

Community Benefit Report

# Impacting the Health of Our Community



## A Message to Our Community



**We are pleased to present you with our annual *Community Benefit Report for 2019*. 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.**

In 2019, The Valley Hospital concluded our third Community Health Needs Assessment (CHNA) in partnership with five other Bergen County Hospitals, the Bergen County Department of Health, and the Community Health Improvement Plan (CHIP) of Bergen County. This important assessment examined health status, barriers to care, demographics, and social issues that affect people in our service area. The assessment efforts engage hundreds of residents in Bergen County, as well as a wide range of community stakeholders, including service providers, community advocates, public health officials, faith leaders, and representatives from community-based organizations.

In this report, we are pleased to share with you how we have impacted the health of our community, improved access to healthcare services, and advanced healthcare knowledge.

The significant health needs that continue to be addressed in Valley's Implementation Plan include:

1. Chronic and Complex Conditions
2. Health Education, Prevention, and Wellness
3. Mental Health and Substance Use
4. Access to Care and Social Determinants of Health

To read a complete copy of Valley's CHNA and Implementation Plan, please visit [ValleyHealth.com](http://ValleyHealth.com).

Sincerely,

A handwritten signature in blue ink that reads "Audrey Meyers".

**Audrey Meyers**

President and Chief Executive Officer  
Valley Health System

**GOAL:** Improve health status through education and screening for chronic diseases: cardiovascular, cerebrovascular, diabetes, cancer, cognitive decline/dementia, and other needs as identified.

**Current Findings:** Heart disease (#1) and cancer (#2) were the leading causes of death in Bergen County. According to the Bergen County Random Household Survey, approximately 1 in 4 (26.5%) respondents had been diagnosed with high blood pressure; 1 in 10 (9.7%) respondents had ever been diagnosed with cancer; and 1 in 10 (11.5%) had ever been diagnosed with diabetes.

### 2017–2019 PERFORMANCE

Improve health status through chronic disease and care management across the continuum.

- Valley's Community Health Department, along with support from *LifeStyles* and diabetes educators from Valley Home Care and The Valley Hospital, provided 44 programs on pre-diabetes with attention to special populations. When asked, 86 percent of people said they intended to change their behavior and 80 percent said they intended to follow up with their physician.
- Valley's Cardiac Screening program provided comprehensive and noninvasive evaluations to determine potential risk for heart disease to 2,067 people.
- 58 percent of participants in the pre-diabetes series decreased their A1C and 78 percent of participants in Valley Home Care's Diabetes Self-Management program decreased their A1C.
- 2,222 people participated in 57 cancer education programs. Breast cancer, prostate cancer, and colon cancer, as well as nutrition and cancer were topics of interest. Additionally, smoking and vaping were topics that were widely discussed.

### Valley Fact

Last year, 1,648 people participated in 73 blood pressure screening clinics. 963 people attended programs on cardiac and stroke.



Adam Kelman, MD, Endocrinologist speaking to participants about ways to reduce their risk of diabetes at "Manage Your Life for Better Health," a diabetes awareness and screening event. Participants partook in free screenings and visits with professionals on a number of topics.

**GOAL:** Improve and/or prevent chronic disease by teaching and provide access to healthy lifestyle habits such as nutrition and exercise.

**Current Findings:** One-third (33.2%) of Bergen County Random Household Survey respondents were overweight, while approximately one in five were obese (22.8%). Nearly a third (32.9%) of Bergen County Random Household Survey respondents reported that they did not participate in any physical activity or exercise in the past 30 days.



Valley Walks – A Weekly Walk With a Doctor provides inspiration, motivation, and good company while participants develop or maintain a healthy lifestyle. The free program meets Thursday mornings and is lead by specialists to discuss a wide range of topics including cancer, nutrition, stress, heart disease, and weight management.

#### Valley Fact

Valley successfully opened the Valley Center for Health and Wellness in 2018 and now has over 5,650 members.

#### 2017–2019 PERFORMANCE / IMPACT

Improve health status through chronic disease and care management across the continuum.

- Walkers in the Healthy Steps free walking program with the Ridgewood Public Library and the Garden State Plaza walked a total of 11,691 miles.
- Dietitians and educators provided over 200 classes to area schools on healthy eating, exceeding the target of 45 classes each year.
- Community education on nutrition exceeded expectations with 20,000 attendees over the three years in free nutrition classes.
- Residents of Ridgewood, Paramus, and Fair Lawn lost 3,823 pounds in the past 3 years by participating in the free Weight Loss Challenges offered by Valley in partnership with the town's health departments, Gold's Gym, and the Community Health Partnership of Bergen County.

**GOAL:** Promote mental health and prevent substance abuse: depression, anxiety, stress, isolation, access to care, stigma, opioids, vaping/smoking.

**Current Findings:** Drug-related deaths in Bergen County have increased since 2014, from 8.8 deaths to 13.8 deaths per 100,000. The number of suspected opioid-overdose deaths has continued to increase annually since 2014; the number of opioids dispensed has decreased annually since 2015. 6.8 percent of mental health, including depression, anxiety, stress, and other conditions – was overwhelmingly identified by key informants, focus group/ listening session participants, and stakeholders as one of the leading health issue for residents of Bergen County.

### 2017–2019 PERFORMANCE

- Over 500 community members, first responders, and school nurses were educated and trained on the use of Narcan, a life-saving antidote to reverse an opioid overdose.
- More than 116 people completed Valley's Smoking Cessation program. After 6 weeks, 58.5 percent remained smoke free.
- The need for mental health and substance abuse awareness has increased dramatically. 5,507 people attended mental health and

#### Valley Fact

Over 2,500 people attended free support groups offered by Valley in 2019.



Valley, along with the Mahwah Municipal Alliance and the Mahwah Library, hosted a program about how to recognize and prevent an overdose presented by Marc Dreier, MD. Participants then learned how to administer Narcan, the life-saving antidote to an opioid overdose.

substance abuse education programs on topics including positive coping, winter blues, anxiety issues, bullying, mindfulness, palliative care, and managing stress.

- 1,535 people attended free, weekly Guided Imagery sessions, and an additional 441 people attended the new Drumming Circle, an evidence-based, mind-body activity that uses the drum as a tool for personal expression and helps to lessen the feelings of burnout and fatigue.

**GOAL:** Increase access to care for underserved populations.

**Current Findings:** Less than 10 percent of Bergen County residents lacked health insurance. Despite this, respondents to the Bergen County Random Household Survey identified lack of health insurance as the leading social factor or barrier that limited access to care or impacted the health of those living in the community. The percentage of individuals and families in poverty is low compared to New Jersey overall. The Bergen County Community Health Perceptions Survey asked people to name the issues they thought prevented people from living a healthy life. “No or limited health insurance” was the second most common response.

**2017 – 2019 PERFORMANCE**

Increase access to healthcare services.

- In 2018 and 2019, The Valley Hospital was awarded the “LGBTQ Healthcare Equality Leader” designation by the Human Rights Campaign (HRC) Foundation for earning a top score for its LGBTQ-inclusive policies and practices. Valley received the top score of 100



Valley Health System’s Department of Community Health and Community Benefit recently sponsored a meal packing event hosted by Valley Health LifeStyles. The event benefited Rise Against Hunger, which is committed to ending world hunger by 2030. During two sessions, participants packed enough meals to feed almost 11,000 people.

**Valley Fact**

**Valley helped 337 people enroll in public assistance programs in 2019.**

for its LGBTQ-inclusive policies and practices in four areas: Non-Discrimination and Staff Training, LGBTQ Patient Services and Support, Employee Benefits and Policies, and LGBTQ Patient and Community Engagement.

- Valley collaborated with the Bergen County CEED Program (Cancer Education and Early Detection) to provide 333 free breast screenings and 82 prostate screenings to low-income, uninsured, and underinsured people in Bergen County.
- Valley’s community care clinic provided services to 19,766 patient visits. They provide care at no cost to the patients who qualify in 16 (medical, neurology, GI, general surgery, breast surgery, rheumatology, ophthalmology, GYN, OB, pediatrics, pulmonary, cardiology, pain, dermatology, orthopedics, and urology) specialty clinics. They continue to provide care to children in foster care in Bergen and Passaic Counties that require complex medical and subspecialty care.

Number of Employees

Valley Health System	364
The Valley Hospital	3,681
Valley Home Care	421
Valley Medical Group	1,150

The Valley Hospital

Babies Born	3,510
Admissions	48,664
Emergency Room Visits	70,420
MICU Dispatches	9,647
Physicians	1,065

Valley Medical Group

Number of Patients Served	222,495
Number of Providers	381

Valley Home Care

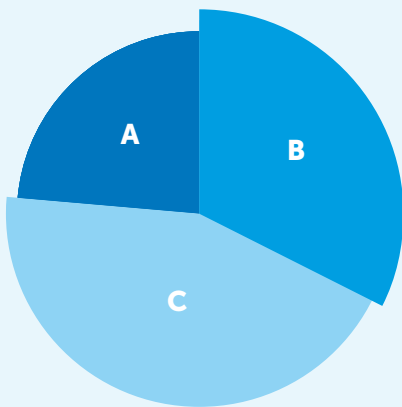
Total Patient Visits	276,443
Hospice Nursing Visits	23,169

Combined Financial Contributions **\$97,464,957**

Community Benefit

A. Unpaid cost of Medicaid	\$6,862,051
B. Unpaid cost of Financial Assistance	\$9,263,304
C. Programs/Other	\$12,127,617

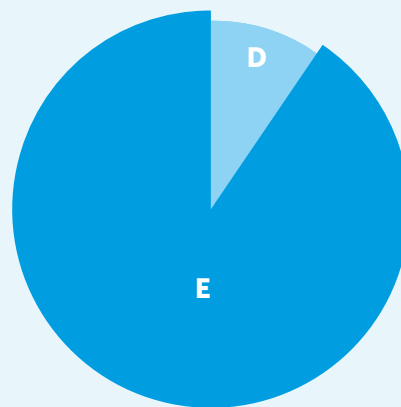
**Total \$28,252,972**



Other Significant Financial Contributions

D. Bad Debt Cost for Patients Eligible for Financial Assistance	\$6,771,641
E. Unpaid Cost of Medicare	\$62,440,344

**Total \$69,211,985**



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