

COMMUNITY BENEFIT SNAPSHOT

# WE INVEST IN OREGON'S HEALTH

*Everyone deserves the opportunity to lead the healthiest life possible. To realize that vision, we work in close partnership with organizations to address our communities' most pressing needs.*

**Total benefit to our communities in 2018**  
**\$278 MILLION**



**Community health improvement and strategic partnerships**  
**\$17.8 MILLION**



**Health professions education and research**  
**\$38.2 MILLION**



**Subsidized health services**  
**\$5.8 MILLION**



**Free and discounted care for the uninsured and underinsured**  
**\$53.9 MILLION**



**Unpaid cost of Medicaid and other means-tested government programs**  
**\$162.3 MILLION**

\*Data is consolidated based on unaudited financial reporting  
\*Home and Community Care investments included

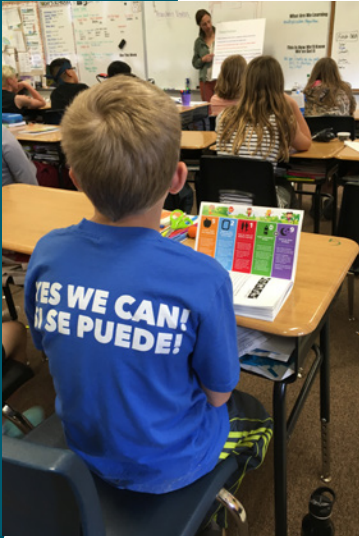
## TACKLING OREGON'S BIGGEST HEALTH CHALLENGES

Our community health needs assessment guides our investments and partnerships. In 2018, we focused on improving behavioral health services, reducing chronic conditions, and addressing health-related social determinants.

## SHARED PURPOSE ACROSS OUR FAMILY OF ORGANIZATIONS

At Providence St. Joseph Health, we invest in improving community health across all seven states we serve. Called by our Mission, we are committed to steadfastly serving all within our communities, especially the poor and vulnerable.

# OUR SHARED VALUES IN ACTION



## A WINNING FORMULA FOR KIDS OVERCOMING OBESITY

The sequence of 5.2.1.0 + 9 may look like a strange math problem, but it's actually a "formula" adapted by the Gateway Family Medicine Providence Medical Group (PMG) facility in Portland to help kids better their health. When broken down, it encourages young Oregonians to eat five or more fruits and vegetables, spend no more than two hours of screen time, devote at least one hour of physical activity, consume zero sugar-sweetened drinks, and sleep nine or more hours each day.

Gateway PMG's 5.2.1.0 + 9 guidelines are an effort to reduce growing obesity rates for children and teenagers. Providence Health & Services Oregon partners with organizations to promote healthy lifestyle choices and has invested \$482,000 in initiatives like Gateway PMG's.

5.2.1.0 + 9 has had promising results for Gateway PMG. For instance, during an eight-month study at its clinic, teens lost an average of 14 pounds and their depression decreased by 36 percent.

*Providence is coming along side and providing support through access to healthy foods, education and activities. This work will continue to expand as we integrate shared messaging and outcomes in the coming year.*



— PAM MARIEA-NASON,  
EXECUTIVE DIRECTOR OF PROVIDENCE  
COMMUNITY HEALTH DIVISION IN OREGON

*Patients have given us permission to share their stories, but their names have been changed to protect patient privacy.*

**REGIONAL  
LEADERSHIP**

**Lisa Vance**  
Chief Executive

**Providence Health & Services, Oregon**  
For more information, visit: [PSJhealth.org](http://PSJhealth.org)