

**HAWAI'I
PACIFIC
HEALTH**

PALI MOMI
MEDICAL CENTER



CREATING A HEALTHIER HAWAI'I

COMMUNITY HEALTH IMPROVEMENT PLAN 2020-2022

Pali Momi Medical Center's Community Health Improvement Plan for 2020-2022

Pali Momi Medical Center (Pali Momi) is pleased to share its Community Health Improvement Plan (CHI Plan), also called an "Implementation Strategy," which follows the development of the 2019 Hawai'i Community Health Needs Assessment (CHNA). This Community Health Improvement Plan was approved by the Board of Directors for Pali Momi Medical Center on September 18, 2019.

Pali Momi is part of the Hawai'i Pacific Health (HPH) system, a not-for-profit network of hospitals, clinics, physicians and care providers dedicated to the mission of creating a healthier Hawai'i.

2019 Community Health Needs Assessment for the People and Islands of Hawai'i

Nineteen not-for-profit hospitals across the state of Hawai'i, including Pali Momi, jointly conducted a Community Health Needs Assessment. This collaboration was led by the Healthcare Association of Hawai'i. Pali Momi's 2019 CHNA may be viewed on HPH's website at:

HawaiiPacificHealth.org/About-Us/Community

When Hawai'i residents are asked to describe a healthy life, few think that the absence of illness and the extension of life years are the only aspects of health. Diet, exercise and doctors are essential – though insufficient – to improve health, but they alone are far from capable of providing the sense of meaning, security, loving relationships, sense of home, happiness, quality time and other aspects of health that people want and deserve.

The participants in the 2019 CHNA wrote a new "**community prescription for health**" in Hawai'i, one derived from people's own definitions of health and the factors that contribute to attaining and maintaining that health. These 12 factors make us healthy when we have them and unhealthy when we don't. To be healthy, we all need: security, justice, love, hope, time, food, place, community, healthy keiki, healthy kūpuna, care, and available healthcare. By seeing the full picture, we can begin to envision a strategy for community health that addresses the important gaps and takes advantage of our greatest opportunities in order to help our people live healthy, fulfilling lives.

Statewide and Island Community Health Priorities

Evaluating the health of Hawai'i's people and communities from the perspectives of these 12 factors, the 2019 CHNA identified three significant health issues, three corresponding health goals, and 11 priorities that apply statewide. **Almost all of these are focused on what one might call "upstream factors" or "social determinants" of health.**

Three major issues inhibit people's abilities to achieve a truly healthy life:

- 1) A lack of foundation for health that includes the basic things that every human being needs;
- 2) Loss of community, including the aspects of place, values, culture, and practices; and
- 3) A poor relationship to the healthcare system, which is seen as lacking in humanity, empathy, and availability.

Recommended goals and priorities related to these three major health issues are summarized in the following table.

STATEWIDE COMMUNITY HEALTH PRIORITIES From the 2019 Hawai'i Community Health Needs Assessment	Hawai'i	Maui	Moloka'i	Lāna'i	O'ahu	Kaua'i
GOAL 1 - FOUNDATIONS: Provide the basic foundations so that people can have more control over their own health						
1.1 Address financial insecurity. Create coordinated and systemic opportunities for communities and families to make good food and housing realistically accessible, develop workforce skills, create new economic opportunities, build financial assets, and reestablish active lifestyles.	●	●	●	●		
1.2 Work together for equality and justice. Work alongside affected populations to address inequitable treatment and opportunity.	●	●			●	●
1.3 Strengthen families. Create the conditions and opportunities for families to be healing forces for its own members, including addressing financial stress that will enable more healthy time together.		●	●		●	●
1.4 Prepare for emergencies. Mitigate future health impacts by engaging people, increasing understanding of the most vulnerable populations, building food systems, and strengthening relationships and community cohesion.			●			
1.5 Build good food systems. Establish access to nutritious food so that it is available to all.	●			●	●	●
GOAL 2 - COMMUNITY: Preserve, nurture, expand, and employ the healing properties of community						
2.1 Restore environment and sense of place. Better protect Hawai'i's natural resources, prepare adequately for climate change, develop good design and integration of the built environment, and reduce the negative environmental impacts of the visitor industry.		●			●	●
2.2 Nurture community identity and cohesiveness. Support community led efforts through shared activities and events, active organizing around shared purposes, and instilling community pride to foster greater trust and connectivity.	●	●	●	●	●	
2.3 Invest in teenagers and healthy starts. Invest in health and education at the earliest stages of life. Support school-based structures, community-based activities, and youth empowerment for pre-teens and teens.	●	●	●			●
2.4 Shift kūpuna care away from "sick care." Build a new paradigm of aging so that healthy aging is available to more. Combat the grave threats of boredom, loneliness, purposelessness, inactivity, and other social and emotional hardships of aging.		●	●	●		
GOAL 3 - HEALTHCARE: Improve the relationship between people and the healthcare system						
3.1 Strengthen trust in healthcare. Rebuild and strengthen trust through listening, empathy, compassion, and treating the whole person, while also paying attention to the use of language and cultural nuances.	●	●	●			
3.2 Provide accessible, proactive support for those with high needs. Identify, develop, and strengthen outreach, early intervention, free healthcare services, mental health, and oral health for those who are struggling with houselessness, mental illness, and addiction.	●	●	●	●	●	●

All statewide priorities are significant on all islands. Important island priorities marked with "●". Highest need areas on island in RED.

Pali Momi Medical Center's Community Health Priorities for 2020-2022

Pali Momi selected the following four priorities from the 11 identified in the 2019 CHNA to address in its 2020-2022 Community Health Improvement Plan.

Priority 1: Strengthen families.

People of Hawai'i value their families, but financial pressures and stress take their toll. We need to create the conditions and opportunities for families to be healing forces for their own members — preventing domestic violence and trauma before it happens, eating healthy together, spending adequate time with one another, being the primary role models for keiki and primary caregivers of those in need.

Priority 2: Build good food systems.

Hawai'i has the ingredients to ensure that nutritious food is available and consumed by all. Farming, subsistence expertise, grocery stores, farmers markets, cultural practices, culinary arts, prices, time, food waste — all of these factors must be thoughtfully organized to disrupt unhealthy aspects of our food consumption and establish access to good food, particularly for those whose health will benefit the most.

Priority 3: Invest in teenagers and healthy starts.

With almost all of the adults tied up with work, too many of Hawai'i's children are ill-equipped to lead healthy lives. Investment in health and education at the earliest stages of life needs to expand. But in addition, there is a large void of support for pre-teens and teens who are not getting enough physical activity, sleep, healthy food, positive relationships with adults, and positive social engagement with one another. Many spend more waking hours at school or with their peers than they do with their parents. Therefore, school-based structures, community-based activities, and youth empowerment are three critical targets for investment of time and resources.

Priority 4: Provide accessible, proactive support for those with high needs.

People with great needs, including those who are struggling with houselessness, mental illness, and addiction, as well as those who are physically distant from healthcare, require more proactive services, including outreach, early intervention, free healthcare services, mental healthcare, oral healthcare, and other preventative services.

Pali Momi Medical Center used the following criteria to select its priorities: alignment with Pali Momi's resources and expertise, opportunity to leverage planned and existing HPH community partnerships and initiatives, alignment with HPH systemwide community partnership priorities, and potential to make a measurable impact in collaboration with partners. The other significant health issues identified in the CHNA, as listed in the above table, will not be specifically addressed in this Community Health Improvement Plan because they did not meet these criteria.

Pali Momi Medical Center’s Community Health Improvement Plan for 2020 - 2022

Community Health Improvement Strategies	Planned Activities	Planned Partners	Pali Momi Resources
Address obesity among vulnerable children and youth	Deliver <i>Healthy Weight and Your Child</i> , a family-based life-style change program for high BMI youth at community locations across O’ahu	YMCA of Honolulu Wahiawa Center for Community Health Castle Medical Center Kapi’olani Medical Center Straub Medical Center	Operational funding Communications to physicians Referral support
Increase access to clinical services and improve health literacy for under-served families and individuals	Provide health and wellness programming at <i>Kahauiki Village</i> , a supportive rental housing community for formerly homeless families	Kahauiki Village Institute for Human Services Kapi’olani Medical Center Straub Medical Center	Expertise Staff time Supplies Clinical services Volunteers
Increase age-appropriate services that support healthy development and resilience among vulnerable children and youth	Support <i>RYSE</i> , a youth-specific shelter on O’ahu providing assistance to help homeless youth achieve housing and self-sufficiency	RYSE: Residential Youth Empowerment and Services	Financial donation Expertise
Support affordable financial services and other economic empowerment programs for low-income working families	Support development of <i>Financial Opportunity Centers</i> on O’ahu and Kaua’i	Hawaiian Community Assets Kamehameha Schools Kapi’olani Medical Center Straub Medical Center Wilcox Medical Center	Financial donation
Increase access to healthy foods for food insecure families	Support the statewide <i>Double Up Bucks SNAP Incentives</i> program Partner with <i>Aloha Harvest</i> to reclaim excess hospital cafeteria food Support the <i>Farm to Preschool</i> program at O’ahu preschools that serve low-income families	Hawai’i Good Food Alliance Hawai’i Food Basket Hawai’i Public Health Institute Aloha Harvest Bennett Foundation Seagull Schools Farm to School Hui	Financial and in-kind donations