

Sutter Health

Sutter Surgical Hospital - North Valley

2022 – 2024 Implementation Strategy Plan

Responding to the 2022 Community Health Needs Assessment

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Introduction

The Implementation Strategy Plan describes how Sutter Surgical Hospital - North Valley, a Sutter Health affiliate, plans to address significant health needs identified in the 2022 Community Health Needs Assessment (CHNA). The document describes how the hospital plans to address identified needs in calendar (tax) years 2022 through 2024.

The 2022 CHNA and the 2022 - 2024 Implementation Strategy Plan were undertaken by the hospital to understand and address community health needs, and in accordance with state law and the Internal Revenue Service (IRS) regulations pursuant to the Patient Protection and Affordable Care Act of 2010.

The Implementation Strategy Plan addresses the significant community health needs described in the CHNA that the hospital plans to address in whole or in part. The hospital reserves the right to amend this Implementation Strategy Plan as circumstances warrant. For example, certain needs may become more pronounced and merit enhancements to the described strategic initiatives. Alternately, other organizations in the community may decide to address certain community health needs, and the hospital may amend its strategies and refocus on other identified significant health needs. Beyond the initiatives and programs described herein, the hospital is addressing some of these needs simply by providing health care to the community, regardless of ability to pay.

Sutter Surgical Hospital - North Valley welcomes comments from the public on the 2022 Community Health Needs Assessment and 2022 - 2024 Implementation Strategy Plan. Written comments can be submitted:

- By emailing the Sutter Health System Office Community Benefit department at SHCB@sutterhealth.org;
- Through the mail using the hospital's address at 455 Plumas Blvd., Yuba City, CA 95991; and
- In-person at the hospital's Information Desk.

Executive Summary

Sutter Surgical Hospital - North Valleys is affiliated with Sutter Health, a not-for-profit parent of not-for-profit and for-profit companies that together form an integrated healthcare system located in Northern California. The system is committed to health equity, community partnerships and innovative, high-quality patient care. Our over 65,000 employees and associated clinicians serve more than 3 million patients through our hospitals, clinics and home health services.

Learn more about how we're transforming healthcare at sutterhealth.org and vitals.sutterhealth.org

Sutter Health's total investment in community benefit in 2021 was \$872 million. This amount includes traditional charity care and unreimbursed costs of providing care to Medi-Cal patients. This amount also includes investments in community health programs to address prioritized health needs as identified by regional community health needs assessments.

As part of Sutter Health's commitment to fulfill its not-for-profit mission and help serve some of the most vulnerable in its communities, the Sutter Health network has implemented charity care policies to help provide access to medically necessary care for all patients, regardless of their ability to pay. In 2021, Sutter Health invested \$91 million in charity care. Sutter's charity care policies for hospital services include, but are not limited to, the following:

1. Uninsured patients are eligible for full charity care for medically necessary hospital services if their family income is at or below 400% of the Federal Poverty Level (“FPL”).
2. Insured patients are eligible for High Medical Cost Charity Care for medically necessary hospital services if their family income is at or below 400% of the FPL and they incurred or paid medical expenses amounting to more than 10% of their family income over the last 12 months. ([Sutter Health's Financial Assistance Policy](#) determines the calculation of a patient's family income.)

Overall, since the implementation of the Affordable Care Act, greater numbers of previously uninsured people now have more access to healthcare coverage through the Medi-Cal and Medicare programs. The payments for patients who are covered by Medi-Cal and Medicare do not cover the full costs of providing care. In 2021, Sutter Health invested \$557 million more than the state paid to care for Medi-Cal patients.

Through community benefit investments, Sutter helped local communities access primary, mental health and addiction care, and basic needs such as housing, jobs and food. See more about how Sutter Health reinvests into the community by visiting sutterpartners.org.

Every three years, Sutter Health affiliated hospitals participate in a comprehensive and collaborative Community Health Needs Assessment, which identifies significant community health needs and guides our community benefit strategies. The assessments help ensure that Sutter invests its community benefit dollars in a way that targets and addresses real community needs.

Through the 2022 Community Health Needs Assessment process for Sutter Surgical Hospital - North Valley, the following significant community health needs were identified:

1. Access to Mental/Behavioral Health and Substance Use Services
2. Access to Basic Needs Such as Housing, Jobs, and Food
3. Active Living and Healthy Eating
4. Access to Specialty and Extended Care
5. Access to Quality Primary Care Health Services
6. Access to Functional Needs
7. Injury and Disease Prevention and Management
8. Increased Community Connections
9. Safe and Violence-Free Environment

The 2022 Community Healthy Needs Assessment conducted by Sutter Surgical Hospital - North Valley is publicly available at www.sutterhealth.org.

2022 Community Health Needs Assessment Summary

Community Health Insights (www.communityhealthinsights.com) conducted the assessment on behalf of Sutter Surgical Hospital – North Valley. Community Health Insights is a Sacramento-based research-oriented consulting firm dedicated to improving the health and well-being of communities across Northern California.

The data used to conduct the CHNA were identified and organized using the widely recognized Robert Wood Johnson Foundation's County Health Rankings model. This model of population health includes many factors that impact and account for individual health and well-being. Further, to guide the overall process of conducting the assessment, a defined set of data-collection and analytic stages were developed. These included the collection and analysis of both primary (qualitative) and secondary (quantitative) data. Qualitative data included one-on-one and group interviews with 28 community health experts, social service providers, and medical personnel. Furthermore, 10 community residents or community service provider organizations participated in three focus groups across the service area. Finally, 16 community service providers responded to a Community Service Provider (CSP) survey asking about health need identification and prioritization.

Focusing on social determinants of health to identify and organize secondary data, datasets included measures to describe mortality and morbidity and social and economic factors such as income, educational attainment, and employment. Further, the measures also included indicators to describe health behaviors, clinical care (both quality and access), and the physical environment.

At the time that this CHNA was conducted, the COVID-19 pandemic was still impacting communities across the United States, including SSH-NV's service area. The process for conducting the CHNA remained fundamentally the same. However, there were some adjustments made during the qualitative data collection to ensure the health and safety of those participating. Additionally, COVID-19 data were incorporated into the quantitative data analysis and COVID-19 impact was captured during qualitative data collection. These findings are reported throughout various sections of the report.

The full 2022 Community Health Needs Assessment conducted by Sutter Surgical Hospital - North Valley is available at www.sutterhealth.org.

Definition of the Community Served by the Hospital

The definition of the community served was the primary service area jointly shared by AHRO and SSHNV. This area was defined by five ZIP Codes: 95901, 95953, 95961, 95991, and 95993. This service area was designated because the majority of patients served by both AHRO and SSHNV resided in these ZIP Codes. AHRO is located in Marysville, California, and SSHNV is located in Yuba City, California. Separated by the Feather River, these cities are located adjacent to one another and are part of the Yuba City Metropolitan Statistical Area as designated by the US Office of Management and Budget. The service area is home to over 150,000 community residents and encompasses portions of both Sutter and Yuba Counties. The rural community is rich in diversity along a number of dimensions.

Significant Health Needs Identified in the 2022 CHNA

Quantitative and qualitative data were analyzed to identify and prioritize significant health needs. This began by identifying 12 potential health needs (PHNs) based on a review of CHNAs previously conducted throughout Northern California. The data associated with each PHN were then analyzed to discover which, if any, of them were significant health needs for the service area.

PHNs were selected as significant health needs if the percentage of associated quantitative indicators and qualitative themes exceeded selected thresholds. Data were also analyzed determine if there were any emerging significant health needs in the service area beyond the initial 12 PHNs.

All significant health needs were then prioritized based on 1) the percentage of key informant interviews and focus groups that indicated the health needs was present within the service area; 2) the percentage of times key informant interviews and focus groups identified the health needs as being a top priority; and, when available, 3) the percentage of service provider survey respondents who identified the health needs as being a top priority.

The following significant health needs were identified in the 2022 CHNA:

- 1. Access to Mental/Behavioral Health and Substance Use Services**
Individual health and well-being are inseparable from individual mental and emotional outlook. Coping with daily life stressors is challenging for many people, especially when other social, familial, and economic challenges occur. Access to mental, behavioral, and substance use services is an essential ingredient for a healthy community where residents can obtain additional support when needed.
- 2. Access to Basic Needs Such as Housing, Jobs, and Food**
Access to affordable and clean housing, stable employment, quality education, and adequate food for good health are vital for survival. Maslow's Hierarchy of Needs suggests that only when people have their basic physiological and safety needs met can they become engaged members of society and self-actualize or live to their fullest potential, including enjoying good health. Research shows that the social determinants of health, such as quality housing, adequate

employment and income, food security, education, and social support systems, influence individual health as much as health behaviors and access to clinical care.

3. **Active Living and Healthy Eating**

Physical activity and eating a healthy diet are important for one's overall health and well-being. Frequent physical activity is vital for prevention of disease and maintenance of a strong and healthy heart and mind. When access to healthy foods is challenging for community residents, many turn to unhealthy foods that are convenient, affordable, and readily available. Communities experiencing social vulnerability and poor health outcomes often live in areas with fast food and other establishments where unhealthy food is sold. Under-resourced communities may be challenged with food insecurity, absent the means to consistently secure food for themselves or their families, hence relying on food pantries and school meals that often lack in sufficient nutrition for maintaining health.

4. **Access to Specialty and Extended Care**

Extended care services, which include specialty care, are those provided in a particular branch of medicine and focused on the treatment of a particular disease. Primary and specialty care go hand-in-hand, and without access to specialists, such as endocrinologists, cardiologists, and gastroenterologists, community residents are often left to manage the progression of chronic diseases, including diabetes and high blood pressure, on their own. In addition to specialty care, extended care refers to care extending beyond primary care services that is needed in the community to support overall physical health and wellness, such as skilled-nursing facilities, hospice care, and in-home healthcare.

5. **Access to Quality Primary Care Health Services**

Primary care resources include community clinics, pediatricians, family practice physicians, internists, nurse practitioners, pharmacists, telephone advice nurses, and other similar resources. Primary care services are typically the first point of contact when an individual seeks healthcare. These services are the front line in the prevention and treatment of common diseases and injuries in a community.

6. **Access to Functional Needs**

Functional needs are those related to adequate transportation access and conditions which promote access for individuals with physical disabilities. Having access to transportation services to support individual mobility is a necessity of daily life. Without transportation, individuals struggle to meet their basic needs, including those needs that promote and support a healthy life. The number of people with a disability is also an important indicator for community health and must be examined to ensure that all community members have access to necessities for a high quality of life.

7. **Injury and Disease Prevention and Management**

Knowledge is important for individual health and well-being, and efforts aimed at injury and disease prevention are powerful vehicles to improve community health. When community residents lack adequate information on how to prevent, manage, and control their health conditions, those conditions tend to worsen. Prevention efforts focus on reducing cases of injury and infectious disease control (e.g., sexually transmitted infection (STI) prevention and influenza shots), and intensive strategies in the management of chronic diseases (e.g., diabetes, hypertension, obesity, and heart disease) are important for community health improvement.

8. **Increased Community Connections**

As humans are social beings, community connection is a crucial part of living a healthy life. People have a need to feel connected with a larger support network and the comfort of knowing they are accepted and loved. Research suggests "individuals who feel a sense of security, belonging, and trust in their community have better health. People who don't feel connected are less inclined to act in healthy ways or work with others to promote well-being for all." Assuring that community members have ways to connect with each other through programs, services, and

opportunities is important in fostering a healthy community. Further, healthcare and community support services are more effective when they are delivered in a coordinated fashion, where individual organizations collaborate with others to build a network of care.

9. Safe and Violence-Free Environment

Feeling safe in one’s home and community are fundamental to overall health. Next to having basic needs met (e.g., food, shelter, and clothing) is having physical safety. Feeling unsafe affects the way people act and react to everyday life occurrences. Further, research has demonstrated that individuals exposed to violence in their homes, the community, and schools are more likely to experience depression and anxiety and demonstrate more aggressive, violent behavior.

2022 – 2024 Implementation Strategy Plan

The implementation strategy plan describes how Sutter Surgical Hospital - North Valley plans to address significant health needs identified in the 2022 Community Health Needs Assessment and is aligned with the hospital’s charitable mission. The strategy describes:

- Actions the hospital intends to take, including programs and resources it plans to commit,
- Anticipated impacts of these actions and a plan to evaluate impact, and
- Any planned collaboration between the hospital and other organizations in the community to address the significant health needs identified in the 2022 CHNA.

Prioritized Significant Health Needs the Hospital Will Address

The Implementation Strategy Plan serves as a foundation for further alignment and connection of other Sutter Surgical Hospital - North Valley initiatives that may not be described herein, but which together advance the hospital’s commitment to improving the health of the communities it serves. Each year, programs are evaluated for effectiveness, the need for continuation, discontinuation, or the need for enhancement. Depending on these variables, programs may change to continue focus on the health needs listed below.

1. Access to Mental/Behavioral Health and Substance Use Services
2. Access to Basic Needs Such as Housing, Jobs, and Food
3. Active Living and Healthy Eating
4. Access to Quality Primary Care Health Services
5. Access to Functional Needs
6. Injury and Disease Prevention and Management
7. Increased Community Connections
8. Safe and Violence-Free Environment

Access to Mental/Behavior/Substance-Abuse Services

Name of program/activity/initiative	Fit Quest Program
Description	The Fit Quest Program is a comprehensive children’s wellness program focusing on improving nutrition, fitness, and mental wellness. The on-site school program, geared toward 5th and 6th grade students, teaches students easy ways to incorporate healthy choices into daily living. The curriculum is designed to improve overall health in a fun and meaningful

	<p>way. The Fit Quest Program is incredibly impactful, reaching over 40 schools in Yuba and Sutter County, providing school assemblies and an expanded curriculum focus on nutrition, physical activity and mental wellness. The expanded curriculum and role modeling of and interactions with the Naturalists in choosing to drink water, and staying active have impacted over 2,400 students. Specialists have been engaged throughout the process attending assemblies and providing guidance and suggestions at planning meetings for continued enhancements in the Fit Quest Program. This program addresses multiple prioritized significant health needs, such as access to mental/behavioral/substance abuse services; access to disease and injury through knowledge, action and access to resources; and active living and healthy eating.</p>
Goals	The goal of Fit Quest is to teach children healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.
Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children beneficial lessons that will last a lifetime, creating overall healthier people.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of children served, active schools, anecdotal stories and other successful program impacts.
Name of program/activity/initiative	Fit Quest Family Camp
Description	Fit Quest Family Camp is a fun-filled weekend for the whole family, where both kids and parents experience healthy cooking classes; gardening; low-ropes challenge course; workshops on nutrition, mental wellness and physical activity; naturalist-led hikes and games; swimming; and an evening program. The program is available for up to 24 families annually and has components led by a PE specialist, Registered Dietician, Psychologist and Registered Yoga Therapist. This program addresses multiple prioritized significant health needs, such as access to mental/behavioral/substance abuse services; access to disease and injury through knowledge, action and access to resources; and active living and healthy eating.
Goals	The goal of Fit Quest Family Camp is to teach children and their families healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.
Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children and their families beneficial lessons that will last a lifetime, creating overall healthier people.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of children/families served, anecdotal stories and other successful program impacts.
Name of program/activity/initiative	Victim Support Services
Description	The Liv On Foundation seeks to fill gaps for victim services in Yuba-Sutter counties by providing weekly support groups and creating a statewide directory of resources. Barriers for victims to escape unsafe home environments include not having enough time to safely retrieve personal belongings with law enforcement assistance and finding pet-friendly accommodations. Liv On will provide security for safe retrieval of belongings for up to an hour and pet-friendly lodging assistance for victims. Also, as part of an early intervention and prevention, yearly educational workshops will be provided for area youth in partnership with local school districts.

Goals	The goal of the program is to connect victims of domestic violence to support services and remove barriers for victims to seek safe environments. In addition, the program seeks to prevent domestic violence situations through education with youth.
Anticipated Outcomes	The anticipated outcomes of the program increasing the number of domestic violence survivors and improving the connection to support services, as well as educating more youth about domestic violence prevention.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, referral to services, and anecdotal stories.
Name of program/activity/initiative	Counseling for People Experiencing or At-Risk for Homelessness
Description	Funding will allow clients experiencing or at-risk for homelessness, whom do not have California Health and Wellness and Blue Shield to have access to counseling with licensed mental health professionals. Counseling is offered at two locations in a private office allowing clients to work one on one with a counselor. Counselors determine the frequency of counseling services with each client and help to connect them with any needed outside resources the counselor determines is needed.
Goals	The goal is to provide counseling services to all clients requesting assistance who are experiencing or at-risk for homelessness. By providing counseling with licensed mental health professionals, clients can overcome personal concerns and better their quality of life, with the goal of reintegrating into the community.
Anticipated Outcomes	The anticipated outcome is to improve the mental health of patients, help to successfully reintegrate clients into the community, and connect patients to outside resources.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of people served, number of visits, anecdotal stories and other successful program impacts.
Name of program/activity/initiative	Harm Reduction Coalition
Description	The Yuba Sutter Healthcare Council created a Harm Reduction Coalition (HRC) to help with opioid crisis in the community. The HRC is assembled of community stakeholders to develop a plan for addressing opioid usage among clients and reducing deaths related to substance use.
Goals	The goals of the program are to partner with community organizations to develop a response plan and educate the community.
Anticipated Outcomes	The anticipated outcomes are to increase the number of participating agencies with the Harm Reduction Coalition and implement Narcan distributions to prevent substance use related deaths.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, number of community events, and anecdotal stories.

Access to Basic Needs Such as Housing, Jobs, and Food

Name of program/activity/initiative	Prevention and Diversion Program
Description	The Prevention and Diversion program is a collaboration with Sutter Yuba Homeless Consortium, Salvation Army of Yuba City, and Bridges to Housing. The program is designed to assist individuals and families in the Yuba Sutter area not eligible for government eviction assistance.

	<p>Referrals are received from the Coordinated Entry System managed by SYHC or directly to the agencies. These individuals must display financial need through communication by a landlord or utility company.</p> <p>Participants of the program are at risk of being evicted from their current housing the Prevention and Diversion program will provide financial assistance of deposits, rent, utilities, or other costs to keep a client remaining in current housing or when current housing is no longer an option, pay deposit and/or rent to move client to an alternative housing situation.</p>
Goals	The goal of the program is to prevent homeless through connecting individuals with financial assistance or other community resources.
Anticipated Outcomes	The anticipated outcome of the program is to reduce the number of individuals and/or families experiencing homelessness through intervention and support.
Metrics Used to Evaluate the program/activity/initiative	Number of individuals served, number of connection to resources, amount of funding distributed, number of individuals successfully housed, and anecdotal stories.
Name of program/activity/initiative	Food Rescue Program
Description	In partnership with Sutter Health, Yuba Sutter Food Bank will expand the food rescue program through replacement of a decommissioned truck. Distribution targets parts of Counties vapid of fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas. Food is also distributed to over 30 partner agencies who support food access in Yuba and Sutter County through a variety of programs, including food pantries and hot meals.
Goals	The goal of the program is to recover an estimated 83,000 pounds of surplus food for distribution to nearly 8,000 people who have limited access to healthy foods will improve their overall health and well being.
Anticipated Outcomes	The anticipated outcome of the program is to prevent food waste and nourish communities in need.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, pounds of food recovered and distributed, and anecdotal stories.

Active Living and Healthy Eating

Name of program/activity/initiative	Fit Quest Program
Description	<p>The Fit Quest Program is a comprehensive children’s wellness program focusing on improving nutrition, fitness, and mental wellness. The on-site school program, geared toward 5th and 6th grade students, teaches students easy ways to incorporate healthy choices into daily living. The curriculum is designed to improve overall health in a fun and meaningful way. The Fit Quest Program is incredibly impactful, reaching over 40 schools in Yuba and Sutter County, providing school assemblies and an expanded curriculum focus on nutrition, physical activity and mental wellness. The expanded curriculum and role modeling of and interactions with the Naturalists in choosing to drink water, and staying active have impacted over 2,400 students. Specialists have been engaged throughout the process attending assemblies and providing guidance and suggestions at planning meetings for continued enhancements in the Fit Quest Program. This program addresses multiple prioritized significant</p>

	health needs, such as access to mental/behavioral/substance abuse services; access to disease and injury through knowledge, action and access to resources; and active living and healthy eating.
Goals	The goal of Fit Quest is to teach children healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.
Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children beneficial lessons that will last a lifetime, creating overall healthier people.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of children served, active schools, anecdotal stories and other successful program impacts.
Name of program/activity/initiative	Fit Quest Family Camp
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Goals	The goal of the program is to recover an estimated 83,000 pounds of surplus food for distribution to nearly 8,000 people who have limited access to healthy foods will improve their overall health and well being.
Anticipated Outcomes	The anticipated outcome of the program is to prevent food waste and nourish communities in need.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, pounds of food recovered and distributed, and anecdotal stories.

Access to Quality Primary Care Health Services

Name of program/activity/initiative	Women's Health Screenings and Mammograms
Description	In honor of Breast Cancer Awareness month, Sutter Medical Foundation – North offers no-cost mammograms and women's health screenings. This program remains a key initiative for SSHNV and a cornerstone event for the entire Yuba/Sutter community. This program addresses multiple prioritized significant health needs, such as access to disease and injury through knowledge; and access to quality primary care health services.
Goals	The goal of the screening event is to provide no-cost mammograms and health screenings for women who otherwise wouldn't have access to one, due to no insurance or a high, unaffordable deductibles.
Anticipated Outcomes	The anticipated outcome of the screenings is to provide no-cost mammograms and screenings for hundreds of underinsured women and ensure they have supportive resources and connection to care if results come back abnormal.
Metrics Used to Evaluate the program/activity/initiative	SSHNV will continue to evaluate the impact of screenings on an annual basis, by tracking the number of women served. We will also reexamine this program to ensure it evolves with the needs of the community.

Access to Functional Needs

Name of program/activity/initiative	Create Coalitions for Unmet Community Health Needs
Description	The Yuba Sutter Healthcare Council will create a strategic plan based on Sutter Surgical Hospital North Valley's recent CHNA to identify needs not being met in the community. In partnership with Sutter Health, the Yuba Healthcare Council and Foundation will increase access and organizational capacity in two of the eight significant health needs identified in the CHNA. Two cohorts will be identified, coordinated, and assembled to discuss local resources and asset mapping to develop an Access and Capacity Action Plan. Sutter Health will have an advisory role on the committees.
Goals	The goal is to convene key stakeholders in the community develop plans and combine resources to address gaps in community health needs.
Anticipated Outcomes	The anticipated outcome is that a cohort will be created to address transportation issues for the community.
Metrics Used to Evaluate the program/activity/initiative	Number of events, number of key stakeholders, and creation of strategic plan.

Injury and Disease Prevention and Management

Name of program/activity/initiative	Victim Support Services
Description	The Liv On Foundation seeks to fill gaps for victim services in Yuba-Sutter counties by providing weekly support groups and creating a statewide directory of resources. Barriers for victims to escape unsafe home environments include not having enough time to safely retrieve personal belongings with law enforcement assistance and finding pet-friendly accommodations. Liv On will provide security for safe retrieval of belongings for up to an hour and pet-friendly lodging assistance for victims. Also, as part of an early intervention and prevention, yearly educational workshops will be provided for area youth in partnership with local school districts.

Goals	The goal of the program is to connect victims of domestic violence to support services and remove barriers for victims to seek safe environments. In addition, the program seeks to prevent domestic violence situations through education with youth.
Anticipated Outcomes	The anticipated outcomes of the program increasing the number of domestic violence survivors and improving the connection to support services, as well as educating more youth about domestic violence prevention.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, referral to services, and anecdotal stories.
Name of program/activity/initiative	Fit Quest Program
Description	The Fit Quest Program is a comprehensive children's wellness program focusing on improving nutrition, fitness, and mental wellness. The on-site school program, geared toward 5th and 6th grade students, teaches students easy ways to incorporate healthy choices into daily living. The curriculum is designed to improve overall health in a fun and meaningful way. The Fit Quest Program is incredibly impactful, reaching over 40 schools in Yuba and Sutter County, providing school assemblies and an expanded curriculum focus on nutrition, physical activity and mental wellness. The expanded curriculum and role modeling of and interactions with the Naturalists in choosing to drink water, and staying active have impacted over 2,400 students. Specialists have been engaged throughout the process attending assemblies and providing guidance and suggestions at planning meetings for continued enhancements in the Fit Quest Program. This program addresses multiple prioritized significant health needs, such as access to mental/behavioral/substance abuse services; access to disease and injury through knowledge, action and access to resources; and active living and healthy eating.
Goals	The goal of Fit Quest is to teach children healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.
Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children beneficial lessons that will last a lifetime, creating overall healthier people.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of children served, active schools, anecdotal stories and other successful program impacts.
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Goals	The goal of Fit Quest Family Camp is to teach children and their families healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.

Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children and their families beneficial lessons that will last a lifetime, creating overall healthier people.
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Metrics Used to Evaluate the program/activity/initiative	SSHNV will continue to evaluate the impact of screenings on an annual basis, by tracking the number of women served. We will also reexamine this program to ensure it evolves with the needs of the community.
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Goals	The goal of the program is to recover an estimated 83,000 pounds of surplus food for distribution to nearly 8,000 people who have limited access to healthy foods will improve their overall health and well being.
Anticipated Outcomes	The anticipated outcome of the program is to prevent food waste and nourish communities in need.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, pounds of food recovered and distributed, and anecdotal stories.
Name of program/activity/initiative	Adverse Childhood Experiences
Description	The Sierra Community Medical Foundation, and the Medical Societies new program for Placer, Yuba, Sutter counties has comprehensive education, an expanded health service model and specialty care that will reduce the mental anxiety, stress and depression that is being shown in our communities. Education opportunities in include trainings for social, education and health care representatives; webinars for tools and techniques to remedy the stress from the outlook of our social abnormalities due to COVID-19 for families and community-based organizations. The Clinical Service model will be operated and managed by Dr. Craig Corp, MD Sutter Health Pediatrician.
Goals	Through this work, there will be a development of a network of agencies, families, health and social providers that lead to the capitalization of an improved outcome for the family members.
Anticipated Outcomes	The anticipated outcomes include monthly meetings with administrators, elected officials, law enforcement, community members, health

	educators, and social representatives disciplined to respond to impediments, individual rights, equality and improved health transitions for individuals at risk for poor outcomes.
Metrics Used to Evaluate the program/activity/initiative	Number of community events, number of people reached and anecdotal stories.
Name of program/activity/initiative	Harm Reduction Coalition
Description	The Yuba Sutter Healthcare Council created a Harm Reduction Coalition (HRC) to help with opioid crisis in the community. The HRC is assembled of community stakeholders to develop a plan for addressing opioid usage among clients and reducing deaths related to substance use.
Goals	The goals of the program are to partner with community organizations to develop a response plan and educate the community.
Anticipated Outcomes	The anticipated outcomes are to increase the number of participating agencies with the Harm Reduction Coalition and implement Narcan distributions to prevent substance use related deaths.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, number of community events, and anecdotal stories.

Increased Community Connections

Name of program/activity/initiative	Fit Quest Program
Description	The Fit Quest Program is a comprehensive children's wellness program focusing on improving nutrition, fitness, and mental wellness. The on-site school program, geared toward 5th and 6th grade students, teaches students easy ways to incorporate healthy choices into daily living. The curriculum is designed to improve overall health in a fun and meaningful way. The Fit Quest Program is incredibly impactful, reaching over 40 schools in Yuba and Sutter County, providing school assemblies and an expanded curriculum focus on nutrition, physical activity and mental wellness. The expanded curriculum and role modeling of and interactions with the Naturalists in choosing to drink water, and staying active have impacted over 2,400 students. Specialists have been engaged throughout the process attending assemblies and providing guidance and suggestions at planning meetings for continued enhancements in the Fit Quest Program. This program addresses multiple prioritized significant health needs, such as access to mental/behavioral/substance abuse services; access to disease and injury through knowledge, action and access to resources; and active living and healthy eating.
Goals	The goal of Fit Quest is to teach children healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.
Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children beneficial lessons that will last a lifetime, creating overall healthier people.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of children served, active schools, anecdotal stories and other successful program impacts.
Name of program/activity/initiative	Fit Quest Family Camp
Description	Fit Quest Family Camp is a fun-filled weekend for the whole family, where both kids and parents experience healthy cooking classes;

	gardening; low-ropes challenge course; workshops on nutrition, mental wellness and physical activity; naturalist-led hikes and games; swimming; and an evening program. The program is available for up to 24 families annually and has components led by a PE specialist, Registered Dietician, Psychologist and Registered Yoga Therapist. This program addresses multiple prioritized significant health needs, such as access to mental/behavioral/substance abuse services; access to disease and injury through knowledge, action and access to resources; and active living and healthy eating.
Goals	The goal of Fit Quest Family Camp is to teach children and their families healthy lessons about the importance of physical fitness, mental wellness and nutritious eating.
Anticipated Outcomes	The anticipated outcome of this program is continued success in teaching children and their families beneficial lessons that will last a lifetime, creating overall healthier people.
Metrics Used to Evaluate the program/activity/initiative	We will look at metrics including (but not limited to) number of children/families served, anecdotal stories and other successful program impacts.
Name of program/activity/initiative	Victim Support Services
Description	The Liv On Foundation seeks to fill gaps for victim services in Yuba-Sutter counties by providing weekly support groups and creating a statewide directory of resources. Barriers for victims to escape unsafe home environments include not having enough time to safely retrieve personal belongings with law enforcement assistance and finding pet-friendly accommodations. Liv On will provide security for safe retrieval of belongings for up to an hour and pet-friendly lodging assistance for victims. Also, as part of an early intervention and prevention, yearly educational workshops will be provided for area youth in partnership with local school districts.
Goals	The goal of the program is to connect victims of domestic violence to support services and remove barriers for victims to seek safe environments. In addition, the program seeks to prevent domestic violence situations through education with youth.
Anticipated Outcomes	The anticipated outcomes of the program increasing the number of domestic violence survivors and improving the connection to support services, as well as educating more youth about domestic violence prevention.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, referral to services, and anecdotal stories.
Name of program/activity/initiative	Harm Reduction Coalition
Description	The Yuba Sutter Healthcare Council created a Harm Reduction Coalition (HRC) to help with opioid crisis in the community. The HRC is assembled of community stakeholders to develop a plan for addressing opioid usage among clients and reducing deaths related to substance use.
Goals	The goals of the program are to partner with community organizations to develop a response plan and educate the community.
Anticipated Outcomes	The anticipated outcomes are to increase the number of participating agencies with the Harm Reduction Coalition and implement Narcan distributions to prevent substance use related deaths.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, number of community events, and anecdotal stories.

Name of program/activity/initiative	Create Coalitions for Unmet Community Health Needs
Description	The Yuba Sutter Healthcare Council will create a strategic plan based on Sutter Surgical Hospital North Valley's recent CHNA to identify needs not being met in the community. In partnership with Sutter Health, the Yuba Healthcare Council and Foundation will increase access and organizational capacity in two of the eight significant health needs identified in the CHNA. Two cohorts will be identified, coordinated, and assembled to discuss local resources and asset mapping to develop an Access and Capacity Action Plan. Sutter Health will have an advisory role on the committees.
Goals	The goal is to convene key stakeholders in the community develop plans and combine resources to address gaps in community health needs.
Anticipated Outcomes	The anticipated outcome is that a cohort will be created to address transportation issues for the community.
Metrics Used to Evaluate the program/activity/initiative	Number of events, number of key stakeholders, and creation of strategic plan.

Safe and Violence-Free Environment

Name of program/activity/initiative	Victim Support Services
Description	The Liv On Foundation seeks to fill gaps for victim services in Yuba-Sutter counties by providing weekly support groups and creating a statewide directory of resources. Barriers for victims to escape unsafe home environments include not having enough time to safely retrieve personal belongings with law enforcement assistance and finding pet-friendly accommodations. Liv On will provide security for safe retrieval of belongings for up to an hour and pet-friendly lodging assistance for victims. Also, as part of an early intervention and prevention, yearly educational workshops will be provided for area youth in partnership with local school districts.
Goals	The goal of the program is to connect victims of domestic violence to support services and remove barriers for victims to seek safe environments. In addition, the program seeks to prevent domestic violence situations through education with youth.
Anticipated Outcomes	The anticipated outcomes of the program increasing the number of domestic violence survivors and improving the connection to support services, as well as educating more youth about domestic violence prevention.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, referral to services, and anecdotal stories.
Name of program/activity/initiative	Harm Reduction Coalition
Description	The Yuba Sutter Healthcare Council created a Harm Reduction Coalition (HRC) to help with opioid crisis in the community. The HRC is assembled of community stakeholders to develop a plan for addressing opioid usage among clients and reducing deaths related to substance use.
Goals	The goals of the program are to partner with community organizations to develop a response plan and educate the community.

Anticipated Outcomes	The anticipated outcomes are to increase the number of participating agencies with the Harm Reduction Coalition and implement Narcan distributions to prevent substance use related deaths.
Metrics Used to Evaluate the program/activity/initiative	Number of people served, number of community events, and anecdotal stories.

Needs Sutter Surgical Hospital – North Valley Plans Not to Address

No hospital can address all of the health needs present in its community. Sutter Surgical Hospital - North Valley is committed to serving the community by adhering to its mission, using its skills and capabilities, and remaining a strong organization so that it can continue to provide a wide range of community benefits. The implementation strategy does not include specific plans to address the following significant health needs that were identified in the 2022 Community Health Needs Assessment:

1. **Access to Specialty and Extended Care:** Sutter Surgical Hospital – North Valley plans to seek out opportunities for community benefit programs that address specialty and extended care with local community benefit organizations.

Approval by Governing Board

The Community Health Needs Assessment and Implementation Strategy Plan was approved by the Sutter Health Valley Hospitals Board on July 21, 2022.