Meeting the health needs of our neighbors

GOOD HEALTH IS THE BASIS FOR AN ENGAGED, PRODUCTIVE LIFE. Despite the prosperity in Silicon Valley, many people don’t have access to the tools they need to stay healthy. The high cost of housing is making it difficult for many to find an affordable place to live, purchase nutritious food, and secure medical insurance. These and other factors impact the health of low-income and vulnerable communities. El Camino Healthcare District and El Camino Hospital together invested $10 million in grants and sponsorships in fiscal year 2018 to open the doors to better health.

Through our Community Benefit grant programs, we partner with organizations working on the frontlines to improve the health and well-being of our most vulnerable neighbors, including disadvantaged families, at-risk youth, the homeless, older adults, and immigrants. Addressing unmet health needs can be complex in an area rich with cultural diversity. Our Community Benefit programs fund culturally sensitive and multilingual services focused on preventing disease, improving mental health, and making healthcare and healthy choices more accessible. We are creating a more vibrant community where everyone can fully participate in their lives.

Investing in Our Community’s Health FY 2018

$6.9M COMMUNITY BENEFIT
El Camino Healthcare District

$63.5M COMMUNITY BENEFIT
El Camino Hospital
DEAR COMMUNITY MEMBERS,

We are pleased to share with you the FY 2018 Community Benefit Report for El Camino Healthcare District and El Camino Hospital, “Improving Health, Changing Lives.” To make the report more accessible, we are introducing a new web version at www.elcaminohospital.org/communitybenefit2018. The report highlights how our Community Benefit programs are addressing the unmet health needs of many of our neighbors.

The District and the Hospital together support local efforts to provide access to quality health and wellness services through partnerships with the nonprofits, school districts, clinics, and community service agencies highlighted in this report. These investments have made a difference in the lives of thousands of our neighbors, young and old, and from diverse backgrounds. In FY 2018, we contributed:

- $63.5 million in total El Camino Hospital Community Benefit, including $3.1 million for community health grants and sponsorships
- $6.9 million in community health grants and sponsorships from the El Camino Healthcare District
- 100 grants and 51 sponsorships for a combined total of $10 million

Although the District and the Hospital have separate, individually funded Community Benefit programs, they share the same goals:

- Make meaningful investments that help individuals in our community — especially the economically disadvantaged — get the healthcare they need
- Fund local programs and activities that contribute to the health and well-being of the entire community

We invite you to read how our Community Benefit commitment is helping our neighbors through vital support services, such as primary care and dental care for low-income and homeless individuals, school-based health programs, mental health counseling, diabetes and hypertension prevention, food pantries, and support for at-risk youth and victims of domestic violence. Together, we can meet the challenges of preventing disease, supporting good health at every stage of life, and helping all members of our community access healthcare that meets the highest standards of excellence.

Read our report online at www.elcaminohospital.org/communitybenefit2018

Peter C. Fung, MD  
Chair, Board of Directors  
El Camino Healthcare District

Lanhee J. Chen  
Chair, Board of Directors  
El Camino Hospital

Dan Woods  
Chief Executive Officer  
El Camino Hospital
COMMUNITY BENEFIT AT A GLANCE

Social Determinants of Health

OUR HEALTH IS INFLUENCED by a complex set of conditions based on where we live, work, and age, as well as our race, ethnicity, and socioeconomic status. These are called social determinants of health. Factors that impact health such as diet, exercise, stress, and access to healthcare are affected by these conditions. If we are born into a family with enough resources to buy nutritious food, live in a safe neighborhood, afford healthcare, and pay for education, our chances of living a healthy life are much greater. On the other hand, if we are born into a family struggling to make ends meet and healthy food is scarce, doctor visits are few and far between, and there is little chance of a solid education or job training, our health prospects are much worse.

El Camino Healthcare District and El Camino Hospital support local efforts to address these social determinants of health through our Community Benefit grant programs. We conduct a Community Health Needs Assessment with other healthcare leaders to determine the most pressing health issues in our region.

Grant Cycle and Timeline

EL CAMINO HEALTHCARE DISTRICT AND EL CAMINO HOSPITAL PROVIDE ANNUAL GRANTS to community-based organizations, clinics, and schools to address local unmet health needs. This annual Community Benefit Report provides an overview of these funded programs and the critical services they deliver.

The Community Health Needs Assessment (CHNA) is conducted every three years to identify the top unmet health needs in partnership with six other local hospitals, the Santa Clara County Public Health Department, the Hospital Council of Northern and Central California, and the Palo Alto Medical Foundation. This process includes collecting data on key health conditions, capturing input from a wide spectrum of community members through surveys and focus groups, and prioritizing the unmet needs to be addressed.

El Camino Healthcare District and El Camino Hospital use the most recent 2016 CHNA to guide the Community Benefit grant programs with the following priority area framework: Healthy Body, Healthy Mind, and Healthy Community. These include programs that serve the health needs of our most vulnerable community members.

The annual grant cycle opens in January. For more information visit: www.elcaminohospital.org/communitybenefit, or www.elcaminohealthcaredistrict.org/communitybenefit

See the list of our grant partners for FY 2018 on pages 9 through 11 of this report.
Caring for Vulnerable Neighbors

WHEN PEOPLE STRUGGLE JUST TO MAKE ENDS MEET, their health can suffer. Low-income communities face higher rates of diseases like diabetes and hypertension. Many don’t have access to regular healthcare, making it difficult to get preventive health screenings and other medical services. Healthy food is often too expensive to buy on a regular basis, if at all. Cultural and language barriers can make it even harder to get care. Through Community Benefit grants, many of our partners provided free culturally appropriate health and wellness services in multiple languages.

Vital health services provided to vulnerable community members include:

- Primary care access
- Dental services
- Health screenings
- Social work case management
- Psychiatric and counseling services
- Falls prevention for older adults
- Food pantries and healthy food access programs

Primary Care & Chronic Disease Management

20 GRANTS
$3.6M FUNDED
23,600 PEOPLE SERVED

Older Adult Programs

18 GRANTS
$1.4M FUNDED
13,750 PEOPLE SERVED

Free Health Screenings and Education
Cultivating Health in Schools

SCHOOLS OFFER KEY OPPORTUNITIES FOR INSTILLING HEALTHY CHOICES AND PROVIDING SERVICES WHERE THEY ARE LACKING. Many families in our community don’t have enough resources to ensure their children eat a healthy diet and get the care they need to stay healthy. Poor health can lead to school absences and other issues that keep children and teens from succeeding at school. Without treatment, physical and mental health conditions can spiral out of control.

School is a great place to reach children and teens, and their families, with programs that can improve physical, emotional, and mental health. Community Benefit grants helped our partners give those in preschool through high school a healthier start in life.

The provision of two school nurses to support our families in ensuring access to healthcare is a tremendous benefit. Other benefits are getting much needed glasses to our students through our Vision To Learn partnership, increasing students’ health with 5-2-1-0, and enhancing their physical fitness awareness through PlayWorks. None of this would have been possible without El Camino Hospital.”

Dr. Shelly Viramontez, Superintendent, Campbell Union School District

Our Community Benefit grants made possible free services in schools such as:

- Dental, hearing, and vision screenings
- Mental health counseling
- Nursing care
- Care for medically fragile children
- Physical activity programs
- Anti-bullying and school climate programs
- Nutrition education and school garden

Health Programs at Our Schools

35 GRANTS
24 DISTRICTS
176 SCHOOLS
463 PROGRAM SITES
11,385 PEOPLE SERVED
$2.9M INVESTED
Improving Mental Health

GOOD MENTAL HEALTH IS CRITICAL FOR A FULL AND SATISFYING LIFE. Mental health conditions can take a toll on relationships, get in the way of job and school success, and impact other health issues. Getting help can be difficult, especially for people with limited resources. Those who go untreated are at higher risk for addiction, self-destructive behavior, and suicide. With our funding, Community Benefit partners were able to address issues such as anxiety, depression, dementia, domestic violence, substance abuse, and bullying.

Services provided to people of all ages include:

- Counseling and psychiatric care
- Crisis intervention
- Case management
- Group support
- Peer counseling
- Addiction services
- Substance abuse

15,410 HOURS
Mental Health Counseling in Local Schools

"We’re so grateful for having the clinic around. It really is the only spot here. The psychiatrist here, he’s the only hook up we’ve got to mental health services. He’s helped to get a lot of us leveled out."
Peninsula Healthcare Connection patient and formerly homeless community member

"My healing began when I started coming to support groups at Next Door Solutions. I remember crying the whole time, listening to women telling their stories. At that moment, I realized I’m not alone."
Participant, Next Door Solutions to Domestic Violence

Mental Health Services

25 GRANTS
$1.9M FUNDED
9,030 PEOPLE SERVED
YEAR IN REVIEW FY 2018
Community Benefit Financial Report

El Camino Healthcare District
$6,902,005 GRANTS & SPONSORSHIPS

El Camino Hospital
$3,096,213 GRANTS & SPONSORSHIPS

$63.5M El Camino Hospital
TOTAL COMMUNITY BENEFIT

$30,555,812 Government-sponsored healthcare (Unreimbursed Medi-Cal)
$20,518,753 Subsidized health services
$5,989,544 Financial assistance (charity care)
$3,096,213 Grants and sponsorships
$2,159,576 Health professions education
$727,512 Clinical research
$329,601 Community Benefit operations
$110,844 Community health improvement services

+ $105M in Uncompensated Medicare
(Not included in Community Benefit total)

Read our report online at www.elcaminohospital.org/communitybenefit2018
Healthy Body

PARTNERS

These grants support efforts to prevent the onset of disease and improve access to primary care, chronic disease management, health and wellness education, and oral health.

5210 Health Awareness Program Partnership — School-based nutrition and health program at Cambrian, Campbell, Cupertino Union, Fremont and Sunnyvale School Districts
Funding: El Camino Healthcare District (ECHD)
El Camino Hospital (ECH)

Bay Area Women's Sports Initiative (BAWSI) — Physical activity and self-esteem program for girls at Campbell and Sunnyvale School Districts
ECHD, ECH

Breathe California — Screenings, education, and home assessment for families of children with asthma and seniors with respiratory conditions
ECHD, ECH

Cambrian School District — School Nurse Program: Filling the gap in care for students
ECH

Campbell Union School District — School Nurse Program: Filling the gap in care for students
ECH

Challenge Diabetes Program — Prediabetes screening and education for community service agencies
ECH

Community Service Agency, Mountain View — Intensive case management for seniors with chronic disease
ECHD

Cristo Rey Network — School health and wellness program
ECH

Cupertino Union School District — School Nurse Program: Filling the gap in care for students
ECHD, ECH

Day Worker Center — Health programming and nutritious meals for the underserved
ECHD

Fresh Approach — Mobile Farmers’ Market and nutrition education
ECHD

Gardner Family Health Network — Clinical and healthy behavior change program for prediabetic and diabetic patients
ECH

GoNoodle — Brain breaks, activities designed to help students focus at 183 schools in 20 districts
ECHD, ECH

Health Mobile — Mobile dental services for homeless and low-income community members
ECHD

Healthier Kids Foundation — Dental and hearing screenings, and healthy lifestyle education for parents
ECHD, ECH

Hope's Corner — Nutritious meals for the homeless and food insecure
ECHD

Indian Health Center — Clinical and healthy behavior change program for at-risk and diabetic youth
ECH

Living Classroom — Garden-based school nutrition program at Mountain View Whisman and Sunnyvale School Districts
ECHD

Lucile Packard Foundation for Children's Health — Teen Health Van at Mountain View Los Altos High School District for at-risk youth
ECHD

MayView Community Health Center — Medical preventive care for the uninsured
ECHD

Medical Respite — Medical care and social services for homeless patients
ECHD, ECH

Mountain View Whisman School District — School Nurse Program: Filling the gap in care for students
ECHD

New Directions — Coordination of care and connection to safety-net services for homeless and at-risk community members
ECHD

Pathways Home Health and Hospice — Compassionate care for the uninsured and underinsured
ECHD

Planned Parenthood Mar Monte — Medical care for the underserved
ECHD

Pre-diabetes Initiative — Awareness, screening, and management resources for pre-diabetes
ECHD

Playworks — Physical activity and school climate program in Campbell Union, Mountain View Whisman and Sunnyvale School Districts
ECHD, ECH

Santa Clara County Office of Education — Early Head Start Advocacy Program
ECH

Santa Clara Valley Medical Center — Primary and behavioral mobile healthcare for the homeless, and dental services for low-income and homeless adults
ECHD

Sunnyvale School District — School Nurse Program: Filling the gap in care for students
ECHD

Vision to Learn — Mobile clinic providing vision screening and delivering eye glasses to low-income students at schools
ECHD, ECH

Continued on next page
Healthy Mind
PARTNERS

These grants provide access to mental health services for youth and adults. Issues addressed include depression, anxiety, dementia, domestic violence, and substance abuse.

Acknowledgment Alliance — Resilience and social emotional learning lessons for students • ECHD

Almaden Valley Counseling Service — School-based social emotional skill building • ECH

Alum Rock Counseling Center — Mentoring for at-risk youth • ECH

Alzheimer’s Association — Asian Dementia Initiative: culturally based services for patients and caregivers • ECHD

Asian Americans for Community Involvement (AACI) — Senior isolation and depression program • ECH

Avenidas — Adult day health program • ECHD

Bill Wilson Center — Therapy for abused children • ECH

Cambrian School District — Mental health counseling • ECH

CHAC — Mental health counseling at Sunnyvale School District • ECHD

Child Advocates of Silicon Valley — Advocacy and support services for foster teens • ECH

Cupertino Union School District — Mental health counseling • ECH

Eating Disorders Resource Center — Support for recovery • ECHD

Hope Services — Peer-to-peer counseling/advocacy for adults with developmental disabilities • ECH

Law Foundation of Silicon Valley — Removing legal barriers to mental health services • ECHD

Los Altos School District — Mental health counseling • ECHD

Momentum for Mental Health — Psychiatric services and medication management for the underinsured and uninsured • ECHD, ECH

Mountain View Los Altos Union High School District — Mental health counseling • ECHD

National Alliance on Mental Illness (NAMI) Santa Clara County — Peer support for mental health conditions • ECHD

Peninsula HealthCare Connection — Psychiatric services and medication management for homeless and at-risk community members • ECH

Prevention Partnership, Int. — Culturally based family education for substance use and mental health disorders • ECHD

Uplift Family Services — Mental health counseling and addiction prevention services for Campbell Union High School District • ECH

Healthy Community
PARTNERS

These grants promote the improvement of overall health in the community. Programs focus on issues such as access to transportation, fall prevention, and health screenings and education.

American Heart Association — Hypertension initiative: blood pressure awareness, screening and blood pressure management • ECHD

Cancer CAREpoint — Nutrition education and support • ECH

Chinese Health Initiative — Screenings and education • ECHD, ECH

Family & Children Services (a division of Caminar) — Domestic violence survivor services • ECHD

Farewell to Falls — In-home assessment, education, and exercise recommendations • ECHD

Friends for Youth — Connecting at-risk youth with supportive mentors • ECH

Great Nonprofits — Hypertension initiative text-based awareness program • ECHD

Health Library & Resource Center Mountain View and Los Gatos — Eldercare support, health information, and medical searches • ECHD, ECH

The Health Trust — Meals on Wheels Program for older adults • ECHD

#KnowYourBloodPressure — Hypertension initiative public awareness campaign • ECHD

Latinas Contra Cancer — Breast cancer awareness and resources for Latinas • ECH

Maitri — Culturally focused crisis counseling and legal representation for domestic violence victims • ECHD

Matter of Balance — Falls prevention classes for seniors • ECHD

Mountain View Police Department, Youth Services Unit — Camps for at-risk youth • ECHD

Next Door Solutions — Crisis counseling, shelter services, and support for victims of domestic violence • ECH

Racing Hearts — Automated External Defibrillator (AED) Program, placing nearly 800 devices throughout Santa Clara County, including all public schools • ECH

Reach Potential Movement — Physical activity and health programs for low-income youth in Sunnyvale • ECHD

Rebuilding Together — Home repair program for seniors at risk for falls • ECHD

RoadRunners — Patient transportation program • ECHD

Second Harvest Food Bank — Nutrition education • ECH

Silicon Valley Bicycle Coalition — Promoting safe physical activity in affordable housing communities • ECH
South Asian Heart Center  — Screenings and education for heart disease and diabetes  •  ECHD, ECH

Sunnyvale Community Services  — Emergency assistance and social work case management  •  ECHD

Teen Success, Inc.  — Promoting self-sufficiency and health education for teen mothers  •  ECH

Valley Verde  — Home gardens and nutrition education for low-income households  •  ECH

West Valley Community Services  — Social work case management, benefits assistance, and nutrition workshops; case management for at-risk seniors  •  ECH

Working Partnerships, USA  — Coverage initiative for the remaining uninsured  •  ECHD

YMCA Silicon Valley  — Summer camp for low-income youth  •  ECHD

YWCA of Silicon Valley  — Support for at-risk women  •  ECH

SPONSORSHIP RECIPIENTS

El Camino Healthcare District
American Red Cross
Avenidas Housing Conference
BAWSI (Bay Area Women’s Sports Initiative)
CHAC (Community Health Awareness Council)
Child Advocates of Silicon Valley
City of Mountain View Senior Center
City of Sunnyvale Senior Center
Community Services Agency Mountain View
Downtown Streets Team
Healthier Kids Foundation
HomeFirst
Hope’s Corner
Mentor Tutor Connection
Momentum for Mental Health
Our Kids, Our Community Summer Meals Fundraiser (Sunnyvale Rotary Foundation/ Sunnyvale School District/Sunnyvale Community Services)
Outlet, a Program of Adolescent Counseling Services
Pacific Stroke Association
Pathways Home Health and Hospice
Project WeHOPE
Sunnyvale PAL (Police Athletics League) — Kick, Lead and Dream Soccer Camp
Valley Medical Foundation

El Camino Hospital
AACL (Asian Americans for Community Involvement)
Abilities United
Aging Services Collaborative
Alum Rock Counseling Center
Alzheimer’s Association
American Kidney Fund
Bay Area Older Adults
Cancer CAREpoint
Chinese American Coalition for Compassionate Care
City of San Jose Senior Winter Walk and Resource Fair
Congregation Shir Hadash Health Fair
Cystic Fibrosis Foundation
Heart of Hope Asian American Hospice Care
Hunger at Home
Jenny’s Light Run
Joint Venture Silicon Valley — Self-Sufficiency Standard Report for California
Los Gatos Lions Club Youth Mental Health Event
National Alliance on Mental Illness (NAM)
Santa Clara County
Next Door Solutions
People Acting in Community Together (PACT)

Planned Parenthood Mar Monte
Kids in Common Children’s Summit
Preclampsia Foundation
Project Cornerstone
Services for Brain Injury
Silicon Valley Leadership Group
Turkey Trot and Heart & Soles Run
Standup for Kids
Strides for Life Colon Cancer
Uplift Family Services
West Valley Services
YWCA Silicon Valley

“Thank you for helping us. We never thought we would be in this situation. You were very kind and patient. I would be homeless without your assistance and appreciate your compassion and help.”

61-year-old senior client with 24-year-old disabled son, Sunnyvale Community Services
El Camino Healthcare District was formed pursuant to the California Local Health Care District Law (California Health and Safety Code Sections 32000 et seq.) to provide healthcare services that foster good physical and mental health. The District boundaries, set in the late 1950s, encompass Mountain View and Los Altos, large portions of Sunnyvale and Los Altos Hills, and small sections of Cupertino, Santa Clara, and Palo Alto. The District is governed by a five-member publicly elected Board and provides oversight of El Camino Hospital, a nonprofit community hospital. The District also administers a Community Benefit Program, which addresses unmet health needs through grants and collaborations with local schools, nonprofits, and social and health service providers.

El Camino Hospital is an acute-care, 443-bed, nonprofit and locally governed organization with campuses in Mountain View and Los Gatos, California. Key medical specialties include cancer, heart and vascular, men’s health, mental health, neurosciences, orthopedic and spine, senior health, urology, and the first Women’s Hospital in Northern California. The hospital is recognized as a national leader in the use of health information technology and wireless communications, and has been awarded the Gold Seal of Approval from The Joint Commission as a Primary Stroke Center as well as three consecutive ANCC Magnet Recognitions for Nursing Care.

See this report online:
www.elcaminohospital.org/communitybenefit2018