

# Improving Health Changing Lives



EL CAMINO HEALTHCARE DISTRICT



**El Camino Hospital**  
THE HOSPITAL OF SILICON VALLEY



## 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

# From Our Leadership

## 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](http://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](http://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

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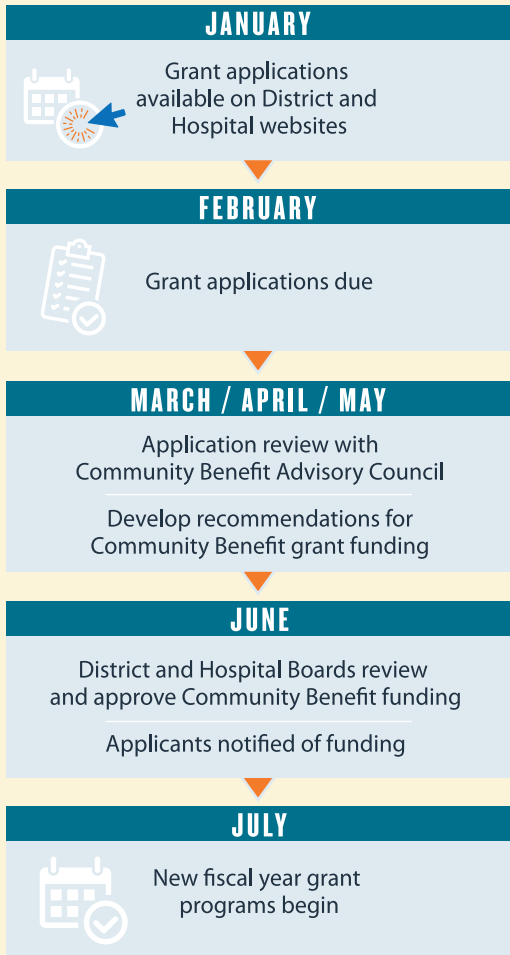
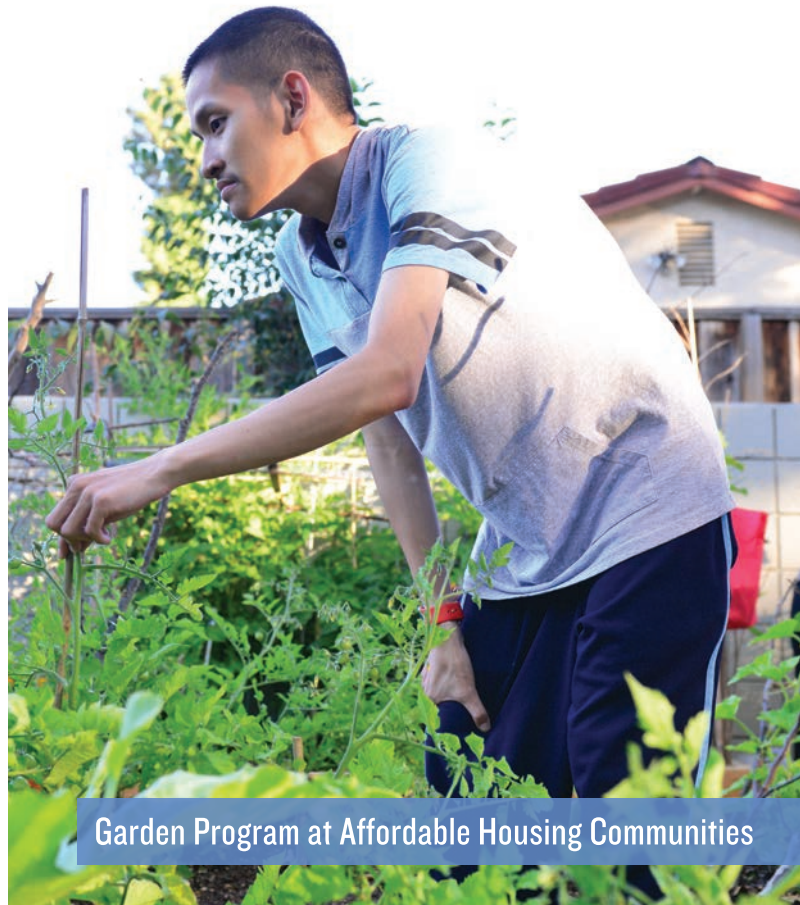


## COMMUNITY BENEFIT AT A GLANCE

# 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](http://www.elcaminohospital.org/communitybenefit), or [www.elcaminohealthcaredistrict.org/communitybenefit](http://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



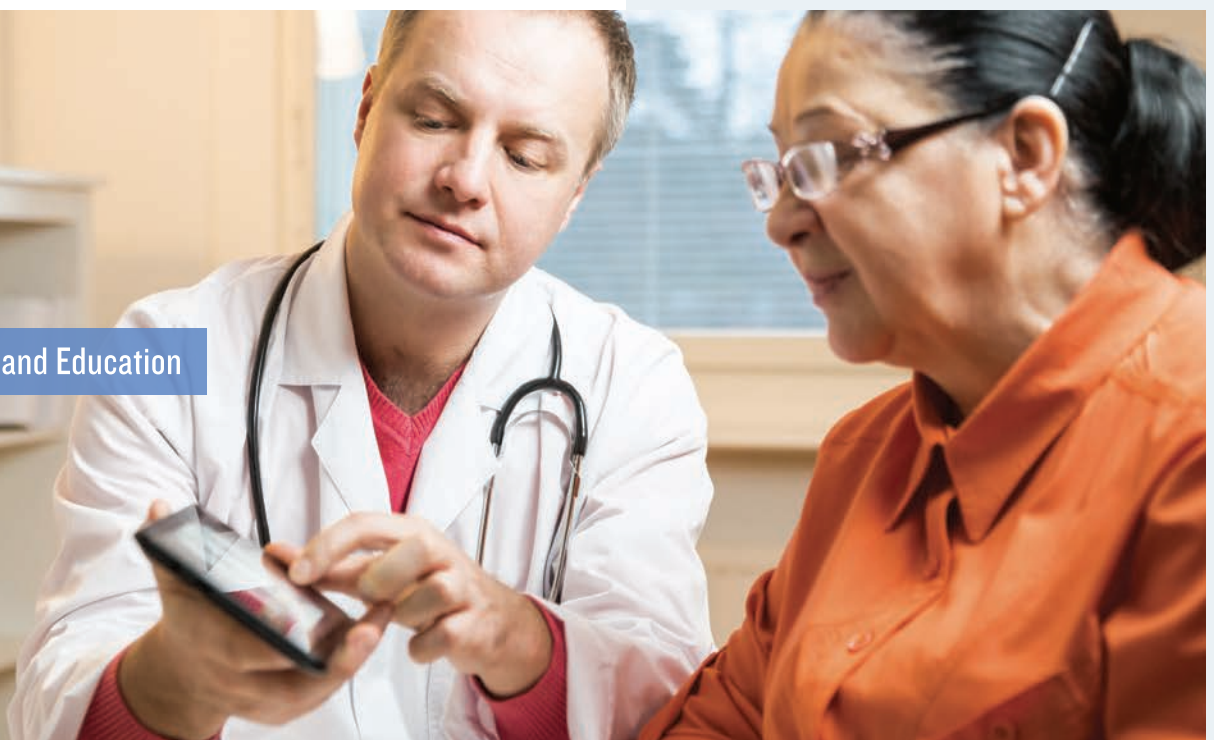
### Older Adult Programs

**18** GRANTS

**\$1.4M** FUNDED

**13,750** PEOPLE SERVED

Free Health Screenings and Education





## Vision Screenings in Schools



## 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

**111,385** 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**



## Mental Health Services

**25** GRANTS

**\$1.9M** FUNDED

**9,030** PEOPLE SERVED

“ We’re so grateful for having the clinic around. It really is the only spot here. The psychiatrist here, he’s the only hookup 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

## 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)





## 2018 GRANT FUNDING PROGRAM PARTNERS

**\$10M** Combined Investments for **151** Grants & Sponsorships  
to Address Unmet Health Needs in Our Community

# 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**

# 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.

- Acknowledge 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 • **ECHD**
- 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

AACI (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 (NAMI) 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**

**El Camino Hospital**

2500 Grant Road  
Mountain View, CA 94040

See this report online:

**[www.elcaminohospital.org/  
communitybenefit2018](http://www.elcaminohospital.org/communitybenefit2018)**

**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, neuroscience, 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.



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**EL CAMINO HEALTHCARE DISTRICT**



**El Camino Hospital**  
THE HOSPITAL OF SILICON VALLEY