



*You belong.*

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## MISSION, VISION & VALUES

### **Our Mission**

Elevating the health of our communities

### **Our Vision**

Delivering exceptional health care experiences

### **Our Values**

#### **Safety**

Embracing the shared responsibility of safety for all

#### **Engagement**

Empowering active participation and ownership of results

#### **Trust**

Fostering trust with competency, character and honesty

#### **Excellence**

Relentlessly pursuing innovative improvement

#### **Belonging**

Cultivating an environment of belonging with compassion, acceptance and respect

# A MESSAGE FROM THE CEO & BOARD CHAIR

Enloe has been caring for our communities for more than 110 years. Our founder, Newton Thomas Enloe, M.D., opened Enloe Hospital on Flume Street in downtown Chico in 1913. The facility featured 25 patient beds, three doctors and five nurses. Today, we encompass more than 60 locations and more than 4,000 employees – as Enloe Health.

Through this expansion, one thing remains the same: our commitment to delivering exceptional health care experiences.

Annually, we gather data that showcases the important work our caregivers perform both inside the walls of Enloe Health and in our communities. In this report, learn about the different communities we serve and how our region's needs have been identified and addressed.

This report details how we prioritize **access to care** by bringing providers to the North State to work not only in our facilities, but in other community organizations as well. You'll learn about how **preventive care** isn't always simple and how we're working to meet people where they are, both physically and mentally. We emphasize long-term solutions for **chronic diseases** with the construction of the new Enloe Health Gonzales Comprehensive Cancer Center, while continuing to strengthen our community outreach efforts. You'll also see how we focus on **mental health and substance use** by providing free local resources, including a 24/7 crisis hotline and substance use navigator, to help those in crisis.

We are honored to do this work. When our compassionate caregivers and our unique communities come together, it strengthens the entire North State region. Together, we make a difference that matters.

Sincerely,



Mike Wiltermood  
President & CEO  
Enloe Health

Sincerely,



Walt Schafer, Ph.D.  
Board Chair  
Enloe Health Board of Trustees

# ABOUT ENLOE HEALTH

A focus on excellence and compassionate care has guided Enloe throughout our storied history. Today, it continues to drive our strategies as Enloe Health, the refreshed name for our organization.

Enloe expands far beyond the Level II Trauma Center located on the Esplanade in Chico, California.

After 110 years, the organization is now composed of more than 60 locations — 49 that care for patients directly and 17 that support the life-changing work Enloe caregivers do every day. The organization offers more than 45 medical services, operates the only hospital-owned and -operated air ambulance in California, and employs more than 4,000 people.

Our new mission, elevating the health of our communities, embraces our transformation and builds on Enloe's achievements. Our high-quality care allows community members to stay close to home and receive excellent care. Service lines include:

- **Cardiology:** With years of recognition from Healthgrades for the treatment of Heart Attack and Heart Failure, our cardiology services continue to expand to meet the needs of the region. In Butte County, about 7% of residents live with a heart condition, making Enloe's designation as a STEMI Receiving Center particularly vital. This designation means Enloe Health caregivers can skillfully treat ST-Elevation Myocardial Infarctions — severe heart attacks. But patients can trust they will receive great care in and out of the hospital. Our Heart Program features a new Cardiac Catheterization Lab, multiple cardiology clinics, including the Enloe Health Structural Heart & Valve Center, a cardiac rehabilitation program and anticoagulation clinic.
- **Cancer:** Accredited by the Commission on Cancer, a quality program of the American College of Surgeons, the Enloe Health cancer care team is focused on well-rounded care using the latest techniques, including robotic-assisted surgery and clinical trials. We recognize the need for a multidisciplinary team approach, so the Enloe Health Regional Cancer Center team consists of hematologist oncologists, radiation oncologists, surgical oncologists, breast care practitioners, nurse navigators and others. Patients have access to a variety of supportive care during their cancer journey, including risk assessments, lymphedema therapy, education, support groups and more.
- **Community Health:** Health care needs change as we get older, and Enloe Health offers a variety of services to provide personalized, comprehensive care for individuals through all stages of their lives. Our Primary Care, Prompt Care, and Obstetrics & Gynecology teams are committed to providing compassionate person-centered care for the well-being of our communities.
- **Diagnostics, Imaging & Labs:** Diagnostic and preventive care services help providers understand the full picture of someone's health journey. Enloe has more than 13 locations that provide these services to help meet the unique needs of each patient whether someone needs a blood test, colonoscopy, CT scan, mammogram, EKG or additional testing.

- **In-Hospital Care:** Caregivers at Enloe Health Enloe Medical Center and the Enloe Health Rehabilitation Center address patients' unique needs. Whether patients need one-on-one diabetes education, 24/7 mental health support or occupational therapy to get them back to their daily lives, our caregivers are trained to provide quality care that cultivates an environment of belonging with compassion, acceptance and respect focused on the whole person.
- **Specialty Services:** With dozens of unique specialty services, Enloe Health offers specialized, state-of-the-art care close to home. With accreditations like Blue Distinction+ for Bariatric Surgery from the American Society for Metabolic and Bariatric Surgery (ASMBS), our services demonstrate expertise in delivering quality health care under rigorous, evidence-based criteria. Patients can seek care from our providers who specialize in digestive health, ear, nose and throat services, pulmonary rehabilitation, physical medicine and rehabilitation, joint replacement, urology services, wound care, and more.
- **Support Services:** Caring for our communities often goes beyond our own walls. The caregivers at Enloe Health Home Health, Enloe Health Hospice, and Enloe Health Home Medical Equipment are experts in providing care and resources for individuals in their home. Our programs are designed to meet the unique needs of each patient and offer 24-hour nurse consultations, free delivery, setup and instructions by trained technicians, and in-home therapy services.



# LEADERSHIP

## Enloe Health Senior Team

Enloe Health is led by a dynamic group of clinical and non-clinical caregivers with a combined 127 years of experience at Enloe. Each leader has more than 10 years of experience, with our most tenured working at Enloe for more than 25 years.

The Senior Team includes:

- **Mike Wiltermood**  
*President/Chief Executive Officer*
- **Kevin Woodward**  
*Vice President of Finance/Chief Financial Officer*
- **Donna Larson, RN, MSN**  
*Vice President of Patient Care Services/Chief Nursing Officer*
- **Jolene Francis, FAHP, CFRE**  
*Vice President of Philanthropy & Communications*
- **Shannon Smith**  
*Vice President of Human Resources/Chief Compliance Officer*
- **Julie Martin, RN, MSN, CPHQ**  
*Vice President of Ambulatory Operations*
- **Sean Maiorano, D.O.**  
*Chief Medical Officer*

## Enloe Health Board of Trustees

Enloe Health is one of the few California health systems that remains locally governed. Our Board of Trustees is made up of dedicated community members who volunteer their time and service to ensure that our local, nonprofit health system continues the legacy of health care established by its founder, Dr. N.T. Enloe, in 1913.

The Board includes:

- **Walt Schafer, Ph.D.** *(Chair)*
- **Rick Krepelka** *(Vice Chair)*
- **Gloria Godinez** *(Secretary)*
- **Denise Adams**
- **Farshad Azad**
- **Barbara Clifford**
- **Michael “Mike” Dunbaugh**
- **Sean M. Liston, M.D.** *(Chief of Staff Elect, Ex-Officio)*
- **James Moore, M.D.** *(Chief of Staff, Ex-Officio)*
- **Ken Petty, M.D.**
- **Mona I. Sarbu, M.D.** *(MEC Secretary, Ex-Officio)*
- **Judy Sitton** *(Ex-Officio)*
- **Monica Soderstrom**
- **Anastacia Snyder Lando**
- **Jim Stevens**
- **Mike Wiltermood, President/CEO** *(Ex-Officio)*

# PATIENTS AT A GLANCE

July 1, 2023, to June 30, 2024

## Hospitalizations – 83,253

|                              |       |
|------------------------------|-------|
| Childbirths                  | 2,023 |
| Rehabilitation Admissions    | 510   |
| Behavioral Health Admissions | 499   |

## Clinic Visits – 504,094

|  |        |
|--|--------|
| Cancer Care                                      | 71,945 |
| Physical, Occupational & Speech Therapy Services | 65,288 |
| Imaging & Radiology Services                     | 60,912 |
| Lab Draws  | 51,662 |
| Obstetrics & Gynecology Care                     | 43,037 |
| Cardiology Services                              | 32,609 |
| Primary Care                                     | 9,923  |

## Surgical Patients – 12,399

|                      |       |
|----------------------|-------|
| Outpatient Surgeries | 8,706 |
| Inpatient Surgeries  | 3,693 |
| Heart Surgeries      | 262   |

## Immediate or Emergency Care

|                             |        |
|-----------------------------|--------|
| Emergency Department Visits | 80,345 |
| Prompt Care Visits          | 47,809 |
| Ambulance Transports        | 24,229 |
| FlightCare Transports       | 822    |
| Trauma Activations          | 521    |



# FINANCIAL IMPACT

During the 2024 fiscal year, Enloe Health contributed the following:

## UNCOMPENSATED CARE

Costs to provide care for services in which no payment is received.

### Charity Care

The cost to provide care to patients who meet the hospital's financial assistance criteria and are unable to pay for their services.

**\$2.5 million**

### Other Uncompensated Care

The cost to provide care to patients who are unable to pay their medical bill, decline to apply for charity care or are unwilling to pay.

**\$6.6 million**

## SHORTFALL

Reimbursement from government-sponsored health plans often fall short of the actual cost to provide patient care.

### Government-Sponsored Health Care (net expense)

Unpaid cost of Medicare, Medicaid and other indigent care programs. These unpaid costs are referred to as the "shortfall."

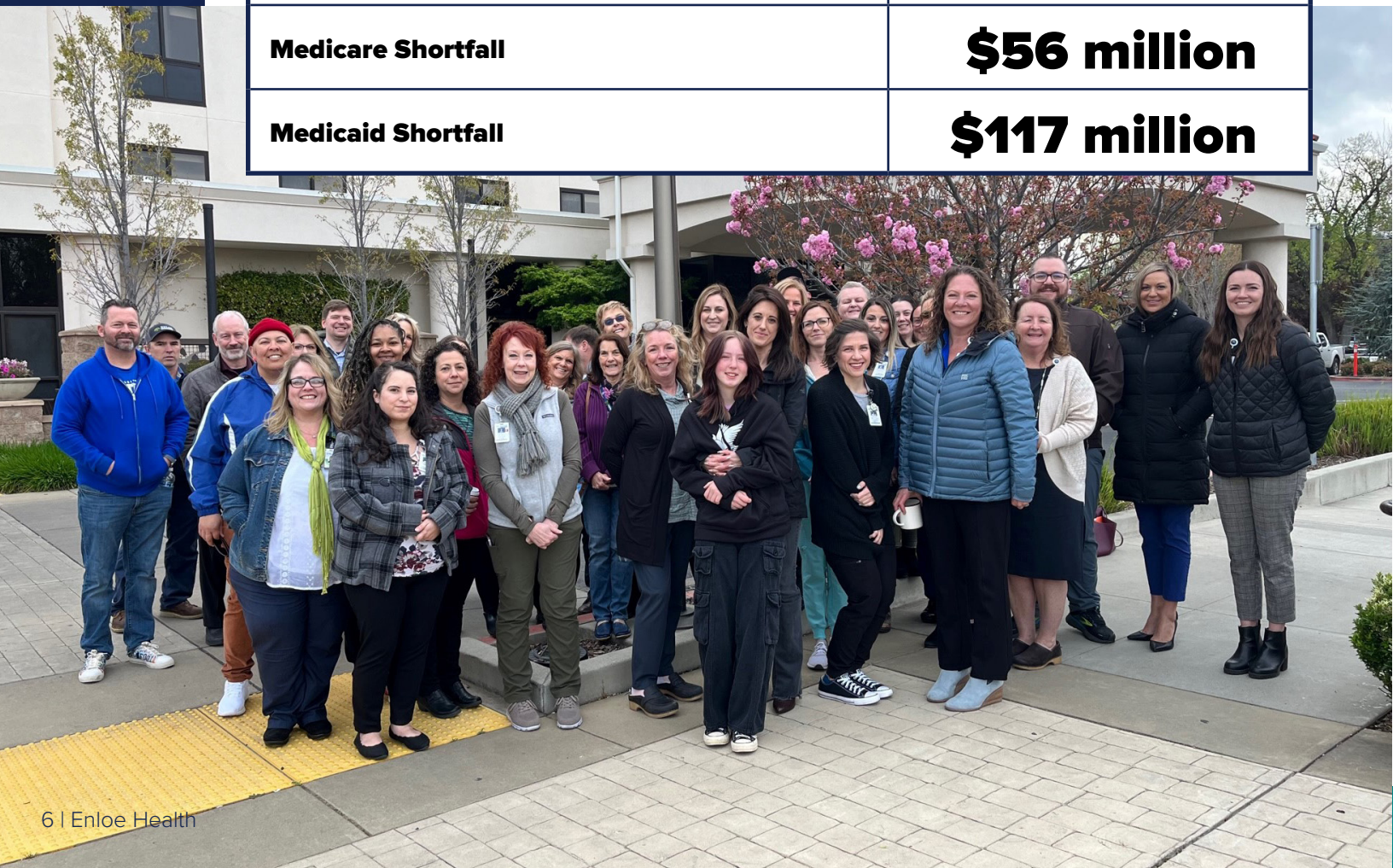
**\$173 million**

### Medicare Shortfall

**\$56 million**

### Medicaid Shortfall

**\$117 million**





# THE COMMUNITIES WE SERVE

Enloe Health serves many diverse communities within our region. We choose to pluralize the word community to emphasize the importance this word holds to each individual in their own life. We believe the intersectionality of these communities is key in the consideration of person-centered care, health education, access and more. These communities include:

## **Place-Based Communities**

People who are brought together by where they live, work, visit or just spend a lot of time, whether it's a neighborhood, town, or region. The 2022 census reports that Butte County's population was 207,303 — a 2% population decline compared to the previous year. California saw an overall 0.6% population increase.

## **Generational Communities**

People born and living around similar times have their own experiences that impact their values, beliefs and worldviews. In Butte County, youths ages 0-18 make up 25.2% of the population. Adults ages 19-64 account for 56.3% of the population, and adults ages 65 and older make up 18.5% of the population.

## **Identity/Affinity Communities**

People that share identities or characteristics and come together to learn from each other's unique perspectives, experiences, and preferences. Some of these communities include LGBTQIA2S+, veterans, people of color, women, people with disabilities and neurodivergent individuals.

## **Ethnic, Racial & Cultural Communities**

People brought together by their race, language, nationality or culture have common ties that are interwoven into their daily life. The largest portion of the population in Butte County identifies as White (84.3%). Hispanic/Latinos make up 19.1% of the population; 5.1% of the population identifies as multiracial, 5.5% as Asians, 2.7% as American Indian/Alaska Native, 2.1% as Black/African American, and 0.3% as Native Hawaiian/Pacific Islander.

## **Socioeconomic Communities**

Groups of people with similar levels of economic resources or opportunities often impacted by their income or education. Educational attainment is a key driver of health. In the county, 9.7% of adults ages 25 and older lack a high school diploma; 29.8% of area adults have a bachelor's or graduate/professional degree. Among Butte County residents, 16.6% are at or below 100% of the federal poverty level — 5% higher than California overall.

## **Interest Communities**

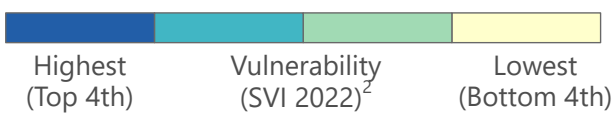
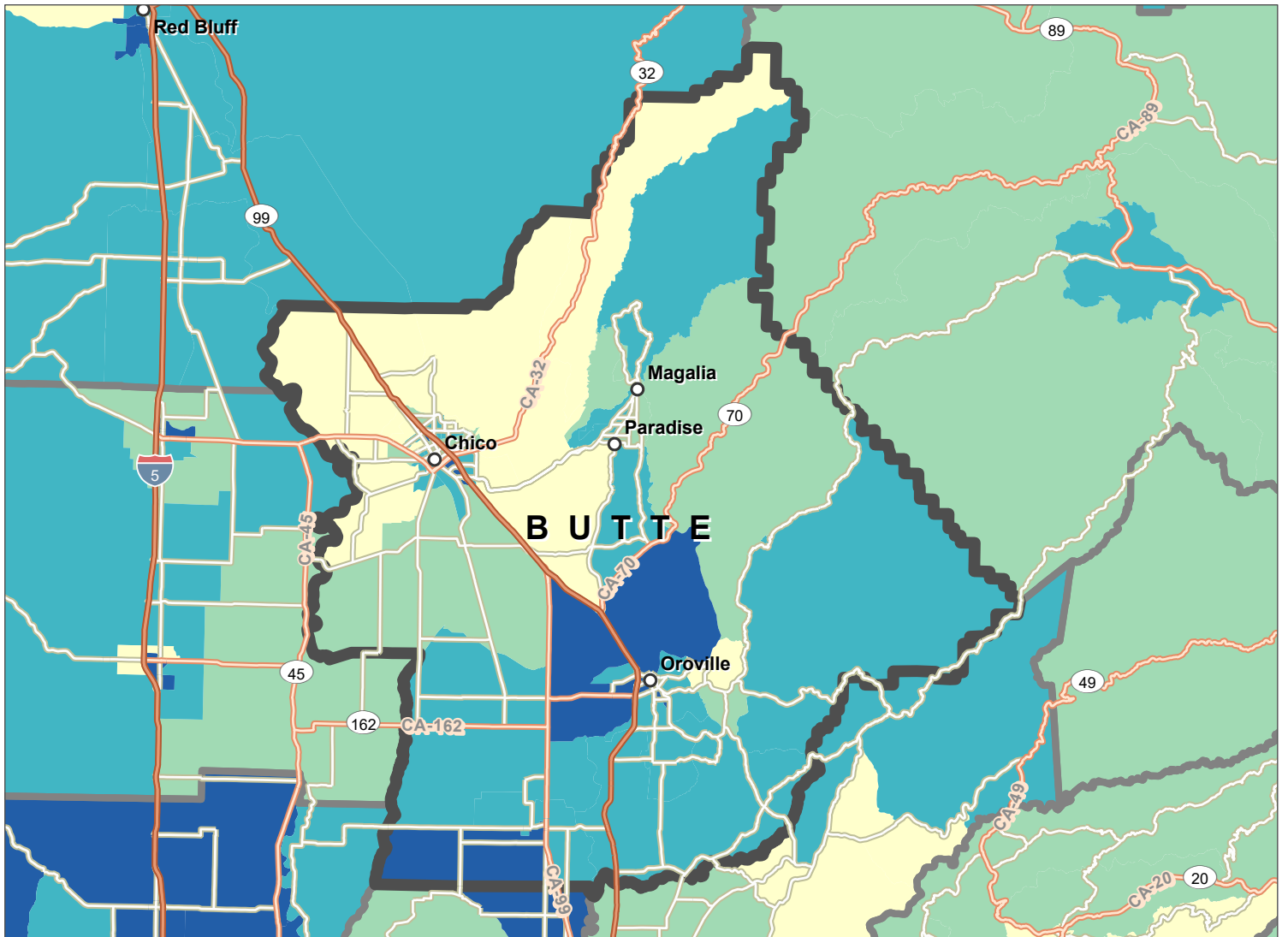
People sharing a common interest or passion. Butte County residents have a variety of interests, including cycling, volunteering, yoga, photography, the outdoors, faith, reading, the arts and much more.

# THE COMMUNITIES WE SERVE CONT.

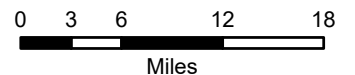
## Social Vulnerability Index

The Centers for Disease Control and Prevention and the Agency for Toxic Substances and Disease Registry created a place-based index to identify communities experiencing social vulnerability. Social vulnerability refers to a community's capacity to prepare for and respond to the stress of disasters and dangerous events. Our region has been impacted by many disasters in recent years, ranging from the COVID-19 pandemic to area wildfires.

The comprehensive assessment is based on factors, including economics, education, housing and ethnicity. Possible scores range from 0 (the lowest vulnerability) to 1 (the highest vulnerability). Butte County's score was last updated in 2022, when that score was 0.8225, indicating a high level of vulnerability. High levels of vulnerability are associated with poorer health outcomes.



□ Data Unavailable<sup>3</sup>



# COMMUNITY HEALTH NEEDS

## 2023-25 | Community Health Needs Assessment

Enloe Health conducted a Community Health Needs Assessment (CHNA), adopted in June 2022, to be utilized for fiscal years of 2023-25. The report compiled primary and secondary data with state and federal regulations guiding tax-exempt hospitals, assessing the significant health needs for the hospital's service area. California Senate Bill 697 and the Patient Protection and Affordable Care Act through IRS section 501(r)(3) regulations direct nonprofit hospitals, like Enloe Medical Center, to conduct a CHNA every three years and develop a three-year Implementation Strategy that responds to identified community needs.

The CHNA and Implementation Strategy help guide the organization's community health improvement programs and community benefit activities, as well as Enloe's collaborative efforts with organizations that share a mission to improve the health of our communities.

The CHNA incorporated demographic and health data collected from a variety of county and state sources to present community demographics, social determinants of health, as well as a broad range of health indicators. Initially, significant health needs were identified through a review of this secondary health data. Analysis of secondary data included an examination and reporting of health disparities for some health indicators. The full CHNA report and Implementation Strategy can be found at [www.enloe.org/CHNA](http://www.enloe.org/CHNA).

During this process, Enloe Health determined the following areas of focus:

- **Access to care**
- **Preventive care**
- **Chronic diseases**
- **Mental health & substance use**



# CASH & IN-KIND SUPPORT

Through cash and in-kind donations, Enloe Health can make a difference locally by supporting organizations that share our mission. Applications for funding are prioritized according to which requests meet the key needs of our communities and make the biggest impact.

Enloe provides funds to organizations with a restricted use stipulation that requires the funds to be utilized to provide community benefit. In fiscal year 2024, Enloe Health provided \$83,390 in cash and in-kind donations, impacting more than 72,344 people. Additionally, Enloe provided \$6,340 in community-building activities. These are activities in which Enloe engages to improve the health and safety of residents in our area.

## Community Benefit Support Fund

This fund provides support for organizations, activities and events that meet one or more identified community needs. Dollars provided by this fund are based on the reach of the project in regard to the identified needs and impacted community members. Support from this fund is issued in amounts up to \$1,000. In fiscal year 2024, Enloe Health provided \$12,400 in funding to 27 organizations, including:

- **Oroville Rescue Mission**
- **Community Housing Improvement Program (CHIP)**
- **United Way of Northern California**
- **Big Harvest Ag Fund**
- **Habitat for Humanity of Butte County**
- **Butte County Local Food Network**
- **Positive Educational Partnerships (PEP)**
- **Gateway Science Museum**
- **Girls on the Run – North State (GOTR)**
- **Chico Sunrise Rotary**
- **BLACC Back to School Bash**
- **Soroptimist International of Chico – Stop Human Trafficking 5k**
- **Stonewall Alliance of Chico - QT\*POC Direct Aid Fund**
- **Butte County Search & Rescue**
- **Disability Action Center (DAC)**
- **Butte County Fair**
- **Youth 4 Change**
- **Hispanic Resource Council of Northern California - Día del Campesino**
- **Sign Club**
- **Rebuild Paradise Foundation**

## Mini-Grant Partnerships

Our Mini-Grant Partnership fund provides support ranging from \$1,000 to \$10,000. This fund was created to provide a minimum of \$10,000 in financial support to each identified pillar (access to care, preventive care, chronic disease, and mental and substance use) over the three-year CHNA funding cycle, concentrating on organizations that are supporting more than one pillar of focus. Fiscal year 2024 is the second of three years in this funding cycle. The value of these partnerships goes beyond just the dollar amount funded. They also provide support to fill gaps within our community where funds may not be readily available for key community organizations. In fiscal year 2024, Enloe Health provided \$23,000 from this fund, partnering with these organizations:

- **Boys & Girls Club of Northern California**
- **Catalyst Domestic Violence Services**
- **Growing Healthy Children Walk/Run**
- **Safe Space Winter Shelter**

# ACCESS TO CARE

The National Academies of Sciences, Engineering, and Medicine define access to health care as the “timely use of personal health services to achieve the best possible health outcomes.” Individuals with increased barriers to access are known to face increased risk of poor health outcomes and health disparities. These are some of the programs and projects Enloe has in place to bolster access to care:

## Recruitment of Providers | 38 New Providers

Medical care is not possible without caregivers. Enloe Health works to recruit providers for our community, but not just for Enloe Health. Our Physician Recruiting team does an annual assessment of the region, surveying as many as six counties, to review the current needs. When these caregivers identify a deficit for a specialty, the team often steps in to help non-Enloe organizations recruit for their open positions.

In the North State, more primary care providers, pediatricians, diagnostic cardiologists, colorectal surgeons, general surgeons, interventional cardiologists, interventional radiologists, gastroenterologists, hematology/oncologist, physiatrists, vascular surgeons and urologists are needed.

Enloe’s Recruiting team helps other organizations in a variety of ways. The team may do everything from writing job descriptions, to posting other organizations’ open positions on our job board, to sourcing candidates, to interviewing and hosting prospective candidates, to extending offers and paying for relocation costs, to helping with sign-on bonuses or income guarantees.

In fiscal year 2024, our Physician Recruiting team filled 27 positions, providing support in a variety of specialties, including the following categories that were identified as specialty deficits in the area:

- **Interventional cardiology**
- **Obstetrics and gynecology**
- **Pediatrics**
- **Physiatrist**
- **Primary care/family medicine**

In addition to physicians, Enloe Health also utilizes the expertise of advanced practice providers (APPs), including nurse practitioners, physician assistants and certified nurse midwives. The Recruiting team filled 11 APP positions, providing support in a multitude of specialties, including the below categories that were identified as specialty deficits in the area:

- **Obstetrics and gynecology** • **Urology**



# ACCESS TO CARE CONT.

## Primary Care | 9,923 Visits

In the United States, most specialty care providers will not see a patient without that patient first seeing a primary care provider. This is because insurance companies typically require referrals for a service to be covered. This means individuals who don't have access to a primary care provider lack access to both recommended preventive care and care for existing health concerns. Butte County has a 1,660:1 ratio of population of primary care physicians\* as of 2016, meaning there is a severe deficit of access for residents.

In fiscal year 2024, Enloe Health Primary Care added another primary care doctor to help meet this need. Primary Care had 9,923 patient visits, issued 9,053 referrals for additional care and established care with 2,271 new patients.

## Family Medicine Residency Program

In partnership with Healthy Rural California, Enloe Health has started the process of offering a full-spectrum residency training program. Newly accredited by the Accreditation Council for Graduate Medical Education (ACGME), Enloe Health will be the primary site for family medicine residents. Having a local residency program is key in the recruitment of future physicians. Research shows that 54.2% of residents continue to practice in the state where they did their training. That number increases significantly for the state of California with 77.7% of providers staying\*\*. By providing local opportunities for education, Enloe will expand retention of new and future providers, benefiting community members significantly. The first four residents will be selected during Match Day on March 21, 2025.

## Internships & Preceptorships | 1,691 Students

Providing quality care requires a variety of health care professionals, including physicians, APPs, medical assistants, registered nurses, licensed vocational nurses, occupational therapists, lab technicians, registered dietitians, pharmacists and more. Enloe Health offers many different opportunities to support the education and learning of future and current health care professionals.

Internships and clinical student preceptorship programs were provided to a variety of students from Butte College, California State University, Chico, Feather River College, the Downieville Fire/EMT Program, and others. Enloe provided job shadowing and observation opportunities serving 1,691 students over the course of 80,721 hours.

## Continuing Education & Continuing Medical Education | 905 Attendees

Offering Continuing Education and Continuing Medical Education for health care professionals is also important, allowing caregivers to stay up to date with the newest techniques and research. It also ensures caregivers keep their licenses current. The Enloe Health Education Center and Enloe Health Mother & Baby Education Center provided learning opportunities for 905 people through a variety of classes, including:

- **Intermediate & Advanced Fetal Heart Monitoring**
- **Perinatal Orientation and Education Program**
- **Assisted Living & Hospice EduTalks**
- **Neurological EduTalks**
- **Pulmonary EduTalks**
- **EMS EduTalks**
- **Mother & Baby EduTalks**
- **Opioid EduTalks**
- **CNA Series**

\*<https://www.countyhealthrankings.org/health-data/compare-counties?compareCounties=06007&year=2019>

\*\* <https://www.aamc.org/data-reports/students-residents/data/table-c6-physician-retention-state-residency-training-state>

## Recuperative Care | 76 Patients Supported

Enloe Health Recuperative Care was designed to support unhoused individuals who were hospitalized and became too well to qualify for continued hospitalization but were not well enough to safely return to their previous living situation. Through this program, Enloe Health Home Health nurses and physical therapists see patients at the Sabbath House, the Renewal Center, and the Pallet Shelter. This program is in partnership with the Jesus Center, Ampla Health, and Butte County Employment and Social Services (Housing and Homeless Division). Since the program launched, Enloe has helped 94 patients over the course of 2,011 days, including 76 individuals in fiscal year 2024.

This program has made a significant difference in the lives of individuals who participated in it. Here is what some of them had to say:

*“You guys pushed me to want better for myself. I didn’t want to waste my life away drinking.”*

**– K.K., who had experienced homelessness for five years until he entered the Sabbath House; later, he became qualified for transitional housing**

*“Coming to the Recuperative Care program gave me a safe place to heal properly and recover from surgery, as well as get back on my feet. I am so thankful for all the help from the Recuperative Care and Shelter staff. They helped me every step of the way.”*

**– R.B., who lived in his van for three years; after completing the program, he was able to move into his own permanent home**

*“You guys helped me recover and get back on my feet in one of the hardest times of my life. I’m so thankful to all the staff and the Recuperative Care program. I don’t know what I would have done without it.”*

**– J.L., who lost his apartment and dropped out of school after an unexpended illness landed him in the hospital for months; after completing the program, he transitioned into a local shelter and now lives with family and plans to complete his schooling**

## Blood Drives | 149 Pints of Blood

According to Vitalant, someone in the U.S. needs blood every 2 seconds. Between hospitals, surgical centers and emergency treatment facilities, there is a daily need for 30,000 units of red blood cells, 6,000 units of platelets, and 6,000 units of plasma. Enloe Health hosted six blood drives in partnership with Vitalant to help provide these necessary resources in the North State and beyond. With 174 registered donors, Enloe was able to collect 149 pints of blood, which are expected to serve 447 individuals.



# PREVENTIVE CARE

Primary and secondary preventive care are both vital. Primary prevention aims to prevent the onset of a disease or injury. Secondary prevention aims to detect and treat a disease as early as possible. Healthy lifestyle choices, vaccines, preventive screenings, and more can help individuals live healthier lives and reduce their risk of diseases. These are some of the programs and projects Enloe offers to support preventive care:

## **Breast Cancer Prevention & Screening | 2,722 Preventive Screenings**

With Butte County's increased rates of breast cancer, Enloe teams came together to provide more opportunities for education around preventive care. In fiscal year 2024, Enloe Health Breast Imaging performed 3,993 mammograms, with 2,722 of them exclusively for preventive screening. Of these mammograms, 93 referrals were sent to Enloe Health Comprehensive Breast Care or Enloe Health Advanced Imaging for additional services.

Enloe Health focuses on prevention all year long, educating area residents about the importance of getting their mammograms. During fiscal year 2024, we placed a special focus on screening guidelines. This included reminding people that they can start mammograms as early as age 40 and don't need a referral from their primary care provider to do so.

Other prevention-based projects include Enloe's "Mammograms in March" campaign, which encouraged community members to check mammograms off their to-do list; a Healthier You Workshop that explored ways to reduce the risk of breast cancer; and a Breast Cancer Resource Fair that offered information for patients facing breast cancer, survivors and individuals who wanted to learn about prevention. Additionally, our breast cancer teams came together for Butte College's Think Pink football game and Cal Skate's Pink the Rink. A portion of the proceeds of ticket and T-shirt sales from these events benefited Enloe's Comprehensive Cancer Center Campaign.

## **Enloe Health in the Community | More Than 600 Attendees**

Enloe Health in the Community is about helping people live healthier lives and meeting people where they are, understanding that barriers such as lack of transportation make it difficult for communities with limited resources to come to Enloe. By providing opportunities like these, we are supporting individuals' ability to prioritize their personal health.

In fiscal year 2024, Enloe partnered with several organizations to offer screenings to vulnerable populations, including:

- **At-risk families with young children at BLACC's Back-To-School event**
- **Residents of the Community Housing Improvement Program (CHIP)**
- **Older adults at the Glenn County Health & Human Services Agency's Senior Expo**

By attending these events, Enloe caregivers were able to connect with more than 600 individuals.



Each event is unique, but nurses from our Community Health team always provide screenings based on the United States Preventive Task Force A & B recommendations. While individual screenings come with the added hurdle of time constraints, it allows Enloe caregivers to provide tangible next steps for individuals who attend these events following one-on-one nurse consultations. Enloe has been able to provide screenings for about 50 people through the initial launch of this program.

In addition to screenings, caregivers provide education at these events on a variety of topics, including:

- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Breast care**
- **Advanced care planning**
- **Strokes and blood pressure**
- **Trauma prevention**
- **Specialty care**
- **Nicotine cessation**

### **Growing Healthy Children Walk/Run | 763 Registrants**

Preventive care activities make the biggest impact when they are continued over a long period of time. By supporting healthy habits for the North State's youth, Enloe is helping to build a lifelong framework that will support an easier path to a healthier adulthood. The Growing Healthy Children Walk/Run (GHC) is a free event that is focused on providing equitable access and resources to families to help them raise healthier children.



A coalition of volunteers from local organizations has hosted this English-Spanish bilingual event for 18 years. Enloe Health was the coalition chair for two years and a part of the committee for more than 10 years. GHC took on a new slogan in recent years to emphasize the goal of encouraging families to Stay Active & Eat the Rainbow. In fiscal year 2024, the event had 763 registrants, made up of 365 individuals ages 19 or older and 398 people ages 0 to 18.

At GHC, families are invited to participate in a 1-mile or 5K walk, or run in Bidwell Park, Chico. Annually, this event is hosted in May to lessen the “summer slump,” a regression that occurs in unengaged youth during summer break, which impacts their academic and mental health skills.

One goal of this event is to remind families that places like our local parks are free and great resources to stay active and engaged together. Additionally, at the end of the walk/run families are invited to a health fair featuring local resources. The health fair features several prizes, including three new bicycles. Families are also invited to watch different performances, including baile folklórico and Hmong cultural dancing, and they can take part in food tastings to help expand their comfort zone around fruits and vegetables.

# PREVENTIVE CARE CONT.

## Vaccines | 1,204

Enloe Health caregivers administered free flu vaccines provided by Butte County Public Health to 989 individuals. The majority of these were given out at Enloe's annual community vaccination clinic in October. Vaccines were distributed to a variety of age groups, including:

| Ages 3-6 | Ages 7-18 | Ages 19-49 | Ages 50-59 | Ages 60-64 | Ages 65+ |
|----------|-----------|------------|------------|------------|----------|
| 27       | 118       | 267        | 145        | 102        | 330      |

During the 2023 flu vaccination clinic, we hosted our first Fit & Flu event, allowing qualifying attendees to receive free colon cancer screening using fecal immunochemical (FIT) tests. Utilizing recommendations from the American Cancer Society, Enloe caregivers distributed FIT tests to 29 individuals. Of the FIT tests provided, 51.7% were returned for assessment. Seven of those tests resulted in positive screenings, prompting a recommendation for continued screening by way of a colonoscopy. Three community members proceeded with having the procedure.

The Community Health team administered 174 Tdap and 41 HPV vaccines across Butte County in Chico, Paradise, Magalia, Oroville, and Gridley to help local youth stay up to date with vaccines.

Additionally, to help support accessible knowledge around available vaccines, Enloe has a COVID-19 and flu recorded information line designated to provide updated information on vaccines and pertinent information. In all, 54 individuals utilized this phone line to access information in fiscal year 2024.

## Healthier You Lecture Series | 58 Students

In partnership with California State University, Chico's, Osher Lifelong Learning Institute (OLLI), Enloe caregivers hosted educational talks for community members ages 55 and up. The lecture series was offered virtually to give students and educators flexibility. In all, 58 individuals signed up to attend four 1-hour lectures on a variety of health topics, including:

- **Medication Reconciliation by Donald Beckwith, Outpatient Pharmacy Manager**
- **Nutrition Around the Holidays by Buck August, Registered Dietitian & Diabetes Educator**
- **Social Connection: The Nectar of Life by Amanda Wilkinson, Case Management Manager**
- **Benefits of Pelvic Floor Physical Therapy by Jenni Eller, Physical Therapist**

## Online Education & Resources | 75,535 Impressions

Knowing that community members are turning to online platforms to gather information, Enloe Health strives to reach people online.

Using our social media channels, podcasts and email newsletter, we connect with our communities and provide valuable insight on the prevention of illnesses and living healthier lives. In fiscal year 2024, 66,467 users engaged with Enloe's Facebook page that features wellness tips, 7,023 people engaged with our podcast that features patients and Enloe caregivers talking about important health topics and simple ways to live a healthier lifestyle, and thousands read the community events email newsletter that goes to 5,541 subscribers and highlights valuable events, support groups, and classes.

Here are some of the topics explored on these platforms in fiscal year 2024:

- **Acid reflux and GERD**
- **Heart health**
- **Carotid artery disease**
- **Lymphedema**
- **Flu, RSV and COVID-19**
- **Hypertension in pregnancy**
- **Maternal mental health**
- **Nutrition**
- **Snakebites and ticks**
- **Heat exhaustion**
- **Joint replacement**
- **Breast cancer and mammograms**
- **Reaching health goals**
- **Bariatric surgery**
- **Organ donation**
- **Polycystic ovary syndrome (PCOS)**



# CHRONIC DISEASES

When a health condition lasts beyond a year and requires ongoing care or limits someone's daily activities, it is identified as a chronic disease. Many of these illnesses have complex risk factors and can decrease the quality of life for those living with the conditions. In Enloe's 2022 CHNA, 81.8% of local stakeholders interviewed believed chronic disease had a significant and severe impact on the health of our communities, highlighting the importance of providing support. These are some of the programs and projects Enloe has in place to reduce the impact of chronic disease in the North State:

## CANCER

Our region experiences higher rates of lung, female breast, colorectal, and prostate cancers than other parts of the state and the nation. Tragically, due to gaps in diagnostic services targeting early detection, many cancers are diagnosed at a later stage, increasing mortality rates among residents. Enloe Health is working to reduce this disparity.

### Enloe Health Gonzales Comprehensive Cancer Center

The Enloe Health Gonzales Comprehensive Cancer Center broke ground May 10, 2024. The roughly 100,000-square-foot state-of-the-art facility anticipates opening in early 2026, allowing more people with cancer to receive care locally. The new center will include expanded diagnostics, advanced treatment options, new equipment and more.

Patients will benefit from better access to:

- **Linear accelerators**
- **Infusion chairs**
- **A specialty pharmacy**
- **Lab services**
- **Examination and treatment rooms**
- **Physician and family meeting rooms**
- **Supportive services and therapies**
- **Patient navigation services**
- **Education and wellness activities**
- **More expansive clinical trials**
- **Relaxing respite areas**
- **And more**

### Relay For Life

While facing a cancer diagnosis can cause stress and hardships, it can also help bring people together and generate a sense of camaraderie. Relay For Life brings together cancer survivors, current patients and loved ones, allowing these community members to connect and empowering them to keep moving forward. Enloe Health is a proud sponsor of Relay For Life of North State and continues to attend the event with a team of caregivers.

### Education & Support

Accredited by the Commission on Cancer, the Enloe Health Regional Cancer Center is driven to provide a healing environment that provides hope at each step of a patient's journey. The Enloe Health Comfort Center & Library is a place to relax, unwind and find relief in connection or education. With an abundance of resources available, both patients and the public are invited to access materials that cover cancer treatment, recovery, general health and wellness, coping, complementary therapy, nutrition, and more. Additionally, patients have access to resources such as:

- **Support groups**
- **Creating healing arts**
- **A wig boutique**
- **Acupuncture**
- **Survivorship services**
- **Genetic testing**
- **Social workers**
- **Nutritional counseling**
- **Financial navigation**
- **Spiritual support**
- **Symptom management**
- **And more**

## **CHRONIC LOWER RESPIRATORY DISEASES**

This group of serious conditions affects the lungs and airways and is the fourth-leading cause of death in the United States. In our region, Chronic Lower Respiratory Diseases (CLRD) are impacting the health of community members at rates significantly higher than the state with the age-adjusted death rate for respiratory disease in Butte County at 44.6 per 100,000 persons, compared to 29.7 per 100,000 in the state of California. CLRD includes chronic obstructive pulmonary disease (COPD), asthma, emphysema and chronic bronchitis.

### **COPD Class**

Offered quarterly, Enloe Health's COPD Class is hosted by a lead respiratory therapist from our Pulmonary Function Lab. This class is designed to educate those who suffer from the disease and their loved ones on how to recognize the condition, manage medications, identify triggers that cause flare-ups, and more. Twenty-one people signed up for the online class, receiving links to local resources and a "My COPD Action Plan" that allows attendees to create a plan specific to their health journey.

### **GOLD Standard Testing at the Pulmonary Function Lab**

Enloe Health follows recommendations from organizations like The Global Initiative for Chronic Obstructive Lung Disease, who offer GOLD national and international COPD guidelines. This recommendation includes spirometry testing at least once a year to consistently track a patient's disease and make sure existing support measures are working. In addition to educating existing patients, caregivers provide resources to local primary care providers to keep them up to date.

### **Pulmonary Rehabilitation**

With the goal to help people better understand their respiratory condition and improve their quality of life, Enloe Health offers a medically supervised exercise and education program for people with lung disease. This eight-week program meets two to three times a week with exercise sessions tailored to each participant's abilities, needs and limitations. Respiratory therapists and exercise physiologists supervise participants at the recommendation of the program's physician director. While monitoring each participant's oxygen level and heart rate, caregivers focus on endurance, strength and flexibility.

Pulmonary Rehabilitation is designed for people with:

- **COPD**
- **Chronic bronchitis**
- **Emphysema**
- **Asthma**
- **Bronchiectasis**
- **Pulmonary fibrosis**
- **And those who have had lung surgery**

## **DIABETES**

Fewer adults in Butte County have been diagnosed with diabetes than the state average, 7.6% compared to 10.4%. However, in Butte County, the rate of uncontrolled diabetes is almost twice the state average, 60.9 per 100,000 persons compared to 30.9. Additionally, rates of gestational diabetes are significantly higher than the national average based on internal birth data. This means that once individuals are diagnosed with the disease, they are struggling to implement the lifestyle changes or medication they need to manage the disease.

# CHRONIC DISEASES CONT.

## Education

In fiscal year 2024, Enloe Health saw 25,691 patients for diabetes. Each patient's journey is unique. That's why the Enloe Health Diabetes Education program is created with Type 1, Type 2 and gestational diabetes in mind. Accredited by the American Association of Diabetes Educators, Enloe educators include registered nurses, dietitians and social workers.

## Pre-Diabetes Classes

Individuals have pre-diabetes when their blood sugar levels are higher than normal, but not high enough to reach Type 2 diabetes status. Specifically, people with pre-diabetes have an A1C test range of 5.7-6.4%.

Most people who have pre-diabetes don't know they have it unless their primary care provider does regular testing. This is because the disease rarely causes symptoms.

Enloe Health's Pre-Diabetes Class is designed to provide resources and education for all community members, whether they've been diagnosed with diabetes, pre-diabetes or just want resources to live a healthier life. About 50% of those who sign up for Enloe's quarterly class attend. Our caregivers send valuable resources to all registrants via email to make sure those who don't attend can access tools and resources for healthy eating and physical activity. In fiscal year 2024, Enloe provided resources to 112 registrants and hosted 65 people in these classes.

## Sweet Success

For individuals with gestational diabetes, Enloe's diabetes educators offer one-on-one appointments through the Sweet Success program. Offered in person and through telehealth, patients meet with an Enloe dietitian, or they can request additional support from a social worker or registered nurse.

Initial appointments are normally an hour and follow-up appointments last 30 minutes. Most participants access this resource three times during their pregnancy, but additional visits are available as needed. This resource is vital in the North State because, while data\* shows local rates of gestational diabetes are 4.80%, lower in Butte County than the state average, our internal birth data shows 19.6% of deliveries at Enloe Medical Center include a diagnosis code for diabetes, 17.6% being gestational diabetes, showcasing a severe discrepancy in local data around gestational diabetes.

## HEART DISEASE

Butte County's hospitalization rates for heart disease are significantly higher than the state average, even though local area rates of diagnosis are only 2% higher than the state average (8.8% compared to 6.8%) with congestive heart failure hospitalization at 447.3 per 100,000 persons compared to 362.1 at the state level. Additionally, hypertension hospitalization rates in Butte County are more than double at 107.1 per 100,000 persons compared to the state average of 43.6.

\*<https://ca-buttecounty.civicplus.com/DocumentCenter/View/11870/Butte-County-CHA-Indicators-of-Health-Data-PDF>

## Cardiac Rehabilitation

Designed to help people overcome heart disease, Enloe Health Cardiac Rehabilitation provides education and a way to exercise for patients experiencing significant heart issues. Led by a team of cardiologists, cardiovascular nurses, exercise physiologists and registered dietitians, this program is designed to condition the body to take pressure off the heart. Combined with Enloe Health Pulmonary Rehabilitation, Enloe completed 7,140 cardiopulmonary rehabilitation appointments in fiscal year 2024.

## Healthy Heart Exercise

Heart care is a lifelong process. After Enloe Health Cardiac Rehabilitation patients shared their disappointment at having to leave the program after it provided them with a great framework for a healthier lifestyle, Enloe's heart team began exploring how to meet similar needs for community members — before they go through a significant cardiac event or once they no longer qualify for cardiac rehabilitation services.

The result was Enloe Health's Healthy Heart Exercise program. It allows community members to exercise in a supervised environment twice a week for a fee of \$49 a month. Each session lasts 1.5 hours. The program is designed specifically to provide benefits like:

- Reducing blood pressure
- Reducing arterial inflammation
- Reducing triglyceride levels
- Increasing good cholesterol
- Improving blood sugar control



# MENTAL HEALTH & SUBSTANCE USE

During the 2022 CHNA, local stakeholders were asked to rank a list of identified health needs. Once the data was averaged, the highest possible score would be a 4. Mental health was the only topic to receive this score. Substance use was also prioritized with a ranking of 3.70. Additionally, CHNA data shows that in Butte County, 28.6% of adults needed help for emotional, mental health, alcohol or drug-related issues in the past year. 45.7% of those who sought or needed help did not receive treatment. These are some of the programs and projects Enloe has in place to support mental health and substance use in our area:

## **Substance Use Navigator (SUN) Program**

Anyone can walk into the Enloe Health Emergency Department and request resources and support around substance use for free. Our SUN program provided support and care for 737 individuals who face substance use disorder in fiscal year 2024, averaging 74 patients a month.

When the program launched in July 2019, Butte County's opioid-related deaths were more than double the state average and nonfatal overdoses were the highest in the state, according to the California Department of Public Health. Data from the first five years of the program reveals a 25.5% reduction in hospital visits after SUN program intervention. This means patients experiencing SUD, having not yet entering the program, were requiring 1.69 visits, while six months later the same patient was needing significantly less care at only 1.26 visits.

The program provides wraparound support to patients and their loved ones by connecting them with a primary care provider, counseling and support services, and even sending encouraging text messages to check in on patients.

## **Naloxone Distribution & Training**

Naloxone can reverse symptoms of an opioid overdose and save lives. Since August 2021, Enloe Health has been distributing free naloxone kits to community members. These efforts have likely saved the lives of at least nine people. Additionally, Enloe Health has begun training our Security team on administering naloxone, and these caregivers now carry the lifesaving medication with them while they're on duty.

## **Mothers Stroll**

Statistics show that 1 in 5 people who recently gave birth in California report symptoms of perinatal or postpartum anxiety and depression. Mothers Stroll is an English-Spanish bilingual event hosted by Enloe Health that allows parents to access resources to support themselves and their children. In total, 211 people visited DeGarmo Park in 2023 for the event. Families were invited for a stroll around the park then brought together to learn from different booths and engage in activities like a book reading and face painting.

Resources were provided by a variety of local organizations, including:

- **Butte County WIC**
- **Cal Fresh Healthy Living**
- **Enloe Health Breast Care**
- **Enloe Health Mother & Baby Education Center**
- **Enloe Health Obstetrics & Gynecology**
- **First 5**
- **La Leche League of Chico**
- **Northern Valley Indian Health**
- **Valley Oak Children's Services**
- **Women's Health Specialists**
- **Women's Resource Clinic**



### **Chico Community Prevention Coalition**

Hosted by Healthy Rural California, Chico Community Prevention Coalition is an alliance of organizations that come together to prevent and reduce youth substance use. Enloe Health is the local sector representative for health care professionals. Together, the group engages with youth and families to promote protective factors, minimize the impact of risk factors, and increase community education and collaboration. Initiatives during fiscal year 2024 included:

- **Naloxone distribution**
- **Health fairs**
- **Education at local community events**
- **Local data analysis**
- **Increasing local organization participation**
- **Learning opportunities for coalition members**

### **Local 24/7 Crisis Hotline**

While national mental health crisis resources are available in the North State, like the 988 Suicide and Crisis Lifeline, Enloe knows there is a significant local need and wants to provide an additional resource.

Enloe Health continues to offer a local 24-hour mental health crisis hotline staffed by a dedicated psychiatric nurse. This allows individuals to access local and national resources that best fit their circumstances. Help is available right away for people experiencing:

- **Suicidal behavior and/or threats**
- **Sleep or eating disturbances**
- **Severe mood swings**
- **Hearing voices**
- **PTSD**
- **Severe anxiety, agitation or depression**
- **Feelings of hopelessness**
- **Impulsive or assaultive behavior**
- **Medication noncompliance**
- **Excessive and uncontrolled anger**
- **Mania**
- **Psychosis**
- **Mental illness**
- **Mental illness with substance abuse**

### **Sober Grad Nights**

In fiscal year 2024, Enloe Health donated \$2,100 to seven area high schools to support their sober grad nights. According to the California Highway Patrol, the number of young drivers involved in alcohol-related collisions during graduation months has significantly decreased since the inception of Sober Grad Night in 1985. By supporting fun and safe alternatives for our youth, Enloe is supporting a healthier community.

In fiscal year 2024, Enloe partnered with Chico High School, Pleasant Valley High School, Durham High School, Inspire School of Arts & Sciences, Orland High School, Hamilton City High School, and Oroville High School.







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