

COMMUNITY HEALTH IMPROVEMENT PLAN

MCLEAN COUNTY/ILLINOIS

2017
PROGRESS
REPORT



COMMUNITY HEALTH IMPROVEMENT PLAN

2017 PROGRESS REPORT—EXECUTIVE SUMMARY

Advocate BroMenn Medical Center, the McLean County Health Department, OSF HealthCare St. Joseph Medical Center and United Way of McLean County, with the guidance of the McLean County Community Health Council, collaborated together for the first time for the 2016 [McLean County Community Health Needs Assessment](#). The completion and approval of the joint assessment resulted in the identification of three health priorities: 1) behavioral health, including mental health and substance abuse; 2) access to appropriate healthcare for the underserved and areas of high socioeconomic needs; and 3) obesity.

This effort led to the development of the [McLean County Community Health Improvement Plan](#). The purpose of the McLean County Community Health Improvement Plan is to improve the health of McLean County residents by developing and maintaining partnerships to implement interventions, encouraging health and healthcare access awareness, and promoting healthy lifestyle choices that can improve health and reduce the risk of death and disability. For the three-year period of 2017-2019, McLean County stakeholders are working together to implement the McLean County Community Health Improvement Plan in order to positively impact the three health priorities, with attention to areas of socioeconomic need, as socioeconomic status is frequently a predictor of health outcomes.

In 2017, through the work of committees dedicated to each of the priority areas, considerable progress was made toward implementing the intervention strategies and achieving the targets as defined by the process and outcome indicators.

- In just the first year, community efforts resulted in over half of the targets being achieved or performance improved for several indicators;
- Several evidence-based programs were continued or expanded, particularly for the behavioral health initiatives; and,
- Over \$195,000 in grant funding was obtained in 2017 to support improvement plan interventions or related activities.

The 2017 Progress Report that follows was reviewed and approved by the McLean County Community Health Council on March 8th, 2018. Subsequent reports for 2018 and 2019 will be posted in future years, with the 2019 report summarizing overall improvement toward the outcome and impact objectives.

McLean County Community Health Improvement Plan: Behavioral Health 2017 Progress Report

HEALTH PRIORITY: BEHAVIORAL HEALTH

GOAL: By 2020, increase coping skills to reduce deaths due to suicide and emergency room (ER) visits due to self-inflicted injury and alcohol abuse with a focus on low socio-economic zip codes.

OUTCOME OBJECTIVE: By 2020, reduce deaths due to suicide and ER visits due to self-inflicted injury and alcohol abuse.

Baseline

- Deaths due to suicide: 22 deaths (*McLean County Coroner, 2015*)
- Age-adjusted ER visits due to self-inflicted injury: adults – 22.6 visits per 10,000; adolescents – 59.2/10,000 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)
- Age-adjusted ER visits due to alcohol abuse: 50.7 visits per 10,000 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)

SHIP 2021 Alignment

- Reduce age-adjusted suicide rate
- Reduce age-adjusted suicide rate among the veteran population
- Reduce emergency department visits, hospitalizations, and incarceration due to behavioral health issues by narrowing the treatment gap and building and sustaining community-based behavioral health treatment capacity

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS in 2017
<p>IMPACT OBJECTIVE #1: By 2020, reduce the proportion of adults at risk for acute/binge drinking and youth using alcohol within the past year.</p> <p>Baseline: Adults – 26.9% (Behavioral Risk Factor Surveillance System)</p>	<p>Offer Too Good for Drugs, an evidence-based drug and alcohol program with a strong coping skills component for two grade levels in McLean County public school districts.</p> <p><i>Evidence: Too Good for Drugs is a framework of social and emotional skills that develops goal-setting, decision-making, and effective communication skills. A comprehensive body of evidence demonstrates the positive effects of Too Good for Drugs on emotional competency skills,</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Conduct an inventory of evidence-based programs aimed at reducing alcohol use in adults in McLean County • # of public school districts in McLean County where Too Good for Drugs is implemented (baseline: 6 public school districts- Project Oz, 2016) • # of students in McLean County public schools participating in Too Good for Drugs (baseline: 2,472 Project Oz, 2016) 	<ul style="list-style-type: none"> • Completed – 4/17 • 8 public school districts • 3,016 students (as of 12/31/17)

<p>[BRFSS], 2013); 8th graders – 26% (Illinois Youth Survey [IYS], 2012); 12th graders – 64% (IYS, 2012)</p> <p><i>Healthy People 2020 (HP 2020) Alignment:</i></p> <ul style="list-style-type: none"> • Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days • Reduce the proportion of adults who drank excessively in the previous 30 days 	<p><i>decision-making ability, intentions to use illicit substances, substance use behavior, and intentions to engage in aggressive behavior. Too Good for Drugs programs have demonstrated effectiveness in third party evaluations. Evaluation studies for the evidence-based program Too Good for Drugs show the following outcomes: 1) the proportion of students with intentions to drink was significantly reduced; 2) the proportion of students with intentions to smoke, use marijuana, or engage in fighting were reduced; and, 3) scores increased in 8 of 9 protective areas (i.e. emotional competency, social and peer resistance skills, goal-setting and decision-making, perceived harmful effects of substance use).</i></p> <p>http://www.toogoodprograms.org/too-good/evidence-base/</p> <p>Support evidence-based programs with coping skills component in McLean County.</p>	<ul style="list-style-type: none"> • Conduct an inventory of programs with a coping skills component offered in public schools and community organizations in McLean County • Develop a list of programs with a coping skills component to distribute to or available for appropriate stakeholders (i.e., superintendents) • # of students in McLean County public schools participating in the Illinois Youth Survey (baseline: 2,187 students, Illinois Youth Survey, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • Average improvement in student pre and post-test scores for Too Good for Drugs (baseline: +2.11, Project Oz, 2016) 	<ul style="list-style-type: none"> • In progress • List is services based, not program based • Updated data available in 2018. <ul style="list-style-type: none"> ○ In 2017, 4,316 students in McLean County were invited to take the 2018 Illinois Youth Survey. ○ 1,668 students registered as of 12-31-17. ○ 50% of public schools in McLean County participate (2017). • +2.33 improvement
<p>IMPACT OBJECTIVE #2: By 2020, reduce the proportion of McLean County adults reporting 8-30 days of “not good” mental health per month.</p>	<p>Offer Mental Health First Aid (MHFA) to the community. MHFA courses are designed for lay people or non-mental health professionals.</p> <p><i>Evidence: Mental Health First Aid USA is an international evidence-based program managed, operated and disseminated by the National Council</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of MHFA courses sponsored by Advocate BroMenn Medical Center (baseline: 4 courses – McLean County MHFA Collaborative, 2016) 	<ul style="list-style-type: none"> • 6 courses <ul style="list-style-type: none"> ○ 2 for community members ○ 4 for nurses and leaders

<p>Baseline: 13.9% (BRFSS, 2013)</p> <p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> • Reduce the suicide rate • Reduce suicide attempts by adolescents 	<p><i>for Behavioral Health, Maryland Department of Mental Health and Hygiene, and the Missouri Department of Mental Health. Major findings of Mental Health First Aid studies found that participants gained: 1) better recognition of mental disorders; 2) better understanding of treatments; 3) confidence in providing help to others; 4) improved mental health for themselves; and 5) less stigmatizing attitudes and decreased social distance for people with mental disorders.</i></p> <p>http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202</p>	<ul style="list-style-type: none"> • # of MHFA courses sponsored by OSF St. Joseph Medical Center (baseline: 3 courses – McLean County MHFA Collaborative, 2016) • # of McLean County community members trained in MHFA per year (baseline: 350 community members, MHFA Collaborative, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of MHFA course participants that “Agree” or “Strongly Agree” that they are More Confident About Being Aware of Their Own Views & Feelings About Mental Health Problems & Disorders (baseline: 98% of survey respondents-McLean County MHFA Collaborative, 7/1/14-6/30/16) • % of MHFA follow-up survey participants that still feel prepared to assist a person who may be dealing with a mental health problem or crisis to seek professional help (baseline: 81%, McLean County MHFA Collaborative, September 2016) • % of MHFA follow-up survey participants that feel prepared to ask a person whether she/he is considering killing her/himself (baseline: 83%, McLean County MHFA Collaborative, September 2016) 	<ul style="list-style-type: none"> • Three courses for community members • 253 community members trained in 13 courses offered in 2017 • 98.6% average (2017) • Survey to be conducted in March 2018 for those with valid email addresses (participants from 2014–2017) • Survey to be conducted in March 2018
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RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- The McLean County Board hosted a Community Behavioral Health Forum on May 18, 2017. Approximately 100 individuals were in attendance and presentations on a variety of behavioral health issues were held.
- The McLean County Behavioral Health Coordinating Council received a grant in the fall of 2017 for Pay for Success. The grant provided for two days of training for 10-12 providers on a new reimbursement model called “pay for success.” Only four governmental bodies across the country were considered for the grant.

The focus of Pay for Success is on how the determination will be made about super utilizers of substance abuse and/or mental health services and how to get them into housing that fits their needs. The training was held at the Government Center, Bloomington, IL on November 15–16.

- In October 2017, Advocate Medical Group Behavioral Health Clinic started a support group for adolescents with anxiety. A pilot support group was held in the spring of 2017.
- During the month of September, Advocate BroMenn Medical Center’s Mental Health Unit partnered with the National Alliance on Mental Illness and the McLean County Center for Human Services to “Stomp Out Stigma” through an educational booth in the walkway of the hospital’s main entrance.
- In 2017, the Embedded School and Community Based Services Pilot began in two rural school districts; Olympia CUSD 16 and Ridgeview CUSD 19. The McLean County Center for Human Services and Chestnut Health Systems each provide one clinician who is embedded in the school districts. The goal of the pilot is to increase care access points to improve children’s behavioral health status through embedded community behavioral health services. Increasing identified students coping mechanism is one of many objectives for the program.
- In the fall of 2017, the McLean County Health Department received additional fiscal support from the McLean County Board of Health for behavioral health, one of the community health needs assessment priorities.
- In 2017, PATH had 90+ volunteers committing 120 hours within the phone room.

GOAL: By 2020, reduce behavioral health stigma to increase earlier access to care.

OUTCOME OBJECTIVE: By 2020, increase the percentage of McLean County residents indicating they have access to counseling services.

Baseline

90% (McLean County Community Health Survey, 2015)

SHIP 2021 Alignment

- *Evidence of new or strengthened partnerships with a wide variety of stakeholders to enhance and support the development of medical and health homes that integrate mental and physical health and wellness across the continuum of services*
- *Increase behavioral health literacy and conduct more Mental Health First Aid trainings to build community capacity in this area*

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS in 2017
IMPACT OBJECTIVE #1: By 2020, reduce the proportion of McLean County adults who did not access counseling services due to embarrassment or fear.	Explore developing and offering a behavioral health campaign on becoming a trauma-informed community and on adverse childhood experiences (ACE’s) to educate the general public, practitioners and stakeholders around key issues related to behavioral health.	<u>Process indicators:</u> <ul style="list-style-type: none"> • Establish a baseline for the # of ACE’s/trauma awareness programs or presentations offered in McLean County • Establish a baseline for the # of community members participating in ACE’s/trauma awareness programs or presentations offered in McLean County 	<ul style="list-style-type: none"> • 21 presentations • Baseline (2017): Approximately 580 community members

<p>Baseline: Embarrassment – 16%; Fear – 14% (McLean County Community Health Survey, 2015)</p> <p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> • Increase the proportion of children with mental health problems who receive treatment • Increase the proportion of adults with mental health disorders who receive treatment 	<p>Partner with schools, community organizations and businesses in McLean County, with an emphasis on high-risk communities, to offer trainings on ACE’s and trauma to increase awareness.</p> <p>Offer National Alliance on Mental Health (NAMI) Ending the Silence, an evidence-based program aimed at reducing behavioral health stigma, i.e., suicide prevention and mental health awareness, for McLean County residents.</p> <p><i>Evidence: NAMI Ending the Silence is a mental health awareness and suicide prevention program that destigmatizes mental illness, offers hope for recovery, and empowers teens to ask for help. Ending the Silence was designed by NAMI and is delivered locally by Project Oz, the provider of universal prevention education in McLean County. Ending the Silence is in the process of becoming evidence-based and is currently facilitated in 26 states, reaching approximately 40,000 teens annually. This program is part of a community-wide effort that includes collaboration with many other agencies, including the Center for Human Services, The Center for Youth and Family Solutions, PATH Crisis Center, Advocate BroMenn Medical Center and NAMI Livingston/McLean Counties.</i></p>	<ul style="list-style-type: none"> • Establish a baseline for the # of McLean County public schools offering ACE’s/trauma awareness training • # of campaign messages, and types, aimed at reducing behavioral health stigma • # of public schools in McLean County where Ending the Silence is implemented (baseline: 3 public school, Project Oz, 2016) • # of students in McLean County public schools participating in Ending the Silence (baseline: 677 students, Project Oz, 2016) • Explore establishing a baseline for youth not accessing counseling due to embarrassment or fear <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of Ending the Silence student participants agreeing with the following statement, “As a result of this presentation, I know how to help myself or a friend if I notice any of the warning signs” (baseline: 99% of students, Project Oz, 11/2016) 	<ul style="list-style-type: none"> • 10 public schools • 25 trained at 2-day ACES Master Training 10/12/17 – 10/13/17. • Campaign subcommittee began meeting in 9/17 to explore offering a collaborative behavioral health campaign • 11 public schools • 2,535 students • In 2019, the option of schools adding this question to the 2020 Illinois Youth Survey will be explored. • 92%
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		<ul style="list-style-type: none"> • % of Ending the Silence student participants agreeing with the following statement, “I know the early warning signs of mental illness” (baseline: 95% of students, Project Oz, 11/2016) 	<ul style="list-style-type: none"> • 90%
<p>IMPACT OBJECTIVE #2: Greater than 90% of Mental Health First Aid course participants will either agree or strongly agree that they are more confident about recognizing and correcting misconceptions about mental health and mental illness.</p> <ul style="list-style-type: none"> • Baseline: 99% (McLean County MHFA Collaborative, 7/1/14 – 6/30/16) 	<p>Offer Mental Health First Aid (MHFA) to the community. MHFA courses are designed for lay people or non-mental health professionals.</p> <p><i>Evidence: Mental Health First Aid USA is an international evidence-based program managed, operated and disseminated by the National Council for Behavioral Health, Maryland Department of Mental Health and Hygiene and the Missouri Department of Mental Health. Major findings of Mental Health First Aid studies found that participants gained: 1) better recognition of mental disorders; 2) better understanding of treatments; 3) confidence in providing help to others; 4) improved mental health for themselves; and 5) less stigmatizing attitudes and decreased social distance for people with mental disorders.</i></p> <p>http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of MHFA courses offered to residents in McLean County (baseline: 17 courses, McLean County MHFA Collaborative, 2016) • # of McLean County community members trained in MHFA per year (baseline: 350 community members, MHFA Collaborative, 2016) • The McLean County MHFA Collaborative will continue to explore grant opportunities for MHFA courses in McLean County • The McLean County MHFA Collaborative will offer a Youth MHFA Instructor Training Course at the McLean County Health Department in 2017. • Advocate BroMenn Medical Center will send one employee to MHFA Instructor Training in 2017. 	<ul style="list-style-type: none"> • 13 courses • 253 community members in 13 courses offered in 2017; 2 schools (1 high school; 1 elementary school.; both District 87) • No grant applications were submitted in 2017. • Completed – 6/17: 8 instructors from McLean County were trained; total of 18. Current # of trained instructors in McLean County: 8 (Adult MHFA); 11 (Youth MHFA) • Completed – 5/17 (Adult MHFA)

		<ul style="list-style-type: none"> • Advocate BroMenn Medical Center and OSF St. Joseph Medical Center will develop a plan in 2017 to train clinical and non-clinical staff in MHFA. <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of MHFA course participants that “Agree” or “Strongly Agree” they are <i>More Confident they could Offer</i> a youth or an adult <i>Basic "Mental Health First Aid" Information & Reassurance</i> (baseline: 97% of survey respondents, McLean County MHFA Collaborative, 7/1/14–6/30/16) • % of MHFA follow-up survey participants that still feel prepared to assist a person who may be dealing with a mental health problem or crisis to seek professional help (baseline: 81%, McLean County MHFA Collaborative, September 2016) • % of MHFA follow-up survey participants that feel prepared to ask a person whether she/he is considering killing her/himself (baseline: 83%, McLean County MHFA Collaborative, September 2016) 	<ul style="list-style-type: none"> • Advocate BroMenn Medical Center held four MHFA courses for leaders and nursing staff • 98% • Follow-up survey is being conducted in March 2018. • Follow-up survey is being conducted in March 2018.
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RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- Chestnut Health Systems in partnership with Advocate BroMenn Medical Center, the McLean County Health Department and OSF Healthcare St. Joseph Medical Center was awarded a grant by the Illinois Division of Mental Health, Department of Health and Human Services to host a two-day adverse childhood experiences (ACEs) master training for 25 individuals. The training course was held on October 12th and 13th with instructors from the following organizations in McLean County: Advocate BroMenn Medical Center; Baby Fold; Center for Youth and Family Solutions; Chestnut Health Systems; District 87; Home Sweet Home Ministries; McLean County Court Services; McLean County Health Department; PATH; Project OZ; Regional Office of Education #17; and OSF Healthcare.
- Chestnut Health Systems in partnership with Advocate BroMenn Medical Center, the McLean County Health Department and OSF Healthcare St. Joseph Medical Center was awarded the Substance Abuse and Mental Health Services Administration (SAMHSA) Technical Assistance award in December 2017 from the National Center on Trauma-Informed Care.
- McLean County Unit District #5, McLean County Health Department, Project Oz, Chestnut Health Systems, Illinois State University and the Central Illinois Area for Health Education Center sent individuals to be trained in Youth Mental Health First Aid in June 2017.
- One agency is known to be a designated trauma-informed agency; several others are in the process of becoming a trauma informed agency.
- Project Oz's Ending the Silence program was made possible by a \$3,000 grant from the Illinois Prairie Community Foundation and donations of \$5,000 from Advocate BroMenn Medical Center and \$28,818.51 from the Regional Office of Education.

****The three organizations comprising the McLean County Executive Steering Committee; Advocate BroMenn Medical Center, the McLean County Health Department, and OSF St. Joseph Medical Center, are all implied resources/partners for the Behavioral Health Community Health Improvement Plan.***

**McLean County Community Health Improvement Plan:
Access to Appropriate Healthcare for the Underserved and Areas of High Socioeconomic Needs
2017 Progress Report**

HEALTH PRIORITY: ACCESS TO APPROPRIATE HEALTHCARE FOR THE UNDERSERVED AND AREAS OF HIGH SOCIOECONOMIC NEEDS

GOAL: By 2020, decrease barriers to utilizing primary care in 61701 in order to reduce use of hospital emergency departments (ER) for non-emergent conditions.

OUTCOME OBJECTIVE: By 2020, reduce the percentage of individuals living in 61701 and African Americans using the hospital emergency rooms (ER) for non-emergent conditions.

Baseline

- 61701 (average of six ER visit indicators): 75.26 visits per 10,000 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)
- African-American (average of 10 ER visit indicators): 96.73 visits per 10,000 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)

State Health Improvement Plan (SHIP) 2021 Alignment

- Reduce emergency department visits, hospitalizations, and incarceration due to behavioral health issues by narrowing the treatment gap and building and sustaining community-based behavioral health treatment capacity
- Increase the number of primary care practice sites certified by the National Committee for Quality Assurance (NCQA), or the Joint Commission
- Increase the proportion of children who have a medical home

	INTERVENTION STRATEGIES	EVALUATION PLAN	Progress in 2017
<p>IMPACT OBJECTIVE #1: By 2020, increase the proportion of McLean County adults indicating they have access to a physician.</p> <p>Baseline: 80% (McLean County Community Health Survey, 2015)</p> <p><i>Healthy People 2020 (HP 2020) Alignment:</i></p>	<p>Increase the capacity of health care clinics serving the low-income population in McLean County.</p> <p>Develop a public education campaign informing community members regarding the appropriate use of immediate care centers, emergency rooms and the importance of having a medical home.</p>	<p><u>Process Indicators:</u></p> <ul style="list-style-type: none"> • # of clinical full-time equivalents (FTEs) added at community health care clinics (CHCC) in McLean County (baseline: 2 FTEs Chestnut Health FQHC at end of year 2015, 1.4 FTEs Community Health Care Clinic at end of year 2015, .7 FTEs Immanuel Health Clinic (IHC) at end of year 2015) • # of patients served at Advocate BroMenn Medical Center’s Family 	<ul style="list-style-type: none"> • Chestnut: 3.5 FTEs (+1.5) CHCC: 1.8 FTEs (+0.4) IHC: 1.25 FTE (+0.55) • 3,158 (2016) 3,045 (2017)

<ul style="list-style-type: none"> • <i>Increase the proportion of persons with a consistent primary care provider</i> • <i>Increase the proportion of insured persons with coverage for clinical preventive services</i> 		<p>Health Clinic (baseline: 4,181 Medicaid and self-pay patients, 2015)</p> <ul style="list-style-type: none"> • # of patients served at Immanuel Health Center (baseline: 757 patients, Immanuel Health Clinic, 2015) • # of patients served at Chestnut Health Systems Federally Qualified Health Center [FQHC] (baseline: 1,706 patients, Chestnut Health Systems, 2015) • # of patients visits at the Community Health Care Clinic (baseline: 976 patients, Community Health Care Clinic, 2015) • Establish a baseline for the number of patients served disaggregated by race and income at clinics serving the low-income population in McLean County • # of locations where flyers regarding the appropriate use of the emergency room are distributed and/or the importance of having a medical home • Establish a baseline for the number of organizations receiving Patient-Centered Medical Home (PCMH) Recognition <p><u>Outcome Indicators:</u></p> <ul style="list-style-type: none"> • Percent of McLean County residents indicating that they have had a check-up within the last year (baseline: 63%, McLean County Community Health Survey, 2015) 	<ul style="list-style-type: none"> • 524 patients (2016) 787 patients (2017) • 2,115 unduplicated patients in 2016; 2,012 unduplicated patients in 2017 • 978 patients (2016) 1,022 patients (2017) • In progress • 22 locations offer information regarding when to use an urgent care vs. an ER • As of December 2017, four organizations with 11 sites in McLean County have PCMH designation. • To be evaluated in 2018 survey
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		<ul style="list-style-type: none"> • Rate of Advocate BroMenn Medical Center Medicaid Meridian emergency room patient visits (baseline: 527.2 ER visits/1,000 population, June 2015-May 2016) • Establish a baseline for the # of low-acuity visits to OSF St. Joseph Medical Center (SJMC) and Advocate BroMenn Medical Center (ABMC) emergency department by patients with Medicaid or self-pay as payor 	<ul style="list-style-type: none"> • Data not available • SJMC: 1,480 visits ABMC: 1,235 visits
<p>IMPACT OBJECTIVE #2: By 2020, reduce the proportion of at-risk (survey respondents with self-reported income <\$20,000/year) McLean County adults reporting the Emergency Room as their primary choice of medical care.</p> <p>Baseline: 10% (McLean County Community Health Survey, 2015)</p> <p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> • <i>Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care, dental care, or prescription medicines</i> 	<p>Increase mobile health services to the low-income and underserved residents in McLean County. Examples: mobile medicine or clinic at schools, backpack medicine program</p> <p>Create an inventory of sites with integrated and/or co-located behavioral health services.</p> <p>Explore the integration or co-location of behavioral health services at primary care physician’s offices or through other innovative programs. Examples: in-home visits for high risk patients, mixed-use spaces</p> <p>Implement focus groups or conduct key informant interviews to gain a greater understanding of why certain populations are using the emergency room as their primary choice of medical care.</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of patients served via the mobile health services program at Home Sweet Home Ministries or the Center for Human Services (baseline: 86 patients, Community Health Care Clinic, 2015) • # of sites where mobile health services are offered (baseline: 2 sites, Community Health Care Clinic, 2016) • Explore utilizing community health workers in McLean County • Work with OSF St. Joseph Medical Center, OSF Medical Group, Advocate BroMenn Medical Center and Advocate Medical Group on options for integrating behavioral health into 	<ul style="list-style-type: none"> • 87 patient visits at 23 events • Two sites (Center for Human Services & Home Sweet Home Ministries) • Coordinating Appropriate Access to Comprehensive Care (CAATCH) pilot at CHCC initiated July 2017; 109 patients assisted by end of 2017 • Inventory completed; Five organizations with 10 sites (7 integrated, 3 co-located) in McLean County

	<p>Work with the city and elected officials, police and other policy makers on educating and addressing the social determinants of health, i.e. housing, transportation.</p>	<p>services for patients in primary care settings or as a part of innovative pilot programs for high-risk patients</p> <ul style="list-style-type: none"> • Participation in meetings with city and elected officials educating on or discussing the social determinants health <p><u>Outcome Indicators:</u> TBD</p>	<ul style="list-style-type: none"> • Presentations to McLean County Board of Health
<p>IMPACT OBJECTIVE #3: BY 2020, increase the proportion of McLean County adults indicating they have access to dental care.</p> <p>Baseline: 77% - access to dental care (McLean County Community Health Survey, 2015); 39.1% of McLean County residents do not have dental insurance (United Way Community Assessment, 2014); age-adjusted ER rate due to dental problems 52.2 visits/10,000 population (HCI, Illinois Hospital Association, 2013-2015)</p> <p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> • <i>Increase the proportion of children, adolescents and adults who used the oral health care system in the past year</i> 	<p>Increase access for adults to dental care.</p>	<ul style="list-style-type: none"> • # of adults with Medicaid receiving dental cleanings as a part of the McLean County Health Department’s pilot program • Establish a baseline for the number of McLean County residents receiving dental care at the Community Health Care Clinic Dental Clinic slated to begin offering services in 2017 (baseline: TBD) 	<ul style="list-style-type: none"> • 73 patients • Soft launch of dental services at CHCC scheduled for March 2018

RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- OSF HealthCare Medical Group has implemented an integrated care model in all local primary care offices to improve access to care. This will be accomplished through team-based care, in which physicians, advanced care providers, nurses, behavioral health specialists, dieticians, pharmacists and social workers coordinate providing the most appropriate level of care for patients.
- In 2017, the McLean County Health Department began a Mobile Women, Infants and Children (WIC) Clinic, which offers WIC certifications, nutrition education, WIC Coupons printed on site, Farmer's Market coupons, and referrals and information on community resources.
- The Partnership for Health Pilot Program, which began April 2017, is a private-public partnership to improve the health and fitness of people with developmental and intellectual disabilities and their support workers. Partners are the McLean County Health Department, Marcfirst, Advocate BroMenn Health and Fitness Center, Advocate BroMenn Charitable Foundation and the McLean County Board for the Care and Treatment of Persons with a Developmental Disability (an Illinois 377 Board).
- Home Sweet Home Ministries and Community Health Care Clinic launched a Food Farmacy pilot program in August 2017. The program provides patients at the clinic who have diabetes or heart disease a prescription pass, which can be used to obtain free produce through 12 visits to the Bread for Life Food Co-op.
- As part of the mobile health project, Home Sweet Home Ministries and the McLean County Center for Human Services began using the Protocol for Responding to and Assessing Patients' Assets, Risks and Experiences (PRAPARE) tool. The PRAPARE assessment tool consists of a set of national core measures (16) as well as a set of optional measures (4) for community priorities related to social determinants of health. The data can be used for tracking purposes as well as identifying and addressing needs among the patient population. In addition, the Chestnut Family Health Center uses a similar tool to assist patients with needs related to social determinants of health.

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McLean County Community Health Improvement Plan: Obesity 2017 Progress Report

HEALTH PRIORITY: OBESITY

GOAL: By 2020, pursue policy, system and environmental changes to maintain or increase the percentage of people living at a healthy body weight in McLean County.

OUTCOME OBJECTIVE: By 2020, maintain or increase the percentage of people living at a healthy body weight in McLean County.

Baseline

- Adults: 35.2% (*Behavioral Risk Factor Surveillance System [BRFSS], 2013*)
- Sixth grade students: 80% (*Illinois Youth Survey [IYS], 2014*)

State Health Improvement Plan (SHIP) 2021 Alignment

- Reduce the percentage of obesity among children ages 10-17
- Reduce the percentage of obesity among adults

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS in 2017
<p>IMPACT OBJECTIVE #1: By 2020, increase the rate of adults and children in McLean County who engage in regular physical activity.</p> <p>Baseline: adults – 69% (BRFSS, 2013); 39% exercise 3 or more times per week (Community Health Survey, 2015); sixth</p>	<p>Promote physical activity in the workplace and in the community.</p> <p><i>Evidence: “...research has shown that employees who get at least 75 minutes of vigorous-intensity physical activity per week miss an average of 4.1 fewer days of work per year. Furthermore, physically inactive employees are more likely to require sick leave—costing an average of 26 cents per hour worked in 2014—which increases healthcare expenditures for businesses.” – Workplace Health Research Network, 2015</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Establish a baseline for the # of free programs/events promoting physical activity in the community by the McLean County Wellness Coalition (MCWC) • Establish a baseline for the # of community members participating in free programs/events promoting physical activity in the community by the MCWC • Establish a baseline for the # of programs promoting physical activity in the workplace by the MCWC • Establish a baseline for the number of employees participating in programs promoting physical activity in the workplace by the MCWC <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • TBD 	<ul style="list-style-type: none"> • 59 events • 15,930 members • 22 programs • 576 employees

<p>grade students – 41% (IYS, 2014).</p> <p><i>Healthy People 2020 (HP 2020) Alignment:</i></p> <ul style="list-style-type: none"> • Reduce the percentage of Illinois adults reporting no physical activity in the last 30 days • Reduce the percentage of Illinois children who report not engaging in vigorous physical activity 	<p>Enact at least one policy, system or environmental change (PSE, e.g., Safe Routes to School, Complete Streets, Joint Use Agreements, Play Streets) to improve McLean County’s walkability and bikability.</p> <p><i>Evidence: “To increase physical activity, the CDC’s Community Preventive Services Task Force recommends making walking easier through changes to street design and zoning...Complete Streets projects make community improvements such as adding sidewalks and bicycle lanes that can increase frequency of exercise by 48.4% and promote weight loss when combined with health education.” (Illinois SHIP, 2015)</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of PSEs enacted • Establish a baseline bike score for McLean County • The McLean County Wellness Coalition will explore grant opportunities for implementing PSEs in McLean County <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • Walk scores (baseline: Bloomington – 35; Normal – 36, walkscore.com, 2016) 	<ul style="list-style-type: none"> • Explored, but none enacted • To be calculated in 2018 • Explored, but none applied for <ul style="list-style-type: none"> • Bloomington – 35; Normal - 38
	<p>Encourage McLean County schools to complete the Center for Disease Control and Prevention’s (CDC) School Health Index (SHI) and implement strategies to improve low scores.</p> <p>Support the maintenance of physical education in McLean County schools.</p> <p><i>Evidence: “Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. The U.S. Department of Health and Human Services recommends that young people aged 6-17 years participate in at least 60 minutes of physical activity daily.” (The Community Guide, 2015)</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Establish a baseline for the # of McLean County schools completing the CDC’s SHI • Establish a baseline for the number of McLean County schools implementing a strategy to improve low SHI scores <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • TBD 	<ul style="list-style-type: none"> • 8 schools • 0 schools

<p>IMPACT OBJECTIVE #2: By 2020, increase the consumption of fruits and vegetables and reduce consumption of sugary beverages by all populations in McLean County.</p> <p>Baseline: Adult consumption of fruits and vegetables – 40% (BRFSS, 2013); sixth grade student consumption of fruits and vegetables – 15-19% (IYS, 2014)</p>	<p>Support, promote and educate about the availability and accessibility of fruits and vegetables in McLean County.</p> <p><i>Evidence: “Available evidence suggests that community-supported agriculture participation significantly increases household inventories of fresh fruits and vegetables, and increases fruit and vegetable consumption. Participation is associated with an increased variety and amount of vegetables consumed for adults and children, improved diet, more cooking at home, and improved weight status.” (What Works for Health, 2016)</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Conduct a pre-post survey to determine the effects of the opening of Green Top Grocery, located in a food desert in McLean County, on increasing access to healthy foods • Work with the City of Bloomington Community Development division to conduct a grocery store market feasibility study in Bloomington • Coordinate food access summit in 2017 • Support the presence of a healthy food distribution center in West Bloomington • Coordinate the Veggie Oasis in West Bloomington • # of pounds of produce distributed at Veggie Oasis (baseline: 5,720 pounds, Veggie Oasis Survey, 2015) • Average # of people receiving free produce from the Veggie Oasis each week (baseline: 30 people/week, Veggie Oasis Survey, 2015) • # of events where healthy vegetable recipes are provided (baseline: 6 events, MCWC, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of McLean County low-income adults with access to a grocery store (baseline: 91.8%, USDA Food Environment Index, 2010) • % of Bloomington and Normal household units within a ¼ mile of a full-service grocery store (baseline: 4,273 household units, McLean County Regional Planning Commission, 2016) • % of Bloomington and Normal household units within a ¼ mile of a selected limited-service grocery store (baseline: 1,291 household units, McLean County Regional Planning Commission, 2016) 	<ul style="list-style-type: none"> • Pre-survey completed in 2017 • Completed in 2017 • Completed March 2017 • Supported and still exploring • Completed Summer 2017 • 5,200 pounds distributed • Data not available • 7 events • 90.8% (2015) • 4,889 household units • 1,291 household units
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	<p>Educate and promote the statewide Rethink Your Drink campaign.</p> <p><i>Evidence: “Reducing consumption of calories from added sugars is a recommendation of the 2010 Dietary Guidelines for Americans and an objective of Healthy People 2020. Sugar-sweetened beverages (SSB) are major sources of added sugars in the diets of U.S. residents. Daily SSB consumption is associated with obesity and other chronic health conditions, including diabetes and cardiovascular disease.” (Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report, 2012)</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Establish a baseline for the consumption of sugar-sweetened beverages (SSB) in McLean County through a standardized survey question • # of McLean County community members educated about Rethink Your Drink (baseline: 2,127 community members, McLean County Public Health Department, 2016) • # of events where Rethink Your Drink is promoted (baseline: 9 events, McLean County Public Health Department, 2016) • # of advertisements promoting Rethink Your Drink (i.e., TV, radio, print, social media) (baseline: 5 advertisements, McLean County Wellness Coalition, 2016) <p><u>Outcome indicators:</u></p>	<ul style="list-style-type: none"> • Of the 424 survey participants, 49% drink less than 12 oz of SSB per day, 23% drink 12 oz, and 21% drink 24 oz (Illinois State University’s Health Sciences 286 class, Spring 2017) • 2,373 community members • 8 events • 0 advertisements

		<ul style="list-style-type: none"> • Decrease in the ranking of soft drinks by % of total expenditure for Supplemental Nutrition Assistance Program (SNAP) and non-SNAP household (baseline: ranking of 1 - SNAP households; ranking of 2 - non-SNAP households, http://www.huffingtonpost.com/entry/food-stamps-diet-us-582f4bd7e4b058ce7aaadea0 (November 2016) • Decrease the # of gallons of beverages consumed by Illinois residents. (baseline: Illinoisans consumed more than 620 million gallons of sugar-sweetened beverages in 2011, http://www.cookcountypublichealth.org/files/pdf/Chaloupka_Report_PRF.pdf) 	<ul style="list-style-type: none"> • Data not available • Data not available
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RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- The McLean County Health Department’s Women, Infant and Children’s Program provides nutrition education, supports breastfeeding and increases access to healthy foods through food vouchers and Farmer’s Market coupons.
- In May 2017, Advocate BroMenn Medical Center established the Advocate BroMenn Vegetable Garden at the Community Health Care Clinic. Over 100 pounds of produce were given to patients of the Community Health Care Clinic during the pilot year.
- Home Sweet Home Ministries and the Community Health Care Clinic launched a Food Farmacy pilot program in August 2017. The program provides patients at the clinic who have diabetes or heart disease a prescription pass, which can be used to obtain free produce through 12 visits to the Bread for Life Food Co-op. In 2017, 19 individuals participated, 61 shopping trips were taken, and far more fresh produce and healthy items are being taken than before the Food Farmacy program was initiated.
- OSF HealthCare St. Joseph Medical Center sponsored Project Fit America (\$20,000 grant) to Heyworth High School – implemented Fall 2017. Project Fit America enhances Physical Education through curriculum, indoor and outdoor fitness equipment.
- OSF HealthCare St. Joseph Medical Center has ten raised beds and donated over 470 pounds of fresh vegetables to Home Sweet Home Ministries, Summer 2017, to use at the Bread for Life Co-op.
- The Partnership for Health Pilot Program, which began April 2017, is a private-public partnership to improve the health and fitness of people with developmental and intellectual disabilities and their support workers. Partners are the McLean County Health Department, Marcfirst, Advocate BroMenn Health and Fitness Center, Advocate BroMenn Charitable Foundation and the McLean County Board for the Care and Treatment of Persons with a Developmental Disability (an Illinois 377 Board).
- The March 2017 Food Access and Food Rescue Summit was funded by a \$1,500 grant from the Illinois Prairie Community Foundation.

****The three organizations comprising the McLean County Executive Steering Committee; Advocate BroMenn Medical Center, the McLean County Health Department, and OSF St. Joseph Medical Center, are all implied resources/partners for the Obesity Community Health Improvement Plan.***