

## Mountainside Medical Center



## Community Health Improvement Plan 2026-2028

## Mountainside Medical Center

Patient focused, community oriented, conveniently located and equipped with technology that rivals the nation's most prestigious healthcare systems, Mountainside Medical Center offers a comprehensive and growing array of services delivered by caring and highly skilled medical professionals. We're proud of the therapeutic and administrative upgrades we have made. We're the convenient, friendly community hospital that delivers the quality care, medical excellence and technology on which you can depend.

Mountainside Medical Center has been serving Montclair and its surrounding New Jersey communities since 1891. The physicians, nurses and volunteers who are a part of the Mountainside family are also your friends and neighbors. We're your community, your hospital and your team, working hard on your behalf.

## About Hackensack Meridian Health - Keep Getting Better

Hackensack Meridian Health is a leading not-for-profit health care organization and New Jersey's largest, most comprehensive, and integrated health network. Our network includes 18 hospitals, more than 500 patient care locations, and a complete range of services from innovative research and life-enhancing care to lifesaving air medical transportation. Our 38,000 team members and 7,000 physicians are committed to the health and well-being of the communities we serve, making Hackensack Meridian Health a distinguished leader in healthcare philanthropy.

## CHNA Background

In alignment with the Affordable Care Act (ACA), the Internal Revenue Service (IRS) and applicable federal requirements for not-for-profit hospitals, Hackensack Meridian Health Mountainside Medical Center completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Hackensack Meridian Health Board of Directors on December 10, 2025.

The Mountainside Medical Center 2025 CHNA was conducted by Professional Research Consultants, Inc. (PRC) for Hackensack Meridian Health to identify the health needs within the hospital's service area. The assessment incorporates data from multiple sources, including primary research (through the PRC Community Health Survey and PRC Online Key Informant Survey) as well as secondary research (vital statistics and other existing health-related data). To supplement the other data collections, Hackensack Meridian Health engaged Moxley Public Health to conduct primary data collection through qualitative focus groups with community members from priority populations. The purpose of these focus groups was to gather qualitative insights into community health priorities, access to and utilization of health care services, maternal and infant health, and perspectives on care for all.

In addition to assessing health indicators, the 2025 CHNA took a close look at social drivers of health (SDoH) such as food insecurity, housing, transportation, education, and other factors.

The complete CHNA report can be found at <https://www.hackensackmeridianhealth.org/en/About-Us/community-health-needs-assessment>

## Determining Community Health Priorities

Hackensack Meridian Health conducted virtual community forums in the Northern, Central, and Southern regions of the network service areas with representatives from each hospital and key community stakeholders during July 2025. During the forums, an overview of the findings from the 2025 CHNA report for each region was shared by PRC, Inc. In reviewing the data from the 2025 CHNA, it is evident that the priorities identified in 2022 remain pressing needs. Following the data presentation, HMH Leadership presented the proposed framework for this CHIP and led the prioritization discussion in the breakout groups. Sixty eight people participated in the Northern Region Community Partner Forum on July 15, 2025 representing agencies and institutions throughout the region, representing diverse perspectives.

The final priority areas are – **Mental Wellbeing, Healthy Living, and Access to Care.**

## Prioritized Health Needs Summary



## Community Health Improvement Plan (CHIP)

The intent of our CHIP is to be responsive to community needs and expectations and create a plan that can be effectively executed to leverage hospital and network resources, as well as community partners.

A CHIP is a dynamic rather than a static plan and should be modified and adjusted as external environmental factors change, including market conditions, availability of community resources, and engagement from community partners. Furthermore, a CHIP should build on and leverage prior success while simultaneously adjusting strategies and actions as obstacles are encountered.

The following defines the types of programmatic strategies and interventions that guided the development of the Community Health Improvement Plan.

- **Prevention and Awareness:** Health promotion and disease prevention programs focus on keeping people healthy. These initiatives aim to engage and empower individuals and communities to choose healthy behaviors and make changes that reduce the risk of developing chronic diseases and other morbidities.
- **Build Capacity:** Efforts which aim to help individuals navigate the healthcare system and improve access to services when and where they need them.
- **Strengthen Community Partnership:** Includes collaborations, partnerships, and support of providers and community organizations across multiple sectors.

## Significant Health Needs That Will Not Be Addressed

Mountainside Medical Center acknowledges the wide range of health issues that emerged from the CHNA process and determined that it could effectively focus on only those health needs which are the most pressing, under-addressed and within its ability to influence. Specifically, Mountainside Medical Center will not be addressing the following sub-priorities within the Mental Wellbeing, Healthy Living, and Access to Care priority areas:

- Mental Wellbeing:
  - Substance Use- (Alcohol-Induced Deaths, Illicit Drug Use, Personally Impacted by Substance Abuse - Self or Others)
- Healthy Living:
  - Injury & Violence- (Unintentional Injury Deaths)
  - Nutrition, Physical Activity, & Weight- (Overweight & Obesity- Children)
  - Potentially Disabling Conditions- (Caregiving)
  - Sexual Health- (HIV Prevalence, Chlamydia & Gonorrhea Incidence)
- Access to Care:
  - Barriers to Access- (Lack of Transportation)

Because these priorities are outside the bandwidth of the organization, rendering them outside of Mountainside Medical Center's feasibility of having an impact in the short or long term. Mountainside Medical Center remains open and willing to work with hospitals across the HMM network and other public and private partners to address these issues and others impacting health and wellbeing opportunities.

## Priority Area: Mental Wellbeing

The 2025 CHNA for Mountainside Medical Center identified the following sub-priorities within the Mental Wellbeing priority area. Sub-priorities were determined based on areas of opportunity uncovered through the CHNA process.

### Sub-priorities identified from the 2025 CHNA:

- Symptoms of Chronic Depression
- Substance Use- (Use of Prescription Opioids)

Priority Area: Mental Wellbeing		
Goal: A community where all people have access to high quality behavioral health care, and experience mental wellness and recovery		
	Objectives	Strategies/Action Steps
<b>Prevention and Awareness</b>	<ul style="list-style-type: none"> <li>• Equip individuals with the tools to understand behavioral health</li> <li>• Build a healthier, more resilient community</li> </ul>	<ul style="list-style-type: none"> <li>• Organize lectures/trainings related to substance use, healthy social, emotional, and mental health</li> <li>• Screen and refer for behavioral health needs</li> <li>• Support public health in local prevention and emergency initiatives</li> </ul>
<b>Build Capacity</b>	<ul style="list-style-type: none"> <li>• Enhance ability to deliver care with greater impact and efficiency</li> </ul>	<ul style="list-style-type: none"> <li>• Increase care delivery options</li> </ul>
<b>Strengthen Community Partnerships</b>	<ul style="list-style-type: none"> <li>• Leverage partnerships for collective impact</li> </ul>	<ul style="list-style-type: none"> <li>• Increase, strengthen and evaluate partnerships with state and local community-based organizations</li> </ul>

## Priority Area: Healthy Living

The 2025 CHNA for Mountainside Medical Center identified the following sub-priorities within the Healthy Living priority area. Sub-priorities were determined based on areas of opportunity uncovered through the CHNA process.

### Sub-priorities identified from the 2025 CHNA:

- Cancer- (Leading Cause of Death, Prostate Cancer Incidence, Cancer Prevalence)
- Heart Disease & Stroke- (Leading Causes of Death)
- Diabetes- (Prevalence of Borderline/Pre-Diabetes)
- Infant Health & Family Planning- (Lack of Prenatal care)
- Nutrition, Physical Activity, & Weight- (Overweight & Obesity- Adults)
- Respiratory Disease- (Chronic Obstructive Pulmonary Disease Prevalence)

Priority Area: Healthy Living		
Goal: All people will have access to chronic disease education, screening, and management services to achieve an optimal state of wellness		
	Objectives	Strategies/ Action Steps
Prevention and Awareness	<ul style="list-style-type: none"> <li>• Equip individuals with the tools to understand chronic health conditions</li> <li>• Build a healthier, more resilient community</li> </ul>	<ul style="list-style-type: none"> <li>• Organize lectures/trainings related to chronic health conditions</li> <li>• Screen and refer for chronic health needs</li> <li>• Support public health in local prevention and emergency initiatives</li> </ul>
Strengthen Community Partnerships	<ul style="list-style-type: none"> <li>• Leverage partnerships for collective impact</li> </ul>	<ul style="list-style-type: none"> <li>• Increase, strengthen and evaluate partnerships with state and local community-based organizations</li> </ul>

## Priority Area: Access to care

The 2025 CHNA for Mountainside Medical Center identified the following sub-priorities within the Access to Care priority area. Sub-priorities were determined based on areas of opportunity uncovered through the CHNA process.

### Sub-priorities identified from the 2025 CHNA:

- Barriers to Access- (Inconvenient Office Hours, Difficulty Finding a Physician, Skipping/Stretching Prescriptions)
- Primary Care Physician Ratio

<b>Priority Area: Access to Care</b>		
<b>Goal: To ensure all community members can achieve their full health potential</b>		
	<b>Objectives</b>	<b>Strategies/ Action Steps</b>
<b>Prevention and Awareness</b>	<ul style="list-style-type: none"> <li>• Reduce common barriers to accessing health care</li> </ul>	<ul style="list-style-type: none"> <li>• Screen for health related Social Drivers of Health (SDOH) to provide referrals and community based resources</li> <li>• Address Social Drivers of Health (SDOH) to reduce health disparities and improve population outcomes</li> </ul>
<b>Build Capacity</b>	<ul style="list-style-type: none"> <li>• Enhance ability to deliver care with greater impact and efficiency</li> </ul>	<ul style="list-style-type: none"> <li>• Offer care delivery options</li> <li>• Bridge the gap between acute and ambulatory services ensuring a seamless transition of care</li> </ul>
<b>Strengthen Community Partnerships</b>	<ul style="list-style-type: none"> <li>• Leverage partnerships for collective impact</li> </ul>	<ul style="list-style-type: none"> <li>• Increase, strengthen and evaluate partnerships with state and local community-based organizations</li> </ul>

## Alignment with New Jersey State Health Improvement Plan

Health needs identified in the CHNA research were confirmed by community stakeholders and refined through collaborative discussion. Local concerns were then aligned with the statewide health priorities in the **New Jersey State Health Improvement Plan (2020)**. This approach ensures priority areas reflect local concerns and community-generated strategies for action while establishing a connection to statewide initiatives.

## Next Steps

Community health improvement requires collaboration among community-based organizations, policy makers, funders, and many other partners. A CHIP is a dynamic guide to move from data to action, to coordinate community resources, and to measure progress as a community. The Mountainside Medical Center CHIP outlines specific actions to address our community's most pressing health needs. We invite your partnership as we monitor and share our progress toward these efforts during the 2026-2028 reporting cycle. For more information about Mountainside Medical Center's community health improvement initiatives, please visit <https://www.hackensackmeridianhealth.org/en/About-Us/community-health-needs-assessment>