Advocate Trinity 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 Trinity Hospital plans to address their prioritized community health needs.

SUMMARY OF CHNA PROCESS

In 2024, Advocate Trinity Hospital (Advocate Trinity) participated with the Alliance for Health Equity collaborative in Cook County to conduct a Community Health Needs Assessment (CHNA), which consisted of a comprehensive presentation and analysis of both qualitative and quantitative data.

The Advocate Trinity CHNA relied on two sources of primary data information, gathered through the Alliance for Health Equity partnership:

Community Survey: The community input survey was a qualitative tool designed to understand community health needs and assets with a focus on hearing from community members that are most impacted by health inequities. From February 2024 to October 2024, around 200 community input surveys were collected in Trinity Hospital's service area.

Surveys were collected in both paper and online format through various channels.

Focus Group: Six focus groups were conducted within Trinity Hospital's service area or included participants living within the service area. Hosted by community partners, the focus groups included community residents and local service providers. These focus groups were conducted January through October 2024.

Focus groups covered several different priority populations and topics including education, housing, social services, workforce development, food insecure individuals and families, adults with disabilities, Black/African American individuals, young people of color, and older adults.

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: Aurora 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 – Cook 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 Trinity Community Health Needs Assessment were:

- Diabetes
- Mental Health
- Food Security
- Community Safety
- Obesity
- Substance Use

The top health issues identified were presented to Advocate Trinity's 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 Trinity has prioritized the significant health needs to address in 2026-2028:

Significant Need	Implementation Strategy Selection Reasoning
Obesity	This need was selected because the Community Health Council (CHC) prioritized it based on the data reviewed for the PSA and county. Obesity prevalence has increased in the past two decades. Individuals with obesity are at higher risk for chronic health conditions such as diabetes, heart disease, cancer, and poor outcomes from COVID. Community health staff will investigate opportunities to further develop strategies to address obesity in the hospital's PSA.
Mental Health	This need was selected because the Community Health Council prioritized it due to continuing high rates of emergency department visits and hospitalizations rates within the PSA. This need reflects the connection between substance use and the community need for local mental health services for all. The hospital will continue to investigate programs that prevent mental health emergencies and decrease ED visits and hospitalizations due to mental health issues.

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: Obesity

IMPACT: Increase health and wellness opportunities to decrease obesity rates in the Advocate Trinity PSA.

DESCRIPTION OF HEALTH NEED DATA:

- Obesity rates in the Advocate Trinity PSA have steadily increased for nearly two decades. The obesity rates in the PSA are significantly higher than both the state and the national average.
- The obesity rate in Advocate Trinity Primary Service Area increased from 38.8% in 2019 to 43.4% in 2022. The obesity rates in specific zip codes such as 60617, 60619, 60620, and 60628 have especially high rates ranging from 41.9% to 45.7% in 2022.
- In Cook County, 20.9% of adults reported no physical activity in the past month, with women more sedentary than men.

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL:

- Advocate Health Care Food Farmacy Program
- Advocate Health Care Diabetes Prevention Program
- Healthy Cooking and Eating program in partnership with Chicago Youth Centers

STATE: Illinois State Physical Activity and Nutrition Program

- Increase physical activity and nutrition education

Illinois Department of Public Health, Healthy Illinois 2028

- 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: Continue the CDC Prevent T2 Diabetes Prevention Program (DPP) with a focus on weight loss for participants

Planned Interventions	Collaborative Partners	Intended Outcomes
• Continue offering Prevent T2 diabetes prevention program for community, with an emphasis on weight reduction • Provide DPP participants with fresh produce provided by the Food Farmacy • Implement physical activities programs to support a minimum of 150 minutes weekly activity • Provide monthly fitness and nutritional newsletters to participants	• AMG physicians referring participants to DPP program • DPP lifestyle coach • Top Box Foods • Greater Chicago Food Depository	• Increased knowledge from healthy eating cooking classes for DPP participants • Decreased weight of participants by 10 percent from initial weight in DPP program • Increased physical activity engagement among DPP participants

Measures

- Number of participants accessing food through Food Farmacy program
- Ten percent weight loss reduction from initial weight for 40% of DPP participants

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

PRIORITY: Obesity (CONTINUED)

STRATEGY #2: Implement physical activity and nutritional education that focuses on obesity

Planned Interventions	Collaborative Partners	Intended Outcomes
• Implement physical activity programs to promote weekly physical activity goals • Provide resources that educate participants about obesity and its health hazards • Reduce obesity by providing nutrition, education and skill building within the community • Introduce healthy cooking instruction classes to students in the Chicago Youth Centers program • Provide students in the healthy eating program with fresh produce provided from the Food Farmacy • Provide focused nutrition education aimed at increasing weight loss	• Faith Based Organizations • Cook County Sheriff Department • CYC Youth Center • AH Cardio Metabolic Clinic	• Increased participation in community physical activity programs • Increased participant nutrition knowledge • Reduced obesity rates

Measures

- Weekly physical activity minutes recorded by participants
- Number of students in healthy cooking program
- Number of participants in physical activity classes
- Percent of participants that report behavioral change through Pre and Post surveys

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

PRIORITY: Mental Health

IMPACT: Improve the mental health status of the Advocate Trinity PSA residents through prevention and by ensuring access to mental health services

DESCRIPTION OF HEALTH NEED DATA:

- The Cook County and Illinois mental health hospitalization rate has consistently declined over the years; it has increased in the Trinity PSA. The 60628 community reports the highest rates of mental health hospitalizations (1,230.7 per 100,00 residents).
- The percent of adults that self-reported poor mental health in 2022 in the Trinity PSA was 17.8%.
- Highest rates of self-reported poor mental health are in 60649 (19.1%), both 60620 and 60628 are tied at 18.1% and 60617 and 60619 are tied 17.8%; all are higher than Cook County (15.3%) and Illinois (16.1%).

ALIGNMENT WITH EXISTING STRATEGIES

LOCAL: Cook County Department of Public Health

- Provide behavioral health education and training to promote mental well-being and reduce the harms of substance use

STATE: Illinois Department of Public Health

- Strengthen prevention and treatment programs to reduce mental health condition through reduction and preventative strategies and increase access to age-appropriate community-based programs

NATIONAL: Healthy People 2030

- Improve health and quality of life for people affected by mental health conditions through prevention, screenings, and treatment
- 988 Suicide and Crisis Lifeline - three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline

STRATEGY #1: Increase knowledge and reduce stigma related to mental health

Planned Interventions	Collaborative Partners	Intended Outcomes
• Host mental health awareness programs in communities within the hospitals PSA • Offer Mental Health First Aid (MHFA) trainings to educate individuals on how to identify, understand and respond to signs of mental illness	• AH Faith and Health Network Partnership • Cook County Sheriff's Department • Imani Green Health Advocates • Faith Based Organizations • Sororities and Fraternities	• Increased community awareness regarding mental health • Decreased stigma around mental health issues • Enhanced confidence in assisting individuals with mental health problems • Improved access to mental health services

Measures

- Number of attendees at workshops
- Number of partnerships to expand services
- Percentage of participants who are adequately prepared to address mental health issues based on pre and post assessments

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

PRIORITY: Mental Health (CONTINUED)

STRATEGY #2: Provide AH teammates mental health workshops and trainings

Planned Interventions	Collaborative Partners	Intended Outcomes
• Work with hospital leadership to provide education and referral resources for mental health support to teammates • Offer wellness workshops to support staff mental health	• AH Patient Experience Department • AH Faith and Health Partnership • Hospital leaders	• Enhanced confidence in assisting individuals with mental health problems • Decreased stigma around mental health issues • Reduction in emergency room visits for mental health crises • Increased knowledge related to mental health illness

Measures

- Number of workshops presented to teammates
- Percentage of participants who are adequately prepared to address mental health issues based on pre and post assessments

**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 community safety, diabetes, food security, and substance use. 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 21, 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.