

2013

USC Verdugo Hills Hospital
Implementation Strategy



**USC Verdugo
Hills Hospital**
Part of Keck Medicine of USC

INTRODUCTION

In early 2013, USC Verdugo Hills Hospital conducted a Community Health Needs Assessment (CHNA) in partnership with Glendale Adventist Medical Center and Glendale Memorial Hospital and Health Center to fulfill the Senate Bill 697 (SB 697) requirement as a nonprofit hospital in the state of California. The assessment incorporated components of primary and secondary data collection and analysis. Primary data was collected through a focus group to discuss and identify key issues that most impact the health of the communities served by the three Glendale hospitals. Secondary data was collected from a wide range of local, county and state sources to present demographics, mortality, morbidity, health behaviors, clinical care, social and economic factors, and physical environment. The identified health needs and drivers of health were then presented during a community forum to allow for a richer discussion of secondary data and additional considerations. Following the community forum, an online survey was distributed to a broader audience, including those who participated in the community forum. Participants were asked to prioritize the health needs and drivers of health. The focus group, forum and survey engaged a spectrum of local public health experts, community leaders and residents. Based on the results of the primary and secondary data, health needs were identified.

PRIORITY HEALTH NEEDS

The health needs identified from the CHNA were prioritized through a structured process using defined criteria. This Implementation Strategy addresses the health needs identified through the CHNA.

The needs that will be addressed by USC Verdugo Hills Hospital through its community benefit programs and activities are:

- Obesity / overweight
- Mental health
- Diabetes
- Cardiovascular disease

ADDRESSING THE HEALTH NEEDS

USC Verdugo Hills Hospital plans to meet the identified priority health needs through commitment to a variety of programs and services.

Education and Outreach

USC Verdugo Hills Hospital will offer a structured program of health education and outreach to the Foothill communities, including Glendale and La Cañada Flintridge. Specifically, we will provide physician-led health lectures and support groups that focus on various topics related to health and wellness, obesity, mental health, diabetes and cardiovascular disease. In addition, we will partner with community organizations to collaboratively address the health needs of our community. USC Verdugo Hills Hospital will continue to support its community partners through various outreach efforts, including health fairs and group support meetings.

➤ **Health Lectures:**

- USC Verdugo Hills Hospital will host community lectures that address mental health issues affecting adolescents/young adults and seniors in the community.
- USC Verdugo Hills Hospital will host physician-led community health lectures that will educate the public about cardiovascular disease, including risk factors and treatment options for prevention.

➤ **Exercise Programs:**

- USC Verdugo Hills Hospital will provide a series of falls prevention/balance training classes to seniors in the community. This structured exercise program is designed to improve balance and mobility and increase the ability to perform physical activities of daily living.
- USC Verdugo Hills Hospital will offer a senior exercise program, which helps seniors in the community maintain strength, mobility and coordination, as well as improve walking. Seniors will exercise in a group setting that fosters wellness. Overall, these exercise programs will help seniors achieve and maintain a healthy lifestyle and decrease the risk of cardiovascular disease, obesity, diabetes and other related health conditions.

➤ **Bariatric Program:**

As a designated* Center of Excellence in Metabolic and Bariatric Surgery, USC Verdugo Hills Hospital offers a comprehensive weight-loss program. As part of the hospital-based bariatric program, we offer monthly support meetings to help community members learn about ways they can improve their quality of life through reaching their weight-loss goals, and decreasing health risk factors that lead to obesity.

**Surgical Review Corporation*

OTHER HEALTH NEEDS

USC Verdugo Hills Hospital has chosen not to actively address the health needs identified in the CHNA that were not selected as priority health needs. These health needs are: alcohol and substance abuse, hypertension, cholesterol, disability and oral health. We have chosen not to actively focus on these health needs as there are existing resources in the community served by USC Verdugo Hills Hospital that directly address these health needs.