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

SUMMARY OF CHNA PROCESS

In 2025, Advocate Good Shepherd Hospital (Advocate Good Shepherd) conducted the Community Health Needs Assessment (CHNA) by collecting and analyzing a wide range of primary and secondary data since the hospital's previous CHNA. The data shared included indicators on demographics, economics, education, employment, social determinants of health, health status, and health behaviors. Advocate Good Shepherd's Primary Service Area (PSA) includes both Lake and McHenry Counties. To ensure a comprehensive Community Health Needs Assessment (CHNA) for the 2025 cycle, the hospital partnered closely with the Lake County and McHenry County Health Departments.

The Advocate Good Shepherd Hospital CHNA relies on three sources of 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.

McHenry County Community Assessment, 2025: This Community Health Assessment report focuses on McHenry County, IL, and was developed in collaboration with various community partners. This report consists of primary and secondary data used to evaluate health and wellness in McHenry County. The primary data used in this report includes surveys, focus groups, and interviews. The primary data was collected via the McHenry County Healthy Community Study.

Healthier Barrington Study, 2022: The Healthier Barrington Coalition and University of Illinois College of Medicine Rockford's Division of Health Research and Evaluation partnered to survey Barrington area residents and business leaders on current health needs, issues, and barriers to achieving optimal health in the community. Quantitative survey data and qualitative focus group data from community residents and qualitative data from local business leaders was collected from late winter to early spring of 2022. The survey instrument covered eight topics: Social & Demographic Characteristics of Respondents - including finances and employment-, Community, Overall Health - including general, behavioral, and mental health-, Health Literacy, Youth, Impact of COVID-19, Environment, and Community Recommendations.

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

Metopio: AdvocateHealth 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 and McHenry Counties: 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 Good Shepherd Hospital Community Health Needs Assessment were:

- Access to Care
- Behavioral Health (Mental Health Substance Use)
- Chronic Disease
- Maternal, Child and Reproductive Health
- Obesity
- Safe and Affordable Housing

The top health issues identified were presented to the Advocate Good Shepherd Hospital team and Community Health Council, 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 Good Shepherd Hospital has prioritized the significant health needs to address in 2026-2028:

Significant Need	Implementation Strategy Selection Reasoning
Behavioral Health (Mental Health / Substance Use)	This need was selected due to rising rates of suicide and depression among Medicare beneficiaries, as well as ongoing disparities related to substance use across the community. Additionally, community assessments conducted in both McHenry and Lake Counties highlighted mental health and substance use as primary areas of concern.
Obesity	This need was selected because it continues to be a critical health issue and has been identified as a priority in the last three CHNA cycles. It was selected again due to steadily increasing obesity rates across the Primary Service Area (PSA). Obesity is closely linked to chronic diseases such as diabetes, cardiovascular disease, stroke, and certain types of cancer, which allows us to address those health concerns at the same time. Addressing obesity allows us to promote access to affordable, healthy food in collaboration with trusted community partners.

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

IMPACT:
Reduce mental health and substance use rates in the Advocate Good Shepherd Hospital PSA.

DESCRIPTION OF HEALTH NEED DATA:

- Rates of poor self-reported mental health are increasing in the Good Shepherd PSA, McHenry County, and Lake County.
- Suicide rates among males are three times higher than among females in both McHenry and Lake Counties.
- In both Lake and McHenry Counties, seniors experience the highest rates of hospitalizations due to opioids compared to other age groups.

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL:

- Access to Behavioral Health Services **- Advocate Health Care**
- Enhance and expand local suicide prevention and overdose prevention activities - **McHenry County Mental Health Board**

STATE: Illinois State Health Improvement 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
• Implement education on overdose prevention, fentanyl, xylazine and other substances in the community • Conduct Substance Use Disorder education and Narcan training sessions for community members and Good Shepherd Hospital teammates • Expand the Good Shepherd Narcan Training Crew through a "Train the Trainer" process • Collaborate with community organizations and coalitions serving populations with an increased risk for substance misuse • Provide the Advocate Mobile Team with Narcan and wound care supplies • Implement distribution of wound care kits to individuals at risk of substance use related complications • Expand access to Narcan in community-based locations • Implement Narcan Access to the Senior Services Department to integrate Narcan into Medicare Counseling Services at the hospital	• McHenry County Health Department • Lake County Health Department • McHenry County Substance Awareness Coalition • Live 4 Lali • Advocate Mobile Health Team • Advocate Shepherd Senior Services Department • Local libraries • Additional community coalitions	• Increased number of teammates on the Narcan Training Crew • Improved awareness and understanding of substance use disorder and overdose prevention in the community and in the hospital • Increased onsite Narcan availability at community partner locations • Increased distribution of wound care kits to individuals at risk of substance use related complications • Increased number of seniors in the community trained on how to use and given Narcan • Reduced Sherman ED rate due to substance use and opioid use

PRIORITY: Behavioral Health (CONTINUED)

Measures

- Number of Advocate Good Shepherd Teammates trained in Narcan
- Number of Narcan Trainers at Advocate Good Shepherd Hospital
- Increase in knowledge related to Fentanyl and Xylazine (based on pre- and post-test results)
- Number of Narcan trainings completed
- Number of Narcan boxes distributed in the community
- Number of community locations where Narcan is available
- Number of boxes of Narcan given from the Senior Services Department
- Number of Wound Care Kits given to individuals in the community
- Percentage change in Advocate Sherman emergency department (ED) rate due to substance use
- Percentage change in Advocate Sherman ED rate due to opioid use

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

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

Planned Interventions	Collaborative Partners	Intended Outcomes
• Partner with local mental health organizations to implement awareness and education campaigns • Support prevention and early intervention through collaboration with the Lake County Health Department and McHenry County Mental Health Board • Explore targeted interventions addressing mental health concerns among high need populations in partnership with NAMI McHenry • Improve coordination and referral pathways to community based mental health services for youth and other populations at an increased risk for poor outcomes	• Lake County Health Department • McHenry County Mental Health Board • NAMI McHenry County • NAMI Barrington Area • Healthier Barrington Coalition • BStrong Together Barrington	• Increased awareness of mental health services available to youth and populations at an increased risk for poor outcomes • Reduced stigma toward discussing mental health • Increased awareness of community-based initiatives focused on suicide prevention • Reduced number of suicides in Lake and McHenry Counties • Reduced ED and Hospitalization rates for mental health conditions

Measures

- Number of individuals served through awareness and education initiatives
- Number of individuals served through collaborative programs
- Number of organizations partnered with Advocate Good Shepherd Hospital to address mental health and implement programming
- Percentage change in ED visit rates related to mental health conditions

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

PRIORITY: Obesity

IMPACT:
Reduce the obesity rate in the Good Shepherd PSA.

DESCRIPTION OF HEALTH NEED DATA:

- The percent of population in the Advocate Good Shepherd PSA with obesity increased from 21.1 percent in 2014 to 32.3 percent in 2022.
- For the first time, over 25 percent of the adult population in all zip codes in the Good Shepherd PSA have obesity.
- The Good Shepherd PSA food insecurity rate increased by three percent from 2018 to 2022.

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**
- Improving the Food Environment: Promoting policies and systems that increase access to affordable, healthy food, such as enhancing the availability of fresh produce and nutritious options in schools and community settings - **LCHD**

STATE: Illinois State Health Plan

- Decrease preventable chronic diseases through nutrition

NATIONAL: Healthy People 2030

- Reduce overweight and obesity by helping people eat healthy and get physical activity

STRATEGY #1: Increase access to healthy food choices and holistic support at food pantries

Planned Interventions	Collaborative Partners	Intended Outcomes
• Expand implementation of the Nutrition Environment Food Pantry Assessment Tool (NEFPAT) assessment tool to identify barriers and needs for the food pantry • Evaluate the policies, systems and environment of the food pantries • Implement nutrition education programs at food pantries • Continue to collaborate with food pantries to expand additional resources available to community members on social needs support • Mobilize system resources through investments and community service with food security organizations	• McHenry County Health Department • Lake County Health Department • Crystal Lake Food Pantry • Lake in the Hills and Algonquin Food Pantry • Cary Grove Food Pantry • Other local food pantries • Advocate Health Care Mobile Health Van • Advocate Good Shepherd Smart Farm • Northern Illinois Food Bank	• Increased number of food pantries in the Good Shepherd PSA that completed the NEFPAT assessment • Increased number of food pantries that completed action plans to identity and address barriers to increase food access • Improved policies, systems and environment of the food pantries to better serve the community • Increased support resources available for community members at food pantries • Strengthened partnerships between Good Shepherd Hospital and food access organizations

Measures

- Number of food pantries that complete the NEFPAT Assessment Tool
- Number of Food Pantry patrons affected by changes at the food pantry
- Number of food pantries that develop action plans to address policy and guidelines changes
- Number of policy, system and environment changes at the food pantries based on NEFPAT assessment results
- Number of food pantry nutrition education programs held and number of attendees
- Funds provided / hours of staff time provided

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

PRIORITY: Obesity (CONTINUED)

STRATEGY #2: Expand opportunities for nutrition education and access to healthy foods at Smart Farm

Planned Interventions	Collaborative Partners	Intended Outcomes
• Continue internal and external promotion of referral programs to Smart Farm, an on-site food assistance program that increases access to fresh produce and provides wellness initiatives • Identify gaps in knowledge related to access of available resources and develop plans to address those barriers • Explore opportunities to expand on-site farm stand referrals to the Smart Farm program for individuals who screen positive for food insecurity • Develop relationships between Smart Farm and food access organizations in the community to implement nutrition education in the Smart Farm teaching kitchen • Partner with Smart Farm leadership to develop and implement programming to address nutrition and weight management taught in the Smart Farm teaching kitchen	• Advocate Good Shepherd Smart Farm • FISH Pantry of Carpentersville • School District 300 Food Pantry • Barrington Township Food Pantry • Crystal Lake Food Pantry • Wauconda Island Lake Food Pantry	• Strengthened awareness of Smart Farm resources with patients and Advocate teammates • Increased number of individuals who receive produce from Smart Farm • Increased amount of produce donated from Smart Farm to food pantries • Increased access to fresh produce in the community • Reduced percentage of community residents and Advocate Good Shepherd Teammates who are food insecure • Increased number of individuals referred to FindHelp for additional community resources

Measures

- Number of nutrition education programs held in the Smart Farm teaching kitchen
- Number of attendees from the community that attend classes or programing in the Smart Farm teaching kitchen
- Number of referrals at the Smart Farm Referral Program
- Number of food pantries that receive donations from Smart Farm
- Pounds of produce donated from Smart Farm
- Number of referrals to FindHelp
- Change in percentage of residents who are food insecure in the Advocate Good Shepherd PSA

**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, chronic disease, maternal, child and reproductive health, and safe and affordable housing. These needs, while also important, are not addressed in this CHIS due to factors including limited hospital resources, the presence of existing initiatives, 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 14, 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.