided. People are surprised to hear that about half of our students come from economically disadvantaged families. We have several valuable programs that support youth health and wellness needs for the ‘whole child.’ Social-emotional issues can be a powerful barrier to learning, so addressing these needs is critical to helping students learn. Equally important is the opportunity for more caring adults to be on campus, to make connections with our students, and to serve as mentors. Research has shown that the more positive adult role models and relationships children have make a difference in their development and academic achievement. These programs would not be possible without the support of El Camino Healthcare District.”*

**Dr. Benjamin Picard**, Superintendent,  
Sunnyvale School District





## Providing a Safety Net and a Helping Hand

### Medical Respite Program

Prior to his hospitalization at El Camino Hospital, “Bob” had been homeless for three months. His hospital case manager referred him to the Medical Respite Program. Medical Respite provides a clean, safe place for homeless patients to receive medical care after a hospital stay. The objective is to link homeless patients to a primary care home, help them find housing, and apply for public benefits. Bob stayed at Medical Respite for a total of ten weeks before being accepted into an interim housing program. El Camino Healthcare District Community Benefit’s support of Medical Respite helps both the homeless and the community at large.

### New Directions

People who are homeless or have unstable housing conditions are almost always medically underserved and in dire need of medical care. In fact, two-thirds have mental health and/or substance abuse problems. These individuals rely on hospital emergency departments for healthcare, sometimes making eight or more visits a year. New Directions uses intensive case management to help these individuals find medical care, mental health services, and substance abuse programs. In addition, New Directions refers its clients to organizations that can help them find permanent housing and employment.

### Community Services Agency Mountain View

In keeping with national demographic trends, the population of Silicon Valley is getting older. This demographic change will have a direct effect on community healthcare needs, as seniors typically develop multiple chronic medical conditions over time. Funding from El Camino Healthcare District Community Benefit Program helped Mountain View Community Services Agency provide an intensive case management program for seniors with chronic illnesses. Through an approach that combines nursing and social work, this agency helps seniors find community services that help them avoid unnecessary emergency room visits, hospitalization, and institutionalization. The program also has a strong focus on reducing the risk of falls.

### Pathways Home Health & Hospice Agency

El Camino Healthcare District Community Benefit funds enabled Pathways to help underserved patients who needed home health and hospice care. Pathways provides compassionate, family-centered, quality care for seriously ill patients. Services cover palliative care, home hospice care, and home healthcare, which feature an educational component for patients and caregivers.





PRIORITY

2

**MENTAL HEALTH**

Mental and emotional issues can significantly impact one’s physical health, which is why healthcare leaders are increasingly embracing the concept of healing the whole person, physically and mentally. In order to help underserved community members struggling with mental health issues, the El Camino Healthcare District Community Benefit Program formed key partnerships with local mental health agencies. These agencies provided psychiatric treatment and counseling to individuals and families struggling with issues such as depression and anxiety.



People served: 1,119



Services provided: 4,968

## Filling the Gaps in Mental Health Services

### Momentum for Mental Health

People in our community who have been diagnosed with a serious mental illness cannot always obtain the care they need. They may lack insurance benefits or the ability to afford treatment. Momentum for Mental Health fills that care gap, offering psychiatric care, crisis counseling, and case management services. The organization strives to help people struggling with mental illness to achieve mental and emotional stability, discover and reach their potential, and fully participate in life. El Camino Healthcare District Community Benefit funds provided psychiatric evaluations, medication management, and case management.

### Support for Children

#### Community Health Awareness Council

El Camino Healthcare District Community Benefit Program funded two effective programs to help students find support around relevant issues such as substance abuse, depression, bullying, and stress. In addition to student and family counseling services, the programs provide information on substance abuse prevention and education for young people and their families. Students learn coping skills and positive behaviors to help avoid high-risk situations.

#### Mountain View Los Altos High School District – Counseling

Academic success is closely linked to students’ mental health and general sense of well-being. When mental health needs are not addressed, academic progress is at risk and students are more likely to skip school and not graduate. El Camino Healthcare District Community Benefit funds covered the cost for two licensed therapists in the Mountain View Los Altos High School District, to help students and their families — individually and in small group settings.

### Finding Her Way Back from Severe Depression

Tanya was referred to Momentum for Mental Health to get help for severe depression. The 39-year-old Russian immigrant had been misdiagnosed with a thyroid condition. Overwhelmed by depression, Tanya lost her job, and the PhD program she was enrolled in asked her to take a leave of absence. Momentum helped Tanya emerge from her despair and regain control of her life. She got her job and health benefits back and has returned to school to finish her doctoral program.

*“Our students have more health needs than ever before, especially with mental health issues. We are incredibly thankful for the District’s Community Benefit grant that supports our mental health services, as these services have been significantly reduced at the state and county levels. Our underserved students have access to healthcare services through the Teen Health Van that delivers monthly healthcare to our kids thanks to the District’s support.”*

**Dr. Barry Groves**, Superintendent,  
Mountain View Los Altos High School District

## HEALTHY EATING AND PHYSICAL ACTIVITY

From the White House to the school house, there's a lot of talk lately about childhood obesity. The Centers for Disease Control and Prevention tell us that childhood obesity has more than doubled in the past 30 years. Doctors are seeing more children with pre-diabetes, high cholesterol, and elevated blood pressure — conditions traditionally associated with people middle-aged and older. Overweight children often have self-esteem issues and may be bullied or shunned by their peers. What's more, over the course of a lifetime, obesity can lead to heart disease, diabetes, cancer, and arthritis. In response to this growing public health concern, the El Camino Healthcare District Community Benefit Program funded programs that lower the risk of obesity among children by encouraging physical activity and educating them and their parents about the importance of good nutrition and fitness.



People served: 1,158

## Big Investments Pay Off for Our Littlest Citizens

### Bay Area Women's Sports Initiative (BAWSI)

Bay Area Women's Sports Initiative is an after school fitness and confidence-building program that inspires and motivates girls in grades 3 – 5 to be more physically active. BAWSI trains female college and high school athletes to mentor and exercise with the young girls. The children have fun in a “girls-only” environment, enjoying physical activity with older girls they can look up to. BAWSI emphasizes teamwork, good nutrition, and of course, exercise. One child who participated in last year's program and initially did not exercise at all recently talked her mom into signing up for a 5k run together!



*“It was wonderful that you got to reach out and get the 5210 message across to so many parents; there were 92 parents in all those classes! You were strongly and positively influential for my daughter Amelia.”*

Sunnyvale parent, Bright Beginnings Preschool



### 5210 Health Awareness Program

In collaboration with the Palo Alto Medical Foundation, El Camino Healthcare District funds supported a school-wide health campaign called 5210. The campaign promotes a more health-enhancing lifestyle for kids and asks them to pledge to do the following each day:

- Eat five or more fruits and vegetables
- Reduce recreational screen time to two hours or less
- Spend at least one hour being physically active
- Eliminate sweetened beverages from their diets

Provided in the Sunnyvale School District, three preschools in Sunnyvale, and to 9th grade students in Fremont High School, 5210 includes school assemblies, meetings with parent groups, goal setting with achievement prizes, and integration with the Playworks program. 5210 has received a very positive response, as summarized by Ellis Elementary PTO President Julie Wester. “We really think the 5210 message is easy to remember and a great daily goal for our Ellis students and families!”

### Playworks

For some kids, recess just isn't much fun. Maybe they're the last ones picked for the team, or they're being teased and picked on. Playworks is an innovative and effective program that fosters a better social climate in the schoolyard. Adopted by schools nationwide, Playworks is designed to encourage physical activity and safe, meaningful play during the school day. The program helps schools reduce bullying and behavioral issues by teaching children how to resolve conflict and handle competition. The El Camino Healthcare District Community Benefit Program funded the Playworks program at seven local schools.

*“Playworks has increased physical activity, helped develop student leadership, and provided structured and inclusive options for all students to take part in during recess. Kids just think recess is more fun now than it was before we had Playworks.”*

**Suzanne Cicala**, Principal, Bishop Elementary, Sunnyvale School District



PRIORITY

4

## COMMUNITY HEALTH EDUCATION

As medicine gets ever more complex, poor health literacy — the ability to effectively read, understand, and act on health information — has become a barrier for many people. Some may have difficulty accessing medical care, grasping the severity of their condition, or complying with their prescribed treatment. El Camino Healthcare District Community Benefit funding supported valuable programs to serve groups like seniors and individuals from other cultures who are often at a disadvantage.



People served: 38,216



Services provided: 44,906



### Teachers Agree: GoNoodle Gets Kids Going

Three teachers teaching three different grades in three different schools all came to one conclusion: GoNoodle works! Shari Elmer, who teaches Kindergarten at Loyola School in Los Altos, says her class start begging for GoNoodle at opening circle time. "It totally gets the children engaged, cooperating, and joining together as a team to succeed."

4th grade teacher Evelyn Sugrue, from Fairwood Elementary in Sunnyvale, feels students are more attentive after a brain break. "I noticed that after each brain break we do, my students are more focused on their classroom assignment afterwards. It's great that it integrates math and reading standards into the brain break activity." At Castlemont Elementary in Campbell, 2nd grade teacher Cathy Norman also gives GoNoodle a hearty endorsement. "It has helped us to focus and absorb all core subjects, I highly recommend GoNoodle in the classroom after witnessing first hand such dynamic results!"

## Healthy Lessons in a Healthier Lifestyle

### HealthTeacher

HealthTeacher is an online health education curriculum that helps K–12 teachers integrate health information into their daily lessons. The goal is to increase health literacy and encourage kids to embrace good nutrition and exercise and avoid risky behaviors such as alcohol consumption and tobacco use. This year, HealthTeacher introduced a new classroom tool called GoNoodle, a series of "brain breaks" designed to help elementary school children focus and remain engaged during class. The brain breaks are accessed online and feature cartoon characters and Olympic athletes who guide the kids through breathing, stretching, and energizing exercises. Teachers use the breaks strategically, to energize the classroom or calm things down.

### Eating Disorders Resource Center

The Eating Disorders Resource Center provides screening, treatment, expert advice, support groups, and an online directory of resources for people struggling with eating disorders. Funded by El Camino Healthcare District, the Eating Disorder Awareness, Prevention, and Education Program promoted early detection and intervention of eating disorders through targeted outreach to healthcare professionals, nonprofit organizations, schools, and community leaders.



### Sunnyvale Community Services (Comprehensive Emergency Assistance)

Life is increasingly stressful for the 20 percent of Sunnyvale residents living in poverty. According to Santa Clara County Public Health, nearly 10 percent of Sunnyvale adults report that they or others in their household skip meals due to lack of money.

Partnership with the El Camino Healthcare District allowed Sunnyvale Community Services to provide emergency assistance to individuals and families, including help to pay medical bills, purchase medications, and obtain a weekly supply of healthy food.

### Sunnyvale Community Services (Case Management Services)

As part of the “Step Up Silicon Valley” initiative, financial support from the El Camino Healthcare District provided services that helped 100 low-income community members move out of poverty. Services included comprehensive case management, educational workshops, benefit application assistance, and access to nutritious food.

### Improving Health Literacy

#### El Camino Hospital Health Library and Resource Center

This valuable hub of information provides the community with a wide range of educational resources, including the most current health and medical data. The free membership provides individuals with easy access to extensive medical databases and helpful librarians ready to assist with searches, with no fee. In addition to providing health information in many languages, the Health Library and Resource Center participates in community health fairs, hosts health screenings, and offers help with Advance Health Care Directives. The resource center’s eldercare consultation service offers referrals and assistance for families who are caring for an aging parent.

## Delivering Services That Match the Medical and Cultural Needs of Our Diverse Community

### Alzheimer's Association – Chinese Initiative

This initiative serves to increase early detection and intervention for members of the Chinese community who are struggling with Alzheimer's disease and other forms of dementia. The Chinese Dementia Initiative also provides a network of care and support for Chinese families caring for a loved one with Alzheimer's disease.

### Chinese Health Initiative

The Chinese Health Initiative is designed to raise awareness of health issues that are more prevalent in the Chinese community, including hypertension, lung cancer, hepatitis B, and liver cancer. The program offered health screenings, educational opportunities, a community wellness program, and other outreach events, such as a Chinese Health Fair. Last year's fair was a great success among the people surveyed, the majority of whom were over fifty and did not speak much English.

### South Asian Heart Center

Compared with the general population, South Asians have four times the rate of coronary artery disease (CAD) and heart attacks. The statistics tell a frightening story:

- Coronary artery disease is the number one cause of death and hospitalizations among South Asians in California
- A study among Asian Indian men showed that half of all heart attacks in this population occur under the age of 50, and 25 percent under the age of 40
- An estimated 30 percent of all CAD deaths occur in Asian Indians less than 40 years of age as compared with only one percent in United States whites less than 45 years of age
- South Asian women also have one of the highest mortality rates due to CAD

The South Asian Heart Center is working to reduce the high incidence of cardiovascular disease and diabetes in South Asians using a culturally appropriate approach, and through community awareness, education, screening, coaching, and research. By evaluating risk factors and engaging people in healthier behaviors, the South Asian Heart Center has helped to improve risk profiles and save lives.



### Good Medicine from an Ancient Chinese Practice

Despite suffering from rheumatoid arthritis, Lilian has been an avid participant in the Chinese Health Initiative community wellness Qigong classes since the program's 2013 launch. When she started doing Qigong, a centuries-old Chinese practice of moving meditation, Lilian was taking an extensive list of medications for arthritis pain. She had already had a surgery to fix her wrist joint and had even had her uterus removed to stem excessive bleeding from drug side effects. Since she started practicing Qigong for an hour each day, Lilian's pain has subsided to where she is now almost medication free. She is grateful to the Chinese Health Initiative for the opportunity to practice Qigong. "My morning stiffness disappeared and the fatigue was gone. Qigong has improved my health tremendously and helps me maintain a good quality of life."





## EL CAMINO HEALTHCARE DISTRICT

# FINANCIAL ACCOUNTING

\$5,471,597	Grants
\$194,344	Sponsorships
<b>\$5,665,941</b>	<b>El Camino Healthcare District Community Benefit Total Fiscal Year 2013 – 2014</b>

### EL CAMINO HEALTHCARE DISTRICT

#### Fiscal Year 2014 Sponsorships

Aging Services Collaborative  
Alzheimer's Association  
American Red Cross  
Bay Area Senior Games  
Bay Area Women's Sports Initiative (BAWSI)  
Community Health Awareness Council  
City of Mountain View – Senior Center  
City of Mountain View PAL – Youth Programs  
City of Sunnyvale – Senior Center  
Community Services Agency Mountain View  
Family & Children Services of Silicon Valley  
Foundation for Mental Health  
Healthier Kids Foundation  
Hospice of the Valley – Compassion in Action Conference  
National Alliance for Mental Illness (NAMI)  
Pacific Stroke Association  
Pathways Home Health and Hospice  
RotaCare Bay Area  
Strides for Life Colon Cancer  
Sunnyvale 5k Kids Fun Run & Walk  
Sunnyvale Rotary/Sunnyvale Community Services –  
End Hunger for Kids in Sunnyvale  
Valley Medical Center Foundation



# EL CAMINO HOSPITAL

## 2014 Community Benefit Report

### Supporting Health and Wellness for All

For more than fifty years, El Camino Hospital has delivered compassionate, comprehensive, quality care to the people of Santa Clara County. The hospital is the area's comprehensive resource for 24/7 emergency services, maternity care, mental health programs, and expert medical and surgical treatment. Beyond providing the best possible medical treatment to patients, El Camino Hospital is dedicated to improving the health and well-being of the community at large, through educational programs, health-promoting activities, expanded access to care, screenings, and mental health services. Part of that effort includes funds set aside to meet the specific needs of the local population, through designated Community Benefit activities.



*Dear Community Members,*

*A foster child with a serious overbite gets new braces and a new sense of hope.*

*An elderly woman and her caregiver are diagnosed and treated for depression.*

*A low-income senior finds a medical home base to help manage his chronic diabetes.*



These and many other healthy changes go on every day in Santa Clara County, thanks to the El Camino Hospital Community Benefit Program.

Here at El Camino Hospital, we believe our impact on the health and wellness of this community should transcend the hospital setting. Beyond treating people when they are sick, our goal is to prevent disease, support wellness at every life-stage, and ensure that every member of our community has access to high quality medical care. Our holistic approach to healthcare shines through in this 2014 Community Benefit Report. Some of the grants and partnerships we funded this past year allowed underserved populations and at-risk individuals to gain access to vital medical, dental, and mental health services. Others promoted health literacy and provided education about healthy lifestyle choices. In addition, we continued to underwrite the cost of emergency services, dialysis, behavioral health, and other critical community programs.

We are grateful for the hard work put in by all of our Community Benefit partners for fiscal year 2014. Our joint efforts have yielded concrete, measurable results, and we look forward to another year of working together for the health of our community.

Sincerely,

A handwritten signature in black ink, appearing to read 'Neal H. Cohen'. The signature is fluid and cursive.

**Neal H. Cohen, MD, MPH, MS**

Chair, Board of Directors, El Camino Hospital



## **EL CAMINO HOSPITAL**

### Fiscal Year 2014 Grants

5210 Health Awareness Program  
Asian Americans for Community Involvement  
Bay Area Women's Sport's Initiative (BAWSI)  
Campbell Union School District – Nurse  
Catholic Charities of Santa Clara County  
Chinese Health Initiative  
Cupertino Union School District – Nurse  
Early Head Start  
EMQ FamiliesFirst  
Falls Prevention in Santa Clara County  
Foster Children Orthodontic Program  
Foundation for Mental Health  
Health Library and Resource Center –  
El Camino Hospital Los Gatos  
HealthTeacher  
Hep B Free Santa Clara County  
Medical Respite  
Momentum for Mental Health  
Peninsula Healthcare Connection  
Playworks  
RoadRunners  
Santa Clara Unified School District – Nurse  
South Asian Heart Center  
West Valley Community Services



## HEALTHCARE ACCESS

Having limited or no access to healthcare is a serious issue for many individuals and families in Santa Clara County. People who can't afford a doctor visit often put off getting help until serious problems arise and then go to hospital emergency rooms or go without care. Underlying conditions go untreated and chronic conditions go unmanaged. Children with undiagnosed medical conditions can fall behind in school. Through a variety of hospital services and community programs, El Camino Hospital Community Benefit funds were provided to help address these and many other issues for the underserved in the county.



People served: 20,355\*



Services provided: 28,792\*

## Making Sure Cost Is Not a Barrier to Care

### Financial Assistance

Under the hospital's financial assistance guidelines, qualifying individuals who cannot pay for medically necessary hospital services are eligible for a fee reduction. Some may qualify for elimination of their hospital bill. This policy applies to both inpatients and outpatients whose family income levels are less than four times the federal poverty level.

### Medi-Cal

Medi-Cal is a public health insurance program that provides needed healthcare services for low-income individuals. Recipients include families with children, seniors, people with disabilities, children in foster care, and pregnant women. Medi-Cal is financed equally by the state and federal government.

*"At El Camino Hospital we strive to provide the highest quality care to patients while working to improve the overall health of the community we serve. Through our comprehensive Community Benefit program we provided more than \$53 million in uncompensated care, increased access to medical care, and a multitude of disease prevention programs. Building effective partnerships with local nonprofit agencies through our community grants program is a critical component to making a difference in the health of our community's most vulnerable members. El Camino Hospital is committed to significantly addressing the changing health needs in our community."*

Barbara Avery, Director, Community Benefit, El Camino Hospital



\*Figure includes Financial Assistance and Medi-Cal



## Training for Tomorrow

### Education and Training

Theoretical training has its place, but nothing works as well as hands-on training, especially when it comes to healthcare work. To give tomorrow's healthcare workers the valuable experience they need and to ensure that our community has a sufficient number of highly trained healthcare professionals, El Camino Hospital Community Benefit funds support trainee positions in nursing, radiology, clinical laboratory, cardiac and pulmonary rehabilitation, and respiratory medicine. Funds also support interns, practicum students, and post-doctoral fellows in behavioral health services.

*"Mental health issues are attracting significant attention across the country, as unfortunate incidents highlight the need for care and intervention that could potentially prevent tragedies.*

*El Camino Hospital is a strong supporter of training for the next generation of behavioral health experts, responding to the growing need for additional professionals to help assess and treat those with mental illness."*

**Peter Scheufele, Ph.D.,** Intern Training Coordinator,  
Behavioral Health Services, El Camino Hospital



## Good Health Goes Back to School

School is the only place many children from underserved families receive basic healthcare, and the school nurse is the only healthcare provider many children ever see. School-based health programs are essential to the well-being of a large number of the kids in our community. As part of our commitment to improving the health and well-being of children, El Camino Hospital provided support to many of the community's public schools through various programs.

### School Nurses

Today's school nurses have responsibilities that extend far beyond bandaging cuts and taking temperatures. They are responsible for the care of many medically fragile children in our school districts. School nurses are increasingly called upon to deal with serious conditions such as asthma, diabetes, and mental health issues. In addition, school nurses care for children who are not being cared for by a pediatrician and may have undiagnosed issues such as hearing loss, poor vision, or scoliosis. Dental issues are also common due to poor diet and lack of access to dental care. These challenges are compounded by shrinking budgets that require nurses to cover a large number of students within a school district.

Through the El Camino Hospital Community Benefit Program, school districts in Campbell, Cupertino, and Santa Clara were able to add full-time nurses and health aides, allowing nurses to substantially increase the scope and quality of healthcare services for young children and adolescents. Nurses audited student health records, followed up after vision, hearing, scoliosis, and dental screenings, and provided case management for students with chronic illnesses. They also connected students and families with other health-related services available in the community, including free or low-cost health insurance.

### Campbell Union School District

El Camino Hospital Community Benefit funds supported two additional full-time school nurses and a community liaison to the staff of nine elementary and three middle schools. Increasing the nursing staff helped improve student health and decreased health-related barriers to learning. The funding enabled students who failed health screenings to see a doctor, and children with chronic illnesses got the case management they needed. Community Benefit funds also supported dental screenings because untreated tooth decay causes a host of problems, from pain and infection to speech problems and discolored or damaged teeth. Nurses worked to reduce barriers to dental care and connected students in need of dental services with local dental resources. The partnership also linked families with community resources such as healthcare coverage and offered parent health education classes as well as CPR and first aid training to school staff.

### Cupertino Union School District

Over the last ten years, the Cupertino Union School District has grown by 3,100 students, increasing the need for qualified school nurses. Funding from El Camino Hospital supported an additional school nurse and a part-time health aide. The School Nurse Program provided services including case management for students with chronic diseases and the medically fragile, and referrals to health providers and other community health resources.



*“While many families in our area are affluent, there are still far too many who are in survival mode every day just trying to put food on the table and keep their children clothed. These parents simply don’t have the time, resources, or ability to manage health problems that may be plaguing their children. The grant money from El Camino Hospital enabled us to add valuable nurse hours to identify and solve ongoing health issues that were causing truancy, delayed progress, and other problems. In some ways, the school nurses act as healthcare providers, social workers, and a much-needed helping hand for parents who are stretched to the limit.”*

Jenny Zettler Rhodes, School District Nurse and Grant Manager,  
Cupertino Union School District

### Santa Clara Unified School District

A large number of underserved students were helped by El Camino Hospital Community Benefit funds that supported school nursing services at four schools in the Santa Clara Unified School District. Nurses spearheaded an effort to identify uninsured students and then worked with their parents to get the kids enrolled in health insurance plans. They also coordinated dental, vision, and hearing tests for the students. Visually or hearing impaired students from underserved families also received help in obtaining glasses or hearing aids if they could not afford to pay. Nurses helped train other staff in EpiPen® use, asthma and seizure protocols, and medication administration.



## Removing Barriers to Care

### Foster Children Orthodontic Program

Because the number of dentists and orthodontists who take Denti-Cal patients is limited in Santa Clara County, foster children typically don’t have access to orthodontic services. The Foster Children Orthodontic Program is designed to help those children with the most serious oral health problems receive much-needed orthodontic care. Improved access to dental care has allowed many of these teens who have been abused and neglected and who have already gone for lengthy periods of time without medical care or oral hygiene to experience increased self-esteem and improved oral hygiene practices.

### Early Head Start

Children from low-income families have an elevated risk for adverse health and developmental outcomes. The risk starts before these children are even born, as their mothers may not get prenatal care, eat properly, or take prenatal vitamins. Early Head Start provides educational, social, medical, dental, nutritional, and mental health services to low-income pregnant women and to children from birth to three years of age. El Camino Hospital Community Benefit Program funded a family advocate for Santa Clara County’s Early Head Start Program. The advocate worked closely with families to find primary care providers, ensure connection to available health resources, and coordinate translation and transportation services.

## MENTAL HEALTH

Many people suffering from depression, anxiety, and other forms of mental illness do not receive the help they need. This is especially true among groups such as the elderly, racial and ethnic minorities, low-income individuals, and the uninsured. Safety net programs have traditionally provided assistance, but resources are stretched thin and mental health benefits are often the first to be cut. El Camino Hospital Community Benefit Program fills the gaps in mental health services for the underserved. The hospital's program focused on providing easily accessible counseling and resources.

Statistics show that mental illness is a major health concern in America.

- » One in four people in this country will experience some kind of mental disorder in their lifetime
- » One person in 17 has a serious mental illness
- » One child in 10 has a serious mental or emotional disorder



People served: 3,412



Services provided: 4,523



## Teaching Teens Healthy Ways to Cope

### Campbell Union High School District – EMQ FamiliesFirst Programs

Adolescence is an emotionally challenging time for many, but it can be especially difficult for underserved youth. There's no quick fix for the problems they face — substance abuse, bullying, violence, gang issues, depression, promiscuity, eating disorders, poor attendance, sexual abuse, and suicidal thoughts. El Camino Hospital Community Benefit funds supported two vital mental health programs for at-risk youth from EMQ FamiliesFirst:

- Addiction Prevention Services provides substance abuse prevention, intervention, and post-intervention services for Campbell students who are either at risk or already involved in high-risk activities. The program conducts individual and group counseling for teens, classroom workshops, education for parents and teachers, and family case management.
- The Child and Adolescent Mobile Crisis Program provides services across the county to youth under age 18 who are severely depressed, suicidal, or in acute psychological crisis. Mobile crisis clinicians trained in therapeutic crisis intervention are on call 24 hours a day, 7 days a week, to respond to youth in immediate danger of harming themselves or others.

*"EMQ has been a lifesaver! People use this statement figuratively often, but I use lifesaver literally..."*

*I have never seen the needs of students so high and the only regret I have is not having EMQ every day."*

## Filling the Gaps in Mental Health Services

Volunteer physicians at community clinics across Santa Clara County are seeing an increasing number of individuals with mental health issues that require psychiatric care and medication management. This points to a growing need for mental health services for low-income individuals, as accessing care is especially difficult for individuals with no insurance or limited resources.

### Momentum for Mental Health

Momentum for Mental Health is the largest nonprofit provider of mental health services for adults in Silicon Valley. Their mission is to help uninsured individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life. Services include psychiatric evaluation, medication management, and case management. El Camino Hospital Community Benefit funds served to increase access to psychiatric care.

### Peninsula Healthcare Connection (PHC)

Peninsula Healthcare Connection is a free clinic that provides integrated primary and mental healthcare to people who are either homeless or at risk for homelessness. The clinic provides intensive case management to stabilize mentally ill individuals in Santa Clara County. PHC also works to house the most vulnerable members of this population. By improving quality of life for these patients, PHC also reduces the burden on local healthcare agencies.



Dr. Fu is a Peninsula Healthcare Connection psychiatrist



### Catholic Charities of Santa Clara County

A recent report noted that nearly 20 percent of seniors in Santa Clara County say they experience one or more days of depressive symptoms each week. That same study also revealed that caring for these seniors could trigger depressive symptoms in older caregivers. This pervasive problem led to the implementation of a Healthy IDEAS staff training program. Healthy IDEAS is an acronym for Identifying Depression, Empowering Activities for Seniors. The program teaches staff to screen for and address depressive symptoms among seniors and their caregivers. Participants in the program receive education about depression and self-care and take part in activities designed to lift their mood and trigger positive behavior changes.

### Asian Americans for Community Involvement

Asian seniors have one of the highest rates of suicide of all ethnic groups. Studies have shown that early identification of depressive symptoms and intervention can dramatically reduce depression among the elderly. In order to identify and aid underserved low-income Asian seniors struggling with depression, Asian Americans for Community Involvement implemented the Healthy IDEAS program. After receiving an initial screening, clients were connected to a medical and/or mental health provider and participated in a variety of wellness activities and educational programs designed to reduce depressive symptoms.



## HEALTHY EATING AND PHYSICAL ACTIVITY

Consumption of empty calories and physical inactivity have significantly contributed to rising childhood obesity rates. Meanwhile, local superintendents and principals report a troubling increase in bullying and anti-social behavior during recess, a time when kids are supposed to be running around and playing games. El Camino Hospital Community Benefit funding helped schools teach kids the importance of good nutrition and exercise and foster a more positive social climate. When students are healthier physically and emotionally, they are more likely to succeed, socially and academically.



People served: 1,764

### Making a Difference for Kids

#### Playworks

Before Castlemont School adopted the Playworks program, one lonely, overweight little girl would spend recess on a bench, snacking on lots of chocolate chip cookies while her classmates ran and played. Now, she spends recess engaged in healthy play, thanks to Playworks, an innovative and effective program that's been adopted by schools nationwide. Playworks is designed to make recess a positive experience and give children plenty of opportunities for physical activity and safe, meaningful play. Their goal is to get kids moving and make the schoolyard a friendlier, more tolerant place. By teaching children to resolve conflict and handle competition, Playworks helps schools reduce bullying and behavior problems.

#### 5210 Health Awareness Program

In collaboration with the Palo Alto Medical Foundation, El Camino Hospital grant dollars support the 5210 Health Awareness Program, a school-wide health initiative. The program encourages children to pledge to eat five or more servings of fruits and vegetables a day, reduce recreational screen time to two hours or less each day, spend at least one hour a day being physically active, and forego sweetened beverages. The 5210 program includes classroom education, school assemblies, activities, goal setting and incentives, parent education, and integration with the Playworks program.

#### Bay Area Women's Sports Initiative (BAWSI)

At Rosemary Elementary in the Campbell Union School District, 86 percent of students qualify for free or reduced-price meals, and a large percentage of these children are Hispanic, a population particularly at risk for obesity. These factors made this school an ideal candidate for the Bay Area Women's Sport Initiative, an after-school fitness and confidence-building program that inspires girls to be more physically active. Female high school and college athletes volunteer to serve as role models and coach the girls through a school-based exercise and nutrition program.



*"Rosemary School has been the fortunate beneficiary of funding from El Camino Hospital to support the Playworks program on our school campus. Playworks provides us with a dedicated and talented expert in movement and organized play. The Playworks Coach, Hollie Briganti, has enriched the school climate in a million ways. By providing opportunities for every child to participate in fun, interactive activities at recess, and helping them to build conflict management and leadership skills, she directly impacts students' sense of connection to the school and thus their motivation in performing well academically."*

**Brian Schmaedick**, Principal, Rosemary Elementary,  
Campbell Union School District

## COMMUNITY HEALTH EDUCATION

One factor that keeps people from seeking healthcare or following through on prescribed treatment is poor health literacy. Education, cultural, and language issues can all affect a person's ability to grasp health information. El Camino Hospital Community Benefit funding improved access to critical information.



People served: 5,119



Services provided: 7,129

## Providing a Trusted Resource

El Camino Hospital places a high priority on providing community members with health information and resources that have a positive impact on their health.

### Health Library and Resource Center, El Camino Hospital Los Gatos

Finding reliable health information can be challenging, so the Health Library and Resource Center at El Camino Hospital Los Gatos is a key provider for up-to-date health and wellness information, both on site and in the community at large. With a free membership, people can access comprehensive medical databases and get help from librarians who can assist them with searches. In addition to providing printed information in many languages, the Health Library and Resource Center participates in community health education and provides health screenings and assistance with Advance Health Care Directives. They also offer consultation and referrals to resources for individuals needing information about caring for an aging parent or family member.

## Improving Health Literacy

### HealthTeacher

This online health education curriculum gives K-12 teachers tools to incorporate crucial health information into the day's learning. HealthTeacher educates students about the importance of exercise and good nutrition and encourages them to avoid risky behaviors such as alcohol consumption and tobacco use. This year HealthTeacher was expanded to include GoNoodle, a suite of web-based games designed to encourage physical activity and relaxation breaks in elementary classrooms. Research has shown that these short bursts of physical activity — “brain breaks” — have a positive impact on academic achievement, overall health, cognitive skills, and behavior. The brain breaks feature cartoon characters and Olympic athletes who guide the kids through breathing, stretching, and energizing exercises. Teachers have a choice of brain breaks, depending on whether the classroom needs to be calmed down or invigorated.



A letter of gratitude from a satisfied student who used the GoNoodle (HealthTeacher) program.

## Help for Those at Risk

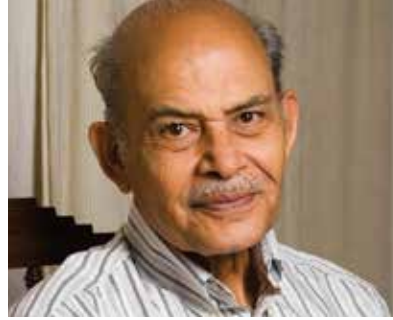
### Hep B Free Santa Clara County

One out of 20 Americans has been infected with hepatitis B, often without even knowing it. While 90 percent of infected people recover and develop protective antibodies, 5–10 percent develop a chronic infection. This can lead to fatal complications. Individuals who were born in, or whose parents emigrated from, countries where hepatitis B is common have an elevated risk for the disease. According to the Centers for Disease Control and Prevention, one in 12 Asians and Pacific Islanders are affected. The mission of Hep B Free Santa Clara County is to increase awareness of hepatitis B and improve prevention and treatment through sustainable community partnerships. The initiative focuses on educating the public and healthcare providers about the following priorities:

- Testing and vaccinating Asians and Pacific Islanders
- Offering routine hepatitis B testing and vaccination in the primary care setting

### West Valley Community Services (WVCS)

Despite the fact that Santa Clara County has one of the highest median incomes in the United States, 11 percent of children and nine percent of adults in the county live in poverty. These percentages have risen since the financial crisis of 2007–2008, when many became unemployed and were unable to regain their former standard of living. Domestic partners Justin and Paul found themselves in this predicament when Paul lost his job. Forced to sell all their assets to survive, the couple came to West Valley Community Services for help. A Cupertino-based nonprofit, WVCS provides family and housing support services including information and referrals, food pantry, clothing, transitional housing, affordable housing, financial assistance, family support, and case management services.



### Falls Prevention in Santa Clara County (FPSCC)

Falls are the leading cause of injuries for older adults in the United States. Here in Santa Clara County, falls are the number one cause of hospitalizations for adults 65 years and older. Research clearly demonstrates that most falls are preventable with environmental changes, medication modification, and/or improving functional ability. Increasing awareness of the dangers of falls and increasing fall prevention resources in the community is the goal of Falls Prevention in Santa Clara County, a program supported by El Camino Hospital Community Benefit funds. FPSCC brings together providers of healthcare and aging services, public health officials, experts from the world of academia, funders, and others to collaborate on strategies to reduce the risks of falls among older adults. The work includes advocacy, resource development, and community and provider education.



## FINANCIAL ACCOUNTING

\$276,985	Community Health Improvement Services
\$1,363,840	Health Professions Education
\$23,387,320	Subsidized Health Services
\$1,770,922	Clinical Research
\$1,443,951	Financial and In-Kind Contributions
\$348,640	Community Benefit Operations
\$5,761,848	Financial Assistance
\$19,059,123	Government-Sponsored Health Care (Unreimbursed Medi-Cal)
<b>\$53,412,629</b>	<b>El Camino Hospital Community Benefit Total Fiscal Year 2013 – 2014</b>

### EL CAMINO HOSPITAL

#### Fiscal Year 2014 Sponsorships

Asian Americans for Community Involvement  
Abilities United  
American Cancer Society  
Congregation Shir Hadash – Community Health Fair  
Indian Health Center  
Los Gatos Lions Club – Mental Health Support for  
Los Gatos High School  
People Acting in Community Together  
Planned Parenthood Mar Monte – Kids in Common  
Project Cornerstone  
Self Help for the Elderly  
Service for Brain Injury  
Silicon Valley Independent Living  
Silicon Valley Leadership Group – Turkey Trot Fundraiser  
West Valley Community Services



## Community Health Is a Team Effort

### Community Benefit Advisory Council Members

**Wes Alles**, PhD, Director, Stanford Health Improvement Program, Stanford University

**Barbara Avery**, Chair, Director, Community Benefit, El Camino Hospital

**Bonnie Broderick, RD, MPH**, Director, Chronic Disease & Injury Prevention Program, Santa Clara County Public Health Department

**Cecile Currier**, Vice President Corporate & Community Health Services, El Camino Hospital

**Rhonda Farber, PhD**, Past Superintendent, Campbell Union High School District

**Julia E. Miller**, El Camino Hospital Board of Directors; El Camino Healthcare District Board of Directors

**Cesar Molina, MD**, Physician & Medical Director of South Asian Heart Center, El Camino Hospital

**Naomi Nakano-Matsumoto**, Executive Director, West Valley Community Services

**Lisa Rosenblum**, Director of Library and Community Services, City of Sunnyvale

**Anil Singhal, MD**, Physician, RotaCare Clinic Volunteer Physician & El Camino Hospital Foundation Board of Directors

**Randy Tsuda**, Community Development Director, City of Mountain View

**Marilyn Winkleby, PhD, MPH**, Professor of Medicine and Director of the Office of Community Health, Stanford University School of Medicine

**Pat Wolfram**, Vice President, El Camino Hospital Los Gatos

### Community Benefit Staff

**Cecile Currier**, Vice President Corporate & Community Health Services

**Barbara Avery**, Director of Community Benefit

**Garrick Wong**, Community Benefit Specialist

**Victoria Chavez**, Administrative Assistant

**Laurie Withers**, Coordinator

### El Camino Healthcare District Board of Directors

**Patricia A. Einarson, MD, MBA**, Chair

**Julia E. Miller**, Vice Chair

**Dennis W. Chiu, JD**, Secretary/Treasurer

**David Reeder, MS**

**John L. Zoglin, MBA**

### El Camino Hospital Board of Directors

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**Tomi Ryba, MHA**, President and CEO

**Nandini Tandon, PhD**, Vice Chair

**Patricia A. Einarson, MD, MBA**, Secretary/Treasurer

**Dennis W. Chiu, JD**

**Jeffrey M. Davis, MD**

**Julia E. Miller**

**David Reeder, MS**

**John L. Zoglin, MBA**

### *Additional El Camino Hospital Information*

The 2014 Community Benefit Plan, 2014 Community Benefit Report, and the Community Health Needs Assessment are available at [www.elcaminohospital.org/communitybenefit](http://www.elcaminohospital.org/communitybenefit).

### *Additional El Camino Healthcare District Information*

The 2014 ECHD Community Benefit Plan and 2014 Community Benefit Report are available at [www.elcaminohealthcaredistrict.org/communitybenefit](http://www.elcaminohealthcaredistrict.org/communitybenefit).

## Fiscal Year Grants Contact Information

Alzheimer's Association  
1059 La Avenida Street  
Mountain View, CA 94043

Campbell Union School District  
155 North Third Street  
Campbell, CA 95008

Community Health Awareness Council  
590 W. El Camino Real  
Mountain View, CA 94040

Eating Disorders Resource Center  
15891 Los Gatos Alameda Road  
Los Gatos, CA 95032

ECH – Health Library and Resource Center  
2500 Grant Road  
Mountain View, CA 94040

ECH – RotaCare  
2400 Grant Road  
Mountain View, CA 94040

Foundation for Mental Health  
438 N. White Road  
San Jose, CA 95127

HealthTeacher  
209 10th Avenue South, Suite 350  
Nashville, TN 37203

MayView Community Health Center  
900 Miramonte Avenue  
Mountain View, CA 94040

Mountain View Los Altos Union High School District  
1299 Bryant Avenue  
Mountain View, CA 94301

Palo Alto Medical Foundation (5210)  
701 E. El Camino Real  
Mountain View, CA 94040

Playworks  
380 Washington Street  
Oakland, CA 94607

Santa Clara Unified School District  
1889 Lawrence Road  
Santa Clara, CA 95052

Superior Court of CA, Santa Clara County  
Foster Children's Oral Health  
191 North First Street  
San Jose, CA 95113

Asian Americans for Community Involvement (AACI)  
2400 Moorpark Avenue, Suite 300  
San Jose, CA 95128

Cancer Support Community  
3276 McNutt Avenue  
Walnut Creek, CA 94597

Community Services Agency –  
Mountain View  
204 Stierlin Road  
Mountain View, CA 94043

ECH – Chinese Health Initiative  
2500 Grant Road  
Mountain View, CA 94040

ECH – Los Gatos Medical Library  
815 Pollard Road  
Los Gatos, CA 95032

ECH – South Asian Heart Center  
2500 Grant Road  
Mountain View, CA 94040

Fremont Union High School District  
589 West Fremont Avenue  
Sunnyvale, CA 94087

Hep B Free Santa Clara County  
490 S. California Avenue, Suite 300  
Sunnyvale, CA 94306

Momentum for Mental Health  
206 California Avenue  
Palo Alto, CA 94306

National Alliance for Mental Health –  
Santa Clara County (Peer Pals)  
1150 South Bascom Avenue, Suite 214  
San Jose, CA 95128

Pathways Hospice Foundation  
585 N. Mary Avenue  
Sunnyvale, CA 94085

Falls Prevention in Santa Clara County  
1 Washington Square  
San Jose, CA 95192

Sunnyvale Community Services  
725 Kifer Road  
Sunnyvale, CA 94086

Valley Health Center Sunnyvale  
2400 Moorpark Avenue, Suite 207  
San Jose, CA 95128

Bay Area Women's Sports Initiative (BAWSI)  
1922 The Alameda, Suite 100  
San Jose, CA 95126

Catholic Charities of Santa Clara County  
2625 Zanker Road  
San Jose, CA 95134

Cupertino Union School District  
10301 Vista Drive  
Cupertino, CA 95014

ECH – Discharge Telephone Followup  
2500 Grant Road  
Mountain View, CA 94040

ECH – RoadRunners  
530 South Drive  
Mountain View, CA 94040

EMQ FamiliesFirst  
251 Llewellyn Avenue  
Campbell, CA 95008

Healthcare Foundation of Northern & Central California –  
Medical Respite Program  
1215 K Street, Suite 800  
Sacramento, CA 95814

Lucile Packard Foundation for Children's Health  
400 Hamilton Avenue, Suite 340  
Palo Alto, CA 94301

Mountain View Whisman School District  
750-A San Pierre Way  
Mountain View, CA 94043

New Directions  
2101 Alexian Drive, Suite D  
San Jose, CA 95116

Peninsula Healthcare Connection  
33 Encina Avenue #103  
Palo Alto, CA 94301

Santa Clara County Office of Education –  
Early Head Start Program  
1290 Ridder Park Drive  
San Jose, CA 95131

Sunnyvale School District  
818 W. Iowa Avenue  
Sunnyvale, CA 94086

West Valley Community Services Agency  
10104 Vista Drive  
Cupertino, CA 95014





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