



Partnering to Improve the Health of our Community

2011 Community Benefit Report

FY 2012 Community Benefit Plan

UW Medicine

VALLEY
MEDICAL CENTER



Partnering to Improve the Health of Our Community

The report that follows demonstrates our commitment to making a positive difference in the health of our community. From providing programs to keep older adults healthy and independent, to supporting free community health clinics and providing a safety net of neighborhood clinics throughout our district, Valley Medical Center is dedicated to improving the health of our community. We sponsor cancer education programs, offer free health education and preventive wellness screenings, provide support groups, offer resources to ethnic minorities and underserved populations, and we actively collaborate with local leaders, nonprofits, community and healthcare organizations to address the most compelling health challenges facing the populations we serve.

Community Health Assessment Needs in South King County

Data Sources

With data provided by King County Public Health, US Census Bureau, statistics from local school districts and cities, reports by the Department of Health and Human Services and reports generated from VMC's patient and financial systems, a clear pattern of need emerged.

Key Facts

- South King County has the largest share of the county's population and families, it also has a disproportionately high number of families living near—or below—the poverty level.
- The percentage of students eligible for free and reduced lunch in the Tukwila schools is 78%, by far the highest in the State (Seattle and Kent are at 40% and Renton is 50%)
- There are more than 80 languages spoken in our hospital district and over 30% of the students in the Renton and Tukwila School Districts speak a language other than English at home. These residents are typically underserved by traditional mainstream avenues, and are less likely to access vital health information and services.
- 78% of students in grades 8-12 do not meet the recommended level of physical activity, 21% are obese
- 55% of adults of adults 18+ are obese
- Top non-English languages spoken in our district:

Language	Pockets of population within our service area
Spanish	Auburn, Kent, SeaTac
Vietnamese	Renton, Kent, SeaTac
Russian/Ukrainian	Renton, Kent
Somali	SeaTac, Skyway

The Uninsured

In researching the actual usage and primary diagnosis of uninsured patients throughout our health system, we were able to start defining the vulnerable populations we serve and what types of care needs they are presenting with. If we can reach them earlier, we can make an impact not only on their health but on our financial health through reduction in charity care/bad debt.

Top 10 most common diagnoses seen at VMC:

- Abdominal Pain
- Chest Pain
- Drug Monitoring/Alcohol Abuse
- Headache
- Asthma
- Acute Pharyngitis
- Dental Disorder
- UTI
- Back Pain
- URI/Pneumonia

NOTE: The underinsured Medicaid population closely mirrored this diagnosis pattern, with a few additional service needs including: speech therapy, physical therapy, childbirth.

Uninsured by race (reported by patient):

Caucasian: 42%

African American: 20%

Hispanic: 17%

Asian: 5%

Pattern of Need

After researching the statistics and trends and comparing that to our health system service offerings and capabilities, several common themes continued to emerge that helped prioritize outreach efforts:

- Preventive care
 - Heart disease & stroke
 - Diabetes prevention & care
 - Obesity/Nutrition
 - Childhood obesity/Nutrition
- Access to Care
 - Tobacco prevention
 - Childbirth education/prenatal care
- Health & wellness education

Community Outreach Guiding Principles

The District Healthcare System will prioritize and support programs and projects that:

1. Emphasize wellness and prevention aligned with specific community needs.
2. Serve the most vulnerable members of our community.
3. Demonstrate fiscal responsibility.
4. Partner with other community social and healthcare services that have similar emphasis and values.

Prioritization of Community Need

To prioritize the many pressing community health needs and determine the health initiatives we should pursue, VMC utilizes the following selection criteria:

1. A needs assessment has identified the issue as significant and important to a diverse group of community stakeholders.
2. The issue affects a relatively large number of individuals.
3. The issue has serious impact at the individual, family or community level.
4. The issue contributes significantly to improving the health of the public.
5. The issue offers potential for program intervention that can result in measurable impact.
6. VMC has the required expertise and human and financial resources to make an impact.

Summary of Fiscal Expenditures

Benefits for Vulnerable Populations	
Medicaid & Medicare: Uncompensated Expense	\$18.4 million
Patient Bad Debt*	\$31.6 million
Charity Care Provided*	\$18.2 million
Patient Financial Advocacy Program	\$1.4 million
Access to Care provided by VMC through Rotacare Free Clinic, Project Access Northwest, Acute Specialty Access Clinic and Jefferson Terrace	\$615,277
Emergency Department On-Call Pay	\$2.0 million
Benefits for the Community at Large**	\$1.3 million
Health Education & Training	\$4.6 million
Translation Services	\$647,698

* Gross billed patient service charges

** Includes: chaplain services, outreach services, health screenings, partnerships, class registration/physician referral services

Summary of Community Benefit Investments

For the purposes of this report, VMC community benefit activities fall into three major categories:

- Benefits for vulnerable populations
- Benefits to the community at large
- Health education and training programs

Benefits for Vulnerable Populations

Valley Medical Center's largest community benefit investment was in providing access to needed healthcare services for our most vulnerable populations. From uncompensated care to investment in Rotacare free clinic, Clinic Network access throughout the district, our Medical Home Collaborative and Chronic Disease Management program, VMC is dedicated to improving the lives of those we serve.

Rotacare & King County Project Access

In addition to the investments in charity care and uncompensated Medicaid, Valley Medical Center contributes to other community benefit activities for vulnerable populations. These activities provide essential services for those most in need in our communities. As part of our mission to improve access to care for uninsured and underinsured residents in our communities VMC is entering its 10th year of collaboration with Renton Rotary and the Salvation Army in sponsoring the **Rotacare Free Clinic**. The majority of patients seen in the Rotacare Clinic are very low income, face language and cultural barriers and are more likely to suffer from multiple chronic conditions due to lack of preventive care. All of Rotacare's clients are uninsured; 70 percent are unemployed and over 50 percent are the head of their households. The clinic serves a diverse population: 18 percent of patients are Hispanic, 40 percent are white, 20 percent are Asian/Pacific Islander, 15 percent are African-American and 7 percent are "other."

Located in the Renton Salvation Army Food Bank, Rotacare provided 773 patient visits in 2011. In addition to staffing the all volunteer clinic and donating needed medical supplies, VMC provided free laboratory tests, including chemistry tests, lipid panels, and hematology tests along with free radiology services, x-rays, ultrasounds and mammograms to over 200 Rotacare patients. The total value of these ancillary services in 2011 was just under \$47,000. VMC also helped fund Rotacare by donating \$20,000 to Renton Rotary designated to support the operation of the clinic. Most of Rotacare's budget goes to covering the cost of essential prescription medications for patients unable to afford their medication.

In addition to offering quality, free medical care to low-income uninsured populations, Rotacare provides the opportunity for VMC clinicians, nurses and support staff to volunteer their time and talent every Saturday. Last year the clinic tracked 1,444 hrs of total volunteer time including 720 hours of clinician time in direct patient care.

While addressing the acute medical needs of the population served, Rotacare's clinicians also identify patients with undiagnosed or untreated chronic conditions like diabetes and hypertension and help them find long term care and services essential to improving their health. One means for addressing the more advanced or chronic needs of Rotacare patients is through working with **Project Access Northwest (PANW)**. PANW is a regional nonprofit organization that facilitates referrals from Rotacare and other safety net clinics for uninsured and underinsured patients to be seen by local medical and surgical specialists who agree to donate their services. Along with physicians on staff at Valley, the hospital participates by providing free care for any PANW patients who need services ranging from joint replacement surgery to advanced MRI imaging, to outpatient wound care or physical therapy.

In 2011 PANW referred 387 patients for services at VMC worth an estimated \$457,277 in medical services in total. VMC also provides direct funding to PANW; last year the hospital matched the \$20,000 annual donation made by our medical staff organization.

VMC also partners with physicians from Valley Orthopedics Associates to provide free orthopedic consultation for patients from PANW on two Thursdays a month using a corner of our emergency room for what we call our **Acute Specialty Access Clinic**. Several of these patients have undergone surgery at the hospital without receiving a bill including spine and joint procedures that have enabled them to return to work and lead healthier more productive lives.

Children's Therapy

Offering physical, occupational and speech therapies, our approach is collaborative and family-focused. In 2011 we treated 1,187 children who meet Medicaid's Children with Special Healthcare Needs criteria so a key focus is providing the resources necessary for these at-risk children and their families. We are members and collaborate with several agencies that come together to provide needed services: Early Childhood Development Association of Washington, Neurodevelopmental Centers (VMC is 1 of 14 in the State of Washington) and King County Interagency KCIIC (looks at the needs of Medicaid-funded babies and children and brings agencies together who provide services for them).

VMC Clinic Network

VMC's Clinic Network provided 498,000 visits in 2011. The clinic network payor mix included approximately 17% impoverished patients totaling 84,000 visits to vulnerable members of our community.

Medical Home Collaborative/Chronic Disease Management

Valley Medical Group has been involved in improving chronic disease management for over 10 years, from our participation in the Washington State Diabetes Collaborative in 2001, to the Washington State Medical Home Reimbursement Pilot, which we participate in currently. In those intervening years we were involved in collaboratives to improve depression management, preventive health services, access to care and chronic heart disease.

All of this work has supported our ongoing commitment to improving the health of our community by involving patients in the management of their conditions, improving how our delivery system is designed, standardizing our expectations of care, using technology to improve care and involving community resources to support the patient and their family.

The work of our care teams, supported by a robust reporting and feedback system resulted in the following improvements in 2011:

Initiative	Measure	Improvements in 2011
Management of Chronic Disease	LDL in good control	7%
Health Promotion	Childhood obesity discussed	34%
Management of Chronic Disease	HbA1c in poor control	-3% (lower is better)
Management of Depression	PHQ-9 reviewed for depression	36%
Health Promotion	Breast Cancer Screening	14%
Health Promotion	Colon Cancer Screening	20%
Involving Patients in their Care	Visit Summary Completed	20%

With Epic implementation, our goal is to recreate these measures using Epic data, take advantage of how patient access to their own health record can improve involvement in their healthcare and use the "one patient record" to better coordinate care within our network of providers.

Medical Respite Program

VMC has committed multi-year funding for the Medical Respite Program at Jefferson Terrace. The program, located in Seattle near Harborview, is a 34-bed transitional unit for homeless patients with ongoing medical needs. The center provides medical, social and housing assistance. Since 2011, VMC has made 28 patient referrals to Jefferson Terrace, with 15 patient admissions. In 2011 we provided \$118,000 in funding, of which \$10,000 was designated for capital improvements necessary to convert the respite house to a medical services facility.

Patient Financial Advocacy

VMC provided experts to assist uninsured, low-income patients to research healthcare options through the Patient Financial Advocate program. Services were provided at no cost to the client and included helping individuals research eligibility requirements and identify appropriate health insurance programs, completing applications, compiling required documentation and following up with county case workers. For individuals eligible for the various programs, this service helps them obtain coverage for medical necessities such as prescription drugs and home health care. The cost of providing these services in FY11 was \$1,358,339.

Heart Month Outreach Program to Diverse Communities

This past year we focused efforts on reaching out to diverse populations in our district, working to build relationships in their gathering places. In partnership with Renton Fire Department we provide free screenings and health education at the Sikh Temple, Saint Anthony's, DK Market and the Ukrainian Community Center. 745 received bp and blood sugar screenings and 12% were referred for follow-up care due to abnormal results.

Outreach to Older Adults: GoldenCare

VMC has been preparing for the senior demographic surge for decades. Launched in 1986 our senior health and wellness program, GoldenCare now serves over 20,000 members. The objective of the program is to improve the health of our senior population through education, through fundamental screenings for cholesterol, glucose and blood pressure and through preventive healthcare. Our network of primary care, urgent care and specialty clinics have improved access to care for seniors that's delivered close to home.

Components of the program (free to district residents) include Medicare education and insurance counseling, free and low-cost health screenings, free and low-cost influenza vaccines; physician moderated seminars covering a wide range of topics, an annual health fair and discounted fees at our on-site fitness center.

Staff in the GoldenCare program provide resources to seniors for emergency response services, home-care, long-term care, Meals on Wheels and a host of other senior related services.

Supporting Adult Day Health Centers

VMC collaborates with Chateau at Valley Center to provide transportation, education and limited medical care to its residents. Additionally, VMC collaborates with area skilled nursing facilities and adult family homes to assure appropriate transitions of care for area residents.

Fall Prevention

Fall prevention is a core patient safety initiative at VMC that combines both awareness and education. Patients at fall risk wear yellow socks and a yellow armband and they receive written and video education. The ED refers patients who have fallen at home but do not require hospital admission to the Home Visit Program managed by our local Fire Departments. A member of the Puget Sound Fall Prevention Cooperative, VMC's performance in every department exceeds the benchmark standards made by the NDNQI.

Lift Team Ergonomic Educators Improve Patient and Staff Safety

As a unique feature, VMC offers the services of the **Lift Team Ergonomic Educators**. Valley is committed to the safety and wellness of its patients and staff, and the Ergonomic Educators are available to assist with lifts and moves for the patient with challenging problems. The nurses, ergonomic educators and rehab team all work together to find the safest way to move patients in bed, out of bed to the chair and while walking and they frequently work with families to provide recommendations for home care.

Valley has many types of lift equipment to aid in this process. Patients comment on how safe they feel, and nurses are grateful for the prevention of work injuries from handling patients. It's a win-win situation. Construction of the new patient care tower included addition of a ceiling track in each room and availability of ceiling lifts. Other areas of the hospital have portable lifts as well as several portable ceiling gantries that can be set up and left in place. Overall this has reduced injuries of the staff by 75%.

Cancer Prevention for the Underserved

As part of Valley Medical Center's activities to provide support to the underserved, it administers a grant from the WBCHP (Washington Breast and Cervical Health Program). "WBCHP is a population based program intended to reduce mortality and morbidity from breast and cervical cancer by early detection of cancer through regular mammograms and Pap test screenings, diagnostic exams and prompt access to cancer treatment. WBCHP is dedicated to eliminating health disparities among underserved populations, including women of color, women living in rural communities, lesbians, and women aged 50 and older." For the contract period of 1/1/2011 to 12/31/2011, 282 patients were seen, utilizing \$57,100 from WBCHP funding.

Benefits for the Community at Large

Valley Medical Center Cancer Psychosocial Support & Educational Services

To enable positive management of the sociological, psychological, and philosophical passages of cancer, Valley Medical Center offers the following services to our patients, their caregivers, friends, and family:

Cancer Support & Education

Through partnership with Cancer Lifeline, Valley Medical Center provides non-medical support services to patients with cancer, their families, friends, and caregivers regardless of where patients receive their treatment. The services include support groups for site specific cancers, such as Breast, as well as for all-encompassing cancer sites, exercise, nutrition, artistic expression, and meditation/stress reduction classes, and events & education presentations to support people in all stages of the cancer process. All programs are provided free of charge to ensure that those in need of services receive them regardless of economic circumstances. In 2011, 144 meetings were held, providing a total of 1,538 service encounters, at a cost of \$67,331 to individuals whose lives have been affected by cancer.

Through collaboration with the American Cancer Society (ACS), Valley Medical Center also provides a Cancer Resource Center (CRC) open Monday through Friday. The Cancer Resource Center provides information and support resources for the full-spectrum of cancer care, from prevention through continuing care, and is manned by 11 ACS volunteers. Offerings include a wig, hat and turban bank, media, including books, pamphlets, and internet, "Look Good , Feel Better," "Reach to Recovery" and the "Road to Recovery" programs, a transportation program, and a 24-hour resource hotline, all to impart knowledge and enable a partnership in care. In addition, the ACS volunteers make routine patient visits to our Infusion Center and Radiation Oncology department to facilitate access to this information and support. All services are provided free of charge. Approximately 500 service encounters occurred in 2011.

Oncology Social Services

Through the services of a full-time Certified Oncology Social Worker, medical support services are provided to patients with cancer, their families and caregivers. Patients, families, and caregivers find an advocate who provides intervention and mobilizes resources to aid patients in need of psychological and social services. Services include emotional support, assistance in navigation of government programs and insurance concerns, financial resources, at home assistance, daily living resources, transportation, future planning (will, DPOA, etc.), and employment concerns. Approximately 300 referrals are received and 1,000 contacts are made per year. This service is provided free of charge to patients, their families and caregivers.

Support Groups

These groups provide free support for patients, their families and members of the community and cover a wide variety of conditions and needs, such as stroke, aphasia, cancer, new mom group, breastfeeding, gluten intolerance, grief and memory loss. The purpose of these groups is to provide education and a network of support for participants. 342 participated in 2011.

Spiritual Care Program

Spiritual Care Services at VMC recognizes that the many different traditions, faiths, and spiritualities are an important part of each individual's care and well-being. Our warm, supportive and non-judgmental care is available to every patient. A Valley Medical Center Chaplain or Spiritual Care team member is available any time of the day. Our team can arrange for companionship, counsel, prayer or sacraments. We also facilitate visits from support groups in the community. For quiet reflection, VMC provides designated tranquil areas, open 24/7, such as the Healing Garden, Main Lobby water feature and Serenity Garden.

Community Outreach & Health Fairs

We focus on providing in-kind and value added services to promote safety and highlight key services. This includes:

- medical tents
- free health and wellness screenings
- bike helmet fittings, low cost helmets and bicycle safety
- health education

- prevention awareness
- sports physicals
- car seat safety checks
- backpack safety

In addition, we partner with local organizations and provide sponsorship to those whose audience, mission or projects align with ours.

DocTalks

VMC physicians and clinicians hosted over 50 health and wellness seminars in 2011 with 4258 community members in attendance cumulatively, a 35% increase in attendance over 2010. Top class registration topics include: childbirth education, joint replacement, women's health, back/spine conditions and aging eyes.

Through a comprehensive communication plan, we saw exponential growth in seminar attendance for several key servicelines which we anticipate will translate into patient volume:

- 52% increase in childbirth education registrations
- 43% increase in joint replacement registrations
- 17% increase in spine/back registrations

Valley Farmer's Market

In 2011, Valley Medical Center teamed up with the City of Renton to establish a Farmer's Market on campus. The Valley Farmer's Market runs for fifteen weeks from June through September. In addition to providing fresh produce and products from local farmers, the farmers market provides a Wellness Booth where different disciplines educate the community on everything from health and wellness to nutrition to bike helmet fittings. The farmer's market has grown in the past year, reaching 6424 people in 2011 and 7839 people in 2012. There have been approximately 32 volunteers for the past two years assisting with the Wellness Booth as well as the coordination of the market. Through this program we have donated over 200lbs of fresh produce to our local food banks.

Trauma Prevention

Trauma Services has four outreach programs for the community. Trauma Nurses Talk Tough, A day in the ED, Career Fairs and Safety Events at the local schools.

Trauma Nurses Talk Tough (TNTT) is a unique award winning national program developed in Portland by a team of Flight Nurses and ED staff who realized that they could only do so much for injured children once they arrived BUT if they were able to *prevent* the injury, young lives could be saved. It benefits K-12 students, featuring stories of action and consequence with real children and their families and the choices they made that resulted in injury. We average 5000 students a year.

A day in the ED is an interactive exercise with small student groups on Career Days where we demonstrate ED equipment and students become the patient such as Skateboard Scott, Vomiting Violet or Heart Attack Harry. We then involve the other students in taking care of the "patients." During this we deliver safety messages and describe why we love the career we chose. We average 300 students at each event.

Safety Events are held at local schools and community centers where we interact with families and provide health information.

Community Emergency Response

VMC plays a key role in disaster planning for the community. VMC collaborates and participates at the board level with the King County Healthcare Coalition. The Coalition coordinates planning, mitigation, response, and recovery for events that could adversely impact the community. The goal of these activities is to minimize the impact on life, property and the environment from catastrophic events such as pandemic flu, earthquakes and other disasters.

VMC also supports first responders in Southeast King County, an affiliation that spans eight years. VMC allocates 10% of taxation revenue to support first responder training, infrastructure support and innovative programs benefitting the district residents. This annual tax revenue sharing is approximately \$1.6 million split among five fire districts.

- VMC collaborates with local agencies and EMS providers within both King and Pierce counties to ensure a robust and flexible all-hazards Emergency response to community incidents with real or potential catastrophic consequences. The work being done encompasses collaborative efforts as a leader within the King/Pierce County Healthcare Coalition, participation as an NDMS (National Disaster Medical System) designated receiving facility and coordinated exercises with local response partners. Exercise examples include; Active Shooter Drill (tabletop), on-site decontamination team drills and Mass Casualty Incident response.
- Through the efforts of the VMC Emergency Management Steering Committee and the ED Disaster Preparedness Team, we have coordinated planning, mitigation, response and recovery activities to increase the overall resilience of our organization.
- VMC hosted the **Pediatric Disaster Response Workshop** with over 120 participants in attendance representing twenty different hospitals from around the state. There were also 50 representatives from EMS/Fire. The conference was sponsored by Washington State Department of Health, King County Healthcare Coalition, and the Central Region EMS and Trauma Council.
- ED staff are FEMA certified in NIMS (National Incident Management System) 100 for Health Care. This training exposes staff to common language, procedures and goals employed in the event of a disaster. ER charge nurses have completed both NIMS 100 and 200. The Disaster Team has completed, NIMS 100, 200 and 700.

Health Education & Training Programs

Valley Medical Center supports a continuous learning environment by training medical residents and providing over \$1.5 million in continuing education funds for our valued staff and \$2,893,980 in non-productive training time for continuing education in 2011. In addition, our Volunteers in Action provide \$25,000 in annual scholarship funds for our staff who want to further their healthcare career.

Valley Medical Center further supports its staff by inviting local colleges and universities to attend the Annual Career Education Fair. This event provides an opportunity for Valley Medical Center staff to gain a better understanding of the steps needed to complete a degree or certificate program in an area of interest.

Internships/Job Shadow

Valley Medical Center continues its commitment to local elementary and secondary schools by offering educational programs throughout the year for more than 50 youth. The goals of these programs are to increase awareness of health, wellness and offer information about potential careers in healthcare.

Elementary students learn about the benefits of eating healthy, staying active and keeping their hands clean. Valley Medical Center staff from various departments share their expertise by developing interactive activities that create a safe and fun learning environment.

Programs for secondary students, including low income and underrepresented minorities, are focused on the various career options in healthcare. Skilled Valley Medical Center healthcare professionals provide hands-on activities, including medical equipment, surgical tools, and Q&A sessions.

VMC continues to collaborate with local affiliated colleges and universities to offer clinical and non-clinical Internships for more than 100 students each year. Students put their knowledge and skills into practice by working alongside a skilled Valley Medical Center healthcare professional. Internships include Nursing, Respiratory Therapy, Radiology, OT/PT/ST, Pharmacy, Medical Assisting, Medical Office and Administrative Assistant, to name a few.

Many Valley Medical Center staff donate their time and expertise each year to travel to Belize, Africa, Haiti and other countries to provide medical care for underserved communities.

Krames Health Library & Get Well Network

VMC offers two comprehensive health education resources for patients and our community at large, Krames and GetWell Network.

Krames on Demand is a web based patient education resource for hospital and ambulatory patients which offers over 3400 health sheets and 2000 medication information sheets. The information sheets are available in both English and Spanish with a selection of main topics in 10 different languages. They offer simple, easy to understand information on a wide range of medical topics that are illustrated with pictures and diagrams. Krames on Demand is well utilized by nurses and medical staff to assist patients in understanding their medical conditions and care. Recently, Krames was integrated into the Epic “My Chart” patient portal so patients can now retrieve this valuable health information at home upon discharge. In addition, VMC also offers Krames consumer health content library through valleymed.org.

Get Well Network offers health education at the bedside through videos that are displayed on the patient’s television. Videos can be ordered by the patient’s physician or nurse and relate to specific diagnoses or health issues.

Publications

VMC produces a variety of print and e-communications that highlight new services and specialties, new technologies, exciting activities and health educational information that are key vehicles for communicating with our various audiences:

- Valley Voices
- Golden Living
- Joint Center e-newsletter
- Children’s Therapy e-newsletter
- Fitness Center e-newsletter
- GLOW Blog
- Joint Replacement Blog
- Valleymed.org

Community Benefit Plan: Two Examples in Action

Health Initiative I: Improve Access to Care

Goal: Provide ongoing access to quality, culturally appropriate acute care services for at-risk community members.

Target Population: Low-income, uninsured and medically underserved community members in South King County.

Tactics for Positive Outcomes:

- Provide ongoing source for free acute care services, including diagnosis, development of treatment plan, diagnostic services (lab and imaging), medication, and referral for specialty services.
- Provide free preventive screening for high blood pressure and diabetes. Identify patients with undiagnosed chronic disease and refer to appropriate setting.
- Reduce avoidable Emergency Department use.

Strategy: Work collaboratively with community partners to provide Renton Rotacare Free Clinic.

Community Partners: Project Access Northwest, Renton Rotary, VMC Clinic Network Providers, VMC Lab Services, VMC Diagnostic Imaging Services, Healthpoint Clinics, Seamar Clinics, National and Washington State Free Clinic Association, Walgreens Pharmacy-Renton

Objectives:

- Provide staffing, funding, supplies and services necessary to address clinic and patient needs.
- Using information collected from interviews of clinic leadership and staff, identify key critical health needs that can be addressed through supplemental outreach activities.
- Establish linkages between free clinics and community health centers to provide a medical home for patients with chronic conditions.

Health Initiative II: Obesity & Nutrition

Goal: Provide access to and information about services that impact obesity and promote healthy nutrition.

Target Population: Obese children and family units in South King County.

Tactics for Positive Outcomes:

- Identify at risk youth and family units through clinic visit or outreach assessment tool.
- Provide health information and education. For those with a BMI greater than 85%, provide referral to VMC's free Bodyworks Program.
- Work with community agencies to provide more resources focused on increasing activity, improving nutrition and decreasing the intake of sugary drinks.

Strategy: Work collaboratively with medical staff and community partners to provide resources for children and families.

Community Partners: Bodyworks Program, King County Public Health, YMCA, Seattle Children's, local city management, local school districts, Healthy Communities, Kent4Health

Objectives:

- Identify children with a BMI greater than 85%.
- Provide funding, referral and services necessary to address patient needs.
- Establish linkages between these children, their families and hospital/community resources.