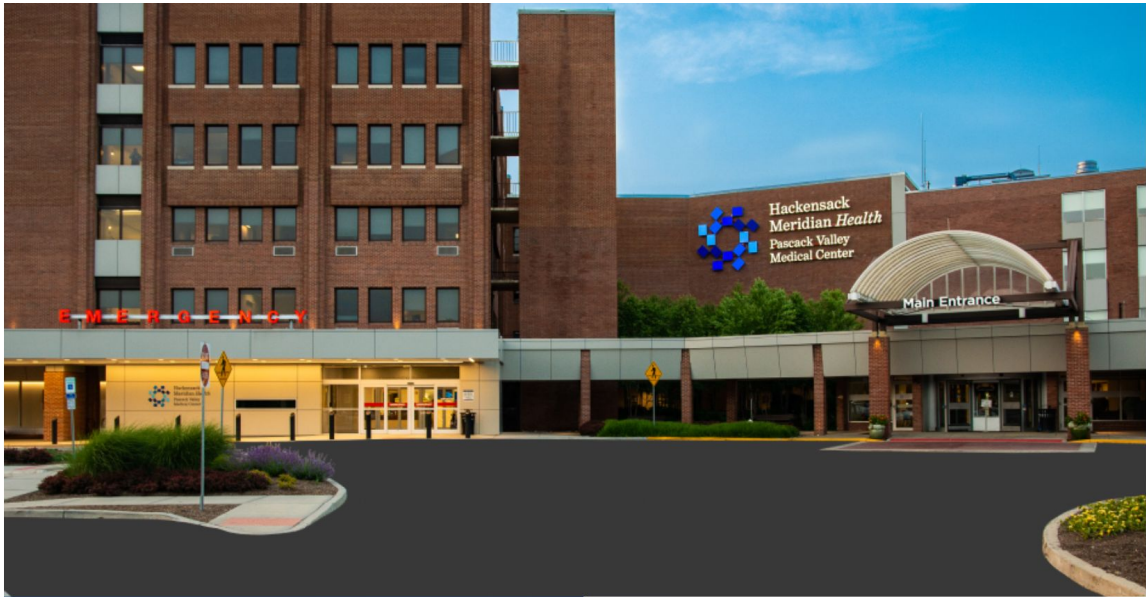


Pascack Valley Medical Center



Community Health Improvement Plan 2026-2028

Pascack Valley Medical Center

Hackensack Meridian *Health* Pascack Valley Medical Center is a world-class 128-bed community hospital that offers all the resources of a large facility with more personalized care for each patient. We understand that being in the hospital can be a difficult time and not something that you choose to do. That's why we've made it our goal to make your hospital stay the most pleasant and comfortable experience as possible.

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* Pascack Valley 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 Pascack Valley 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 35th Street Consulting to conduct primary data collection through qualitative focus groups with community leaders and members from priority populations, as well as one-on-one interviews with a variety of key informants. The purpose of these focus groups and interviews was to gather qualitative insights into community health priorities, access to and utilization of health care services, 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>

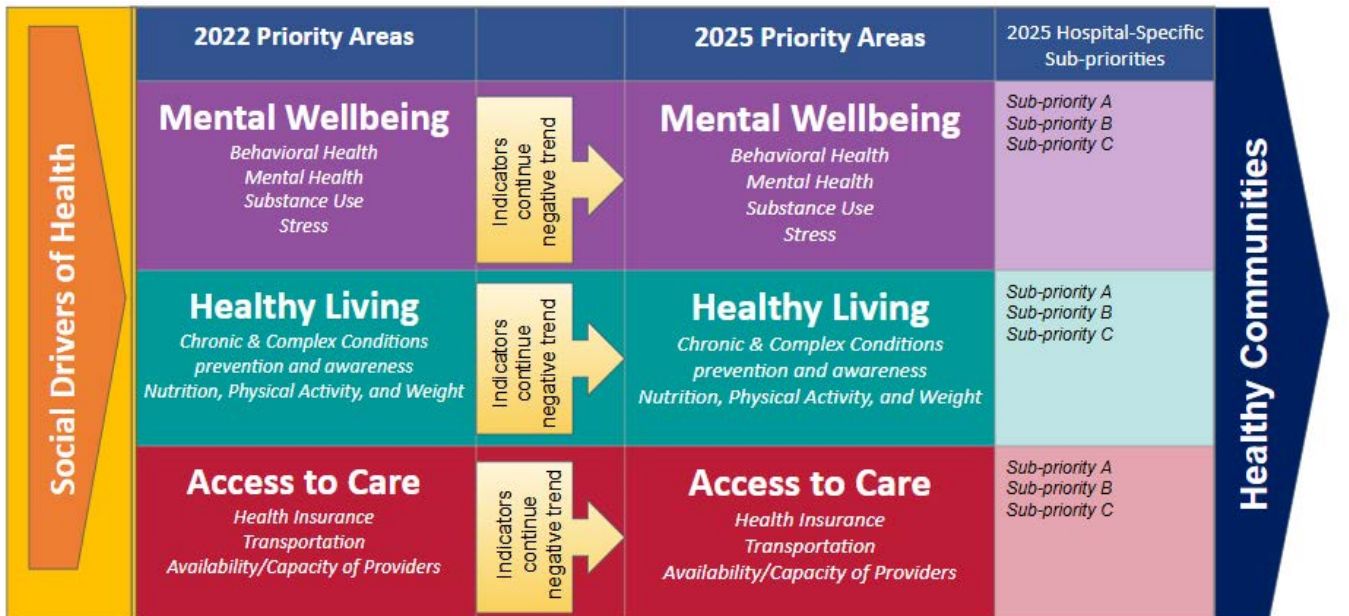
Determining Community Health Priorities

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, HMM 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.

Additionally, Hackensack University Medical Center also participates in the Bergen County Community Health Improvement Partnership, which held a prioritization session on October 14, 2025. 13 people representing all the partner agencies of Bergen County Community Health Improvement Partnership (Bergen New Bridge Medical Center, Christian Health, Hackensack University Medical Center, Englewood Health, Holy Name Medical Center, Pascack Valley Medical Center, Valley Health System, and Bergen County Department of Health Services) attended the meeting. The purpose of the meeting was to use the data collected for the 2025 CHNA to identify priority areas for collective action in the coming years. During both discussions, there was overwhelming endorsement to continue with the existing priority areas for 2026-2028.

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

Pascack Valley 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. Pascack Valley Medical Center does not have a behavioral health department, therefore, the priority area of Mental Wellbeing, while a network-wide priority, is not included as a priority area for PVMC. Additionally, the following sub-priorities of Healthy Living and Access to Care were identified in the 2025 CHNA process for PVMC, but are not prioritized for this CHIP:

- Healthy Living:
 - Infant Health & Family Planning- (Infant Deaths)
 - Oral Health- (Regular Dental Care- Adults)
 - Violence & Injury- (Unintentional Injury Deaths, Intimate Partner Deaths)
- Access to Care:
 - Barriers to Access- (Cost of Health Care, Culture/Language, Skipping/Stretching Prescriptions)
 - Specific Source of Ongoing Care

These priorities are outside the bandwidth of the organization, rendering them outside of Pascack Valley Medical Center's feasibility of having an impact in the short or long term. As a member of the Bergen County Community Partnership, Pascack Valley Medical Center remains open and willing to partner with community agencies to support their missions to address these and other issues impacting this community. Pascack Valley Medical Center will continue to work with hospitals across the Hackensack Meridian Health Network and other public and private partners to address these and other issues impacting health and wellbeing as opportunities arise.

Priority Area: Healthy Living

The 2025 CHNA for Pascack Valley 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)
- Diabetes- (Prevalence of Borderline/Pre-Diabetes & Diabetes)
- Heart Disease and Stroke- (Leading Cause of Death, Heart Disease Prevalence, Taking Action to Control High Blood Pressure, High Blood Cholesterol Prevalence)
- Nutrition, Physical Activity, and Weight- (Use of Food Pantries/Free Meals, Difficulty Accessing Fresh Produce,Overweight & Obesity for Adults & Children)
- Tobacco Use- (Use of Vaping Products)

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"> • Equip individuals with the tools to understand chronic health conditions • Build a healthier, more resilient community 	<ul style="list-style-type: none"> • Organize lectures/trainings related to chronic health conditions • Screen and refer for chronic health needs • Support public health in local prevention and emergency initiatives
Build Capacity	<ul style="list-style-type: none"> • Enhance ability to deliver care with greater impact and efficiency 	<ul style="list-style-type: none"> • Offer care delivery options • Bridge the gap between acute and ambulatory services ensuring a seamless transition of care

Priority Area: Access to Care

The 2025 CHNA for Pascack Valley 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:

- In Lack of Health Insurance
- Barriers to Access- (Inconvenient Office Hours, Cost of Prescriptions, Cost of Physician Visits, Appointment Availability, Difficulty Finding a Physician, Lack of Transportation, Skipping/Stretching Prescriptions)
- Emergency Room Utilization

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

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 Pascack Valley 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 Pascack Valley Medical Center's community health improvement initiatives, please visit <https://www.hackensackmeridianhealth.org/en/About-Us/community-health-needs-assessment>