Advocate Good Shepherd Hospital 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 Good Shepherd Hospital's plans to address their prioritized community health needs.

SUMMARY OF ADVOCATE GOOD SHEPHERD HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

Advocate Good Shepherd Hospital (Advocate Good Shepherd) completed a comprehensive hospital community health needs assessment process in 2022. For purposes of this CHNA report, Advocate Good Shepherd's "community" includes parts of McHenry County, Lake County and the Barrington area and data was collected and analyzed accordingly. The goal of the CHNA report is to obtain a comprehensive picture of the health and social needs of the Good Shepherd primary service area (PSA) residents.

The CHNA report includes demographic, socioeconomic and health status data along with key findings regarding the health of the Good Shepherd PSA residents. Metopio was a key source of data for the 2022 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 the primary service area's (PSA'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 Good Shepherd established a Community Health Council (CHC) comprised of hospital and community stakeholders who provided valuable input for the CHNA process. Under the leadership of the hospital's Director of Community Health and Community Health Coordinator, 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 and COVID-19. CHC members were guided through a cumulative voting exercise to select the top health issues, taking into consideration prevalence, incidence and mortality rates, and findings from the health department Community Health Assessments and the Healthier Barrington Study. The CHC selected the issues of obesity and behavioral health (which includes mental health and substance use) as the priority health needs to address in 2023-2025. The CHC also recognized the importance of addressing root causes of health and urged the Advocate Good Shepherd community health team to integrate SDOH into strategies developed to address the identified needs. 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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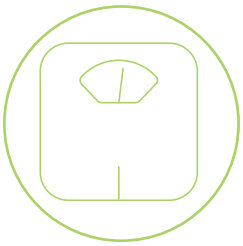
SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION STRATEGY AND WHY



Obesity

Obesity was selected as a priority for both the 2014-2016 and 2017-2019 CHNA cycles. The prevalence of obesity has continued to steadily increase both locally and nationally. Obesity prevalence rates as of 2017 show all states had more than 20 percent of adults with obesity, as determined by BMI measurements in the obese range. In 2017, obesity prevalence rates for Illinois adults 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 WIC preschoolers, ages two to four, are obese.

In the Advocate Good Shepherd PSA, 30.6 percent of adults are obese. The obesity rate for adults in McHenry County (31.4 percent) and Lake County (32.1 percent) are both slightly higher (Metopio, Illinois Behavioral Risk Factor Surveillance System, PLACES, 2019). According to the 2020 Illinois Youth Survey Suburban Chicago Report, 22 percent of 8th grade students are overweight or obese, while 23 percent of 10th graders and 24 percent of 12th grade students are overweight or obese. Seven percent of Lake County adults are food insecure and 13 percent of McHenry County adults are food insecure. The food insecurity rate in the Advocate Good Shepherd PSA is 9.0 percent, higher than Illinois at 8.3 percent (Metopio, Feeding America, 2020). 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.

Behavioral Health (Mental Health and Substance Abuse)

includes both mental health and substance use. The CHC identified the strong relationship between mental health and substance use based on the data presented at the meetings. While the rates of both substance use and mental health continue to increase over time in the PSA, counties and state, the data suggests that more work needs be done to address the ever-growing need of additional services, access to programs and support services in our communities. Both the Lake and McHenry County Health Departments have identified behavioral health as a health priority in their respective community health improvement plans. Advocate Good Shepherd also selected behavioral health as a priority in the last CHNA cycle and will continue with this priority due to the continual rise in substance use and mental health rates across the PSA.

HEALTH PRIORITY: Obesity

IMPACT:

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

DESCRIPTION OF HEALTH NEED DATA:

- In the Advocate Good Shepherd PSA, 30.6 percent of adults are obese. The obesity rate for adults in McHenry County is 31.4 percent and 32.1 percent in Lake County.

Source: Illinois Behavioral Risk Factor Surveillance System, PLACES, 2019

- In 2019, 21.3 percent of adults over the age of 18 years in the Good Shepherd PSA, answered "no" to a survey question asking if they participated in any physical activity or exercise in the past month.
- The rate of adults reporting no exercise has increased by three percent since 2016 (18.3 percent). The PSA rate is lower than the Lake County (21.3 percent), McHenry County (25.6 percent) and Illinois (25.9 percent) rates.

Source: Illinois Behavioral Risk Factor Surveillance System, 2019

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: ADVOCATE GOOD SHEPHERD HOSPITAL STRATEGY

- Food Security (Advocate Health Care)
- Obesity: Implement opportunities for nutrition education and physical activity (MCDH)
- Nutrition, Exercise and Weight (KCHD)

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 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 opportunities for physical activity for individuals with limited mobility

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Implement the evidence-based program, *Fit & Strong* throughout the PSA	• UIC School of Public Health, Center for Research on Health and Aging • Harvard Senior Center • Woodstock Senior Center • NeuroBalance Center • Barrington Area Council on Aging (BACOA) • Wauconda Park District • Ela Township • Dundee Township • Cary Park District • Lake in the Hills Park District	• Identify community stakeholders who serve older adults and individuals with limited mobility • Support community organizations to become certified as Fit and Strong certified instructors and host agencies • Track change in mobility, balance and strength among program participants • Track change in program participants' level of loneliness • Refer Advocate • Good Shepherd 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
- Number of Advocate Good Shepherd patients referred to the program
- Decrease in participants' level of loneliness as measured by pre- and post-test results
- Number of Advocate Good Shepherd patients referred to the program

HEALTH PRIORITY: Obesity cont.

STRATEGY #2: Reduce overweight and obesity by increasing access to healthy food choices at food pantries

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Assess food pantry no salt/low salt and allergy policies • Implement signage in food pantries to identify healthy food choices for individuals with various chronic diseases • Develop policy and guidelines for all food drives conducted at Illinois Advocate Health Care hospitals that encourage donation of healthy food options • Implement nutrition education programs for patrons of food pantries	• University of Illinois Extension • McHenry County Health Department • Food pantries within the PSA • Local libraries within PSA • Local non-profits within PSA	• Collaborate with food pantries within the PSA to create and implement a food allergy and no-salt/low-salt policy and guidelines • Collaborate with food pantries within the PSA to develop and implement signage marking healthy food choices • Collaborate with food pantries within the PSA and the University of Illinois Extension to provide recipes and nutrition education for food pantry patrons with chronic disease • Collaborate with internal Advocate programs to develop and implement guidelines to promote healthy food donations for food drives

MEASURING OUR IMPACT

- Number of food pantries that develop and implement food allergy policy
- Number of food pantries that develop no-salt/low-salt donation policy and guidelines
- Number of food pantries that implement signage marking healthy food choices
- Number of food pantries that implement healthy recipes for food patrons
- Number of food pantry nutrition education programs held and number of attendees
- Increase in knowledge of healthy food choices of food pantry patrons as measured by pre-and post-test of nutrition education program
- Number of Advocate Health Care Illinois hospitals that implement healthy food donation guidelines

HEALTH PRIORITY: Obesity cont.

STRATEGY #3: Expand opportunities for education on nutrition and agriculture at Smart Farm

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Collaborate with community partners to develop agricultural and nutrition education at expand Smart Farm • Create opportunities for youth to learn agricultural and urban farming • Increase access of fresh produce to targeted communities	• Smart Farm • University of Illinois Extension • Local 4H clubs • Local Food Pantries • Northern Illinois Food Bank	• Introduce and foster relationships between community partners and Smart Farm • Collaborate with Smart Farm to identify key stakeholders in the community • Create educational materials focused on nutrition, food insecurity and agricultural practices • Continue surveillance of food insecurity and identify communities most in need for the Smart Farm Team • Track the amount of produce being donated to local food pantries • Track the amount of produce donated to Advocate Trinity and South Suburban Hospitals for the Food Pharmacy Program

MEASURING OUR IMPACT

- Number of students to volunteer at Smart Farm
- Number of pounds of donated produce to local pantries
- Number of pounds of donated produce to the Food Pharmacies in Advocate Trinity and South Suburban Hospitals
- Number of educational materials created for Smart Farm

HEALTH PRIORITY: Behavioral Health: Mental Health and Substance Abuse among residents

IMPACT:

Reduce mental health and substance use rates in Advocate Good Shepherd Hospital PSA

DESCRIPTION OF HEALTH NEED DATA:

- Non-Hispanic Black residents and young adults (ages 18-39 years) have the highest Emergency Department (ED) rates due to alcohol use, substance use and opioid use in the PSA.

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

- Drug overdose mortality rates are significantly increasing over time, with the highest death rates in the PSA among non-Hispanic White males and young adults (ages 18-39 years).

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

- Emergency Department (ED) rates for mental health are steadily increasing in the PSA and hospitalization rates for mental health are highest among young adults (ages 18-39 years), juveniles (ages 5-17 years) and non-Hispanic Black residents.

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

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: ADVOCATE GOOD SHEPHERD HOSPITAL STRATEGY

- Access to Behavioral Health Services (Advocate Health Care)
- Enhance and expand local suicide prevention and overdose prevention activities (MCDH)
- Access and Utilization of Mental Health Care (LCHD)

STATE: ILLINOIS STATE HEALTH IMPROVEMENT PLAN

- Improve Behavioral and Mental Health (IDPH

NATIONAL: **HEALTHY PEOPLE 2030**

- Reduce misuse of drugs and alcohol (HP2030)
- Improve mental health (HP2030)

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

STRATEGY #1: Reduce misuse of drugs and alcohol by enhancing existing community collaborations prevention

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Implement youth alcohol prevention programming through targeted youth coalitions • Educate parents and teens about effects of substances on the adolescent body through community campaigns • Youth stress and anxiety Management from the New Graduate Nurse Residency Program	• BStrong Together in Barrington • Choose Your Own Path Coalition (Drug Free Communities Grant) • Warrior Cares in McHenry • McHenry County Substance Abuse Coalition • Advocate Health Care New Graduate Nurse Residency Program	• Provide youth alcohol prevention through the Sticker Shock Campaign • Develop substance use prevention materials in English and Spanish for the Two Truths Campaign • Support the Stress and Anxiety Prevention Programming from the New Graduate Nurse Residency Program

MEASURING OUR IMPACT

- Number of students that participate in the Youth Advisory Committees
- Number of behavioral health targeted campaigns implemented in partnership with community coalitions
- Number of students who report a decrease in stress and anxiety, as measured through pre- and post-tests, where applicable

STRATEGY #2: Decrease use of alcohol around non-highway vehicles

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Implement non-highway vehicle safety campaign, which includes prevention of alcohol and substances around non-highway vehicles • Develop data analysis profile for the Wauconda zip code that includes substance use	• Wauconda Police Department • United Partnership Coalition • Choose Your Own Path Coalition	• Develop and implement a community wide safety campaign in collaboration with the United Partnership Coalition • Create and implement a community-wide safety campaign in conjunction with the new Wauconda non-highway vehicle ordinance (golf carts, boats, ATVs and snowmobiles) • Create and present a comprehensive data analysis on the Wauconda zip code with recommendations • Align with existing community events to raise awareness of alcohol and substance use prevention around non-highway vehicles

MEASURING OUR IMPACT

- Number of presentations of the Wauconda Data Profile given by the Advocate Good Shepherd Community Health Staff
- Number of villages who pass ordinances targeted toward safety when operating non-highway vehicles
- Number of events held in safety campaign

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 prevention education campaign on Fentanyl and Xylazine • Increase Narcan training throughout community • Increase access to Narcan in community locations • Collaborate with the McHenry County Overdose Prevention and Response Team and McHenry County Substance Abuse Coalition to identify new organizations to become Narcan trained	• McHenry County Overdose Prevention and Response Team • McHenry County Department of Health • McHenry County Substance Abuse Coalition • Lake County Opioid Initiative • Local Public Libraries • Local businesses	• Collaborate with substance use providers who have developed education materials on Fentanyl, Xylazine and other substances • Conduct outreach to identify new stakeholders to implement the education campaign • Recruit libraries, schools and other public locations to implement Narcan training and place Narcan onsite

MEASURING OUR IMPACT

- Number of collaborating partners who implement education
- Number of education collateral materials developed and implemented
- Increase in knowledge related to Fentanyl and Xylazine based on pre- and post-test results
- Number of Narcan trainings completed
- Number of new locations where Narcan is available

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.