

# Sharp HealthCare Community Benefit Plan at a Glance

Fiscal Year 2017

As a not-for-profit organization, Sharp HealthCare places great value on the health and wellness of the San Diego community. Sharp's mission is to improve the health of those it serves with a commitment to excellence in all that it does.

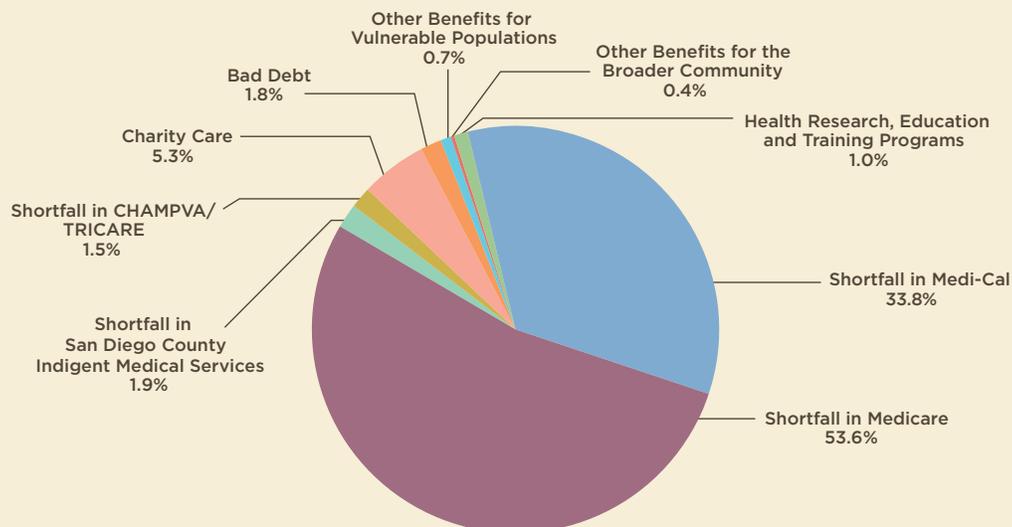
The more than 20,000 affiliated physicians, nurses, staff and volunteers are dedicated to providing the extraordinary level of care called The Sharp Experience.

As a reflection of Sharp's charitable mission, the organization contributed more than \$415 million in unreimbursed community benefit in fiscal year 2017 — the difference between the cost of services provided and reimbursement received.

Sharp provided free care to more than 1,500 inpatients and more than 65,000 outpatients. Sharp also performed nearly 850 free surgeries with 62 percent of those surgeries requiring extended stays in Sharp hospitals. One of every \$8 of Sharp's net revenue was spent in direct support of the community.

This summary features a snapshot of community benefit programs provided by Sharp in fiscal year 2017, as well as stories from community members that highlight the impact of these programs. To view the entire *Sharp HealthCare Community Benefit Plan and Report*, Fiscal Year 2017, or to learn more about Sharp's involvement in the community, visit [sharp.com/community](http://sharp.com/community).

FY 2017 Community Benefit



## The Impact of Sharp: Stories From the Community

### Finding Support Postpartum



Dawn Zwibel overcame postpartum depression and anxiety with help from Sharp Mary Birch's Postpartum Support Group.

When Dawn Zwibel gave birth to a beautiful baby girl, she and her husband, Jeff, were thrilled. They named the baby Grace and considered her their little miracle.

However, what started out as a dream come true for the family soon turned into an incredibly challenging time. Upon returning home from the hospital after giving birth, Dawn became increasingly distraught and felt a constant, deep despair.

The couple quickly realized that Dawn was not experiencing a simple case of the “baby blues.” Her worrisome thoughts; inability to sleep or perform simple daily tasks; rapid weight loss; and profound guilt over not enjoying her new role as a mother meant that she was likely suffering from postpartum depression and anxiety — mood disorders that affect up to 20 percent of women after giving birth.

Dawn immediately reached out to her OB-GYN and was told about the Postpartum Support Group at Sharp Mary Birch Hospital for Women & Newborns. “The Postpartum Support Group allowed me to meet women who were just like me, with the same

struggles,” she says. “I could relate to them and all they were experiencing.”

With the support group, the loving care of Jeff and her parents, and treatment by a therapist, Dawn began to recover. She credits the group’s facilitator and other women for serving as the bridge to her wellness. They were able to listen to one another, offer suggestions, make connections to care providers and share that it really does get better.

As for little Grace, the 20-month-old is happy and healthy. “I am so grateful to be Grace’s mom,” Dawn says. “We’re having so much fun!”

### Career Training in a New Country



Hannah Abdul (right) completed her clinical training at Sharp through the Southwestern College Certified Nursing Assistant program.

In 2010, Hannah Abdul arrived in the U.S. from Somalia. She traveled alone, knew no one in this country and was just 18 years old.

Hannah immigrated with help from the International Rescue Committee (IRC) after spending years in a refugee camp with her mother, father and five siblings. As the oldest child in the family with an education, Hannah’s mother believed that she could do and be whatever she wanted if given the opportunities that the U.S. offered. Her mother was right.

Upon Hannah’s arrival, she was placed with a local family to live and learn the ways of her new country.

The IRC provided months of life- and job-related training, career counseling and continued support as she went through the Southwestern College Certified Nursing Assistant (CNA) program, a collaboration with Sharp HealthCare. Through the program, Hannah completed her clinical training at Sharp Memorial Hospital and Sharp Chula Vista Medical Center.

“I am so grateful for the opportunities I’ve been given,” Hannah says. “I loved every minute of the CNA program. I learned so many things and the nurses I worked with were so patient, kind and really hands-on in helping me.”

Hannah diligently worked to make her family at home and those who helped her here in the U.S. proud. She now works at several Sharp HealthCare campuses as a CNA while continuing her education; has her own apartment and car; and sends money to her family each month to help improve their lives in Somalia.

“I always wanted to make a difference in the world and give back,” Hannah says. “Working in health care allows me to do that. I am able to give patients the care we don’t have back home — the type of care I would give my own family if I could. It’s not just a job — it’s a rewarding life and it is magnificent!”

## Walking for Wellness

When thinking about a trip to the mall, some people dread the crowds, some look forward to finding a bargain or two, and others simply plan to do a little window shopping. However, when Bunni Posey heads to Grossmont Center, she looks forward to an hour of brisk exercise and catching up with some of her closest friends.

Bunni is a member of the Grossmont Mall Walkers. Each week, she and more than 20 others gather on Saturday mornings for an hour of cardiovascular exercise led by an instructor. The program, which is free to the public, was established more than



Bunni Posey (left) stays active through the Sharp Grossmont Hospital Senior Resource Center’s Grossmont Mall Walkers program.

three decades ago and is supported by the Sharp Grossmont Hospital Senior Resource Center.

“I really enjoy the mall walking program,” says Bunni. “I’ve created a lot of friendships and always look forward to going.”

Bunni, who works in a group home for teen girls, is one of the youngest participants. At 53 years old, she is lovingly called the “baby” of the group and appreciates the care and camaraderie of the other participants, all older adults.

“If you miss a Saturday morning, your friends are concerned about you,” she says. “They want to make sure you’re OK. It’s like a family.”

The program offers Bunni the chance to enjoy regular exercise in a pedestrian-friendly space that is accessible to participants of all fitness levels. She says that the regular walking has helped relieve her knee pain and trim her waistline.

“The greatest benefits of mall walking are staying fit, relieving pain and making friends,” she says. “Some people can’t afford a gym membership, but everyone needs friendship and some kind of fitness program to stay healthy. This program does it all and I tell everyone we pass by when walking through the mall, ‘Come join us — it’s great and it’s free!’”

## Highlights of Community Benefit Provided by Sharp HealthCare

**Medical Care Services**, including uncompensated care for patients who are unable to pay for services, emergency department physician coverage and the unreimbursed costs of public programs.

**Other Benefits for Vulnerable Populations**, including van transportation for patients to and from medical appointments; flu vaccinations and programs for seniors; financial and other support to community clinics to improve access to health services; specialized programs for those in need to access community resources and support, and thrive post-discharge; funding to assist patients who cannot afford to pay for medications, transportation and other needs; Meals on Wheels; contribution of time to Stand Down for Homeless Veterans, the Jacobs & Cushman San Diego Food Bank, Feeding San Diego, Mama's Kitchen, Kitchens for Good, Ssubi is Hope, Promises2Kids, and Doors of Change; and the Sharp Humanitarian Service Program.

**Other Benefits for the Broader Community**, including participation in community health fairs and events; the provision of critical health education and support groups, preventive health screenings and flu vaccinations; as well as financial and in-kind support to community organizations that improve the health and wellness of the San Diego community. Sharp leaders participated in numerous community organizations, committees and coalitions to improve the health of San Diegans. Sharp also collaborated with local schools to provide students with experiences to develop and support interest in health care careers.

**Health Research, Education and Training Programs**, including supervision of residents and interns; sponsorship of health-related programs, classes and professors at local colleges and universities; and education and training programs for medical, nursing and other community health care professionals. Sharp also facilitated interdisciplinary research on health care practices in order to identify and promote quality patient care across the health care community through its Outcomes Research Institute.

Unreimbursed Community Benefit	FY 2017
Medical Care Services	\$406,493,521
Other Benefits for Vulnerable Populations	2,803,035
Other Benefits for the Broader Community	1,680,320
Health Research, Education and Training	4,330,246
<b>Total Unreimbursed Community Benefit</b>	<b>\$415,307,122</b>



~ A Health Care Organization Designed Not For Profit, But For People ~