



Stanford
Children's Health

Lucile Packard
Children's Hospital
Stanford

Community Benefit Report

for Fiscal Year 2021 and
2022 Implementation Strategy





Words From Our President and CEO



“We collaborate with local leaders and area nonprofits to provide educational outreach and creative engagement to improve pediatric health inequities.”

I am incredibly proud that Stanford Children’s Health goes well beyond the walls of our hospital and clinics and extends our care into the communities that we serve. We know that health is much more than physical and that it includes having a stable home, healthy food, a livable wage, and equal opportunities to empower children and families to reach their full potential.

These social determinants of health are what drive our Community Benefit work.

In 2021, Stanford Children’s Health invested more than \$216 million in services and activities to improve the health of our neighbors through charity care, health education, community health improvement, safety programs, and advocacy for positive social change. On top of this investment, we provided another \$2 million to fuel grant requests from 16 area nonprofits who were selected for their efforts to close identified gaps in health care and mental health care for children, expectant women, and their families.

As you are well aware, the ongoing pandemic has permeated all aspects of our collective health and well-being. We have made special efforts to answer the call for easy access to COVID-19 tests and vaccines. One creative solution, which you will read about in upcoming pages, was to expand the purpose of our Teen Van to bring these resources directly to people where they work, live, and play. While the pandemic

has taxed everyone in its own way, we know that it has affected certain populations more than others. This knowledge has elevated our awareness and efforts around health equity and racial justice. For example, what we originally planned as temporary actions to address food insecurity at the start of the pandemic have now become permanent programs that deliver food to families while they stay at our hospital and afterward when they return home.

I applaud the efforts of our clinicians and staff, as we seek to improve conditions within our community by answering the call to make change happen. I’d like to thank our trusted community partners. Together, we are positively improving access to health care services, obesity and nutrition resources, maternal and newborn health services, and mental health care for our youth. I hope you enjoy reading about these extraordinary collaborative efforts in this report.

Sincerely,

A handwritten signature in black ink that reads "Paul A. King". The signature is fluid and cursive, with a period at the end.

Paul A. King
President and CEO
Stanford Children’s Health

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About Community Benefit

For 30 years, Lucile Packard Children’s Hospital Stanford has been committed to improving the health of our community. As our organization grows, we expand and deepen our Community Benefit programs and services.

As part of that original commitment, we provide direct health care services to some of our community’s most vulnerable members, and we partner with government and local community-based organizations to fund programs that improve the health of our community. We find strength in numbers, which better equips us to meet the diverse needs of the communities we serve. Our annual Community Benefit Report describes this work over the previous fiscal year; it also describes our strategies to achieve improved community health over the coming year.

We are driven to provide exceptional Community Benefit to all the communities we touch, whether in our primary hospital service area or in our growing network service area. Creating healthy communities and helping children and families thrive is paramount to our organization’s vision and mission.

Community Benefit is part of our larger community engagement efforts that strive to create powerful partnerships in the communities we serve. We join forces with countless organizations to increase our reach and provide care beyond our doors. As part of the Community Benefit program, we partner with human service and nonprofit agencies to carry out our four, prioritized health initiatives, providing them with grants to help advance their work in creating

healthy, whole children, adolescents, and families. Our community engagement efforts also include community building, workforce development, advocacy to create positive social change for the families we serve, and health education and prevention.

Financial Assistance to Families and Serving Vulnerable Populations

At Packard Children’s we believe that every family is deserving of quality, nurturing care. We are proud to be part of the safety net that provides care to our community’s most vulnerable. As part of our efforts to ensure equal access to quality health care, we provide financial assistance to families who qualify and include those efforts in our Community Benefit valuation under the categories of undercompensated costs of medical care and charity care costs.

To read more about our financial assistance programs, please visit financialassistance.stanfordchildrens.org.

Despite living in one of the wealthiest regions in the country, many children and families in our community still struggle, and they go without necessary health care services and community support. We know that there are structural factors and conditions that impact health status for members of our community—such as socioeconomic status, education, employment, and social support. Now, more than ever, we are working to address these social determinants of health for all people, regardless of financial means, race, or religious beliefs.



“Reducing health disparities and improving health equity is central to our work. Everyone deserves access to health care and good health outcomes that propel them forward and help them reach their full potential.”

—Joey Vaughan, Packard Children’s Manager of Community Partnerships and Community Benefit

Giving Back

In 2021, Lucile Packard Children's Hospital Stanford engaged in Community Benefit services and activities to improve the health status of infants, children, adolescents, and expectant mothers, and to provide care beyond our hospital walls.

Total net value of quantifiable benefits provided to the community:

\$216,302,804



Our Community Investment



Financial assistance and charity care: \$171,947,350

- Includes undercompensated costs of medical services for patients enrolled in Medi-Cal, out-of-state Medicaid, and other means-tested government programs (Healthy Kids, CCS, CHDP, etc.): \$171,138,772
- Charity care: \$808,578



Health professions education: \$26,271,310

- Resident physicians, fellows, medical student education costs (excludes federal CHGME reimbursement)
- Nurse and allied health professions training
- Pediatric Advocacy program
- Perinatal outreach and consultation services



Community health improvement: \$9,505,056

- Center for Youth Mental Wellness
- Care-A-Van for Kids
- Child Life and Creative Arts
- Child safety programs
- Community health education programs
- Early Life Stress and Resilience Program
- HEAL program
- Hospital School
- Housing support
- Mobile adolescent health services—Teen Van
- Pediatric Weight Control program
- Practical Assistance for Families
- Project Safety Net and HEARD Alliance



Subsidized health services: \$3,766,135

- Care Coordination Liaisons
- Suspected Child Abuse and Neglect Team



Financial and in-kind contributions: \$1,705,550

- Community clinic capacity building and support
- Community Health Improvement Grants
- Nonprofit sponsorship support



Community-building activities: \$2,714,025

- Advocacy for children's health issues
- Marguerite Shuttle
- Economic development activities
- Revive
- Service club activities
- Support for community emergency management
- Workforce development efforts



Community Benefit operations: \$393,378

- Dedicated Community Benefit staff
- Reporting and compliance costs
- Training and staff development

About Our Health System

What started as a freestanding community hospital has grown into one of the most technologically advanced and family-friendly children's hospitals in the nation, supported by a world-class network of primary and specialty care locations. Enhanced by our relationship with Stanford Medicine and made possible through the support of the Lucile Packard Foundation for Children's Health, Stanford Children's Health is dedicated to healing humanity through science and compassion, one child and family at a time.



Stanford Children's Health, with Lucile Packard Children's Hospital Stanford at its center, is the largest health care network in the San Francisco Bay Area—and one of the few in the country—exclusively dedicated to children and expectant moms. Our physicians and health care teams offer comprehensive clinical services, from treatments for rare and complex conditions to well-child care, at more than 65 Northern California locations, including specialty service locations, general pediatric and obstetric practices, partnerships with community hospitals, and regional centers.

As a top-ranked children's hospital by *U.S. News & World Report*, we are a leader in providing world-class, nurturing care and achieving extraordinary outcomes in every pediatric and obstetric specialty. Thanks to our academic affiliation with the Stanford University School of Medicine, we have some of the most innovative minds in medicine, science, and research working to develop groundbreaking advances and new discoveries.



The Lucile Packard Foundation for Children's Health works in alignment with Stanford Children's Health and the child health programs of Stanford University. The foundation's mission is to elevate the priority of children's health and to increase the quality and accessibility of children's health care through leadership and direct investment. The Lucile Packard Foundation for Children's Health works to improve the health and well-being of children and expectant mothers by fundraising on behalf of Lucile Packard Children's Hospital Stanford and child health programs at the Stanford University School of Medicine.



Stanford Medicine integrates research, medical education, and clinical health care at its three enterprises—the Stanford University School of Medicine, Stanford Health Care, and Stanford Children's Health. The Stanford University School of Medicine is the West Coast's oldest medical school and a worldwide leader in patient care, education, research, and innovation. Lucile Packard Children's Hospital Stanford, the centerpiece of Stanford Children's Health, proudly serves as the pediatric and obstetric teaching hospital of the Stanford University School of Medicine.



Bringing together
breakthrough
scientific research
and the best minds in
medicine to provide
compassionate,
life-changing
care to families in
Northern California.

Centers of Emphasis

Our internationally recognized Centers of Emphasis bring focused care and expertise in key medical specialties. The centers provide research, best practices, and leadership in their focus areas. In the 2020–2021 *U.S. News & World Report* survey of best children’s hospitals, we were once again ranked in all 10 specialties, with five specialties in the top 10. Stanford Children’s Health, with Packard Children’s at our core, offers comprehensive clinical services, from treatments for rare and complex conditions to well-child care. We provide care in more than 150 medical specialties.



Bass Center for Childhood Cancer and Blood Diseases

Our Stanford Medicine physicians and researchers make discoveries that influence and inspire treatments, at home and around the world.



Betty Irene Moore Children’s Heart Center

Internationally recognized for offering advanced diagnostic and therapeutic approaches to cardiac care, it draws families from around the globe seeking the best possible care for their children.



Johnson Center for Pregnancy and Newborn Services

Our physicians provide innovative, extraordinary care for expectant mothers and newborns, and conduct world-leading research.



Brain and Behavior Center

We are one of the fastest-growing neurology centers in the United States. Our researchers are known for investigating the rarest of childhood neurological cancers.



Pulmonary, Asthma and Sleep Medicine Center

No. 1 in California, the best on the West Coast, and part of the only Northern California children’s hospital where the care team performs lung transplants.



Children’s Orthopedic and Sports Medicine Center

Our pediatric orthopedic surgeons, physical therapists, and athletic trainers form a comprehensive team to give kids the foundation for healthy, active lives.



Pediatric Transplant Center

We are a national transplant leader in volume of pediatric transplants performed with exceptional outcomes. For more than 25 years, we have performed more than 1,800 pediatric organ transplants.

Our History

Our roots started from a heartfelt gift, and today we reach beyond our hospital walls to continue this tradition of giving through our grants program to better the community as a whole. In 1986, David and Lucile Packard generously donated \$40 million to construct a new children's hospital devoted entirely to the care of children and expectant mothers.

The hospital opened in 1991 and was named in memory of our visionary, Lucile Salter Packard. Today, we honor her vision by providing outstanding care and giving back to community nonprofits to strengthen and uplift youth in the communities we serve.



1919

Our beginning

Stanford Home for Convalescent Children is founded to provide a place for children with chronic illnesses to receive care.

1959

Stanford University Medical Center opens

Stanford University Medical Center opens a 420-bed facility in Palo Alto, moving from San Francisco. The "Con Home" strengthens its teaching and research ties to the medical center and begins providing care for more seriously ill children.

1969

Children's Hospital at Stanford opens

The \$5 million, 60-bed Children's Hospital at Stanford opens, replacing the Stanford Home for Convalescent Children, and further expanding its roles in teaching and research.

1986

Construction on new children's hospital begins

David and Lucile Packard donate \$40 million to begin construction on a new children's hospital.

1991

Lucile Packard Children's Hospital at Stanford officially opens its doors to the community

Packard Children's is one of the only children's hospitals in the country to incorporate labor and delivery and newborn nurseries, setting us up to become a national leader in neonatology research and care.

2017

Our expanded hospital opens

The debut of our new hospital building marks the opening of the United States' most technologically advanced, family-friendly, and environmentally sustainable hospital for children and expectant mothers.

2018

The Bonnie Uytengsu and Family Surgery and Interventional Center opens

Our state-of-the-art Bonnie Uytengsu and Family Surgery and Interventional Center includes a collection of the latest and most advanced imaging and surgical technology dedicated to pediatric patients. It allows us to offer the highest-quality, coordinated care available anywhere.

2021

Meeting the moment

We established 25 COVID-19 vaccine sites for our patients and engaged our hard-hit underserved populations to provide educational outreach to improve pediatric health inequities.

Patient Care Highlights 2021

At Lucile Packard Children's Hospital Stanford, we are proud to provide the best, most nurturing care possible for every patient and family that walks through our doors. This requires providing both top-ranked clinical care and a stellar hospital experience.

Extraordinary family-centered care is the ultimate goal of our doctors, nurses, and specialized support staff, every single day.

Packard Children's is located on the Stanford University campus in the heart of Silicon Valley. Our growing

Stanford Children's Health network and our Community Benefit efforts reach far beyond the hospital walls throughout the San Francisco Bay Area in more than 90 locations in six states.

589,901
clinic visits

8,518
pediatric inpatient stays

Patients from
47 states
8 countries



More than
5,550
employees

+761
medical staff

4,509
births

397
licensed beds



The following goals drive our Community Benefit work:

- Meaningful and sustainable community investment.
- Services that meet the needs of vulnerable populations.
- Partnering to build strong, healthier communities.
- Continued advocacy for children's and maternal health issues.

Determining Community Needs

Our Community Benefit work starts with an exhaustive Community Health Needs Assessment (CHNA) every three years. We collaborate with local public health departments, hospital partners, community-based organizations, and community leaders to conduct the CHNA—while consulting closely with the communities we serve. The CHNA is just the first step in a multiyear strategic investment plan. This report and our existing triennial Implementation

Strategy Report outline our CHNA-directed community health improvement strategies.

The data derived from the CHNA process ultimately leads to decisions on how to best use our human and financial resources to improve the health of our community. From the CHNA, we derive our Community Health Initiatives that we center our work around for the coming three years.

2020–2022 CHNA-Derived Community Health Initiatives



In 2020, we started a new three-year grant funding cycle. We are pleased with our initial work on our new fourth health initiative and look forward to the progress we can make in the coming year on all four health initiatives.

View our most recent CHNA at communitybenefit.stanfordchildrens.org.

Awarding Community Health Improvement Grants

Some of our most exciting work is selecting nonprofits and providing funding to carry out our Community Health Initiatives. By partnering with experts in the community already providing related care, we become stronger and deepen our ability to impact health in our community. Our grantees, receiving \$2 million from Lucile Packard Children's Hospital Stanford, are located throughout our service area. Their efforts reach well beyond keeping kids physically and mentally healthy; they also serve to elevate socioeconomically sensitive children and their families so they can lead productive, satisfying lives.

Our Community Health Improvement Grants program funds a wide array of programs and projects. In the upcoming "2020–2022 Community Health Initiatives" section of this report, you will find a list of our grantees.



The Four-Step Community Benefit Process

1. CHNA is conducted to determine community health needs.
2. Community Benefit team analyzes report and implements plan.
3. Health initiatives are determined for coming three years.
4. Packard Children's partners with local nonprofits to deliver care.

Community Benefit Oversight

The Packard Children's Board of Directors reviews and approves Community Benefit programs, activities, and funding. Our Community Benefit Advisory Council, composed of local community leaders, advises Community Benefit staff throughout the year.

This report was approved by the full Board of Directors on February 9, 2022.

“When we give people a solid foundation, we help create a healthy community. We're proud to partner with our community to invest in critical programs and services that provide that foundation.”

—*Sherri Sager, Senior Vice President and Chief Government and Community Relations Officer, Lucile Packard Children's Hospital Stanford*



Letting the Community Lead

A large group of hospital leaders are stepping outside their doors and coming together over a common goal: addressing health disparities in our Bay Area communities. For over 16 years, representatives from 10 Northern California hospitals, local health districts, and local health departments have convened regularly to identify the most pressing health needs in our community. The triennial Community Health Needs Assessment (CHNA) process guides our community investment work.

Besides collecting and reviewing health data, the collaborative ensures that community input is included in the CHNA by conducting focus groups, listening sessions, and key informant interviews to learn exactly where health gaps exist and to discover barriers to care. With this input in mind, we select health needs to address and plan our community investment strategies.

“We go straight to the source and speak with people living in our communities. We meet them where they are at in their busy lives with text groups and virtual meetings,” says Emily Gudaitis, MPH, community relations specialist.

By putting their collective ear to the ground, the group is able to pinpoint exactly what’s needed and take action to move the needle toward health equity. With each completed health assessment, the process is refined and improved to better address the health needs of the community.

“The CHNA process is very in-depth and thorough, and the collaborative works with such intention. It’s impressive how everyone comes together around a greater goal.”

—Emily Gudaitis, Community Relations Specialist at Stanford Children’s Health

2021 Grant Recipients

At Lucile Packard Children's Hospital Stanford, we believe organizations like ours have a duty to go above and beyond providing funding—that's why we offer an extensive grants program to area nonprofit organizations. Each grantee was selected with care. Together, we aligned goals and listed desired impacts for the three-year grant cycle. We empower our

grantees to carry out their mission by building deep and authentic relationships, providing expert advice through service on boards and committees, and focusing our work on building ongoing sustainability. By joining forces with our grantees, we move the needle on health needs in our community far beyond what we could ever do alone.



2021 Community Health Improvement Grant Recipients

- Acknowledge Alliance
- Adolescent Counseling Services
- Fresh Approach
- Gardner GOALS
- Health Care Alliance for Response to Adolescent Depression (HEARD)
- Legal Aid Society of San Mateo County
- My Digital TAT2
- Puente
- Ravenswood Family Health Network
- Roots Community Health Center
- Santa Cruz Community Health Centers
- Sonrisas Dental Health, Inc.
- Stanford Center for Youth Mental Health and Wellbeing
- Early Life Stress and Resilience Program
- Stanford Office of Child Health Equity
- Teen Success Inc.



Tackling Food Insecurity, Together

More Bay Area families sought help feeding their loved ones during the pandemic than ever before, and those numbers are not showing signs of declining. At Stanford Children's Health, we responded quickly by partnering across our institution and within the community to provide much-needed food and essential resources. Through our partnerships with the Stanford University School of Medicine's Office of Child Health Equity and many local community-based organizations, we've contributed to ongoing food distribution programs that address multiple aspects of food insecurity.

"Thanks to great collaboration and communication between our teams, we've been able to tackle food insecurity on a broad and significant scale," says Joseph Vaughan, manager of Community Partnerships and Community Benefit.

Stanford Children's Health and the Stanford University School of Medicine leveraged their connections with community partner organizations to roll out food distribution efforts early in the pandemic. Stanford Children's Health collaborates with more than 30 nonprofit organizations in the Bay Area, and the Office of Child Health Equity teams up with another 25. These deep partnerships allow food to be delivered quickly and with purpose.

“We formed a collaboration of our community partners in response to the pandemic. We collectively disseminate important information to families regarding food, legal, financial, and COVID-related resources. Our partners find value in coming together regularly, so we plan to continue beyond the pandemic,” says Janine Bruce, DrPH, MPH, program director of the Office of Child Health Equity at the Stanford University School of Medicine.

These heightened efforts complement the Office of Child Health Equity’s established programs of providing lunches to schoolchildren, distributing food to community clinics and partner agencies, and supporting area food banks. Lucile Packard Children’s Hospital Stanford pediatric residents have also held fundraising and food drives for local community partners, including Samaritan House and the Packard Children’s Teen Van.

We leveraged our deep, long-standing partnerships with community-based organizations to address hunger in



our community. One of those community partners is Fresh Approach, which provides healthy food to Bay Area communities in both Santa Clara and San Mateo counties. Through their farmers market, mobile farmers market, gardening programs, cooking classes, and food voucher matching programs, they provide fresh fruit and vegetables to more than 20,000 people annually.

“There’s a huge connection between food injustice and racial injustice. Having equal access to fresh, healthy food can change individual outcomes,” says Laura deTar, executive director, Fresh Approach.

Many families have been confronting food access issues during the pandemic. In addition to our community efforts, Packard Children’s Hospital launched the Family Food Support Program to feed visiting parents who couldn’t leave the hospital due to pandemic protocols. These efforts include providing families with grab-and-go meals, vouchers for the Harvest Café, and Safeway gift cards. Food bags are also distributed by medical clinics in Sunnyvale and Los Gatos. The program will continue through 2022 and likely beyond—with further community connections planned for the future.

“Partnering with nonprofits in the community who are working on food insecurity has enabled us to grow our program quickly, and they’ve helped us figure out how to address this issue both in our hospital and in the broader community,” says Rachel Kozkowski, program manager, Family Food Support Program. “All of us working together as one creates lasting impact.”

2021 Food Insecurity Impacts

31,000+
Pounds of food supplied to partners

6,800+
Individuals/families served

3,600
Meal vouchers to patient families

3,400
Grocery bags collected and distributed



2020–2022 Community Health Initiatives

Through our Community Health Needs Assessment (CHNA), conducted in San Mateo and Santa Clara counties, we prioritized local health needs and identified areas of improvement, resulting in our three health initiatives. Local public health departments, nonprofit organizations, hospital partners,

and community leaders—with their fingers on the pulse of the community—gave valuable input. For each health initiative, we established a strategy, proposed actions, and anticipated impacts.



Improve Access to Primary Health Care Services for Children, Teens, and Expectant Mothers

Everyone deserves access to primary health care when they need it. We selected this health initiative to bring equality to primary care access and ensure that individuals receive the care they need close to home. Through our partnerships, we are strengthening comprehensive medical homes (primary care clinics) and increasing access and services for children, youth, and expectant mothers.



Prevent and Treat Pediatric Obesity

Nationwide, childhood obesity is a pressing concern, and it is no different in our communities. This initiative aims to reduce the prevalence and severity of overweight and obese children. Our partners offer evidence-based clinical treatment programs to children and families and bring accessible prevention programs into schools. We also join in advocacy efforts to reduce childhood obesity in the Bay Area.



Improve the Social, Emotional, and Mental Health of Children and Youth

Mental health is equally important as physical health. Our assessment revealed a lack of access to mental health services in nearly all of the communities we serve. Suicide rates, depression, and substance abuse are on the rise in select youth populations. In response, we are increasing access to mental health services by removing barriers to care and providing prevention services for children and youth.



Improve the Health of Infants and New Mothers

Having a strong start sets the stage for a healthy life. Statistics show health disparities for certain groups of mothers and infants, including low birth weights among infants of Asian and African ancestry and high rates of teen births among Latinx populations. By supporting our community partners, we are increasing access to health care to infants and new mothers.



Improve Access to Primary Health Care Services for Children, Teens, and Expectant Mothers

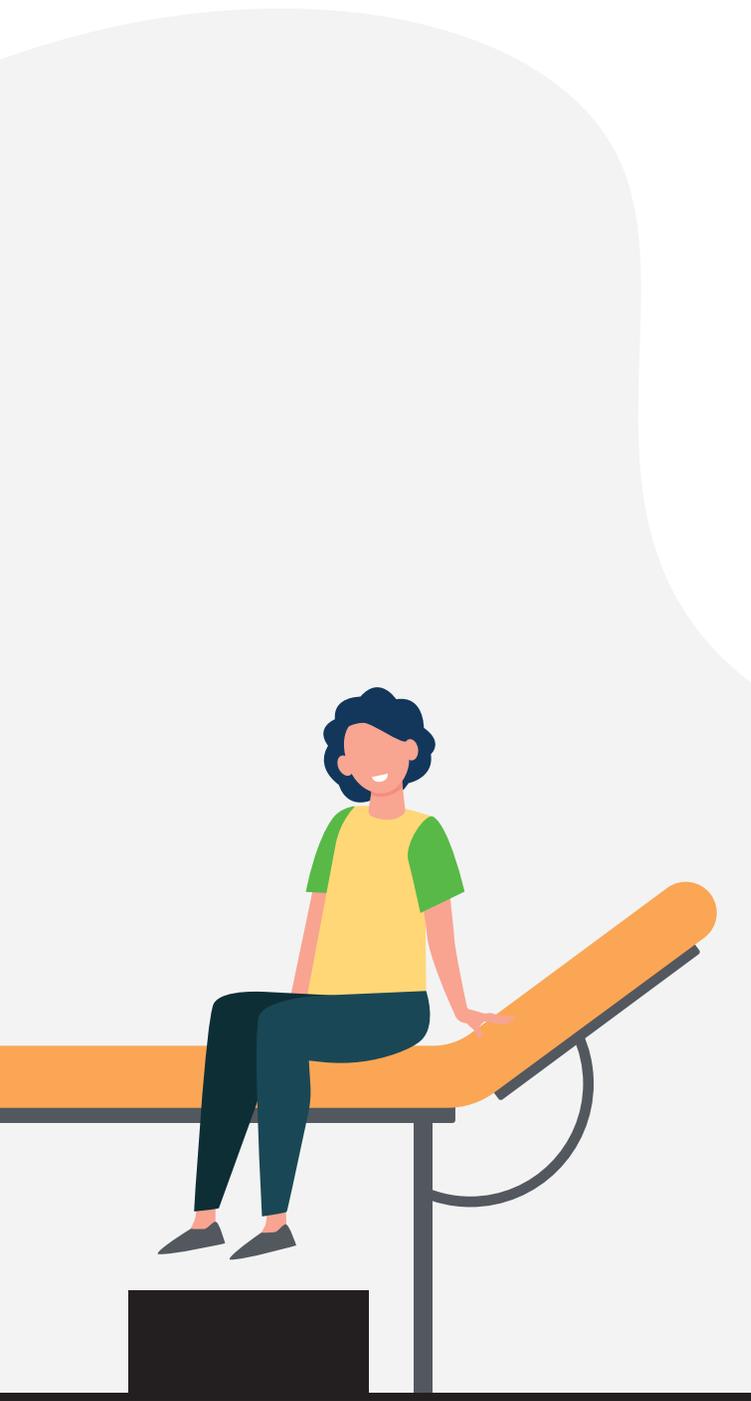
Why It Matters

Quality, accessible, and affordable health care is critically important for a child's physical and mental health. Yet, care access and delivery are driven by socioeconomic conditions, such as the social determinants of health, making it hard for some children to receive regular care. Optimal health care should occur within a medical home that's family centered, comprehensive, and accessible. When children receive regular care, they are more likely to stay on track developmentally, miss less school, and adopt healthy lifestyle habits. In short, they have a better quality of life.

What the Research Says

- Low-income, vulnerable children are much less likely than higher income children to have a well-child visit annually.
- There's a shortage of primary and specialty practitioners who take certain insurances, such as Medi-Cal.
- Barriers exist that limit access to care, including long wait times, linguistic isolation, and transportation challenges.
- More than half of children in California lack a medical home, which is higher than the nationwide average.
- Ethnic disparities exist with health care insurance and access.





How Many Served:

More than 21,084 individuals served for physical health and dental health care

Who We Served:

Youth ages 0 to 25 and expectant mothers

Our 2021 Investment:

\$1,909,452

Number of Programs: 8

Years Funded:

2010–2022

Our Solution

- Partner with community nonprofits to provide health care services at neighborhood clinics (medical homes).
- Bring health care and oral health care to select neighborhoods and schools.
- Increase access by supporting innovative approaches including telemedicine, after-hours care, etc.
- Increase access for expectant mothers through community health clinics and health programs that address barriers to care.
- Advocate for health care policy change at local, state, and national levels.



Partner Programs That Improve Health Care Access

In 2021, Lucile Packard Children's Hospital Stanford supported the following programs to expand health care access to our community.

Care-A-Van for Kids

A no-cost transportation service for low-income children receiving medical treatment at Packard Children's. Care-A-Van collaborates with transportation programs to expand access for those traveling a long distance or out of state.

Our investment: \$193,852

Individuals served: 234

Gardner Packard Children's Health Center

This lowers costs and increases access for uninsured and underinsured children in our service area. Services include pediatric care, physical exams, acute care, education, social services, and mental health and nutrition counseling.

Our investment: \$370,000

Individuals served: 4,000

Mobile Adolescent Health Services: Teen Van

High-risk youth ages 10 to 25 rely exclusively on the Teen Van for their primary and mental health care. Free care includes family planning, prenatal care, STD testing, immunizations, nutrition, and counseling.

Our investment: \$760,600

Individuals served: 1,500

Peninsula Family Advocacy Program

Part of the Legal Aid Society of San Mateo County, the Peninsula Family Advocacy Program provides no-cost legal representation to low-income families. Services include disability support, advocacy, and education.

Our investment: \$75,000

Individuals served: 4,062



Puente

Puente is the only community resource center in four San Mateo County South Coast cities. Puente advocates for its community and leverages resources that foster economic prosperity, health, and wellness.

Our investment: \$85,000

Individuals served: 2,179



Ravenswood Family Health Network

A Federally Qualified Health Center that spans multiple services, including pediatric medical and dental visits. Services include culturally competent pediatric services for uninsured or underinsured children and mothers.

Our investment: \$300,000

Individuals served: 6,854



Sonrisas Dental Health, Inc.

Dental health is a challenge for low-income families. Sonrisas helps children access preventive and acute dental care. Via school programs, kids receive oral screenings, oral health kits, and dental education.

Our investment: \$40,000

Individuals served: 2,118



Santa Cruz Community Health Centers

An affordable comprehensive primary care center for all ages, genders, ethnicities, abilities, and sexual identities and orientations. The center is committed to social justice and access to health care for all.

Our investment: \$85,000

Individuals served: 137



Access to comprehensive, quality health care is important for everyone. Our latest CHNA found that barriers to receiving high-quality health care, such as inadequate insurance coverage and lack of cultural competency, continue to persist in our community.



“We’re here to advocate for low-income children to give them their best chance at success.”

—Michelle de Blank,
FAP Supervising Attorney
and Legal Director

A Deeper Look: Family Advocacy Program

The Peninsula Family Advocacy Program (FAP) empowers families in San Mateo County by providing legal muscle to their requests for basic rights, including safe affordable housing, access to health care, and education for their children.

“We empower people to overcome the causes and effects of poverty, so they can participate in their community with dignity and respect,” says Michelle de Blank, supervising attorney and legal director of the Peninsula Family Advocacy Program (FAP).

FAP is the only program of its kind in San Mateo County. It largely serves families of Hispanic or Latino heritage who are marginalized in society because of economics, transportation accessibility, and other social and cultural factors.

The program partners with doctors at community clinics who identify families that need legal help for a variety of issues, such as health insurance and medical bills, housing, public benefits, disability benefits, domestic violence, guardianship, and special education, including the Individualized Education Program (IEP). Lawyers then take action to get what’s needed. FAP is part of the Legal Aid Society of San Mateo County, which fights for social justice, through civil legal advocacy, for people living in poverty.

“We help individual clients while we work on changing systems to ensure families receive the services they need,” de Blank says. “In particular, over the past few years, we’ve seen a steady increase in families who experience barriers and delays to accessing services within their children’s schools.”

As an example, de Blank names a diabetic student who rode the bus an hour and a half each way who experienced the effects of low blood sugar until de Blank helped put in place a simple school safety plan ensuring that the student received food before and after bus rides. She also frequently works with children who need therapy for learning disabilities and speech delays. Besides learning benefits, improved speech has the added effect of better classroom behavior—because kids who can communicate their feelings and needs feel less frustrated and are less likely to act out.

“We’re slowly but surely improving access to special education for our clients in San Mateo County. We’ve increased access to applied behavioral analysis (ABA), a research-based treatment for children with autism,” de Blank says. “When kids start ABA early, it makes a big difference later on.”

FAP has also been successful at persuading districts to establish reading programs, especially in low-income communities. Before FAP, many of these schools didn’t have reading support for children with special learning needs. Now, they do.

“We’ve had middle-schoolers who read at the second-grade level, or third graders who couldn’t read at all,” de Blank adds. “Sometimes it takes legal pressure to change the system, and our efforts have improved care and education for a lot of kids.”



2021 Program Highlights

965

Legal encounters

1,970

Individuals served

73%

Clients who are Hispanic or Latino

~20%

Number of children with a reading disorder



Prevent and Treat Pediatric Obesity

Why It Matters

Childhood obesity occurs when a child is well above the healthy weight for his or her age and height. Multiple factors often contribute to obesity, including genetics, underlying medical issues, family models, poor nutrition, lack of exercise, and the low availability of fresh food. Childhood obesity often leads to health problems that were once confined to adults, such as diabetes, high blood pressure, and high cholesterol. It can also lead to poor self-esteem and depression. For children and adolescents, proper nutrition promotes their optimal growth and development and is associated with improved cognitive function, reduced school absenteeism, and improved mood.

What the Research Says

- Food insecurity and obesity often coexist because both are consequences of economic and social disadvantage. Food insecurity is higher in both San Mateo and Santa Clara counties versus the state average.
- Both counties have significantly more fast food restaurants and fewer grocery stores per 100,000 people than the state average.
- Both counties have substantial ethnic disparities in pediatric overweight numbers, with a higher number of Latinx and African ancestry youth.





How Many Served:

6,908 children and family members

Who We Served:

Youth ages 0 to 18 and families

Our 2021 Investment:

\$613,663

Number of

Programs: 4

Years Funded:

2014–2022

Our Solution

- Provide health education on healthy eating and exercise among children and adolescents.
- Expand access to free and low-cost healthy food and physical activities in the communities we serve.
- Participate in collaboratives and partnerships to promote healthier communities.
- Support programs that reduce screen time among youth.





Diabetes and Obesity

CHNA research found that diabetes and obesity are a concern in both San Mateo and Santa Clara counties. We know that access and affordability of healthy food options contribute to the need, which is why we've prioritized both clinical weight loss and healthy eating solutions in our response.

Partner Programs That Reduce Obesity

In 2021, Lucile Packard Children's Hospital Stanford supported the following programs to address childhood obesity.

Fresh Approach

An innovative nonprofit that collaborates with area farmers to bring locally grown produce, nutrition education, and gardening skills to Bay Area communities. Services include farmers markets, community gardens, and cooking classes.

Our investment: \$60,000

Individuals served: 6,752

Gardner GOALS

A part of the Stanford University School of Medicine, this evidence-based program brings one-on-one culturally appropriate healthy eating and weight management into the homes of disadvantage children and their families.

Our investment: \$88,300

Individuals served: 40

Pediatric Weight Control Program

This nationally recognized, evidence-based initiative provides an affordable, family-focused, 26-week behavior modification program for overweight children and their families. Families experience high rates of lasting success.

Our investment: \$465,363

Individuals served: 116

Packard Food Program

The multidisciplinary food program at Lucile Packard Children's Hospital Stanford feeds children and families during hospital stays with snack bags and café meal vouchers, then supplies grocery bags through our medical clinics after the family has returned home.



“Even when a family doesn’t adopt everything we teach in Gardner GOALS about healthy living, they benefit from some part of the program. It’s very eye-opening, and they start changing.”

—Rosa Gill, Gardner GOALS
Health Educator



A Deeper Look: Gardner GOALS

Andy Valdiva is adopting healthy habits, and he's having fun doing it. The 6-year-old is a part of the Gardner GOALS obesity treatment program at Gardner Packard Children's Health Center. When people ask him how he has been losing weight, he says, "A lot of exercise and eating a lot of vegetables!"

Andy is one of about 30 children who are participating in the six-month pilot program whereby a health educator visits their home virtually and works with the entire family to improve eating and exercise habits. The three pediatricians who started the program wanted to take care beyond their clinic doors.

"The rising prevalence of childhood obesity is well recognized, as are the disproportionate impacts on low-income and racial or ethnic minorities. Gardner GOALS helps address barriers to care and meets families where they are at," says Pooja Kakar, MD, a pediatrician at Gardner Packard.

Gardner GOALS is based on another research study called Stanford GOALS, conducted by Dana Weintraub, MD, with Thomas Robinson, MD, and Stanford's Solutions Science Lab. Stanford GOALS lowered obesity over two years among low-income youth. Gardner GOALS targets children ages 6 to 14 with a high body mass index (BMI). Nearly half of its participants are Hispanic or Latino.

"When the Stanford GOALS research study ended, we wanted to continue to offer the program to our patients and families. We are grateful for Community Benefit for allowing us to do this," says Dr. Weintraub.

Rosa Gill, the program's bilingual health educator, delivers 12 virtual lessons on selecting and preparing healthy foods, being active, and reducing screen time. Before the lessons start, each family receives food charts, activity ideas, and stickers.

A key part of the program is identifying red-, yellow-, and green-light foods, with red-light foods being high in sugar or fat and green-light foods being high in nutrients and lower in calories. Children are encouraged to eat lots of green foods and to limit yellow and red foods. Gill looks at the family's pantry and refrigerator, helping them place green, yellow, and red stickers on foods.

"At first, Andy was eating 38 red-light foods in a week. A month later, he'd reduced that number to 20," says Gill.

The program motivates kids to become more physically active and reduce their screen time. Since Andy's parents both work, they can't take him to sports practices, so Gill brainstormed ways he could exercise indoors.

In response to Gill's lessons, Andy says, "I never knew doing jumping jacks and dancing was so much fun!" Andy's dad also takes him on an hour walk each night after dinner.

"We are so happy to have this program available to our patients at Gardner. It is really beneficial to families to have the tools to help with a healthy lifestyle, especially in these pandemic times," says Elizabeth Shepard, MD, program lead and pediatrician at Gardner Packard.

"Gardner GOALS is helping us a lot with exercising more and eating healthier meals, more vegetables, less fat, and getting more activity."

—Guadalupe Chavez,
Andy's mom



2021 Program
Highlights
(of the first
six-month pilot)

360

Home
telehealth visits

30

Children/families
enrolled

26%

Hispanic youth
with childhood
obesity in the U.S.



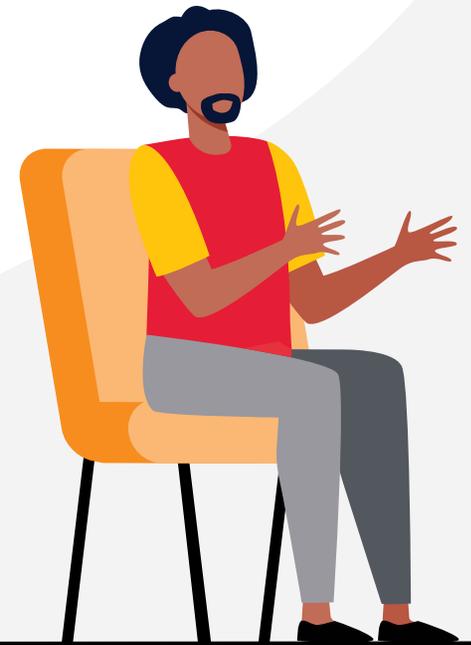
Improve the Social, Emotional, and Mental Health of Children and Youth

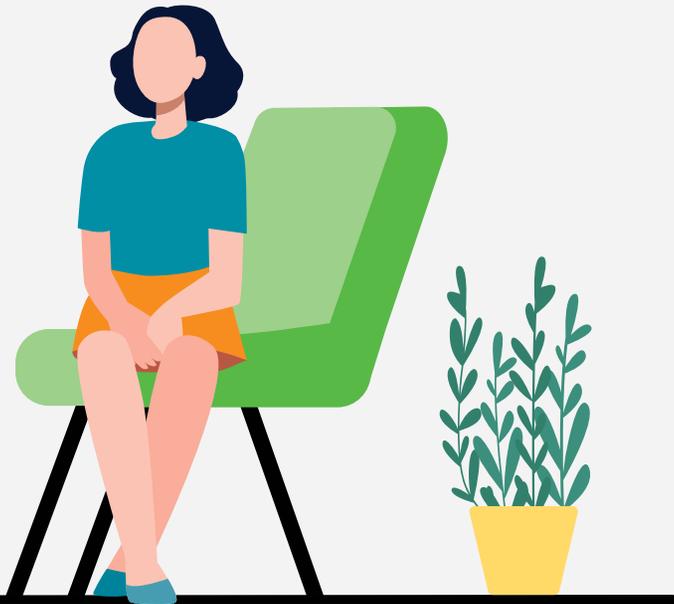
Why It Matters

Mental health and well-being is key to personal health, satisfaction, and the ability to function in society. Substance abuse, chronic disease, bullying, and financial troubles can all affect mental health and personal well-being. Positive mental health is essential to personal well-being, family and interpersonal relationships, good physical health, and the ability to contribute to the community or to society.

What the Research Says

- In San Mateo County, bullying and cyberbullying statistics among youth are higher than the state average.
- In San Mateo County, nearly two in five adolescent girls and almost one-quarter of adolescent boys report having suicidal thoughts.
- In Santa Clara County, suicidal ideation among high school students is higher than the state average.
- Both counties report students of color experiencing depressive symptoms at higher rates than white or Asian students.





How Many Served:

More than 128,000
children and
family members

Who We Served:

Youth ages 0 to 25

Our 2021 Investment:

\$910,191

Number of
Programs: 7

Years Funded:

2010–2022

Our Solution

- Expand access to programs and counseling to improve mental health and reduce stress.
- Support school-based interventions to improve school climate and reduce bullying.
- Increase coordination of behavioral health care and physical health care among providers, educators, and social workers.
- Support programs to prevent domestic violence and increase healthy relationships.
- Participate in collaboratives to address mental health and advocate for mental health parity legislation.



Partner Programs That Improve Mental Health

In 2021, Lucile Packard Children's Hospital Stanford supported the following programs to improve behavioral health in children and youth.

Acknowledge Alliance

A K-12 school-based program that uplifts youth and strengthens educator skills. Resilience is integrated at all levels by mentoring educators, counseling at-risk youth, and providing social and emotional classroom lessons.

Our investment: \$40,000

Individuals served: 2,405

Adolescent Counseling Services

An inviting place for youth to receive affordable individual and group counseling, psychotherapy, substance abuse treatment, and LGBTQQ+ peer support and education in Santa Clara and San Mateo counties.

Our investment: \$90,000

Individuals served: 12,708

Early Life Stress and Resilience Program

A research-based program that explores the biological and sociological risk factors of stress. Strives to prevent long-term effects of trauma in children and adolescents with treatments, interventions, and community engagement opportunities.

Our investment: \$100,000

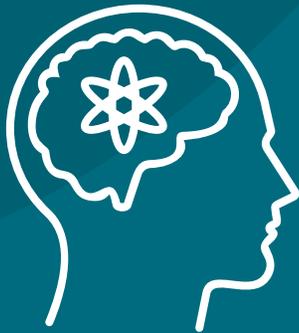
Individuals served: 2,000

Hospital Educational Advocacy Liaisons (HEAL)

Children with chronic illnesses can experience cognitive setbacks. The HEAL program, staffed by educational professionals, optimizes success in learning by educating students, parents, and school staff and addressing unique needs.

Our investment: \$420,191

Individuals served: 629



My Digital TAT2

Program that focuses on building healthy technology habits, critical thinking, and thoughtful online behavior in children. Partners with families to establish guidelines around responsible use of online tools, apps, and devices.

Our investment: \$40,000

Individuals served: 3,236



Stanford Center for Youth Mental Health and Wellbeing

Implementing a new model for youth mental health centers across the region and eventually the state and nation. Care includes education, advocacy, counseling, and suicide prevention.

Our investment: \$120,000



Project Safety Net and Health Care Alliance for Response to Adolescent Depression (HEARD)

Child psychiatrists, nonprofits, and school psychologists support Palo Alto youth by increasing help-seeking behaviors and connection-building methods. Services include intervening in crises, increasing awareness of mental health disorders, and increasing access to treatment.

Our investment: \$100,000

Individuals served: 107,320



“Rates of adolescent mental health needs have been at crisis levels for the past several years, and the COVID-19 pandemic has unfortunately intensified the problem.”

—Vicki Harrison, MSW,
Program Director, Stanford
Medicine’s Center for Youth
Mental Health and Wellbeing



“It can be a big leap for young people to ask for mental health care, so we’ve removed some of the biggest barriers to care. The only requirement is age—they have to be 12 to 25 years old. That’s it.”

—Vicki Harrison, MSW, Program Director, Stanford Medicine’s Center for Youth Mental Health and Wellbeing

A Deeper Look: allcove

Something that started in Santa Clara County is the beginning of a positive wave that is set to sweep California, and then possibly the nation.

In June 2021, organizers of an innovative model for providing accessible and convenient mental health services for youth celebrated the opening of their first two integrated one-stop-shop mental health centers, called allcove. The centers are bursting with promise to fill a huge gap in mental health care services across the United States.

Currently, no public health model of integrated mental health care for youth exists in the United States. Services are fragmented, stigmatizing, costly, and in high demand.

“These are the first centers of their kind in the nation. We partner closely with state, county, and local organizations to fund the opening of centers. Our goal is to roll out allcove centers across California, and eventually the country,” says Vicki Harrison, MSW, program director, Center for Youth Mental Health and Wellbeing at Stanford Medicine. Lucile Packard Children’s Hospital Stanford is helping to fund the project for three years.

“We’ve been building this vision for nearly a decade, so it’s incredibly exciting to open our doors. We don’t do a lot of outreach, but young people still find us,” she adds.

The centers are integrated, in that they provide a wide range of services that young people might need, including care for substance abuse, mental and physical health, and support for education, employment, and

family and peer relations. There are also game nights and a study lounge. The center makes it easy for youth who come in for a social event or medical care to make the leap to asking for mental health support.

“We have a strong group of youth advisers who helped guide the center’s concept and design,” Harrison says. “We see the space itself as therapy. How it feels to youth coming through the door really matters.”

When youth arrive, a peer support specialist gives them a tour and conducts an intake. To make it easy, they only have to go through the intake process once. Services are low cost or free and are available by appointment or drop-in.

Two centers have opened in Palo Alto and San Jose, California. From there, partnerships are laying the groundwork for centers in San Mateo, Sacramento, Los Angeles, and Orange County. Through a collaboration with the California Mental Health Services Oversight and Accountability Commission, the program’s leaders support these partners with ready-made technical assistance, resources, policies, and procedures. They travel to various communities across the state to keep the vision progressing. allcove centers have comfortable, on-trend furniture; soft lighting; and plants to welcome teens. A future community wall will encourage youth to share their thoughts and feelings. Due to COVID-19, the two pilot sites in Santa Clara County had soft openings, with a more robust rollout of the design plan and enhanced services set to come.



2021 Program Highlights

1,000

Expected youth served per center

100+

Youth advisers to date

50

Total community presentations by youth advisers



Improve the Health of Infants and New Mothers

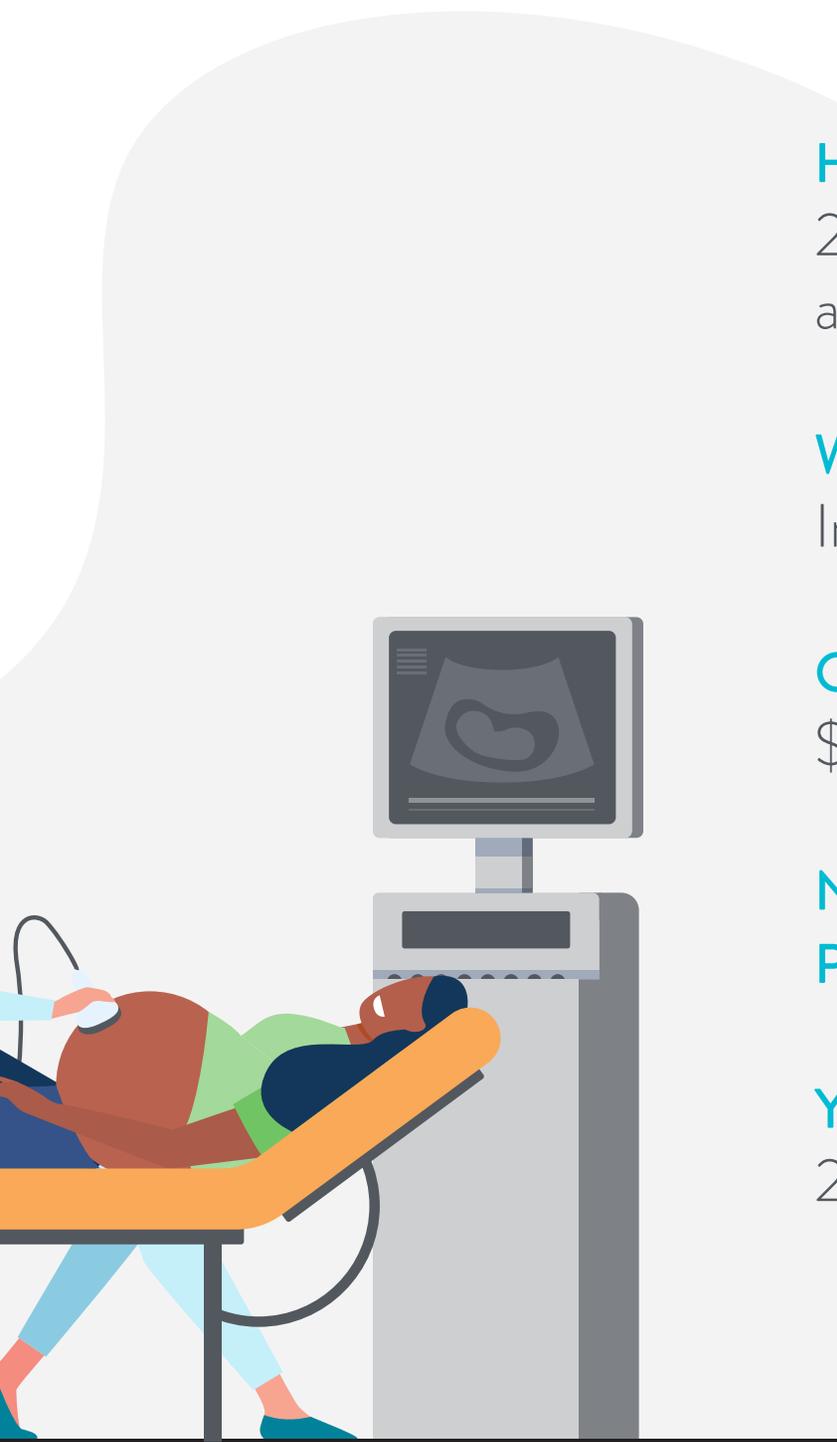
Why It Matters

A healthy life starts with a healthy pregnancy. When young mothers do not receive adequate prenatal care, they are at a higher risk of delivering low-birth-weight infants. Health disparities that arise due to social determinants of health, such as poor access to health care, poor maternal nutrition, and low family income, contribute to these health disparities. Helping young mothers finish school and secure a livable wage, and adopt strong parenting skills, improves the health of both the mother and her child.

What the Research Says

- Health disparities exist for our ethnic residents with low incomes, whose expectant mothers experience less access to prenatal health care and subsequently deliver more low-birth-weight infants. This is especially true for young women of Asian and African ancestry.
- There are high rates of teen births among Latinx and Pacific Islander girls and women in the communities we serve.
- Access to federally subsidized food (i.e., WIC) is lower in both San Mateo and Santa Clara counties than in the rest of the state.
- Annual infant childcare costs are substantially higher in both counties compared with the state.





How Many Served:

204 young moms
and children

Who We Served:

Infants and new mothers

Our 2021 Investment:

\$100,000

Number of
Programs: 2

Years Funded:

2020–2022

Our Solution

- Partner with a community program to increase care for newborns, infants, and young mothers before, during, and after pregnancy.
- Increase levels of adequate prenatal care by expanding access to health care.
- Provide depression screening programs for pregnant and new teen mothers.
- Expand parenting programs, home visits, and nurse-family partnerships.
- Reduce the risk of infant injuries.



“Having a good education sets you up to have a good life. I want my son to see me as an example and think, ‘My mom’s educated and worked hard to get her education.’”

—Kassandra, Teen Success Participant

Partner Programs That Improve Infant and New Mother Health

In 2021, Lucile Packard Children’s Hospital Stanford supported the following programs to improve infant and young maternal health.

Roots Community Health Center

This new *Hey Sis, Let’s Chat!* video series improves notoriously poor birth outcomes for low-income African American women by sharing culturally in-sync health tips and resources for a healthy pregnancy and birth.

Our investment: \$50,000

Individuals served: 146



Teen Success, Inc.

A program for underserved teen mothers, helping them become educated and self-sufficient in order to break the cycle of poverty. Services include one-on-one coaching, peer learning groups, and postsecondary education scholarships.

Our investment: \$50,000

Individuals served: 58



The Why Behind the Initiative

The decision to add a focus on caring for infants and young mothers arose from the inequity of prenatal and maternal health care for women of color in Santa Clara and San Mateo counties. The 2019 CHNA shows that infants born to mothers of Asian and African ancestry have lower birth weights than the state average. It also found that infant mortality rates for mothers of Pacific Islander and African ancestry are higher than the state average, and mothers of those ethnicities have correspondingly low rates of adequate prenatal care. In addition, the level of inadequate prenatal care for all teen mothers in our area is high.





A Deeper Look: *Hey Sis, Let's Chat!*

When we feel like we can relate to someone, we tend to take what they say more seriously—because they more easily understand our struggles, what makes us tick, and our lifestyle. That's the premise behind a series of health videos by, and for, women of African ancestry (AA) of childbearing age. The goal is to help women become and stay healthy before they conceive, so they can raise healthy kids.

Since many AA women do not have access to health care specialists, *Hey Sis, Let's Chat!* brings specialists to them in five videos, each on a different health topic that's especially important during pregnancy. Professionals include a registered dietitian and a licensed marriage and family therapist (LMFT). Because everyone featured in the videos is an AA woman, it feels like an extended group of friends who are sharing information on how to get, and stay, healthy.

"The specialists in the video are the same people who provide services at Roots Community Health Center, so women meet them in the video and feel like they already know them when they walk through our doors," says Nkemka Egbuho, MPH, Maternal Health Program coordinator, Roots Community Health Center.

Roots Community Health Center's mission is to uplift people who are impacted by systemic inequalities and poverty. The center offers medical and behavioral health care, health navigation, workforce enterprises, housing, outreach, and advocacy in Alameda and Santa Clara counties.

"For pregnant Black women, if they don't have their basic needs met—food, housing, stability—it affects their pregnancy and may cause low birth weight in their infants. That's why we provide support, so they are empowered to be healthy and they feel like someone is in their corner," Egbuho adds.

The *Hey Sis, Let's Chat!* video topics include maintaining healthy levels of iron, omega-3, and folate, as well as managing stress and practicing self-care techniques. In the video on managing stress features, a licensed marriage and family therapist discusses how pregnant women can pass on stress to their developing fetus—such as stress brought on by systemic racism or not having a stable living environment.

The videos are in direct response to statistics that show that AA women have disproportionately more low-birth-weight babies than other women. Women receiving adequate nutrition while pregnant can help combat this.

Joceyln Dubrin, MS, a registered dietitian, describes how AA women in particular have trouble keeping iron at a healthy level. She states, "Iron is like an Uber driver that picks up oxygen and brings it to the rest of the body." It's this down-to-earth conversational style that makes the content accessible and relatable.

Roots Community Health Center realizes the need to create healthy content specifically for AA women, and the grant from Lucile Packard Children's Hospital Stanford was the impetus to get it done. The videos are on YouTube and are being promoted at Roots and also by other partner organizations in Santa Clara County.

"Black women are susceptible to poor birth outcomes due to medical injustices, so filling in the knowledge gaps is vital during a Black woman's reproductive years."

—Nkemka Egbuho, MPH,
Maternal Health Program
Coordinator, Roots Community
Health Center

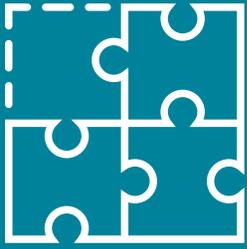


2021 Program Highlights

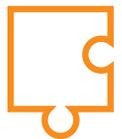
2,500
Expected video views

500
Expected African American women reached

100%
California counties where Black women have the lowest-birth-weight babies



A Look Ahead to 2022: Our Implementation Strategy



Access to Care

Goal: Increase the number of infants, children, adolescents, and young adults who have access to needed health care services.

Strategies

- Support health care clinics in close geographic proximity to populations of low socioeconomic status.
- Widen access to care, including more telemedicine, after-hours availability, etc.
- Provide training to health care professionals.
- Advocate for health care policy change at the local, state, and federal levels that improves health care access for vulnerable children and families.

Anticipated Impacts

We expect our efforts will increase health care services for vulnerable children and youth by providing direct care and by addressing systemic barriers to care. Our aim is to increase the number of children who receive acute care, preventive care, and vaccinations. We anticipate that our efforts will improve patient relationships with primary care physicians and increase the number of qualified providers in our communities. By doing so, we expect to reduce unnecessary ED visits and hospitalizations, decrease outbreaks of vaccine-preventable diseases, and create systemwide improvements in health care access for children and families.



Pediatric Diabetes and Obesity

Goal: Reduce obesity and overweight among children and adolescents.

Strategies

- Expand access to clinical intervention programs and health education, including nutrition education and physical activities.
- Expand access to physical activity, and support interventions and practices aimed at reducing recreational, sedentary screen time among children and adolescents.
- Expand access to healthy food in the community.
- Advocate for and support initiatives and public policies that address systemic/institutional drivers of obesity.
- Develop high-quality interactive digital media for children and adolescents.
- Participate in collaboratives and partnerships to promote a healthier food and recreation environment in the community.

Anticipated Impacts

We expect our efforts will increase healthy eating and active living among children and adolescents in the area we serve. Specifically, we aim to increase physical activity and reduce sedentary activities, including screen time, partly by increasing access to affordable physical activity outlets. We also aim to improve the eating habits of youth.

Lucile Packard Children’s Hospital Stanford will implement strategies to meet our four health initiatives through a combination of grants, sponsorships, in-kind support, and collaborative partnerships with selected community-based organizations, as well as with community health centers, clinics, and Federally Qualified Health Centers (FQHCs). Our overall goal is to improve community health. To us, community health encompasses all aspects of health, including physical, social, emotional, and environmental determinants of health (access to health care, affordable housing, child care, education, and employment). In our view, it is often these determinants of health that serve as barriers to care. Our implementation strategy meets the requirement of the federal government as reflected in our Implementation Strategy Report (ISR).



Social-Emotional Health

Goal: Children, adolescents, and young adults experience good social and emotional health (mental health) and are able to cope with life’s stressors.

Strategies

- Expand access to programs and services that prevent poor mental health, and address stress, depression, and suicidal ideation.
- Support school-based interventions to improve school climate and prevent or reduce bullying.
- Support programs and policies that prevent or reduce domestic violence and increase healthy relationships.
- Increase early identification of mental health issues by primary care physicians, and support referrals and collaboration among providers, educators, social workers, etc.
- Advocate for mental health parity legislation.

Anticipated Impacts

Overall, we expect our efforts to improve the social and emotional health of those we serve. Through our efforts during this three-year funding cycle, we specifically plan to improve school climate, reduce bullying, and reduce the rate of disciplinary actions within schools. We aim to increase coping skills among youth, for stress and depression in particular, and improve healthier relationships among youth. We will also work to increase collaboration among providers, schools, and others for better care and treatment and access.



Maternal and Infant Health

Goal: Improve the health of children by supporting new mothers with prenatal care and postnatal support.

Strategies

- Expand access to teen pregnancy prevention programs.
- Expand access to depression screening programs for pregnant and new teen mothers, individual- or group-based parenting programs, home visits, and nurse/family partnerships.
- Expand access to enhanced prenatal care programs and group prenatal care.
- Support public campaigns, advocacy, education, and/or programs aimed at reducing unintentional injuries (e.g., SIDS, vehicular accidents, falls).
- Support public campaigns, advocacy, education, and/or programs aimed at reducing child abuse and neglect.
- Support efforts that increase access to nurse home visiting programs.

Anticipated Impacts

Overall, we expect to increase prenatal care for expectant mothers, increase birth weights, reduce teen births, and improve the lives of teen mothers and their children. Specifically, we anticipate increasing home visits, prenatal care visits, and favorable birth outcomes for low-income pregnant women. We also aim to improve circumstances for teen moms and their children by providing access to mental health care, increase infant safety awareness, and reduce infant injuries.

2021 Community- Building Efforts

While our Community Benefit program concentrates on advancing our four health initiatives and working with grant partners to help meet our shared goals, Lucile Packard Children's Hospital Stanford is embarking on broader efforts to care for our community. As a major regional institution, we are focused on providing solutions to some of the most pressing challenges. Whether it be health, education, housing, or transportation issues, we are committed to improving the well-being of our community.



Community Health Programs

When it comes to raising healthy children, health and safety are closely tied. Our community health programs cover a wide breadth of services that promote a healthy community, such as community classes, support groups, parenting help, and childhood safety. Our efforts play a key role in reducing harm to Bay Area children by addressing the leading mechanism of injuries facing children with a number of education programs in communities across the region.

Our 2021 investment: \$271,098

Who we served:
Youth and their families

How many served: 20,188

Number of events: 713 classes, lectures, and support groups

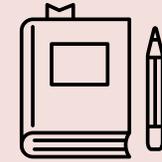


Advocacy and Outreach Programs and Efforts

At Packard Children's, we realize that large-scale change starts with influencing policy leaders on the health needs of children, youth, and families. For this reason, we participate on boards, committees, associations, clubs, and community initiatives to positively influence the direction of health outcomes in our community. As we traverse uncertainties in our nation's health care system, we continue to prioritize advocating on behalf of kids and expectant mothers.

Our 2021 investment: \$952,884

Community partnerships:
more than 50



Workforce Development Programs and Efforts

By strengthening our workforce, we create a stronger, healthier community that's better equipped to care for one another. When we help youth enter the world of work through training programs, we create the next generation of community leaders and healthy individuals. Through trainings and programs, we support skilled health care professionals at Packard Children's and throughout the Bay Area so they can positively influence patient outcomes, and we train a variety of people in basic and advanced life support.

Our 2021 investment: \$26,271,310

Who we served: Youth, resident and fellow physicians, nurses and allied health workers

How many served: 17,222

Community Health Programs



In 2021, Lucile Packard Children's Hospital Stanford supported the following programs to enhance the lives of parents and children through educational support and community programming.

Community Classes and Support Groups

We provide hundreds of family wellness and preventive care classes and community lectures each year. Our prenatal, infant, and child classes guide and support families through pregnancy, childbirth, and growing a family. Our preteen, teen, and parenting classes offer lessons on puberty, body changes, and communication for parents and children. Our free community lectures from our clinical experts help families stay updated on how to keep their children safe and healthy.

Our investment: \$15,052

Individuals served: 16,788

Safety and Injury Prevention Programs

Lucile Packard Children's Hospital Stanford is dedicated to preventing injuries in children. Through collaboration with the Pediatric Trauma Program, the Childhood Injury Prevention Program addresses the leading mechanism of injuries facing children with a number of education programs in communities across the region.

Our investment: \$256,046

Individuals served: 3,400

• Safely Home car seat fitting program

This program assists and educates parents on proper car seat fit and installation techniques. With the support of bilingual certified technicians and volunteers, the program provides a weekly child passenger safety education program, virtual classes in the community, and trainings and

continuing education for child passenger safety technicians across the Bay Area.

• Social Work Fund

The Injury Prevention Program partners with the Social Work department at Packard Children's to provide vulnerable patients with safety education and equipment.

• Pedestrian and bike safety

Through our partnership with Safe Routes to School programs across our region, our pedestrian and bike safety program provides helmets, resources, and education so that kids can stay safe while biking and walking.

• Supporting new parents

Our Injury Prevention team partners with local programs to provide education and safety equipment to expectant and new parents. The program collaborates with Nurse Family Partnership (NFP) in San Mateo County, Puente, and Sacred Heart Community Service.

• Safe Kids Coalition

As a leader in children's health in our community, Lucile Packard Children's Hospital Stanford serves as the host agency for the Safe Kids Santa Clara/San Mateo Coalition. The coalition network brings together local public and private agencies, health care professionals, educators, and family-serving organizations that work collaboratively on prevention activities and events to keep children safe.



Spotlight

Puente

By joining forces with Puente, a community-based organization in San Mateo County's South Coast, we provide safety workshops for families to support the health and well-being of their young children. Through our quarterly virtual education classes and distribution of car seats, pack and plays, and home safety kits, Puente and Packard Children's are committed to ensuring that families have the knowledge and resources to raise healthy kids.



Spotlight

March of Dimes

March of Dimes and Stanford Children’s Health have an extraordinary partnership working together to improve the health of moms and babies. In 2011, March of Dimes and Stanford Medicine jointly established the March of Dimes Prematurity Research Center—the nation’s first transdisciplinary research endeavor dedicated solely to examining, identifying, and preventing the causes of premature death. In addition to research, we partner to improve maternal health disparities by funding community health education and outreach efforts, as well as serving in a volunteer leadership capacity.

Advocacy and Outreach Programs and Efforts



In 2021, Lucile Packard Children’s Hospital Stanford participated in the following advocacy and outreach activities. Packard Children’s is committed to the principle that all members of our community deserve access to high-quality health care services. We continue to prioritize advocating on behalf of kids and expectant mothers.

Advocacy for Children’s Health

As part of our mission, Packard Children’s advocates on behalf of children, teens, and expectant mothers before governmental bodies to ensure that all children and their families have access to quality care. Our advocacy includes educating the community and policy leaders on the health needs of children and expectant mothers, being involved in legislation that affects children’s health, and working with physicians as they advocate for their patients and families.

Our investment: \$428,112

Lucile Packard Children’s Hospital Stanford Leadership on Boards and Committees

Members of our leadership team and faculty play a pivotal role across the nation with nonprofit groups. Some of the organizations are listed below:

- Health Plan of San Mateo
- Health Improvement Partnership
- Jacob’s Heart Children’s Cancer Support Services
- Kids in Common
- March of Dimes
- National Collaborative on Childhood Obesity Research
- Project Cornerstone
- Ravenswood Family Health Center
- Ronald McDonald House
- Santa Clara Family Health Plan
- San Mateo County Health System—Nurse Family Partnership

Santa Clara County Children's Agenda

Packard Children's is an active supporter of the Kids in Common Children's Agenda. The Children's Agenda, a project of Planned Parenthood of Mar Monte, provides a common framework to ensure that every child is safe, healthy, successful in learning, and successful in life. A member of our faculty serves as co-chair and sits on the vision council.

Project SEARCH

Packard Children's, through a partnership with the Palo Alto Unified School District, participates in Project SEARCH to help young adults with developmental disabilities find jobs and internships in order to build their careers. Participants work with our hospital for one year with the goal of gaining hands-on experience and training. Project SEARCH interns complete their rotations with the goal of working independently and learning valuable career skills.

Community partners: Palo Alto Unified School District, Hope Services

Our investment: \$216,627

Leadership Involvement

As part of our ongoing advocacy efforts and as a major regional employer, leaders at Packard Children's play an active role in local and regional organizations working to build economic vitality and ensure improvements in the social determinants of health for all residents. Our leaders are involved in chambers of commerce across the Bay Area, regional economic development associations, and service clubs.

Our investment: \$95,895

Nonprofit Sponsorship Support

Another way we show our support for community organizations is by providing valuable financial contributions to their fundraising efforts through sponsorship of events that support their mission and align with our CHNA-derived Community Health Improvement Initiatives. This support allows local nonprofit organizations to leverage our initial funding to raise funds for programs and activities that complement our mission and improve the health of the community.

Our investment: \$212,250



“By partnering with champions of maternal and infant health, we’re able to take action to address urgent health crises. Together, our passion and commitment makes fighting for a healthier and more equitable future for all moms and babies possible.”

—Victoria Stamps, Director of Corporate Engagement, March of Dimes

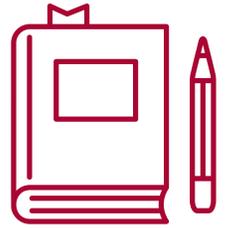


Spotlight

Office of Child Health Equity

The Office of Child Health Equity (OCHE) envisions a world where all children reach their full potential. OCHE strives to create communities and a world where health care and life outcomes are equitable and just. Efforts are aimed at eliminating children’s health disparities by utilizing a three-pronged approach: policy advocacy, equity analytics, and continued efforts related to community engagement and education.

Workforce Development Programs and Efforts



Ensuring that health professionals receive the latest training translates to higher quality care. Empowering youth by providing training and career direction makes for more engaged, self-sufficient citizens. In 2021, Lucile Packard Children’s Hospital Stanford participated in the following efforts to help train the next generation of health professionals and youth.

Cristo Rey San Jose Work Study Program

As part of our efforts to improve the social determinants of health in our community, Lucile Packard Children’s Hospital Stanford partners with Cristo Rey San Jose Jesuit High School to provide workforce development training to high school students in need. Students learn a range of tasks from administrative to research that help prepare them for college and beyond.

Our investment: \$51,293

Individuals served: 9

Mid-Coastal California Perinatal Outreach Program (MCCPOP)

This far-reaching program seeks to improve birth outcomes through education, consultation, and collaboration. MCCPOP advocates for exceptional family-centered care in affiliated hospitals. MCCPOP is a partnership of the Department of Pediatrics, Division of Neonatal and Developmental Medicine, at Stanford University; the Johnson Center for Pregnancy and Newborn Services at Packard Children’s; and 25 hospitals in six counties.

Our investment: \$328,085

Individuals served: 14,000 across 9 hospital facilities

Nurse and Allied Health Professionals Training

Packard Children’s is committed to training the many professionals who make exceptional family-centered care possible. This includes nursing students and allied health professionals such as social work fellows, audiology professionals, pharmacists, clinical nutritionists, and others.

Our investment: \$6,874,087

Individuals served: 524

Pediatric Advocacy Program

The Pediatric Advocacy program at Packard Children’s provides pediatric residents with opportunities to:

- Learn about critical community agencies and resources through the Community Pediatrics and Child Advocacy Rotation.
- Support local community partners in their efforts to address pressing child health needs through the longitudinal Stanford Advocacy Track (StAT).
- Promote child health and well-being through community-driven systems and policy change.

Our investment: \$66,000
Individuals served: 2,459

Residency and Fellowship Training

As a top destination for physician training, we provide clinical training for medical students, residents, and fellows from Stanford University’s medical school through our pediatric residency training program. This robust and well-rounded 20-year-old program emphasizes advocacy and community service. We also provide training for students and fellows in nursing, pharmacy, social work, audiology, occupational and physical therapy, and clinical nutrition.

Our investment: \$18,822,816
Individuals served: 236

Revive Initiative for Resuscitation Excellence

This program provides health care professionals and community members the lifesaving skills needed to promote the best neurological outcomes in the event of a child suffering a respiratory or cardiopulmonary arrest. Revive attendees are parents, bystanders with CPR training, community prehospital first responders, and Packard Children’s staff and faculty. Revive teaches attendees to recognize and treat high-risk events through ongoing practice and simulations. Revive also provides Pediatric Advanced Life Support courses and Basic Life Support courses at our AHA Training Center.

Our investment: \$56,464
Individuals served: 100



“COVID-19
disparately impacts
lower income
families and
families of color,
and it continues to
be a challenge. Our
work is centered
around ensuring
that resources
are committed
to improving
conditions for kids
and families.”

—Lisa Chamberlain, MD, MPH,
Stanford Office of Child
Health Equity



Improving Lives Through Advocacy

As part of our community-building efforts, we continually ask ourselves, “How can we improve the health and well-being of the families that live in our communities?” Advocacy is one of the ways we do that.

With the pandemic, it was a question that demanded a real-time answer, along with quick action to protect the children and families that we serve. Lucile Packard Children’s Hospital Stanford mobilized rapidly to ensure that our communities received accurate, quality health information through a series of virtual panels led by experts. Throughout the pandemic, we’ve contributed toward efforts to achieve health equity in COVID-19 testing and vaccine access across our Bay Area communities. Packard Children’s helped by coordinating efforts to repurpose the use of the hospital’s Teen Van to bring COVID-19 education, testing, and vaccinations to staff and families of underserved schools in our community.

“We were thrilled to partner with local organizations to provide services to our underresourced school communities,” says Sherri Sager, senior vice president and chief government and community relations officer. “Our efforts made school staff and parents feel safer and more confident about health risks around COVID-19.”

This is just one example of many on how we advocate beyond our hospital doors to improve people's health and well-being. Efforts help curb health inequities, strengthen mental health services, and address homelessness, hunger, transportation access, and costly housing.

“It's important for us to advocate for healthy communities and act for the good of everyone,” Sager adds.

As part of these efforts, Packard Children's leaders serve on dozens of community boards and committees, lending their expertise to community groups and business leaders, helping to educate them on the obstacles faced by citizens in our community and to drive solutions. We are also leaders in multiple regional collaboratives aimed at making the Bay Area and California a healthier environment for expectant moms, children, and families.

“This quiet yet powerful behind-the-scenes work is a strong undercurrent that carries our communities toward health and wellness,” says Melissa Burke, director of community relations.

Our larger community-building efforts include influencing policy leaders on local, state, and federal legislation that affects the health of children and families. For example, in 2021, we furthered our work

around food insecurity by partnering with Stanford Medicine's Office of Child Health Equity to lend our voice to U.S. Rep. Jim McGovern's national listening tour on hunger and food insecurity.

We also cochair the Children's Hospital Association's workgroup on creating national legislation to improve mental health care for youth across the country. The legislation proposes building a national safety net of school-based wellness clinics and adding more inpatient beds for youth in crisis. It aims to bring together several organizations, develop best practices, and leverage resources.

“We brought our proposed legislation along with data from across the country on the mental health crisis for youth to California's Congresswoman Anna Eshoo,” Sager says. “She agreed to author the bill because she said it was big and bold, and it's what the country needs.”

Every year, we add to our efforts to advocate for the patients and families that we serve in order to advance equality—not only in health, but in all aspects of life.



Standing Up for Our Community

Through our advocacy work and through our Community Benefit program, we engage in efforts that impact the whole community. When families are given a more solid foundation, they are empowered to not only improve their own health, but improve the health of the entire community. When we advocate on public policies that directly affect families here at home and across the state and nation, we help create systemic change that uplifts individual children and sets them on a course for a better future.



Teen Van Answers Call for Pandemic Response

When the COVID-19 pandemic began in late 2019, Stanford Children's Health quickly mobilized to be a hub for accurate information, testing, and vaccination for the communities that we serve.

On our website, we publish hundreds of pages of up-to-date information on every imaginable topic related to the pandemic. We also provide testing at our 25 pediatric clinics throughout the Bay Area and two drive-through sites. When vaccines became available, we immediately added them to our offerings.

Our response is what you'd likely expect from a hospital our size, but our leaders went above and beyond. They dove into the question of how to best serve the entire community and address ethnic and geographic disparities and inequities as they relate to COVID-19 testing, vaccines, and education. Research shows that the pandemic doesn't impact people equally. For example, those who are lower income are more likely to contract the virus due to overcrowded living conditions or public-facing workplaces. They are also disproportionately burdened with the economic downturn and job loss associated with the pandemic, which leads to food insecurity, loss of stable homes, and heightened stress.

To combat these inequities, the hospital got creative with its resources. The Teen Van was an obvious place to start, since it has a long-standing history of bringing health care to youth ages 12–25 in their local schools and neighborhoods. The van travels to nine sites across Santa Clara and San Mateo counties. It offers COVID-19 testing, vaccinations, toiletries, and face masks. It also provides a care package of nonperishable food to each person who visits the van.

Our Community Relations team advocated for another creative use for the Teen Van: bringing education, testing, and vaccinations to staff and children of an underserved elementary school in East San Jose. The location is far from public transportation and COVID-19 testing sites, so the van's visits are especially welcome. The Teen Van travels to the community regularly, providing vaccinations and testing to not only children and staff at the school, but their extended families and other community members as well.

While the pandemic continues to be a challenge, it has given rise to deeper connections to the families we serve and an increased awareness of providing health care equally to all.

“We saw that young people and their families who were uninsured, housing insecure, and residing in underserved communities of color throughout the Bay Area were getting hit particularly hard by the pandemic.”

—Arash Anoshiravani, MD,
Teen Van Director

Thank You!

We sincerely thank the 2021 members of our advisory council for their invaluable guidance.

Janine Bruce	Stanford Office of Child Health Equity
Leslie Bulbuk	Office of Assembly Member Marc Berman
Dana Bunnett	Kids in Common
Anand Chabra, MD	San Mateo County Health
Vicki Harrison	Stanford Psychiatry Center for Youth and Mental Wellbeing
Brooke Heymach	Law Foundation of Silicon Valley
Lee Pfab	Palo Alto Community Child Care
Kathleen Wortham	Silicon Valley Leadership Group
Rachael Wyley	Culture Kinesis
Jessica Yee	Ravenswood Family Health Center



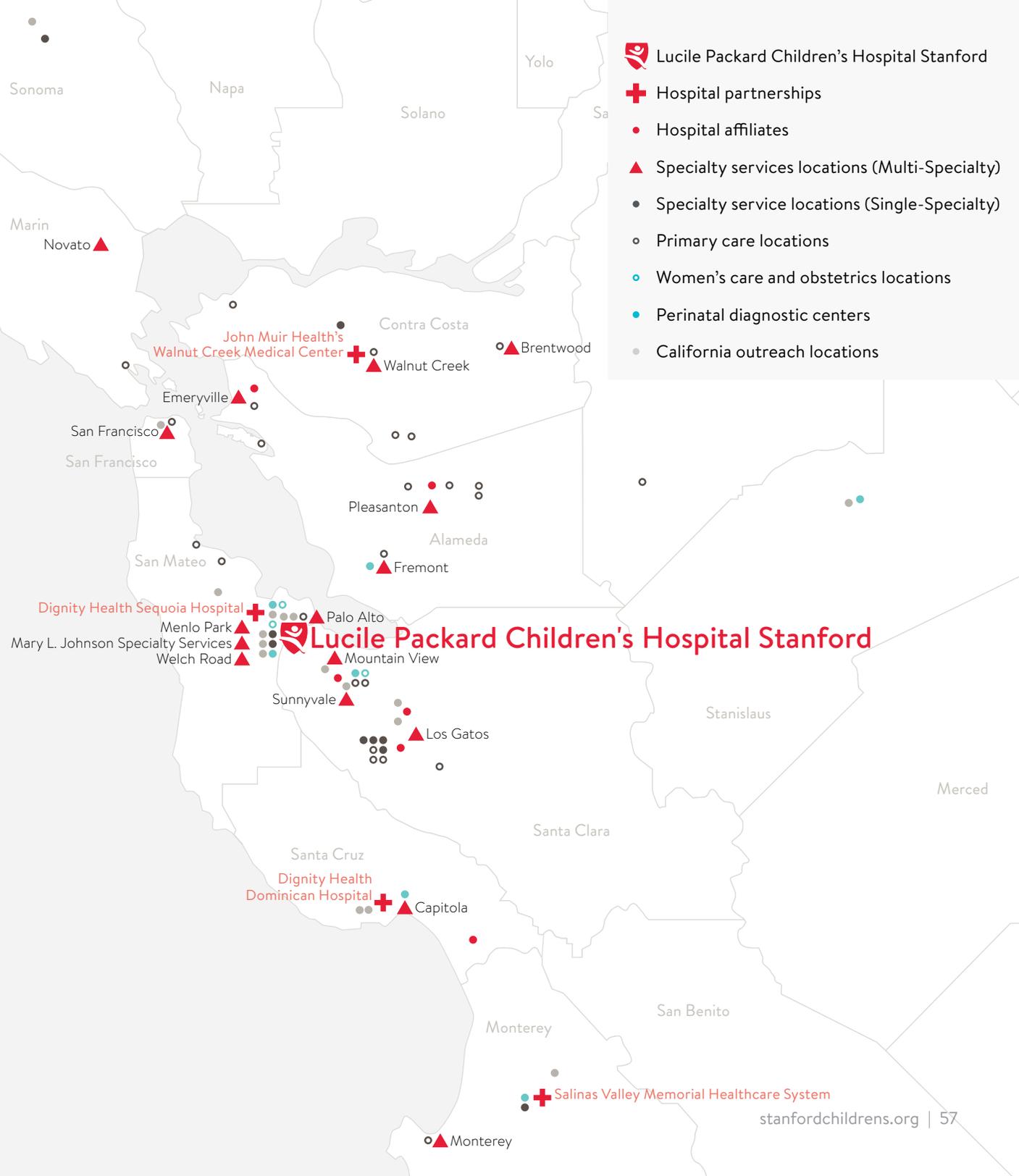
Comprehensive Care Network

We are more than an award-winning hospital. We offer comprehensive health care for kids and expectant mothers in more than 60 locations across the Bay Area through pediatric and obstetric services, specialty locations, and partnerships with community hospitals.

Hospital Partnerships and Affiliations

Stanford Children's Health has close relationships with hospitals throughout the Bay Area and beyond to support and provide the best pediatric and obstetric care close to where our patients live.

-  Lucile Packard Children's Hospital Stanford
-  Hospital partnerships
-  Hospital affiliates
-  Specialty services locations (Multi-Specialty)
-  Specialty service locations (Single-Specialty)
-  Primary care locations
-  Women's care and obstetrics locations
-  Perinatal diagnostic centers
-  California outreach locations



Additional Locations	
Affiliates	Outreach
Sacramento, CA	Crescent City, CA
Madera, CA	Madera, CA
Honolulu, HI	McKinleyville, CA
Reno, NV	Terre Haute, IN

Outreach locations are where our physicians see referred patients on select days to provide care closer to the communities that we serve.

Multi-specialty center locations ▲

BRENTWOOD	Specialty Services – Brentwood	2400 BALFOUR RD
CAPITOLA	Specialty Services – Capitola	824 BAY AVE
EMERYVILLE	Specialty Services – Emeryville	6121 HOLLIS ST
FREMONT	Specialty Services – Fremont	2299 MOWRY AVE
LOS GATOS	Specialty Services – Los Gatos	14601 S BASCOM AVE
MENLO PARK	Specialty Services – Menlo Park	321 MIDDLEFIELD RD
MONTEREY	Specialty Services – Monterey	1900 GARDEN RD
MOUNTAIN VIEW	Specialty Services – Mountain View	1174 CASTRO ST
NOVATO	Specialty Services – Novato	101 ROWLAND WAY
PALO ALTO	Children's Services Watson Court – Palo Alto	2452 WATSON CT
PALO ALTO	Mary L. Johnson Specialty Services	730 WELCH RD
PALO ALTO	Specialty Services – Welch Road	770 WELCH RD
PLEASANTON	Orthopedics – Pleasanton	5000 PLEASANTON AVE
SAN FRANCISCO	Specialty Services – San Francisco	1100 VAN NESS AVE
SUNNYVALE	Specialty Services – Sunnyvale	1195 W FREMONT AVE
WALNUT CREEK	Specialty Services – Walnut Creek	106 LA CASA VIA

Single-specialty locations ●

LOS GATOS	Audiology – Los Gatos	14651 S BASCOM AVE
LOS GATOS	Los Gatos Orthopedic Clinic	555 KNOWLES DR
LOS GATOS	Pediatric Cardiology Associates – Los Gatos	14651 S BASCOM AVE
LOS GATOS	Pediatric Gastroenterology – Los Gatos	14777 LOS GATOS BLVD
PALO ALTO	Child and Adolescent Mental Health	401 QUARRY RD
PALO ALTO	Outpatient MRI Center	732 WELCH RD
PLEASANT HILL	Diablo Valley Child Neurology	400 TAYLOR BLVD
SALINAS	Pediatric Cardiology Associates – Salinas	258 SAN JOSE ST
SANTA ROSA	SF/North Bay Pediatric Cardiology Practice	990 SONOMA AVE

Primary care locations ○

ALAMEDA	Bayside Medical Group – Alameda	1359 PARK AVE
BERKELEY	Bayside Medical Group – Berkeley	2915 TELEGRAPH AVE
BRENTWOOD	Bayside Medical Group – Brentwood	100 CORTONA WAY
BURLINGAME	Peninsula Pediatric Medical Group – Burlingame	1720 EL CAMINO REAL
FREMONT	Bayside Medical Group – Fremont	2299 MOWRY AVE
LIVERMORE	Bayside Medical Group – Livermore	1134 MURRIETA BLVD
LIVERMORE	Livermore Pleasanton San Ramon Pediatrics – Livermore	1133 E STANLEY BLVD
LOS ALTOS	Altos Pediatric Associates	842 ALTOS OAKS DR
LOS GATOS	South Bascom Pediatrics	15899 LOS GATOS ALMADEN RD
MENLO PARK	Peninsula Pediatric Medical Group – Menlo Park	103 GILBERT AVE

MILL VALLEY	Town and Country Pediatrics – Mill Valley	61 CAMINO ALTO
MONTEREY	Pediatric Group of Monterey	1900 GARDEN RD
MOUNTAIN VIEW	Pediatrics – Mountain View	2204 GRANT RD
PINOLE	Bayside Medical Group – Pinole	2160 APPIAN WAY
PLEASANTON	Bayside Medical Group – Pleasanton	5720 STONERIDGE MALL RD
PLEASANTON	Livermore Pleasanton	
	San Ramon Pediatrics – Pleasanton	5575 W LAS POSITAS BLVD
SAN FRANCISCO	Town and Country Pediatrics – San Francisco	2100 WEBSTER ST
SAN JOSE	Pediatric Associates – Camden Ave	6475 CAMDEN AVE
SAN JOSE	Pediatric Associates – Samaritan Dr	2577 SAMARITAN DR
SAN JOSE	Silicon Valley Pediatricians	2505 SAMARITAN DR
SAN MATEO	Peninsula Pediatric Medical Group – San Mateo	50 S SAN MATEO DR
SAN RAMON	Bayside Medical Group – San Ramon	5601 NORRIS CANYON RD
SAN RAMON	Livermore Pleasanton	
	San Ramon Pediatrics – San Ramon	11030 BOLLINGER CANYON RD
TRACY	Bayside Medical Group – Tracy	4598 S TRACY BLVD
WALNUT CREEK	Bayside Medical Group – Walnut Creek	1776 YGNACIO VALLEY RD

Perinatal diagnostic centers ●

FREMONT	Perinatal Diagnostic Center – Fremont	2147 MOWRY AVE
MODESTO	Perinatal Diagnostic Center – Modesto	1401 SPANOS CT
MOUNTAIN VIEW	Perinatal Diagnostic Center – Mountain View	2495 HOSPITAL DR
PALO ALTO	Perinatal Diagnostic Center – Palo Alto	725 WELCH RD
REDWOOD CITY	Perinatal Diagnostic Center – Redwood City	2900 WHIPPLE AVE
SALINAS	Perinatal Diagnostic Center – Salinas	212 SAN JOSE ST
SANTA CRUZ	Perinatal Diagnostic Center – Santa Cruz	1685 COMMERCIAL WAY

Women's care and obstetric locations ○

MOUNTAIN VIEW	Altos Oaks Medical Group	2495 HOSPITAL DR
PALO ALTO	Women's Health – Palo Alto	211 QUARRY RD
REDWOOD CITY	Women's Care Medical Group	2900 WHIPPLE AVE

Hospital partnerships +

REDWOOD CITY	Dignity Health Sequoia Hospital	170 ALAMEDA DE LAS PULGAS
SALINAS	Salinas Valley Memorial Healthcare System	450 E ROMIE LN
SANTA CRUZ	Dignity Health Dominican Hospital	1555 SOQUEL DR
WALNUT CREEK	John Muir Health's Walnut Creek Medical Center	1601 YGNACIO VALLEY RD

Hospital affiliates ●

California outreach locations ●



725 Welch Road
Palo Alto, CA 94304



Learn More

communitybenefit.stanfordchildrens.org