

BOARD RESOLUTION OF PARADISE VALLEY HOSPITAL

Live Well San Diego Initiative

WHEREAS, the mission of Paradise Valley Hospital (PVH), an acute care facility for 110 years, is to provide comprehensive quality healthcare in a compassionate, convenient and cost effective manner, the Governing Board of Paradise Valley Hospital established the Center for Health Promotion in 1990 to identify and address the health education and wellness services of employees, volunteers and our community. We strive to develop relationships with community leaders and residents to bring quality wellness services to the community free of charge; and

WHEREAS, PVH recognizes that the health and wellness programs developed by the Center for Health Promotion and other PVH staff is directly aligned with the County of San Diego *Live Well San Diego* Initiative encouraging healthy lifestyles for communities that PVH serves; and

WHEREAS, PVH's Center for Health Promotion offers free health education and wellness services to lower the risk of lifestyle related problems to its employees, volunteers and the community:

- Health Education classes - group and individual sessions: Asthma, Cholesterol, Nutrition, Hypertension, Stress Management, Diabetes Management, Weight Management, Families Against Obesity, and Smoking Cessation to prevent or reduce chronic disease
- CLUB *Walk Mall* Walking program, held at a local mall which includes walking and a low impact aerobics class meeting 3 times each week
- Fitness classes including Yoga, Zumba, and Fitness for All
- Love Your Heart blood pressure screenings
- Nutrition Services provides "Wellness Wednesdays" in Café Paradise, offering healthy sandwich options
- Participation in the County of San Diego's Intergenerational Games providing volunteers
- Annual "Health & Wellness" Fair offering FREE flu shots and health screenings
- Many additional health fairs throughout the community
- Partnerships and presentations to community groups, churches and schools promoting good nutrition, fitness and healthy lifestyles
- Participate in the American Heart Association's Heart Walk raising funds and awareness and a designated "Fit Friendly Company" since 2008.
- Sponsor a Women's Activities tent at "Stand Down San Diego" addressing the health issues of homeless women veterans; and

WHEREAS, PVH advocates, refers, and informs the community about health resources to increase access to medical and behavioral health services, especially important for vulnerable populations. Bayview Behavioral Health Services collaborates with the community and PVH departments to provide mental health screening and education in the community. Our "Advocating, Listening and Leading our Youth" (ALLY) program serves families with children at risk for mental and emotional issues; and

WHEREAS, Paradise Valley Hospital's South Bay Rehab and Health and Senior Center provide specialized community services in conjunction with the Center for Health Promotion, and PVH partners with 24 Hour Fitness for employee membership discounts; and

NOW, THEREFORE, be it resolved that through these programs, Paradise Valley Hospital supports the County of San Diego *Live Well San Diego* Initiative and is pleased to join as a partner organization on the path to improve health and wellness in the region.

PASSED and ADOPTED, this _____ day of January 2015 by the Governing Board of Paradise Valley Hospital by the following vote:

DATED: January 26, 2015

BY: Neerav Jadeja
Neerav Jadeja, Chairman, Board of Directors

ATTESTED: Rosemarie S. Lim
Rosemarie S. Lim, MD, Medical Director