Advocate Condell Medical Center
Community Health Implementation Strategy

January 1, 2026 - December 31, 2028

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 how Advocate Condell Medical Center plans to address their prioritized community health needs.

SUMMARY OF CHNA PROCESS

In 2025, Advocate Condell Medical Center (Advocate Condell) participated with the Lake County Health Department (LCHD) and Northwestern Lake Forest Hospital collaborative in Lake County to conduct a Community Health Needs Assessment (CHNA) in Lake County, which consisted of a comprehensive presentation and analysis of both qualitative and quantitative data.

The Advocate Condell CHNA relies on one source of primary data information:

Lake County Community Assessment, 2025: This Community Health Assessment report focuses on Lake County, IL, and was developed in collaboration with various community partners. The primary data used in this report includes surveys, focus groups, and interviews. These data types were essential in identifying and understanding the community's health needs and challenges.

Additionally, Advocate Health Care analyzes secondary data, or existing information gathered from various sources, to provide valuable insights and context from the following sources:

Metopio: Advocate Health Care has a contract with Metopio to provide an internet-based data resource for their hospitals. This robust platform offers curated data from public and proprietary sources for information on health behaviors and health risks, health outcomes, health care utilization, demographic, and community-level drivers of health like economic, housing, employment, and environmental conditions. Data for each indicator is presented by race, ethnicity, and gender when the data is available. All data collected through Metopio was quantitative and included data comparisons between county, state and United States data.

County Health Rankings & Roadmaps – Lake County: A program of the University of Wisconsin Population Health Institute and supported by the Robert Wood Johnson Foundation, the County Health Rankings & Roadmaps (CHR&R) provides a snapshot of health for nearly every county in the nation, based on a variety of public health data. CHR&R advocates for an understanding of data and evidence to develop methods to improve health and equity. (County Health Rankings & Roadmaps, About Us, 2024)

The top health issues identified in the Advocate Condell Community Health Needs Assessment were:

- Access to Care
- Alcohol and Substance Misuse
- Cancer
- Cardiometabolic Disease
- Maternal, Child and Reproductive Health
- Mental Health
- Obesity, Physical Activity & Access to Healthy Foods
- Respiratory Disease
- Safe and Affordable Housing

The top health issues identified were presented to the Advocate Condell team and Community Health Council (CHC), and members were asked to rank the issues based on the following criteria: size and seriousness of the problem; effectiveness of available interventions; available resources to address the health issue; whether the health care system is adequately positioned to address the issue; alignment with a defined community need identified through data; potential for the issue to impact other health and social issues; and the ability to effectively address or impact the issue through collaboration.

Using these criteria, Advocate Condell has prioritized the significant health needs to address in 2026-2028:

Significant Need	Implementation Strategy Selection Reasoning
Behavioral Health (Mental Health and Substance Use)	The Community Health Council (CHC) identified behavioral health as a continuing priority due to its widespread impact across the community and its close connection to other health challenges. Rates of poor self-reported mental health and suicide mortality are increasing, with young adults experiencing the highest rate of emergency department (ED) visits and hospitalizations related to mental health, suicide, and self-injury. Substance use, including opioid-related overdoses and alcohol-related hospitalizations, continues to place a heavy burden on individuals and families. Because of these persistent challenges and the need for trauma-informed, preventive, and accessible mental health services, behavioral health remains a critical focus for improving overall community well-being.
Diabetes	The Community Health Council identified diabetes as a priority due to its rising prevalence and the significant burden it places on the community. Hospitalization and emergency department visit rates remain high in Lake County especially among older adults, men, and African Americans. Given its strong correlation with obesity, addressing diabetes through prevention, education, and improved access to care is critical to reducing long-term health complications and improving overall community well-being.
Obesity	Obesity continues to be a significant health concern and was identified as a priority in the past three Community Health Needs Assessment (CHNA) cycles. The prevalence of obesity has steadily increased both locally and nationally. In Lake County, the percentage of adults with obesity rose from 27.3 percent in 2014 to 31.9 percent in 2022. For the first time, all eleven ZIP codes in Lake County now report that more than a quarter of their adult populations are living with obesity. Statewide, Illinois has an even higher adult obesity rate of 34.4 percent, and that number is also on the rise. Due to the strong association between obesity and numerous chronic health conditions, the Community Health Council (CHC) voted to continue prioritizing obesity as a key focus area for health improvement efforts.

For each prioritized health need, the hospital plans to commit resources, which may include staff time, information technology systems, outreach, promotions and educational materials, funding, medical supplies, and other resources as available.

PRIORITY: Behavioral Health: Mental Health and Substance Use

IMPACT:
Improve mental health, reduce substance use, and lower suicide rates in Advocate Condell Medical Center PSA.

DESCRIPTION OF HEALTH NEED DATA:

- In the Lake County survey, 51 percent of all respondents chose adolescent and adult mental health as the top health challenges.
- In Lake County, young adults (ages 18–39) have the highest rates of ED visits and hospitalizations for mental health. This age group also has the highest hospitalization rates for suicide and self-injury.
- 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, which may be influenced by access to outpatient and preventive services.
- The communities with the highest ED rates due to substance use are North Chicago, Waukegan and Fox Lake. The communities with the highest ED rates due to opioid use are in North Chicago and Long Lake.

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL:
- Access to Behavioral Health Services - **Advocate Health Care**
- Access and Utilization of Mental Health Care - **LCHD**

STATE: Illinois State Health Plan
- Reduce mortality due to mental health conditions and substance use disorders through harm reduction and preventative care strategies

NATIONAL: Healthy People 2030
- Reduce misuse of drugs and alcohol
- Improve mental health

STRATEGY #1: Reduce overdoses through education and harm reduction

Planned Interventions	Collaborative Partners	Intended Outcomes
• Continue and expand prevention education on Fentanyl, Xylazine and other substances in Lake County • Increase Narcan education and training in Lake County • Recruit libraries, schools, and other public locations to implement Narcan training and place Narcan onsite to increase access to the medication	• Community-based support organizations • Lake County Opioid Initiative • Advocate Immediate Care Centers • Lake County Health Department • Nicasa Behavioral Health Services • Live4Lali	• Increased community awareness of the risks associated with fentanyl, xylazine, and other substances • Expanded access to Narcan in community locations

Measures

- 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

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Behavioral Health: Mental Health and Substance Use (CONTINUED)

STRATEGY #2: Improve mental health through community collaborations and services

Planned Interventions	Collaborative Partners	Intended Outcomes
• Partner with community-based mental health organizations to support mental health awareness and education efforts • Collaborate with the Lake County Health Department and other partners to support prevention and early intervention initiatives, particularly for higher-risk populations • Explore targeted strategies addressing mental health concerns among young adults and communities with high Emergency Department utilization • Strengthen coordination and referral pathways to community-based mental health services for youth, young adults, and other populations at an increased risk for poor outcomes	• Community-based support organizations • Lake County Health Department • NAMI Lake County	• Increased awareness of mental health services available to youth, young adults, and high need populations • Reduced stigma toward mental health conditions • Increased awareness of community-based initiatives focused on suicide prevention and early intervention • Reduced Emergency Department visits and hospitalizations related to mental health conditions

Measures

- Number of individuals reached through awareness and education initiatives
- Number of individuals served through collaborative mental health programs
- Number of organizations partnered with Advocate Condell Medical Center to address mental health
- Percentage change in Emergency Department visit rates related to mental health conditions
- Number of referrals made to community-based mental health services
- Progress updates on exploration interventions

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Diabetes

IMPACT:

Support adults in the Advocate Condell Medical Center PSA with the management of diabetes and decrease risks associated with diabetes.

DESCRIPTION OF HEALTH NEED DATA:

- In the Lake County survey, 27 percent of respondents selected diabetes as the top health issue.
- In Lake County, 10.6 percent of adults are diagnosed with diabetes.
- The percentage of adults in Lake County diagnosed with diabetes increased by 39.5 percent between 2017 and 2022.

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL:

- Collaborate with providers to identify a listing of accessible, culturally competent healthcare resources currently available in Lake County by 2024 - **LCHD**
- Provide trusted and accurate health information to community members by equipping and empowering local Community Champions to deliver culturally tailored health education to community members by 2026 - **LCHD**

STATE: Illinois State Health Improvement Plan

- Decrease preventable chronic disease through nutrition
- Increase community-clinical linkages to reduce the incidence and burden of chronic disease

NATIONAL: Healthy People 2030

- Increase the proportion of people with diabetes who get formal diabetes education (HP2030)
- Increase the proportion of eligible people completing CDC-recognized type 2 diabetes prevention programs

STRATEGY #1: Improve early identification, prevention, and self-management of diabetes and prediabetes through community-based screenings, education, and connections to care and resources

Planned Interventions	Collaborative Partners	Intended Outcomes
• Host community-based screening events for diabetes and pre-diabetes, including A1C testing, blood pressure, and risk assessments • Facilitate diabetes and pre-diabetes education sessions focused on physical activity, healthy meal planning, and lifestyle strategies to prevent or manage diabetes • Provide follow-up support and referrals to Diabetes Prevention Program (DPP), primary care, and community wellness resources	• Advocate Health Care Mobile Health Team • Advocate Health Care clinicians and dietitians • Community-based organizations • Local libraries and community centers • Faith-based organizations	• Improved identification of adults at risk for diabetes and pre-diabetes • Increased knowledge and confidence in physical activity and healthy lifestyle behaviors • Strengthened connections to prevention programs, primary care, and community resources • Reduced ED and hospitalization rates due to diabetes

Measures

- Number of sessions held and participants enrolled
- Number of participants screened and identified as at an increased risk
- Change in A1C, BMI, or blood pressure
- Change in pre/post knowledge and behavior survey scores
- Number of referrals to DPP, primary care, or wellness resources

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Obesity

IMPACT:
Reduce the obesity rate in the Advocate Condell Medical Center PSA.

DESCRIPTION OF HEALTH NEED DATA:

- In Lake County, 31.9 percent of adults are obese.
- The percent of population in Lake County with obesity increased by 29.7 percent from 2017 to 2022.
- For the first time, all the zip codes in Lake County have over 25 percent of the adult population with obesity.
- The top four communities in Lake County with the highest adult obesity rates are North Chicago (60064) at 42.2 percent, Waukegan (60085) at 38.8 and Zion (60099) at 38.5 percent.
- The Lake County food insecurity rate increased by 52.3 percent from 2017 to 2022.
- In Lake County, 9.9 percent of residents are food insecure. The zip codes in the PSA with the highest rates of food insecurity are North Chicago (60064) at 19.3 percent, Great Lakes (60088) at 16.5 percent, and Waukegan (60085) at 15.6 percent.
- According to the Lake County Survey, 31 percent of survey respondents said access to affordable food is a top health issue.

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: Advocate Condell Medical Center

- Obesity prevention and management
- Nutrition and healthy eating
- Physical activity promotion
- Food insecurity

STATE: Illinois State Health Improvement Plan

- Decrease preventable chronic diseases through nutrition

NATIONAL: Healthy People 2030

- Reduce household food insecurity and hunger
- Reduce overweight and obesity by helping people eat healthy and get physical activity

STRATEGY #1: Increase access to healthy food choices in Lake County

Planned Interventions	Collaborative Partners	Intended Outcomes
• Continue and expand the Rx Mobile Pantry Program in Lake County • 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 to holistically support people with food insecurity • Expand the number of Advocate trusted food access partners in FindHelp to strengthen community referrals	• Community-based organizations • Northern Illinois Food Bank • Holy Family Episcopal Church in Lake Villa • Faith-based organizations • Grant Township • Advocate Health Care Mobile Health Team • University of Illinois Extension SNAP-Ed program	• Increased knowledge of food resources available for community members • Improved biometrics of participants • Increased number of partnerships that promote the food pantry

Measures

- 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
- Pounds of food distributed through Rx Mobile Food Pantry annually
- Change in cohort participant biometrics over one year period

**Impact measures are subject to change depending on the direction of each intervention.*

PRIORITY: Obesity (CONTINUED)

STRATEGY #2: Improve nutrition and physical activity behaviors among adults in the Advocate Condell Medical Center PSA

Planned Interventions	Collaborative Partners	Intended Outcomes
• Implement a structured, multi-session Community Healthy Living & Weight Management Program for adults in the PSA • Deliver cohort-based education sessions including presentations and interactive learning stations focused on nutrition education, portion control, nutrition label reading, meal planning, and physical activity promotion • Support adults in adopting healthier nutrition and physical activity behaviors through education, goal setting, and self-monitoring tools • Leverage the mobile health team to provide BMI and blood pressure screenings with referral pathways to primary care and wellness resources • Support community awareness of nutrition and physical activity guidelines	• Community-based organizations • Advocate Health Care Mobile Health Team • Registered Dietitians/Nutrition Services • Local libraries, community centers and partners • Faith-based organizations • University of Illinois Extension SNAP-Ed program	• Increased community awareness of nutrition and physical activity guidelines • Improved adoption of healthy eating and physical activity behaviors • Strengthened access to and linkage with weight management and primary care resources

Measures

- Number of program series conducted and participants enrolled
- Change in pre/post knowledge assessment scores
- Change in self-reported nutrition and physical activity behaviors
- Change in BMI and blood pressure among participants
- Number of referrals to primary care or weight management services

**Impact measures are subject to change depending on the direction of each intervention.*

Needs Not Addressed

This Community Health Implementation Strategy focuses on the above priority health needs selected by the hospital based on community input, available resources, and alignment with organizational and community partner capacity. The Community Health Needs Assessment (CHNA) also identified additional significant health needs, including access to care, cancer, cardiometabolic disease, maternal, child health and reproductive health, respiratory disease, and safe and affordable housing. These needs, while also important, are not addressed in this CHIS due to factors such as limited hospital resources, the presence of existing initiatives led by other organizations, or a determination that the hospital is not best positioned to lead efforts in these areas at this time. Advocate Health will continue to collaborate with community partners and share resources, when appropriate, to support progress on these needs within the community.

Adoption of the Implementation Strategy

The Community Health Implementation Strategy report was adopted by the governing council on April 23, 2026, and additionally approved by the Advocate Health Care Network Board on May 5, 2026.

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.