Community Health Implementation Plan

2020 - 2022

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

SUMMARY OF CHNA PROCESS

Every three years, Advocate Good Shepherd 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 Good Shepherd worked with the hospital's Community Health Council (CHC) to review the significant health issues impacting the hospital's primary service area (PSA).

Throughout 2019, the CHC reviewed and analyzed primary, secondary, qualitative and quantitative data, including demographic, health outcome, hospital utilization 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 focused interventions. The Advocate Good Shepherd 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 a need, but not selected as a priority for the Advocate Good Shepherd PSA, although diabetes prevalence is increasing over time both nationally and locally. Action teams are actively addressing diabetes in both Lake County and McHenry County, coordinated through each of the local health departments. Evidence-based initiatives are underway in both counties, including the Diabetes Self-Management Program (Stanford Model) and Diabetes Prevention Program. Activities include diabetes prevention, diabetes screening to identify diabetes and pre-diabetes, and education on diabetes self-management.

Cardiovascular Disease

Cardiovascular disease was also a need, but not selected as a health priority. Over the past decade, heart disease death rates have dropped in both Lake County and McHenry County. The hospital currently promotes and conducts heart health risk assessments using the American Heart Association tool, conducts heart scan CTs to identify calcium in the heart, and promotes prevention measures such as good nutrition and physical activity in the community. Additionally, many factors leading to cardiovascular disease can be prevented by healthy eating, physical activity and access to care.

Mental Health

Mental health was not selected as a priority for the current CHNA cycle even though it was selected in the previous CHNA cycle. As of 2015-2017, emergency room (ER) rates for the PSA (both for adults and pediatrics) due to mental health are in the best 50th percentile range, compared to other Illinois counties. Over the past three years, Advocate Good Shepherd has implemented the evidence-based training, Mental Health First Aid (MHFA), throughout the PSA—focusing on training adults who work with youth. In Lake County, there is a county-wide initiative to implement MHFA training, involving stakeholders from across the county. 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 Good Shepherd community health staff have been active members of the MHFA action team.

Cancer

Cancer was not selected as a health priority as the cancer incidence rates for the PSA are in the best 0-50th percentile compared to other Illinois counties, and are trending downward in both Lake County and McHenry County. The only exception is for breast cancer, which is increasing at a statistically significant rate. As part of the requirements to maintain certification with the Commission on Cancer, Advocate Good Shepherd implements cancer screening and prevention education on an annual basis.

SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION PLAN AND WHY

Obesity

Obesity was selected as a priority for the previous CHNA cycle. The prevalence of obesity in the U.S. has continued to steadily increase. In 2017, obesity prevalence

rates for Illinois remain between 30 and 35 percent. The rates are even higher for Illinois Hispanic adults and non-Hispanic African American adults (Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2017). More than sixteen percent of Illinois adolescents are obese. Fifteen percent of Illinois Women, Infant and Children (WIC) preschoolers, ages two to four, are obese. In Lake County, 24 percent of adults are obese, and the rate is 26 percent in McHenry County. Seven percent of Lake County adults are food insecure and 13 percent of McHenry County adults are food insecure. 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 of 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 priority need within the Advocate Good Shepherd PSA. Two specific health behaviors were discussed as central to the issue in the PSA—excessive alcohol use in adults and the high percentage of teens who are vaping. Compared to other Illinois counties, the PSA hospitalization due to alcohol use rate in adults is in the worst 25th percentile. Survey results from the Lake County 2018 survey indicated that 77 percent of adults had a drink of alcohol in the past 30 days, and 31 percent indicated that they had binged alcohol one or more times in the past 30 days. The alcohol impaired driving death rates for Lake and McHenry Counties are also in the worst 25th percentile, compared to other Illinois counties, and the rate is continuing to increase in McHenry County.

In both counties, the rate of teens that use alcohol and marijuana are in the worst 50^{th}-75^{th} percentile. Teen vaping rates are also high—with 37 percent of McHenry County teens and 31 percent of Lake County high school seniors indicating they had used e-cigarettes in the last 30 days in 2018.

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:

- **In Lake County, 24.3% of adults are obese; 26.5% of adults in McHenry County are obese.**

Source: Illinois Behavioral Risk Factor Surveillance System, 2010-2014

- **In Lake County, 6.5% of the population is food insecure, 6.4% of the McHenry County population is food insecure.**

Source: Feeding America, 2017

- **In Lake County, 19.4% of adults over the age of 20 years are sedentary; 20.4% in McHenry County are sedentary.**

Source: Centers for Disease Control and Prevention, 2016

- **In Lake County, 35.3% of individuals have low access to a grocery store; 43.2% of individuals have low access to a grocery store in McHenry County.**

Source: Conduent Healthy Communities Institute, US Department of Agriculture Food Environment Atlas, 2015

TARGET POPULATION:
Primary: Adults over the age of 18 years in the Advocate Good Shepherd PSA

GOAL: To reduce the number of adults who are obese in the Good Shepherd PSA

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Food Security

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Healthy People 2020**
  - Reduce the proportion of adults who are obese
  - Increase the proportion of adults who are at a healthy weight

- **McHenry County Health Department IPLAN 2017-2021 Improvement Plan**
  - Reduce the proportion of McHenry County adults who are obese
  - Increase the proportion of adults in McHenry County who are at a healthy weight
  - Reduce the proportion of McHenry County adults who engage in no leisure time physical activity

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase food security in the Advocate Good Shepherd PSA **Specific Interventions** • Implement food insecurity screening and referral programs with agencies serving seniors *https://sirenetwork.ucsf.edu/tools-resources/resources/hunger-vital-sign-best-practices-screening-and-intervening-alleviate-food* • Implement fresh produce boxes from Smart Farm with a nutrition education component	• Senior service agencies in the PSA • Advocate Good Shepherd Senior Services Department • Food pantries in the PSA • Northern Illinois Food Bank • Wauconda Park District • McHenry County Health	• Reduced number of seniors in the service area who are food insecure • Increased access for seniors to affordable and healthy food in the PSA • Increased number of agencies that screen seniors for food insecurity

for food insecure patients and low-income community members • Strengthen the capacity of food pantries in the PSA	Department and Lake County Department of Health • McHenry County Food Pantry Coalition	• Increased awareness of food resources and food pantries in the PSA • Increased sustainability of food pantries in the PSA

MEASURING OUR IMPACT
• Number of senior service agencies that implement food insecurity screening • Number and percentage of seniors in the service area that screen positive for food insecurity • Number of fresh produce boxes distributed • Pounds of fresh produce from Smart Farm distributed • Number of training sessions held with food pantries

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Improve level of physical activity for patients and community residents in the PSA **Specific Interventions** • Continue to implement the Go Wauconda walking program *https://www.livewelllakecounty.org/go-lake-county* • Present educational sessions to Go Wauconda participants • Implement onsite indoor and outdoor walking campaign	• Wauconda Park District • Advocate Good Shepherd Fitness Center • Lake County Department of Health	• Increased number of Wauconda residents participating in Go Wauconda • Established indoor walking path • Formalized Advocate Good Shepherd walking campaign • Increased number of visitors and patients walking on indoor path

MEASURING OUR IMPACT

- Increased nutritional knowledge for Go Wauconda participants based on pre- and post-test results
- Number of Wauconda residents participating in Go Wauconda
- Number of staff members walking on the Good Shepherd indoor walking path
- Number of patients and visitors walking on indoor walking path

HEALTH PRIORITY: Substance Abuse

DESCRIPTION OF HEALTH NEED DATA:

- **In Lake County 18.4% of adults drink alcohol excessively; 23% of McHenry County adults drink alcohol excessively.**

Source: County Health Ranking, 2016

- **The age-adjusted ER rate due to opioid use is 11.9 ER visits per 10,000 population in the Good Shepherd PSA.**

Source: Illinois Hospital Association, 2015-2017

- **In Lake County 26% of 12th graders have used marijuana in the last 30 days; 24% have used marijuana in McHenry County.**

Source: Illinois Youth Survey, 2018

- **In Lake County 31% of 12th graders have used e-cigarettes in the last 30 days; 37% have used e-cigarettes in McHenry County.**

Source: Illinois Youth Survey, 2018

TARGET POPULATION: Adolescents and adults in the Good Shepherd PSA

GOAL: Reduce the percent of adolescents 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

- **Wauconda Substance Abuse Coalition**
  - Increase the knowledge of youth workers and community stakeholders about substance abuse consequences on the developing adolescent body

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Align with key community-based coalitions to implement substance abuse prevention programming **Specific Interventions** • Support the Wauconda Substance Abuse Coalition Drug Free Communities grant • Educate parents and teens about effects of substances on the adolescent body • Implement education on marijuana ordinances and regulations	• Wauconda Substance Abuse Prevention Coalition • McHenry County Substance Abuse Coalition • Be Strong Barrington • Lake County Opioid Initiative • Lake County Health Department and McHenry County Health Department	• Decreased adolescent vaping rates in the PSA • Increased public knowledge of the physical 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 who use alcohol in Lake County and McHenry County
- Percentage of teens who use e-cigarettes in Lake County and McHenry County
- Percentage of teens who use marijuana in Lake County and McHenry County
- Increase the knowledge of the effects of vaping on the adolescent body

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to substance use disorder services **Specific Interventions** • Continue the State Targeted Response (STR) Warm Handoff program in the Advocate Good Shepherd Emergency Department (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/*	• Gateway Foundation • Lake County Department of Health • McHenry County Substance Abuse Coalition • Substance abuse treatment centers	• Decreased hospital readmissions due to opioid use disorder • Decreased hospital 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

- Number of patients assessed by Gateway Foundation Engagement Specialist
- Number of patients connected to outpatient substance abuse treatment programs
- Number of patients who complete outpatient treatment
- Decreased ER and Hospitalization rates for substance abuse in the Good Shepherd PSA
- Decreased death rates for substance abuse in the Good Shepherd PSA

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.