

Sequoia Hospital

Hospital HCAI ID: 106410891

Community Benefit 2025 Report and 2026 Plan



Adopted November 2025



A message from

Eleanor Eberhard, Chief Operating Officer & Chief Nursing Officer, and Jan Barker, Chair of the Dignity Health Sequoia Hospital Community Board.

Dignity Health's approach to community health improvement aims to address significant health needs identified in the Community Health Needs Assessments that we conduct with community input, including from the local public health department. Our initiatives to deliver community benefit include financial assistance for those unable to afford medically necessary care, a range of prevention and health improvement programs conducted by the hospital and with community partners, and investing in efforts that address social drivers of health.

Sequoia Hospital shares a commitment with others to improve the health of our community and promote health equity, and delivers programs and services to help achieve that goal. The Community Benefit 2025 Report and 2026 Plan describes much of this work. This report meets requirements in California (Senate Bill 697) that not-for-profit hospitals produce an annual community benefit report and plan. We are proud of the outstanding programs, services and other community benefits our hospital delivers, and are pleased to report to our community.

In fiscal year 2025 (FY25), Sequoia Hospital provided \$26,646,497 in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services and other community benefits. The hospital also incurred \$61,136,140 in unreimbursed costs of caring for patients covered by Medicare fee-for-service.

The hospital's board reviewed, approved and adopted the Community Benefit 2025 Report and 2026 Plan at its November 5, 2025 meeting.

Thank you for taking the time to review this report and plan. We welcome any questions or comments, which can be submitted using the contact information in the At-a-Glance section of this report.

Eleanor Eberhard
Chief Operating Officer &
Chief Nursing Officer
Sequoia Hospital

Jan Barker
Chairperson, Board of Directors




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At-a-Glance Summary

Hospital HCAI ID: **106410891**

Report Period Start Date: July 1, 2024 Report Period End Date: June 30, 2025

Community Served 	<p>Dignity Health Sequoia Hospital serves the cities in mid-county, south county, and the coastside of San Mateo County on the San Francisco Peninsula. The hospital service area includes the cities of Atherton, Belmont, Burlingame, Half Moon Bay, La Honda, Menlo Park, East Palo Alto/Palo Alto, Portola Valley, Redwood City, San Carlos and San Mateo with a total population of 524,799.</p> <p>While the population of the community served by Sequoia Hospital tends to be wealthier and better educated when compared to the state, there are a number of cities and unincorporated areas in the service area that experience high rates of poverty and health care disparities.</p>
Economic Value of Community Benefit 	<p>\$26,646,497 in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services, community grants and other community benefits</p> <p>\$61,136,140 in unreimbursed costs of caring for patients covered by Medicare fee-for-service.</p> <p>Community benefit expenses for services to vulnerable populations and to the broader community are listed by category in the Economic Value of Community Benefit section of this report.</p>
Significant Community Health Needs Being Addressed 	<p>The significant community health needs the hospital is helping to address and that form the basis of this document were identified in the hospital's most recent Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <ul style="list-style-type: none">• Access to Health Care• Healthy Lifestyles (Chronic Diseases and Preventive Practices)• Housing and Homelessness• Mental Health
FY25 Programs and Services	<p>The hospital delivered several programs and services to help address identified significant community health needs. These included:</p>



Access to Health Care

- **AnewVista:** Sequoia Hospital partners with AnewVista to support and promote a digital literacy initiative for older adults that aims to enhance their health and well-being outcomes
- **Charitable cash and in-kind donations:** Provides cash and in-kind donations to community-based organizations to address access to health care.
- **Community Blood Pressure Screening:** Free blood pressure screenings for older adults provided by an RN at community centers. The program includes monitoring screening results, one-on-one counseling & chronic disease self-management and referrals to physicians for abnormal results.
- **Community Health Improvement Grants program:** Offers grants to nonprofit community organizations that provide access to health care programs and services.
- **Financial Assistance for the uninsured or underinsured:** Provides financial assistance (including discounts and charity care) to those who have health care needs and are uninsured, underinsured, ineligible for a government program or otherwise unable to pay.
- **Health Professions Education Program:** The hospital partners with educational or training programs to offer a clinical setting for training and educating nursing students and other allied health professionals.
- **Operation Access:** Sequoia Hospital partners with Operation Access to link donated surgical preventive care to uninsured and underinsured patients in San Mateo County at no charge to patients.
- **San Mateo County Navigation Center (Dental):** Sequoia Hospital, in partnership with the Sequoia Healthcare District, granted funds to support a program at the San Mateo County Navigation Center, enabling dental students, residents, and interns to provide oral healthcare to formerly and currently homeless individuals.
- **Workforce Development Program:** In partnership with Wender Weis Foundation for Children, the program aims to introduce local high school students to entry level jobs in health care fields.

Healthy Lifestyles (Chronic Diseases and Preventive Practices)

- **Art Faro Food Grant Program:** In partnership with the Sequoia Healthcare District, Sequoia Hospital provided funding for vulnerable populations on the Peninsula facing ongoing food insecurity.
- **Charitable cash and in-kind donations:** Provides cash and in-kind donations to community-based organizations to address access to health care.
- **Community Blood Pressure Screening:** Free blood pressure screenings for older adults provided by an RN at community centers. The program includes monitoring screening results, one-on-one counseling & chronic disease self-management and referrals to physicians for abnormal results.
- **Community Health Improvement Grants program:** Offers grants to

nonprofit community organizations that provide access to health care programs and services.

- **Community Space Sharing Program:** This program offers meeting room space to nonprofit organizations addressing chronic diseases and preventive practices.

- **Diabetes Education Empowerment Program (D.E.E.P.):** Evidence based educational program designed to engage community residents in self-management practices for prevention and control of diabetes.

- **Matter of Balance:** An evidence-based program designed to reduce the fear of falling and increase activity levels among older adults.

- **Maturing Gracefully:** In collaboration with the San Mateo Libraries and Friends of the Belmont Library, this monthly program for older adults offers presentations by guest speakers on various health related topics.

Housing and Homelessness

- **Charitable cash and in-kind donations:** Provides cash and in-kind donations to community-based organizations to address access to health care.

- **Community Health Improvement Grants program:** Offers grants to nonprofit community organizations that provide access to health care programs and services.

- **Discharge Planning for Homeless Patients:** Supportive services include a meal, weather-appropriate clothing, medications, transportation, infectious disease screening, vaccinations, and screening for affordable healthcare coverage. The San Mateo County Coordinated Entry System is contacted for shelter placement.

Mental Health

- **Charitable cash and in-kind donations:** Provides cash and in-kind donations to community-based organizations to address access to health care.

- **Community Health Improvement Grants program:** Offers grants to nonprofit community organizations that provide access to health care programs and services.


- **Community Space Sharing Program:** This program offers meeting room space to nonprofit organizations addressing chronic diseases and preventive practices.

- **New Parents Support Group:** This group helps individuals navigate the challenges of parenting through structured, inclusive, strength-based, and empowering experiences.

FY26 Planned Programs and Services



All FY25 programs will continue with the exception of the Community Space Sharing Program. The lease for the Sequoia Hospital Health & Wellness Center was not renewed, leading to the relocation of its staff back to the main campus. Community classes, previously held at the Center, will now be conducted in available hospital space. Nonprofit



partners, who utilized the Community Space Sharing Program, were notified and were able to secure alternative locations.

This document is publicly available online at:

<https://www.dignityhealth.org/bayarea/locations/sequoia/about-us/community-benefits>

Written comments on this report can be submitted to Sequoia Hospital Health & Wellness Department, 170 Alameda de las Pulgas, Redwood City, CA 94062 or by e-mail to sequoia-commhealth@commonspirit.org.

Our Hospital and the Community Served

About Sequoia Hospital

Sequoia Hospital is a Dignity Health hospital. Dignity Health is a member of CommonSpirit Health. Sequoia Hospital is an accredited, not-for-profit community hospital providing innovative and exceptional health care to generations of Bay Area residents. Sequoia's Heart and Vascular Institute is a nationally known pioneer in advanced cardiac care. Sequoia has received national recognition as one of America's top 100 hospitals for cardiac care, as well as for superior patient safety from Healthgrades. Our Birth Center is consistently ranked as a favorite among Peninsula families, and we're also known for our Center for Total Joint Replacement and comprehensive emergency care. Our state-of-the-art Pavilion combines the most advanced medical and surgical services with a unique healing environment, including private, spacious rooms and inviting garden areas. High technology meets Hello humankindness at Sequoia Hospital.

Our Mission

As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Our Vision

A healthier future for all – inspired by faith, driven by innovation, and powered by our humanity.

Financial Assistance for Medically Necessary Care

It is the policy of CommonSpirit Health to provide, without discrimination, emergency medical care and medically necessary care in CommonSpirit hospital facilities to all patients, without regard to a patient's financial ability to pay. This hospital has a financial assistance policy that describes the assistance provided to patients for whom it would be a financial hardship to fully pay the expected out-of-pocket expenses for such care, and who meet the eligibility criteria for such assistance. The financial assistance policy, a plain language summary and related materials are available in multiple languages on the hospital's website.

Description of the Community Served

The hospital service area includes the following cities and ZIP Codes.

Sequoia Hospital Service Area		
Place	ZIP Code	County
Atherton	94027	San Mateo
Belmont	94002	San Mateo
Burlingame	94010	San Mateo
Half Moon Bay	94019	San Mateo
La Honda	94020	San Mateo
Menlo Park	94025	San Mateo
East Palo Alto/Palo Alto	94301, 94303, 94304, 94306	San Mateo/Santa Clara
Portola Valley	94028	San Mateo
Redwood City	94061, 94062, 94063, 94065	San Mateo
San Carlos	94070	San Mateo
San Mateo	94401, 94402, 94403, 94404	San Mateo

A summary description of the community is provided below, and additional details can be found in the CHNA report online.

The population of the service area is 524,799. Children and youth, ages 0-17, make up 21.8% of the population, 61.9% are adults, ages 18-64, and 16.3% of the population are seniors, ages 65 and older. The largest portion of the population in the service area is White or Caucasian residents (44.7%), 23.7% of the population are Asian residents and 22.2% are Hispanic or Latino residents. 5.2% of the population identifies as multiracial (two-or-more races), 2.3% are Black or African American residents, 1% are Native Hawaiian or Pacific Islander residents, and 0.1% are American Indian or Alaskan Native residents.

Among the residents in the service area, 6.1% are at or below 100% of the federal poverty level (FPL) and 13.9% are at 200% of FPL or below. In the service area, 5.9% of children live in poverty, 7.8% of senior adults live in poverty, and 16.1% of families with female head of household with minor children live in poverty. The unemployment rate in the service area among the civilian labor force, averaged over 5 years, is 4.4%. The median household income in the service area is \$177,626.

In the service area, 96.6% of the civilian, non-institutionalized population have health insurance, and 98.1% of children, ages 18 and younger, have health insurance coverage. Among county residents, 9.9% have Medi-Cal coverage.

Educational attainment is a key driver of health. In the hospital service area, 8% of adults, ages 25 and older, lack a high school diploma, which is lower than the state rate (15.6%). 63.1% of area adults have a bachelor's or higher degree.

The U.S. Health Services Administration (HRSA) designates medically underserved areas/populations (MUA) as areas or populations having too few primary care providers, high infant mortality, high poverty, or a high elderly population. San Mateo County is designated as an MUA for primary care.

There are three categories of Health Professions Shortage Area (HPSA) designations based on the health discipline that is experiencing a shortage: 1) primary medical, 2) dental, and 3) mental health. The primary factor used to determine a HPSA designation is the number of health professionals relative to the population with consideration of high need. San Mateo County is designated as a HPSA for primary care for low-income populations.

Community Assessment and Significant Needs

The hospital engages in multiple activities to conduct its community health improvement planning process. These include, but are not limited to, conducting a Community Health Needs Assessment with community input at least every three years, identifying collaborating community stakeholder organizations, describing anticipated impacts of program activities and measuring program indicators.

Community Health Needs Assessment

The health issues that form the basis of the hospital's community benefit plan and programs were identified in the most recent CHNA report, which was adopted in May 2025. The hospital makes the CHNA report widely available to the public online and a written copy is available upon request.

CHNA web address:

<https://www.dignityhealth.org/bayarea/locations/sequoia/about-us/community-benefits>

The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital;
- Description of assessment processes and methods;
- Presentation of data, information and findings, including significant community health needs;
- Community resources potentially available to help address identified needs; and
- Discussion of impacts of actions taken by the hospital since the preceding CHNA.

Community Groups that Attended or Engaged with the CHNA:

- Casa Circulo Cultural
- Center for Independence of Individuals with Disabilities
- City of Redwood City
- Health Plan of San Mateo
- Parent Venture
- Paul Krupka Consulting
- Peninsula Family Service
- Ravenswood Family Health Network
- Samaritan House
- San Mateo County Board of Supervisors
- San Mateo County Health

- San Mateo County Office of Education
- San Mateo Pride Center
- Sequoia Healthcare District
- StarVista
- Street Life Ministries
- St. Francis Center
- St. Vincent de Paul of San Mateo County
- Sustainable San Mateo County
- Upward Scholars
- The Karat School Project

Vulnerable Populations Represented by These Groups:

- Racial and ethnic groups experiencing disparate health outcomes
- Socially disadvantaged groups, including the following:
 - The unhoused
 - People with disabilities
 - People identifying as lesbian, gay, bisexual, transgender, or queer
 - Individuals with limited English proficiency

This community benefit report also includes programs delivered during fiscal year 2025 that were responsive to needs prioritized in the hospital's previous CHNA report.

Significant Health Needs

The CHNA identified the significant needs in the table below, which also indicates which needs the hospital intends to address. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Access to Care	Access to health care refers to the availability of primary care, specialty care, vision care and dental care services. Health insurance coverage is considered a key component to ensure access to health care. Barriers to care can include lack of transportation, language and cultural issues.	Yes
Chronic Diseases	A chronic disease or condition usually lasts for three months or longer and may get worse over time. Chronic diseases can	Yes

Significant Health Need	Description	Intend to Address?
	usually be controlled but not always cured. The most common types of chronic diseases are cancer, heart disease, stroke, diabetes, and arthritis.	
Housing and Homelessness	<i>Homelessness</i> is known as a state of being unhoused or unsheltered and is the condition of lacking stable, safe, and adequate housing.	Yes
Mental Health	<i>Mental health</i> includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.	Yes
Overweight and Obesity	Overweight and obesity are common conditions that are defined as the increase in size and amount of fat cells in the body. Obesity is a chronic health condition that raises the risk for chronic diseases. Overweight and obesity are linked to a lack of physical activity and unhealthy eating habits.	No
Preventive Practices	Preventive practices refer to health maintenance activities that help to prevent disease. For example, preventive care includes vaccines, routine health screenings and injury prevention strategies.	Yes
Substance Use	Substance use is the use of tobacco products, illegal drugs, prescription drugs, over-the-counter drugs or alcohol. Excessive use of these substances or use for purposes other than those for which they are meant to be used, can lead to physical, social or emotional harm.	No
Tuberculosis	Tuberculosis (TB) is a contagious bacterial infection that usually attacks the lungs.	No

Significant Needs the Hospital Does Not Intend to Address

Taking existing hospital and community resources into consideration, Sequoia Hospital will not directly address the remaining significant health needs identified in the CHNA, which include overweight and obesity, substance use, and tuberculosis. Knowing there are not sufficient resources to address all the community health

needs, Sequoia Hospital chose to concentrate on those health needs that can most effectively be addressed given the organization's areas of focus and expertise. The hospital has insufficient resources to effectively address all the identified needs and, in some cases, the needs are being addressed by others in the community.

2025 Report and 2026 Plan

This section presents strategies and program activities the hospital is delivering, funding or on which it is collaborating with others to address significant community health needs. It summarizes actions taken in FY25 and planned activities for FY26, with statements on impacts and community collaboration. Program Highlights provide additional detail on select programs.

Planned activities are consistent with current significant needs and the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

Creating the Community Benefit Plan

The hospital is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.

Hospital and health system participants included

- Care Coordination
- Community Health
- Foundation / Philanthropy
- Health Equity Liaison
- Mission Integration
- Social Work



Community input or contributions to this community benefit plan included the Sequoia Hospital Community Advisory Committee which is a subcommittee established by Sequoia Hospital. Its primary role is to serve as a key advisory group for the hospital's Community Benefit program.

The programs and initiatives described here were selected on the basis of

- existing programs with evidence of success/impact;
- research into effective interventions;
- expanding or adapting a partner's program;
- access to appropriate skills or resources;

- ability to measure impact;
- goal to address a vital condition;
- goal to address an urgent services need.

Community Health Core Strategies


The hospital intends that program activities to help address significant community health needs reflect a strategic use of resources. CommonSpirit Health has established three community health improvement core strategies to help ensure that program activities overall address strategic aims while meeting locally-identified needs.

- Extend the care continuum by aligning and integrating clinical and community-based interventions.
- Implement and sustain evidence-based health improvement program initiatives.
- Strengthen community capacity to achieve equitable health and well-being.




Report and Plan by Health Need


The tables below present strategies and program activities the hospital has delivered or intends to deliver to help address significant health needs identified in the community health needs assessment. They are organized by health need and include statements of goals and anticipated impact, and any collaboration with other organizations in their delivery.

 Health Need: Access to Health Care			
Strategy or Program	Summary Description	Active FY25	Planned FY26
Financial assistance for the uninsured or underinsured	Sequoia Hospital provides financial assistance to those who have health care needs and are uninsured, underinsured, ineligible for a government program or otherwise unable to pay.	✓	✓
Health Professions Education Program	The hospital partners with educational or training programs to offer a clinical setting for training and educating nursing students and other allied health professionals.	✓	✓
Community Blood Pressure Screenings	Free blood pressure screenings for older adults provided by an RN at community centers. The program includes monitoring screening results, one-on-one counseling & chronic disease self-management and referrals to physicians for abnormal results.	✓	✓
Workforce Development Program	In partnership with Wender Weis Foundation for Children, the program aims to introduce local high school students to entry level jobs in health care fields.	✓	✓
Operation Access Partnership	Sequoia Hospital partners with Operation Access to link donated surgical preventive care to uninsured and underinsured patients in San Mateo County at no charge to patients.	✓	✓
AnewVista Partnership	Sequoia Hospital helps support and promote AnewVista Community Services programming, a digital literacy initiative for older adults that aims to enhance their health and well-being outcomes.	✓	✓


San Mateo County Navigation Center (Dental)	Sequoia Hospital, in partnership with the Sequoia Healthcare District, granted funds to support a program at the San Mateo County Navigation Center, enabling dental students, residents, and interns to provide oral healthcare to formerly and currently homeless individuals.	✓	✓
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide access to health care programs and services.	✓	✓
Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address access to health care.	✓	✓
Goal and Impact: Increased access to health care for the medically underserved, reduced barriers to care, increased availability and access to preventive care services and increased local health care workforce.			
Collaborators: <ul style="list-style-type: none"> • AnewVista Community Services • Bay Area Community Health Advisory Council (BACHAC) • Fair Oaks Adult Activity Center • Little House Activity Center • Operation Access • Samaritan House • San Carlos Adult Community Center • Sandpiper Community Center • San Mateo County Paratransit Advisory Council (PAC) • Sequoia Healthcare District • Sonrisas Dental Health, Inc. • Twin Pines Senior & Community Center • United Through Education: Familias Unidas • Veterans Memorial Senior Center • Villages of San Mateo • Wender Weis Foundation for Children 			

 Health Need: Healthy Lifestyles (Chronic Diseases & Preventive Practices)			
Strategy or Program	Summary Description	Active FY25	Planned FY26
Art Faro Food Grant Program	In partnership with the Sequoia Healthcare District, Sequoia Hospital provided funding for vulnerable populations on the Peninsula facing ongoing food insecurity.	✓	✓
Community Blood Pressure Screenings	Free screenings for older adults provided by an RN at community centers. The program includes monitoring screening results, one-on-one counseling & chronic disease self-management and referrals to physicians for abnormal results.	✓	✓
Diabetes Empowerment Education Program (D.E.E.P.)	Evidence based educational program designed to engage community residents in self-management practices for prevention and control of diabetes.	✓	✓
Matter of Balance	An evidence-based program designed to reduce the fear of falling and increase activity levels among older adults.	✓	✓
Maturing Gracefully	In collaboration with the San Mateo Libraries and Friends of the Belmont Library, this monthly program for older adults offers presentations by guest speakers on various health related topics.	✓	✓
Community Space Sharing Program	Provides meeting room overhead and space to the nonprofit organization Bay Area Community Health Advisory Council (BACHAC). BACHAC's mission is to increase awareness of major health issues affecting African Americans and diverse communities, advocate for increased health education and access to resources and actively encourage accountability for healthy lifestyles.	✓	
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide healthy lifestyles (chronic diseases & preventive practices) programs and services.	✓	✓

Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address healthy lifestyles (chronic diseases & preventive practices).	✓	✓
Goal and Impact: increased knowledge of healthy eating and physical activity, increased identification and treatment of chronic diseases, increased compliance with chronic disease prevention and management recommendations.			
Collaborators: <ul style="list-style-type: none"> • Bay Area Community Health Advisory Council (BACHAC) • Fair Oaks Adult Activity Center • Fall Prevention Coalition of San Mateo County • Friends of the Belmont Library • Friends of the Veterans Memorial Senior Center • Little House Activity Center • San Carlos Adult Community Center • Sandpiper Community Center • San Mateo Libraries • Sequoia Healthcare District • Twin Pines Senior & Community Center 			

 Health Need: Housing and Homelessness			
Strategy or Program	Summary Description	Active FY25	Planned FY26
Homeless patient support	Supportive services are offered that include a meal, weather-appropriate clothing, medications, transportation, infectious disease screening, vaccinations and screening for affordable health care coverage. For shelter resources, the San Mateo County Coordinated Entry System is called for assistance.	✓	✓
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide housing and homelessness programs and services.	✓	✓

Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address housing and homelessness.	✓	✓
Goal and Impact: Improved health care delivery to persons experiencing homelessness and increased access to community-based services for persons experiencing homelessness.			
Collaborators: <ul style="list-style-type: none"> • OneLife Counseling Services • Samaritan House 			

 Health Need: Mental Health			
Strategy or Program	Summary Description	Active FY25	Planned FY26
New Parents support group	A structured, inclusive space where individuals can empower each other through strength-based experiences to navigate parenting challenges.	✓	✓
Community Space Sharing Program	Provides meeting room overhead and space to the nonprofit organization OneLife Counseling Services for community members to feel connected and have a safe place to access mental health services.	✓	
Community Health Improvement Grants program	Offers grants to nonprofit community organizations that provide mental health programs and services.	✓	✓
Charitable cash and in-kind donations	Provides cash and in-kind donations to community-based organizations to address mental health issues.	✓	✓
Goal and Impact: Increased access to mental health services in the community, and improved screening and identification of mental health needs.			
Collaborators: <ul style="list-style-type: none"> • OneLife Counseling Services • Peninsula Volunteers, Inc. 			

Community Health Improvement Grants Program


One important way the hospital helps to address community health needs is by awarding restricted financial grants to non-profit organizations working to improve health status and quality of life. Grant funds are used to deliver services and strengthen service systems, to improve the health and well-being of vulnerable and underserved populations related to CHNA priorities.

In FY25, the hospital awarded the grants below totaling \$107,500. Some projects also may be described elsewhere in this report. The figures below represent grant awards that the hospital made.

Grant Recipient	Project Name	Health Needs Addressed	Amount
Sonrisas Dental Health	Sonrisas Dental Health School Screening and Education Program	Access to Health Care	\$20,000
Villages of San Mateo County	Villages of San Mateo County	Access to Health Care	\$22,500
Peninsula Volunteers, Inc.	PVI Rosener House Mental Health Improvement for Family Caregivers	Mental Health	\$25,000
One Life Counseling Center	One Life Counseling Center	Housing and Homelessness & Mental Health	\$40,000

Program Highlights

The following pages describe a sampling of programs and initiatives listed above in additional detail, illustrating the work undertaken to help address significant community health needs.

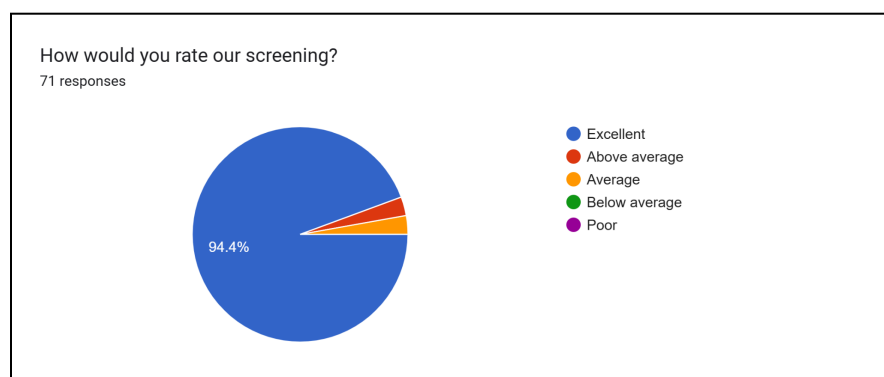
 Community Blood Pressure Screening	
Significant Health Needs Addressed	<ul style="list-style-type: none"> • Access to health care • Healthy lifestyles (Chronic Diseases & Preventive Practices)
Program Description	Monthly health screening program, led by a Registered Nurse, conducted at six community sites. It offers free blood pressure

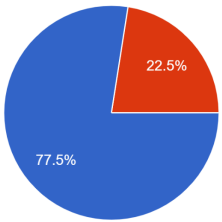
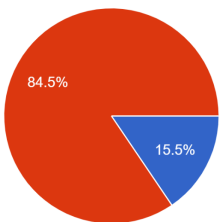
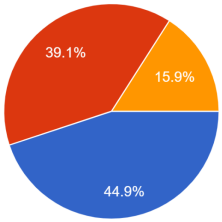
	screenings, one-on-one counseling for results, chronic disease self-management education, and physician referrals for abnormal findings.
Population Served	Older Adults
Program Goal / Anticipated Impact	To reduce the risk of disease within the community by promoting early detection through health screenings and facilitating lifestyle changes to prevent or manage conditions effectively.

FY 2025 Report

Activities Summary	A hospital community health nurse offered complimentary blood pressure screenings at six community locations. These services encompassed screening result monitoring, personalized counseling & chronic disease self-management and facilitating referrals to physicians in cases of abnormal results.
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Performance / Impact	<ol style="list-style-type: none"> Quantitative Data <ul style="list-style-type: none"> Total screening encounters: 677 Encounters identified as hypertensive: 202 Referrals to medical doctors resulting from screening: 72 Counseling encounters provided: 206 Medication cards distributed during encounters: 230 Overall Program Effectiveness We gathered feedback from 71 participants through surveys to understand their perceptions of the program's services and impact. Key findings include:
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	<div data-bbox="535 205 1409 575"> <p>Do you share your results with your doctor? 71 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>77.5%</td> </tr> <tr> <td>No</td> <td>22.5%</td> </tr> </tbody> </table> </div> <div data-bbox="535 621 1409 1020"> <p>Has your doctor made any changes to your medications, diet and/or exercise plan based on these results? 71 responses</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>15.5%</td> </tr> <tr> <td>No</td> <td>84.5%</td> </tr> </tbody> </table> </div> <div data-bbox="535 1066 1409 1436"> <p>How confident are you in managing your blood pressure as a result of attending our screenings? 69 responses</p>  <table border="1"> <thead> <tr> <th>Confidence Level</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Extremely Confident</td> <td>44.9%</td> </tr> <tr> <td>Very Confident</td> <td>39.1%</td> </tr> <tr> <td>Somewhat Confident</td> <td>15.9%</td> </tr> <tr> <td>Not So Confident</td> <td>0%</td> </tr> <tr> <td>Not Confident at All</td> <td>0%</td> </tr> </tbody> </table> </div>	Response	Percentage	Yes	77.5%	No	22.5%	Response	Percentage	Yes	15.5%	No	84.5%	Confidence Level	Percentage	Extremely Confident	44.9%	Very Confident	39.1%	Somewhat Confident	15.9%	Not So Confident	0%	Not Confident at All	0%
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Hospital's Contribution / Program Expense	.2FTE																								
FY 2026 Plan																									
Program Goal / Anticipated Impact	Building on past success, our FY26 program goal is to enhance community health by sustaining proactive hypertension detection and management, empowering individuals for improved outcomes. We aim to screen at least 700 individuals and increase the rate of participants sharing results with																								

	medical professionals to 85%, while also facilitating clinical interventions for 20% of participants. We will maintain high participant satisfaction with the program, and ensure 80% of counseled individuals feel very or extremely confident in managing their blood pressure.
Planned Activities	Our intention is to continue the activities from FY25 into FY26.



Matter of Balance

Significant Health Needs Addressed	Healthy lifestyles (Chronic Diseases & Preventive Practices)
Program Description	Matter of Balance (MOB) is a free, evidence based program that acknowledges the risk of falling but emphasizes practical coping skills to reduce this concern. Trained facilitators conduct eight two-hour sessions that include simple exercises to increase strength and balance.
Population Served	Older Adults
Program Goal / Anticipated Impact	<p>Matter of Balance helps participants:</p> <ul style="list-style-type: none"> • View falls as controllable. • Set realistic goals for increasing activity. • Learn practical strategies to prevent falls. • Improve balance and flexibility through gentle exercises.

FY 2025 Report

Activities Summary	The hospital hosted two Matter of Balance series, providing valuable fall prevention education and strategies to older adults. A refresher training was hosted for our Coaches to ensure ongoing skill development and program quality. Additionally, we expanded our program capacity by training one new facilitator, ensuring continued growth and reach into the community.
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Performance / Impact	Pre and Post Survey results:		
	I can find a way to reduce falls	Pre	Post
	Very sure	16%	68%
	Sure	32%	26%
	Somewhat sure	47%	6%
	Not at all sure	5%	0%
	No answer	0%	0%

I can increase my physical strength	Pre	Post
Very sure	32%	58%
Sure	21%	32%
Somewhat sure	42%	10%
Not at all sure	5%	0%
No answer	0%	0%

I can become more steady on my feet	Pre	Post
Very sure	26%	47%
Sure	32%	42%
Somewhat sure	37%	11%
Not at all sure	5%	0%
No answer	0%	0%

Participant Class Evaluation

As a result of this class, I feel more comfortable increasing my activity.	
Strongly agree	68%
Agree	32%
Disagree	0%
Strongly Disagree	0%
No answer	0%

FY24 Cohort: 6-Month Post-Program Survey Comments (Received FY25)

- "I now attend a dance fitness class on Mondays and a strength, balance and movement class on Wednesdays and Fridays through Adaptive PE at Redwood City Senior Center."
- "I try to be mindful as I walk, get in and out of the car, etc." I wear those sticky yoga socks to bed now (in case I have to get up in the middle of the night so I don't slip)."

Hospital's Contribution / Program Expense	.2FTE
FY 2026 Plan	
Program Goal / Anticipated Impact	For FY26, the hospital plans to deliver three Matter of Balance (MOB) classes, while simultaneously sustaining coach proficiency through ongoing MOB Refresher Trainings and expanding its team by training one new Facilitator.
Planned Activities	Our intention is to continue the activities from FY25 into FY26.



Community Health Improvement Grants

Significant Health Needs Addressed	<ul style="list-style-type: none"> • Access to health care • Healthy lifestyles (Chronic Diseases & Preventive Practices) • Housing and Homelessness • Mental Health
Program Description	The grant program helps to improve community health and health equity, and enhance local service systems, via restricted charitable contributions for defined projects. Collaborating 501(c)3 non-profit organizations apply to receive grant funds from our hospital to address significant issues in community health needs assessments.
Population Served	People and communities to be served are within the hospital's service area and include identified underserved or vulnerable populations, to help address health inequities.
Program Goal / Anticipated Impact	To invest in non-profit organizations' initiatives that improve the health and well-being of residents within the hospital's service area, with a priority on addressing the significant health needs identified in our Community Health Needs Assessment (CHNA).
FY 2025 Report	
Activities Summary	Through our Community Health Improvement Grants program, the hospital invested in four non-profit organizations, advancing our mission to address health needs identified in our CHNA. These partnerships directly improved

	access to care, healthier lifestyles, and mental health and housing and homelessness.
Performance / Impact	<p>The non-profit organizations awarded grants in FY25 demonstrated a strong ability to address our identified needs through their proposed projects:</p> <p>Sonrisas Dental Health (SDH) Improve access to healthcare and promote healthy lifestyles by providing essential school-based oral health screenings, education, and direct clinical dental services to 232 low-income and/or special needs children in San Mateo County.</p> <p>One Life Counseling Center Address mental health and housing and homelessness needs by delivering culturally sensitive therapy, peer support, and resource connections to at least 225 very low-income and newly immigrated parents, pregnant women, and children experiencing housing instability in San Mateo County. The program aims to increase parenting confidence, reduce stress, and improve mental health outcomes.</p> <p>Peninsula Volunteers, Inc. Combats the loneliness epidemic and enhances mental health for older adults (age 55+) in San Mateo County by providing subsidized individual and family counseling with licensed therapists to 25-35 participants.</p> <p>Villages of San Mateo County Increase access to healthcare, reduce social isolation, and improve healthy lifestyles through home safety interventions for older adults. The program expands membership and volunteer reach by 10% to provide no-cost medical transportation and home modifications.</p>
Hospital's Contribution / Program Expense	\$107,500
FY 2026 Plan	
Program Goal / Anticipated Impact	For FY26, the hospital will continue to invest in non-profit organizations' initiatives that improve the health and well-being of residents within the service area, with a priority on addressing the significant health needs identified in our Community Health Needs Assessment (CHNA).
Planned Activities	As an annual commitment, Sequoia Hospital will open its Community Health Improvement Grant cycle for FY26, inviting

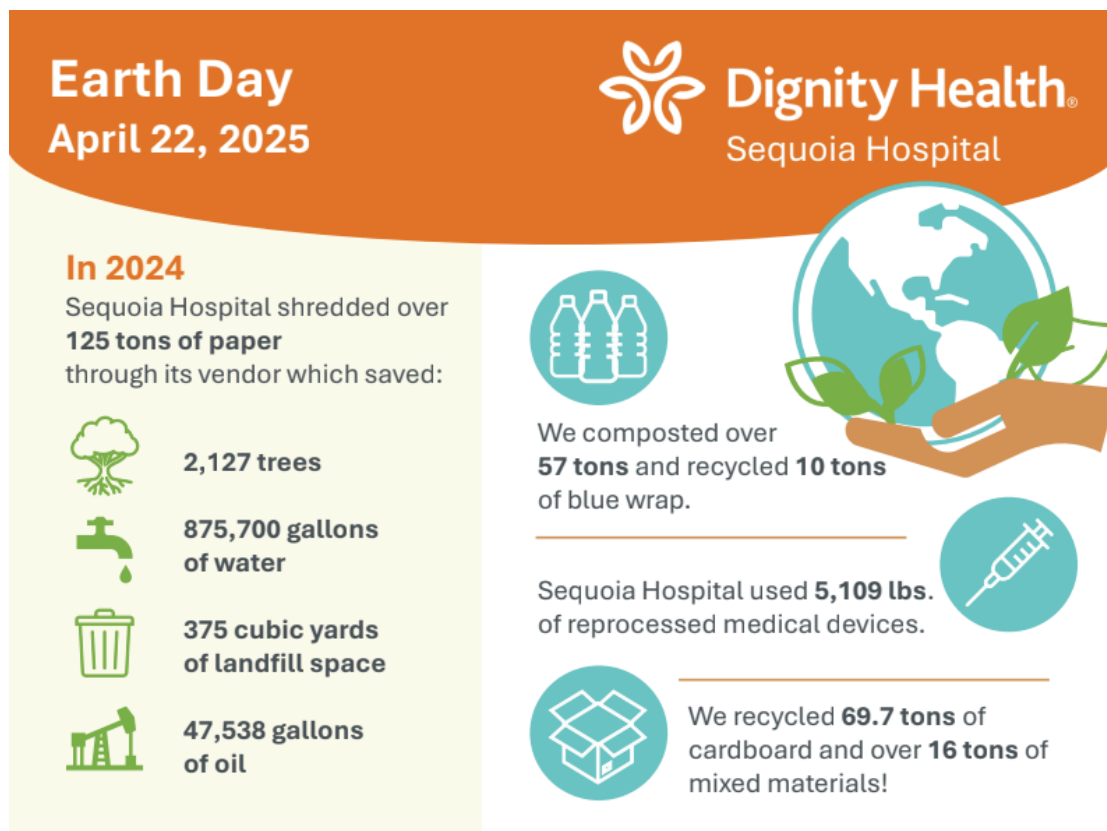
	non-profit organizations to submit proposals addressing our CHNA-identified needs.
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Other Community Health and Community Building Programs

The hospital delivers community programs, services and non-quantifiable benefits in addition to those described elsewhere in this report. Like those programs and initiatives, the ones below are a reflection of the hospital's mission and its commitment to improving community health and well-being.

Sequoia Hospital Health Care Equity Workgroup - composed of representatives from various hospital departments, including but not limited to: Administration, Quality Improvement, Care Coordination, Health & Wellness, Human Resources, Mission Integration, Nursing Leadership, Patient Registration/Admitting, and Clinical Informatics. The workgroup functions to develop a Health Equity plan to address equity opportunities, and provide ongoing health equity performance evaluation.

Sequoia Environmental Action Committee (or "Green Team") - The team is responsible for establishing annual environmental performance goals, monitoring progress, and submitting quarterly and annual reports to the Safety and Clinical Effectiveness Committees. They oversee the implementation of the environmental policy, educate employees on environmental issues, and seek partnerships within the community to support ecological projects and advocacy initiatives. Below is a sample of Sequoia's Hospital accomplishments:



Economic Value of Community Benefit

The economic value of all community benefit is reported at cost. Patient financial assistance (charity care) reported here is as reported to the Department of Health Care Access and Information in Hospital Annual Financial Disclosure Reports, as required by Assembly Bill 204. The community benefit of Medicaid, other means-tested programs and Medicare is calculated using a cost-to-charge ratio to determine costs, minus revenue received for providing that care. Other net community benefit expenses are calculated using a cost accounting methodology. restricted offsetting revenue for a given activity, where applicable, is subtracted from total expenses to determine net benefit in dollars.

Financial Assistance and Means-Tested Government Programs	Vulnerable Population	Broader Community	Total
Traditional Charity Care	\$3,385,690		\$3,385,690
Medi-Cal	\$19,326,898		\$19,326,898
Other Means-Tested Government (Indigent Care)	\$0		\$0
Sum Financial Assistance and Means-Tested Government Programs	\$22,712,588		\$22,712,588
Other Benefits			
Community Health Improvement Services	\$7,862	\$32,023	\$39,885
Community Benefit Operations	\$1,985,355	\$10,800	\$1,996,155
Health Professions Education	\$0	\$1,069,220	\$1,069,220
Subsidized Health Services	\$0	\$0	\$0
Research	\$0	\$0	\$0
Cash and In-Kind Contributions for Community Benefit	\$828,649	\$0	\$828,649
Other Community Benefits			\$0
Total Other Benefits	\$2,821,866	\$1,112,043	\$3,933,909
Community Benefits Spending			
Total Community Benefits	\$25,534,454	\$1,112,043	\$26,646,497
Medicare	\$61,136,140		\$61,136,140
Total Community Benefits with Medicare	\$86,670,594	\$1,112,043	\$87,782,637

Hospital Board and Committee Rosters

SEQUOIA HOSPITAL COMMUNITY BOARD

Chair Jan Barker Managing Director MatchPoint Partners	Sunil Pandya Market Executive Wells Fargo
Secretary Mojdeh Talebian, MD Pulmonologist	Marie President, MD Physician- Internal Medicine Dignity Health Medical Foundation
President, Medical Staff C. Dale Young, MD Chief of Medical Staff Sequoia Hospital	(Amita) Niki Saxena, MD Pediatrician
Dorena Chan Vice President and Assistant General Counsel Oracle Corporation	Charles Stone Attorney Partner- Goethals and Stone, PC
Gregory Engel, MD, MS Cardiac Electrophysiologist, Cardiovascular Medicine, Echocardiography and Nuclear Cardiology	Lisa Tealer Executive Director Bay Area Community Health Advisory Council (BACHAC)
Connie Guerrero Senior Financial Controls Manager Swinterton Builders	Ameer Thompson, PhD Dean of Science and Technology Canada College
Laura Parmer-Lohan Executive Director NAMI San Mateo County	

SEQUOIA HOSPITAL COMMUNITY ADVISORY COMMITTEE (CAC)

Chair Melissa Platte Executive Director Mental Health Association of San Mateo County	Lisa Tealer, (She/Her) Sequoia Hospital Community Board Member Executive Director Bay Area Community Health Advisory Council (BACHAC)
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Susan Eldredge Executive Director Villages of San Mateo County	Eleanor Eberhard Liaison to Sequoia Hospital Community Board COO/CNO
Laura Fanucchi Associate Executive Director HIPhousing	Ki Do Ahn Manager of Mission Integration
Sandra Ferrando Community Member Sequoia Hospital Community Board Member	Lindsey Hincks Chief Philanthropy Officer
Ted Hannig Attorney Hannig Law Firm	Marie Violet Director, Health & Wellness
Diane Howard City of Redwood City Council Member	Tricia Coffey Manager of Community Health Outreach
Benjamin McMullan System Change Advocate Center for Independence of Individuals with Disabilities	Yvonne Williamson Supervisor of Clinical Operations