

Goal 1: Improve Health Status Through Chronic Disease and Care Management Across the Continuum

1. Diabetes
 - a. Continue outreach to the community with a focus on prevention and early diagnosis through education and programs
 - b. Continue to participate in outreach programs through health fairs, speaking engagements and screenings
 - c. Continue It's Your Move employee diabetes program
2. Nutrition, Physical Activity and Weight
 - a. In collaboration with Akron Medical Center, open a new wellness center
 - b. Continue to offer employee wellness program
 - c. Increase nutritional education and programs across the continuum
 - d. Increase physical activity education and programs across the continuum
 - e. Continue to participate in outreach programs through health fairs, speaking engagements and screenings
 - f. Continue to work with schools regarding concussion education
3. Heart Disease and Stroke
 - a. Continue to offer support groups for heart disease and stroke
 - b. Increase awareness of heart disease and stroke through outreach, education and screenings
 - c. Continue to provide free heart risk assessments through the Heart and Vascular Institute
 - d. Transition in care
4. Cancer
 - a. Continue to offer outreach, education and screenings for breast, cervical, colon and prostate cancer
 - b. Through the CEED Program, continue to target the underserved populations regarding breast and prostate cancer
 - c. Continue to offer a smoking cessation program
5. Palliative Care
 - a. Increase Palliative Care Services across the hospital campus that would include inpatient, outpatient, home care and community program offerings

Goal 2: Increase Access to Healthcare Services

1. Through Valley Medical Group, expand primary and preventative care, and enhance access and convenience of physician and provider services to meet consumer expectations
2. Become HRC HEI Certified for the LGBTQ community
3. Expand outreach and education on available services to reduce the number of non-acute and ER visits
4. Continue to offer a Community Care Clinic
5. Expand reach to underserved and special populations

Goal 3: Increase the Quality of Life Among the Aging Population

1. Increase education regarding those with a potentially disabling condition, including Arthritis, Rheumatism and Osteoporosis

Goal 4: Promote Mental Health and Prevent Substance Abuse

1. Collaborate with other Bergen County agencies in cross continuum initiatives for mental health and substance abuse issues.
2. Continue to offer behavioral health education to the community in support of the Stigma Free Initiative
3. Continue to offer programs, services and support groups to promote positive mental health
4. Provide outreach and education regarding alcohol and substance abuse
5. Implement and increase education and initiatives to promote Dementias, including Alzheimer's Disease

Goal 5: Increase Access to Immunizations and Reduce Infectious Disease

1. Continue to offer vaccinations and vaccination clinics to the community
2. Continue an antibiotic stewardship coordinated program to improve patient outcomes and reduce the spread of infections