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**FINAL REPORT**

HEALTHCARE SERVICES  
MUNICIPAL SERVICE REVIEW &  
SPHERE OF INFLUENCE UPDATES

**APPENDICES**

Prepared for Contra Costa LAFCO

Prepared by Berkson Associates  
In association with the Abaris Group  
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## APPENDICES

### A. OVERVIEW OF MSR DETERMINATIONS AND APPLICABILITY TO HEALTHCARE DISTRICT MUNICIPAL SERVICE REVIEWS

Table A-1 Overview of MSR Determinations Applicability to Healthcare District MSRs

### B. MEDICALLY UNDERSERVED & HEALTH PROFESSIONAL SHORTAGE AREAS

Figure B-1 Medically Underserved Areas in Contra Costa County

Figure B-2 Primary Care Shortage Areas in Contra Costa County

Figure B-3 Dental Health Professional Shortage Areas in Contra Costa County

Figure B-4 Mental Health Professional Shortage Areas in Contra Costa County

### C. HEALTH NEEDS ASSESSMENTS IN CONTRA COSTA COUNTY

### D. LMCHD GRANT PROGRAMS

LMCHD Grant Programs Fall of 2016 and Summer 2017



## APPENDIX A

### OVERVIEW OF MSR DETERMINATIONS AND APPLICABILITY TO HEALTHCARE DISTRICT MUNICIPAL SERVICE REVIEWS

**Table A-1 Overview of MSR Determinations Applicability to Healthcare District MSRs**

Determination	Applicability to HCD MSRs	Methodology and Data Sources
<p><b>(1) Growth and population projections for the affected area.</b></p>	<p><b>How will growth and population projections affect determinations</b> re: current and future healthcare district services and service area? Changes in demographics and underserved populations? Implications for funding?</p>	<p><b>Regional agencies</b> can provide forecasts, but may require GIS analysis to define district boundaries. LAFCOs/counties often can provide GIS maps.</p>
<p><b>(2) The location and characteristics of any disadvantaged unincorporated communities within or contiguous to the sphere of influence.</b></p>	<p><b>Are there Disadvantaged Communities and/or underserved areas</b> that can be more equitably provided services, eg. via SOI and service area changes? Are HCDs addressing the needs of these communities?</p>	<p><b>LAFCOs</b> can identify Disadvantaged Communities, in collaboration with county.</p> <p><b>OSHPD</b> can provide GIS data to create maps to delineate underserved areas.</p>
<p><b>(3) Present and planned capacity of public facilities, adequacy of public services, and infrastructure needs or deficiencies including needs or deficiencies related to sewers, municipal and industrial water, and structural fire protection in any disadvantaged, unincorporated communities within or contiguous to the sphere of influence.</b></p>	<p><b>Are district services "adequate"</b>, i.e. acceptable in quantity and quality:</p> <p><b>Grant Quantity</b> - any increase above current funding from other agencies should be considered "adequate" as long as "Admin %" ratios meets standards. Do the grants make a difference in health outcomes of identified needs?</p> <p><b>Grant Quality</b> - Are grantees effectively and efficiently using funds to meet community health needs, including those of disadvantaged communities?</p> <p><b>Direct Services</b> - Is the district effectively and efficiently using funds to meet community health needs, including those of disadvantaged communities?</p>	<p><b>Show historic patterns of grant allocations</b>, and as a % vs. other expenditures.</p> <p><b>Document consistency of grants and services with district Strategic Plan</b> goals and documented health needs in the district, eg with reference to Community Health Needs Assessment reports prepared by hospitals.</p> <p><b>Review basis for decisions regarding health needs and priorities</b>, in light of other agencies and available information.</p> <p>Compare grant review, award and followup to <b>Best Practices</b>.</p>

**Table A-1 Overview of MSR Determinations and Applicability to Healthcare District MSRs (cont’d)**

Determination	Applicability to HCD MSRs	Methodology and Data Sources
<p><b>(4) Financial ability of agencies to provide services.</b></p>	<p><b>Grants</b> - is staff adequate to review, administer, track, and report on grant outcomes to assure adequacy of grants in an efficient manner?</p> <p><b>Direct Services</b> -is funding adequate to effectively provide services, and maintain adequate reserves for capital and for contingencies?</p>	<p>Document <b>historic pattern of revenues and expenditures, and financial position</b>, utilizing budgets and financial reports.</p> <p>Utilize <b>performance measures</b> specific to direct services provided, eg., is admin 20% or less of expenditures?</p> <p>Document potential financial risks and financial planning and ability to address these risks.</p>
<p><b>(5) Status of, and opportunities for, shared facilities.</b></p>	<p><b>Does the district collaborate with other healthcare providers</b> to minimize redundant overhead, leverage resources, and coordinate targeting of health needs?</p>	<p><b>Document participation in regional healthcare planning</b> with other healthcare agencies, and utilization of healthcare needs assessments.</p>
<p><b>(6) Accountability for community service needs, including governmental structure and operational efficiencies.</b></p>	<p><b>Does the district achieve:</b></p> <p>a) <b>Special District standards</b> for high performance, transparency, and website content/accessibility;</p> <p>b) Effective <b>public engagement</b>;</p> <p>c) <b>Strategic planning</b> to engage public, coordinate with other agencies, and provide transparency re: goals and related actions;</p> <p>d) <b>Other best practices</b> and performance standards? What % of revenues are expended on district overhead and admin?</p>	<p>Compare district website and practices to checklists available from <b>Special District Leadership Foundation</b>.</p> <p><b>Document public outreach</b> and process for developing/reviewing goals, policies and Strategic Plan.</p> <p>Investigate any applicable <b>civil grand jury reports</b>.</p> <p>Review <b>prior LAFCO MSRs</b> or special studies re: governance issues and options.</p> <p>Review other applicable <b>industry standards</b> and HCD examples.</p>
<p><b>(7) Any other matter related to effective or efficient service delivery, as required by commission policy.</b></p>	<p>For example, does the District expend funds on or receive revenue from non-healthcare services (e.g., real estate)? Can district resources be better utilized for other purposes or by other entities?</p>	<p>Review press re: local issues; investigate any applicable civil grand jury reports. Review prior LAFCO MSRs or special studies.</p>



## APPENDIX B

### MEDICALLY UNDERSERVED & HEALTH PROFESSIONAL SHORTAGE AREAS

## MEDICALLY UNDERSERVED & HEALTH PROFESSIONAL SHORTAGE AREAS

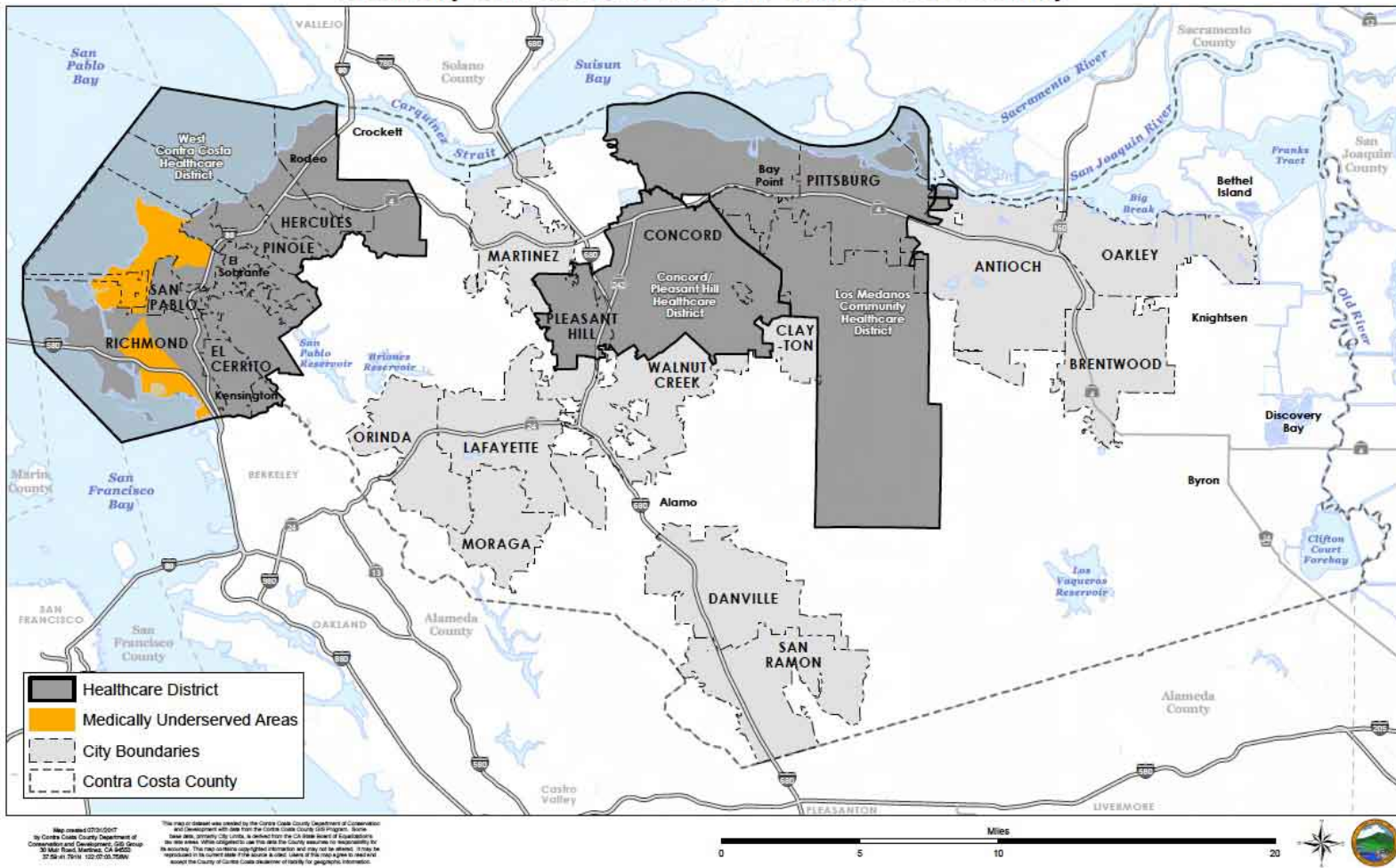
One area within the County is designated as a Medically Underserved Area (MUA) according to the Office of Statewide Health Planning and Development (OSHPD), as shown in **Figure B-1**.<sup>1</sup> This area falls within the boundaries of the WCCHD.

The “medically underserved” are people with life circumstances that make them susceptible to falling through the cracks in the health care system. Many do not have health insurance or cannot afford it; those who do have insurance sometimes face insufficient coverage. The MUA includes a shortage of dental health and mental health professionals.

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<sup>1</sup> See <http://gis.oshpd.ca.gov/atlas/topics/shortage/mua/contra-costa-service-area>

Figure B-1 Medically Underserved Areas in Contra Costa County





Recognition as a federally designated Health Professional Shortage Area (HPSA) for Primary Care, Dental Health, and Mental Health disciplines or Medically Underserved Area/Medically Underserved Population (MUA/MUP) enables a clinic to be eligible for assignment of National Health Services Corp Personnel or apply for Rural Health Clinic Certification, Federally Qualified Health Center status (FQHC), FQHC Look-Alike, or New Start/Expansion program, depending on the designation.<sup>2</sup> Designation provides other benefits, noted below for each designation.

### **Primary Care Health Professional Shortage Areas**

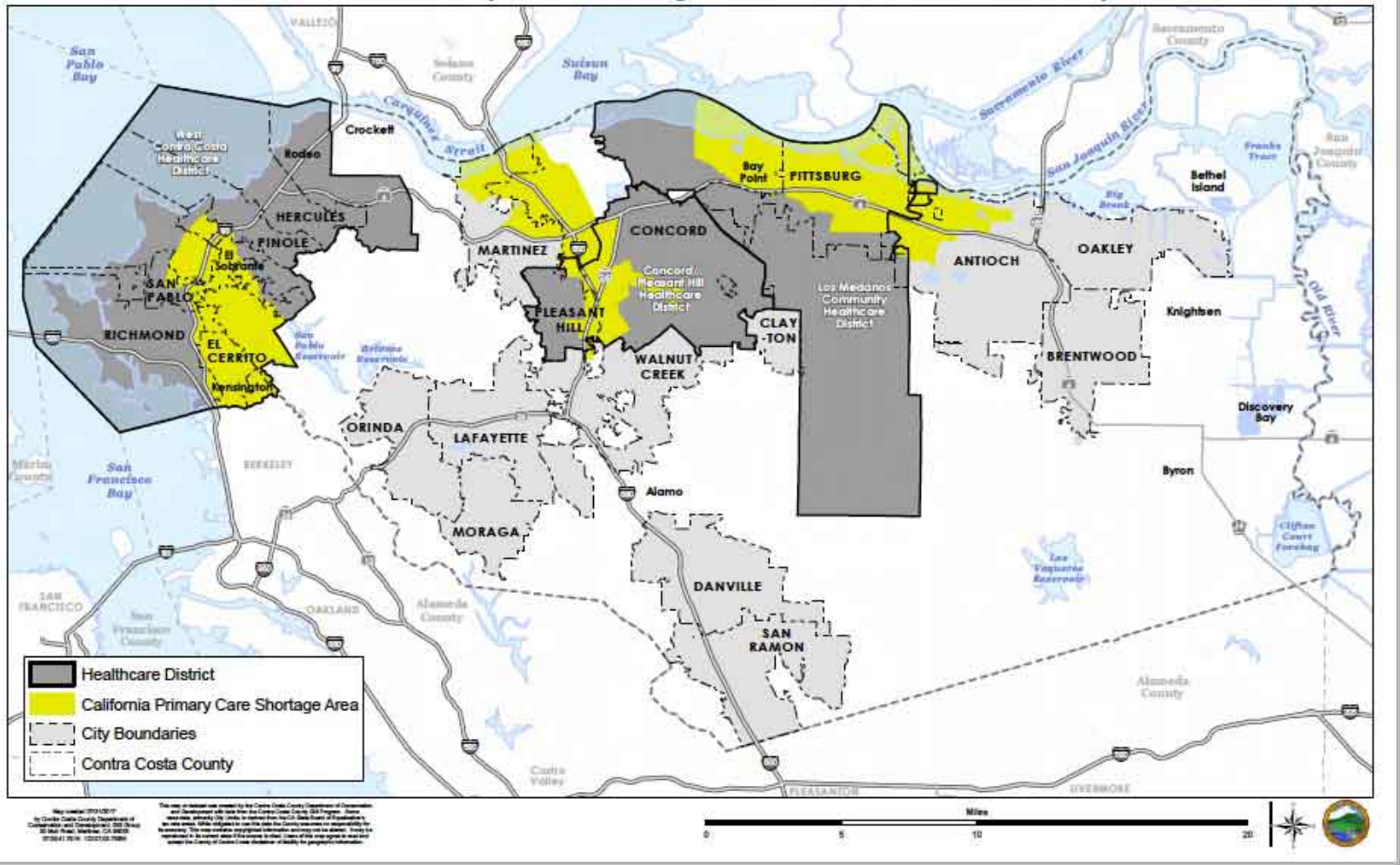
Primary Care Shortage Areas (PCHPSAs) exist in each of the three healthcare districts, and some adjoining unincorporated areas, as shown in **Figure B-2**. A PCHPSA designation requires:

- A rational service area, e.g., a Medical Service Study Area
- Population to primary care physician ratio: 3,500:1 or 3,000:1 plus population features demonstrating "unusually high need;" and
- A lack of access to health care in surrounding areas because of excessive distance, overutilization, or access barriers.

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<sup>2</sup> OSHPD Shortage Designation Program webpage, <http://www.oshpd.ca.gov/HWDD/Shortage-Designation-Program.html>

Figure B-2 Primary Care Shortage Areas in Contra Costa County



Benefits of designation as a PCHPSA, according to OSHPD,<sup>3</sup> include:

- Education loan repayment and personnel placement through the National Health Service Corps (NHSC);
- Improved Medicare reimbursement. Physicians in geographic PCHPSAs are automatically eligible for a 10% increase in Medicare reimbursement;
- Eligibility for Rural Health Clinic Certification (a prospective payment method designed to enhance access to primary health care in rural underserved areas);
- Eligibility for the NHSC/State Loan Repayment Program;
- Enhanced federal grant eligibility; and
- Funding preference for primary care physician, physician assistant, nurse practitioner, and nurse midwife programs that provide substantial training experience in HPSAs.<sup>4</sup>

#### **Dental Health Professional Shortage Areas**

The only Dental Health Professional Shortage Area (DHPSA) in the County exists within the WCCHD boundaries in Richmond, as shown in **Figure B-3**. The federal Dental HPSA designation identifies areas as having a shortage of dental providers on the basis of availability of dentists and dental auxiliaries.<sup>5</sup> A DHPSA designation requires:

- A rational service area, e.g., a Medical Service Study Area

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<sup>3</sup> OSHPD Shortage Designation Program website,  
<https://www.oshpd.ca.gov/HWDD/Shortage-Designation-HPSA.html#PCHPSA>

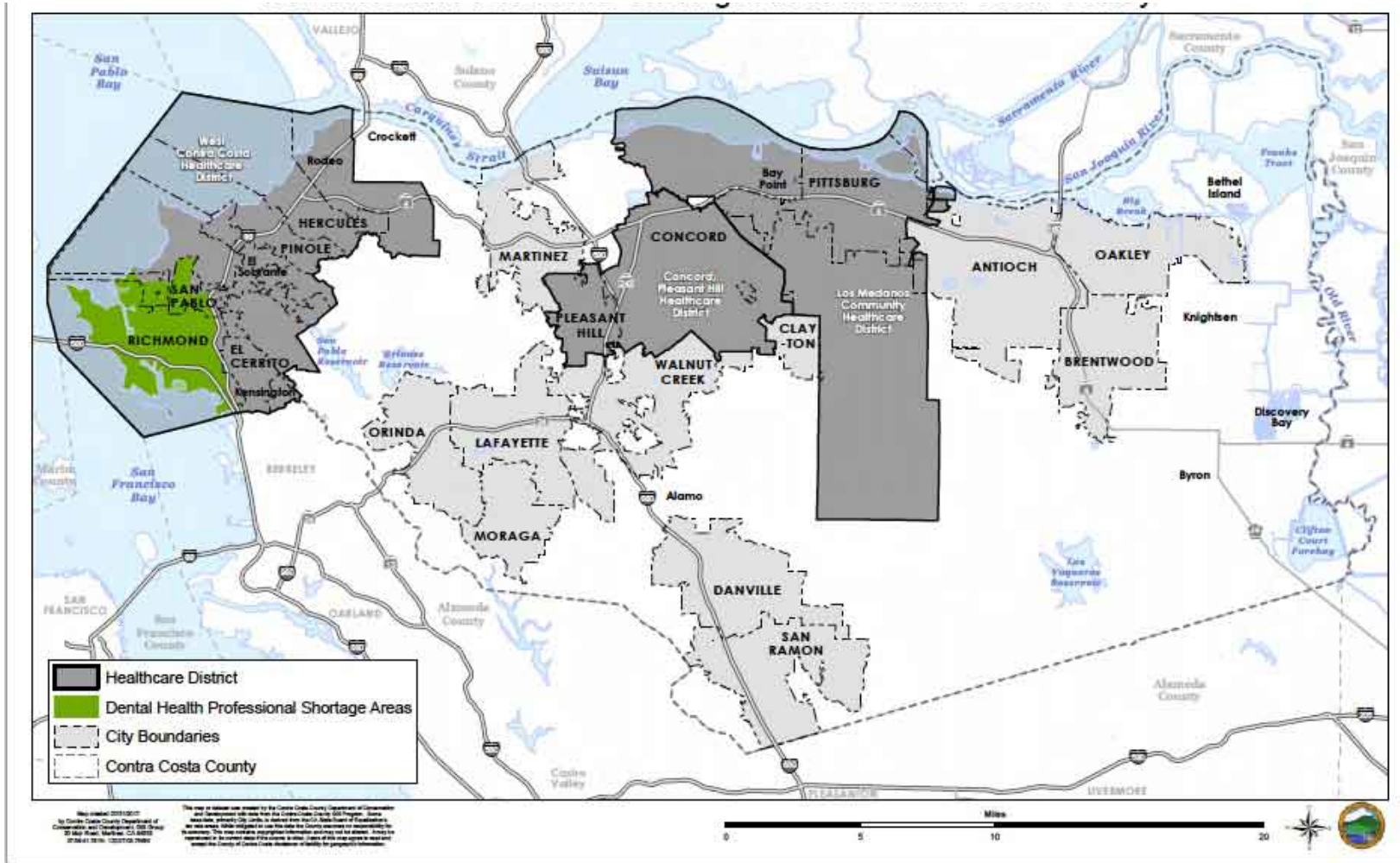
<sup>4</sup> *ibid*, OSHPD Shortage Designation Program website.

<sup>5</sup> OSHPD Shortage Designation Program website,  
<https://www.oshpd.ca.gov/HWDD/Shortage-Designation-HPSA.html#DHPSA>



- Population to general practice dentist ratio: 5,000:1 or 4,000:1 plus population features demonstrating "unusually high need;" and
- A lack of access to dental care in surrounding areas because of excessive distance, overutilization, or access barriers.

Figure B-3 Dental Health Professional Shortage Areas in Contra Costa County



Benefits of designation as a PCHPSA, according to OSHPD, include:

- Education loan repayment and personnel placement through the National Health Service Corps (NHSC);
- Eligibility for the NHSC/State Loan Repayment Program;
- Scholarships for dental training in return for service in a shortage area; and
- Funding priorities for training in general practice dentistry in programs that provide substantial training in shortage areas.<sup>6</sup>

### **Mental Health Professional Shortage Areas**

Designated Mental Health Professional Shortage Areas (MHPSA) exist in the WCCHD and the LMHCD, and in substantial areas of East County, as shown in **Figure B-4**. The federal MHPSA designation identifies areas as having a shortage of mental health providers on the basis of availability of psychiatrist and mental health professionals.<sup>7</sup> A MHPSA designation requires:

- A rational service area;
- The population-to-core mental health professional and/or the population-to-psychiatrist ratio meet established shortage criteria; and
- A lack of access to mental health care in surrounding areas because of excessive distance, overutilization, or access barriers.

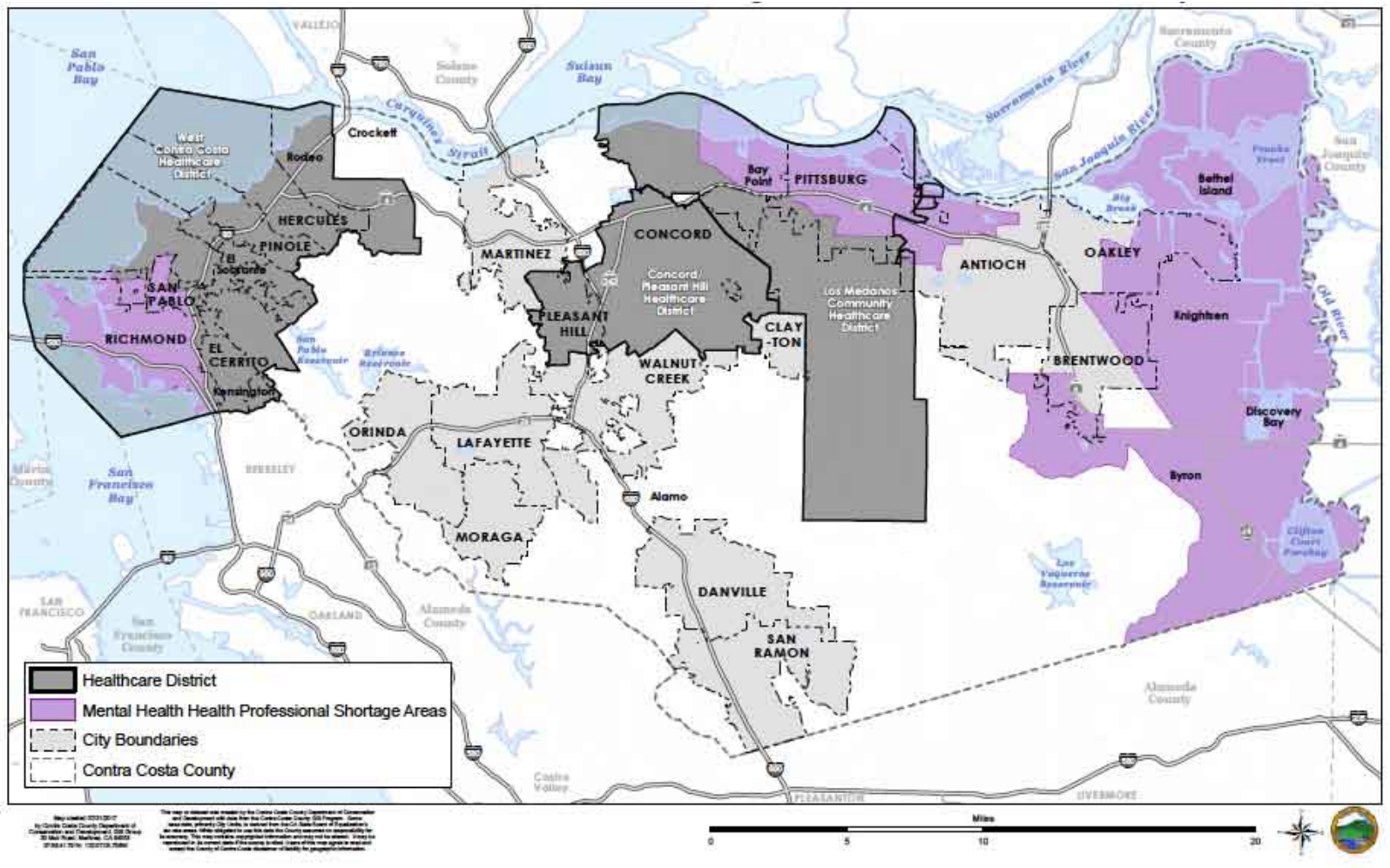
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<sup>6</sup> *ibid*, OSHPD Shortage Designation Program website.

<sup>7</sup> OSHPD Shortage Designation Program website

<https://www.oshpd.ca.gov/HWDD/Shortage-Designation-HPSA.html#MHPSA>

Figure B-4 Mental Health Professional Shortage Areas in Contra Costa County



Benefits of designation as a MHPSA, according to OSHPD, include:

- Eligibility for the National Health Services Corp/State Loan Repayment Program;
- Improved Medicare reimbursement; and
- Enhanced federal grant eligibility.<sup>8</sup>

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<sup>8</sup> *ibid*, OSHPD Shortage Designation Program website.





## APPENDIX C

### HEALTH NEEDS ASSESSMENTS IN CONTRA COSTA COUNTY

## John Muir Health

John Muir Health (JMH) prepared a CHNA in 2016 that covers its medical centers in Concord and Walnut Creek, and its Behavioral Health Center in Concord.<sup>9</sup> JMH's primary and secondary service areas include central and eastern Contra Costa County, generally encompassing areas served by the CPPHD and LMHD.<sup>10</sup> The John Muir Medical Center - Concord (JMMC-Concord) and the JMH Behavioral Center are located within the boundaries of the CPHHD in addition to urgent care facilities, physician offices, emergency and other outpatient services. JMH physician offices are located in Pittsburg within LMHD boundaries.

The CHNA identified the following health priorities in the community, based on input from the community and public health experts.

1. Obesity, Diabetes, Healthy Eating, and Active Living
2. Economic Security
3. Healthcare Access & Delivery, including Primary & Specialty Care
4. Oral/Dental Health
5. Mental Health
6. Substance Abuse, including Alcohol, Tobacco, and Other Drugs
7. Unintentional Injuries
8. Violence and Injury Prevention

JMH filed its 2016 Community Health Improvement Plan (CHIP)<sup>11</sup> with the IRS and selected the community health needs it planned to address, and identified related implementation actions under the guidance of JMH governing bodies and its Community Health Improvement Department.

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<sup>9</sup> 2016 Health Needs Assessment, John Muir Health.

<sup>10</sup> Community Health Implementation Plan (CHIP), John Muir Health, adopted 11/15/16.

<sup>11</sup> *ibid*, Community Health Improvement Plan (CHIP), John Muir Health, adopted 11/15/16.

For each of the identified health priorities listed above, the CHIP specifies long-term and intermediate goals, actions and resources, anticipated impacts, and planned collaborators. The goals are organized around three areas: healthcare access and delivery, including primary and specialty care; behavioral health; and obesity, diabetes, health eating and active living. These groups generally encompass all of the identified health priorities with the exception of “economic security”.

The CHIP does not explicitly propose collaborations with any Contra Costa healthcare districts. The JMH 2015 Community Benefit Report<sup>12</sup> summarizes the CHIP and benefits to the community, but also does not list any healthcare districts as collaborators (with the exception of the John Muir/Mt. Diablo Health Fund which includes representatives of CPPHD on the Health Fund board).

### **Kaiser Foundation Hospitals**

#### *KFH-Walnut Creek*

The KFH-Walnut Creek service area includes the cities of Concord and Pleasant Hill, which largely comprise the CPHHD, and unincorporated areas within the LMHD. In addition to central Contra Costa County, the KFH-Walnut Creek service area includes portions of Alameda County. The CHNA identified “vulnerable populations”, or areas meeting certain criteria for lack of education and poverty levels; those areas fall within CPHHD and LMHD.<sup>13</sup> Service area health need priorities include the following:

1. Obesity, Diabetes, Healthy Eating, and Active Living
2. Oral/Dental Health
3. Substance Abuse, including Alcohol, Tobacco, and Other Drugs
4. Economic Security
5. Healthcare Access & Delivery, including Primary & Specialty Care

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<sup>12</sup> 2015 Community Benefit Report, John Muir Health.

<sup>13</sup> Community Health Needs Assessment, Kaiser Foundation Hospital – Walnut Creek, approved 9/21/16, pg. 11.

6. Mental Health
7. Violence and Injury Prevention

#### *KFH-Richmond*

The Kaiser Foundation Hospital in Richmond (KFH-Richmond) prepared a 2016 CHNA.<sup>14</sup> The KFH-Richmond hospital is located within the WCCHD service area, and expanded its number of emergency beds in response to the closure of WCCHD’s Doctors Hospital. The CHNA’s health need priorities include:

1. Obesity, Diabetes, Healthy Eating, and Active Living
2. Violence and Injury Prevention
3. Economic Security
4. Mental Health
5. Substance Abuse, including Alcohol, Tobacco, and Other Drugs
6. Healthcare Access & Delivery, including Primary & Specialty Care
7. Sexually Transmitted Infections
8. Asthma
9. Infectious Diseases (non-STIs)
10. Cancer

#### *KFH-Antioch*

KFH-Antioch Hospital serves East County, including Pittsburg and unincorporated Bay Point within the boundaries of LMHD. The CHNA identified “vulnerable populations”, or areas meeting certain criteria for lack of education and poverty levels, within portions of LMHD and other

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<sup>14</sup> 2016 Community Health Needs Assessment, Kaiser Foundation Hospitals Oakland and Richmond, approved September 21, 2016.

service area communities. The Kaiser Foundation Hospital in Antioch (KFH-Antioch) 2016 CHNA prioritized the following health categories:<sup>15</sup>

1. Economic Security
2. Obesity, Diabetes, Healthy Eating, and Active Living
3. Healthcare Access & Delivery, including Primary & Specialty Care
4. Oral/Dental Health
5. Mental Health
6. Unintentional Injuries
7. Violence and Injury Prevention
8. Substance Abuse, including Alcohol, Tobacco, and Other Drugs

The KFH-Antioch 2016 CHNA provides quantitative and qualitative community input on the nature of health issues listed above.

### **Sutter Delta Medical Center**

The Sutter Delta Medical Center (SDMC), located in Antioch, serves a population that includes Pittsburg and Bay Point, which fall within the LMHD. The latter areas were identified as “Communities of Concern”, in addition to a portion of Antioch. These Communities of Concern are defined as “populations within the HSA that have the greatest concentration of poor health outcomes and are home to more medically underserved, low income, and diverse populations at greater risk for poorer health.”<sup>16</sup> Health need priorities include:

- Access to Quality Primary Care Health Services
- Access to Affordable, Healthy Food

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<sup>15</sup> 2016 Community Health Needs Assessment, Kaiser Foundation Hospital Antioch, approved September 21, 2016;

<sup>16</sup> A Community Health Needs Assessment of the Sutter Delta Medical Center Service Area, Community Health Insights, May 2016.

- Access to Basic Needs, such as Housing and Employment
- Access to Mental, Behavioral, and Substance Abuse Services
- Safe and Violence-Free Environment
- Health Education and Health Literacy
- Access to Transportation and Mobility
- Access to Specialty Care



## APPENDIX D

### LMCHD GRANT PROGRAMS

### FALL OF 2016 AND SUMMER 2017



## 2016 Fall Programs

Organization	Program	Address	Amount Received	Individuals Served*	Description
<b>All Star Cheer Reaction</b>	All Star Cheer Reaction	535 Azores Circle Bay Point, CA 94565	\$ 10,000.00	60	Introduce children ages 5-18 to fitness and healthy eating choices. Get them away from TV, computers, and internet surfing.
<b>APT Sports</b>	APT Sports' Elite Basketball Program	271 Patricia Ave Pittsburg, CA 94565	\$ 10,000.00	195	Provides healthy, positive activities for youth from ages 7 to 18. This is accomplished by offering a basketball program, which instills healthy living and positive lifestyles, as well as mentoring for participants.
<b>Center for Human Development</b>	"Mind, Body, and Soul" - African American Wellness Program	901 Sunvalley Blvd Suite 220 Concord, CA 94520	\$ 7,525.00	60	Helps enhance the capacity of the Mind, Body, and Soul Support Groups and augments the monthly curriculum for african american adults, living in Pittsburg and Bay Point, to include health eating and active physical exercise.
<b>East County Junior Warriors Basketball League</b>	East County Junior Warriors Basketball League	2120 Railroad Avenue Suite 103-320 Pittsburg, CA 94565	\$ 10,000.00	332	Through an organized basketball league the program targets youth between the ages of 8 and 16 and provide them with a safe, supervised environment. The program also provides fitness, peer mentoring, and nutritional counseling.
<b>Eddy Hart All in One Foundation</b>	Eddy Hart All in One Foundation	640 Bailey Rd #170 Pittsburg, CA 94565	\$ 10,000.00	400+	Help youth to improve health conditions, increase their knowledge of good health, increase physical activity, improve understanding of healthy eating habits, and teach the value of maintaining an active life style.
<b>Food Bank of Contra Costa &amp; Solano</b>	Community Produce Program	4010 Nelson Ave Concord, CA 94565	\$ 10,000.00	1,010 households 3534 individuals	Distribute fresh fruits and vegetables in neighborhoods identified by the US Department of Agriculture as food deserts, where healthy food is hard to access.
<b>Greater Faith Food Pantry</b>	Greater Faith Food Pantry	4150 Railroad Ave Pittsburg, CA 94565	\$ 15,000.00	741 families 2,403 family members	Assists any employed, unemployed homeless or hungry in the community by providing a three day supply of food for a family of four. Emergency food provided upon request by contacting the Food Pantry.
<b>Healthy Hearts Institute</b>	El Pueblo Community Garden	8452 N Lake Drive Pittsburg, CA 94565	\$ 10,000.00	10 households	This program will construct a community garden, establish ten garden members, and provide garden training for members.

\*Data taken from 2016 Fall Health and Wellness Midterm Reports and will be subject to change upon program completion.





## 2017 Summer Programs

Organization	Program	Address	Amount Received	Individuals Served	Description
<b>Bay Point Community Foundation</b>	Teen Garden Corp Program	36 Sandview Drive Bay Point, CA 94565	\$ 2,500.00	6	The youth who participate will learn about the importance of nutrition and physical activity and will participate in cooking and gardening demonstrations to develop leadership skills.
<b>Contra Costa Health Ministries</b>	Integrated Nutrition Educational & Physical Activity Program	4464 Lone Tree Way Suite 535 Antioch, CA 94531	\$ 8,877.00	160	This project will provide culturally relevant health promotion and wellness programs in the underserved areas of Pittsburg and Bay Point where African Americans, Latinos, and other underserved persons predominantly reside. The objective is to provide education and support to children and families in communities at risk that can benefit them not only during summer months but also can be replicated in their daily lives.
<b>East County Midnight Basketball League</b>	2017-2018 East County Midnight Basketball League	4654 Aberdeen Court Antioch, CA 94531	\$ 10,000.00	45-60	Through the organized basketball league and organized life skill workshops, the East County Midnight Basketball League utilizes basketball as a tool to help create a positive social change within the community by helping young adults learn how to value education, employment, stable family, and responsibility.
<b>First Baptist Head Start</b>	Training Our Youth Will Ensure a Healthy Community Tomorrow	3890 Railroad Ave Pittsburg, CA 94565	\$ 10,000.00	167	The main objective of the youth training program is to target at-risk youth who face challenges of developing high blood pressure, obesity, and diabetes due to their surroundings and sedentary lifestyles. The program trains students to prepare healthy meals as well as indoor/outdoor physical activities.
<b>Full Stride Track Club</b>	Full Stride Youth Track & Field Club	311 Alta Vista Circle Pittsburg, CA 94565	\$ 5,000.00	47	Provides low cost, positive and healthy athletic activity, which focuses on building the children's self-esteem by facilitating the achievement of numerous goals.