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

SUMMARY OF ADVOCATE SHERMAN HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

In 2022, Advocate Sherman Hospital (Advocate Sherman) completed the Community Health Needs Assessment (CHNA) which consisted of a comprehensive presentation and analysis of both qualitative and quantitative data. Advocate Sherman participated in two comprehensive community assessments in collaboration with each of the county health departments: the Kane County Health Department 2021 Community Health Needs Assessment and the 2021 McHenry County Healthy Community Study with the McHenry County Department of Health.

Metopio was a key source of data for the 2022 Advocate Sherman 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 analyzing the hospital's PSA health needs as the database was the only source that provided extensive data specific to the PSA. All data collected through Metopio was quantitative and included Illinois data comparisons between PSA, counties, compared against state and national data.

The Advocate Sherman Community Health staff presented extensive data to the Community Health Council (CHC) through a series of four meetings. Indicators presented included demographic, economic, education, employment, social drivers of health and health status and behaviors. The eight most significant health issues presented were:

- Behavioral Health (Mental Health and Substance Use)
- Cardiovascular Diseases
- Diabetes
- Maternal, Fetal, Infant Health
- Obesity
- Respiratory Diseases
- Sexually Transmitted Infections
- Unintentional Falls.

Profiles of cancer and COVID-19 data were also provided to the CHC. Cancer is already being addressed as a priority health need through the hospital's internal requirements for the Commission on Cancer. COVID-19 prevention, education and treatment are also ongoing priorities and the hospital coordinates with the Kane County Health Department for COVID-19 response. CHC members selected obesity and behavioral health (mental health and substance use) as the top two health priorities for the 2023-2025 implementation plan.

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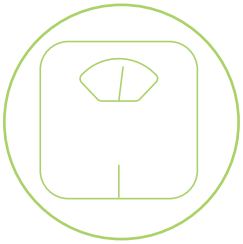
Advocate Sherman Hospital
1425 N. Randall Rd.
Elgin, IL 60123

SIGNIFICANT HEALTH NEEDS IDENTIFIED AND SELECTED FOR IMPLEMENTATION STRATEGY AND WHY

Behavioral Health

Behavioral health was selected as the first health priority for the CHNA and includes both mental health and substance use. The CHC determined the strong connection 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 for additional services, access to programs and support services in our communities.

Both the Kane and McHenry County Health Departments have identified behavioral health as a health priority in their respective community health improvement plans. Advocate Sherman also selected substance use 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.



Obesity

Obesity was selected as the second health priority for the CHNA. Advocate Sherman identified obesity as a health priority in the last CHNA cycle and will continue with this priority. Obesity prevalence rates continue to rise across the United States, Illinois, Kane County, McHenry County and the Advocate Sherman PSA. Obesity increases the risk of chronic diseases and health conditions such as diabetes, heart disease, cancer and more. Established programs focusing on food insecurity will continue and additional strategies will be added to increase healthy eating and physical activity. In this implementation strategy cycle, activities will include a focus on changes to policy, systems and environment (PSE) in order to create more sustainable community impact.

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: Obesity

IMPACT:

Reduce obesity rates among adults in the Advocate Sherman Hospital PSA

DESCRIPTION OF HEALTH NEED DATA:

- Obesity rates among adults and youth are steadily increasing over time. In the PSA, 34.3 percent of adults ages 18 and older are obese. The zip codes in the PSA with the highest obesity rates are Carpentersville (60110) at 38.5 percent and Elgin (60123) at 37.0 percent.
- Diabetes is significantly increasing over time with the highest rates of diagnosed diabetes in the PSA in Huntley (60142) and Elgin (60123).

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

- In the PSA, 9.8 percent of the population is experiencing food insecurity at some point. The zip codes in the PSA with the highest rates of food insecurity are Elgin (60123) at 11.0 percent, Elgin (60120) at 10.9 percent, West Dundee (60118) at 10.7 percent and Carpentersville (60110) at 10.5 percent.

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

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: ADVOCATE SHERMAN 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 CDC evidence-based *Fit & Strong* program	• UIC School of Public Health, Center for Research on Health and Aging • Local Park Districts • Local senior centers • Advocate Sherman Emergency Department	• Identify community stakeholders in Carpentersville and Elgin (60123) who serve older adults and individuals with limited mobility • Support community organizations to become certified as *Fit and Strong* instructors and host agencies • Refer Advocate Sherman 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 Sherman patients referred to the program
- Decrease in participants' level of loneliness as measured by pre- and post-test results

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 donations of healthy food options • Implement nutrition education programs for patrons of food pantries	• Food for Greater Elgin Food Pantry • Well Child Center Food Pantry (Wing Street -Elgin) • Elgin Community College Food Pantry • University of Illinois Extension – McHenry County and Kane County • Advocate Health Care Mobile Health Van • Illinois Advocate Hospital leadership	• Collaborate with food pantries in Elgin (60123), Carpentersville and West Dundee to create and implement a food allergy and no-salt/low-salt policy and guidelines • Collaborate with food pantries and in Elgin (60123), Carpentersville and West Dundee to develop and implement signage marking healthy food choices • Collaborate with food pantries in Elgin (60123), Carpentersville and West Dundee 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: Behavioral Health (Mental Health and Substance Use)

IMPACT:

Reduce mental health and substance use rates in Advocate Sherman Hospital PSA

DESCRIPTION OF HEALTH NEED DATA:

- Non-Hispanic Black population residents and young adults (ages 18-39 years) have the highest 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: Metopio, National Vital Statistics System-Mortality, CDC Wonder, 2016-2020

- Emergency Department (ED) and 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.
- The communities of Lake in the Hills and Huntley have the highest ED rates due to suicide and self-injury in the PSA.

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

- A total of 15 percent of adults surveyed in the McHenry County Healthy Community study reported having felt sad, blue or depressed for 14 or more days.

Source: McHenry County Healthy Community Study, 2021

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: ADVOCATE SHERMAN HOSPITAL STRATEGY

- Access to Behavioral Health Services (Advocate Health Care)
- Reduce burden of Mental Health and Substance Use disorders in Kane County (KCHD)
- Enhance and expand local suicide prevention and overdose prevention activities (McHenry County Mental Health Board)

STATE: ILLINOIS STATE HEALTH IMPROVEMENT PLAN

- 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: Improve mental health by decreasing the rate of individuals indicating they are lonely

SPECIFIC INTERVENTIONS	COLLABORATIVE PARTNERS	OBJECTIVES
• Implement Loneliness Project in Advocate Sherman PSA	• Advocate Health Care Illinois Faith and Health Partnership team • McHenry County Mental Health Board • McHenry County Department of Health • Kane County Health Department • Kane County Behavioral Health Council	• Collaborate with organizations to implement the Loneliness Project in Elgin (60120 and 60123), Lake in the Hills and Huntley • Collaborate with organizations to conduct outreach for the program to non-Hispanic Black residents, children and young adults

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

STRATEGY #2: 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 in primary service area • Increase access to Narcan in community locations	• Kane County Opioid Task Force • Kane County Health Department Behavioral Health Council • McHenry County Substance Abuse Coalition • Ecker Center for Behavioral Health • Coalition for a Safe and Healthy Elgin (CSHE) • School District U46 • Live 4 Lali	• Collaborate with community organizations and coalitions who have developed education materials on Fentanyl, Xylazine and other substances • Collaborate with community organizations to conduct outreach to non-Hispanic Black residents and young adults ages 18-39 living in Elgin zip codes of 60123 to help develop the education campaign • Collaborate with community partners to implement Narcan training • Collaborate with community partners to make Narcan available onsite

MEASURING OUR IMPACT

- Number of collaborating partners who implement education
- Increase in knowledge related to Fentanyl and Xylazine based on pre- and post-test results
- Number of Narcan trainings completed
- Number of new community locations where Narcan is available
- Percentage change in Advocate Sherman ED rate due to substance use
- Percentage change in Advocate Sherman ED rate due to opioid use

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.