Top 3 Health Needs
In Our Community

Also inside
• Take the Summer Sun Exposure Quiz
• Enjoy an Active Summer
Every three years, Valley Presbyterian Hospital conducts a Community Health Needs Assessment (CHNA) to reflect on its achievements, measure its success, and identify the most significant health needs in our community. We always anticipate this effort because we have the opportunity and privilege of hearing directly from the individuals we serve. In our most recent assessment, we engaged with more than 330 individuals who told us the three significant health needs for the community are diabetes and obesity, mental health and access to health care. The good news is that we are already doing work in these health areas.

We’ve taken several steps to address the issue of diabetes and obesity. We’ve conducted blood glucose screenings, diabetic foot screenings and body mass index screenings free of charge at local health fairs, including our own, which is held each year in October. Additionally, we treat many patients at our Amputation Prevention Center who are in jeopardy of losing a limb due to complications of diabetes. We offer these patients access to multidisciplinary specialty care and treatments, as well as education, to preserve their limbs and restore their quality of life. We commissioned a report on childhood obesity, which outlined the scope of the issue in the community, and have created pediatric diabetes education materials to help children and their loved ones successfully manage their condition. As part of our community health education program, we also have offered workshops on healthy eating and cooking and launched a community exercise program for seniors.

To begin to address the mental health care needs in our community, we now offer telepsychiatry services to adults, children and seniors who visit us through the Emergency Department, or who are admitted to the hospital. These patients now have 24/7 access to California-licensed psychiatrists for behavioral health consultations through real-time audio and video technology.

We also remain very committed to improving the access to health care in our community. For example, we actively assist patients to enroll in Medi-Cal insurance programs and other programs through Covered California. We have partnered with local Federally Qualified Health Centers (FQHC) to improve access to care. And, through a grant from First 5 LA, we support the Welcome Baby program, a free and voluntary program that supports new mothers and their infants by providing hospital- and home-based services. Our Emergency Department, one of the busiest in the San Fernando Valley, treated more than 66,000 patients in fiscal year 2015. Many of these patients do not have a primary care physician, which makes follow-up treatment and continued health care difficult. We have expanded our specialty care coverage by implementing a hospitalist program to ensure 24/7 care for patients who do not have an assigned primary care physician. Last but not least, we’ve started construction on an $8.4 million Emergency Department renovation and expansion project that will help us to serve the future health care needs of our community.

These efforts represent the tip of the iceberg. While we have pride in our success and progress to date, we recognize the need to expand our great work. For the next three years and beyond, we will implement new programs and activities to fulfill our mission of improving the quality of health in the San Fernando Valley. As an independent, nonprofit hospital, we belong to this community, and we are privileged to serve it, as we have for the past 58 years.

Sincerely,
Gustavo Valdespino
President & Chief Executive Officer
Take the Summer Sun Exposure Quiz

Test your knowledge of UV protection

Hot weather, clear skies, and extra leisure time in the summer mean that many people spend hours in the sun. Lengthy sun exposure can raise the risk for skin cancer if you don’t take steps to protect yourself.

1. The hours of the day when you are most at risk from the sun’s rays are:
   - A. 10 a.m. to 4 p.m.
   - B. 8 a.m. to 1 p.m.
   - C. 7 a.m. to 12 p.m.
   - D. None of the above

2. Which type of ultraviolet rays does the sun emit?
   - A. UVA
   - B. UVB
   - C. UVC
   - D. UVA and UVB
   - E. UVA, UVB, and UVC

3. The best way to protect yourself from the sun’s rays is:
   - A. Avoid the sun during peak hours
   - B. Wear protective clothing and a hat
   - C. Wear wraparound sunglasses
   - D. Wear sunscreen with an SPF of at least 15 to 30
   - E. All of the above

4. Excessive exposure to UV rays has what detrimental effect on health?
   - A. It boosts the risk of skin cancer
   - B. It boosts the risk of lip cancer
   - C. It boosts the risk of cataracts
   - D. All of the above

5. The UV Index is:
   - A. A rating system for sunscreens
   - B. A forecast of UV radiation tied to the local weather forecast
   - C. A rating system for protective clothing
   - D. None of the above

6. What common medications can make you more sensitive to sun?
   - A. Ibuprofen
   - B. Doxycycline
   - C. Sulfa drugs
   - D. All of the above

7. The best type of sunscreen to use is:
   - A. Lotion
   - B. Gel
   - C. Spray
   - D. All of the above

8. Sunscreens work by:
   - A. Absorbing the sun’s rays
   - B. Reflecting the sun’s rays
   - C. Scattering the sun’s rays
   - D. All of the above

9. Which of these clothing choices offers the best protection and comfort from UV rays?
   - A. Jeans and T-shirt
   - B. Shorts and a tank top
   - C. Long pants of tightly woven fabric and a loose-fitting, long-sleeved shirt

10. If you work outdoors or otherwise spend a lot of time in the sun, which type of hat offers the best protection from UV rays?
    - A. Straw hat
    - B. Baseball cap
    - C. Canvas hat with a brim all the way around
    - D. Bike helmet

Valley Presbyterian Hospital is committed to understanding the health care needs of individuals and families in the San Fernando Valley and to developing new ways to deliver excellent care and service to the community. The hospital recently completed its triennial Community Health Needs Assessment (CHNA) to determine the most pressing health needs in the region. Findings from extensive research and a thorough stakeholder engagement process will be used to create programs and services to address these needs.

To read the full report, visit http://www.valleypres.org/For-Community/Community-Benefit.aspx
As part of the CHNA process, the hospital partnered with the Valley Care Community Consortium to conduct literature reviews and engage more than 330 individuals through interviews, focus groups and community forums. The health data and responses determined a list of 20 community health needs, and stakeholders prioritized the findings into three urgent and significant needs to be addressed. The summaries and findings of the top three health needs are listed below.

1. **Diabetes and Obesity**

   Type 2 Diabetes is a condition resulting from high blood sugar levels. Risk factors include smoking and obesity. Health care providers often treat the complications of diabetes, but the disease may be managed through a variety of measures to minimize or prevent complications. Obesity is an accumulation of excess body fat that affects a person’s overall health. It also is a risk factor for other chronic diseases such as hypertension, high cholesterol and heart disease.

   Participants in the CHNA process noted several reasons for diabetes and obesity, including the lack of access to healthy and affordable foods and community education on topics such as nutrition and diabetes. Participants also acknowledged that poor nutrition and eating habits and lack of physical activity contributed to diabetes and obesity.

2. **Mental Health**

   Positive mental health is associated with improved health outcomes. When individuals have a positive state of wellbeing, they are more readily able to cope with the stresses of life, be productive and have a positive sense of self.

   Participants in the CHNA process noted that individuals in the community may resort to drug and alcohol use as a way to cope with mental health issues. They also reported that the lack of access to mental health services can affect the ability for these individuals to receive treatment. Socioeconomic factors and lack of education were identified as barriers to mental health care in the community.

3. **Access to Care**

   Access to care is described as the ability to receive primary care and specialty care services in a timely manner. Having access to primary care is a key factor of good health. Individuals who can access and receive primary health care services are exposed to preventive measures and disease management, thereby reducing the likelihood of hospitalizations and emergency room admissions.

   Participants in the CHNA process noted that the lack of primary care physicians to serve newly insured individuals has been a barrier to their access to health care. In addition, participants noted they are not familiar with how to navigate the health care system, which also poses a challenge.

For more information or questions about the Community Health Needs Assessment, please contact:

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Valley Presbyterian Hospital held its 3rd Annual Celebration of Excellence dinner on May 12 at the Skirball Cultural Center in Los Angeles. With more than 450 attendees, the hospital shined a spotlight on the achievements of honorees Dr. Ralph Salimpour, recipient of the Excellence in Physician Leadership award, and Wells Fargo Bank, recipient of the Excellence in Community Service award.

Proceeds from the dinner will support the $8.4 million renovation and expansion of the hospital’s Emergency Department, which served more than 66,000 patients last year.

Valley Presbyterian Hospital and the Valley Presbyterian Hospital Foundation extend their thanks to all of the generous donors who help to ensure quality health care for the people of the San Fernando Valley.
Enjoy an Active Summer

THIS SUMMER, TAKE ADVANTAGE OF THE WARM WEATHER TO GET ACTIVE, FIT AND HEALTHY.

The National Institute of Diabetes and Digestive and Kidney Diseases offers these fun suggestions:

- Opt for some fun in the water, including swimming and diving.
- When the weather doesn’t cooperate, play a fitness video or exercise indoors.
- Plant a small garden. Use the fruits of your labor to eat plenty of produce all summer.
- Opt for plenty of nutritious foods, including whole grains, lean proteins and low-fat dairy.
- Get the whole family active. Go for a hike, an after-dinner walk or play a neighborhood softball game.
- Engage in strengthening exercises, such as push-ups, at least twice per week.
- Drink enough fluids before, during and after exercise, particularly when the weather gets hot. Exercise in the early morning hours when high temperatures are forecast.

You have a lot of reasons to be healthy.

Health & Wellness Community Fair

Saturday, October 8, 2016
10 AM – 2 PM
Valley Presbyterian Hospital
15107 Vanowen Street
Van Nuys, CA 91405

Featuring:
- Free Health Screenings
  Blood pressure, Carotid artery, Glucose, Cholesterol, BMI, Foot screenings
- Free Flu Shots (some restrictions apply)
- Free Health Presentations
  Diabetes awareness, Stroke awareness, Healthy Cooking Demonstration
- Community information booths, Food, Live music, Activities for kids
FORE A GOOD CAUSE.

The 6th Annual Golf Classic
A benefit for Valley Presbyterian Hospital’s Emergency Department
Monday, September 26, 2016   North Ranch Country Club, Westlake Village, CA

Purchase a Sponsorship or Player Package today. Contact Breanne Kamai at 818.902.2980 or foundation@valleypres.org