

2018
**COMMUNITY
BENEFITS
REPORT**



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    | www.enloe.org

Meeting the needs of our community. |



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About Enloe Medical Center

Enloe Medical Center is an independent 298-bed nonprofit hospital, established in Chico, California, by Dr. Newton Thomas Enloe in 1913. In 2018, Enloe Medical Center serves patients and community members throughout Butte County and California’s North State.

Enloe is home to one of only two Level II trauma centers north of Sacramento, as well as the region’s only Level II neonatal intensive care unit. Enloe also has the unique distinction of operating its own air ambulance program, responding to emergencies within a 75-mile radius of the medical center, serving Butte, Tehama, Glenn, Plumas, Colusa, Sierra, Yuba and parts of Lassen counties.

At Enloe Medical Center, quality, safety and patient satisfaction are top priorities, as evidenced by the many awards and accreditations received, including:

- American Association of Critical-Care Nurses (AACN), Silver-Level Beacon Award for Excellence on the ICU/CCU
- American College of Surgeons, Verified Trauma Center
- American Heart Association, Get With The Guidelines Stroke Gold Plus Achievement Award
- American Society for Metabolic and Bariatric Surgery (ASMBS), Bariatric Center of Excellence
- Baby-Friendly Hospital
- Commission on Accreditation of Ambulance Services (CAAS), Butte County EMS (Enloe Ambulance and First Responder Ambulance)
- Cleverley + Associate, Community Value Five-Star Award
- Commission on Accreditation of Medical Transport Systems (CAMTS)
- Diabetes Education Accreditation Program (DEAP)
- Donor Network West, Platinum Recognition
- HCAHPS Patient Satisfaction Survey Results, top 25th percentile since 2011
- Hospital Safety Score, A rating
- Joint Commission accredited for Stroke (Gold Seal of Approval), HomeCare and Pathology and Clinical Laboratory
- Planetree, Gold Certification for Excellence in Patient-Centered Care, 2018
- Sierra-Sacramento Valley EMS Agency, STEMI Receiving Center

Enloe is one of the few California hospitals still locally governed. The hospital’s community-based, volunteer Board of Trustees protects this local status and assures that dollars earned are reinvested to improve the health of the community.

As the largest employer in Butte County, Enloe Medical Center employs more than 3,300 dedicated staff and has more than 360 physicians on its medical staff. With a collaborative approach to patient care, Enloe offers an increasingly wide range of services and treatments. In today’s challenging health care landscape, Enloe has worked with local providers to establish specialty clinics to ensure continued access to high quality, local care, for primary, as well as specialty services.

Enloe has a dedicated team of recruiters focused on bringing new physicians to the area and hiring a skilled workforce to support the local economy. In addition, Enloe Medical Center partners with California State University, Chico, and Butte College to train the next generation of health care workers.

Mission, Vision & Values

Mission

To improve the quality of your life through patient-centered care.

Vision

Enloe Medical Center: The first choice for health care.

Values

- **Focus on Patient Safety** | We value an unwavering focus on patient safety that fosters not only technical excellence, but compassionate and safe care for the whole patient that encompasses mind, body and spirit.
- **A Culture of Service** | We value the ideal that everyone within the organization is a caregiver and fully engaged in creating a culture of service.
- **Ownership and Empowerment** | We value a work environment where caregivers take ownership of their actions and are empowered to work to their highest potential.
- **Integrity and Transparency** | We value sharing information and emphasizing behavior that is consistently honest and reliable.
- **Mutual Respect** | We value a healing environment that is built upon the respect of all individuals.

Community Health Needs Assessment

In 2016, Enloe Medical Center partnered with Butte County Public Health and three other Butte County hospitals to conduct its latest Community Health Needs Assessment (CHNA). The outcome was a three-year action plan focusing Enloe's community outreach program in the areas of:

- Social determinants of health
- Chronic disease
- Substance abuse and mental illness

Healthy People 2020 and the World Health Organization both recognize the importance of addressing social determinants of health for the overall well-being of a community. By focusing outreach, education and resources in these areas, while partnering with agencies throughout the region with a shared goal, we are fostering an environment where individuals have access to the resources they need to live well.

A full copy of that report can be found at www.enloe.org/chna.

Community Engagement

Enloe Medical Center is again partnering with Butte County Public Health and the other Butte County hospitals to conduct its next CHNA in 2019. That effort will include a quantitative phone survey using the Behavioral Risk Factor Surveillance System (BRFSS) model used by the State of California to identify priority health needs.

In addition, the participating organizations will review publicly reported data, as well as gather quantitative feedback from community members and social service agencies to help identify the current needs of Butte County residents and develop an action plan for the next three years.

Coalitions and Community Boards

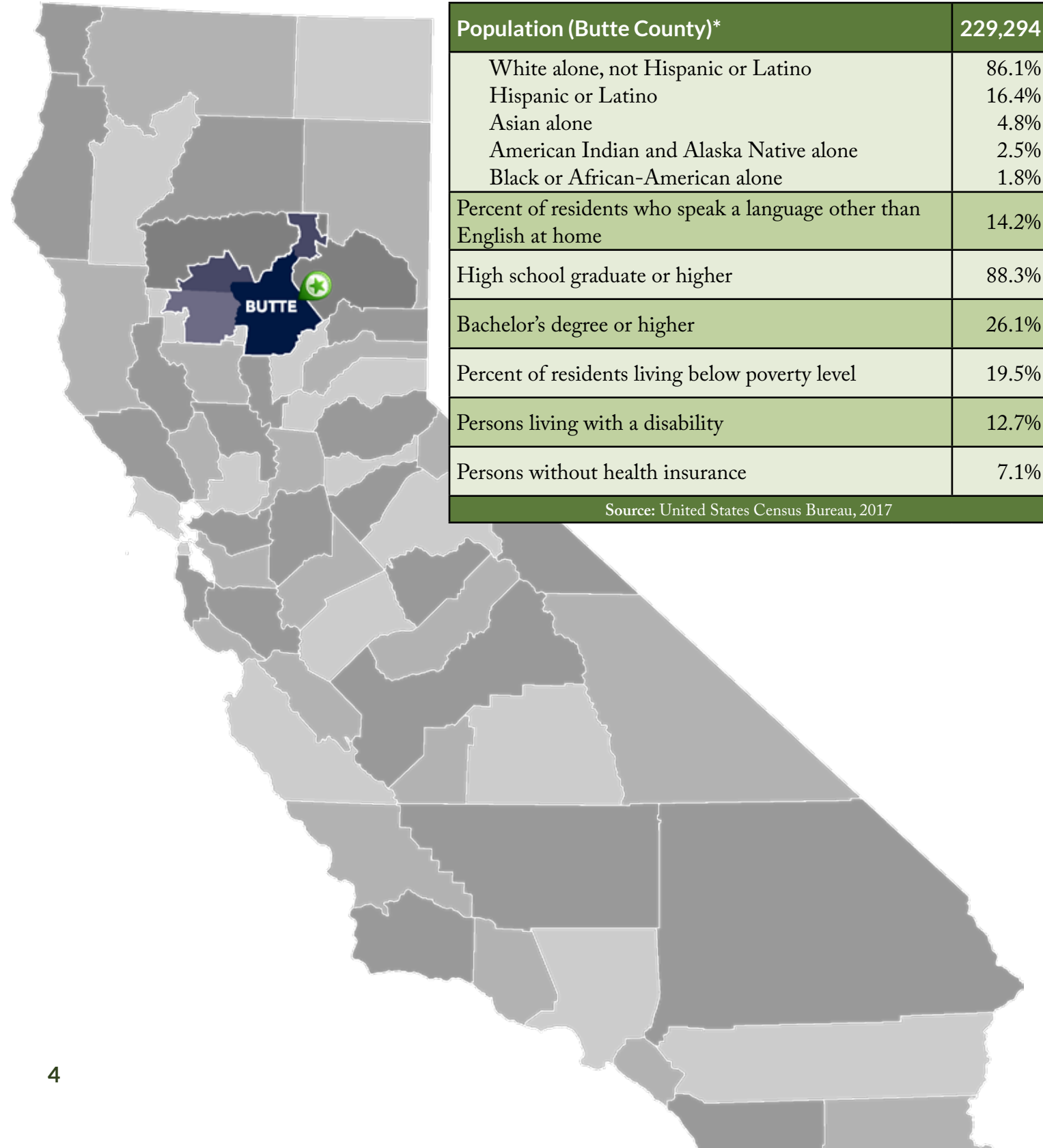
Representatives of Enloe Medical Center participate in a number of community service boards and coalitions to support the mission of the hospital and the work of others in Butte County who share that mission. Among the programs represented are:

- Beautiful, Clean and Safe Chico
- Butte Baby Steps Community Advisory Board
- Butte Continuum of Care
- Butte County Behavioral Health Monthly Meeting
- Butte County Elder and Dependent Adult Multidisciplinary Team
- Butte County Health Collaborative
- Butte Youth Now Coalition
- Child Death Review Team
- Disability Action Center (DAN) Coalition
- Discharge Planner Meeting
- Donor Network West Council
- Greater Chico Homeless Task Force
- Hispanic Resource Council of Northern California
- Mothers Strong
- Nicotine Action Alliance
- Skilled Nursing Facility Meeting with Enloe Case Management

Butte County Characteristics

Enloe Medical Center's primary service area includes all of Butte County, as well as parts of neighboring Glenn County. Enloe's secondary service area extends into areas of Colusa, Lassen, Plumas and Tehama counties as well; covering 21 zip codes and a population of nearly 190,000.

Butte County is home to nearly 230,000 individuals, many of whom live at or below federal poverty level. Butte County's median household income is \$45,100, compared with the state median income of \$67,700.



Butte County ranks 37th out of 57 California counties for health outcomes, health factors, clinical care, social and economic factors, and physical environment, according to the 2018 County Health Rankings & Roadmaps report. Areas with poor rankings compared with state averages include:

Health Outcome	Butte	California
Number of premature deaths (<i>per 100,000 population</i>)	7,300	5,200
Poor physical health days (<i>avg. reported in 30 days</i>)	4.0	3.5
Poor mental health days (<i>avg. reported in 30 days</i>)	4.1	3.5
Adult smoking	14%	11%
Alcohol-impaired driving deaths	35%	29%
Sexually transmitted infections (<i>per 100,000 population</i>)	505.3	487.5
Food insecurity	18%	13%
Limited access to healthy foods	7%	3%
Drug overdose deaths (<i>per 100,000 population</i>)	31	12
Motor vehicle crash deaths (<i>per 100,000 population</i>)	14	9
Ratio of population to primary care physicians	1,620:1	1,280:1
Ratio of population to dentists	1,400:1	1,210:1
Unemployment rate	6.5%	5.4%
Children living in poverty	23%	20%
Injury deaths (<i>per 100,000 population</i>)	92	48

Source: <http://www.countyhealthrankings.org/app/california/2018/rankings/butte/county/outcomes/overall/snapshot>





What are Community Benefits?

By definition, community benefits are programs or services that do one or more of the following:

- Improve access to health services for residents of a defined region
- Enhance the overall health of a community
- Advance the general knowledge of health care providers, including training for the next generation of health care professionals
- Relieve or reduce the burden of government health programs

On the following pages are examples of how Enloe Medical Center is working to meet the needs identified in its most recent CHNA, as well as how it's looking forward with an enhanced lens toward population health.

Meeting Identified Needs

- access to health 
- community health 
- advance knowledge 
- relieve government burden 

Look for these symbols throughout the 2018 Community Benefit Report to learn more about how Enloe Medical Center is addressing the needs of the community through strategic partnerships and outreach, education and more. Working together, we can create a healthier community and a #HealthierYou.



Economic Impact

Enloe Medical Center's annual community benefit is calculated by the net values of traditional charity care, undercompensated medical care (including Medi-Cal and Medicare shortfalls), subsidized health services, bad debt and community education and services.

Among the services captured and reported under the Community Education & Service category are:

- Costs to recruit physicians to the rural area surrounding Enloe Medical Center
- Staff oversight and mentoring for clinical rotations at the medical center or tertiary facilities for students attending Chico State, Butte College and other higher education programs throughout the country
- Continuing education programs for health care professionals throughout the North State
- Workforce development
- Community health education and screening programs.

Economic Value	FY2018 Value*
Traditional Charity Care (2,301 persons)	\$3,445,735
Bad Debt	\$5,250,463
Medicare	\$78,791,466
Medi-Cal/CMSP	\$80,233,254
Subsidized Health Services	\$1,451,445
Community Education & Service	\$5,204,016
<i>Community Health Improvement Services</i>	\$577,516
<i>Health Professions Education</i>	\$2,952,372
<i>Financial & In-kind Contributions</i>	\$157,294
<i>Community Building Activities</i>	\$1,195,537
<i>Community Benefit Operations</i>	\$321,297
Total	\$174,376,379

*Fiscal Year 2018: July 1, 2017 through June 30, 2018

left | Vision screenings provided at Chapmantown Family Wellness Fair

right | Sample collection for "Enloe" the cancer-sniffing dog

Access to Care

Access to health care continues to be a concern for Butte County residents. That is why Enloe Medical Center continued to focus on physician recruitment and outreach to the community with health screenings and preventive education.

Physician Recruitment | Twenty physicians in 14 specialty areas joined Enloe's medical staff, bringing more highly qualified care to the region. Specialty areas that added new providers are: cardiology, diagnostic radiology, emergency medicine, family medicine, general surgery, hematology/oncology, hospitalist, internal medicine, ophthalmology, pediatrics, trauma surgery and urgent care. In addition, physicians in the areas of surgical oncology and urogynecology joined Enloe's medical staff, bringing expanded specialty services to residents of Butte County.

Community Flu Vaccine Clinics and Blood Drives | Butte County Public Health donates flu vaccine annually for Enloe Medical Center staff and volunteers to provide free flu shot clinics. More than 3,200 vaccines were given at the annual drive-thru and walk-in clinics, as well as a number of outreach clinics to local shelters and other community groups.

Enloe staff partnered with BloodSource to host six blood drives throughout the year, inviting employees and the public to participate. Combined, the six events collected 165 pints of blood with the potential to save as many as 495 lives.

Enloe's Community Wellness Expo | This annual event brought together 38 departments from throughout the hospital, as well as 12 partner agencies, to provide free health screenings, education and resource information, especially for those who may not otherwise have access to regular health care. Staff and volunteers engaged in nearly 3,000 interactions with the community. More than 400 flu vaccines were given, 33.5 pounds of medication were collected for safe disposal and hundreds of health screenings were provided.

Healthy Aging Senior Expo | Enloe Medical Center partnered with the Chico Area Recreation and Park District to host the annual Healthy Aging Senior Expo, bringing resources and education to older adults. More than 50 service agencies and community resources were represented. Enloe staff focused on addressing diabetes, heart disease and fall risk among seniors. The team provided blood glucose tests, as well as blood pressure and balance screenings.

20	Physicians added to medical staff, in 14 specialty areas
3,200	Flu shots given, in collaboration with Butte County Public Health
33.5	Pounds of unused medication collected at Enloe's Community Wellness Expo
39	Blood glucose tests done at CARD's Healthy Aging Senior Expo
87	Blood pressure screenings at Dia del Campesino
77	People attended the Second Wind Pulmonary Support Group

Dia del Campesino | Enloe staff partnered with the Hispanic Resource Council of Northern California to host a celebration of National Farmer's Day. More than 20 service agencies came together to provide education and support especially targeted to Hispanic families in our region. Migrant education, immigration and disability rights, mental health and dental care were among the topics represented. In addition, staff from Enloe's Stroke Program provided blood pressure screenings and stroke risk assessments and education; staff from Enloe's Diabetes Services program provided a diabetes risk assessment and nutrition education for adults and children.

Support Groups | Enloe Medical Center is home to 22 support groups, bringing together individuals to provide support and camaraderie, and to promote health and wellness. Partnering with community organizations, programs are available on topics as diverse as ALS and amputee support, to ostomy and stroke.

Nearly 500 people participated in weight loss support groups hosted by Enloe's Bariatric Program in Chico, Marysville and Redding; and 67 people joined walks throughout the year designed to promote physical activity and camaraderie among those who have had bariatric surgery. More than 250 individuals attended the cancer support group for survivors and their caregivers. This program featured guest speakers throughout the year, and small group discussions focused on the challenges and successes related to survivorship. Thirty-six individuals participated in the newly formed diabetes support group, providing emotional and social support for people with type II diabetes, their families and friends. Enloe's Cardiac Rehabilitation program welcomed 83 individuals to their Healthy Hearts support group, providing information and support for maintaining a heart-healthy lifestyle for patients living with heart disease and their families. The Second Wind Pulmonary support group, a chapter of Better Breathers, welcomed 77 individuals, offering support and education for people with lung conditions. Enloe's Stroke Program met monthly with 15 individuals, providing social and educational opportunities for stroke survivors and their caregivers, family and friends.



left to right | Stroke Program nurses at Dia del Campesino; Keith Cavaness, D.O., surgical oncologist; Melissa Dawson, D.O., urogynecologist; Community flu clinic; Healthy plate art activity at Dia del Campesino

Social Determinants of Health

“Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks,” according to Healthy People 2020, Office of Disease Prevention and Health Promotion.

The Healthy People 2020 approach to addressing social determinants of health focuses efforts in the areas of economic stability, education, social and community context, health and health care, and neighborhoods and their built environment (such as sidewalks and bike lanes). Enloe’s community outreach program adopted this approach, supporting the efforts of agencies that share our health mission, and fostering partnerships and opportunities to connect members of our community with programs to meet their needs.

26	Bike helmets given away at the Chapmantown Family Wellness Fair
309	Individuals helped with medication, home medical equipment, food and gas cards
2	Days of group writing workshops with the Story Pirates at Citrus Elementary School

Chapmantown Family Wellness Fair | Chapmantown is one of the unincorporated areas surrounding Chico, and one of the more underserved regions in Butte County. For this reason, Enloe Medical Center and Chapman Elementary School partnered to host a Family Wellness Fair for families of students at the school, as well as residents of the surrounding neighborhood, bringing together 34 agencies to address needs such as access to healthy foods, clothing and safe housing.

Resources to meet daily needs: CalFresh Outreach partnered with the North State Food Bank to give out bags of fresh fruits and vegetables, as well as pasta, to participating families. Salvation Army provided clothing for children and clothing vouchers for adults. Butte County Public Health offered information about WIC eligibility, tobacco education, lead poisoning prevention and prevention of food-borne illness and communicable diseases.

Educational, economic and job opportunities: Butte College shared information about support for higher education, including free ESL classes. Alliance for Workforce Development raised awareness of job search and resume support services offered through their program.

Access to health care services: Enloe Medical Center provided blood pressure and pulse oximetry health screenings and provided well-fitting bicycle helmets for children in attendance. Peach Tree Vision provided eye screenings. Caring Choices offered education and outreach, as well as HIV testing. Ampla Health and California Health Care Options shared information about Medi-Cal enrollment and access to health care. The “Every Woman Counts” program raised awareness of free and low-cost breast and cervical cancer screenings.

Public safety: The Chico Police Department brought out old and new police cars for the children to explore. One of their canine deputies showed off his skills of protecting public safety to the delight of participants. Chico Peace & Justice Center promoted “peace gardening.”

Language and literacy: Chico Friends of the Library gave away books and raised awareness of library services, like their homework club to promote a healthy learning environment.

Culture: The African American Family & Cultural Center and Hmong Cultural Center of Butte County brought together information about cultural programs in our community, including entertaining participants with a dance program put on by area youth.

Case Management | Enloe’s Case Management staff offer a variety of support services to patients and family members during inpatient stays and upon discharge from the hospital. Individuals who have limited access to resources for meeting basic daily needs, as well as added expenses for necessary post-discharge supplies and services, benefit from support offered through Case Management and the Compassion Fund set up through Enloe Foundation.

Medication and home medical equipment assistance were provided for 140 individuals. Non-emergency transportation assistance was provided for 141 individuals. Food and gas gift cards were given to 28 individuals. In addition, social workers collaborate with Butte 2-1-1 and LogistiCare to connect individuals with transportation resources for follow-up care when necessary.

MyChart | In an effort to enhance access to health care and information through technology, Enloe Medical Center invested millions of dollars in a new electronic health system. Part of the project provides access to medical records for individuals using MyChart. The health information portal provides a way for individuals to communicate with their doctor’s office, access test results, request prescription refills and manage appointments.

Chico Performances and Citrus Elementary School | Enloe Medical Center has long been a supporter of Chico Performances’ field trip program, providing local youth with an opportunity to experience live cultural performances at Laxson Auditorium on the California State University, Chico, campus. This year, we sponsored a unique opportunity for third through fifth graders at Citrus Elementary School to be part of the experience. The Story Pirates, a group of performers who combine arts education and English language skills, spent two days working with students to write stories that were then performed as a sketch comedy musical at Chico State.

Built Environments and Transportation Options | Chico is a large cycling community, but providing safe cycling routes is an ongoing effort. Enloe supported the City of Chico’s efforts to improve bicycle and pedestrian pathways by supporting grant applications and raising awareness of their efforts to garner additional support at the Chapmantown Family Wellness Fair. Enloe also partnered with the Chico Velo Cycling Club, sponsoring installation of a bicycle pump and repair kit at Citrus Elementary School to encourage children in our neighborhood to ride their bikes to and from school.

left to right | Chico Velo Cycling Club installing a bicycle pump at Citrus Elementary School; The Story Pirates; Helmet give-away at Chapmantown Family Wellness Fair



89	Community members came to Walk with a Doc
292	Live viewers participated in Facebook Live series
241	Students attended the Healthier You class series

Walk with a Doc featuring Aldebra Schroll, M.D., hospice and palliative medicine



Chronic Disease

As a nonprofit, independent hospital, Enloe Medical Center is dedicated to providing quality patient-centered care for any number of critical and chronic health conditions. We also looked for creative ways to provide support and health education to members of our community.

Enloe's 2016 Community Health Needs Assessment identified a number of chronic health conditions with incidence rates higher than the state averages. Among those were Alzheimer's disease and dementia, arthritis, cancer, diabetes, heart disease and respiratory illnesses including COPD and asthma. Outreach efforts focused on these conditions, along with others relevant to our community.

General Community Health Programs

Facebook Live Series | In August 2017, Enloe Medical Center hosted its first four Facebook Live events in recognition of World Breastfeeding Week. Throughout the month, we brought together health care professionals and community members to answer the "Top 10 Breastfeeding Questions," discuss the benefits of "Going the full 40 weeks of pregnancy," and highlight the benefits of babywearing and maintaining a healthy weight during pregnancy. Since then, we've hosted 11 additional live events, addressing topics from breast cancer to the misconceptions of obesity, and depression and anxiety to recognizing the signs of stroke.

Like traditional in-person community health education events, the Facebook Live events engaged relatively small groups of 30 or fewer live viewers. However, the advantage of social media is the ability to host the videos indefinitely online, exponentially extending the reach of those exposed to the information. In total, the videos reached more than 71,000 viewers since their posting.

Healthier You Class Series | During the 2017 fall semester, Enloe hosted their second Healthier You class series through the Osher Lifelong Learning Institute (OLLI), a program of Chico State. Healthier You brought together physicians and other health care professionals to address common health conditions affecting older adults, including cancer, COPD and other respiratory illnesses, arthritis, breast health, diabetes, mindfulness, and dementia and Alzheimer's disease.

Walk with a Doc | In its fourth year, Enloe's Walk with a Doc offered participants a unique opportunity to interact directly with physicians while inspiring regular physical activity and social engagement. Walks took place the first Saturday of each month and brought together a regular group of about 10 walkers, as well as any number of additional participants depending on the topic. In total, 89 individuals came out for a Saturday morning stroll.

At the start of each walk, the physician leading that month's walk shared a healthy lifestyle tip or information about their health specialty. Following that, participants walked and talked, asking questions of the physician, sharing their stories and making friends.

Targeted Community Health Programs from CHNA Action Plan

Alzheimer's disease and dementia | Enloe partners annually with the Alzheimer's Association to host a community education event focused on the latest research related to Alzheimer's disease and dementia. "Healthy heart. Healthy brain." provided an opportunity for participants to learn how a heart-healthy lifestyle can also improve brain health. Kaci Fairchild, Ph.D., ABPP, a board certified geropsychologist was the keynote speaker. Fairchild conducts research supported by the Alzheimer's Association, working with older adults to develop a prevention model combining physical and cognitive exercise to reduce risk factors associated with dementia and Alzheimer's disease. David Welch, RN, a nurse with Enloe's Cardiac Rehabilitation program, followed up, sharing proactive ways to reduce cardiac risk factors through diet and exercise as learned from years of experience working with patients living with heart disease.

Enloe Medical Center sponsored the 2017 Chico Walk to End Alzheimer's, supporting local programs for patients and caregivers, raising awareness for this chronic and debilitating disease, and giving staff an opportunity to engage in this important community partnership.

Neurologist Joel Rothfeld, M.D., Ph.D., presented to 39 students attending the Healthier You class addressing dementia and Alzheimer's disease.

Arthritis | Physicians, physical therapists and other health care professionals participated in community outreach and education to help individuals whose lives are affected by arthritis and other joint conditions. In September 2017, Orthopedic Surgeon Brock Cummings, M.D., presented to a class of 48 older adults on the topic of "Good Joints Gone Bad." He shared statistics of arthritis in the U.S., explained what the condition is and how it affects the body, then addressed symptoms, diagnosis and treatment options, including diet and exercise as proactive ways to lessen the risk factors and impact of arthritis.

Enloe's annual Total Joint Replacement Seminar was held in September 2017, offering information about the signs, symptoms and treatment options (both surgical and non-surgical) of osteoarthritis of the knee, hip and shoulder. Fifty people attended, learning first-hand from a physician panel of speakers, as well as interacting with staff from Enloe's Outpatient Therapy and Total Joint Replacement programs.

In November, Dr. Cummings and Orthopedic Surgeon Bill Watson, M.D., participated in a Facebook Live event focused on joint health. Thirty-one viewers tuned in live, and the recorded video reached more than 7,000 lifetime unique viewers. Additionally, Jeff Zelenski, manager of Enloe's Outpatient Therapy program, participated in a Facebook Live event dedicated to physical therapy and its use for preventing joint pain. That event had 14 live viewers and reached more than 4,000 unique lifetime viewers.

Physical Medicine and Rehabilitation specialist Shawn Furst, D.O., led the January 2018 Walk with a Doc, talking with the seven participants about pain management and ways to lessen the impact on joints through weight loss and regular exercise.

151	People attended "Healthy heart. Healthy brain." with the Alzheimer's Association
501	Patient encounters for inpatient rehabilitation

Cancer | According to Enloe's 2016 CHNA, cancer is the leading cause of death in Butte County. Incidence rates for all cancer types combined, as well as for breast and prostate cancers individually, are higher than the state average. Enloe's Regional Cancer Center offers a number of year-round classes and support programs for patients diagnosed with cancer and their families. In addition, our community outreach program coordinated classes and events providing opportunities for members of the community to engage with physicians and other health care professionals on cancer-related topics.

Classes and support programs:

- Brighter Days, Bright Smiles is a monthly group meeting with a dermatologist to help individuals undergoing cancer treatment learn about skin, hair and nail care during treatment.
- The Cancer Discussion Group met 11 times between July 2017 and June 2018, providing education and support for cancer patients and their caregivers at any stage of the cancer journey. Meetings start with a guest speaker presenting on that month's topic, followed by small group discussions allowing participants to talk about their challenges and successes related to survivorship.
- Faces of Hope, a photo exhibit at Enloe's Regional Cancer Center featuring cancer survivors, provides encouragement and empowerment to cancer patients and their families.
- Healthy Steps is a therapeutic exercise program offered twice weekly.
- Look Good, Feel Better met seven times between July 2017 and June 2018, providing cosmetic and grooming, in partnership with the American Cancer Society, for individuals undergoing cancer treatment.
- Enloe's Public Library at the Regional Cancer Center offers a variety of materials to the public about cancer and wellness.

The annual Celebration of Healing Arts is a reception for community members, patients and staff to celebrate Cancer Center artists and art programs. The reception is an opportunity for the artists to share their stories, promoting art as a way of healing.

In early 2017, "Enloe" the dog joined the Enloe Medical Center family and started his training with In Situ Foundation to become a cancer-sniffing dog. Throughout his training to date, "Enloe" has made guest appearances at community events, visited with local EMS crews and raised awareness for this innovative future for cancer detection. In September 2017, In Situ Foundation founder, Dina Zaphira, presented at one of Enloe Medical Center's Healthier You classes. Fifty-nine students were excited by the prospect of "Enloe's" training and the research behind it.



1,568	Encounters through cancer support programs at the Regional Cancer Center
26,444	Encounters with patients with diabetes

Also presenting as part of the fall 2017 OLLI Healthier You class series was Breast Surgeon Karen Ching-Tismal, M.D. In recognition of Breast Cancer Awareness Month, Dr. Ching-Tismal talked with 26 students about breast health and breast cancer.

Mandy Robertson, M.D., hematology/oncology specialist, and representatives from Enloe's General and Colorectal Surgery Clinic, including retired surgeon Joe Matthews, M.D., led walks to raise awareness for breast and colorectal cancer respectively. The walks gave the physicians a chance to remind members of the community about the importance of regular screenings and modifiable risk factors like the physical activity the walks promote.

Facebook Live was another opportunity to raise awareness during Breast Cancer Awareness Month (October 2017) and National Colorectal Cancer Awareness Month (March 2018). In October, Breast Surgeon Lydia Schrader, M.D.; Dara McKinley, FNP-C; and Patty Molinaro, RN, from the Every Woman Counts program, talked about the importance of women being breast aware and having regular screenings. They also discussed how genetic risk assessment can help identify family members' risk of developing breast cancer after a diagnosis. The event garnered 31 live viewers and more than 6,500 lifetime unique viewers to the recorded discussion. Later in the month, Rebecca Senoglu, cancer support program coordinator, was joined by two breast cancer survivors who shared their stories of detection, diagnosis, treatment and recovery.

In March, Colorectal Surgeon Michael Fealk, D.O., and Gastroenterologist Hoan Tran, M.D., took to social media to raise awareness for the importance of colonoscopy screenings in the prevention of colorectal cancer. Coining the phrase, #GetItDone, the physicians made a potentially uncomfortable subject lighthearted, but very real and compelling. Twenty-eight viewers tuned in live, while the recorded video reached nearly 11,000 lifetime unique viewers.

Diabetes | According to data from the Centers for Medicare and Medicaid Services reported in Enloe Medical Center's 2016 CHNA, diabetes is the fourth most prevalent chronic condition among Butte County adults, though slightly lower than the California percentage. Because serious complications can arise from uncontrolled type 2 diabetes, including increased risks for stroke, heart disease and even premature death, Enloe's community outreach and Diabetes Services programs continued to focus on awareness and education surrounding the disease.

Classes and support programs:


- Led by certified nurse educators, the Insulin Pump support group helped people using, or interested in using, insulin pump therapy.
- The newly formed Diabetes support group is geared toward individuals with type 2 diabetes, providing an opportunity for education and connecting with others living with the same chronic condition.

left to right | "Enloe" the cancer-sniffing dog showing off his plush likeness in the Enloe Gift Shop; Enloe's Diabetes Service staff at Dia del Campesino; "Enloe" visiting with First Responders.

- Quarterly, the program hosts a small-group Pre-Diabetes Class to help raise awareness for this precursor disease affecting an estimated 43 percent of Butte County adults.

In November 2017, Registered Dietitian Mary Aram led a Healthier You class, helping students understand how type 2 diabetes affects the body, the prevalence of the disease, risk factors and management of the disease through both lifestyle changes and medication.

Aram followed up that class with a unique Facebook Live from a local grocery store on Diabetes Alert Day, taking viewers on an excursion through the aisles, learning to read labels and understand which foods can better support a diabetes-friendly diet.

 **Heart Disease** | Hypertension, hyperlipidemia, ischemic heart disease, heart failure and atrial fibrillation all made it on the list for the Centers for Medicare and Medicaid Services' top 20 chronic conditions in Butte County.

In March, Enloe Foundation hosted the fourth annual Heart & Sole: Run for Wellness, a fund-raiser for the future Cardiovascular Care Center at Enloe Medical Center. After the run, participants were invited to participate in a mini health fair put on by Enloe's community outreach program, featuring blood pressure screenings, stretching and foam roller stations, tips for stress management and a "rethink your drink" booth with a healthy sports drink alternative. Nearly 500 runners and walkers, completed the 1-mile or 5k course, including a team from Enloe's Cardiac Rehabilitation program, their friends and family members.


Classes and support programs:

- The Healthy Hearts support group meets most months to provide individuals living with heart disease and their families a place to find support and education for managing life after diagnosis.

In February, Enloe's Heart Program celebrated American Heart Month with a Walk with a Doc led by Cardiovascular Disease Specialist Joanne Alonzo, D.O. Fifteen community members came out to join the walk and learn about the top risk factors for heart disease.

Later in the month, Prajapathi Lakireddy, M.D., also a cardiovascular disease specialist with Enloe's Heart Program, participated in a Facebook Live event dedicated to the implications of a heart disease diagnosis. Seven viewers tuned in live, and later the video reached more than 2,500 lifetime unique viewers.

197	Heart surgeries performed
407	Meeting rooms provided for community groups, free of charge
77	Number of people who attended the Second Wind Pulmonary Support Group

 **Respiratory Illness** | Asthma rates in Butte County are slightly higher than the state average and the number of people living with COPD is more than 50 percent higher. Enloe's Transitional Care program addresses the discharge needs of patients seen for COPD, pneumonia and chronic respiratory failure. TCC ensures the coordination and continuity of health care post-discharge for these patients with complex care needs by providing follow-up phone calls, medication management, home visits, attending physicians appointments, arranging needed durable medical equipment, and coordinating home care services when needed. TCC also provides community resourcing and arranges transportation to follow-up appointments.


Classes and support programs:


- The Second Wind Pulmonary Support Group is a chapter of the Better Breathers Club that meets regularly at the Enloe Outpatient Center, offering support and education for people with lung conditions.
- Enloe's Pulmonary Rehabilitation program is a medically supervised exercise and education program to help individuals living with a respiratory condition better understand their disease and find ways to improve their quality of life. Education includes an explanation of chronic pulmonary conditions, breathing techniques and proper use of oxygen and/or home respiratory equipment, as well as relaxation and stress reduction techniques, nutritional assessment and exercise and body mechanics.

In September, Critical Care and Pulmonary Medicine Specialist Dinesh Verma, M.D., presented at Enloe's Healthier You class, covering the topic of respiratory illnesses. He shared information about difference chronic respiratory diseases, as well as treatment options and tips for living a "Healthy Lifestyle for Shortness of Breath."

Substance Abuse and Mental Illness

Butte County's rates of tobacco and alcohol use, and drug overdose deaths all exceed California state averages. In addition, adults in Butte County experience more poor mental health days. To help address the many needs of our community related to substance abuse and mental health, Enloe has partnered with others throughout the community to offer education, support and access to resources.

 **Mothers Stroll** | According to the American Psychological Association, up to 1 in 7 women experience postpartum depression. That is why Enloe partnered with Mothers Strong, a collaborative dedicated to bringing vital mental health services to women and families in Butte County, and several community agencies to host Mothers Stroll in recognition of Maternal Mental Health Awareness Month. The goal of the event was to bring families together to raise awareness and provide support for moms affected by perinatal mood and anxiety disorder (PMAD), also known as postpartum depression. Among the agencies represented were Babywearing International of Chico, Butte Child Abuse Prevention Council, Butte County Public Health, Enloe Medical Center's Behavioral Health and Mother Baby Education Center, Hmong Cultural Center of Butte County, InMotion Fitness and Northern Valley Catholic Social Service.

 **Facebook Live** | Caregivers from Enloe's Behavioral Health program participated in two Facebook Live events in fiscal year 2018. The first featured Debbie Strukan, R.N., program nurse manager, and Occupational Therapist Patty Principi sharing tips for managing anxiety and stress during the holidays. Eleven viewers tuned in live, and the video has reached nearly 4,000 unique viewers since its posting.

In recognition of Mental Health Month, Jocelyn Beauregard, a social worker with Enloe's Behavioral Health program, and Holly Kralj, a certified nurse midwife with Enloe Women's Services and associate professor of nursing at California State University, Chico, talked about mental health, anxiety and depression; along with addressing issues specific to women following pregnancy. Eleven viewers tuned in live for that presentation, which has reached more than 5,100 unique lifetime viewers.



Sober Grad Nights | The 2015 California Health Interview Survey reports that 42.5 percent of Butte County adults experienced binge drinking in the previous year, up from 36.2 percent the previous year. To help protect area youth from underage drinking which can lead to a wide range of health and social challenges, Enloe sponsored Sober Grad Night activities at two area high schools.

Butte County Behavioral Health Symposium | Recognizing the importance of raising awareness of the mental and behavioral health needs of our community, Enloe was pleased to sponsor the 5th annual Butte County Behavioral Health Symposium. Hosted by Therapeutic Solutions, the event provided health care professionals, as well as students in the field, an opportunity to explore a variety of topics related to mental and behavioral health, while developing skills for working with individuals in need.

Workforce Development

Advancing the general knowledge of health care providers, including training the next generation of health care professionals, is a primary focus for ensuring continued access to care for years to come. Enloe Medical Center works with area high schools to promote careers in the medical field, as well as providing clinical rotations for students pursuing nursing and other medical degrees. The Junior Volunteer Program for students in their junior or senior year of high school provides hands-on opportunities in the hospital environment. And Enloe's Education Center hosts a number of continuing education opportunities for health care professionals throughout the region.

Rural SimCenter | Enloe Medical Center partners with California State University, Chico, Adventist Feather River Hospital and Oroville Hospital to operate the Rural SimCenter, a place where health care students and professionals can experience hands-on training scenarios to enhance their clinical skills, situational knowledge and health care communication techniques.

Academic Programs and Clinical Education | In fiscal year 2018, 383 Butte College health occupations students completed clinical rotations at Enloe Medical Center, learning how to become effective health care providers. Specialties included registered nursing, respiratory therapy, paramedic and EMT programs.

In addition to providing clinical oversight and mentoring of students, Enloe provided \$65,688 to support Butte College's Associate Degree Nursing (RN) program.

622	Behavioral Health inpatient stays
574	Trauma activations
868	FlightCare transports
1,670	Babies delivered
6,321	Same-day surgeries
72,281	Emergency room visits

From Chico State's nursing program, 307 students did their clinical rotations at Enloe Medical Center. Practicum content included fundamentals of nursing, acute care, maternal-child, medical-surgical, maladaptive behavior and patient care management.

Enloe's Rehabilitation Center provided clinical rotations for 90 registered nursing and physical, occupational and speech therapy students from universities nationwide. Staff also provided job shadowing opportunities for 121 therapy students, as well as transfer training and health administration training in a clinical setting.

Continuing Education | Enloe's Education Center held five symposia in fiscal year 2018, providing continuing education credits to 580 health care professionals. Topics included end-of-life concerns, pulmonary care, oncology, neurology and emergency medical services. They also facilitated four health care review courses to prepare 104 clinical staff for certification exams in their respective fields, including emergency, medical-surgical, orthopedic and pediatric nursing.

Continuing medical education was provided for 258 area physicians on topics as diverse as diagnosing Alzheimer's disease, opioid use in Butte County, and interpreting the CT scan of the brain.

More than 1,000 physicians and other health care professionals attended ground rounds and conferences hosted by Enloe's Medical Staff Office, featuring education, case review and discussions. Areas of focus included behavioral health, cardiovascular angiography, neuroradiology, pediatrics and trauma. Additionally, 108 health care providers participated in tumor board case reviews for breast, colorectal, head and neck, and general cancers.



left to right | Chico State students helped Enloe's Diabetes Services program conduct blood glucose screenings at CARD's Healthy Aging Senior Expo; Enloe's college volunteers help in the emergency room; Chapman Elementary School principal, Mike Allen, gets his blood pressure checked by an exercise physiology intern from Enloe's Cardiac Rehabilitation program at the Chapmantown Family Wellness Fair.



Enloe Medical Center Board of Trustees

Enloe Medical Center has a 105-year legacy of caring for its community. Today, the medical center is one of only four California hospitals still locally governed, with a dedicated volunteer Board of Trustees (pictured above) that oversees how funds earned are reinvested to ensure the future viability of the hospital, as well as the continued health of the community it serves.

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Enloe Foundation Board of Directors

The Enloe Foundation is a nonprofit 501(c)3 organization guided by a community volunteer Board of Directors who oversee the philanthropic work of the Foundation. Board members reach out to the community, sharing stories of hope and care, fostering relationships with donors to raise funds to support patients, programs and facility improvements at Enloe Medical Center, such as the future Cardiovascular Care Center.

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| Michael Marks | Jim Stevens | Mike Wiltermood |
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Enloe Medical Center Volunteers' Board

Members of Enloe's Volunteers' Board oversee the efforts of nearly 500 volunteers who support the operations of the medical center. Volunteers are often the first face patients and visitors see upon arriving at the hospital. They provide customer service, support for staff and assist with minor non-medical tasks. They also participate in a number of community outreach programs, including Enloe's annual flu clinics and Community Wellness Expo.

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Planning for the Future, November 2018

As we worked to put together the 2018 Community Benefits Report, we were reminded of all the ways our community needs us and all the ways our staff works to meet those needs, in and out of the hospital.

At the start of this month, our community endured one of the most destructive events in its history - the Camp Fire. Over the course of two weeks, Butte County was forever changed. But from the fire rose a determination and renewed compassion for those most vulnerable among us.

In 2019, Enloe Medical Center will partner with Butte County Public Health and other hospitals in our region to conduct the next county-wide Community Health Needs Assessment. While we may predict that many of the same health priorities that we saw in 2016 will again rise to the top, we also imagine that the most pressing health needs of our community will very likely take a slightly different shape.

This fall, Enloe's Board of Trustees voted to create an interdisciplinary team to take a critical look at how we approach community health. As we discover together what the future holds for Butte County, we will stand ready to do what we do best - provide quality health care for those in need.

We look forward to continuing partnerships with others in our community who share our passion for health care. And we look forward to a bright and healthy tomorrow. **#ButteStrong**

Sincerely,

Mike Wiltermood
President/Chief Executive Officer

Carol Huston, MSN, MPA, DPA, FAAN
Chair of the Enloe Board of Trustees