

Elevate Community Health Needs Assessment 2022

With our vision to be a leading source of preventive care and lifestyle medicine that empowers people to realize optimal health through inclusive education, activity participation, and social engagement that is accessible to all, Elevate is strongly positioned to answer some of the top health priorities and the 3 significant health needs (*1-retention/recruitment of healthcare staff, 2-behavioral health, 3-clinical care access*) identified by the community in the 2022 Community Health Needs Assessment (CHNA) survey.

Particularly in the wake of the COVID-19 pandemic, burnout among healthcare professionals is on the rise. Many providers frustrated with the burden and restraints of our traditional healthcare system are seeking jobs that promote provider autonomy and work-life balance while still allowing for impactful service. Elevate offers a progressive, forward-thinking avenue for healthcare professionals to serve the community through education and empowerment. Elevate also lightens the load on healthcare professionals by providing a reliable system to refer patients for ongoing support beyond the clinic (decreasing the backlog of chronic care maintenance appointments for the additional benefit of increased urgent care/walk-in clinic access - #3 future community health service/program). These elements make Elevate a strong player in Mammoth Hospital's efforts to attract and retain qualified healthcare professionals (the #1 community health factor identified in the 2022 CHNA) and ultimately maintaining local healthcare services (#3 identified community health factor).

Elevate promotes education, skill-building, and support in lifestyle factors that contribute to preventive health and wellness. In doing so, Elevate addresses 2022 CHNA community health factors including #8: prevention healthcare services, #9: education system, and #14: social support. By providing another venue for individuals to access reliable health information and support from qualified professionals in community settings, Elevate can increase access to healthcare services and providers that are statistically overwhelmed like primary care (#1 future community health service/program; Mono county patient-to-provider ratio 1313:1 vs CA ratio 1240:1) and mental health (#2 future community health service/program; Mono county patient-to-provider ratio 469:1 vs CA ratio 244:1).

With locations in both Bishop and Mammoth, Elevate is accessible to more of our Eastern Sierra community (#10 community health factor: healthcare services physical presence), and group activities enable a more time-efficient and affordable model of information delivery and care (#2 community health factor: healthcare services affordability). Classes and events are open to the community regardless of health status, and social connections are enabled through the removal of the stigma of seeking care (#17 community health factor: social connections).

The following are proposed programs for Elevate in 2023 as informed by the 2022 Community Health Needs Assessment (CHNA) survey.

- 1) Elevate will host special community events featuring Mammoth Hospital healthcare professionals delivering information and education to the community. These events will

follow Elevate's holistic, biopsychosocial team model focusing on preventive and lifestyle approaches. These events will highlight Mammoth Hospital services and providers and will coincide with nationally recognized awareness topics that are among CHNA's highly rated health factors (scale 1: not important to 5: extremely important) including:

- Stress Awareness/Mental Health (#1 health factor at 4.47)
- Women's Health (#2 health factor at 4.30)
- Cancer (#3 health factor at 4.25)
- Heart Health (#5 health factor at 4.06)
- Diabetes (#6 health factor at 4.03)

2) Elevate will support mental health (#1 health factor) through ongoing services including:

- Guided meditation
- Expressive art (partner with MAC)
- Support groups
- Mind-body practices (Pilates, Tai Chi, Yoga)

3) Elevate will promote women's health (#2 health factor and #5 future community health service/program) with regular community offerings including:

- Birthing Class
- Healthy Pregnancy
- Postpartum Fitness
- Breastfeeding Education (partner with WIC, First5)
- Pregnancy & Infant Loss Support
- Hormone Health

4) Elevate will promote cancer (#3 health factor) support care with integrative health services including:

- Cancer support group
- Mind-body practices & oncology exercise
- Nutrition education
- Non-pharmacological pain management

5) Elevate will address access to healthy food (#11 community health factor at 4.04) with nutrition and food education including:

- Nutrition videos
- Gardening & cooking classes/groups

6) Elevate will address access to senior services (#12 community health factor at 3.94) through healthy aging programs including:

- Balance & fall prevention
- Bone health education & services
- Hormone health education

- Senior strengthening & fitness
- 7) Elevate will address community safety (#13 community health factor at 3.94) through community class offerings including:
- CPR
 - Safe Sitter (this may increase local childcare resources for increased access to childcare - #7 community health factor at 4.28)
- 8) Elevate will address access to exercise/recreation (#15 community health factor at 3.63) through classes and workshops including:
- Pilates
 - Tai Chi
 - Yoga
 - Walking
 - Strength
 - Bike Fit
 - Sport conditioning (Ski-Ride, Nordic, etc.)

While not a comprehensive list of existing or proposed Elevate programs planned for the 2023 calendar year, this document illuminates many of the ways that Elevate will support Mammoth Hospital in addressing health factors and community needs identified in the 2022 CHNA survey.