Advocate Condell Medical Center Community Health Implementation Strategy

January 1, 2023 – December 31, 2025

Community health improvement is an effective tool for creating a shared vision and supporting a planned and integrated approach to improving health outcomes. The basic premise of community health improvement is that entities identify community health issues, prioritize those that can be addressed, and then develop, implement, and evaluate strategies to address those issues. Tax-exempt hospitals are required to conduct a community health needs assessment (CHNA) and develop an implementation strategy to document how the hospital will address prioritized community health needs. The following outlines a summary of the CHNA process and provides details on Advocate Condell Medical Center's (Advocate Condell) plans to address their prioritized community health needs.

SUMMARY OF ADVOCATE CONDELL MEDICAL CENTER COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

Advocate Condell completed a community health needs assessment in 2022 to obtain a comprehensive picture of the health and social needs of Lake County residents. The CHNA report describes the assessment process and includes demographic, socioeconomic and health status data along with community resident perspectives from the 2022 community survey.

Metopio was a key source of data for the 2022 Advocate Condell CHNA. The data platform is an internet-based resource which includes data for health, demographics, emergency department (ED) visits, hospitalization rates and more. This secondary data was crucial in identifying Lake County's health needs and data collected through Metopio included data comparisons between Illinois counties and zip codes compared against state and national data.

As part of the CHNA process, Advocate Condell established a Community Health Council comprised of hospital and community stakeholders who provided valuable input for the CHNA process and selected the priority health needs. Under the leadership of the hospital's Director of Community Health and Community Health Coordinator, the CHC worked through a prioritization process to determine the key health needs in the county, and data was presented on these issues:

- Obesity
- Cardiovascular Disease
- Diabetes
- Behavioral Health (Mental Health and Substance Use)
- Maternal, Child and Reproductive Health
- Respiratory Diseases (Asthma, COPD, Pneumonia/Flu)
- Sexually Transmitted Infections
- Unintentional Falls
- Dental Health (Oral Health)
- Cancer
- COVID-19.

CHC members were guided through a cumulative voting exercise to select the top two priority health issues, taking into consideration prevalence, incidence and mortality rates, Lake County Health Department (LCHD) Community Health Assessment findings and the availability of resources to address the issue. The CHC selected behavioral health (mental health and substance use) and obesity as the priority health needs for the 2023-2025 implementation plan. In this implementation strategy cycle, activities will include a focus on changes in policy, systems and environment (PSE) in order to create more sustainable community impact.

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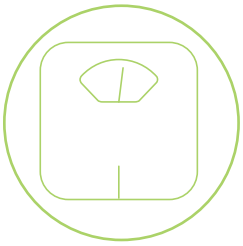
SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION STRATEGY AND WHY

Behavioral Health (Mental Health and Substance Use)

Behavioral Health (mental health and substance use) was selected as a top need in Lake County. The 2022 key informant survey results identified mental health as the top problem issue in Lake County. Additionally, the 2022 community survey found that 22.4 percent of adults rated their overall mental health as "fair" or "poor" which is higher than the comparable national rate. The Lake County Health Department selected "access and utilization of physical and mental healthcare" as one of the top health priorities in the Lake County Community Health Assessment process.

Key informants in the 2020 PRC study rated alcohol and heroin or other opioids as the most problematic substances in the community. The county rate of adults who binge drink has consistently increased year-over-year since 2010 and the drug overdose mortality rate in Lake County has been increasing over time, as have the state and national overdose death rates. Substance use, particularly heroin and other opioid use, continues to be a primary focus of the Lake County Opioid Initiative and the Lake County substance treatment providers. The increasing rates of mental health conditions and substance use for both adults and youth were contributing factors in the CHC selecting behavioral health as a priority need.



Obesity

Obesity was a health priority selected in the two previous CHNA cycles and was selected again in 2022. Obesity continues to increase both locally and nationally. Obesity increases the risk of a range of diseases in adults – including higher rates of complications and serious illness from COVID-19, type 2 diabetes, high blood pressure, heart disease, stroke, arthritis, and many types of cancer and contributes to an overall risk of mortality. The COVID-19 pandemic added new obstacles and exacerbated existing barriers to healthy eating and physical activity in 2020 and 2021, and deepened longstanding racial and economic inequities in the U.S. Emerging data suggests eating habits shifted, physical activity declined, stress and anxiety increased, food insecurity worsened, and many Americans gained weight throughout the pandemic.

The 2022 PRC community survey results show that 34.3 percent of Lake County adults are obese. Survey results showed obesity rates for Hispanic adults and those living below 200 percent of the federal poverty level in Lake County are even higher. Illinois Youth Survey 2022 data shows that 14 percent of Lake County 12th graders are overweight, and seven percent are obese. Due to a strong correlation to chronic diseases and other health conditions, the CHC voted to continue focusing on obesity as a priority health issue.

HEALTH PRIORITY: Behavioral Health: Mental Health and Substance Use

IMPACT:

Improve mental health and reduce substance use rates in Advocate Condell Medical Center PSA

DESCRIPTION OF HEALTH NEED DATA:

- Young adults ages 18-39 years have the highest Emergency Department rate due to mental health in Lake County, followed by youth ages 5-17 years. Non-Hispanic Black residents in Lake County have the highest ED rate and hospitalization rate due to mental health.

Source: Metopio, Illinois Hospital Association, COMPdata Informatics, 2016-2020

- In Lake County, 28.9 percent of Lake County residents were found to be lonely, higher than the U.S. rate of 23.8 percent.
- The drug overdose mortality rate in Lake County has been increasing over time.

Source: PRC Community Health Needs Assessment – Lake County, Illinois, 2022

- In Lake County, non-Hispanic Black residents and young adults ages 18-39 years have the highest rate of Emergency Department visits for alcohol use, substance use and opioid use.
- The communities with the highest ED rates due to substance use are Fox Lake, North Chicago and Waukegan. The communities with the highest ED rates due to opioid use are in Fox Lake, Ingleside and North Chicago.

Source: Metopio, Illinois Hospital Association, COMPdata Informatics, 2016-2020

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: **ADVOCATE CONDELL MEDICAL CENTER STRATEGY**

- Access to Behavioral Health Services (Advocate Health Care)
- Access and Utilization of Mental Health Care (LCHD)

STATE: **ILLINOIS STATE HEALTH PLAN PRIORITY AREAS**

- Improve Behavioral and Mental Health (IDPH

NATIONAL: **HEALTHY PEOPLE 2030**

- Reduce misuse of drugs and alcohol
- Improve mental health

HEALTH PRIORITY: Behavioral Health: Mental Health and Substance Use cont.

STRATEGY #1: Implement education on Fentanyl, Xylazine and other substances to prevent overdoses

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Implement the Loneliness Project in targeted communities • Support the Parent University at the Round Lake School District 116 to implement education program for parents and students on mental health coping strategies	• Faith organizations • Community-based support service organizations • Affordable Housing organizations • Round Lake Area District 116 BPAC	• Collaborate with partners who serve young adults, residents with lower-income and people of color to implement the Loneliness Project in Fox Lake, Waukegan, Zion and North Chicago • Collaborate with the Round Lake School District BPAC leaders to implement mental health curriculum

MEASURING OUR IMPACT

- Number of collaborative partnerships
- Number of participants enrolled in Loneliness Project program
- Change in level of loneliness as measured by pre-and post-assessment using the UCLA Loneliness Scale, Mission and Spiritual Health distress assessment inventory and the Epic social drivers of health screening
- Change in social connectedness as measured by qualitative comments from pre- and post-journaling by participants
- Change in parent's knowledge of mental health signs and symptoms as measured by a pre- and post-test

HEALTH PRIORITY: Obesity

IMPACT:

Reduce the number of adults who are obese in the Advocate Condell Medical Center PSA

DESCRIPTION OF HEALTH NEED DATA:

- The top four communities in Lake County with the highest adult obesity rates are North Chicago (60064) at 42.8 percent, Waukegan (60085, 60087) at 40.5 percent and 36.9 percent, respectively and Zion (60099) at 38.3 percent.

Source: Metopio, Diabetes Atlas, BRFSS, PLACES, 2019

- In Lake County, 7.1 percent of residents are food insecure. The zip codes in the PSA with the highest rates of food insecurity are North Chicago (60064) at 15.8 percent, Waukegan (60085) at 13.9 percent, Highwood (60040) at 13.9 percent, Zion (60099) at 13.2 percent, Fox Lake (60020) at 12.6 percent and Lincolnshire at 11.2 percent.

Source: Metopio, Feeding America, Map the Meal Gap, 2020

- The percentage of adults ages 18 years and older diagnosed with diabetes has been increasing. In Lake County, 13.0 percent of Lake County adults reported having been diagnosed with diabetes.

Source: PRC Community Health Needs Assessment - Lake County, Illinois, 2022

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: **ADVOCATE CONDELL MEDICAL CENTER STRATEGY**

- Obesity (Advocate Health Care)
- Food Security (Advocate Health Care)
- Physical Activity (Advocate Health Care)
- Nutrition (Advocate Health Care)

STATE: ILLINOIS STATE HEALTH PLAN PRIORITY AREAS

- Increase opportunities for healthy eating (IDPH)
- Increase opportunities for active living (IDPH)

NATIONAL: HEALTHY PEOPLE 2030 AND WHITE HOUSE NATIONAL STRATEGY ON HUNGER, NUTRITION AND HEALTH

- Reduce household food insecurity and hunger (HP2023)
- Reduce overweight and obesity by helping people eat healthy and get physical activity (HP2030)
- Improve Food Access and Affordability (WHNS)
- Prioritize the role of nutrition and food security in overall health (WHNS)

HEALTH PRIORITY: Obesity cont.

STRATEGY #1: Reduce overweight and obesity by increasing access to healthy food choices in Lake County

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Continue the Rx Mobile Food Pantry in Lake Villa • Establish onsite community garden at Advocate Condell Medical Center	• Northern Illinois Food Bank • Holy Family Church in Lake Villa • Advocate Community Health Mobile Health Team • Faith organizations • University of Illinois Extension SNAP-Ed program • University of Illinois Extension Master Gardeners • YWCA	• Track biometrics over time to monitor impact of the Rx Mobile Food Pantry • Partner with area service organizations to host social drivers of health informational tables at the Rx Mobile Food pantry • Identify site on Advocate Condell campus for community garden • Collaborate with area faith and community organizations to establish funding and support for onsite Advocate Condell community garden launch and sustainability

MEASURING OUR IMPACT

- Number of Rx Mobile food pantries held
- Number of individuals and households attending each food pantry
- Number of community organizations hosting informational tables and providing support
- Annual pounds of food distributed through Rx Mobile Food Pantry annually
- Change in cohort participant biometrics over one year period
- Number of collaborating agencies assisting with Advocate Condell community garden
- Number of volunteer hours dedicated to Advocate Condell community garden startup
- Amount of funding and donated materials secured to support Advocate Condell community garden

STRATEGY #2: Reduce overweight and obesity by increasing opportunities for physical activity for individuals with limited mobility

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Implement the CDC evidence-based *Fit & Strong Program*	• UIC School of Public Health, Center for Research on Health and Aging • Local Park Districts • Local senior centers • Local townships • Lake County Health Department	• Identify community stakeholders in North Chicago, Waukegan and Zion who serve older adults and individuals with limited mobility • Support community organizations to become certified *Fit and Strong* instructors and host agencies • Refer Advocate Condell patients with high fall risk to *Fit and Strong* program

MEASURING OUR IMPACT

- Number of community organizations implementing the Fit and Strong Program
- Number of Fit and Strong classes held annually
- Number of participants that complete the Fit and Strong Program annually
- Increase of knowledge and confidence of program participants based on the pre- and post-survey results
- Increase of mobility, balance and strength among program participants as measured by program pre- and post-test results
- Decrease in participants' level of loneliness as measured by pre- and post-test results
- Number of Advocate Condell patients referred to the 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.