

THE VALLEY HOSPITAL

Community Benefit Report

Our Healthy Community By The Numbers



**The Valley
Hospital**
Valley Health System

A Message to Our Community



We are pleased to present you with our annual *Community Benefit Report* for 2018. Community benefit is a concept that applies to not-for-profit hospitals and the traditional role they play in the communities they serve. Hospitals are granted tax exemption for the vital programs and services they provide to the community.

Through sharing Valley's advanced technological, educational and clinical resources, we're working with our community partners to help prevent disease, promote healthy behaviors and meet the diverse needs of the more than 400,000 people we serve in northern New Jersey and southern New York.

In this report, we are pleased to share with you some key statistics on how we have impacted the health of our community, improved access to healthcare services and advanced healthcare knowledge. Thank you for your continued support of our efforts to respond to all of our community's needs.

Sincerely,

A handwritten signature in blue ink that reads "Audrey Meyers". The signature is fluid and cursive, with a large, sweeping "A" and "M".

Audrey Meyers

President and Chief Executive Officer
Valley Health System

52%

of Valley's Tobacco Education and Treatment Program attendees are now smoke-free at the end of 2018.

► The Valley Hospital has been recognized with the American Association for Respiratory Care (AARC) Apex Recognition Award for their continued best practices in respiratory care.



549

boxes of food, were collected by Valley employees for the Center for Food Action as part of the annual "Everybody Eats" campaign.



1,230

 trees,

295,241

 gallons of water, and

142,063

 pounds of landfill waste

were saved by Valley's use of sustainable products.

1,542

people were served through support groups offered by Valley.



3,103

people took part in 92 free nutrition education programs offered by dietitians at Valley.

▲ Janet Brancato, M.S., R.D., speaks with a community member about how to modify eating patterns during stressful times.

950

high school students participated in the Save a Life Tour,™ a program that teaches young drivers about the results of poor choices or decisions made behind the wheel such as impaired driving and distracted driving.



More than 600

people were helped with their financial concerns, questions, and applications related to Medicaid by social workers at Valley.

450

people took part in 17 programs on injury prevention in order to improve balance and strength and reduce the risk of falls.



23,745 meals were prepared by Valley chefs for 86 clients from Community Meals, Inc., a private, non-profit program that delivers meals to homebound residents.

898

people attended 50 free exercise classes offered by Valley.



291

school nurses, first responders, and community members, in partnership with the Mahwah Municipal Alliance, were trained in the use of naloxone, the life-saving antidote to reverse opioid overdoses.

2,229

people in 33 different community groups were educated on topics such as healthy aging, memory improvement, sleep, stress, nutrition, and diabetes as part of Valley's Community Speaker's Bureau.



48

Valley Medical Group physicians learned about the benefits of prescribing HIV pre-exposure prophylaxis (PrEP) medications, which has been shown to reduce the risk of HIV infection in people who are at high risk by up to 92%.

▲ Jason from Gilead Sciences, Inc., sharing information about proactively preventing HIV with PrEP.

2,001

members attended 58 PrimeTime programs last year. PrimeTime, Valley's senior membership program, helps older adults stay engaged in their health and community.

29.3% of Valley's waste – more than 1 million lbs. – was recycled in 2018.



2,685

employees from local organizations were provided with workplace wellness education through Valley Health System's Workplace Connection program.

► Sita Chokhavatia, M.D., Valley Medical Group Gastroenterologist, speaking about effective treatments to relieve upper digestive disorders.



261

students interested in pursuing a career in the health and medical fields participated in events and experiences featuring specialists from various medical professions and specialties.

► Students learn about the birthing process through a simulated childbirth experience.



60%

of the 369 participants lost weight in Weight-Loss Challenges co-sponsored by Valley with the health departments in Fair Lawn, Paramus, and Ridgewood.

4,126

parents attended classes to improve their parenting skills, family functioning, care strategies, and learn about their child's behavior and development.

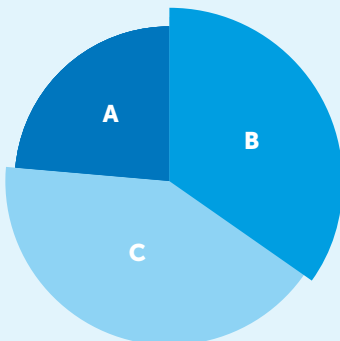
127

free breast screenings were provided to low-income uninsured and underinsured women in Bergen County by Valley in collaboration with the Bergen County CEED (Cancer Education and Early Detection) Program.

Combined Financial Contributions \$98,559,736

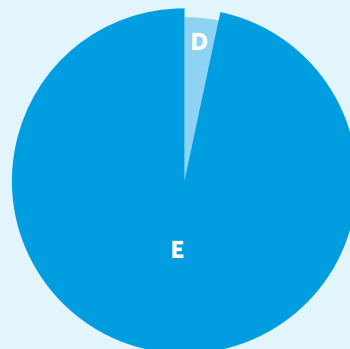
Community Benefit

A. Unpaid cost of Medicaid	\$6,017,149
B. Unpaid cost of Financial Assistance	\$8,715,823
C. Programs/Other	\$10,591,015
Total	\$25,323,987



Other Significant Financial Contributions

D. Bad Debt Cost for Patients Eligible for Financial Assistance	\$2,577,155
E. Unpaid Cost of Medicare	\$70,658,594
Total	\$73,235,749





223 North Van Dien Avenue
Ridgewood, NJ 07450-2726
www.ValleyHealth.com

Non-Profit Org.
U.S. Postage
PAID
S. Hackensack, NJ
Permit No. 897

10/19

The Valley Hospital purchases mailing lists in an effort to communicate with community members who may benefit from receiving our publications. We recognize the fact that some residents prefer not to receive our materials. However, Valley does not control the deletion of names from a purchased list. To reduce unsolicited third-class mail, please visit the Direct Marketing Association's website at www.dmachoice.org.



Join Valley Health *LifeStyles* Call 201-389-0839 Today!

Valley Health *LifeStyles* is a world-class fitness program designed to help you maintain the healthy lifestyle that's right for you. Join today!

1400 MacArthur Blvd., Mahwah
201-389-0839

Monday – Friday: 5:30 a.m. to 10 p.m.
Saturday: 7 a.m. to 6 p.m.
Sunday: 8 a.m. to 6 p.m.

ValleyHealthLifeStyles.com

