Community Health Implementation Plan

2020 - 2022

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

SUMMARY OF CHNA PROCESS

For the 2017-2019 Community Health Needs Assessment (CHNA), Advocate Sherman Hospital (Advocate Sherman) collaborated with both Kane and McHenry Counties to conduct a comprehensive CHNA. Advocate Sherman referenced both CHNA reports to supplement other hospital and public health data pulled for the hospital CHNA.

Additionally, Advocate Sherman gathered and analyzed a variety of primary and secondary data from 2017 through 2019. 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.

Advocate Sherman community health staff presented extensive community data to the Community Health Council (CHC) with a summary of demographics, social determinants of health and the eight most significant health issues. Using a modified version of the Hanlon Method, the CHC voted and selected two health priorities to focus on in the 2020-2022 Advocate Sherman Implementation Plan. The eight health issues discussed were: (1) substance abuse; (2) mental health; (3) healthy eating/nutrition (exercise, nutrition, obesity and food access/food insecurity); (4) heart disease; (5) diabetes; (6) respiratory diseases; (7) sexually transmitted infections; (8) adult vaccinations. A profile of cancer was also provided to the CHC, but cancer is already being addressed as a priority health need through the hospital's internal requirements for the Commission on Cancer. Upon conclusion of the summary and criteria presentation, the health issues with the highest votes were: (1) Obesity (diabetes, heart disease, nutrition and exercise) and (2) Behavioral Health (substance abuse and mental health).

SIGNIFICANT HEALTH NEEDS IDENTIFIED BUT NOT SELECTED AND WHY

The health needs not selected by the CHC were: (1) heart disease; (2) diabetes; (3) respiratory diseases; (4) sexually transmitted infections; and (5) adult vaccinations.

Heart Disease

Heart disease was identified as a need in the Primary Service Area (PSA) and it remains the second leading cause of death in both Kane and McHenry Counties. However, due to declining death rates due to coronary disease and improving emergency room and hospitalization rates for heart failure and hypertension, the CHC selected to continue focusing on obesity as a health priority, which has a direct correlation to heart disease.

Diabetes

The Advocate Sherman PSA emergency room (ER) rate for adults due to diabetes is lower than the Illinois rate. However, the areas of most concern continue to be residents living in Elgin (60120 and 60123) and Carpentersville (60110). The ER rate due to uncontrolled diabetes remains highest in the PSA for Hispanics and African Americans. Advocate Sherman chose diabetes as a priority in the last CHNA and has implemented a comprehensive program for the Hispanic community in Elgin and Carpentersville. Although not selected as a priority for the next implementation plan, the current Diabetes in the Latino Community program will continue into the 2020-2022 period. Diabetes programming will focus on the Elgin and Carpentersville zip codes.

Respiratory Disease

Advocate Sherman data indicates that respiratory diseases are influencing the health of the PSA population, particularly African Americans and residents of Elgin and Carpentersville. As patients are identified with asthma or Chronic Obstructive Pulmonary Disorder (COPD), they are referred to the Advocate Sherman Mobile Integrated Health-Community Paramedicine Program and the program has demonstrated a decrease in hospital readmissions. Additionally, the Kane and McHenry County Health Departments have monitoring and oversight responsibilities for air quality. The Advocate Sherman community health staff have worked collaboratively with the Advocate Sherman Cancer Care Center team and both counties' health departments to coordinate lung cancer screening efforts as a prevention effort. The CHC decided to continue focusing on other health issues as priorities, given that current programs are in place to address pulmonary disease.

Sexually Transmitted Infections

Advocate Sherman's community health staff are collaborating with the hospital's Cancer Care Center, the American Cancer Society and both local health departments to address sexually transmitted infections in both counties. Although sexually transmitted infections are a considerable health issue in both counties, the local health departments are taking the lead on identification and prevention efforts through their respective communicable disease departments. The hospital community health staff assist with sharing prevention messages and practices with primary care providers in the PSA. Because the county health departments are leading these efforts already, and the number of residents affected is small compared to those affected by obesity and behavioral health, sexually transmitted infections was not selected as a primary focus.

Adult Vaccinations

Vaccinations include influenza and pneumonia for the adult population. In both Kane and McHenry Counties, adults who reported receiving the vaccine were lower than both the Illinois and U.S. values. However, the CHC thought that there is more of an issue with education on the importance of vaccine compliance, rather than an access issue. Vaccinations are available in physician offices, at the local health departments and in local pharmacies. Therefore, the CHC decided to focus on other health issues.

SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION PLAN AND WHY

Obesity

The CHC voted to select obesity as the first health priority as it received the highest score using the Hanlon Method for selection. The prevalence of obesity across the U.S. is steadily rising, which increases the risk of chronic disease and health conditions, such as diabetes, heart disease and cancer. Although the obesity rates in both Kane and McHenry Counties meet the Healthy People 2020 target, the rates continue to rise.

In the Kane County CHNA key informant interviews, 40.7 percent of participants considered nutrition, physical activity and weight as a "major problem" and 43.6 percent considered it to be a "moderate problem." In the McHenry County Healthy Community Study, 44.4 percent of community leaders interviewed stated that obesity is considered a major problem in the county. In Kane County, the rate for obesity for residents of Hispanic ethnicity is higher at 29.9 percent as compared to the White population at 26.3 percent. The results are similar in McHenry County

with 26.5 percent of residents of Hispanic ethnicity considered obese as compared to 25.6 percent of the White population. In 2018, the Illinois Youth Survey conducted in McHenry and Kane Counties, indicated that 25 percent of 10th and 12th grade students who participated in the survey were considered to be overweight or obese.

Both the Kane and McHenry County Health Departments have identified obesity as a priority in their respective community health improvement plans. Advocate Sherman selected obesity as a priority in the last CHNA cycle and will continue to focus on this health issue for the 2020-2022 implementation period.

Behavioral Health

The Advocate Sherman CHC selected behavioral health as the second health priority. Behavioral Health is comprised of both substance abuse and mental health. Council members emphasized that because mental health and substance use frequently co-occur, both should be addressed.

In the Advocate Sherman PSA, the highest age-adjusted ER rate due to mental health is for African Americans, those ages 18-24 years, ages 25-34 years and females. The highest PSA pediatric mental health ER rates are in Elgin (60120 and 60123) and Carpentersville (60110). Additionally, the ER rates due to pediatric mental health for those ages 15-17 years, 10-14 years and African Americans are significantly above the overall PSA rate. The ER rate due to adolescent suicide and intentional self-inflicted injury for the PSA has been increasing over time. Twelve percent of adults in the city of Elgin indicated that their mental health was not good for 14 or more days in the past month, higher than the U.S. rate of 11.4 percent. Sixteen percent of both Kane and McHenry County Medicare beneficiaries were treated for depression in 2017, and this rate is increasing at a statistically significant rate. In the Kane County CHNA key informant interviews, 61 percent of participants indicated that mental health was a "major problem" and 44.7 percent indicated that substance abuse was a "major problem."

Substance use was also identified as an area of concern within the Advocate Sherman PSA. In the Illinois Youth Survey, the percentage of teens who reported drinking alcohol on at least one occasion during the past 30 days is increasing over time in Kane County, although the rate is favorably trending downward at a statistically significant rate in McHenry County. On a positive note, tobacco use among teens is significantly decreasing over time in both counties. However, in the 2018 Illinois Youth Survey, 28 percent of Kane County 12th grade students and 37 percent of McHenry County 12th grade students reported using e-cigarettes in the past 30 days. ER and hospitalization rates due to alcohol use for adults in the PSA are in the worst 25th percentile compared to other counties in Illinois, with the

highest rates in Elgin (60120 and 60123) and South Elgin (60177). Additionally, ER rates due to alcohol use are significantly higher than the overall rate for African Americans, those ages 25-34 years and ages 45-64 years. In the PSA, emergency room rates due to opioid use for Elgin (60120 and 60123), Dundee (60118), those ages 18-24 years, 25-34 years, African Americans and males are significantly above the overall PSA rate. The Kane County and McHenry County death rates due to drug poisoning are increasing significantly. In the McHenry County community assessment, community leaders stated that a major health problem is prescription misuse (55.6 percent) and drug abuse (51.9 percent).

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:

- **Both Kane County (29.9 percent of adults) and McHenry County (26.5 percent of adults) have obesity rates for adults below the Healthy People 2020 target of 30.5 percent.**

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

- **The percentage of adults who are obese living in the census place (city) of Elgin is 33.1 percent. When compared to the largest 500 cities in the U.S., Elgin falls within the worst 50th-75th percentile and is higher than the national value of 28.8 percent.**

Source: Conduent Healthy Communities Institute, 500 Cities Project, 2015

- **In McHenry County, only 12.8 percent of adults indicated that they ate fruit and vegetables five or more times per day, which is the worst 50th-75th percentile as compared to other counties in Illinois.**

Source: Conduent Healthy Communities Institute, 500 Cities Project, 2015

- **According to the Illinois Youth Survey results from 2016 and 2018, the percentage of Kane County 10th and 12th grade students who are overweight or obese decreased slightly from 2016-2018. However, the percentage of McHenry County 10th and 12th grade students who are overweight or obese increased slightly between 2016-2018.**

Source: Illinois Youth Survey, Kane County and McHenry County Report, 2016 and 2018

TARGET POPULATION: Residents of the Advocate Sherman PSA (specifically Elgin zip codes 60120 and 60123) and Carpentersville (zip code 60110)

GOAL: To reduce the proportion of adults who are obese in the Advocate Sherman PSA

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Food Security

ALIGNMENT WITH ADDITIONAL STRATEGIES (LIMIT TO TWO BENCHMARKS)

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

- **Kane County CHNA Report and McHenry County Healthy Community Study**
  - Increase availability of healthy foods and increase physical activity in Kane County

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase food security in the Advocate Sherman PSA **Specific Interventions** • Implement food insecurity screening and referral programs in the targeted zip codes in the Advocate Sherman PSA *https://sirenetwork.ucsf.edu/tools-resources/resources/hunger-vital-sign-best-practices-screening-and-intervening-alleviate-food* • Expand access to fresh produce from the Advocate Sherman community garden with a nutrition education component for food insecure patients and target population community members	• Advocate Sherman Diabetes Center • Advocate Sherman Community Health – Mobile Integrated Health Program • Northern Illinois Food Bank • Food for Greater Elgin Food Pantry • FISH-Food Pantry in Carpentersville • Kane County Health Department	• Reduced number of residents of the target population zip codes who are food insecure • Increased referrals to community resources for patients identified as being food insecure • Increased number of agencies in the target zip codes that screen for food insecurity • Increased access to fresh produce to food insecure patients and community residents

MEASURING OUR IMPACT

- Number of agencies that implement food insecurity screening
- Number of people who complete food insecurity screening
- Number and percentage of residents of the target zip codes that screen positive for food insecurity
- Number of referrals made to food access services
- Pounds of fresh produce boxes harvested from the Advocate Sherman community garden

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Offer diabetes chronic disease education programs for residents with diabetes in the Advocate Sherman PSA **Specific Interventions** • Implement the evidence-based Diabetes Self-Management Program (DSMP) in the Advocate Sherman target population communities *https://www.selfmanagementresource.com/index.php/programs/small-group/diabetes-self-management/*	• YWCA of Elgin • Centro de Informacion • Gail Borden Library • Advocate Sherman Diabetes Center	• Increased access to healthy food • Increased weight loss • Established lifestyle change behaviors • Improved A1C levels

MEASURING OUR IMPACT

- Number of DSMP classes and sessions implemented
- Number of program participants
- Percentage of increased knowledge from pre-to post-program test
- Number and percentage of participants who screen positive for food insecurity

HEALTH PRIORITY: Behavioral Health

DESCRIPTION OF HEALTH NEED DATA:

- **The ER rate for adults due to mental health for Elgin (zip code 60123) is in the worst 25th percentile compared to other zip codes in Illinois.**

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

- **Disparities exist for the African American population for a number of mental health indicators. The ER rates for African Americans are all significantly above the overall PSA rate for mental health (211.9 visits per 10,000 population); for pediatric mental health (115.8 per 10,000 population); and for adult suicide and intentional self-inflicted injury (51.3 per 10,000 population).**

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

- **The PSA ER and hospitalization rates due to alcohol use are in the worst 25th percentile compared to other Illinois counties.**

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

TARGET POPULATION: Residents of Advocate Sherman PSA

GOAL: Reduce the percent of adolescents and adults 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
  - Increase the proportion of persons who are referred for follow-up care for alcohol problems, drug problems after diagnosis, or treatment for one of these conditions in a hospital ED
- **Kane CHNA Report**
  - Improve mental health of Kane County residents

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Increase access to substance use disorder services **Specific Interventions** • Implement the State Targeted Response (STR) Warm Handoff program in the Advocate Sherman 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* • Coordinate with the Kane County Opioid Task Force to promote substance abuse prevention and treatment	• Gateway Foundation • Advocate Sherman Emergency Department • Ecker Center • Renz Center • Kane County Opioid Task Force • Substance abuse treatment centers	• Decreased hospital readmissions due to opioid 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 Advocate Sherman PSA
- Decreased death rates for substance abuse in the Advocate Sherman PSA

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Align with key community-based coalitions to implement substance abuse prevention programming **Specific Interventions** • Support the Coalition for a Safe and Healthy Elgin (CSHE) Drug Free Communities grant • Educate parents and teens about effects of substances on the adolescent body • Implement education on marijuana ordinances and regulation	• Coalition for a Safe and Healthy Elgin (CSHE) • District U-46 (Elgin Schools) • District 300 (Carpentersville Schools) • Community-based organizations serving the African American population (TBD) • Faith community organizations (TBD)	• 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 Kane County and McHenry County
- Percentage of teens who use e-cigarettes in Kane County and McHenry County
- Percentage of teens who use marijuana in Kane County and McHenry County
- Increased 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.