Community Health Implementation Plan

2020 - 2022

Advocate Condell Medical Center
Community Health Implementation Strategy Plan
January 1, 2020 – December 31, 2022

SUMMARY OF CHNA PROCESS

Every three years, Advocate Condell Medical Center (Advocate Condell) completes a Community Health Needs Assessment (CHNA) by collecting and analyzing demographic and health data as well as gathering input from community residents through a community health survey. For the 2017-2019 CHNA, Advocate Condell worked with the medical center's Community Health Council (CHC) to review the significant health issues impacting the medical center's primary service area (PSA) of Lake County. The CHC was co-chaired by two community representatives who also served as medical center Governing Council members. Other members of the CHC included community leaders representing and serving low-income and at-risk populations. Fifty percent of the CHC is comprised of community members and the remaining members represent various medical center departments.

Advocate Condell's community health staff gathered a variety of primary and secondary data from 2017 through 2019. This data was presented over a period of three meetings and included demographic, economic, education, employment and health disparity data. A wide array of secondary data was retrieved from Conduent Healthy Communities Institute (HCI), which is a centralized data platform purchased by Advocate Aurora Health. This robust platform offered the hospitals 171 health and demographic indicators including thirty-one (31) hospitalization and emergency department (ED) visit indicators at the service area and zip code levels. This comprehensive review of data is critical to help shape future interventions and programming to address the identified health issues. CHC members selected obesity and substance abuse as the health priorities for the implementation plan. The Advocate Condell Governing Council approved these health issues as priority focus areas for 2020-2022.

SIGNIFICANT HEALTH NEEDS IDENTIFIED BUT NOT SELECTED AND WHY

Diabetes

Diabetes was identified as one of the key health needs in Lake County, and while the diabetes prevalence rates are increasing over time both nationally and locally, it was not selected as a priority by Advocate Condell's CHC. Of the ten diabetes indicators evaluated, no indicators were in the worst 25th percentile when

compared to other Illinois counties and the diabetes Emergency Room (ER) utilization and hospitalization rates are stable in Lake County. Furthermore, extensive collaborative work between multiple stakeholders is in place to address diabetes in Lake County, through the Live Well Lake County diabetes action team. The Diabetes Self-Management Program (Stanford Model), the CDC Diabetes Prevention Program and a new program, Healthy Habits-Healthy You, are all being implemented across the county. The CHC made the decision to continue to focus on obesity as a priority given its impact on the risk for pre-diabetes and diabetes.

Cardiovascular Disease

While cardiovascular disease affects an estimated 315,458 individuals (including high blood pressure, cholesterol and more) in Lake County, the mortality rates for coronary heart disease are seeing a statistically significant decrease. Over the past decade, heart disease death rates have dropped in Lake County. The medical center currently promotes and conducts heart health risk assessments using the American Heart Association's tool and conducts heart scan CTs to identify calcium in the heart. All of these activities are coordinated with the Advocate Heart Institute programs focused on treating cardiovascular disease in the county. Advocate Condell promotes prevention measures, such as good nutrition and physical activity in the community, serving as an active member of the "Go Lake County" action team and works closely with the communities of Mundelein, Round Lake and Wauconda to support their "Go" walking campaigns. Since heart disease death rates are declining and many community based programs to address cardiovascular disease are already active, the CHC decided it was more beneficial to prioritize obesity because of its impact on the risk for heart disease.

Mental Health

Mental health was selected as a top priority in the last CHNA cycle. According to the 2015-2017 Illinois hospitalization data, ER rates due to adult mental health are in the best 0-50th percentile range compared to other Illinois counties. The only indicator in the second worst 50th-75th percentile is for pediatric ER rates due to mental health. Adult and adolescent ER rates due to suicide and intentional self-inflicted injury are also in the best 0-50th percentile. Over the past three years, Advocate Condell has implemented the evidence-based training, Mental Health First Aid (MHFA) in Lake County, focusing on training adults and first responders. In Lake County, there is a countywide initiative to implement MHFA training. The Lake County Health Department (LCHD) received a grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to train 90 new MHFA instructors over a three-year period. Advocate Condell's community health staff have been active members of the MHFA action team. There is also a Behavioral Health Council in place in Lake County, focusing on improving mental health

provider capacity and streamlining service provision, as well as a workgroup focusing on decreasing mental health stigma. Since work is already established to address mental health in the county, the CHC voted for the medical center to turn its attention to substance abuse for the next three-year period.

Cancer

The cancer incidence rates for the county are in the best 0-50th percentile, compared to other Illinois counties, and are trending down. The only exception is for breast cancer, which is increasing at a statistically significant rate. However, death rates due to breast cancer are experiencing a statistically significant decrease. As part of the requirements to maintain certification with the Commission on Cancer, Advocate Condell implements cancer screening and prevention education programming on an annual basis. Over the past three years, community health staff have worked with the Advocate Condell Cancer Center staff to address barriers to navigation, such as health literacy, and to promote early screening and detection for colorectal cancer, skin cancer and lung cancer. Because activities related to cancer screening and prevention are already integrated into the regular programming of the medical center, the CHC determined it was prudent to focus on other health priorities.

Other Health Concerns: Sexually Transmitted Infections (STI), Unintentional Falls and Maternal Health

Based on the CHC's votes using the modified Hanlon method, sexually transmitted infections, unintentional falls and maternal health were not selected as health priorities. Even though the incidence rates for chlamydia, gonorrhea and syphilis are all increasing in Lake County, the CHC agreed that addressing the selected priorities (obesity and substance abuse) has the potential of impacting a much greater number of Lake County residents. Additionally, Advocate Condell offers extensive maternal health programming and has an existing partnership with the Lake County Health Department to promote breastfeeding and to link lower-income new mothers to the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION PLAN AND WHY

Obesity

Obesity was a health priority in the 2014-2016 CHNA cycle and chosen as a priority again for the 2017-2019 CHNA cycle. In the U.S., the prevalence rates for obesity continue to rise steadily. As of 2017, the prevalence rates show all states had more

than 20 percent of adults with obesity (with BMI measurements in the obese range), including Illinois. For 2017, the prevalence rates for Illinois remain between 30 and 35 percent. Obesity affects all ages; more than sixteen percent of Illinois adolescents are obese and fifteen percent of Illinois WIC preschoolers ages two to four are obese. In Lake County, 24.3 percent of adults are obese, 22 percent of 12th grade students are overweight or obese. Furthermore, the obesity rates for children (under age 18) living below poverty are highest in North Chicago (43 percent), Waukegan 60085 (36 percent), Zion (24 percent) and Waukegan 60087 (24 percent). Obesity is a serious concern because it is associated with poorer mental health outcomes, reduced quality of life and the leading causes of death in the U.S. and worldwide, including diabetes, heart disease, stroke and some types of cancer (Centers for Disease Control and Prevention, Adult Overweight and Obesity Causes and Consequences, 2017). Because obesity rates continue to remain high and due to its strong correlation to chronic diseases and other health conditions, the CHC voted to continue focusing on obesity as a priority health issue.

Substance Abuse

Substance abuse was the second health issue identified as a top need in Lake County. Two specific health behaviors were discussed as central to the issue in the PSA—excessive alcohol use in adults and teens, and the high percentage of teen vaping. The hospitalization rate due to adult alcohol use in Lake County is in the worst 25th percentile as compared to other Illinois counties. The Lake County rate of alcohol impaired driving deaths (34.3 percent) is in the worst 50th-75th percentile as compared to other Illinois counties. The percentage of 12th grade students that use alcohol (42 percent) is in the worst 50th-75th percentile and the rate is increasing. Vaping rates are also increasing, with 31 percent (up from 18 percent in 2016) of Lake County high school seniors indicating they had used e-cigarettes in the 30 days before the Illinois Youth Survey. Work to address substance abuse in adults and teens is already active in Lake County, which allows Advocate Condell the opportunity to build a collaborative approach to address these serious substance abuse issues as a priority. Key partners are the Lake County Health Department and the Lake County Opioid Initiative Task Force. The 2014 National Survey of Drug Use and Health estimates that one-third of people experiencing substance abuse issues also suffer from a mental illness (a co-occurring disorder) and a growing body of evidence supports a strong connection between the two (National Alliance on Mental Illness, 2017). The CHC emphasized to community health staff that underlying mental health issues should be considered when developing strategies to address substance abuse. Community health staff will build on the strong coalitions in place to design programs to collectively address substance abuse in Lake County.

AAH COMMUNITY STRATEGY AND ADDRESSING ROOT CAUSES

Advocate Aurora Health (AAH) has a strong history of community engagement and service. Following the merger of Advocate Health Care and Aurora Health Care in 2018, a targeted strategy has been developed to build on this history—one that transforms Advocate Aurora's community facing work to provide even stronger support for patient health and to build community health. The AAH vision statement is: *We will build health equity, ensure access, and improve health outcomes in our communities through evidence-informed services and innovative partnerships by addressing medical needs and social determinants.*

To execute on this vision, all community facing work has been aligned through a health equity lens. For Advocate Aurora's purposes, health inequity is defined as differences in health that are systemic, avoidable, unfair or unjust. The overarching aim of this strategy is to decrease the inequity gap in life expectancy across the Advocate Aurora footprint. Currently, there is a 26-year gap in life expectancy across the communities served by Advocate Aurora. The community strategy goal is to increase life expectancy by 5% in targeted low-income communities over a span of ten years. To that end, Advocate Aurora's community health, community relations, diversity and inclusion, and faith and health partnerships work has been aligned to focus on six areas, including: access/primary medical homes; access/behavioral health services; workforce development; community safety; housing; and food security. These six transformational focus areas are identified in current industry literature as being "game changers," having an upstream effect on health equity, and are also strongly confirmed by organization-wide CHNA data. A rigorous tracking and evaluation process is being developed to establish baseline and annual progress goals for each focus area and strategy.

HEALTH PRIORITY: Obesity

DESCRIPTION OF HEALTH NEED DATA:

- **The adult obesity rate in Lake County is increasing. The rate of adults who are obese increased 4.5 percentage points from 19.8% in 2007-2009 to 24.3% in 2010-2014.**

Source: Conduent Healthy Communities Institute, Illinois Behavioral Risk Factor Surveillance System, 2010-2014

- **The food insecurity rate for Lake County is 6.5%, affecting an estimated 34,819 adults, ages 18 and older.**

Source: Conduent Healthy Communities Institute, Feeding America, 2017

- **In Lake County, 12.2% of children under age 18 years are food insecure.**

Source: Conduent Healthy Communities Institute, Feeding America, 2017

- **In Lake County, the obesity rate for children under age 18 living below the poverty level are highest in North Chicago (43%), Waukegan-60085 (36%), Zion (24%) and Waukegan-60087 (24%).**

Source: livewelllakecounty.org/local-data, 2019

TARGET POPULATION: Residents of communities with high socio-economic need within Lake County

GOAL: To improve the health and well-being of Lake County residents in areas of high socio-economic need

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Food Security

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Healthy People 2020**
  - NWS-8: Increase the proportion of adults who are at a healthy weight
  - NWS-9: Reduce the proportion of adults who are obese
  - NWS-13: Reduce household food insecurity and, in doing so, hunger

- **Lake County Community Health Improvement Plan 2016-2021**
  - Increase physical activity in adults and youth
  - Improve and promote nutritional opportunities in the food environment

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Improve the level of physical activity for patients and community residents in communities with high socio-economic need	• Lake County Health Department • Mundelein Park District	• Increased number of Mundelein residents participating in Go Mundelein

Specific Interventions • Continue to support local partners to implement the Go Lake County walking program *https://www.livewelllakecounty.org/go-lake-county* • Expand opportunities for older adults to participate in the Go Lake County walking program • Present educational sessions to Go Round Lake and Go Mundelein participants • Implement onsite indoor and outdoor walking campaign at Advocate Condell	• Round Lake Park District • Round Lake Area Consolidated Unified School District 116	• Established indoor walking path at Advocate Condell • Formalized Advocate Condell walking campaign • Increased number of visitors and patients walking on indoor path • Increased number of days per week that participants walk at least 30 minutes

MEASURING OUR IMPACT

- Increased nutritional knowledge for Go Mundelein and Go Round Lake participants based on pre- and post-test results
- Number of Go Round Lake and Go Mundelein participants
- Number of staff members walking on the Advocate Condell indoor walking path
- Number of patients and visitors walking on indoor walking path

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Partner with local agencies in Lake County to increase food security in communities of higher socio-economic need in Lake County **Specific Interventions**	• Liberty Prairie Foundation • Avon Township and Avon Cares Food Pantry • YWCA of Lake County	• Increased access to affordable and healthy food for residents of communities of high socio-economic need

• Implement food insecurity screening and referral programs with partner agencies *https://sirenetwork.ucsf.edu/tools-resources/resources/hunger-vital-sign-best-practices-screening-and-intervening-alleviate-food* • Continue the Rx Mobile Pantry program in Round Lake • Increase access to healthy fresh produce for residents of vulnerable communities with no access to transportation	• Round Lake Area Public Library • Mano A Mano Family Resource Center • Northern Illinois Food Bank	• Increased number of individuals served by the Rx Mobile Food Pantry Program • Increased number of agencies that screen for food insecurity • Increased awareness of food resources and food pantries in the county

MEASURING OUR IMPACT

- Number of community partner agencies that implement food insecurity screening
- Number of community residents screened for Food Insecurity (FI)
- Total number of households and individuals served by Rx Mobile Pantry
- Number and percentage of residents in communities of high socio-economic need that screen positive for FI

HEALTH PRIORITY: Substance Abuse

DESCRIPTION OF HEALTH NEED DATA:

- **In Lake County, 18.4% of adults drink alcohol excessively.**

Source: County Health Ranking, 2016

- **In 2018, 31% of Lake County high school seniors had used e-cigarettes in the past 30 days (up from 18% in 2016).**

Source: Illinois Youth Survey, 2016 and 2018

- **In 2018, 26% of Lake County 12th graders used marijuana in the last 30 days.**

Source: Illinois Youth Survey, 2018

- **The death rate due to drug poisoning in Lake County is 12.4 deaths per 100,000 population, gradually increasing over time.**

Source: Conduent Healthy Communities Institute, County Health Rankings, 2015-2017

- **The age-adjusted ER rate due to opioid use is highest among African Americans (12.1 per 10,000 population) and Whites (10.5 per 10,000 population).**

Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2015-2017

TARGET POPULATION: Adolescents and adults in Lake County

GOAL: Reduce the percent of adolescents and adults in the service area who are abusing substances

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Access to Behavioral Health

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Healthy People 2020**
  - Increase the proportion of adolescents never using substances
- **Illinois State Health Improvement Plan (ISHIP) 2021**
  - Improve the opportunity for people to be treated in the community rather than in institutional settings
- **Lake County Community Health Improvement Plan 2016-2021**
  - Improve behavioral health capacity and infrastructure in Lake County

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to substance use disorder treatment services **Specific Interventions** • Continue the State Targeted Response (STR) Warm Handoff program in the Advocate	• Gateway Foundation • Lake County Health Department • Lake County Opioid Initiative Task Force	• Decreased medical center readmissions due to opioid use disorder • Decreased medical center

Condell ED for patients with opioid use disorder *http://www.dhs.state.il.us/OneNetLibrary/27896/documents/Illinois_State_Targeted_Response_to_the_Opioid_Crisis_Grant_Opioid_STR.pdf* • Implement ED-initiated buprenorphine for patients with opioid use disorder upon discharge from the ED *https://www.acepnow.com/article/treatment-strategies-for-precipitated-opioid-withdrawal-after-naloxone-rescue/*	• Substance abuse treatment centers	readmissions due to substance use disorder • Increased number of patients with a substance use disorder (with a focus on opioid use disorder) that receive treatment • Increased number of patients with substance use disorder who have ongoing recovery support and coaching

MEASURING OUR IMPACT
• Percent of patients assessed by Gateway Foundation Engagement Specialist • Percent of patients connected to outpatient substance abuse treatment programs • Percent of patients who complete outpatient treatment • Decreased ER and Hospitalization rates for substance abuse in Lake County • Decreased death rates for substance abuse in Lake County

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Align with key community-based coalitions to implement substance abuse prevention programming **Specific Interventions**	• Lake County Health Department • Lake County Opioid Task Force • Libertyville Connect	• Decreased adolescent vaping rates in the PSA • Increased public knowledge of the physical

• Educate parents and teens about effects of substances on the adolescent body ***catch.org*** • Support local community and county-wide Drug Free Communities prevention activities • Implement education on marijuana ordinances and regulation	• Erie HealthReach Waukegan	effects of substance use • Decreased deaths due to substance use in the PSA • Decreased usage of alcohol in the PSA • Increased knowledge of marijuana ordinances and regulations

MEASURING OUR IMPACT

- Percentage of teens and adults who use alcohol in Lake County
- Percentage of teens who use e-cigarettes in Lake County
- Percentage of teens who use marijuana in Lake County
- Increase the knowledge of the effects of vaping on the adolescent body

Note: Plans to address selected CHNA priorities are dependent upon resources and may be adjusted on an annual basis to best address the health needs of our community.