

# **AdventHealth Littleton**

## **2025-2027 Community Health Plan**

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# Acknowledgements

This community health plan was prepared by AdventHealth’s Rocky Mountain Region Community Health Improvement Team, with contributions from members of AdventHealth Littleton’s Hospital Health Needs Assessment Committee, a group of hospital leaders from various departments.

We are especially grateful for the internal and external partners who helped guide the development of the community health plan which will enable our teams to continue fulfilling our mission of *Extending the Healing Ministry of Christ*.

# Executive Summary

Portercare Adventist Health System dba AdventHealth Littleton will be referred to in this document as AdventHealth Littleton or the “Hospital.”

## Community Health Needs Assessment Process

AdventHealth Littleton in Littleton, Colorado, conducted a community health needs assessment in 2024. The assessment identified the health-related needs of the community including low-income, minority and other underserved populations. The priorities were defined in alignment with Healthy People 2030, the national initiative aimed at improving the health and wellbeing of people in the United States.

To ensure broad community input, AdventHealth Littleton took part in a Collaborative with Arapahoe County Public Health (ACPH) to help guide the Hospital through the assessment process. The Collaborative included representation from the Hospital, public health experts, other hospital systems, and purposeful, routine engagement of the broader community. This included intentional representation from low-income, minority and other underserved populations.

AdventHealth Littleton also convened a Hospital Health Needs Assessment Committee (HHNAC) to help select the needs the Hospital would most effectively address to support the community. The HHNAC made this decision by reviewing the priority needs selected by the Collaborative and the internal Hospital resources available.

The CHNAC and HHNAC met throughout 2024. The members reviewed the primary and secondary data, helped define the priorities to be addressed, and helped develop the Community Health Plan (CHP) to address those priorities. Learn more about Healthy People 2030 at <https://health.gov/healthypeople>.

## Community Health Plan Process

The Community Health Plan (CHP), or implementation strategy, is the Hospital’s action plan to address the priorities identified from the CHNA. The plan was developed by the HHNAC, and input was received from stakeholders across sectors including public health, faith-based, business, and those individuals directly impacted.

The CHP outlines targeted interventions and measurable outcomes for each priority noted below. It includes resources the Hospital will commit and notes any planned collaborations between the Hospital and other community organizations and hospitals.

The defined goals and activities were carefully crafted, considering evidence-based resources and sought to align with AdventHealth’s organizational and strategic plans. AdventHealth Littleton is committed to addressing the needs of the community, especially the most vulnerable populations, to bring wholeness to our communities.

## Priorities Addressed

The priorities addressed include:

1. Economic Stability: Housing
2. Health Care Access and Quality
3. Neighborhood and Built Environment: Food Security

*See page 7 for the defined strategies and next steps for each priority selected to be addressed.*

## Priorities Not Addressed

The priorities not addressed include:

1. Social and Community Context
2. Environmental Health

*See page 13 for an explanation of why the Hospital is not addressing these issues.*

The Community Health Plan is a three-year strategic plan and may be updated during implementation based on changing community needs and priorities. AdventHealth recognizes community health is not static and high priority needs can arise or existing needs can become less pressing. The Hospital may pivot and refocus efforts and resources to best serve the community.

## Board Approval

On May 1, 2025, the AdventHealth Littleton Board approved the Community Health Plan goals, activities and next steps. A link to the 2025-2027 Community Health Plan was posted on the Hospital's website by May 15, 2025.

## Ongoing Evaluation

AdventHealth Littleton's fiscal year is January – December. For 2025, the Community Health Plan will be deployed beginning May 1, 2025 and evaluated at the end of the calendar year. In 2026 and beyond, the CHP will be evaluated annually for the 12-month period beginning January 1<sup>st</sup> and ending December 31<sup>st</sup>. Evaluation results will be attached to the Hospital's IRS Form 990, Schedule H. The collective monitoring and reporting will ensure the plan remains relevant and effective.

## For More Information

Learn more about the Community Health Needs Assessment and Community Health Plan at <https://www.adventhealth.com/community-health-needs-assessments>.

## About AdventHealth

AdventHealth Littleton is part of AdventHealth. With a sacred mission of Extending the Healing Ministry of Christ, AdventHealth strives to heal and restore the body, mind and spirit through our connected system of care. More than 100,000 talented and compassionate team members serve over 8 million patients annually. From physician practices, hospitals and outpatient clinics to skilled nursing facilities, home health agencies and hospice centers, AdventHealth provides individualized, whole-person care at more than 50 hospital campuses and hundreds of care sites throughout nine states. Committed to your care today and tomorrow, AdventHealth is investing in new technologies, research and the brightest minds to redefine wellness, advance medicine and create healthier communities.

In a 2020 study by Stanford University, physicians and researchers from AdventHealth were featured in the ranking of the world's top 2% of scientists. These critical thinkers are shaping the future of health care. Amwell, a national telehealth leader, named AdventHealth the winner of its Innovation Integration Award. This telemedicine accreditation recognizes organizations that have identified connection points within digital health care to improve clinical outcomes and user experiences. AdventHealth was recognized for its innovative digital front door strategy, which is making it possible for patients to seamlessly navigate their health care journey. From checking health documentation and paying bills to conducting a virtual urgent care visit with a provider, we're making health care easier — creating pathways to wholistic care no matter where your health journey starts.

AdventHealth is also an award-winning workplace aiming to promote personal, professional and spiritual growth with its team culture. Recognized by Becker's Hospital Review on its "150 Top Places to Work in Healthcare" several years in a row, this recognition is given annually to health care organizations that promote workplace diversity, employee engagement and professional growth. In 2024, the organization was named by Newsweek as one of the Greatest Workplaces for Diversity and a Most Trustworthy Company in America.

## About AdventHealth Littleton

AdventHealth Littleton is a 231-bed hospital that has been a part of the flourishing south metro Denver community since 1989. Previously known as Littleton Adventist Hospital, AdventHealth Littleton is proud to have 'come home' to AdventHealth in 2023. AdventHealth is one of the nation's largest faith-based health care systems with more than 80,000 employees, 52 hospitals, and hundreds of care sites across nearly a dozen states.

With the mission of Extending the Healing Ministry of Christ, AdventHealth Littleton supports our community with expert medical care and uncommon compassion. We have proudly served Littleton, Highlands Ranch, Centennial, and the surrounding communities for 35 years and counting, specializing in cardiac care, neurology, orthopedics, and so much more.

## **Services**

- Breast Care
- Cancer Care
- Emergency and Trauma
- Genomics
- Heart and Vascular Care
- Imaging Services
- Mother and Baby Care
- Neurology Care
- Orthopedics
- Outpatient Infusion Center
- Sports Medicine and Rehabilitation
- Surgery – Inpatient and Outpatient
- Wound Care

## **Awards & Recognition**

- ❖ Verified Level II Trauma Center
- ❖ Accredited Geriatric Emergency Department
- ❖ Certified Comprehensive Stroke Center
- ❖ Level 3 Epilepsy Center
- ❖ Accredited Chest Pain Center
- ❖ Level III Neonatal Intensive Care Unit (NICU)
- ❖ Magnet Recognition for Excellence in Nursing
- ❖ Leapfrog A Grade for patient safety
- ❖ Leapfrog Emerald Award for patient safety, quality, and transparency
- ❖ Best Hospitals Women's Choice Award for stroke care, women's services, breast care, emergency care, mammogram imaging, and obstetrics
- ❖ American Heart Association Get with the Guidelines: Stroke Gold Plus Award

## **Community Programs**

AdventHealth Littleton offers the community and patients a wide variety of support groups for people of all ages. We are also proud to provide our Healing Arts program to patients, which integrates visual arts into health care. Additionally, AdventHealth Littleton is proud to partner with Littleton Public Schools to provide 24/7 access to lifesaving automatic external defibrillators (AEDs) outside of schools and playing fields. We also offer free car seat safety checks to give parents peace of mind before heading home with their newborns.

Additional Community Partnerships:

- Littleton Town Arts Center
- City of Littleton
- Hunger Free Colorado
- Epilepsy Foundation of Colorado
- Parkinson's Association of the Rockies
- Stop the Bleed
- Fall Prevention Classes
- Safe Choice Driving Program

## Economic Stability: Housing

Access to safe/healthy and affordable housing continues to be a concern in this community. Housing instability is on the rise in the Hospital's community, increasing from 12.10% in 2019 to 13.76% in 2022. In addition to this, the median income needed to procure affordable housing (less than 30% of monthly income spent on housing) has increased. Homelessness is on the rise, with an alarming 39% increase reported by the Colorado Coalition for the Homeless in 2023. Homelessness continues to have a disproportionate effect on people of color, particularly Black and African American populations.

**Goal:** Identify community members who report housing insecurity and refer them to appropriate resources in the community. Increase access to safe and stable housing and shelter within the community.

<b>Activity #1</b>	Administer a Social Determinants of Health screening for patients which determines housing instability.	
<b>Output</b>	<ul style="list-style-type: none"> <li>Number of organizations funded to increase access to safe housing (<b>&gt;=1 organization funded</b>)</li> <li>Number of SDoH Housing screenings completed (<b>&gt;= 75% of patients are screened for SDoH</b>)</li> <li>Establish referral pathways for housing instability screenings (<b>&gt;=4 referral pathways established</b>)</li> </ul>	
<b>Outcome</b>	Screen households for housing insecurity and refer them to resources in the community to promote stable housing.	
<b>Hospital Contributions</b>		<b>Community Partnerships</b>
<ul style="list-style-type: none"> <li>Hospital Case Management Team to administer SDoH screenings.</li> <li>Staff time on a board and/or involvement in a housing organization.</li> <li>Allocate \$2,000 to fund Safehouse Denver.</li> <li>Hospital will continue to allocate a respite bed to be used by Colorado Coalition for the Homeless.</li> </ul>		<ul style="list-style-type: none"> <li>Colorado Housing Connects</li> <li>SafeHouse Denver</li> <li>Get Ahead Colorado</li> <li>Economic Mobility Group</li> <li>Chapin Hall</li> <li>Arapahoe Housing Authority Navigators</li> <li>Colorado Office of Financial Empowerment</li> </ul>
<b>Activity #2</b>	Identify policy opportunities at various levels to impact housing stability. Collaborate with community to advance policy opportunities that promote stable housing. Furthermore, identify the role of health care within the housing and homelessness plans.	
<b>Outputs</b>	<ul style="list-style-type: none"> <li>Number of coalitions and policy opportunities that increase access to safe housing (<b>&gt;=2 coalitions joined</b>)</li> </ul>	
<b>Outcome</b>	Participate in collaborative efforts to address affordable housing and homelessness in Arapahoe and Denver Counties.	
<b>Hospital Contributions</b>		<b>Community Partnerships</b>



<ul style="list-style-type: none"> <li>• The Mission and Community Health Team – staff time to attend meetings and join coalitions.</li> </ul>	<ul style="list-style-type: none"> <li>• Arapahoe Housing Authority Navigators</li> <li>• Change the Trend</li> <li>• Colorado Partnership for Thriving Families</li> <li>• Life Center Littleton</li> <li>• Colorado Coalition for the Homeless</li> <li>• Chapin Hall</li> <li>• Economic Mobility Group</li> </ul>
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## Health Care Access and Quality

In the Hospital's community, behavioral health care continues to be a prevalent need. The percentage of adults reporting poor mental health has risen in the last three years, from 12.58% to 16.64%. The percentage of adults reporting depression in 2022 was 21.37%, with death by suicide on the rise in this community since 2022. This need was highlighted by the focus groups conducted among youth and older adults – with youth citing increased stress and continuing mental health effects from the COVID-19 pandemic, and older adults mentioning the need for social connection to combat high levels of loneliness. The stakeholder survey indicates that mental health and the increase in suicides were the top concern for community organizations. Choosing to address this priority aligns the Hospital with public health and community organizations battling the rise in mental health conditions in this community.

**Goal:** Increase identification of suicide risk by implementing Zero Suicide, an evidence-based mental health & suicide prevention training that will result in improved post-discharge patient and community member outcomes, including reducing community risk of deaths by suicide.

<b>Activity</b>	Provide clinical and non-clinical trainings to associates and offer community trainings in suicide prevention or mental wellness.	
<b>Output</b>	<ul style="list-style-type: none"> <li>Number of hospital and community presentations provided (<b>&gt;= 5 unique training opportunities</b>)</li> <li>Number of participants attending classes and training (<b>&gt;= 400 combined community members and hospital staff trained</b>)</li> </ul>	
<b>Outcome</b>	Offer Zero Suicide training and best practices to clinicians and caregivers.	
<b>Hospital Contributions</b>		<b>Community Partnerships</b>
<ul style="list-style-type: none"> <li>The Hospital's Psych Assessment Team – staff time to deliver presentations and strengthen relationships with community-based organizations.</li> <li>Hospital Volunteer hours to partner with Climbing out of Darkness, a mental health walk that promotes suicide prevention.</li> </ul>		<ul style="list-style-type: none"> <li>You Are Not Alone (YANA)</li> <li>Share Rising</li> <li>North Littleton Promise</li> <li>Integrated Family Community Services</li> <li>LivingWorks</li> <li>Colorado Mental Health First Aid</li> <li>Rocky Mountain Crisis Services</li> <li>Community Mental Health Centers</li> <li>CO's Office of Suicide Prevention</li> <li>Faith-based partners</li> </ul>

## Neighborhood and Built Environment: Food Security

Food insecurity is on the rise in Colorado, as indicated by an 8% increase in SNAP benefits claimed from 2020 – 2022, representing an additional 41,829 individuals who could not afford food without SNAP benefits. In the Hospital’s community 10% of individuals report an inability to afford food. This concern was highlighted by the Spanish-speakers focus group, who indicated that rising food prices increase their stress and – for newcomers – are one of the basic needs that they struggle to meet. The older adult focus group report struggles to accommodate rising grocery prices on a fixed income that has not expanded to meet that need.

**Goal:** Increase access to affordable, fresh produce and federal food assistance programs and enhancements.

<b>Activity #1</b>	Administer a Social Determinants of Health screening for patients which determines food insecurity.				
<b>Output</b>	<ul style="list-style-type: none"> <li>Number of SDoH Food Security screenings completed (<b>&gt;= 75% of inpatient patients screened for SDoH</b>)</li> <li>Establish referral pathways for food insecurity screenings (<b>&gt;= 4 referral pathways established</b>)</li> </ul>				
<b>Outcome</b>	Screen and provide referrals for unmet social risks, including food insecurity.				
<table border="1"> <thead> <tr> <th>Hospital Contributions</th><th>Community Partnerships</th></tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>Hospital Case Management Team to administer SDoH screenings.</li> <li>In-kind donations for Food Bank for Life Center Littleton and Nourish Meals on Wheels.</li> </ul> </td><td> <ul style="list-style-type: none"> <li>Colorado Blueprint to End Hunger</li> <li>Nourish Meals on Wheels</li> <li>Life Center Littleton</li> <li>We Don't Waste</li> <li>Family Connects</li> <li>Hunger Free Colorado</li> <li>UnitedWay 211 Colorado</li> </ul> </td></tr> </tbody> </table>		Hospital Contributions	Community Partnerships	<ul style="list-style-type: none"> <li>Hospital Case Management Team to administer SDoH screenings.</li> <li>In-kind donations for Food Bank for Life Center Littleton and Nourish Meals on Wheels.</li> </ul>	<ul style="list-style-type: none"> <li>Colorado Blueprint to End Hunger</li> <li>Nourish Meals on Wheels</li> <li>Life Center Littleton</li> <li>We Don't Waste</li> <li>Family Connects</li> <li>Hunger Free Colorado</li> <li>UnitedWay 211 Colorado</li> </ul>
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<b>Activity 2</b>	Support local food businesses’ acceptance of and or maintenance of the Supplemental Nutrition Assistance Program (SNAP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), or their program enhancements by supporting technology, technical assistance, outreach and promotion through community food advocates/navigators.				
<b>Output 2</b>	<ul style="list-style-type: none"> <li>Number of organizations funded that increase access to public assistance benefits programs (<b>&gt;=1 organization funded</b>)</li> </ul>				
<b>Outcome 2</b>	Partner with community-based organizations and businesses to increase utilization of benefits that promote food security.				
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- Community Health and Mission staff time to attend coalition meetings.
- Allocate \$20,000 to fund GoFarm to increase access points and utilization of food security benefits.

- GoFarm
- Nourish Colorado
- Hunger Free Colorado

## Priorities Not Addressed

AdventHealth Littleton also identified the following health needs during the CHNA process. In reviewing the CHNA data, available resources, and ability to impact, the Hospital determined these needs will not be addressed.

### **Social and Community Context**

Lack of Social Connection was identified as a special risk to youth and to older adults. Youth in the Littleton area report a high rate of disconnection from the community (according to the Healthy Kids Colorado Survey). In 2023, over 30% of Arapahoe county adolescents reported no extra-curricular activities or involvement with any other social groups outside of immediate family. In addition to this, the increased social need for supporting an aging population includes addressing and recognizing the loneliness epidemic in older adults.

AdventHealth Littleton takes these concerns seriously and has built a system of referral and on-site mental health support to assist patients in building or re-building social connections. However, the work of creating these connections is slow and incremental, and there is a limited capacity in a hospital setting to guide individuals through social improvement over a long period of time and with sufficient involvement. Instead, the HHNAC has made the decision to continue to build referral pathways and focus on socially supporting patients to the degree possible while they receive services.

### **Environmental Health**

Environmental Health in the form of air and water quality are a continuing source of concern for many individuals in Colorado. The Hospital's PSA does not suffer from significant and ongoing poor water or air quality, except for the wildfire smoke that periodically affects the Front Ranges of Colorado at specific times of the year. Although the Hospital is ready and willing to support collaboration in this area, this is not a priority that can be significantly improved by the Hospital over the next three years.