



AHPA

ADVENTIST HEALTH
POLICY ASSOCIATION

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The Adventist Health Policy Association (AHPA) is the policy voice for five Seventh-day Adventist health care systems with 84 hospitals and 400 affiliated health care facilities in 17 states and the District of Columbia.

Presidential Candidates' Health Care Plans

As the 2016 Presidential election gets closer, candidates are releasing their respective health care plans. The Adventist Health Policy Association (AHPA) is closely monitoring these plans and how they would effect AHPA systems and health care policy overall.

To see what AHPA recommends for the next President of the United States click [here](#) to read our "*Five Steps to Health in America*"



Physician Assisted Suicide

In October 2015, California became the fifth and largest state to allow physicians to prescribe lethal medications to terminally ill, mentally competent adults.

As a bellwether state, California's decision to allow this practice may add momentum for other states to follow suit in 2016. In fact, eight other states (and the District of Columbia) with AHPA-member hospitals saw similar legislation introduced in 2015.

[Click here to read AHPA's Policy Brief on Physician – Assisted Suicide and the implications for AHPA Member Systems.](#)



Best Practice Spotlight

St. Helena Hospital in Northern California is part of Adventist Health, headquartered in Roseville, California. The hospital's "TakeTEN® Program" shows how a personal lifestyle prescription, coupled with medical nutrition, fitness and spirituality can lead to health. The Program has helped more than 1,000 people address core medical needs and treat complex chronic conditions. Below are examples of what the program has done for the patients:

- 29% reduction in fasting blood sugar levels
- Ten-Day tobacco cessation rate of 99% and 12-month quit rate of 57%
- 57% reduction in the number of medications for people taking more than one medication
- 20% reduction in diastolic blood pressure for those with elevated diastolic blood pressure

St. Helena Hospital's TakeTEN® Program focuses on the causes of health versus simply addressing the "cause of the disease." To read their success stories and gain more information on the program please visit: <https://www.adventisthealth.org/napa-valley/pages/services/center-for-health.aspx>