

2023 Supplemental Narrative Adventist Health Columbia Gorge

Giving Back to Our Community

Mid-Columbia Medical Center entered into an affiliation agreement on June 1, 2023, with Adventist Health. Our new name is Adventist Health Columbia Gorge (formerly known as Mid-Columbia Medical Center). Adventist Health is a faith-based organization that acts according to its values. Our values are - be love, be a mission owner, be welcoming, be curious, and be brilliant. Our purpose is to provide high-quality compassionate care that is person-centered.

The Columbia Gorge is a region that relies heavily on agriculture. Various commodities are harvested each year such as cherries, apples, pears, wheat, and grapes. Oregon and Washington counties make up the Columbia Gorge region. In Oregon, those counties include Wasco, Hood River, Sherman, Gilliam, and Wheeler. Washington counties include Klickitat and Skamania. The Columbia Gorge has a total population of 65,545 residents; 73% are White, 20.2% Hispanic or Latino, 4.5% Non-Hispanic Multiple Races, 0.7% Asian, 0.6% Native American or Alaskan Native, 0.6% Black, 0.2% Native Hawaiian or Pacific Islander, and 0.3% identify as Other.

Adventist Health Columbia Gorge serves all seven counties while its main campus is in Wasco County, specifically The Dalles. Wasco County is the largest county in the Columbia Gorge with a population of 26,639. The population's race/ethnicity is 72.15% White, 19.93% Hispanic or Latino, 4.37% Multiple Races, 2.37% Native American or Alaskan Native, 0.67% Asian, 0.30% Black, 0.12% Native Hawaiian or Pacific Islander, and 0.08% identify as Other.

Persons under the age of 18 was 21%, Persons over the age of 65 was 22.1%. Persons with disability, under the age of 65 was 13.6%. The medium household income is \$61,316, 16% persons live in poverty, and 10.3% under the age of 65 are uninsured. The large amount of agriculture in the region also results in a regular influx of migrant or seasonal farmworkers throughout the year.

Needs Assessment

Adventist Health Columbia Gorge determines its community benefit investments by completing a Community Health Needs Assessment (CHNA) every three years. The CHNA uses primary and secondary data resources such as focus groups, community surveys, and key stakeholder interviews to inform the organization. In 2022, Adventist Health Columbia Gorge participated in the Gorge Collaborative, a workgroup of seven non-profit organizations whose purpose is to improve community health by addressing the identified needs and produced the 2022 Community Health Needs Assessment

Due to the needs assessment process, it was identified that the most pressing priorities include homelessness and housing instability, behavioral health, economic instability, access to health

care services, food insecurity, and chronic conditions. In 2023, a Community Health Improvement Strategy plan was created which explained action items to address specific identified needs in 2023-2025. The needs that Adventist Health Columbia Gorge is working toward addressing are homelessness and housing instability, equitable access to health care services and chronic conditions.

1. Access to Equitable Health Care Services

Actions taken to address individual health related needs:

- Community Health Workers

Adventist Health Columbia Gorge has Case Managers and Community Health Workers (CHWs) to provide coordination and navigation of community resources to patients and community members who are most vulnerable. According to the 2022 CHNA, the Columbia Gorge has a shortage of bilingual and bicultural providers that can serve the Spanish-speaking community. With the goal of meeting this need, there are four bilingual and bicultural Community Health Workers that help our community navigate the complexity of the healthcare and social systems by serving as liaisons between organizations and individuals seeking services. Additionally, the CHW team helps people apply for Medicaid or navigate their health insurance options such as the Marketplace.

Another notable aspect of providing equitable access is having CHWs participate in community outreach events as it is a wonderful way to meet people where they live, work, and play. By participating in outreach, the Columbia Gorge community learns about different resources available that can enable them to access needed care.

Furthermore, due to the COVID-19, many individuals had to postpone preventative and routine care such as the management of their chronic conditions due to the limited capacity healthcare organization had because of the pandemic. In response to this need, Adventist Health Columbia Gorge worked on increasing the availability of appointments by hiring 19 new providers, especially focused on primary care providers for which there had been a shortage in past years with patients unable to schedule appointments with providers for regular care with patients unable to schedule appointments with providers for regular care. In 2023, there were 105,404 Clinic visits compared to 83,858 in 2022.

- Serving Oregon and it's Migrants by Offering Solutions

Our organization is proud to serve the migrant farmworker community that is part of the Columbia Gorge. Every summer, farmworkers from California and Mexico arrive at the Columbia Gorge region to support the cherry harvest. Serving Oregon and Its Migrants by Offering Solutions (SOMOS) are a series of health fairs hosted at cherry orchards to provide free health screenings to migrant and seasonal farmworkers. The health screenings provided include height

& weight, blood pressure, and blood glucose checks. Multiple community partners attend the SOMOS events to offer services and resources. Community partners that have participated include Advantage Dental, One Community Health, North Central Public Health District, Oregon Human Development Corporation, The Next Door Inc, and Migrant Education Program. The goal of SOMOS is to provide accessible and culturally specific care. In 2023, there were three events held where 233 individuals received health screenings, and 31 individuals received dental sealants. The SOMOS health fairs earned the 2023 Outstanding Rural Health Program award offered by the National Rural Health Association.

Actions taken to address system issues of root causes of health and health equity:

- Social Determinants of Health

Adventist Health Columbia Gorge recognizes that there are drivers of health that affect people at the individual and system level. To address the health-related social needs that individuals face, the organization relies on the work that Case Managers and Community Health Workers perform by connecting people to food banks, public transportation services, housing authorities, and utility assistance services. In 2023, Case Managers and CHWs provided 4,950 services with the top three including housing navigation, assistance for people with disabilities, and transportation. To address the social determinants of health at the system-level, staff members of Adventist Health Columbia Gorge participate in coalition-building activities that affect community health. These coalition-building activities include advisory groups or committees that allow us to represent, advocate, and collaborate with external organizations to enact change. In 2023, AHCG was part of the Columbia Gorge Houseless Collaborative, Community Partner Meeting, Columbia Gorge Health Council's Clinical Advisory Panel, and the Columbia Gorge Crisis Resolution Center.

2. Chronic Conditions:

Actions taken to address individual health related needs:

Patient Empowering Education

- In response to the continuous need our community faces with the management of chronic conditions, Adventist Health Columbia Gorge offers a free wellness program called Prevent. Prevent is a six-month program facilitated by trained lifestyle coaches who help community members learn to make necessary lifestyle changes, lose 5-7% of their body weight, and increase overall health by teaching practical strategies. In 2023, preparation began to launch a Spanish Prevent pilot program to be started in 2024.

3. Homelessness and Housing Instability:

Actions to address systemic issues or root causes of health and health equity:

- In 2023, the Health Foundation assisted 15 individuals with temporary emergency hotel stays which totaled \$5,413.64 in spent funds. Between 2022, 2023, and part of 2024, \$17,834.06 was provided in assistance for temporary emergency hotels.
- Mid-Columbia Housing Collaborative Participation: The work of the Mid-Columbia Houseless collaborative to prevent and address houselessness in the Columbia gorge region using a coordinated approach. The Houseless Collaborative supports five counties across Oregon and Washington including Wasco, Hood River, Sherman, Skamania, and Klickitat counties.
- Adventist Health Columbia Gorge Director of Case Management, Quality Resources, and Education attended the Housing Collaborative meeting in 2023 to collaborate and discuss with other community partners how to address houselessness in the Columbia Gorge area.

Other Meaningful Contributions in Fiscal Year 2023:

- Continued the home-grown Medical Assistant program aimed to help individuals start a career in healthcare
- Supported and hosted blood drives for the American Red Cross
- Participation in activities that helped revitalize the community through art
- Provided athletic training services to local public schools to support student athletes with injury prevention and recovery
- Partner with our local community college to offer clinical rotations to emerging nurses