



ADVENTIST HEALTH Bakersfield & Specialty Bakersfield

YEAR ONE UPDATE, FY 2023
Community Health Implementation
Strategy

2023

Adventist Health
Bakersfield

Adventist Health
Specialty
Bakersfield

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Purpose & Summary

Non-profit health systems, community-based organizations, and public health agencies across the country all share a similar calling: to provide public service to help improve the lives of their community. To live out this calling and responsibility, Adventist Health Bakersfield conducts a Community Health Needs Assessment (CHNA) every three years, with our most recent report completed in 2022. Now that our communities' voices, stories, and priority areas are reflected in the CHNA, our next step was to complete a Community Health Improvement Plan (CHIP), or as we refer to it, a Community Health Implementation Strategy (CHIS).

The CHIS consists of a long-term community health improvement plan that strategically implements solutions and programs to address our health needs identified in the CHNA. Together with the Adventist Health Well-Being team, local public health officials, community-based organizations, medical providers, students, parents, and members of selected underserved, low-income, and minority populations, Adventist Health Bakersfield (AHBD) intentionally developed a strategic plan to address the needs of our community. In this Year One Update, FY 2023 of the Community Health Implementation Strategy also called the Community Health Plan Update, FY 2023 you will find strategies, tactics, and partnerships that address the following health needs identified in the 2022 Community Health Needs Assessment.

Access to Care

Financial Stability

Mental Health

Adventist Health Specialty Bakersfield joined the Adventist Health System in February 2023 and is considered consolidated within the strategy and corresponding community benefit reporting for Adventist Health Bakersfield per licensing structure. As such this strategy and health plan update for the 2023 CHIS are inclusive for both facilities.

Blue Zones Project Bakersfield

Across the globe lie blue zones areas – places where people are living vibrant, active lives well into their hundreds at an astonishing rate—and with higher rates of well-being. Attaining optimal well-being means that our physical, emotional, and social health is thriving. Blue Zones Project works with communities to make sustainable changes to their environment, policies, and social networks to support healthy behaviors. Instead of a focus on individual behavior change, it is an upstream solution focused on making healthy options easy in all the places people spend most of their time. Blue Zones Project is committed to measurably improving the well-being of community residents and through their proven programs, tools and resources, utilizes rigorous metrics to inform strategies and track progress throughout the life of the project. This includes well-being data, community-wide metrics, sector-level progress and outcome metrics, transforming community well-being by making changes to environment, policy, worksites and social networks that create healthy and equitable opportunities for all.

Adventist Health Bakersfield proudly sponsors Blue Zones Project Bakersfield (BZPB). The BZPB team wakes up each morning focused on partnering and collaborating with community leaders and organizations active in the sectors of built environment, education, economic and workforce development, mental and physical well-being, policy and public health. Together the BZPB team and sector leaders develop a community Blueprint that strategically aligns and leverages the actions and resources of the sectors where we live, learn, work and play to help advance the efforts around the community's biggest Social Determinant of Health challenges while connecting them to Health-Related Social Needs organizations.

Equity is a strategic priority woven throughout the Blueprint and programs. Policies and initiatives are developed in a way that honors the local culture that is focused on reaching out to all populations. Each year BZPB sector leads come together to evaluate and update the Blueprint to ensure community alignment.

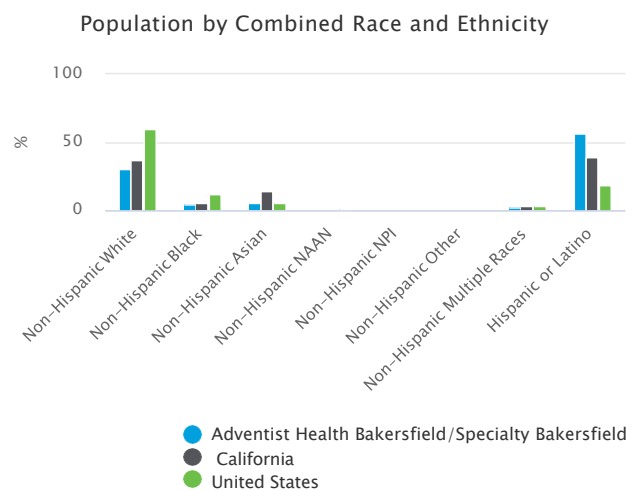
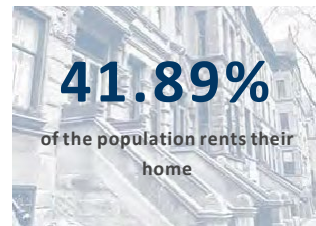
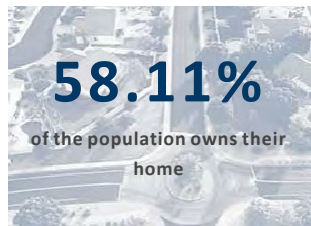
To learn more about Blue Zones Project Bakersfield and how to get involved visit: bakersfield.bluezonesproject.com

Who We Serve

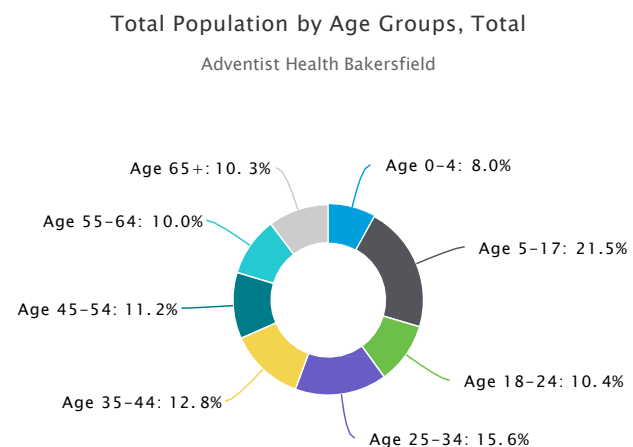
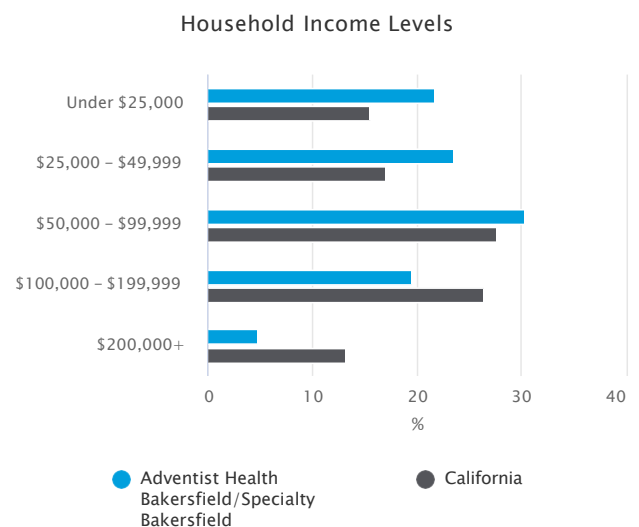
DEMOGRAPHIC PROFILE

The following zip codes represent Adventist Health Bakersfield/Specialty Bakersfield’s primary service area (PSA), accounting for 75% of hospital discharges. Additionally, we took a collaborative approach and expanded our PSA by inviting Steering Committee members to include the zip codes of those they serve.

The Adventist Health Bakersfield and more recently Adventist Health Specialty Bakersfield market has a total population of 779,739 (based on the 2020 Decennial Census). The largest city in the service area is Bakersfield, with a population of 347,609. The service area is comprised of the following zip codes: 93203, 93561, 93241, 93307, 93306, 93314, 93311, 93263, 93280, 93312, 93313, 93301, 93309, 93215, 93308, 93305, 93304, 93268.



Note: NAAN = Native American or Alaska Native, NPI = Native Hawaiian or Pacific Islander.



About Us

Adventist Health Bakersfield & Specialty Bakersfield

Adventist Health Bakersfield is a 254-bed hospital in Bakersfield that serves the residents across Kern County, California. Ensuring the community has the best health care possible has been the guiding spirit of Adventist Health Bakersfield throughout its history. This vision inspired the medical center's founders more than a century ago, and this same commitment remains embedded in the medical center's mission today as expanded services include a comprehensive Heart Institute, a nationally-certified stroke center, and AIS Cancer Center. Adventist Health Specialty Bakersfield joined the Adventist Health system in February 2023. This 47-bed facility provides the community with access to advanced technology and surgical techniques in a hospital specially designed for their treatment and recovery.

Adventist Health

Adventist Health is a faith-inspired, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii.

Founded on Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies and joint-venture retirement centers in both rural and urban communities.

Our compassionate and talented team of 34,000 includes associates, medical staff physicians, allied health professionals and volunteers driven in pursuit of one mission: living God's love by inspiring health, wholeness and hope. Together, we are transforming the American healthcare experience with an innovative, yet timeless, whole-person focus on physical, mental, spiritual and social healing to support community well-being.



Adventist Health's Approach to CHNA & CHIS

Adventist Health prioritizes well-being in the communities we serve across our system. We use an intentional, community centered approach when creating our hospital CHNA's to understand the health needs of each community. After the completion of the community assessment process, we address health needs such as mental health, access to care, health risk behaviors, and others through the creation and execution of a Community Health Implementation Strategy (CHIS) for each of our hospitals and their communities.

The following pages highlight the key findings the Adventist Health Bakersfield CHNA Steering Committee identified as their top

priority health needs, or as we refer to them in this report, their 'High Priority Needs'. The High Priority Needs are addressed in the Community Health Implementation Strategy and are reported on a yearly basis through the Implementation Strategy Annual Update. This is year one, of a three-year strategy to improve the health of our community. We invite you to learn about the actions, activities and programs that have been implemented in 2023.

Action Plan for Addressing High Priority Needs

The following pages reflect the goals, strategies, actions, and resources that Adventist Health Bakersfield and Adventist Health Specialty Bakersfield provided in 2023 to address each selected High Priority Need

ADDRESSING HIGH PRIORITY: ACCESS TO CARE

GOAL	Collaborate with partners to connect community members with basic healthcare services.
Strategy 1:	Advance primary care mobile health units to connect underserved populations with healthcare.
Actions 1: Program/Activity/Tactic/Policy	
Connect underserved residents with primary care via mobile health clinics.	
FY 2023 YEAR ONE	
Initiate quarterly mobile health events and track participation.	
Strategy 2:	Immunize children in need via mobile health clinics to increase immunization rates.
FY 2023 YEAR ONE	
Initiate quarterly mobile health clinics and track participation.	
Strategy 3:	Reduce tobacco use and secondhand smoke exposure through targeted activities and policy change.
Actions 3: Program/Activity/Tactic/Policy	
Shift tobacco control activities and policies toward a Bakersfield tobacco retail licensing ordinance, increased education and awareness, and expanded youth leadership and involvement.	

COMMUNITY IMPACT SUMMARY - Access to Care FY 2023
<p>IN 2023, Adventist Health Bakersfield partnered with local community-based organizations to provide mobile health events. Partnering organizations include the Sikh Women’s Association, Chevron Corporation, City of Bakersfield, among others to provide basic health screenings and education with the goal of connecting community members with healthcare services. In total, several hundred community members were served though local outreach events.</p> <p>In 2023, Adventist Health Bakersfield in partnership with First 5 of Kern County, participated in over 120 mobile vaccine clinic initiatives, serving over 800 children with free infant and school-based immunizations. Clinics provided access to school-based vaccines removing barriers to access to care for vulnerable populations in Kern County.</p> <p>Please see the narrative under Blue Zones Summary 2023 for updated information regarding status of the Kern County tobacco prevention policy.</p>
ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:
<p>Health Clinic Brings Resources and Information to Bakersfield's Sikh Community (turnto23.com)</p>

ADDRESSING HIGH PRIORITY: FINANCIAL STABILITY

GOAL	Advocate for and collaborate with internal and external partners to connect community members to resources that improve financial literacy, lessen financial burden, and/or promote economic development.
Strategy 1:	Leverage pipeline programs for healthcare careers to develop clinical workforce.
Actions 1: Program/Activity/Tactic/Policy	
Create a school-to-work pipeline for healthcare careers, focusing on high school and college students. A multidisciplinary committee includes vocational and nursing college leadership, industry partners, and interested parties who may assist in underwriting the work.	
Strategy 2:	Partner with and drive the Better Bakersfield & Boundless Kern initiative in order to promote economic prosperity in our service area.
Actions2: Program/Activity/Tactic/Policy	
Create 100,000 more quality jobs by 2031 by developing resources and pathways to access them.	
Strategy 3:	Drive economic and job development by creating a widespread workplace culture and environment that supports and optimizes improved wellbeing and reduces chronic work absenteeism related to illness or wellness.
Actions 3: Program/Activity/Tactic/Policy	
Enhance the well-being of Bakersfield’s workforce using a settings approach by engaging employers in the Blue Zones Project approval process.	

COMMUNITY IMPACT SUMMARY - Financial Stability FY 2023
<p>In 2023, Adventist Health Bakersfield partnered with local public and private educational institutions on providing clinical placements for local nursing and allied health students. By providing a local clinical location, students are able to advance their educational journey locally while removing barriers along the way. In 2023, AH Bakersfield served as a local hub for students completing their degrees in health care and nursing careers.</p> <p>In addition, AH Bakersfield has partnered with COPE Health Scholars to develop a school to work pipeline comprised of local high school and college students interested in a healthcare career. Students participated in the COPE Health Scholar program providing direct access to a hospital environment and career paths. The COPE Health Scholar partnership has provided a local platform to provide students access and experience to continue their healthcare career journey locally.</p>

ADDRESSING HIGH PRIORITY: MENTAL HEALTH

GOAL	Improve population-level mental health in service area as a quality of life measure.
Strategy 1:	Connect community members with substance misuse disorders to substance use navigators.
Action:1: Program/Activity/Tactic/Policy	
	Provide medically assisted treatment and patient navigation services together for individuals with opioid use disorders or overdose history.
Strategy 2:	Create school environments for students, staff and parents that transform their physical and mental health.
Action 2: Program/Activity/Tactic/Policy	
	Align school environments in our service area with settings-based well-being principles through the Blue Zones Project approved framework.

COMMUNITY IMPACT SUMMARY - Mental Health FY 2023
<p>In 2023, Adventist Health supported the employment of Substance Use Navigators (SUN) readily available through the emergency department to provide resources and support for community members experiencing drug or mental health issues. The SUN's provide a critical connection to individuals needing a referral to additional substance use resources outside the walls of the hospital. In 2023, Adventist Health Bakersfield served over 400 individuals through the SUN program providing resources to anyone in need.</p> <p>Please see the narrative under Blue Zones Summary 2023 for updated information regarding status of public school approval by Blue Zones Projects.</p>

AH Bakersfield Additional Narrative:

Other programs/activities not included in the 2023 CHIS Strategic Plan that support community impact

In 2023, the Adventist Health AIS Cancer Center provided two free Breast Cancer Screening events open to the community. Through the free Breast Screening events, 35 women were provided with screenings. In addition, AH Bakersfield partnered with the Arvin Union School District to provide free Cervical Cancer Screenings to 20 uninsured women in the Arvin community.

The AIS Cancer Center provided monthly cancer support groups, providing resources to the local community for patients and families to receive support during or after cancer diagnoses and treatments. The monthly cancer support groups are free and open to the community.

Through community partnerships, Adventist Health has continued to support local community-based organizations impacting the Bakersfield community through resources, housing, and support services for the vulnerable populations of Bakersfield.

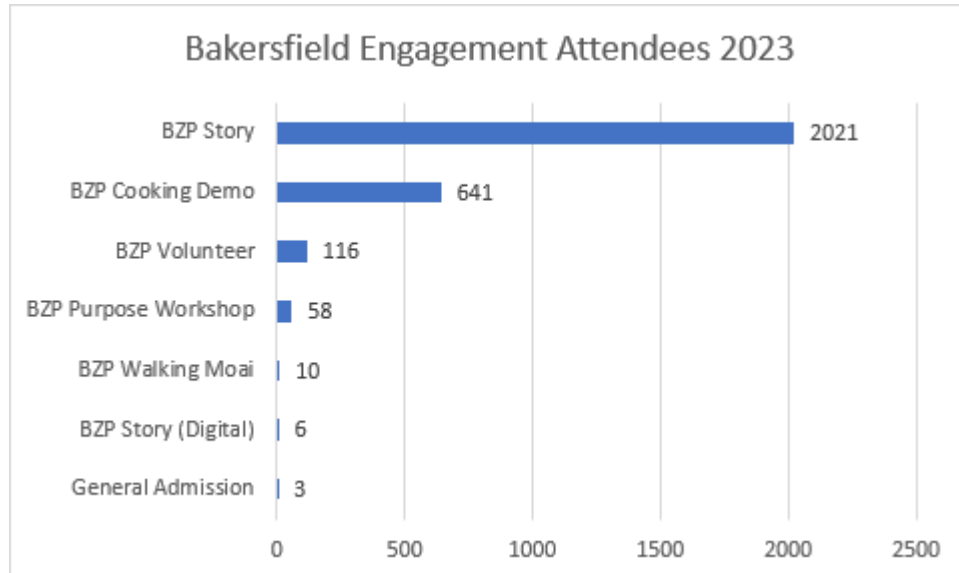
Blue Zones Summary 2023

In its first year, The Blue Zones Project (BZP) Bakersfield team ignited a grassroots community well-being initiative to transform the places where the community spends the most time to measurably improve resilience and economic vitality. The project engaged stakeholders and community members and hosted focus groups and policy summits to discover the community's priorities. BZP Bakersfield convened sector committees in its core pillars of 'People, Places, and Policy.' They assembled a steering committee, which included community leaders from various sectors, to help guide the work and open doors for the project's success. With the support of sponsors and partners, BZP made great strides to measurably impact community well-being with the goal of helping everyone in Bakersfield live better, longer.

On April 27, 2023, the BZP team hosted a Kickoff event at Yokuts Park in Bakersfield. More than 3,000 community members participated in Blue Zone Project activities, 68 volunteers supported the execution of the day's events, and 31 community partner organizations had informational booths.

The event was promoted on radio, television, print media, social media formats, resulting in the attendee count and four positive media stories and enhanced general brand awareness.

By the end of 2023, BZP Bakersfield had picked up momentum on community engagement.



The team wrapped up year one of the project at the end of April 2024 with nearly 7,000 individually engaged community members.

In partnership with Adventist Health and KGET-TV 17 BZP Bakersfield put on "Wellness Wednesday" healthy cooking segments in both English and Spanish. These segments are viewed by more than 12,000 local households on a weekly basis.

Places

Schools

Ten schools became Blue Zones Project approved, with six in the pipeline in early 2024. McKinley Elementary and Mt. Vernon School launched Walking School Bus programs. A purpose workshop series was launched at North High School. BZP helped implement locally branded cafeteria poster campaigns in more than ten schools to increase student engagement in wellness activities. The team also helped develop Vineland School District's Wellness Policy Plan and launch a food pantry at Standard Elementary to provide families with fresh produce and canned goods. At North High School, students took the initiative to develop their own Blue Zones Project Club and at McKinley Elementary, the school

experienced an uptick in students earning 70% or higher in reading scores after receiving Blue Zones approval and earning a book vending machine. The BZP team also hosted more than ten smoothie bike demonstrations at local schools to encourage kids to eat more plants and move naturally. There has been an increase in parent, faculty, and partner organizations participating in school wellness initiatives via two school carnivals and three parent caf Blue Zones presentations.

Restaurants

Twenty restaurants became Blue Zones Project approved in 2023, and in early 2024, seven restaurants were in the final stages of the approval process. The BZP Bakersfield team was even able to approve a local steakhouse by adding a cauliflower steak to the menu. One restaurant announced a 25% increase in sales after its approval celebration. Another restaurant reported a 100% increase in vegan item sales a month after holding its approval celebration with the Blue Zones Project. Collectively, the approved restaurants serve 89 Blue Zones Inspired dishes. More than 78% of approved restaurants completed more than 100% of the minimum required points.

Grocery Stores

Two grocery stores were in the approval process by the end of 2023 and three more are in the pipeline. There has been communication made with multiple managers and owners to gauge interest in collaborating with Blue Zones Project, including with Sprouts. Two market makeovers are being discussed to begin in year three (2025).

Worksites

Five worksites were Blue Zones Project-approved, and twenty worksites are in the final stages of the approval process. In the meantime, over 1,804 employees participated in Blue Zones Project wellness activities and workshops. In Year 1, more than 7,287 employees became aware of the Blue Zones Project. The team held 15 cooking demonstrations, five Purpose Workshops, and established over 16 Walking Moais. In addition, these workplaces installed five employee walking routes with signage. 16 worksite ambassadors have been onboarded and three worksite wellness committees were established that volunteer in spreading knowledge about the Blue Zones Project. More than 2,200 workers have registered and taken the RealAge Test. The BZP worksite team was featured on a podcast at the Department of Health Services. The team also presented at Cal State University Bakersfield International Women's Day Celebration and delivered a Blue Zones presentation to more than 350 employees. An on-demand video was created that allowed hundreds of employees at Kern Health Systems to learn about Blue Zones Project, and that video is now used for new employee onboarding.

Policy

Built Environment:

Policy

- BZP Bakersfield worked with the city of Bakersfield to pass a comprehensive CompleteStreets Ordinance, with an eye on making our local roadways safer for all users to enjoy, including pedestrians and cyclists.

Capacity Building

- In October 2023, BZP Bakersfield launched a social media pedestrian safety campaign to coincide with national pedestrian safety month. The campaign, All-Ways Safe, educated the community on what it can do to move safely throughout our community. Graphics and videos were posted on Facebook, Instagram, and LinkedIn. The campaign included safety tips as well and was informed by the built environment work that the BZP team conducted with walking audits and complete streets implementation. The campaign included a video with local community stakeholders in English, Spanish, and Punjabi that had over 22,000 views.
- In October 2023, BZP Bakersfield in partnership with the city of Bakersfield, hosted an active transportation summit and festival. Over 500 community members attended the event to engage in activities and education.
- BZP Bakersfield invited national transportation experts Dan Burden and Paul Zykofsky to lead a complete streets seminar. There were over 75 attendees which included city staff, county

staff, city council members, and advocates to learn how to implement complete streets best practices.

- BZP Bakersfield conducted a walking audit with city staff and national transportation experts to identify potential opportunities to make some of the more concerning corridors accessible and safer for all modes of active transportation.

Food Systems:

Policy

- The Kern County Food Policy Council was re-established.

Capacity Building

- Throughout 2023 BZP Bakersfield partnered with Community Action Partnership of Kern and United Way of Kern County to re-establish the Kern County Food Policy Council by creating a council structure, mission, values, and recruiting key stakeholder involvement.

Tobacco:

Policy

- The city of Bakersfield adopted the Kern County Tobacco Retailer's Permit ordinance in July 2023. The Tobacco Free Coalition of Kern County had been working to pass this policy for nearly 20 years. Through coalition building and partnership, this became a success.

Capacity Building

- BZP Bakersfield hosted a social media training for Students Working Against Tobacco and the Tobacco Free Coalition of Kern County. The goal of the training was to educate local students on how to leverage social media skills to enact policy and educate the community.

Significant Identified Health Needs

The Adventist Health Community Well-Being team and community partners collectively reviewed all relevant significant health needs identified through the CHNA process. Using a community health framework developed for this purpose, 12 significant health needs were initially considered. The list of significant needs are as follows:

- Access to Care
- Community Safety
- Community Vitality
- Education
- Environment & Infrastructure
- Financial Stability
- Food Security
- Health Conditions
- Health Risk Behaviors
- Housing
- Inclusion & Equity
- Mental Health

From this group of 12, several high priority health needs were established for Adventist Health Bakersfield. High priority health needs were chosen as they had demonstrated the greatest need based on severity and prevalence, intentional alignment around common goals, feasibility of potential interventions, and opportunities to maximize available resources over a three-year period.

Using the criteria mentioned above, we were able to determine which needs were high priority, as compared to those that were significant needs. The High Priority Needs are the focus of the community implementation strategy and this accompanying Implementation Strategy, Year One Update, FY 2023. The remaining significant health needs are not addressed directly but will likely benefit from the collective efforts defined in this report.

TABLE OF SIGNIFICANT IDENTIFIED HEALTH NEEDS

Access to Care
Financial Stability
Mental Health
Lower Priority Needs that will not be addressed directly by Adventist Health Bakersfield & Specialty Bakersfield due to limited resources, expertise and feasibility of viable interventions
Housing
Health Risk Behaviors
Health Conditions
Food Security
Environment & Infrastructure
Inclusion and Equity
COVID
Education
Community Vitality
Community Safety



Scan the QR code for the full Secondary Data Report



Community Health Financial Assistance for Medically Necessary Care Commitment

Adventist Health understands that community members may experience barriers in paying for the care they need. That is why we are committed to providing financial assistance to those who may need support in paying their medical expense(s).

Community members can find out if they qualify for financial aid in paying medical bills by completing a financial assistance application. Applications can be filled out at the time care is received or after the bill has been administered. To access the financial assistance policy for more information or contact a financial assistant counselor, please visit us at: [Adventist Health - Help Paying Your Bill](#).



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Thank you for reviewing our Year One Update, FY 2023 of the Community Health Implementation Strategy. We are proud to serve our local community and are committed to making it a healthier place for all. To provide feedback on this community benefit report or other reports referenced, please email community.benefit@ah.org. You may also request a copy free of charge.

Jason Wells, MBA, CMPE, FACHE

President, Adventist Health Central California Network