



# Community Health Implementation Plan



2026-2028

## Holy Name Medical Center, Teaneck, New Jersey

Holy Name is New Jersey's only independent Catholic health system, comprising a 361-bed acute care hospital, a renowned cancer center, a state-of-the-art fitness center, a residential hospice, a prestigious nursing school, and an extensive physician network. Healing at Holy Name goes beyond medicine and technology; it is infused with faith, conviction, compassion, and a commitment to educating the next generation of healthcare professionals through graduate medical education, a Pharmacy Residency Program, and our Institute for Simulation Learning. Our mission to provide care for the body, mind, and soul spans education, prevention, diagnosis, treatment, rehabilitation, and overall wellness. This is at the core of who we are and what we do, and we've done it this way across generations, every single day, for nearly 100 years. Every innovation, medical breakthrough, and groundbreaking treatment is powered by some of the best minds in medicine, ensuring nothing is left on the table or the road to recovery.



### 2025 Community Health Needs Assessment (CHNA) Background

In alignment with the Affordable Care Act (ACA), the Internal Revenue Service (IRS), and applicable federal requirements for not-for-profit hospitals, Holy Name Medical Center completed a comprehensive Community Health Needs Assessment (CHNA) approved and adopted by the Holy Name Medical Center's Board of Trustees on December 11, 2025.

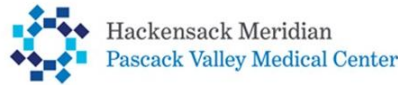
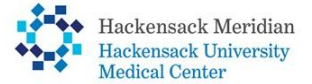
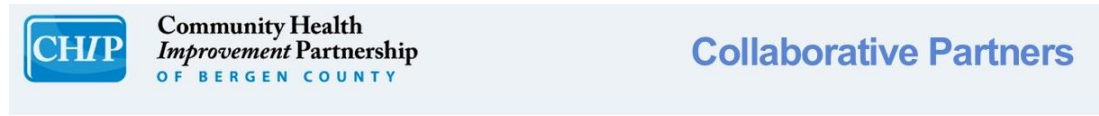
The Holy Name Medical Center's 2025 CHNA was conducted by Professional Research Consultants, Inc. (PRC). While a specific CHNA was created for Holy Name and tailored to its service area, Holy Name's 2025 CHNA was conducted as part of the Community Health Improvement Partnership of Bergen County, a collaboration of all of the hospitals and the County Health Department serving Bergen County, New Jersey.

The 2025 Community Health Needs Assessment (CHNA) includes data from various sources. This encompasses primary research, such as the PRC Community Health Survey and the PRC Online Key Informant Survey, as well as qualitative research methods like focus groups and key informant interviews. Additionally, the assessment reviews secondary data, which includes vital statistics and other existing health indicators. Indicators measuring social determinants of health (SDoH), such as food insecurity, housing, transportation, education, and other factors, were also included in the 2025 CHNA. The complete Holy Name 2025 CHNA report is available for download at <https://www.holyname.org/includes/files/HNMC-CHNA-2025.pdf>



# Community Health Improvement Partnership of Bergen County

The Bergen County Community Health Improvement Partnership includes representatives from Bergen County Department of Health Services, Bergen New Bridge Medical Center, Englewood Health, Hackensack University Medical Center, Hackensack Meridian Pascack Valley Medical Center, Holy Name Medical Center, Ramapo Ridge Behavioral Health at Christian Health, and Valley Health System. Assembled in 2013, this collaboration is committed to working together to improve the health and well-being of all people living in Bergen County.

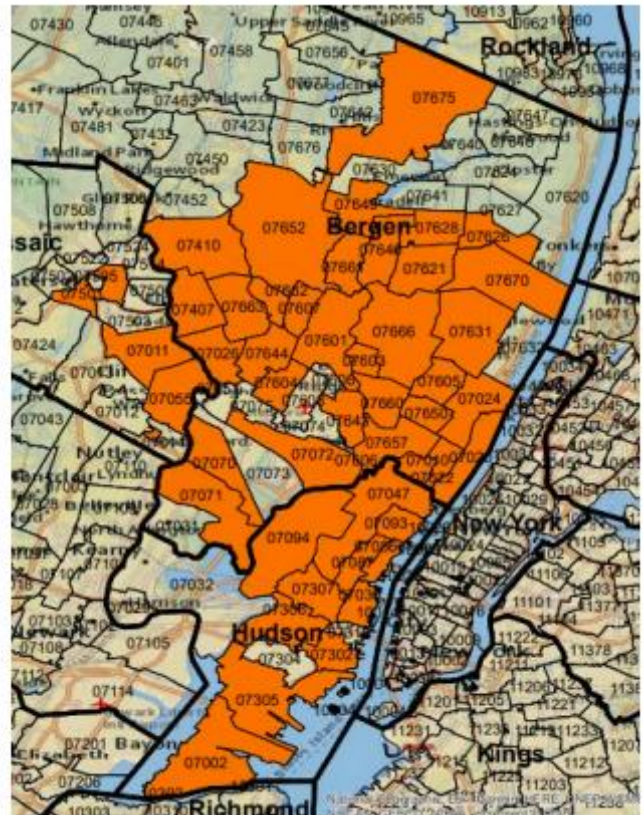


Every three years, these partners conduct a collaborative Community Health Needs Assessment (CHNA) to document the health status of communities throughout Bergen County. This rigorous and cooperative process produces a CHNA report that highlights health trends and disparities, serving as a valuable data resource for the entire county. The information gathered is used to evaluate the partnership’s collective health improvement efforts and to develop strategies designed to enhance the well-being and quality of life for all residents of Bergen County.

## Holy Name Service Area

Holy Name Medical Center is located in Teaneck, Bergen County, New Jersey. The priorities, goals, objectives, and strategies in the 2026-2028 CHIP report are based upon data from the 2025 CHNA. The 2025 CHNA report identified the primary service area for Holy Name Medical Center as the communities surrounding the facility, reflected by the highlighted ZIP Codes on this map.

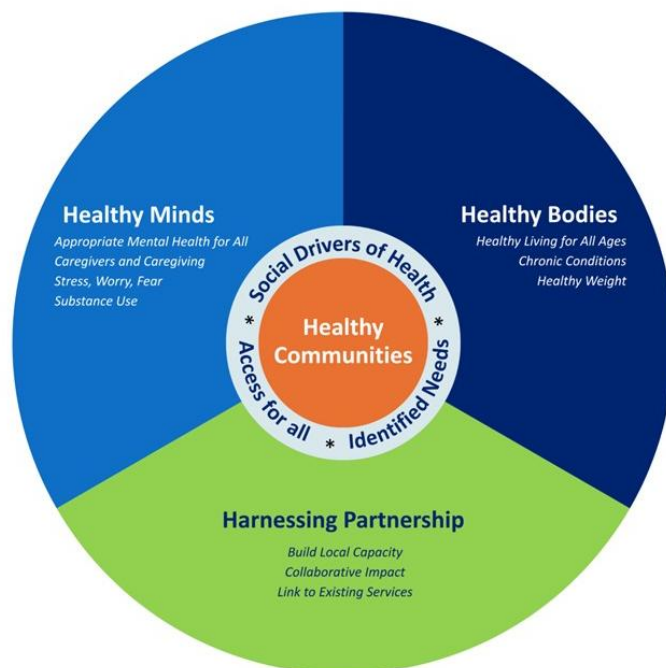
Holy Name’s Mission is “to provide care for the body, mind, and soul spans education, prevention, diagnosis, treatment, rehabilitation, and overall wellness.” True to its commitment to its mission and values, Holy Name welcomes all people who seek care, regardless of their ZIP code.



## Determining Community Health Priorities

The data from the 2025 CHNA reaffirms that the priorities identified in the 2022 assessment remain pressing needs. The complexities and opportunities arising from the COVID-19 pandemic have persisted but evolved as we move further from its acute phase. The pandemic's urgency necessitated collaboration, strengthening partnerships, and creating opportunities to leverage teamwork to improve access and outcomes. Similarly, many of the acute physical and mental health needs brought on during the pandemic have transitioned to more chronic and maintenance-oriented conditions.

On October 14, 2025, thirteen representatives from the Bergen County Health Improvement Partnership—including Holy Name Medical Center, Bergen County Department of Health Services, Bergen New Bridge Medical Center, Englewood Health, Hackensack University Medical Center, Hackensack Meridian Pascack Valley Medical Center, Ramapo Ridge Behavioral Health at Christian Health, and Valley Hospital —conducted an in-person meeting with consultants from 35th Street Consulting. The purpose of this meeting was to analyze data collected for the 2025 CHNA and to identify priority areas for collective action in the coming years.



During the meeting, 35th Street Consulting facilitated a consensus-building process in alignment with guidelines provided through the Affordable Care Act for non-profit hospitals and in accordance with standards set by the Public Health Accreditation Board (PHAB) for public health accreditation.

These priorities – **Healthy Bodies, Healthy Minds, Harnessing Partnership** - were presented, discussed, and confirmed with more than 125 community partners attending a community forum hosted by the Bergen County Health Improvement Partnership on December 2, 2025. There was overwhelming support for the strategy and the priority areas for the 2026-2028 planning cycle.

## Community Health Implementation Plan (CHIP)

This CHIP specifies community health needs, reflected above, that Holy Name, in collaboration with community partners, will address. The intent of the CHIP is to respond to our community’s needs and expectations with a plan that can be effectively executed, leveraging hospital and network resources, as well as community partners. The CHIP is designed to be flexible and should be updated as internal and external factors evolve. These factors may include new needs, resource availability, partnerships, and policy changes. An effective CHIP should build on past successes while also adapting strategies and actions in response to any challenges that arise.

Holy Name recognizes the wide range of issues identified during the CHNA process. Holy Name is dedicated to leading initiatives that focus on three prioritized areas: **Healthy Bodies, Healthy Minds, and Harnessing Partnerships**. Through this CHIP, Holy Name will concentrate on the most pressing health needs that are currently under-addressed and within its capability to influence within the three priority areas. Holy Name is dedicated to working with community partners to address important factors that are beyond its expertise and scope and remains eager to explore new partnerships across its service area to collaboratively create healthier communities for all.



# Key Findings from Holy Name 2025 CHNA

■ Gray boxes represent Bergen County 2025 Random Household Community Health Survey

	Very Low Inc.	Low Inc.	Mid/High Inc.	White	Hispanic	Asian	Black/AA	LGBTQ	Service Area	Bergen County	NJ	US
<b>Social Drivers of Health</b>												
"Seldom/Never" understand written Health Information	18.4%	10.6%	10.1%	8.5%	13.5%	8.3%	15.2%	13.4%	11.1%	8.0%	—	10.0%
"Seldom/Never" understand spoken Health Information	14.7%	11.5%	5.2%	3.7%	11.6%	6.1%	9.3%	13.7%	7.3%	6.8%	—	7.5%
<b>Wellness &amp; Prevention: Access</b>												
No health insurance (age 18-64)	16.0%	13.0%	3.7%	1.8%	13.2%	2.2%	8.0%	12.8%	7.3%	6.7%	11.4%	8.1%
Difficulty accessing health care in past year	60.8%	50.1%	49.4%	44.3%	57.2%	49.6%	47.5%	56.6%	50.7%	51.2%	—	52.5%
No routine checkup in past year	17.7%	24.3%	21.4%	19.5%	24.5%	26.0%	14.0%	19.9%	20.8%	23.6%	20.8%	34.7%
No Pap smear in past 2 years (women 21-65)	29.4%	36.5%	16.8%	15.2%	27.4%	32.7%	19.1%	39.9%	23.1%	19.4%	—	24.6%
<b>Wellness &amp; Prevention: Nutrition &amp; Exercise</b>												
Overweight or obese (BMI≥25)	60.5%	69.8%	64.4%	62.9%	70.7%	36.5%	70.4%	67.5%	64.4%	65.0%	64.8%	63.3%
Do not meet physical activity recommendations	76.1%	67.8%	69.7%	69.5%	70.6%	73.4%	67.5%	73.1%	70.1%	69.2%	68.7%	69.7%
Food insecure	80.2%	68.9%	24.5%	25.5%	48.2%	27.3%	51.8%	47.9%	37.9%	26.6%	—	43.3%
Difficult to find fresh produce	45.4%	41.4%	21.1%	19.7%	35.8%	11.1%	30.3%	31.7%	26.9%	23.6%	—	30.0%
<b>Chronic &amp; Complex Conditions</b>												
Ever told have high blood pressure	38.4%	36.3%	37.6%	43.3%	35.1%	22.6%	38.5%	39.4%	37.4%	37.8%	33.4%	40.4%
Ever told have diabetes	12.9%	15.5%	11.9%	12.8%	13.7%	10.8%	10.6%	13.4%	13.1%	10.8%	10.5%	12.8%
Ever told have borderline/pre-diabetes	14.3%	16.8%	18.8%	17.4%	21.1%	17.3%	13.2%	16.3%	17.9%	19.6%	—	15.0%
Currently have asthma	11.3%	20.3%	10.0%	11.7%	13.1%	4.0%	10.5%	10.9%	11.8%	10.7%	8.6%	17.9%
[Child] Ever told has asthma	7.7%	18.7%	9.5%	7.0%	9.6%	8.4%	24.3%	17.1%	10.5%	9.6%	—	16.7%
<b>Behavioral Health</b>												
Symptoms of Chronic Depression	59.4%	46.9%	35.1%	33.2%	49.1%	27.5%	42.1%	54.4%	40.1%	37.1%	—	46.7%
Unable to get MH services in past year	21.8%	14.1%	7.9%	9.0%	12.3%	4.6%	15.0%	27.7%	10.7%	8.8%	—	13.2%
Adults who smoke cigarettes	26.3%	22.7%	14.3%	17.5%	18.4%	8.4%	19.3%	26.0%	16.7%	9.2%	9.1%	23.9%
Adults who use vaping products	19.2%	21.8%	12.0%	11.7%	15.8%	8.6%	17.3%	29.0%	13.9%	11.2%	6.3%	18.5%
Adults heavy/binge drinking	17.5%	17.2%	19.3%	21.9%	17.3%	15.6%	15.9%	33.1%	18.2%	19.4%	15.7%	34.3%
Life impacted by own/someone else's substance use	33.2%	40.3%	32.1%	39.9%	27.4%	14.8%	37.9%	37.1%	32.5%	32.8%	—	45.4%
Adults who use THC products	20.2%	23.3%	18.1%	18.2%	19.1%	13.9%	25.4%	45.3%	18.8%	20.1%	—	n/a

1. US Census Bureau American Community Survey, 5-year estimates 2. Centers for Disease Control and Prevention, National Vital Statistics System, CDC WONDER



## CHIP Planning and Stakeholder Engagement

The design and details of the 2026-2028 CHIP reflect a collaborative process, facilitated by 35<sup>th</sup> Street Consulting in partnership with a steering committee representing Holy Name Medical Center. Together, the steering committee met regularly with 35<sup>th</sup> Street Consulting to design the goal statements, objectives, and strategies included in this CHIP.

### Holy Name Medical Center 2026-2028 CHIP Steering Committee Members

Name	Department/ Program
J. Cedar Wang, MSN, APN, GNP-BC	Vice President of Nursing Operations, Risk Manager
Hilda Ventimiglia, MSN, RN	Director, Holy Name Center for Healthy Living
Olivia Van Vorst, BA, MSN, RN, MED-SURG-BC	Community Outreach Nurse, Community Health

On March 4, 2026, consultants from 35th Street Consulting facilitated a discussion with Holy Name Medical Center leadership staff and 2026-2028 CHIP steering committee members to review the purpose and proposed content of the 2026-2028 Implementation Plan. Through a facilitated discussion, leaders provided valuable feedback to refine, align, and confirm the goals and objectives of the 2026-2028 CHIP for Holy Name Medical Center.

### Leaders participating in the March 4, 2026 meeting to refine the 2026 Holy Name Medical Center CHIP

Name	Department/ Program	Name	Department/ Program
Tracey Arnauer	Manager, Psych Services at Villa Marie Claire	Angelica Mercado	Director, Quality
Kirsten Barber	Director of Continuous Care	Sarah Miner	Manager, Continuous Care
Deborah Bessen	Manager of Clinical Nutrition	Camille Parker	Business Operations Associate
Marissa Brown	Coordinator of Stroke Projects	Janet Post	Community Health Nurse
Maridelle Cajucom	Community Health Nurse	Patrick Purcell	Manager, Cardiovascular Institute
Mi-Young Chung	Supervisor of Inpatient Services	Kelly Radburn	Coordinator, Bariatric Program
Barbara Cron	Director, Philanthropy Communication Foundation	Chris Reycraft	Manager of ER Services
Vallery Mae Geulen	Director ACO Clinical Operations	Haderson Rivera	Patient Financial Advocate
Nicole Gobin	Public Health Coordinator	Joseph Scarano	Director of Neurosciences
Reg Grant	Director of Human Performance	Michele Schumeyer	Public Health Coordinator
Jessica Griffin	VP, Public Relations and Communication	Edward Torres	Admin Director, Lab
Jason Kavountzis	Executive Director of Diagnostics and Therapeutics Program Development	David Van Bever	Executive Directors of EVS
Julie Lazar-Reskakis	Perinatal Bereavement Specialist	Olivia Van Vorst	Community Outreach Nurse, Community Health
Benedict Mazza	Manager, Emergency Preparedness	Hilda Ventimiglia	Director, Holy Name Center for Healthy Living
Heather McHale	Coordinator of Orthopedics Joint Replacement Program	Cedar Wang	Vice President of Nursing Operations, Risk Manager



# 2026-2028 CHIP Priority Area: Healthy Minds

Analysis of data and findings from the 2025 CHNA for Holy Name identified the following key areas of need within the Healthy Minds Priority Area. These key factors are summarized on pages 12 and 13 of the Holy Name 2025 CHNA. The key factors were identified because they met one or more of the following criteria: they did not meet national benchmarks, the magnitude of people impacted is significant, and/or key informants indicated the issue as very important.

**Key Factors:**

- ▶ Appropriate Mental Health for All
- ▶ Stress, Worry, Fear
- ▶ Fair/Poor Mental Health
- ▶ Alcohol and Unintentional Drug-Induced Deaths
- ▶ Family Member Treated for Prescription Drug Addiction
- ▶ Caregivers and Caregiving
- ▶ Substance Use
- ▶ Diagnoses and Symptoms of Depression
- ▶ Personally Impacted by Substance Use
- ▶ Marijuana/ THC Use

**Goal:** Mental, emotional, and social well-being will be supported across the lifespan, with emphasis on youth mental health, caregiver support, and populations experiencing fear or barriers to seeking care

## Objectives

1. Increase access to behavioral health education, screening, and referral
2. Promote messaging and programming that reduces mental health and substance use stigma
3. Create responsive support for caregivers experiencing stress, burnout, and system navigation challenges
4. Support community programs and spaces that are responsive to community needs for belonging, safety, and welcome

## Strategies

- Collaborate with behavioral health providers, physicians, nurses, and allied health residents, and community organizations to expand access to behavioral health care
- Expand access to mental health education, identification, and referral for young people each year
- Develop and strengthen partnerships with schools and youth-serving organizations to support community-based youth and family mental health services
- Include behavioral health education in Age-Friendly activities
- Promote stigma-reduction initiatives and mental health awareness efforts
- Support harm-reduction and substance use prevention efforts
- Incorporate stigma-free messaging in patient wellness education
- Include stigma-free messaging in provider, physician, nurse, and allied health education events, training, and activities
- Offer caregiver education and support groups for caregivers and families of people with complex conditions, mental health, substance use, and perinatal complications
- Support programs that enhance caregivers' understanding of Alzheimer's disease and other conditions
- Assist in navigating care management for patients, caregivers, and families
- Extend "Peace of Mind" initiatives for patients and families regarding advanced care planning
- Include employee support education for professionals and students in caregiving professions
- Respond to community requests for education, screening, care, connections, and support
- Support and enhance Age-Friendly activities
- Partner with community organizations to provide programming in accessible, trusted spaces
- Leverage H&H Fitness Center to increase access to holistic wellness opportunities



# 2026-2028 CHIP Priority Area: Healthy Bodies

Analysis of data and findings from the 2025 CHNA for Holy Name identified the following key areas of need within the Healthy Bodies Priority Area. These key factors are summarized on pages 12 and 13 of the Holy Name 2025 CHNA. The key factors were identified because they met one or more of the following criteria: they did not meet national benchmarks, the magnitude of people impacted is significant, and/or key informants indicated the issue as very important.

**Key Factors:**

- |                                     |                         |                                 |
|-------------------------------------|-------------------------|---------------------------------|
| ▶ Healthy Living for all Ages       | ▶ Chronic Conditions    | ▶ Healthy Weight                |
| ▶ Access to Health Care             | ▶ Supporting Caregivers | ▶ Reaching People Left Behind   |
| ▶ Cancer                            | ▶ Diabetes              | ▶ Disabling Conditions          |
| ▶ Heart Disease                     | ▶ Infant Death          | ▶ Unintentional Injury Death*   |
| ▶ Nutrition and Physical Activity   | ▶ Adult Asthma          | ▶ Tobacco Use                   |
| ▶ Skipping/Stretching Prescriptions | ▶ Emergency Room Use    | ▶ Social Determinants of Health |
| ▶ Eye Exams*                        | ▶ Adult Dental Care*    | ▶ Culture/Language              |

**Goal:** Holistic care, education, and support for healthy living are accessible to everyone seeking support

## Objectives

1. Expand access to health education, screening, and referral services
2. Enhance support for individuals with chronic conditions, aging adults, and caregivers
3. Provide responsive, healthy living and disease prevention programming based on community needs

## Strategies

- Conduct community-based screening and education for chronic disease and wellness
- Increase education regarding heart health, nutrition, physical activity, cancer prevention, and diabetes prevention
- Promote evidence-based behavior change and chronic disease self-management programs for at-risk populations in safe, accessible settings
- Engage diverse and vulnerable populations in outreach initiatives
- Improve access to neonatal care and Maternal and Child Health needs
- Provide free and low-cost flu vaccines in community settings
- Leverage H&H Fitness programming to expand the reach, care options, and connections to resources
- Expand point-of-care screening to identify people at high risk for cardiovascular complications
- Expand access to remote monitoring for people with complex illnesses
- Promote engagement in Chronic Care Management and post-stroke care initiatives
- Increase access to “Peace of Mind” education, support, and programs
- Provide free/low-cost parenting and caregiver support
- Provide caregiver and healthy aging education
- Increase availability of support groups for people with chronic and complex conditions and caregivers
- Offer grief and loss support for individuals and their families
- Engage people with chronic disease and their caregivers in evidence-based behavior change and self-management programs
- Review participant feedback and partnership requests to tailor programming to meet current needs
- Customize wellness programming (weight management, nutrition, physical activity) to respond to and address the needs of diverse and vulnerable populations
- Connect requests for support or education with appropriate care, services, and expertise
- Leverage partnerships with community organizations to provide education, screening, and referrals in accessible, trusted spaces
- Strengthen partnerships with employers and community organizations to support working adults and others with limited access to preventative care
- Utilize H&H Fitness to increase access to wellness education and programming for a broader audience



# 2026-2028 CHIP Priority Area: Harnessing Partnership

Analysis of data and findings from the 2025 CHNA for Holy Name identified the following key areas of need within the Harnessing Partnership Priority Area. These key factors are summarized on pages 12 and 13 of the Holy Name 2025 CHNA. The key factors were identified because they met one or more of the following criteria: they did not meet national benchmarks, the magnitude of people impacted is significant, and/or key informants indicated the issue as very important.

Key Factors:

- ▶ Build Local Capacity
- ▶ Creativity and Safe Spaces
- ▶ Food Insecurity\*
- ▶ Inconvenient Office Hours
- ▶ Difficulty Finding a Physician
- ▶ Social Determinants of Health
- ▶ Collaborative Impact
- ▶ Financial Strain and Access\*
- ▶ Use of Food Pantries\*
- ▶ Cost of Prescriptions\*
- ▶ Lack of Transportation
- ▶ Link to Existing Services
- ▶ Strengthen Partnership
- ▶ Difficulty Accessing Produce\*
- ▶ Appointment Availability
- ▶ Culture/Language

**Goal:** Cross-sector collaboration, advocacy, and innovation will address complex community health needs and reduce gaps in services.

## Objectives

1. Strengthen collaboration among healthcare, public health, education, and social service partners
2. Improve communication and referral pathways across systems
3. Support innovation, advocacy, and collaboration to address mental health capacity, aging services, housing, and transportation

## Strategies

- Build upon the efforts of Holy Name Medical Center Health Equity Committee
- Participate in Bergen County CHIP initiatives and coalitions
- Participate in 4M’s Framework for Age-Friendly System
- Continue to expand opportunities for joint activities and messaging with community partners
- Leverage physician, nurse, and allied health residents to increase awareness, engagement, and capacity for collaboration
- Share resources and referral pathways within the network and with community partners
- Participate in national models of care that seek to improve outcomes, reduce costs, and coordinate care
- Identify opportunities to improve connections to care
- Increase ease of referral connections with community partners
- Strengthen coordination of referrals between H&H Fitness and inpatient and outpatient providers
- Co-design programs with community partners
- Support policy and advocacy initiatives aligned with CHNA findings
- Seek and promote free/affordable transportation options
- Participate in and expand the reach of Age-Friendly initiatives
- Respond to and participate in requests to attend community events
- Leverage technology, partnership, and other resources to support people with complex conditions



## \*Key Factors Holy Name Defers to Community Leadership

Holy Name acknowledges the wide range of issues that emerged from the CHNA process and determined it could effectively focus on those health needs that are the most pressing, under-addressed, and within its ability to influence. Holy Name will continue to lead efforts in support of the prioritized needs related to **Healthy Minds, Healthy Bodies, and Harnessing Partnership**. Holy Name will work with our community partners to address key factors beyond our clinical expertise and organizational scope. Specific examples of these key factors are marked with an \*asterisk and include unintentional injury death, eye exams, adult dental care, financial strain and access, food insecurity, use of food pantries/free meals, difficulty accessing fresh produce, and the cost of prescriptions. Holy Name values its role as a consistent and reliable partner to numerous organizations in social services, education, health, housing, economic development, and business sectors, and is committed to enhancing health and well-being for everyone through collaboration.

## Alignment with Healthy New Jersey Statewide Priority Topics

The health needs identified in the 2025 CHNA were confirmed by community stakeholders and refined through collaborative discussions. Local concerns were then aligned with the statewide health priority topics outlined in the Healthy New Jersey Statewide Plan. The table below displays the Healthy New Jersey 2030 Statewide Plan priority topics and shows how these issues align with the priorities described in the 2026-2028 Holy Name CHIP.

Healthy New Jersey 2030 Priorities	Holy Name Priorities
Access to Quality Care	Harnessing Partnership
Healthy Communities	Healthy Bodies, Healthy Minds, Harnessing Partnership
Healthy Families	Healthy Bodies, Healthy Minds, Harnessing Partnership
Healthy Living	Healthy Bodies, Healthy Minds, Harnessing Partnership

## Adoption of Implementation Strategy

After reviewing the 2026-2028 CHIP for addressing the priority needs identified in the 2025 CHNA, the Holy Name Medical Center’s Board of Trustees voted to approve this Community Health Implementation Plan on March 19, 2026.

## Next Steps

Improving community health requires collaboration among community-based organizations, policymakers, funders, and many other partners. Holy Name Medical Center’s CHIP is a dynamic document intended to guide the coordination of community resources and track progress. Holy Name actively seeks opportunities for partnerships and collaboration as we strive to serve all people. For more information about Holy Name’s CHIP and community benefit activities, or to get involved, please visit our website at <https://www.holyname.org/AboutUs/index.aspx>.

## Our Research Partners:



**35TH STREET CONSULTING**  
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A New Jersey certified Small Business and WBE

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35th Street Consulting is a certified Small Business Enterprise (SBE) and Women-Owned Business Enterprise (WBE) based in New Jersey. We specialize in transforming data into actionable insights that enhance the health and well-being of individuals, communities, and institutions through practical, localized strategies. Our expertise lies in turning research findings into action through strategic planning, policy change, and collective impact initiatives.



[www.PRCCustomResearch.com](http://www.PRCCustomResearch.com)

Professional Research Consultants (PRC) is a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

