



Children's Health

Community Benefit Report

for Fiscal Year 2022 and
2023 Implementation Strategy





Words From Our President and CEO



“We move forward together to improve the health and lives of families in our community.”

Stanford Medicine Children’s Health is dedicated to providing high-quality, patient-focused, family-centered care. This value is planted deep within our culture, and it extends out to the communities that we serve. We’re committed to caring for children and their families while they spend time at our hospital and clinics, but also after they return home. Community Benefit helps us bring our caring to the community.

In 2022, Stanford Children’s invested nearly \$266 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 social change. On top of this investment, we provided more than \$1.7 million to support grant requests from 16 area nonprofits who were selected for their ability to address health and mental health needs of children, youth, expectant mothers, and families in our community.

Transformational partnerships with area nonprofits and larger national organizations, such as March of Dimes, which you will read about in these pages, enable us to extend our mission to the community and support people in their everyday lives. Each year, we become more effective in tackling the tough issues around health equity, racial justice, and social determinants of health. The efforts described in this report are a

step toward reducing barriers to health care and basic needs for families in the Bay Area. A great example is our continued work around food insecurity and our commitment to expanding our family food program to one of our busiest clinic sites, making access to fresh fruits and vegetables a bit easier for our patient families.

Our leaders, clinicians, and staff give their time and efforts, at work and through volunteer activities, to improve quality of life for our families. With Community Relations, Community Partnerships, and Community Benefit at the helm, we are moving forward together to provide increased access to health care services, obesity and nutrition resources, maternal and newborn health services, and mental health care options for our youth. I am proud to be the leader of this exceptional hospital that is dedicated to improving the community it serves.

Sincerely,

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

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

Contents

Words From Our President and CEO.....	3	2022 Grant Recipients.....	15	Committed to Community Outreach.....	46
About Community Benefit.....	5	Feeding Our Community, One Family at a Time	16	Community-Building Efforts	48
Our Community Investment.....	6	Community Health Initiatives.....	19	Community Health Programs	48
About Our Health System.....	7	Improve Access to Primary Health Care Services for Children, Teens, and Expectant Mothers	20	<i>Spotlight:</i> Car Seat 101 Class.....	48
Centers of Emphasis.....	8	Partner Programs That Improve Health Care Access.....	22	Advocacy and Outreach Programs and Efforts	50
Our History.....	9	<i>A Deeper Look:</i> Ravenswood Family Health Network.....	24	<i>Spotlight:</i> Nurse Family Partnership.....	50
Patient Care Highlights 2022.....	10	Prevent and Treat Pediatric Obesity	26	Workforce Development Programs and Efforts	52
Determining Community Needs	12	Partner Programs That Reduce Obesity.....	28	<i>Spotlight:</i> Cristo Rey San Jose Work Study Program.....	52
2020–2022 CHNA-Derived Community Health Initiatives.....	12	<i>A Deeper Look:</i> Family Food Support Program.....	30	Supporting Moms and Babies, Together	54
Awarding Community Health Improvement Grants.....	13	Improve the Social, Emotional, and Mental Health of Children and Youth	32	Thank You!	56
The Four-Step Community Benefit Process.....	13	Partner Programs That Improve Mental Health.....	34		
Community Benefit Oversight.....	13	<i>A Deeper Look:</i> My Digital TAT2.....	36		
Identifying Future Community Needs.....	14	Improve the Health of Infants and New Mothers	38		
		Partner Programs That Improve Infant and New Mother Health.....	40		
		<i>A Deeper Look:</i> Shine.....	42		
		A Look Ahead to 2023: Our Implementation Strategy	44		

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.



“By joining forces with community partners, we help create real change for families—change that moves their lives forward.”

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

Giving Back

In 2022, 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:

\$265,908,388



Our Community Investment



Financial assistance and charity care: \$215,844,911

- 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.): \$214,522,173
- Charity care: \$1,322,738



Community health improvement: \$13,548,550

- 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



Health professions education: \$27,133,020

- 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



Subsidized health services: \$2,237,452

- Care Coordination Liaisons
- Suspected Child Abuse and Neglect Team



Financial and in-kind contributions: \$1,703,224

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



Community-building activities: \$4,951,834

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



Community Benefit operations: \$489,397

- 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 Medicine Children's Health is dedicated to healing humanity through science and compassion, one child and family at a time.



Children's Health

Stanford Medicine 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 School of Medicine, we have some of the most innovative minds in medicine, science, and research working to develop groundbreaking advances and new discoveries.



Children's Health

The Lucile Packard Foundation for Children's Health works in alignment with Stanford Medicine 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 School of Medicine.



Stanford Medicine integrates research, medical education, and clinical health care at its three enterprises—the Stanford School of Medicine, Stanford Health Care, and Stanford Medicine Children's Health. The Stanford 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 Medicine Children's Health, proudly serves as the pediatric and obstetric teaching hospital of the Stanford 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 2021–2022 *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 Medicine Children’s Health, with Packard Children’s Hospital 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 \$70 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 \$70 million to begin construction on a new children's hospital.



1991

Lucile Packard Children's Hospital 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 Uytensu and Family Surgery and Interventional Center opens

Our state-of-the-art Bonnie Uytensu 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 2022

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 Medicine Children's Health network and our Community Benefit efforts reach far beyond the hospital walls throughout the San Francisco Bay Area in more than 85 locations in six states.

635,000+
clinic visits

8,733
pediatric inpatient stays

Patients from
48 states

9 countries



More than
5,800
employees

+785
medical staff

4,871
births

394
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 who are already providing related care, we become stronger and deepen our ability to impact health in our community. Our grantees, receiving more than \$1.7 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 2, 2023.

“Our Community Benefit dollars fund programs that serve the underresourced in our community and help build health equity.”

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



Identifying Future Community Needs

The backbone of our Community Benefit work is identifying the community health initiatives that we will address in the coming three-year period. For answers, we turn to the triennial Community Health Needs Assessment (CHNA), produced by representatives from 10 Northern California hospitals, local health districts, and local health departments, including Lucile Packard Children's Hospital Stanford. We then match these needs with our hospital's mission to focus on caring for children and expectant mothers.

This year's CHNA process revealed a glaring social determinant of health: economic stability. While everyone who lives in the Bay Area understands the strain of high housing costs and cost of living, the CHNA process of holding focus groups with community members and leaders made this need undeniable. We welcome the chance to begin to tackle the

broader definition of health that comes with meeting the basic needs of families: a roof overhead, food on the table, and improved mental health that comes with lower stress. It's a welcome shift in our CHNA process to reveal, and address, these larger drivers of health. We look forward to moving economic stability forward, together.

“The CHNA provides a blueprint for informed community change around health and wellness.”

—Daniela Rey-Ardila, Community Relations Specialist, Stanford Medicine Children's Health

2022 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.



2022 Community Health Improvement Grant Recipients

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



Feeding Our Community, One Family at a Time

When our basic needs are met, we can live happier, healthier lives. Food, shelter, and employment are like a sturdy three-legged stool for families in our community. With each year that passes, Lucile Packard Children's Hospital Stanford takes another step in helping to build this stool for area families. One way is by bringing food out to the community through our programs and partnerships.

In recent years, Packard Children's has built the Family Food Support Program to feed families who have children staying at our hospital. Now, organizers are taking that concept beyond our hospital doors to feed families who see our doctors at community clinics. By teaming up with Fresh Approach, a Bay Area nonprofit dedicated to feeding families, the program brings a mobile farmer's market to a clinic parking lot, once a week.

"While we have been delivering bags of dried food to families in our outpatient settings, we can now help provide access to nutrient-rich fresh fruits and vegetables through our partnership with Fresh Approach," says Rachel Kozkowski, MPH, program manager, Family Food Support Program.

Here's how it works: When a doctor or social worker identifies a patient who is food insecure, she or he can give them a voucher to go shopping at the onsite Fresh Approach mobile farmer's market. With positive results, organizers hope to expand the reach in coming years to more of our community clinics.

In order to address food insecurity in the community, you have to first identify which families are in need. The Stanford Medicine Children's Health Family Food Support Program is currently working with nursing, social work, and a steering community to identify effective screening tools.

"We continue to blur the line between hospital and community to make sure families are fed," Kozkowski says.

Besides supporting the Family Food Support Program's efforts to bring food out into the community, we also directly support Fresh Approach with dollars to feed families. According to Fresh Approach, lower-income households are much less likely to purchase fresh vegetables due to cost and transportation barriers. That's why bringing food to places where people work, play, and do commerce is important.

Along with several area farmer's markets, Fresh Approach brings nutrition education and gardening skills to families in Santa Clara and San Mateo counties. Having access to fresh food lowers the risk for chronic diseases tied to poor diet, including obesity, heart disease, and diabetes.

Packard Children's is also teaming up with one of our strongest partners, March of Dimes, to promote healthy eating. Together, we will help provide area pregnant women access to food, breastfeeding support, and nutrition education in our Nutrition During Pregnancy Workshop.

"The workshop will increase awareness around healthy eating during pregnancy and provide support and guidance throughout the pregnancy," says Andrew Smith, March of Dimes executive director, Market Impact.

Community Benefit dollars support the workshop, and Packard Children's physicians will serve on a panel and answer expectant mothers' questions around nutrition. The workshop will also help women learn how to do custom meal planning to ensure that their families can easily integrate recommendations into their daily lives.

Food insecurity is one piece of the larger health equity pie. Along with stable homes, safe neighborhoods, clean water, health care access, and livable wages, access to healthy food helps families reach their full potential.



2022 Food Access Highlights

8,362

individuals served by Fresh Approach

72

nutrition education classes for families

\$210K

in direct food support from Packard Children's



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 four 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 for infants and new mothers.



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

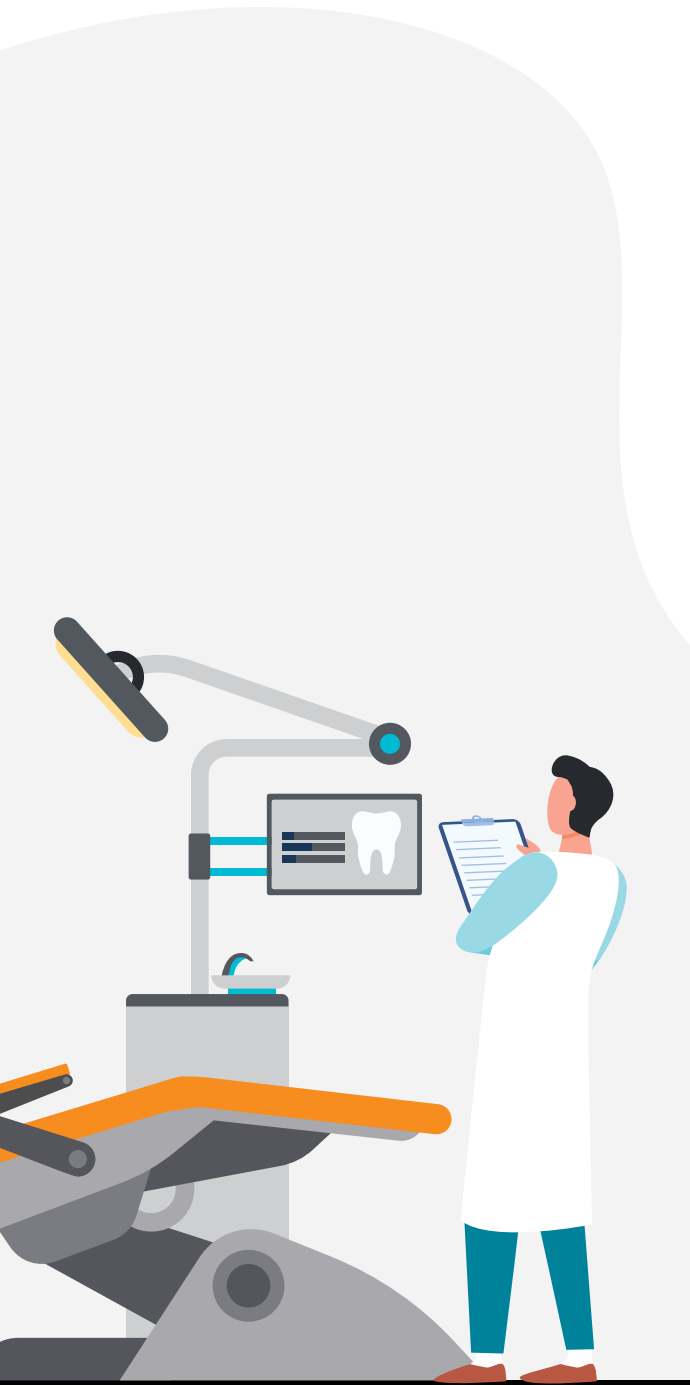
Why It Matters

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 29,768 individuals served for physical health and dental health care

Who We Served:

Youth ages 0 to 25 and expectant mothers

Our 2022 Investment:

\$2,091,112

Number of Programs: 8

Years Funded:

2010–2022

Our Solutions

- 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 2022, 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: \$227,591

Individuals served: 408

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: \$450,000

Individuals served: 11,000

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: \$828,521

Individuals served: 3,175

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: 3,461



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: 1,481



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: 7,566



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: 2,522



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: 155



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.



A Deeper Look: Ravenswood Family Health Network

Ravenswood Family Health Network is living up to its mission to improve the health of children and their families in San Mateo and Santa Clara counties, regardless of their ability to pay or their immigration status. Ravenswood is committed to promoting racial equity and largely serves low-income, underserved people of color.

Specifically, the health network addresses social determinants of health (SDH)—social and community factors that negatively affect individual health. An SDH screening tool is given at routine well-child checks, helping the care team determine needs and connect families to resources. These resources include access to food and meals, specialty care, support for mental health issues and developmental delays, and more.

“Many of our families’ health is affected by economic stress and the stress of crowded living situations. Anything we can do to reduce that stress is important,” says Luisa Buada, chief executive officer with Ravenswood.

Ravenswood has five clinical sites, with its main clinic in East Palo Alto, and provides 11 services, including medical, dental, imaging, laboratory, optometry, behavioral health, chiropractic, prenatal, and geriatric care. They also provide preventive oral health services at preschools and elementary schools to children who live outside their service area.

“We plan to add more specialty care in the future,

starting with additional dental sites and podiatry care,” Buada says.

Community Benefit’s grant money has specifically increased health care access for children and increased behavioral health services for families.

Ravenswood empowers families by offering two support groups, one for expectant mothers called CenteringPregnancy and one for new mothers and parents of newborns called CenteringParenting. The parenting program also screens children for autism spectrum disorder and other developmental delays. Catching delays early can make all the difference for a child’s brighter future. In addition, the program has a literacy component.

“We also have three health coaches who meet with individuals with chronic diseases. They review nutrition, reconcile medications, and review exercise habits, with the goal of empowering people to manage their own health care,” Buada says.

An exciting new development in 2022 was adding a Social Work Department to connect families to community resources that provide assistance with housing, food, financial counseling, and domestic violence prevention.

Care is provided in the first language of families, with 85% of the team proficient in a second language. The health network serves 7,000+ children each year.

“We’re committed to making sure that we’re here for everyone in the community who needs health care.”

—Luisa Buada, CEO,
Ravenswood Family
Health Network



2022 Program Highlights

24,162
child health visits

7,566
children served

5
health clinics

11
unique services



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:

8,526 children and family members

Who We Served:

Youth ages 0 to 18 and families

Our 2022 Investment:

\$482,868

Number of Programs: 3

Years Funded:

2014–2022

Our Solutions

- 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 2022, 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 farmer's markets, community gardens, and cooking classes.

Our investment: \$60,000

Individuals served: 8,362

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: \$422,868

Individuals served: 164

Family Food Support 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.

Our investment: \$150,000



“Ethnic and racial disparities in rates of obesity have widened due to economic and social determinants of health, including access to healthy food, health care, and open spaces and parks.”

—Elizabeth Shepard, MD, Gardner Packard Children’s Health Center



A Deeper Look: Family Food Support Program

A program born during the COVID-19 pandemic to meet the needs of food-insecure families is not only going strong but picking up speed. The Stanford Medicine Children's Health Family Food Support Program, created to support patient families within the hospital, is now extending its reach into the community.

"We're caring for the community by supplying Stanford Children's outpatient clinics with grocery gift cards, food bags, and vouchers for mobile farmer's markets to give out to families in need of food," says Rachel Kozkowski, MPH, program manager, Family Food Support Program.

In 2022, the program launched a six-month pilot program with Fresh Approach, a nonprofit dedicated to improving access to healthy food in Bay Area communities in both Santa Clara and San Mateo counties. If the pilot program is deemed successful, it will support proof of concept for expanding services to other Stanford Children's clinics in the Bay Area.

"The mobile farmer's market is parked at our Sunnyvale clinic once a week so families can go shopping after their appointments with vouchers from Fresh Approach, which we help subsidize. It's been a great partnership," Kozkowski says.

Along with using clinic sites to distribute food in the community, the program has a dedicated team that provides food to parents and families who have

children staying in the hospital. Families receive bags of food to bring home, meal vouchers to cash in at the hospital's cafeteria, and snack bags at their child's bedside. Last year, the program handed out 3,000 gift cards to the hospital's Harvest Café. Bags of groceries are delivered to every family on every unit of the hospital, once a week. That's a lot of food.

"By giving a bag to every family once a week, we avoid any stigma and make sure no family goes overlooked," Kozkowski says.

The team solicits help from all across the health system for food packing. They have participants from 28 different care teams across nine departments.

"It's nice to see so much employee participation," Kozkowski says. "An information services team recently broke the record by packing 296 food boxes in one day."

The program has inspired a hospital effort to create a steering committee to strategize how to address regional food insecurity and other social determinants of health on a broader scale. The Family Food Support Program is continually identifying ways to extend their reach out into the community.

"We want to make sure families have food resources here in the hospital but also when they go home. We're looking at how we can sustain families in the long run," Kozkowski concludes.

"Food is such a basic need, and there's incredible power in addressing that basic need."

– Rachel Kozkowski, MPH,
Program Manager, Family Food
Support Program



2022 Program Highlights

98%

satisfaction rating
among families served

6,000

hospital food
bags distributed

550

take-home food
bags assembled



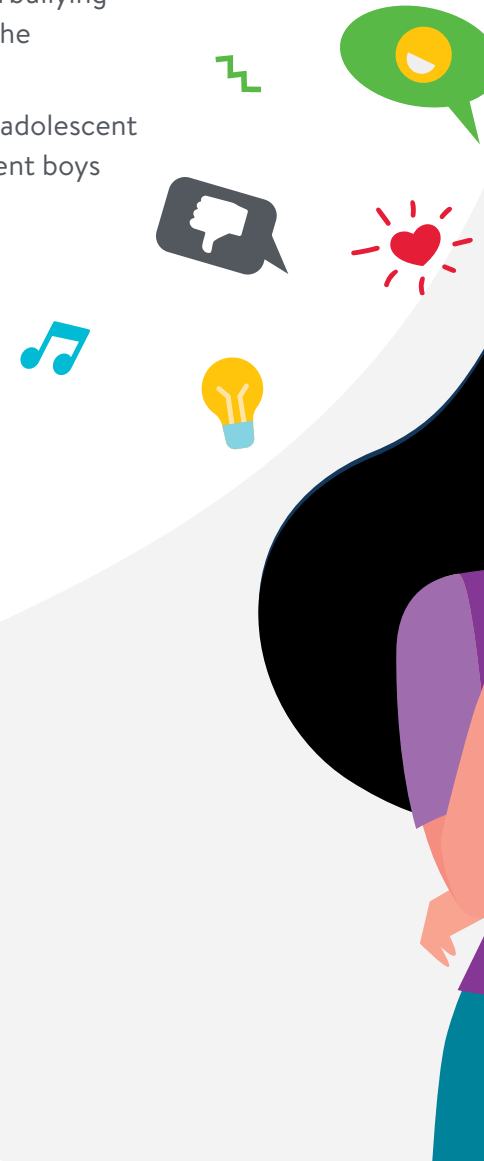
Improve the Social, Emotional, and Mental Health of Children and Youth

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 and 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.
- San Mateo County reports students of Latinx and African ancestry experience depressive symptoms at higher rates than white or Asian students.





How Many Served:

More than 121,624 children and family members

Who We Served:

Youth ages 0 to 25

Our 2022 Investment:

\$909,329

Number of Programs: 7

Years Funded:

2010–2022

Our Solutions

- 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 2022, 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: 2,988

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: 10,963

Early Life Stress and Resilience Program

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

Our investment: \$75,000

Individuals served: 1,785

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: \$469,329

Individuals served: 858



My Digital TAT2

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

Our investment: \$40,000

Individuals served: 3,300

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: \$75,000

Individuals served: 102,000

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

“Our mental health centers for youth offer free to low-cost integrated services, all in one place.”

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



“Facilitating conversations about the digital world is at the heart of our mission.”

— Jennifer Mineer, Executive Director, My Digital TAT2

A Deeper Look: My Digital TAT2

Just like real tattoos, digital interactions fade but they don't go away. That's a line that educators with My Digital TAT2 often use when presenting to groups of children from early elementary through high school. The organization serves children in four California counties, including San Mateo and Santa Clara.

“Kids leave digital footprints that never really disappear,” says Jennifer Mineer, executive director of My Digital TAT2.

My Digital TAT2's mission is to facilitate conversations that inspire thoughtful and ethical online behavior to help children and teens think critically about their power and responsibility in a connected world. Ultimately, the nonprofit would like to create a more thoughtful online culture, where everyone is welcome and young people know what to expect and have solutions to challenges on hand.

“Our School Partner program curriculum is age-specific to help kids understand and think before they post, and to put kindness first in their online interactions,” Mineer says.

Their programs reach students, teachers, parents, and caregivers both virtually and in person through research-based interventions that help children learn how to be safe, kind, and healthy online. They also help young people learn how to stand up to bullying and toxicity and how to identify risky online behaviors.

“We talk to our eighth graders about their responsibility to understand misinformation. We teach them how to be media detectives,” Mineer says.

The program works. Exit surveys show that 91% of students say they have more strategies for managing inappropriate content, and 87% feel more prepared to stand up for themselves and others online. To stay on top of the ever-changing digital landscape, My Digital TAT2 has a teen advisory board.

“The digital world changes so quickly. For kids today, it's not just the latest app, it's their virtual reality persona,” Mineer says. “Our teens meet once a month to help us synthesize information about the latest digital trends.”

My Digital TAT2 plans to expand their services to more schools where a good portion of students qualify for reduced-cost lunch. A Common Sense Media survey revealed that children in low-income communities spend 40% more time with screens than their middle-income peers. Parents are often overworked and have less time to supervise their teen's screen time.

“The Community Benefit grant helps us remove roadblocks to providing our services to lower-income communities,” Mineer adds.

Instead of reacting out of fear and snooping, worrying, or banning devices, My Digital TAT2 coaches parents to have conversations with their kids and become consultants rather than managers. Their workshops teach parents how to help kids navigate, self-regulate, and slow down and think before they act.

“Technology is here to stay, and we need to reframe the conversation so that it is not fear-based but rather a dialogue with understanding, research, and kindness,” Mineer says.



2022 Program Highlights

3,300

children completed trainings

550

parents attended workshops

23

schools served in the Bay Area



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, as well as 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:

100 young moms
and children

Who We Served:

Infants and new mothers

Our 2022 Investment:

\$100,000

Number of
Programs: 2

Years Funded:

2020–2022



Our Solutions

- 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.



Partner Programs That Improve Infant and New Mother Health

In 2022, 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: 40



Shine Together

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: 60



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.

“For pregnant Black women, if they don’t have their basic needs met—food, housing, stability—it affects their pregnancy. That’s why we provide support.”

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





A Deeper Look: Shine

Teen Success, Inc., is growing up. While the nonprofit still helps teenage mothers graduate from high school and adjust to parenthood, it has a new name that touches upon how it also empowers young mothers to attend college, secure careers, and shine.

“The name Shine Together better reflects all of the programs that we provide. Teen Success is a legacy program that’s still going strong, but we wanted to capture our services for young moms in their early 20s,” says Sara Reyes, executive director of Shine.

Shine helps young moms unlock their potential by empowering them with resources to build pathways to economic advancement for themselves and their children. It’s a two-generation approach. When teenage moms are able to improve their circumstances, they also improve the lives of their children now and in the future. Shine helps women achieve four pillars of success: educational navigation, health and wellness, financial well-being, and childhood development.

Teen Success, Inc., Shine’s cornerstone program, was founded in 2011 by then-California State Senator Becky Morgan in response to the high rates of teen pregnancy and lack of programs focused on breaking the cycle of poverty. Over the past 10 years, the organization has helped more than 1,600 families in San Jose, Sacramento, Monterey County, and Fresno.

Teen pregnancy and poverty disproportionately affect young women of color. In Santa Clara County, Latina teens are 10 times more likely to become mothers than Caucasian teens, according to a past Community Health Needs Assessment by Stanford Medicine

Children’s Health’s Community Benefit program.

“The Mayfair neighborhood of East San Jose has a significantly higher teen birth rate—more than double of Santa Clara County,” Reyes says.

Of the nonprofit’s participants, 88% are currently experiencing poverty and 48% are children of teen moms themselves. With Shine’s help, nearly 87% of participants are on track to graduate from high school or earn an equivalent, more than double the national average for teen moms.

“Teen mothers are challenged with pregnancy and becoming a parent, but they are also challenged with adolescence. Young women who grow up in marginalized communities in poverty have many layers of needs,” Reyes says.

The Community Benefit program specifically supports teen mothers in San Jose with one-on-one coaching, including educational navigation, parenting and life skills, peer learning groups, health and wellness, and mental health services.

Shine believes that an educated woman is a powerful woman. The Shine team relishes each girl’s success and then gets busy helping them plan for postsecondary education at area universities, community colleges, and trade schools, including providing educational stipends.

“We help young women navigate the education system. We assign them a peer advocate who helps them take that first step, then walk them through their journey,” Reyes concludes.

“Feeling powerful is transformational for the young moms that we serve.”

—Sara Ponce Reyes, Executive Director, Shine



2022 Program Highlights

240

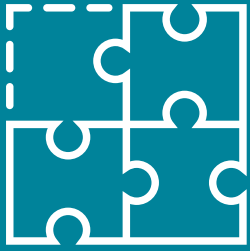
young moms served

87%

graduated from high school, obtained GED or equivalent

53%

completed or are pursuing post-secondary education



A Look Ahead to 2023: 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 nearby neighborhoods that have low socioeconomic status.
- Increase equitable access to care with convenient approaches.
- Provide uncompensated Medi-Cal care.
- Train diverse health care professionals.
- Advocate for health care policy change at all levels.

Anticipated Impacts

We expect our strategies to increase health care access, preventive medicine, and vaccination rates for children and expectant mothers in the communities we serve. In doing so, we expect reduced unnecessary emergency visits and hospitalizations and a decrease in preventable diseases. Overall, this will reduce health inequities and increase equitable access to care.



Economic Stability

Goal: Increase the number of infants, children, adolescents, and young adults who experience economic stability and related improved health outcomes.

Strategies

- Support efforts to improve equitable access to services that address housing insecurity and financial instability.
- Reduce food insecurity by increasing access to food via food banks and healthy-eating education.
- Increase social determinants of health screenings and referrals in hospitals and clinics.
- Support vulnerable families with basic needs, education attainment, and employment.

Anticipated Impacts

We expect these strategies to improve health equity by increasing access to social services that address housing, food, education, and financial needs. By doing so, we anticipate increased youth and family stability and improved health outcomes. By reducing racial and ethnic disparities, we strive to reduce inequities and poverty rates in the communities we serve.

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 and increase health equity. 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).



Maternal and Infant Health

Goal: Improve the health of infants and new mothers.

Strategies

- Expand access to programs that help prevent teen pregnancy.
- Increase depression screening programs for pregnant and teen mothers.
- Expand access to prenatal care to Black women and other populations with historically poor birth outcomes.
- Increase prenatal health education efforts.
- Improve home environments to better infant health.

Anticipated Impacts

We expect our strategies to lower the rate of teen births and improve the mental health of pregnant teens and teen parents. We anticipate that Black women and women from populations with disparities in birth outcomes will experience improved prenatal health, better birth outcomes, and increased infant health and safety.



Social and Emotional Health

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

Strategies

- Expand access to services that prevent poor mental health.
- Support programs to improve school climate, reduce bullying, reduce domestic violence, and improve healthy relationships.
- Increase care coordination between health care and mental health professionals.
- Support programs that promote media literacy and critical thinking.

Anticipated Impacts

We expect our strategies to improve access to mental health programs for youth. As a result, we anticipate that the youth we serve will experience improved social and emotional health, coping skills, media literacy, and critical thinking skills. In doing so, we anticipate healthier youth, better coordination of care, and improved school climate.



Committed to Community Outreach

Lucile Packard Children's Hospital Stanford, the core of the Stanford Medicine Children's Health network, was founded on the belief that we need to serve our community, but also engage with our community. It is part of our mission to improve all aspects of health for the children and families in the Bay Area.

"Lucile Packard wanted us to be engrained in our community, so we created several community outreach efforts to answer that call," says Melissa Burke, Packard Children's director of Community Partnerships and Community Benefit.

While Community Benefit grants are vital to this greater effort, our efforts fall under a much larger umbrella of Community Relations, which supports Community Engagement, Community Partnerships, and Community Benefit. Under each are individual programs that touch on nearly every aspect of health and wellness for area families.

An important aspect of our work is health care advocacy. Our leaders serve on committees and boards to help improve public health policy and health care access on the local, state, and national levels. Our leaders connect with other community leaders and organizations to help move societal changes, like better mental health care for youth, forward. We work with leaders in schools, government, fire, and police departments to understand community needs and respond with targeted programs. These collaborative community efforts move our community forward, together.

“Because we have passionate, dedicated people who are active on community boards and committees, we are able to focus our advocacy work to make sustainable changes,” Burke says.

Instead of creating a fixed program and implementing it, we are always listening to our trusted partners to learn how to better serve the community’s health and wellness needs. We turn to organizations on the ground, like our Community Benefit grantees, to help steer our community outreach efforts. We also meet with our Community Benefit advisory council, which includes community leaders, to help set our strategic goals.

“We evolve our programming every year based on partner feedback. Instead of designing a program internally, we have a bigger impact by going out into the community and listening, then evolving our programming in lockstep to our partners’ stated needs,” Burke says.

This allows the hospital to be responsive and nimble in developing meaningful community programming that hits the mark for area families. Besides these advocacy efforts, we provide a wide range of community health programming for area families. This includes a number of safety and injury prevention programs, such as car seat, crib, and bike safety programs.

Through our community health programs, we also bring prenatal and adolescent programs out into the community, making education accessible to expectant mothers and youth.

As a large employer in the Bay Area, we have workforce development programs to train the next generation of doctors and nurses and to give youth and young mothers a strong economic start. Our workforce development efforts are part of our mission as a teaching hospital, and future plans include adding trainings for social workers and chaplains.

These community outreach efforts are combined with broader hospital endeavors, such as our partnership with March of Dimes and our large investment in the Teen Van, which provides free health services to uninsured and underinsured youth, ages 12 to 25, in the San Francisco Bay Area.

Our expansive community outreach efforts move the needle on overall health and wellness for the communities we serve.

2022 Community Outreach Outcomes

20K+

youth/families served via
713 community health
programs and classes

50+

community
advocacy partners

17K+

doctors, nurses, allied
health workers, and
youth trained



Spotlight

Car Seat 101 Class

In response to a statistic that says over 90% of new parents are using car seats incorrectly, our Child Passenger Safety Program at Lucile Packard Children's Hospital Stanford offers Car Seat 101 classes for parents. In simple terms, the class helps parents identify the right car seat and then find the best position for the car seat in the automobile, and the best position for their child in the seat. Since the pandemic, classes have been offered virtually.

Community Health Programs



In 2022, 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 wellness and preventive care classes each year for all ages and stages of pregnancy, childbirth, childhood, and teenage life. Our free community lectures from clinical experts help families stay updated on how to keep their children safe and healthy.

Our investment: \$26,847

Individuals served: 1,430

Safety and Injury Prevention Programs

Packard Children's is dedicated to preventing injuries in children. Through collaboration with the Pediatric Trauma Program, our Injury Prevention Program addresses the leading mechanisms of injuries facing children today with community education programs.

Our investment: \$356,487

Individuals served: 2,442

- **Safely Home car seat-fitting program**
Bilingual certified technicians and volunteers provide weekly child passenger safety education and training sessions to the public on proper car seat fit and installation, along with continuing education for child passenger safety technicians.
- **Social Work Fund**
By partnering with Social Services at Packard Children's, we 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 to keep kids safe while biking and walking.
- **Supporting new parents**
Our Injury Prevention team partners with Nurse Family Partnership of San Mateo County, Puente, and Sacred Heart Community Service to provide education and safety equipment to expectant and new parents.
- **Safe Kids Coalition**
Packard Children's serves as the host agency for the Safe Kids Santa Clara/San Mateo Coalition. The coalition brings together local public and private family-serving entities to collaborate on prevention activities that keep children safe.





Spotlight

Nurse Family Partnership

During the last few years, we pivoted some of our efforts to help meet the basic needs of families during the height of COVID-19. We learned from our San Mateo County Health System’s Nurse Family Partnership that families were in desperate need of diapers and food. Since we already had this vital partnership in place, we were able to quickly respond to meet these immediate needs.

Advocacy and Outreach Programs and Efforts



Lucile Packard Children’s Hospital Stanford is committed to the principle that all members of our community deserve a healthy life, while prioritizing children and expectant mothers. To move this belief forward, we lobby to improve laws and policies, and we support area nonprofits in building the infrastructure of a healthy community.

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 at the local, state, and national levels so that all children and their families can 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 supporting physicians as they advocate for their patients and families.

Our investment: \$434,186

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
- Parents Helping Parents
- 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

We actively support the Kids in Common Children's Agenda, with one of our faculty as co-chair. This countywide network, a project of Planned Parenthood of Mar Monte, works to improve outcomes for children by providing a common framework that helps ensure that every child is safe and healthy so they can succeed at learning and life.

Project SEARCH

Packard Children's, along with the Palo Alto Unified School District, participates in Project SEARCH to help young adults with developmental disabilities build their careers. Participants intern with our hospital for one year to gain hands-on experience and training with the goal of working independently and learning valuable career skills.

Our investment: \$3,651

Leadership Involvement

As part of our ongoing advocacy efforts, leaders and faculty at Packard Children's play an active role in local and regional organizations—including regional chambers of commerce, economic development associations, and service clubs—working to build economic vitality and ensure improvements in the social determinants of health for all residents.

Our investment: \$100,161

Nonprofit Sponsorship Support

To further improve the overall health of our community, we contribute financially to community organizations through sponsorship of events and support of fundraising efforts. By leveraging our initial support, these nonprofits are better positioned to raise funds for programs and activities from others to further their missions, which align with our community health initiatives.

Our investment: \$156,100



“As a large employer in the area, it’s important for us to support our community by developing the next generation of health care workers.”

—Melissa Burke, Packard Children's Director of Community Partnerships and Community Benefit

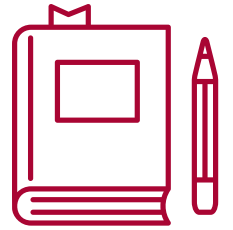


Spotlight

Cristo Rey San Jose Work Study Program

As a partner organization with this large Bay Area work study program, we are proud to help underrepresented youth see a bright future ahead. Teens are matched with mentors and professionals in 90 Silicon Valley companies and organizations, including ours. Some of the program's key outcomes for high school students are instilling increased self-esteem and confidence, exploring career paths, and giving teens professional contacts to jump-start their careers.

Workforce Development Programs and Efforts



Ensuring that health professionals receive the latest training translates to higher-quality care for our community. Empowering youth and young professionals with training and career direction makes for more engaged, self-sufficient citizens. In 2022, 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

To give youth a chance at their best future, Packard Children's partners with Cristo Rey San Jose Jesuit High School to provide workforce development training to disadvantaged high school students. Students learn a range of skills, from administrative to research, that help prepare them for college.

Our investment: \$1,083,122
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 our 25 affiliated hospitals in six counties. MCCPOP is a partnership of the Department of Pediatrics at Stanford University and the Johnson Center for Pregnancy and Newborn Services at Packard Children's.

Our investment: \$230,839
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: \$6,025,073
Individuals served: 1596

Pediatric Advocacy Program

This program provides pediatric residents at Packard Children's with opportunities to learn about critical community agencies and resources and to promote child health and well-being through Stanford-based programs, 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 robust and well-rounded pediatric residency training program. We also train the next generation of fellows in nursing, pharmacy, social work, audiology, occupational and physical therapy, and clinical nutrition.

Our investment: \$30,059,019
Individuals served: 253





Supporting Moms and Babies, Together

For decades, Stanford University and March of Dimes have partnered around a common goal: to provide a better future for moms and babies. The two are a perfect match, because both are dedicated to improving health for women and children. Lucile Packard Children's Hospital Stanford is equally a women's and children's hospital, and March of Dimes' mission is to lead the fight for the health of all moms and babies.

In 2011, the two jointly established the March of Dimes Prematurity Research Center at the Stanford School of Medicine. It was the first center of its kind in the nation, bringing together an array of scientists specializing in disciplines from genetics and neonatology to social science and artificial intelligence to shed light on factors that might contribute to prematurity.

The collaboration is changing outcomes for moms and babies. In recent years, researchers have identified certain blood biomarkers that can signal whether or not a pregnant woman will deliver a baby prematurely. This knowledge empowers doctors to support her health early on and work to delay delivery.

Another similar research discovery involves biomarkers that predict preeclampsia risk—helping doctors manage it in early stages and avoid dire outcomes. Other research through the Stanford Prematurity Research Center observed that mothers with a high pre-pregnancy body mass index were more likely to experience spontaneous preterm birth.

“March of Dimes research is focused on making an impact now to end preventable maternal health risks and end preventable preterm birth,” says Andrew Smith, March of Dimes executive director, Market Impact.

March of Dimes has supported research at Stanford University for years, to the tune of \$28 million in grants. Besides prematurity research, these dollars have gone toward studying ways to prevent birth defects and infant mortality.

Over the years, Stanford Medicine Children’s Health has invested in the March of Dimes Prenatal Care Improvement Fund and the Greater Bay Market’s fall

event called Women in Tech. The simple premise is that when women are healthy during pregnancy, they are more likely to have a healthy baby, and when mothers are supported to earn a living wage, the family will be more successful.

“Many structural, systemic, and environmental factors influence the health of moms and babies, especially for Black, American Indian, and Alaska Native people,” Smith says. “When looking at factors such as access to maternity care, access to quality nutrition, housing, financial stability, and health insurance status, these disparities persist.”

Beliefs around health equity further align the two entities and serve as additional proof that the partnership is an ideal one. Stanford Medicine Children’s Health and March of Dimes are working together to address social determinants of health in Bay Area communities. One such effort that’s supported by Community Benefit is the Nutrition During Pregnancy Workshop which provides food, breastfeeding assistance, nutrition education, and custom meal planning to pregnant women.

“Our partnership with Stanford Children’s Community Benefit/Community Partnerships brings outcomes from our research, evaluation, and policy solutions beyond the hospital doors and into the hands that need it most,” Smith concludes.

“A foundational belief of March of Dimes is that environment, racial, and social inequities must be addressed to give all babies a healthy start.”

—Andrew Smith, March of Dimes Executive Director, Market Impact

Thank You!

We sincerely thank the 2022 members of our advisory council for their invaluable guidance.

Janine Bruce	Stanford Office of Child Health Equity
Leslie Bulbuk	Office of Assemblymember 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





725 Welch Road
Palo Alto, CA 94304



Learn More

communitybenefit.stanfordchildrens.org