Community Health Implementation Plan

2020 - 2022

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

SUMMARY OF CHNA PROCESS

Advocate South Suburban Hospital's (Advocate South Suburban) community health department reviewed data from primary and secondary sources. The data highlighted the prevalent health issues within the hospital's primary service area (PSA). After review of hospital data, the Alliance for Health Equity (The Alliance) data and Conduent Healthy Communities Institute data, the overarching health issues were summarized and presented to the hospital's Community Health Council (CHC) for prioritization on July 11, 2019. Data presented to the CHC included the following health conditions identified as important within Advocate South Suburban's PSA: heart disease, cancer, diabetes, mental health, substance abuse and asthma.

The following criteria were also considered in the prioritization process:

- Hospital and community resources available to address the health issue
- Hospital's capacity to address the health issue
- Importance of the health problem to the community

After discussion and review of the significant data findings, CHC members were instructed to rank the six health conditions by voting on those that they perceived to be the most important to address for the communities within the hospital's PSA. A consensus model of prioritization was utilized. Members were each provided five sticky dots and instructed to vote by placing the dots onto flip charts representing the greatest health need in the community. During the prioritization session, CHC members were asked to place their votes in any distribution, weighting any health condition with more than one vote or all votes based on the selection criteria outlined earlier. At the end of the voting session, the numbers were tallied and the health issues with the highest number of votes were chosen as the priority areas on which to focus for the 2017-2019 CHNA.

SIGNIFICANT HEALTH NEEDS IDENTIFIED BUT NOT SELECTED AND WHY

Cancer

Cancer was not selected as a priority to address within the Advocate South Suburban PSA. The hospital is already very engaged in providing an array of cancer services and community programs for cancer. Advocate South Suburban's oncology services offer an array of services, including radiation therapy, brachytherapy, image guided radiation therapy, intensity modulated radiation therapy and minimally invasive approaches to cancer treatment. The Breast Health

Center offers early detection services as well as advanced procedures, including Sentinel lymph node biopsy for breast cancer treatment. Additionally, Advocate South Suburban has an active Cancer Committee and Cancer Care Team that are dedicated to developing a comprehensive, multidisciplinary approach to treatment and prevention services. A number of community education and screening programs are also held in the community and onsite, focusing on breast, lung and prostate cancers. Some services include genetic counseling, patient navigation, clinical trials and research—all of which are designed to improve quality of life for patients and their families.

Heart Disease/Stroke

One of the key health issues identified but not specifically targeted in Advocate South Suburban's Community Health Improvement Plan was heart disease. Advocate South Suburban is addressing the heart disease needs of the community through the Advocate Heart Institute. Advocate Heart Institute services are comprehensive and range from cardiovascular diagnostics and detection to treatment and surgery, using the most advanced diagnostic and therapeutic tools available. The Institute also offers CPR training, a free heart risk assessment and an affordable heart CT scan. In addition, Advocate South Suburban offers a cardiac catheterization lab, which provides procedures used to diagnose cardiovascular conditions. The hospital offers a number of community education programs both at the hospital and throughout the community. These educational programs include lectures, seminars and support group meetings for congestive heart failure, diabetes education, heart risk assessments and lectures covering a range of topics pertinent to heart health. In addition to these services, Advocate South Suburban's communities have access to health education, and cholesterol, glucose and blood pressure screenings.

Asthma

Asthma was not selected as a priority health need to address as the hospital already provides many services and programs to address asthma. Advocate South Suburban offers comprehensive, multi-disciplinary services for lung and respiratory care, including the treatment of asthma. The Lung and Respiratory Care Center provides inpatient and outpatient respiratory care services to help patients achieve a better quality of life. With board certified pulmonologists who collaborate with related specialists, airway diseases are treated from prevention and diagnostics to advanced treatment and support services. Advocate Children's Hospital's (Advocate Children's) allergy and asthma specialists work with children and their families to manage asthma and provide education regarding how to prevent asthma attacks. Respiratory care specialists provide family consultation, treatment to eliminate chronic problems from allergy and asthma triggers, and education regarding asthma management. Lastly, Advocate Children's offers a variety of educational resources for children, teens and parents through the Asthma Center.

Substance Abuse

Advocate South Suburban is a community hospital that does not have an inpatient psychiatric unit and does not provide ongoing treatment for substance abuse. However, in order to meet

the immediate needs of emergency room and admitted hospital patients, and to provide continuity of care, the hospital provides treatment options through Advocate Behavioral Health Services and the Family Care Network located at Advocate Christ Medical Center. Advocate Behavioral Health Services and Family Care Network provide an adult inpatient psychiatric program, an older adult inpatient program to help patients regain psychological stability, adolescent partial hospitalizations and substance use-partial hospitalization for short-term intensive treatment for chemical dependence. Upon treatment and prior to discharge, patients are connected to behavioral health programs and provided resources to organizations to assist them based on needs (i.e., substance abuse facility or detox center).

SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION PLAN AND WHY

Community Health Council members selected mental health and diabetes as the top priorities. In addition, workforce development was identified as the social determinant of health which aligns with The Alliance's social determinant priorities for collective impact. Advocate South Suburban selected three priorities for implementation planning, including:

- Diabetes
- Mental Health
- Workforce Development (social, economic and structural determinants of health)

Diabetes

Uncontrolled diabetes continues to be a significant factor in both the hospital's PSA and in the county. Advocate South Suburban has implemented the CDC's National Diabetes Prevention Program in specific community areas, in partnership with community-based organizations and faith communities. Since 2017, the program has proven successful for participants who have completed the year-long classes. To establish the hospital as a designated diabetes prevention program, the program will continue to offer pre-diabetes education classes and data will be submitted in accordance with the program guidelines. Diabetes affects people of different backgrounds, ages and ethnicities. Continuing this program empowers individuals to take control of their health.

Mental Health

The CHC identified mental health as a growing issue in the hospital's PSA, therefore, it was selected as the second priority health need. Data trends indicate that mental health issues are increasing and the need for mental health services and programming is continuing to grow. This is a health need that is also related to substance abuse as many substance users/abusers also experience mental health issues, and many individuals with mental health disorders experience co-occurring substance abuse issues. The high rates of ED visits and hospitalizations due to mental health issues are preventable through employing coping mechanisms and resilience training. The hospital will adopt strategies that improve the rates of mental health emergencies and decrease ED visits and hospitalizations due to mental health issues. These strategies

include partnering with community-based organizations, faith institutions and education institutions to educate community members about mental illness; conducting asset mapping for the hospital's PSA to determine gaps in services; and coordinating with community partners to conduct Mental Health First Aid trainings focused on understanding and responding to individuals experiencing a mental health crisis.

Workforce Development

In an effort to continue its commitment to the community, Advocate Aurora will enter into Phase 3 of an established workforce development project. Advocate South Suburban will collaborate with community organizations to recruit and train community members for entry and mid-level skill jobs within health care. The Advocate Workforce Initiative focuses on four-to-five middle-skill healthcare occupations that include both in-patient and out-patient jobs. The program provides graduates with employment opportunities and lays the foundation for longer-term career growth and economic stability for the individual and his or her family.

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 five percent in targeted low-income communities over a span of ten years. To that end, the Advocate Aurora 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: Diabetes

DESCRIPTION OF HEALTH NEED DATA:

- **The age-adjusted ER rates due to diabetes for Advocate South Suburban's PSA is 103.9 ER visits per 10,000 population compared to an Illinois rate of 27.7 ER visits per 10,000 population.**
- **The communities with the highest diabetes ER rates per 10,000 population in the PSA include Calumet City (142.1), South Holland (186.0), Markham (195.6), Dolton (232.6) and Harvey (389.8).**
- **The Advocate South Suburban PSA age-adjusted hospitalization rate due to diabetes is 24.3 per 10,000 population, higher than the state of Illinois rate at 17.6 per 10,000 population and Cook County at 21.4 per 10,000 population.**
- **The age-adjusted hospitalization rates per 10,000 population are highest for the communities of Markham (42.0), Hazel Crest (43.6), Country Club Hills (44.4) and Harvey (51.0).**

Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2019

TARGET POPULATION: Individuals in the hospital PSA who have been identified with pre-diabetes

GOAL: Provide education and resources for the prevention of type 2 diabetes among Advocate South Suburban's PSA.

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Food Security

ALIGNMENT WITH ADDITIONAL STRATEGIES

- National Diabetes Prevention Program
  - Provides delivery of CDC-recognized lifestyle change programs.
  - Focuses on the prevention or delay of Type 2 Diabetes

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Offer diabetes prevention education programs to prevent or delay the onset of Type 2 diabetes	• Community and Hospital Physicians • Faith Institutions Victory Apostolic Church	• Decreased Weight of participants • Decreased A1C levels for participants

Specific Interventions • Implement the National Diabetes Prevention Program (evidence-based program) in the Advocate South Suburban PSA *https://www.cdc.gov/diabetes/prevention/about.htm*	• Advocate Diabetes Educators • Local Federally Qualified Health Centers (FQHCs)	• Improved healthy eating habits by participants • Increased access to fresh produce and grains for participants

MEASURING OUR IMPACT

- Number of participants who lose 5-7 percent of their body weight
- Percent of participants who completed a minimum of 150 minutes of exercise per week
- Number of participants with improved A1C levels
- Number of referrals for food for Diabetes Prevention Program (DPP) participants who are determined to be food insecure

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Maintain South Suburban Hospital as a CDC-designated National Diabetes Prevention Program-approved site **Specific Interventions** • Submit program requirements to the CDC and hold quarterly meetings with program participants in existing cohort *https://www.cdc.gov/diabetes/prevention/about.htm*)	• Lifestyle Coaches • Physicians • Faith Institutions • Diabetes Wellness Center • Program participants	• Ongoing CDC recognition status

MEASURING OUR IMPACT

- Letter of Approved DPP site
- Percent of participants who met the guidelines for CDC recognition

HEALTH PRIORITY: Mental Health

DESCRIPTION OF HEALTH NEED DATA:

- **The Advocate South Suburban PSA age-adjusted ER rate due to pediatric mental health is 69.6 ER visits per 10,000 population under 18 years of age,**

which is higher than the state of Illinois at 64.5 and Cook County at 54.5 visits per 10,000 population.

- **The age-adjusted ER rate due to suicide and intentional self-inflicted injury for the PSA is lower than the state of Illinois rate, but higher than the Cook County rate.**

- **There are 10 zip codes that have ER rates due to mental health that are higher than the hospital's PSA rate. Those communities are Chicago Heights, Country Club Hills, Dolton, Flossmoor, Harvey, Hazel Crest, Markham, Matteson, Park Forest and South Holland.**

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

TARGET POPULATION: Community members and first responders within the Advocate South Suburban PSA

GOAL: Increase access, education and availability of mental health resources in the Advocate South Suburban PSA

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 educational programs to reduce behavioral health stigma and increase mental health awareness **Specific Interventions** • Offer Mental Health First Aid courses to the community and first responders (evidence-based program) https://www.mentalhealthfirstaid.org/	• Sertoma Center • The South Suburban Community Health Council Members • Advocate Aurora Behavioral Health Department	• Reduced mental health stigma • Increased knowledge of mental health • Access to mental health resources

	• Advocate Faith and Health Department	• Participants ability to respond to a mental health crisis

MEASURING OUR IMPACT

- Number of MHFA training sessions offered
- Number of attendees

STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
Evaluate MHFA trainings and determine whether skills learned during the trainings assisted participants in appropriately responding to a mental health crisis. **Specific Interventions** • Implement a survey of each participant three-months after completion of Mental Health First Aid course *https://www.mentalhealthfirstaid.org/*	• Sertoma Center • South Suburban Community Health Council • First Responders • Alliance for Health Equity	• Sustained MHFA skills • Improved skills to assess and refer individuals facing a mental health crisis

MEASURING OUR IMPACT

- Percent of MHFA course participants that "agree" or "strongly agree" that they could offer a youth or adult basic mental health assistance during a crisis
- 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
- Percent of MHFA course participants that have utilized strategies learned in the course

HEALTH PRIORITY: Workforce Development

DESCRIPTION OF HEALTH NEED DATA:

- **The unemployment rate among individuals 16 years of age and older in the Advocate South Suburban PSA is 10.52 percent, which is higher than the Illinois unemployment rate (6.70 percent) and the rate for Cook County (7.74 percent).**

- **In the hospital's PSA, the communities with the highest unemployment rates include Dolton (19.47 percent), Harvey (19.19 percent), Calumet City (14.74 percent) and Chicago Heights (14.19 percent).**
- **The median household income for the PSA is $66,110 compared to $66,487 for the state of Illinois.**
- **The communities with the highest SocioNeeds Index values are Harvey, Chicago Heights, Markham, Calumet City and Dolton.**

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

TARGET POPULATION: Advocate South Suburban PSA

GOAL: Increase percentage of PSA residents who are employed and earning a living wage

ALIGNMENT WITH ADVOCATE AURORA COMMUNITY STRATEGY

- Workforce Development

ALIGNMENT WITH ADDITIONAL STRATEGIES

- **Workforce Innovation and Opportunity Act Regional Plan 2020**
  - Goal 3: Provide and promote training on management and administrative skills, with a focus on the Public Health Core Competencies and skill development

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
Offer access to employment and training opportunities in high SocioNeeds communities in the PSA **Specific Interventions** • Partner with education institutions and businesses to increase employment and training opportunities in the community *https://advocategiving.org/how-youre-helping/advocate-workforce-initiative/* • Partner with education institutions and businesses to increase employment and training opportunities within Advocate Aurora Health	• Workforce Development Department • Human Resources • Local Colleges and Universities • Local businesses	• Access to training • Access to professional skill development • Community participation in targeted hiring events in distressed communities • Increased employment rate

MEASURING OUR IMPACT
• Number of hiring events in targeted communities • Number of leadership trainings for target population • Number of local residents who are hired by local businesses, post-training • Number of local residents hired within Advocate Aurora

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.