

Health District News

ADVANCING HEALTH THROUGH LEADERSHIP

District Supports Health and Wellness Programs in Area Schools

A Healthy Partnership for a Healthy Future

The Peninsula Health Care District has established a groundbreaking three-year partnership with five Peninsula school districts, allocating \$4 million for health and wellness programs in 39 K-8 schools. The grant will support school wellness coordinators, nurses, counselors, PE instructors, and a school-based health clinic.

The Healthy Schools Initiative, approved by the PHCD Board in April, encompasses five school districts within PHCD boundaries—Burlingame, Hillsborough, Millbrae, San Bruno and San Mateo/Foster City—serving almost 25,000 students. The Initiative was crafted with the help and input of the five district superintendents, and will launch at the start of the new school year.

According to PHCD Board Chair Dan Ullyot, MD, while each of the school districts has met their legislated mandates, there is much more that can and should be done to help students get off to a healthy start in life. “The future health of our communities is a direct reflection of the healthy nutritional and physical fitness habits students learn during their formative years. The District is working with each of the superintendents to identify the specific needs of their schools, students and families, so that we can be flexible and respectful of the diverse and myriad needs of our communities,” he said.

For example, prompt access to healthcare can be a challenge for many students, especially in the northern part of the PHCD. Thus, PHCD is working with the San Bruno Park School

District to establish a school-based health clinic on the Belle Air campus, the only K-8 clinic in San Mateo County. The presence of an on-campus clinic will mean students won't have to take time

off from school to get to medical appointments, and early-stage diagnosis and intervention can stem the spread of colds, flu and infectious diseases. Absenteeism will be reduced and students' connection to school and learning will increase.

Get Fit, Get Healthy, Get Smart

In addition to providing access to health care, the Healthy Schools Initiative will support physical education programs and nutritional counseling, with a goal of stemming the epidemic of childhood obesity. National studies show that more than 23 million children and adolescents are obese or overweight. Taking into account that the majority of a child's day is spent in school, adequate physical and nutrition education must be provided in an effort to reduce risks for serious health issues, including diabetes.

In 2011 the *American Journal of Pediatrics* published a study linking low aerobic fitness and obesity with lower standardized test scores in children.

The percentage of students meeting state physical

fitness standards in 5th grade is only 35.5% in PHCD schools. By 7th grade that number increases to 48.7% because PE, by state mandate, is integrated into the middle school curriculum. One could conclude that by

providing credentialed PE instructors on a regular basis to elementary students, their 5th grade performance on these tests will improve. The study also states that “While the federal No Child Left Behind law has stimulated most schools to increase time spent on reading and math to 44 percent from kindergarten through eighth grade, many districts lack funds to sustain a developmentally appropriate curriculum with a credentialed physical education teacher.” The PHCD Healthy Schools Initiative will allow local districts to hire physical education teachers to cultivate a sustainable curriculum that will remain in place following the three year PHCD-funded program.

(continued on page 3)



District Board Chair Dan Ullyot, MD, shares his love of science and biology with Taylor Middle School students, as part of the Peninsula Health Care District's Healthy Schools Program.

Promoting Health Education: The Facts Add Up

Because...

- Establishing behaviors during childhood is more effective than trying to change unhealthy behaviors in adulthood.
- Health-related factors such as physical and emotional abuse, hunger, and chronic illness can lead to poor school performance.
- Academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes.
- Research has shown that school health programs can reduce the prevalence of health risk behaviors among young people and have a positive effect on academic performance.

Health Education in Our District is Critical

Because...

- Only 35.5% of students in 5th grade meet California's Physical Fitness Standards. By 7th grade that goes up to 48.7% because PE, by state mandate, is integrated into the middle school curriculum. Therefore, by providing age-appropriate, credentialed PE instructors on a regular basis to the elementary students, their 5th grade performance on these tests will improve.

Childhood Obesity Must Be Addressed Through Education

Because...

- Childhood obesity has more than tripled in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 20% in 2008. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to 18% over the same period.
- In 2008, more than one third of children and adolescents were overweight or obese.

Source: Center for Disease Control and Prevention, Health and Academics



CEO MESSAGE

Lots Going On at the District

As we concluded the second half of fiscal year 2012 on June 30, it seemed appropriate to reflect upon the many Board actions and District activities that have taken place in support of our mission and



vision. To keep District residents up-to-date on the Board's major initiatives and outcomes, I'm pleased to share the following highlights:

January

More than 100 community leaders, partners, and residents attended the District's 4th Annual Community Partners event. This year the Board was pleased to honor Rosalyn Koo, founding Board member of Self Help for the Elderly; Dr. Stuart Veiss, Medical Director for the Samaritan House Free Clinics; and Alani Douglas, Volunteer of the Year for her work with the Children's Health Initiative. It is at this event that PHCD's grant checks were distributed. Master Planning for the District-owned land to the west of the new hospital took a major step forward this month. The Board engaged Hammel, Green and Abrahamson Architects to help transition the Board's vision into a feasible plan that could be shared with the community this summer for input and ideas.

February

Two special, multi-year projects that address the District's health priorities were approved: Children's health through prevention and physician training and recruitment of needed

specialties. The Healthy Schools Initiative, as described in the cover story, was launched and a four-year Psychiatric Resident in the County Training Program was fully funded.

March

A settlement was finally reached six years after the Peninsula Guardians filed its lawsuit against the District. The Courts found the 50-year lease arrangement with Sutter Health (and the use of District funds to publish the details of that agreement over the course of its development culminating in the August 2006 ballot Measure V) to be legal and an appropriate use of taxpayer money. The settlement required the Guardians to pay the District \$35,000.

April

The Eldercare Dental study that was commissioned by the Board last year was presented and accepted. This report was developed by a team from Apple Tree Dental—a non-profit, staff-model dental care organization with a successful 28-year track record of serving the frail elderly and special needs adults. Local and State dental associations, private practice dentists, and many senior and special needs service providers from around the County participated in this study. Given the need in San Mateo County and the absence of any providers serving these most vulnerable populations, the Board engaged Apple Tree Dental to prepare a full business plan for the possible creation of such a clinic within the District. The Board also committed \$2 million to Lesley Senior Communities to support its grant request to the U.S. Dept. of

Housing and Urban Development (HUD). If successful, HUD and District funding will be used to remodel the Lesley Towers facility in San Mateo and convert senior apartments into affordable assisted living units.

May

Significant progress was made on the Board's plan to build an assisted living and memory care facility on District-owned land on Trousdale in Burlingame. Through parallel RFP processes, the Board identified an Operator Partner and Owner's Representative for the Project.

June

As part of its community outreach and "check-in" with the public on its views of the District activities and priorities, the Board engaged Godbe Research to conduct three focus groups of District residents. We thank those who participated and invite all residents to hear the results at the July 26th Board meeting.

It has been a busy year, but a productive one. The Board's vision for optimal health through education, prevention and access to services is being addressed through partnerships, grants to support organizations caring for the health needs of the most vulnerable, vigilant stewardship of taxpayer resources, and the pursuit of new programs to meet unmet needs.

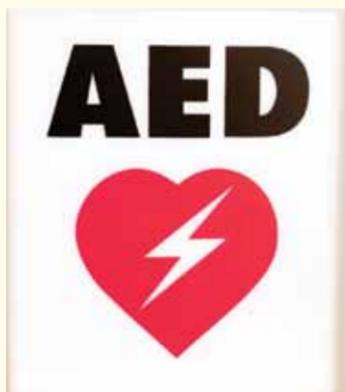
Cheryl A. Fama

NEWS FROM THE COMMUNITY

District Partners with Lions Club, Burlingame Police for Enhanced Emergency Preparedness

Sudden cardiac arrest suffered outside a hospital is responsible for approximately 350,000 deaths annually in the United States, including 5,000–7,000 among children. Rapid intervention can greatly increase the chances of a successful recovery, however, and the Peninsula Health Care District has been working with experienced community partners to help make sure they are equipped to implement their emergency and disaster plans when the need arises.

One of these partnerships, with the local Lions Club District 4-C4, resulted from the group's critique of its volunteer assistance to first responders during the San Bruno pipeline explosion, and their proactive new "Disaster Preparedness and Response Program" based on partnerships, preparedness and training. As one of the partners responding to this program, the District contributed to the purchase of AEDs (Automatic Electric Defibrillators) which will now be brought to the locations of disaster



scenes where trained Lions volunteers, certified in CPR and the use of the AEDs, could be summoned to provide life-saving assistance with these devices.

The District also worked with the Burlingame Police Department to have AEDs installed at Borel and Abbott Middle Schools and the Bayside S.T.E.M. Academy in the San Mateo/ Foster City School District. According to Jon Froomin of the Department, it's part of a broader effort to assist in providing a safe environment for student learning, and to add to the overall safety on campus—where students, teachers, visitors and community groups benefit from having these life-saving devices close at hand.

The District is proud support this off-site delivery of vital medical technology, as well the efforts of groups like the Lions Club and the Burlingame Police to ensure a safer community for us all.

"Each agency actually becomes stronger and is now better trained and equipped to support and work effectively with each other during a disaster. Through combined partnerships and the objective of 'serving others,' all of our organizations are better prepared to assist citizens and potentially save lives."

Lion Jack Van Etten, Chairman of the Lions District 4-C4 Disaster Preparedness Program

Message from the Board of Directors

View to the Future

Developing a Health-Focused Campus

The new Mills-Peninsula Medical Center has just celebrated its first birthday. The old Peninsula District Hospital will be completely demolished this summer, making way for the “highest and best” use for the District land that now will be available for development. Community input is being sought to help assess the best plans for this important parcel.

COMMUNITY WORKSHOPS

July 11, 7–9 PM
July 14, 10 AM–Noon

Peninsula Health Care District
1600 Trousdale Blvd.
Burlingame

The Board’s vision for this site, comprised of five to nine acres adjacent and just west of the new hospital, is a health-focused campus. It would complement the MPHS/Sutter services and include, for example, senior living, assisted living and dementia care, acute and chronic skilled nursing facilities, and other health-related uses as determined by community needs and public input. Skilled nursing beds are sorely needed in this District with bed capacity to include the underserved and underinsured.

Planning for this development began in 2004. A Long Term Planning Committee was formed in 2008 representing a range of expertise, including development, construction, banking, healthcare policy and bond financing for the purpose of advising the Board in pursuit of its vision for a health-focused campus. Members of the committee are community leaders as well as experts in their respective occupations and were selected in part to reflect a broader perspective on community needs and approaches to those needs to the Board’s deliberations.

An acquisition strategy to purchase parcels contiguous to District-owned land has increased the campus from five to seven acres and with future purchases could lead to a nine-acre parcel for development. The Board engaged Hammel, Green and Abrahamson Architects (HGA) to flesh out a Master Plan to reflect the Board’s vision. HGA has provided drawings and models including potential uses, building heights, locations, and other options to present to the residents of the District.

With the above planning the Board is now in a position to seek public input into the project and ensure that the development meets the needs and aspirations of the residents of the District. To this end a series of Community Workshops will be held to solicit community input, the first two of which will be held on July 11, and July 14. We urge residents to attend these workshops and assist us in this important work.

Following the workshops and other community input, the development will be taken to the Burlingame Planning Department for its input and approval. Progress reports will be posted on the District’s website and Facebook page, and included in the newsletter.

(continued from page 1)

Emotional Health Is Also Critical

A Surgeon General’s report estimates that 6 to 9 million children have serious emotional issues and that 20 percent between the ages of 9 and 17 have mental health and behavioral problems. Through the Healthy Schools Initiative, school districts will be able to provide school counselors to middle and elementary school students, bringing support to students and their parents during these formative years.

The Healthy Schools Initiative puts the PHCD mission into practice by making sure “all residents of the District enjoy optimal health through education, prevention, and access to needed health care services.”

Peninsula Health Care District

peninsulahealthcaredistrict.org

Find us on Facebook

2012 DISTRICT BOARD MEETINGS

All meetings begin at 5:45 PM

JULY 26 OCTOBER 25
AUGUST 23 DECEMBER 6
SEPTEMBER 27

For meeting locations and additional information, visit peninsulahealthcaredistrict.org

Investing in Healthy Communities

Peninsula Health Care District Approves More Than \$6.2 Million in 2012 Grants and Community Support



Supporting programs and services that address the pressing health care needs of our community is one of the important ways the Peninsula Health Care District fulfills its mission. During the last 10 years, the District has invested nearly \$23.5 million to meet this objective—the vast

majority of it in the form of grants to health-focused organizations serving the uninsured and most vulnerable residents in the District—and this year, the District Board of Directors will approve more than \$6.2 million in funding to partner organizations.

During January, 19 grants totaling \$2.15 million were awarded to a diverse group of community organizations, ranging from the American Red Cross San Bruno Resource & Recovery Center to the StarVista Insights Program and Crisis Center to the Children’s Health Initiative,

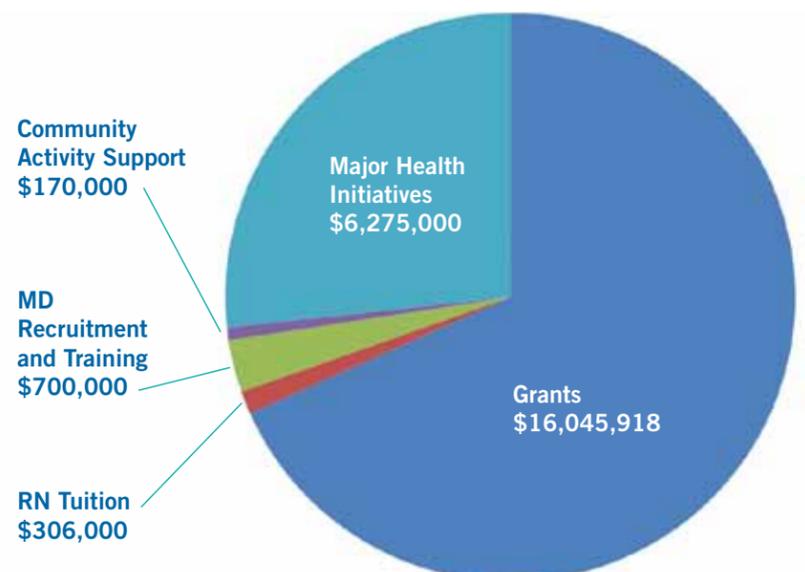
The Peninsula Health Care District 2012 grant recipients.



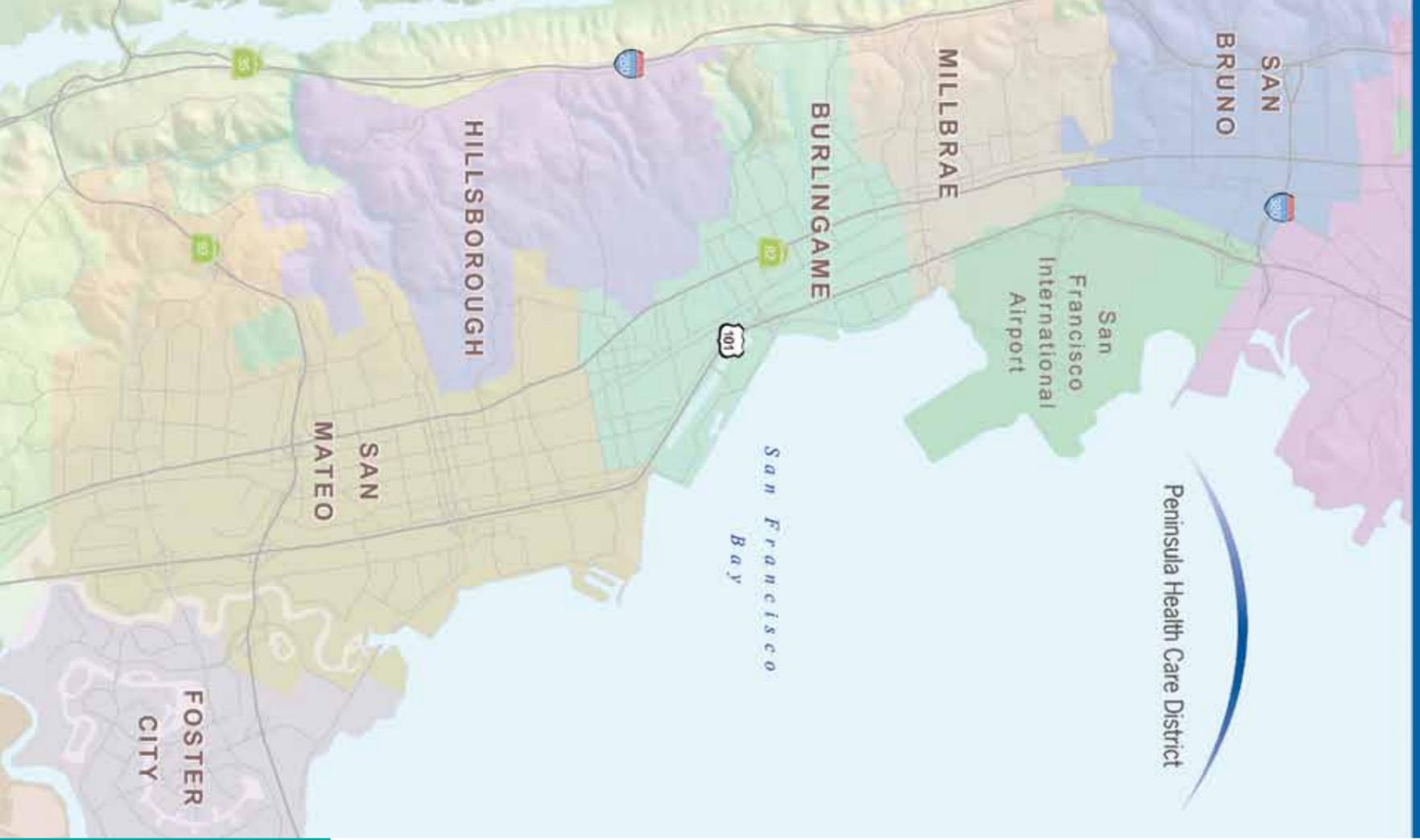
which will rely on this support to cover 100% of the cost of providing health insurance to all eligible children living within the District. In March, the Board approved \$2 million to support Lesley Senior Housing for affordable assisted living units, and \$500,00 for a four-year psychiatric resident at San Mateo Medical Center. Through support and collaboration with community partners, the District is able to help provide residents with high-quality and effective health education, prevention and care, and to keep San Mateo County at the forefront of delivering affordable, accessible health services to those in need.

Peninsula Health Care District Ten-Year Community Health Investment

Total Investment: \$23,498,918



The Peninsula Health Care District is proud to serve the residents of our Peninsula communities.



BOARD OF DIRECTORS

Daniel J. Ulyot, M.D.
Chairman

Rick Navarro, M.D.
Vice Chair

Helen C. Galligan, R.N.
Secretary

Lawrence W. Cappel, Ph.D
Treasurer

Donald E. Newman, M.D.
Past Chair

CHIEF EXECUTIVE OFFICER

Cheryl A. Fama, MPA, BSN

VISION

That all residents of the District enjoy optimal health through education, prevention, and access to needed health care services.

VALUES

Leadership, public education, personal responsibility, inclusion, stewardship and transparency.

MISSION

To ensure Peninsula Medical Center provides needed core services, to support programs that share our vision, and to do so in collaboration with other providers and qualified members of our community.

SAN BRUNO MILLBRAE BURLINGAME HILLSBOROUGH SAN MATEO FOSTER CITY



Peninsula Health Care District
ADVANCING HEALTH THROUGH LEADERSHIP
1600 Trousdale Drive, Suite 1210
Burlingame, CA 94010

Presorted Standard
U.S. Postage
PAID
San Mateo, CA
Permit No. 863