Community Health Implementation Plan

2020 - 2022

Advocate Good Samaritan Hospital
Community Health Implementation Strategy Plan
January 1, 2020 – December 31, 2022

SUMMARY OF CHNA PROCESS

Advocate Good Samaritan Hospital (Advocate Good Samaritan), the DuPage County Health Department and the DuPage Federation on Human Services Reform convened to discuss the opportunity to conduct a collaborative Community Health Needs Assessment (CHNA). The DuPage County Health Department's executive director shared details of the collaborative DuPage County/Impact DuPage CHNA process including partnerships with other DuPage County hospitals and the timeline for completion. After a robust conversation, the hospital agreed to partner with Impact DuPage, a collaborative led by the DuPage County Health Department comprised of DuPage County community organizations and hospitals, to conduct a collaborative CHNA.

Multiple data collection strategies were employed to collect data for the CHNA. Conduent Healthy Communities Institute (HCI), a robust data platform, offered the hospitals and health department 198 health and demographic indicators, including 38 hospitalization and emergency department (ED) visit indicators at the service area and zip code levels. In addition, the DuPage County Health Department partnered with Advocate Good Samaritan to conduct a Forces of Change Assessment (FOCA). Hospital staff and community members convened at Advocate Good Samaritan to complete the assessment, which engaged participants in an activity that identified the strengths, opportunities and threats of the local environment. Following the FOCA with the hospital's Community Health Council (CHC) and staff, the hospital's director of community health compiled and presented DuPage County demographic, socioeconomic and health data to the hospital's CHC. After careful review and analysis of the data, the CHC selected behavioral health and health status improvement (healthy lifestyles and access to care) as the two prioritized health needs. In December 2018, the Impact DuPage Steering Committee selected behavioral health, health status improvement and affordable housing as the county's health need priorities for 2019-2021.

Due to the hospital's CHNA cycle and Implementation Plan timeline, Advocate Good Samaritan will begin to implement the prioritized health need strategies (health status improvement and behavioral health) in 2020 through 2022.

During 2017-2019 the hospital conducted a collaborative DuPage County CHNA, which did not include Bolingbrook and Romeoville—two communities in the hospital's PSA but outside of DuPage County. As a result, Advocate Good Samaritan

also conducted a supplemental CHNA report for Bolingbrook (60440) and Romeoville (60446)—two high socioneed communities in Will County. The hospital's CHC reviewed and analyzed demographic, socioeconomic and health data to identify key health needs in the communities. After thorough review of data, robust discussions and expert presentations, the hospital's CHC identified chronic disease prevention and management as the priority health need for Bolingbrook-Romeoville.

SIGNIFICANT HEALTH NEEDS IDENTIFIED BUT NOT SELECTED AND WHY

Affordable Housing

Although affordable housing was identified as a significant health need by the CHC and voted as a priority for DuPage County by the Impact DuPage Steering Committee, the CHC determined the hospital's capacity and availability of resources was limited to two health priorities. In efforts to effectively address behavioral health and health status improvement, the CHC and hospital's Community Health Department decided to be engaged in the planning, brainstorming and promotion of the county's affordable housing initiative. The hospital recognizes the significance of the need for affordable housing in DuPage County and therefore the hospital will continue to partner with the DuPage County Health Department and DuPage Pads to advance affordable housing strategies in the county.

Cardiovascular Disease

The CDC estimates that 200,000 heart disease and stroke deaths are preventable (Centers for Disease Control and Prevention, 2013). Obesity increases the risk for high blood pressure and cholesterol, which also contributes to heart disease. After careful review of the data, the CHC recommended that the hospital address cardiovascular disease through the health status improvement priority, which includes nutrition, physical activity and obesity prevention. The Impact DuPage Steering Committee also did not select cardiovascular disease as a county health need priority due to the impact health status improvement has on decreasing the rate of cardiovascular disease. Although cardiovascular disease was not selected as a priority, the hospital will address this health issue through the health status improvement priority.

Asthma

Asthma was identified as a health need but not selected as the recommended health priority by the CHC due to the lack of community partners and the ineffectiveness/lack of availability of asthma prevention programs. The CHC also identified the high rates of hospitalization and ER visits due to asthma as a potential

access to health care issue. Taking this into consideration, CHC members suggested addressing access to care through the health status improvement priority as a way to address the ER and hospitalization rates due to asthma. In addition, asthma was not identified as a significant health need for DuPage County by the Impact DuPage Steering committee. Although asthma was not selected as a priority health need, the hospital will work with the DuPage Health Coalition, an organization that aims to increase access to care for all DuPage County residents, to ensure county residents have some form of health care insurance and access to primary and specialty health care services.

Sexually Transmitted Infections

Although the CHC recognized the increasing need to address sexually transmitted infections, particularly in the adolescent population, the CHC did not recommend prioritizing this health issue due to the multiple organizations, including DuPage County schools, addressing the issue. The hospital also has limited expertise to address this health need in the adolescent population. Although not selected as a priority, the hospital will be able to address sexually transmitted diseases through the health status improvement priority by improving access to health care for detection and treatment of sexually transmitted infections.

Senior Health

The hospital recognizes the importance of senior health and engages in multiple community activities and programs that address the health needs of seniors. The hospital implements the Matter of Balance program, which aims to decrease falls among seniors through increasing education around preventing falls and creating fall-free environments. In addition, the hospital implements senior health fairs and health education workshops across DuPage County in partnership with various senior centers and residences. The Impact DuPage Steering Committee also did not prioritize senior health as a health need for DuPage County due to the abundant amount of resources available for seniors at the DuPage County Health Department.

Immunization Preventable Diseases

The CHC recommended that immunizations not be selected as a priority due to the current efforts being implemented to address this health need. Throughout DuPage County, the need for vaccinations/immunizations is being addressed by the retail and non-profit sectors. Advocate Aurora Health has several Walgreens clinics in which vaccinations are offered at low-cost to the community. In addition, the DuPage County Health Department offers vaccinations at a low or no cost to DuPage County residents including those with no insurance. Due to the availability of vaccinations across the county, neither the CHC nor the Impact DuPage Steering Committee selected vaccinations/immunizations as a priority health need.

SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION PLAN AND WHY

Behavioral Health

The CHC adopted behavioral health as a priority health need for DuPage County. The CHC initially looked at substance use and mental health as separate health issues. However, after careful review of data, it was evident that mental health and substance use are strongly correlated and often present as co-occurring health issues. Taking this into consideration, the CHC and Impact DuPage Steering Committee identified behavioral health as the priority health need and the most effective way to address mental health and substance use. Data trends indicate that mental health issues are increasing and the need for mental health services and programming is continuing to grow. Adolescents and young adults have some of the highest hospitalization and ER rates due to mental health issues and the greatest need for mental health services. In addition, behavioral health impacts one's ability to live a healthy lifestyle, which makes it essential to address mental health in order to decrease obesity, improve nutrition and increase physical activity. The CHC is specifically interested in collaborating with community organizations such as the National Alliance for Mental Illness (NAMI) to increase the amount of community programs and resources available to teens and young adults who experience mental health issues. The hospital will work with the DuPage County Health Department and Impact DuPage to effectively address behavioral health needs in DuPage County.

Health Status Improvement

Health status improvement includes access to health care, obesity prevention, nutrition and physical activity. The CHC and Impact DuPage identified healthy lifestyles and access to health care as a critical health need for DuPage County. Obesity and nutrition are the leading causes of many chronic diseases and health issues including heart disease, stroke, some cancers and diabetes. Taking this into consideration, the CHC and Impact DuPage selected health status improvement due to the ability to impact the quality of life and overall health status. The prevention of obesity, proper nutrition and physical activity have the potential to decrease the rate of chronic disease, thus increasing the quality of life and life expectancy. Therefore, the CHC made the recommendation and the Impact DuPage Steering Committee voted to prioritize healthy lifestyles.

In addition, the Impact DuPage Steering Committee identified and selected access to health care as critical in preventing health conditions and creating and maintaining a healthy lifestyle. To ensure well-rounded strategies that effectively improve the overall health of individuals living in DuPage County, the Impact DuPage Steering Committee included access to health care in the health status

improvement priority, which was adopted by the hospital's CHC. Data also revealed that obesity rates and poor nutrition are higher in low-income communities within DuPage County, making these high risk/disparate communities a priority for programs that address health status improvement.

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. Our 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 care 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: Behavioral Health

DESCRIPTION OF HEALTH NEED DATA:

- **Over 22 percent of adults drink excessively in DuPage County, which is more than the state of Illinois at 21 percent and the U.S. at 18 percent.**

Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2018

- **The age-adjusted hospitalization rate due to alcohol use for DuPage County is 22.1 hospitalizations per 10,000 population aged 18 years and older, which is higher than the state of Illinois at 18.1 per 10,000 population aged 18 years and older.**

Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2018

- **From 2015-2017 the DuPage County age-adjusted death rate due to suicide was 9.6 deaths per 100,000 population, which is higher than the previous 2014-2016 rate of 9.3 per 100,000 population.**

Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2018

- **In 2018, 24 percent of 12th graders in DuPage County used marijuana one or more times during the 30 days prior to the survey.**

Source: Conduent Healthy Communities Institute, Center for Prevention Research and Development, Illinois Youth Survey, 2018

TARGET POPULATION: DuPage County

GOAL: To increase behavioral health education, awareness and access to services

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Access to behavioral health services

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Healthy People 2020**
  - Improve mental health through prevention and by ensuring access to appropriate, quality mental health services

- **Illinois State Health Improvement Plan (ISHIP) 2021**
  - Build upon and improve local system integration for behavioral health
  - Improve the opportunity for people to be treated in the community rather than in institutional settings

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Offer teen support programs to increase self-care and coping mechanisms and reduce mental health crises and emergencies among the adolescent population **Specific Interventions** • Partner with NAMI DuPage to implement a Teen Recovery Support Group *https://www.samhsa.gov/find-help/recovery*	• NAMI DuPage • DuPage County Schools	• Decreased rate of adolescents admitted to the Emergency Room (ER) due to mental health • Decreased adolescent suicide rate • Increased resiliency and mental health services for DuPage County adolescents
MEASURING OUR IMPACT		
• Number of adolescents who participate in the Teen Recovery Support Group(s) • Number of Teen Recovery Support Groups • Number of group participants who report "they feel more comfortable managing their mental health"		
STRATEGY #2	**COLLABORATIVE PARTNERS**	**INTENDED RESULTS**
Offer educational programs aimed at increasing awareness and decreasing the stigma around mental health and illness **Specific Interventions** • Implement Bridges of Hope and Mental Health First Aid (MHFA) trainings in DuPage County *https://www.mentalhealthfirstaid.org/* *https://www.namimaine.org/page/BridgesofHope* • Partner with NAMI DuPage to provide the Ending the Silence program to DuPage County schools *https://www.nami.org/find-support/nami-programs/nami-ending-the-silence*	• NAMI Chicago • NAMI DuPage • Advocate Aurora Faith and Health Partnerships • DuPage County Public Schools	• Increased mental health awareness in the faith community • Decreased mental health stigma • Increased knowledge and skills on how to address mental health crises or issues • Increased awareness around mental health in the adolescent population • Decreased mental health stigma in the adolescent population

MEASURING OUR IMPACT
• Number of Bridges of Hope trainings • Number of MHFA trainings • Number of Bridges of Hope participants • Number of Mental Health First Aid participants • Percent of MHFA course participants that "agree" or "strongly agree" that they could offer a youth or adult basic MHFA • Percent of MHFA course participants that "agree" or "strongly agree" that they are more confident about being aware of their own views and feelings about mental health problems and disorders • Number of Ending the Silence classes implemented • Number of schools hosting the Ending the Silence class

STRATEGY #3	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access and linkage to treatment services and social supports in the community for Advocate Good Samaritan patients with substance use disorder **Specific Interventions** Partner with Gateway Foundation to implement the State Targeted Response program in Advocate Good Samaritan's Emergency Room *http://www.dhs.state.il.us/OneNetLibrary/27896/documents/Illinois_State_Targeted_Response_to_the_Opioid_Crisis_Grant_Opioid_STR.pdf*	• Gateway Foundation • Community organizations in DuPage County	• Decrease readmissions due to substance use disorder • Increase access and utilization of community services and programs among patients with substance use disorder • Decrease the rates of substance use in DuPage County

MEASURING OUR IMPACT
• Number of substance use disorder patients assessed • Number of substance use disorder patients connected to treatment • Number of substance use disorder patients who complete outpatient programs or treatment

STRATEGY #4	COLLABORATIVE PARTNERS	INTENDED RESULTS
Partner with DuPage County community organizations to explore ways in which the hospital can support new or innovative behavioral health interventions **Specific Interventions** • Work with DuPage Pads to identify specific strategies to address behavioral health issues in DuPage County's homeless population *http://www.hpoe.org/Reports-HPOE/2016/creating-effective-hospital-community-partnerships.pdf* • Continue to participate in and engage with Impact DuPage's Behavioral Health Collaborative to identify partnership/support opportunities around DuPage County's behavioral health strategies	• DuPage County Community Organizations • DuPage County Health Department	• Increased access to behavioral health services • Increased awareness and decreased stigma around mental health

MEASURING OUR IMPACT
• Number of new behavioral health programs or pilots Advocate Good Samaritan supports • Number of DuPage County residents served through new interventions that Advocate Good Samaritan supports

STRATEGY #5	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to behavioral health services and community resources for Advocate Good Samaritan patients admitted to the ED for mental health issues	• NAMI DuPage	• Decreased ED readmissions due to mental health • Increased linkages and access to mental

Specific Interventions • Partner with NAMI DuPage to provide peer counseling support to patients admitted to the Advocate Good Samaritan ED due to mental health *https://www.samhsa.gov/find-help/recovery*		health services in the community • Increased successful management of mental illness among ED patients

MEASURING OUR IMPACT

- Number of patients served through peer counseling support
- Number of patients linked/referred to community resources
- Number of patients readmitted to the ED within 90 days of seeing a peer counselor

HEALTH PRIORITY: Health Status Improvement

DESCRIPTION OF HEALTH NEED DATA:

- **Forty-seven percent of DuPage County children living in households with incomes above 185 percent of the poverty level are food insecure and unlikely eligible for assistance.**

Sources: Healthy Communities Institute, Feeding America, 2019

- **Fourteen percent of low-income preschoolers in DuPage County are obese, which is more than most other counties in Illinois.**

Sources: Healthy Communities Institute, Feeding America, 2018

- **The number of stores in DuPage County that are SNAP certified is low at 0.5 per 1,000 stores when compared to other counties in Illinois. Furthermore 23.6 percent of individuals in DuPage County live more than one mile away from a grocery store, indicating issues with access to healthy foods.**

Sources: Healthy Communities Institute, U.S. Department of Agriculture, 2017

TARGET POPULATION: DuPage County

GOAL: To decrease obesity, food insecurity and prevent chronic disease

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Food Security

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Healthy People 2020:**
  - Increase the proportion of schools that offer nutritious foods and beverages outside of school meals
  - Reduce the proportion of children and adolescents who are considered obese
  - Reduce the proportion of adults who are obese

- **Illinois State Health Improvement Plan (ISHIP) 2021:**
  - Reduce the percentage of obesity among children ages 10-17
  - Reduce the percentage of obesity among adults

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Create healthy school environments for students, parents, teachers and staff **Specific Interventions** • Partner with schools to increase physical activity opportunities, increase nutrition education and build awareness around the importance of a healthy lifestyle including mental health *HealthyStudentMarkets, https://www.cdc.gov/healthyschools/index.htm*	• Schafer Elementary School • Sipley Elementary School • Action for Healthy Kids	• Increased physical activity opportunities in partner schools • Increased health and wellness education in partner schools • Increased access to healthy foods • Increased parent participation and advocacy in creating healthier schools

MEASURING OUR IMPACT

- Number of partner schools
- Number of students served
- Number of physical activity improvements
- Number of health and wellness initiatives

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase nutrition education and access to healthy foods among low-income residents in DuPage County **Specific Interventions** • Partner with local food pantries to provide nutrition education, cooking demonstrations, taste testings and healthy, nutritious foods *https://hungerandhealth.feedingamerica.org/*	• University of Illinois Extension • West Suburban Community Pantry • People's Resource Center • Northern Illinois Food Bank	• Decreased chronic disease and obesity among low-income residents in DuPage County • Increased access and consumption of healthy foods

MEASURING OUR IMPACT
• Number of food pantry workshops • Number of workshop participants • Pounds of food distributed

STRATEGY #3	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to primary health care and improve chronic disease management for Advocate Good Samaritan patients **Specific Interventions** • Implement the Transition Support Program (TSP) to link patients with primary care providers and social support services to address barriers and increase management of chronic disease *https://www.beckershospitalreview.com/pdfs/April14/A_1025am_SWARZMAN_DINO_Transition%20Support.pdf*	• Access DuPage • DuPage County community organizations	• Increased access to primary care • Improved chronic disease management • Reduced ED readmission rates among TSP participants/patients

MEASURING OUR IMPACT
• Number of TSP patients • Number of community resource referrals • TSP patient readmission rates

STRATEGY #4	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to healthy foods for Advocate Good Samaritan patients **Specific Interventions** • Partner with People's Resource Center to address food insecurity by implementing a hospital-based food pantry *www.chicagosfoodbank.org*	• DuPage County community-based organizations • People's Resource Center	• Increased access to healthy foods • Improved physical well-being and chronic disease management

MEASURING OUR IMPACT
• Number of individuals who receive a non-perishable food bag • Number of pounds of food distributed per week, month and year

STRATEGY #5	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to care and chronic disease management among the uninsured/under-insured populations in DuPage County **Specific Interventions** • Partner with Access DuPage to implement the Age Options' Take Charge of Your Diabetes workshop for the uninsured/underinsured population in DuPage County *https://www.cdc.gov/diabetes/pdfs/library/takechargeofyourdiabetes.pdf*	• Access DuPage • Age Options	• Improved physical well-being and chronic disease management • Increased access to primary care • Reduced ED readmissions due to chronic disease

MEASURING OUR IMPACT

- Number of classes implemented
- Number of program participants

HEALTH PRIORITY: Chronic Disease Prevention and Management

DESCRIPTION OF HEALTH NEED DATA:

- **The age-adjusted ER rate due to hypertension for Romeoville and Bolingbrook is 28.3 and 33.4, respectively, per 10,000 population aged 18 and older—both communities have a higher rate compared to the overall PSA at 19.5 per 10,000 population.**

Source: Healthy Communities Institute, Illinois Hospital Association, 2019

- **The hospitalization rate due to heart failure is also high in Bolingbrook (40.1 per 10,000 population aged 18 and older) and Romeoville (58.3 per 10,000 population aged 18 and older) compared to the overall PSA rate (27.9 per 10,000 population aged 18 years and older).**

Source: Healthy Communities Institute, Illinois Hospital Association, 2018

- **In Bolingbrook and Romeoville, the age-adjusted hospitalization rate due to diabetes is 21.9 and 17.5, respectively, per 10,000 population, which is high compared to other zip codes in Illinois and the hospital's overall PSA at 10.6 per 10,000 population aged 18 years and older.**

Source: Healthy Communities Institute, Illinois Hospital Association, 2018

TARGET POPULATION: Bolingbrook-Romeoville

GOAL: To decrease the prevalence/incidence of chronic disease and improve chronic disease management

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Food Security

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Healthy People 2020:**
  - Reduce the proportion of children and adolescents who are considered obese
  - Reduce the proportion of adults who are obese
- **Illinois State Health Improvement Plan (ISHIP) 2021:**
  - Reduce the percentage of obesity among children ages 10-17
  - Reduce the percentage of obesity among adults

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Improve chronic disease management and increase nutrition education **Specific Interventions** • Partner with VNA-Romeoville and Bolingbrook-Romeoville community-based organizations to implement the Step by Step program—a healthy lifestyles education series that aims to increase physical activity, increase nutrition education and improve diabetes management *https://www.vnahealth.com/event/step-by-step-diabetes/2019-05-23/*	• VNA-Romeoville • West Suburban Community Food Pantry • Bolingbrook-Romeoville community-based organizations	• Decreased ED and hospital admissions due to chronic disease • Increased nutrition education • Increased physical activity

MEASURING OUR IMPACT

- Number of Step by Step classes implemented
- Number of organizations hosting Step by Step classes
- Number of post-survey respondents who agree or strongly agree that they've utilized the knowledge and skills learned from the class to improve their lifestyle

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to healthy foods in the Bolingbrook-Romeoville community **Specific Interventions** • Partner with Bolingbrook-Romeoville school(s) and West Suburban Community Food Pantry to support a school-based food pantry and nutrition education	• West Suburban Community Pantry • Valley View School District	• Increased access to and consumption of healthy foods for low-income families in Bolingbrook-Romeoville

MEASURING OUR IMPACT
• Number of school-based food pantry partnerships • Number of nutrition education sessions/classes provided to families • New expansions or additions to existing school-based pantries (e.g., online pantry ordering program)

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.