



West Valley Hospital

**Oregon Health Authority Supplemental Narrative CBR-1
Fiscal Year July 2022- June 2023**

About Salem Health

Salem Health Hospitals and Clinics has been the region's leader in locally controlled health care since 1895, providing the community with award-winning care for generations. Salem Health facilities include Salem Hospital, West Valley Hospital in Dallas and Salem Health medical and specialty clinics throughout the Mid-Willamette Valley. Salem Health collectively serves Marion and Polk Counties as its primary service area, while also providing high-quality, sought-after care to those in the surrounding counties of Linn, Benton, Lincoln and Yamhill.

Salem Health's not-for-profit hospitals are licensed for a total of 670 beds (644 on the Salem campus and 26 at West Valley campus in Dallas). In July 2022, a new inpatient building opened on the Salem campus, adding 150 beds to meet the current and growing need. In June 2023, 19 beds were added to the Dallas campus.

Salem Hospital is the largest hospital in Oregon and operates the busiest emergency department between Seattle and San Francisco, with more than 105,000 visits in 2022. West Valley Hospital, Salem Health's critical access hospital is a top performing critical access hospital which offers emergency services, swing beds and specialty care close to home for those living in rural Polk County.

Our mission is to improve the health and well-being of the people and communities we serve. We are proud to partner with the best physicians in the region to bring exceptional and compassionate care to our region.

In addition to inpatient care, primary care, urgent care, emergency care, and telehealth, Salem Health Hospitals and Clinics offers the following:

- Adult Psychiatric Medicine
- Advanced Wound Care
- Anticoagulation Clinics
- Infusion & Wound Care
- Pain Clinic
- Palliative Care
- Pulmonary

- Bariatric Surgery Center
- Breast Center
- Cancer Center
- Cardiology
- Family Birth Center
- Heart & Vascular
- Joint Replacement Center
- Laboratory
- Neurology
- Nutrition Therapy
- Occupational Medicine
- Outpatient Rehab
- Rehabilitation
- Sleep Center
- Spine Center
- Stroke Imaging
- Women's Health

Service Area

Marion and Polk County are located in the Willamette Valley and are the 5th and 13th most populous counties in Oregon respectively. This community spans about 1,950 square miles, of which 1,200 are in Marion and 750 are in Polk. As of 2020 there were approximately 433,353 people living in the community of Marion and Polk Counties, which is about 10% of the total state population. Of those, it is estimated that 344,920 people live in Marion and 87,433 live in Polk. Since 2010, the population has increased by 8% in Marion and 11% in Polk, which was similar to the increase in the state as a whole.

In Polk, the largest cities are Dallas, Falls City, Independence, Monmouth, and Willamina. Along with west Salem, these cities make up approximately 84% of Polk's population. Salem Health West Valley is located in the city of Dallas and serves a broad geographic area consisting of rural communities in Polk County. In the last four decades, Polk County's population nearly doubled in size. West Valley's service area experienced a population increase of more than 25% in its first decade as a Salem Health property (US Census, 2000-2009), and an additional increase of 14% in its second decade (US Census, 2010-2019). Polk County is expected to experience a higher growth rate through 2045 as compared to the rest of the state. Additionally, more people have been migrating into Polk County than leaving, and this is expected to continue during the forecast period. Shifts in age groups will occur through 2045, with a greater proportion of members falling into older age groups.

About 14% of community members in Polk County identified as Hispanic or Latina(o), which was higher than Oregon (12%). Fourteen percent of household in Polk County spoke a language other than English at home, similar to the rest of the state (15%).

About 12.5% of community members in Polk County live below the poverty line and 17% of children in Polk County are living in poverty. In both counties, a higher proportion of females were living in poverty than males, and members who identified as a race or ethnicity other than White, non-Hispanic/Latina(o) had higher poverty rates as well. The more rural nature of communities in Polk County leads to transportation barriers for many.

Educational achievement has been improving in recent years as a higher percentage of community members have a high school diploma/GED. 85% of adults over 25 in Marion County and 91% of adults in Polk County have a high school diploma or GED. However, the percentages drop significantly for Latino populations which were 53% in Marion County and 61% in Polk County. Educational achievement in Marion County was lower than Polk and the

state, especially regarding college graduates. In Marion County 23% of people had a bachelor's degree or higher, compared to 31% in Polk. Educational achievement differed by sex, race and ethnicity, geography, and disability status.

About 1 out of 6 children were food insecure in this community and 87% of food insecure children in Marion and 76% in Polk were eligible for some form of assistance, increasing demand on charitable sources for food. In Marion, 41% of community members were living in a food desert compared to 18% in Polk. To be considered a food desert, a census tract must be designated as both low-income and have low access to supermarkets or large grocery stores where healthy foods are available. It was also difficult for some community members to obtain healthy foods due to affordability and low access to stores that sell them.

Key Findings for Marion & Polk Counties:

- A greater percentage of the community population is younger, under the age of 25, than Oregon.
- The community has a larger percentage of members that identified as Hispanic or Latinx than Oregon. About 27% identified as Hispanic/Latinx in Marion, compared to 14% in Polk and 13% in Oregon.
- The community has a higher percentage of members that speak a language other than English at home than Oregon. Roughly, 1 in 4 households (25%) in Marion speak a language other than English, compared with 12% in Polk and 15% in Oregon. The most common languages spoken after English were Spanish, various Asian or Pacific Islander languages, and Russian.
- About 15% of community members are living with a disability, which has been decreasing over time. The most common types of disabilities in the community were difficulties walking, living alone, or cognitive. The proportion of community members living with a disability differed by race and ethnicity.
- One third (33%) of Marion County community members lived outside of the five largest cities in Marion County. About 16% of Polk County community members lived outside of its largest cities.
- The community is growing, aging, and becoming more diverse, a trend that is predicted to continue. Population projections estimate that there will be 500,000 community members by 2035. Older adults will represent a greater proportion of the overall population in the future than they do currently.

Community Health Needs Assessment (CHNA)

A Community Health Needs Assessment was conducted & published in 2019; updated annually in 2021, 2022 and 2023. This process includes Salem Health Hospitals and Clinics, Santiam Hospital, Legacy Health Silverton Medical Center, Kaiser Permanente, the Behavioral Care Network, PacificSource, Chemeketa Community College, Cherriots, City of Woodburn,

Community Action Agency, Community Advisory Council, Early Learning Hub, Legacy Health Silverton, Marion County Health & Human Services, Northwest Senior & Disability Services, Polk County Health Department, Western Oregon University, and Willamette Valley Community Health. Through this process Salem Health and West Valley Hospital identify the greatest health needs among each of its hospital's communities, enabling Salem Health to allocate resources toward services, outreach, prevention, education and wellness opportunities where the greatest impact can be realized. The top three priority areas determined in the 2019 assessment and in the 2023 update are behavioral health support, substance use prevention, and within social determinants of health- housing. In FY23, Salem Health also chose to address diabetes and obesity.

Process and method

A process referred to as Mobilizing for Action through Planning and Partnerships (MAPP) cycle is used to assess and improve the health of the community. MAPP is a flexible, evidenced based framework, created by the National Association of County and City Health Officials (NACCHO). Each community that utilizes MAPP conducts a Community Health Needs Assessment (CHNA), which casts a wide net collecting data in various ways to understand local health and why health conditions occur. This information is then used to identify key priority areas for improvement in the Community Health Improvement Plan (CHIP) over a designated period. Although the CHNA strives to be comprehensive, it should not be thought of as an exhaustive compendium of every local measure that exists; rather, this document utilizes select measures that best capture the health of the community. MAPP builds off previous work conducted by the community. A key takeaway from the last process was that three years is not enough time to make substantial gains in the CHIP priority areas. To make better use of resources, and to align more closely with the intent of MAPP, the community has shifted to a five-year CHIP in the current and future iterations of this process. (Local non-profit hospitals operate on three-year cycles to satisfy their requirements with alignment achieved through annual updates to the CHNA.)

A full description of the collaborative process used to identify and prioritize health needs can be found in the introduction and methods section of the [Marion-Polk Community Health Needs Assessment](#). Surveys, community town halls, assessment of a variety of systems and casting a wide net to include a number of community partners, as well as extensive review and analysis of data from multiple sources were used to establish community needs. While the team strived to use the most reliable, valid, and up to date data available; it is important to acknowledge these limitations and seek to address them in future studies, as well as be nimble in responding to the constantly changing needs of our community.

Significant Community Benefit Activities That Address Health Needs Identified In The CHNA
--

Priority Areas: Housing, Behavioral Health, Substance Abuse Prevention, Diabetes and Obesity.

Behavioral health continues to be an area of focus and concern for our community, preventing/intervening in mental illness such as anxiety or depression and suicide prevention.

A CDC report in 2020 ranked Oregon the 13th in the country for deaths by suicide, two spots worse than 2017. Suicide continues to be the 2nd leading cause of death for ages 10-24. Marion and Polk Counties continue to have high risk factors for youth. In the most recent data from 2019, 33.8% of Polk County 11th graders reported symptoms of depression and in Marion County, 38.3% of 11th graders reported symptoms. Eleventh grade students surveyed in Polk County reported that 20.4% were seriously considering suicide and 7.7% had actually attempted suicide. In Marion County, 19.9% of 11th graders seriously considered suicide and attempts increased from 2017 to 10%. Our community continues to be at or above the Oregon averages in depression and suicide markers.

About 1 in 4 adults has been diagnosed with depression in the community, which was similar to the state. A higher percentage of females have been diagnosed with depression than males. About 13% of adults in Marion experienced frequent mental distress, compared to 12% in Polk and 14% in the state. Male community members and those who identified as American Indian/Alaska Native or White, non-Hispanic had higher mortality rates than their peers.

Salem Health West Valley emergency department conducts a suicide prevention screening on every person that presents themselves to the hospital. We also provide supports to our community including QPR trainings (Question, Persuade, Refer) and engagement in the Mid-Valley Suicide Prevention Coalition.

Salem Health provided \$30,000 to The Gate Community Youth Center. The Gate serves middle and high school youth and their families. They are open weekdays from 3pm – 6pm as a drop-in center that offers healthy lifestyle and positive youth development programming. This funding allowed The Gate to expand activities focused on mental health supports and strategies. These expanded strategies included parent/family/youth recreation and learning opportunities, evening youth activities, coaching program focused on “Your Choices Matters” dedicated to increasing healthy choices. This systemic improvement helped 1000 students with this programming over the course of the grant cycle.

Finally, Salem Health West Valley was a sponsor and participant in the Falls City Happy Dance, a mental health awareness block party held annually in rural Polk County. This is a community event where 1200 individuals were impacted.

Substance use and abuse, including alcohol, tobacco, and drugs, remain primary sources of preventable death in the community, state, and the country. In 2014, 20.2 million adults in the

United States (8.4%) had a substance use disorder and of those 7.9 million had both a mental disorder and a substance use disorder. This significant overlap between substance abuse and mental health underscores the importance of capturing who is engaging in behaviors indicative of these disorders in the community. While it is difficult to capture drug use and overdose data specific to Polk County, the state of Oregon has seen an 8.6% increase in drug related deaths since August 2021. The growing opioid epidemic is fueled by fentanyl and other synthetic manufactured opioids. Over 700,000 people died in the United States (U.S.) from drug overdoses between 1999 and 2017, with opioids being involved in 70% of drug overdose deaths in 2018. Recent provisional data from the Centers for Disease Control and Prevention (CDC), 2019 show that there were an estimated 100,306 reported overdoses during the 12-month period ending in April 2021 (Ahmad et al., 2021). As the opioid overdose mortality crisis continues, attention has focused on how law enforcement can save individuals who are overdosing by equipping officers with the overdose reversal drug naloxone. The Food and Drug Administration approved naloxone for treating opioid overdoses in 1971. Naloxone is a safe opioid antagonist medication that can rapidly reverse an opioid overdose. Because it is safe and effective at reversing overdoses and has no potential for abuse, states have passed laws facilitating lay person access and the federal government has called for increased access to all approved forms of naloxone. Salem Health West Valley provides a grant to local law enforcement so they may carry Narcan (brand name for Naloxone) in their vehicles.

The trauma team conducted classes on substance abuse prevention in middle and high schools in West Salem and Independence.

Salem Health West Valley is a smoke free campus. The hospital screens 100% of its patients for tobacco use and provides all tobacco users with community cessation resource information. The American Lung Association's Freedom from Smoking curriculum is offered at no cost through our Community Health Education Center (CHEC) and the Health Education and Outreach teams provide community-based education to schools related to tobacco prevention.

Housing and health care work are critical partners in preventing and ending homelessness. Healthcare services are more effective and better delivered when a patient is stably housed. The rate of homelessness has been increasing both in the community and the state in recent years, including growing numbers of students in K-12 experiencing homelessness. This leads to inadequate care, difficult connecting to services, and contributing to chronic disease. Exposure to communicable disease increases, and chronic health conditions such as high blood pressure and diabetes become worse due to medication storage issues and difficulty maintaining a healthy diet. Behavioral health issues such as depression, alcoholism, or other substance use disorders can develop and/or are made worse in such difficult situations.

Salem Health West Valley supports the Polk County Service Integration Team (SIT) with an \$18,000 grant that is spread throughout 6 Service Integration Teams in Polk County. The target population is primarily those living in poverty. The purpose of Service Integration is to facilitate collaboration among community partners to address various needs and fill gaps of need for

people and families in Polk County. Funding helps for car repair, rent assistance, utility assistance are some examples. Through collaborative efforts and leveraged funds, 209 funding requests were received and 20,230 individuals were helped.

The trauma team conducted classes on helmet safety, substance abuse prevention, and brain education and safety in middle schools and high schools throughout Polk County.

Salem Health has a long tradition of operating the First Aid Booth at the Polk County Fair every August, providing all first aid supplies and staff for four days of fair medical needs.

The hospital provides community basic health improvement services as requested in Marion and Polk counties. In 2022, these included health screenings, education and outreach. Salem Health West Valley supports community partners and their efforts to address social determinants of health. Five health fairs were conducted in FY22 throughout Polk County. Additionally, a bike helmet safety clinic was held at Harritt elementary school where fittings were conducted, and helmets were donated by Salem Health. 163 students were helped in this clinic. Health fairs offered vaccinations, health screenings, health education and connection to other community resources including shelter and food. In total, Salem Health West Valley's outreach team was able to impact 12,066 unique individuals.

Salem Health operates an accredited Diabetic and Nutrition Center with registered dietitians and certified nurses through the National Certification Board for Diabetes Educators offering evidence-based practices and accepts referrals from all providers supporting patient's as they seek to improve their health living with diabetes. Services include comprehensive dietary evaluation and nutrition, medication management, and technology enhancements to improve patient outcomes. Three screenings were held in Polk County with 21 patients served.

Job and Skill Training provides important economic development and educational improvements in communities. Salem Health West Valley partnered with The Gate and Community Services Consortium to conduct ten career exploration events for high school and college students. Approximately 80 students participated in these events. There was staff representation from WVH surgery team, medical imaging, Emergency Department, Optometry, and Rehab that was specific to healthcare fields. Other careers were also represented including dentist/dental hygienist, Fire Department/EMT, Law enforcement, Electrician/Plumbers and Construction/architecture.

West Valley also participated in Western Oregon University's pre-med and nursing student education fair as well as the Business and Industry partners' education fair in Polk County.

.