

HSHS St. Joseph's Hospital, Breese

Community Health Needs

Assessment Report & Implementation Plan

A Collaborative Approach to Impacting Population Health
in Clinton County



Fiscal Year 2015

St. Joseph's Hospital, Breese is an affiliate of Hospital Sisters Health System, a multi-institutional health care system comprised of 14 hospitals and an integrated physician network serving communities throughout Illinois and Wisconsin.

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Executive Summary

Background

Provisions in the Affordable Care Act (ACA) require charitable hospitals to conduct a Community Health Needs Assessment (CHNA) and adopt implementation strategies to meet the needs identified through the CHNA. The CHNA is a systematic process involving the community to identify and analyze community health needs as well as community assets and resources in order to plan and act upon priority community health needs. This assessment process results in a CHNA Report which is used to plan, implement, and evaluate Community Benefit activities. Once the CHNA Report is completed, a set of implementation strategies is developed based on the evidence and assets and resources identified in the CHNA process.

Every three years, affiliates of Hospital Sisters Health System, including St. Joseph's Hospital, Breese, are required to conduct a CHNA and to adopt an Implementation Plan by an authorized body of the hospital in the same taxable year, and make the report widely available to the public. The hospital's previous CHNA Report and Implementation Plan was conducted and adopted in FY2012. In addition, the hospital completes an IRS Schedule H (Form 990) annually to provide information on the activities and policies of, and Community Benefit provided by the hospital.

To comply with these requirements, St. Joseph's Hospital led a collaborative approach in conducting its CHNA in partnership with representatives from the community. Upon completion of the CHNA, the hospital will develop a set of implementation strategies and adopted an Implementation Plan to address priority community health needs. The population assessed was Clinton County.

Data collected throughout the assessment process was supplemented with a community asset review, which also included an assessment of the local public health system; qualitative data gathered through the Clinton County Health Improvement Coalition that includes broad community member representation; and a community survey.

Identification and Prioritization of Needs: The following health needs were identified based on scope, severity, and burden; health disparities associated with the need; the importance the community places on addressing the health need; the hospital and community assets and resources available to address the health need; and local expertise and input:

- * **Access to Medical Care (Affordability & Transportation)**
- * **Mental Health**
- * **Chronic Diseases (Cancer, Cardiovascular Health, Diabetes)**

To identify these top community health priorities, a prioritization matrix was used. Based on the above criteria, Community Benefit Team members scored each health need identified. A scale of 0 to 3 was used with 0 having no significance and 3 having the highest ranking.

Implementation Plan Development: As part of the engagement process with key stakeholders, attention will be given to natural partnerships and collaborations that will be used to operationalize an Implementation Plan. The Implementation Plan is considered a "living

document” – a set of strategies that can be adapted to the lessons learned while implementing Community Benefit programs and services relevant to the priority needs. The broader set of community health needs will continue to be monitored for consideration as future focus areas.

I. Introduction

Background

HSHS St. Joseph’s Hospital, Breese is a not-for-profit hospital serving predominantly Clinton County, Illinois. Located in south central Illinois, the hospital is the sole acute care hospital in the county. With hospitals located in two adjacent counties not providing obstetrics services, St. Joseph’s Hospital serves a larger market area for women and infant’s services and includes the counties of Bond, Madison, Washington, and Marion.

Current Hospital Services and Assets

Hospital Services	Statistics	New Services & Facilities
<ul style="list-style-type: none"> • Acute Care Hospital • Level II - Nursery • Level III - Emergency Department • Immediate Care 365 – Walk-in clinics in two county locations: Carlyle & New Baden 	<p>Based on last fiscal year:</p> <ul style="list-style-type: none"> • Total Beds: 70 • Total Colleagues: 321 • Bedside RNs: 99 • Inpatient admissions: 1,308 • ED visits: 8,063 • Births: 525 • Inpatient surgeries: 385 • Outpatient surgeries: 3,184 • Total Case Mix Index: 1.1 • Physicians on Medical Staff: 114 • Volunteers: 390 active • Community Benefit: \$3.9 million 	<p>New Services & Facilities developed in past 3 fiscal years - 2013, 2014, & 2015:</p> <ul style="list-style-type: none"> • Chemotherapy & additional oncology services • New Immediate Care 365 in New Baden, a walk-in clinic available 7 days week, 365 days a year. Located in a community 15 miles from the hospital. • Partnership with the Southwestern Illinois YMCA to manage wellness services at a hospital-owned exercise facility.

Recent Awards and Recognition

The Joint Commission	HealthGrades	Becker's Hospital Review	Other National Organizations
<ul style="list-style-type: none"> • Top Performer in Surgical Care • Top Performer for the Care of Patients with Pneumonia • Top Performer for Quality Measures 	<ul style="list-style-type: none"> • Patient Safety Excellence Award Past 2 Years • Outstanding Patient Experience Award – Past 6 Years 	<ul style="list-style-type: none"> • One of 25 Hospitals with the Highest Value-Based Purchasing Score in the Nation • One of 100 Great Community Hospitals 	<ul style="list-style-type: none"> • American Diabetes Association – Education Recognition for Diabetes Self-Management Program • March of Dimes – Recognition for Reducing Elective Births Prior to 39 Weeks • Truven Health Analytics – 100 Top Hospital – 2014 & 2015 • Truven Health Analytics – Everest Award - 2014 & 2015

Community Health Needs Assessment Population

For the purpose of this CHNA, St. Joseph's Hospital defined its primary service area and populations as Clinton County. The hospital's patient population includes all who receive care without regard to insurance coverage or eligibility for assistance.

Demographics

St. Joseph's Hospital's service area is comprised of approximately 503 square miles with a population of approximately 37,760 residents and a population density of 75 people per square mile. The service area consists of the following cities and rural communities:

Cities	Villages
<ul style="list-style-type: none"> • Carlyle • Breese • Trenton 	<ul style="list-style-type: none"> • Albers • Aviston • Bartelso

Cities	Villages
<ul style="list-style-type: none"> • Centralia (partial) 	<ul style="list-style-type: none"> • Beckemeyer • Damiansville • Germantown • Hoffman • Huey • Keyesport • New Baden (partial)

Total Population Change, 2000 to 2010

According to the U.S. Census data, the population in the region rose from 35,535 to 37,762 between the year 2000 and 2010, a 6.21% increase.

Report Area	Total Population 2000 Census	Total Population 2010 Census	Total Population Change, 2000 – 2010	Percentage Population Change, 2000 – 2010
Clinton County	35,535	37,762	+2,227	+6.21%
Illinois	12,419,293	12,830,632	+411,339	+3.31%

Data Source: US Census Bureau, Decennial Census: 2000 to 2010. Source geography: County.

There were modest increases in the white and black populations in Clinton County between 2000 and 2010 (4.85% and 4.53% respectively). However, other groups saw much more substantial increases: Hispanics (85.61%), Asians (52.84%), and Native Hawaiians/Pacific Islanders (45.45%). However, those three groups combined still comprise less than 5% of the total county population.

Population by Age Groups

Population by gender was Male 51.7% and Female 48.3% and the region has the following population numbers by age groups:

Report Area	Total Population	Age 0 to 17	Age 18 to 24	Age 25 to 34	Age 35 to 44	Age 45 to 54	Age 55 to 64	Age 65+
Clinton County	37,762	8,572 (22.7%)	3,248 (8.6%)	5,022 (13.3%)	5,060 (13.4%)	6,042 (16.0%)	4,343 (11.5%)	5,475 (14.5%)
Illinois	12,830,632	3,130,674 (24.4%)	1,244,571 (9.7%)	1,770,627 (13.8%)	1,732,135 (13.5%)	1,873,272 (14.5%)	1,475,523 (11.5%)	1,603,829 (12.5%)

Data Source: US Census Bureau, Decennial Census: 2010. Source geography: County

Population without a High School Diploma (age 25 and older)

Within the report area there are 3,633 persons aged 25 and older without a high school diploma (or equivalent) or higher. This represents 14.17% of the total population. A further breakdown by age indicated 7.8% between ages 25 and 34 did not have a high school diploma; 6.6% ages 35

to 44; 6.3% ages 45 – 64 and 30.7 percent in the 65 years of age and older category. This indicator is relevant because educational attainment is linked to positive health outcomes.

Report Area	Population Age 25+	Population Age 25+ with no HS Diploma	% Population Age 25+ with no High School Diploma
Clinton County	25,642	3,633	14.17%
Illinois	8,459,947	1,108,253	13.10%

Note: This indicator is compared with the state average. Data Source: US Census Bureau, American Community Survey: 2008 to 2012. Source geography: Tract.

Population in Poverty (100% FPL and 200% FPL)

Poverty is considered a key driver of health status. Within the report area 7.7% or 2,759 individuals are living in households with income below the Federal Poverty Level (FPL). This is lower than the statewide poverty levels 13.7%). This indicator is relevant because poverty creates barriers to access including health services, nutritional food and other necessities that contribute to poor health status. Of note, the poverty rate among Hispanics in Clinton County was 9.8%

Report Area	Total Population	Population Below 100% FPL	Population Below 200% FPL
Clinton County	37,793	2,759 (7.7%)	7,917 (22.2%)
Illinois	12,823,860	1,710,465 (13.7%)	8,859,869 (30.8%)

Note: This indicator is compared with the state average. Data Source: US Census Bureau, American Community Survey: 2008 to 2012. Source geography: County.

Poor General Health

Within the report area, 13.1% of adults 18 and older report having poor or fair health in response to the question “Would you say that in general your health is excellent, very good, good, fair or poor?” The state rate is 15.4%. This indicator is relevant because it is a measure of general poor health status.

Report Area	Age-Adjusted Proportion of the Adult Population reporting poor or fair health
Clinton County	13.1%
Illinois	15.4%

Note: This indicator is compared with the state average. Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Systems 2006 to 2012. Accessed using the Health Indicators Warehouse. Source geography: County.

II. Establishing the CHNA Infrastructure and Partnerships

St. Joseph's Hospital led the planning, implementation and completion of the Community Health Needs Assessment in partnership with the Clinton County Health Department and Clinton County Health Improvement Coalition.

Internal

St. Joseph's Hospital undertook a 6-month planning and implementation effort to develop the CHNA, identifying community health needs and prioritizing these needs for its service area. Participating in the process internally and serving as the Community Health Needs Assessment Steering Committee were members of the hospital's Community Benefit Team, which includes the President & Chief Executive Officer, Chief Nursing Officer, Directors of Finance, Business Development, Social Services, Development/Communication, and Community Benefit Team Leader. Throughout the process regular meetings were held to review institutional and external data collected. Researchers from SIU School of Medicine's Center for Clinical Research and Office of Community Health & Service were also engaged to provide quantitative and secondary data analysis. Members of the St. Joseph's Hospital's Board of Directors were presented the CHNA and provided their approval at their March 26, 2015 meeting.

External

St. Joseph's Hospital also collaborated through existing relationships that provided diverse input for a comprehensive review and analysis of community health needs in the hospital's service area. This was completed through the Clinton County Health Improvement Coalition. With the hospital's facilitation, the Clinton County Health Improvement Coalition was more formally organized in June of 2014. Originally developed by the Clinton County Health Department, the hospital and health department now jointly lead this community group. The Coalition's adopted purpose is to "collaborate with community partners to advance the health and quality of life for the residents of Clinton County through the assessment of needs and development of education and preventative initiatives".

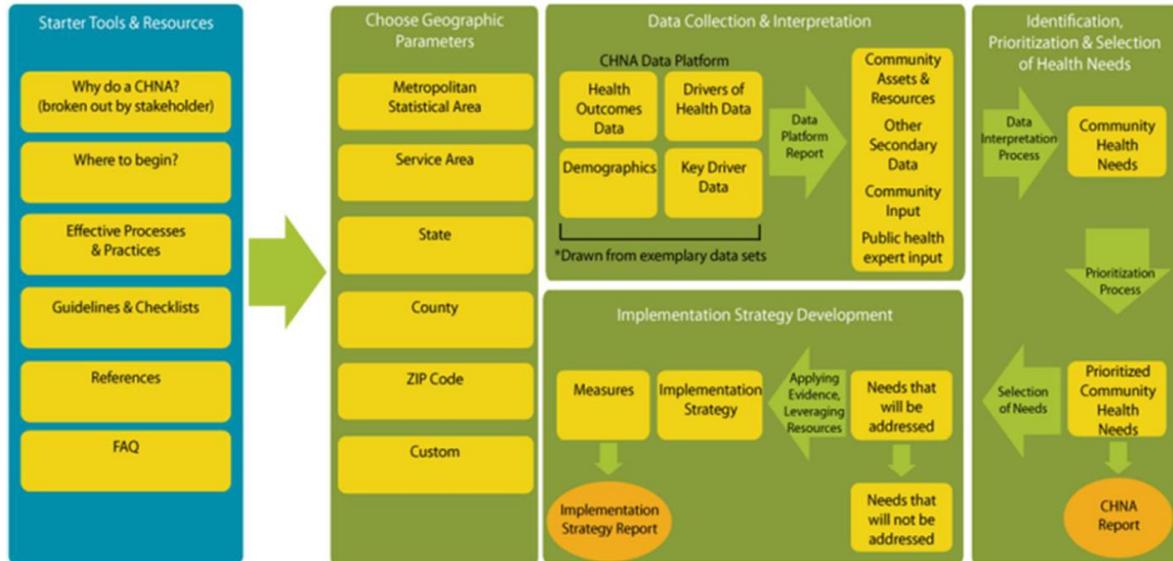
Clinton County residents were also asked for their input through a community survey. The survey tool was developed by the University of Illinois at Springfield's Survey Research Office. Community members were invited to take the survey online or through paper surveys available at libraries located throughout the county. To obtain input from seniors, surveys in paper form were available for pick-up and return at the three county senior centers. Surveys written in Spanish were also provided to a hospital medical interpreter and a representative of the Hispanic Ministry of Clinton County for distribution and collection.

III. Defining the Purpose and Scope

The purpose of the CHNA was to 1) evaluate current health needs of the hospital's service area, and 2) identify resources and assets available to support initiatives to address the health priorities identified.

IV. Data Collection and Analysis

The overarching framework used to guide the CHNA planning and implementation is based on the Catholic Health Association’s (CHA) Community Commons CHNA flow chart below:



During the development of the CHNA the four assessments as defined in the MAPP framework were also used (Mobilizing for Action through Planning and Partnerships developed by the National Associations of County & City Health Officials). The four assessments included were:

- Community Health Status Assessment
- Community Themes & Strengths Assessment
- Forces of Change Assessment
- Local Public Health System Assessment

Description of Data Sources

These data sources were used to provide secondary data to help inform the CHNA steering committee about potential needs that St. Joseph’s Hospital could address in next three fiscal years.

Source	Description
US Census	National census data is collected by the US Census Bureau every 10 years. Additional subsets of census bureau data include the American Community Survey and the Small Area Health Insurance Estimates. These subsets are collected continuously and may be aggregated over multiple years to provide data at the county level (e.g. American Community Survey data is from 2008-2012).

Behavioral Risk Factor Surveillance System (BRFSS)	The BRFSS is the largest, continuously conducted telephone health survey in the world. It enables the Center for Disease Control and Prevention (CDC), state health departments and other health agencies to monitor modifiable risk factors for chronic diseases and other leading causes of death.
Feeding America	The Feeding America “Mapping the Meal Gap” provides a food insecurity measure that incorporates lack of access to enough food for an active, healthy life for all family members and limited/unavailability of foods with adequate nutrition.
Area Health Resource File	The Area Health Resource File draws from 50+ sources of county-level data related to demographics, healthcare professions, and hospital and healthcare facilities.
Center for Medicare and Medicaid Services	CMS (Medicare) administrative claims data includes measures on chronic condition prevalence, spending, and health care utilization from 2007-2011 at the county level.
Dartmouth Atlas of Health Care	The Dartmouth Atlas Project examines patterns of health care delivery and practice, namely utilizing Medicare data. Data from the Dartmouth Atlas Project are generally presented at the hospital referral region level, but the County Health Rankings were able to obtain a small subset of health indicators at the county level.
Illinois Department of Public Health IQUERY	This community health database facilitates queries of a variety of health behavior, substance use, and clinical care indicators.
USDA Food Environment Atlas	The Food Environment Atlas incorporates food environment factors, such as proximity to stores, food prices and assistance programs, and community characteristics that influence food choices and quality.
Uniform Crime Reporting-FBI	The Uniform Crime Reporting data from the FBI is a primary source of violent crime data (homicide, rape, robbery, and aggravated assault). For the purposes of this report, this data is extracted from County Health Rankings, where it is a socioeconomic indicator incorporated into the rankings.
Diabetes Interactive Atlas	This CDC data source graphically displays, at a county level, prevalence and trends of obesity,

	diabetes, and other related factors.
National Center for Health Statistics (NCHS)	<p>SEER*stat is a cancer incidence and mortality statistical software program that has National Vital Statistics mortality data (from the National Center for Health Statistics) embedded within it, including cancer and other causes of mortality.</p> <p>Additionally, the NCHS provides vital statistic data related to births (e.g. teen births, low birth weights).</p>
CDC Wonder	CDC Wonder is a query system that includes a variety of public health measures, including environmental, chronic disease, prevention, mortality, and population indicators.
National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	This CDC organization provides data on incidence/prevalence of infectious disease.
Safe Drinking Water Information System (EPA)	The EPA is the primary source of data on the safety of drinking water. For the purposes of this report, this data is extracted from the County Health Rankings where it is noted as an environmental factor.
Illinois Youth Survey	The University of Illinois Center for Prevention Research and Development conducts continuous surveying of Illinois youth on social and health indicators.
Illinois DCFS	The Illinois Department of Child and Family Services has county level data on the prevalence of child abuse and neglect.
Pediatric Nutrition Surveillance (county level data provided by the Illinois Department of Public Health)	Data from the CDC on pediatric nutrition, health, and family behaviors among children under the age of 5 years old.
Health Indicators Warehouse	The Health Indicators Warehouse is a collaboration of multiple federal agencies and offices within the federal Department of Health and Human Services and provides national, state and community health indicators.
OneSource Global Business Browser (County Health Rankings)	The County Health Rankings used the One Source Global Business Browser and map files from ESRI, the US Census Bureau and other sources combined in ARCGIS software to determine the percent of a county's population that has access to locations for physical activity.
The National Center for Educational Statistics (NCES)	The NCES collects data and analyzes statistics related to American education, including the proportion of students who are eligible for the

	free lunch program.
Institute for Health Metrics and Evaluation (IHME)	The IHME created a county-based map displaying county-level prevalence of health behaviors (e.g. smoking) and outcomes (e.g. hypertension).
Illinois Gaming Board	Per St. Joseph's request, data on video gaming presence were extracted. The number of establishments identified between January and November of 2014 were used to create a density of video gaming establishments per 100,000 population, These were compared to the state density.

In addition to quantitative data sources, the hospital took into account input from persons who represent the broad interests of the community served by the hospital, including those with special knowledge of, or expertise in public health. Members of medically underserved, low-income and minority populations served by the hospital or individuals or organizations representing the interests of such populations also provided input. The medically underserved are members of a population who experience health disparities, are at risk of not receiving adequate medical care as a result of being uninsured or underinsured, and/or experiencing barriers to health care due to geographic, language, financial or other barriers.

Individuals and organizations were asked for their input through the Clinton County Health Improvement Coalition. Members of the Coalition were chosen based on their unique expertise and experience, informed perspectives and involvement with the community.

Clinton County Health Improvement	Area of Expertise
Albers, Janice	Public Health, Post-Secondary Education
Batchelor, Susan	Community College, Kaskaskia College
Broughton, Georgia	Community Resource Center, Centralia
Chavez, Heather	PAVE (People Against Violent Environment)
Evans, Paulette	Hospital Administration, CEO;
Garrett, Kerri	Regional Education Office
Gebke, Randy	Sanitation
Gent, Lisa	Carlyle Senior Center
Bird, Pam	SAFE (Sexual Assault & Family Emergencies)
Huelskamp, John	Developmentally Disabled, Community Link
Jacoer, Caitlyn	YMCA
Knopp, Jennifer	Hoyleton Ministries
Kohnen, Deb	BCMw Community Services
Krohn, Kris	Clinton County Sheriff's Department
Lee, Cheryl	Public Health, Clinton County Health Department
Leonhardt, Helen	University of Illinois Extension

Clinton County Health Improvement	Area of Expertise
McAdoo, September	Emergency Medical Management
Poettker, Amber	Nurse Practitioner
Rapp, Robert	Hispanic Ministry Clinton County
Rittenhouse, Jan	Central Community High School
Strieker, Barb	Hospital Community Benefit
Thole, Donna	Home Health, Celtic Home Health & Hospice
Wait, Lisa	Community Educator/Clinton County Cooperative Extension
Wiegmann, Janice	Hospital System Board Member/Educator – McKendree University

V. Identification and Prioritization of Needs

As part of the identification and prioritization of health needs, the internal Community Benefit Team considered the estimated feasibility and effectiveness of possible interventions by the hospital to impact health priorities. Prioritization was based on scope, severity, and burden; health disparities associated with the need; the importance the community places on addressing the health need; the hospital and community assets and resources available to address the health need; and local expertise and input.

Based on the CHNA planning and development process described, the following priority community health needs were identified:

- 1. Access to Medical Care (Affordability & Transportation)**
- 2. Access to Mental Health**
- 3. Chronic Disease Management (Cancer, Cardiovascular Health, & Diabetes)**

As an outcome of the prioritization process, the following community health needs were also identified and will not be addressed directly by the hospital for the reasons indicated:

- Addictions (alcohol, smoking drugs, gaming, & food) – Through the prioritization process, this community health need was rated low specifically in the hospital’s ability to impact the issue and the community’s readiness. There also continues to be other external resources available. The local school systems provide students education about making healthy choices, and Hoyleton Ministries has organized the “Communities that Care Coalition” to specifically target teen drug and alcohol abuse. Chapters of Alcohol Anonymous are available, and the Clinton County Health Department promotes the Illinois Tobacco Quitline for those that want to discontinue their use of tobacco products.
- Dental Care – Based on the number of providers compared to Clinton County’s population, additional providers of dental care needed. Few of the current providers accept the public insurance provided to the disadvantaged and low income populations. With other health needs prioritized higher, dental care will not be a focus area for the hospital. A dental clinic is operated through the health department in an adjacent county

and available to Clinton County residents as appointment times permit. The hospital will be supportive as resources allow should the Clinton County Health Department adopt this as a focus area in their upcoming needs assessment and implementation strategy.

- Prevention of Illness & Disease (Health, Exercise, & Nutrition) – St. Joseph’s Hospital will continue to offer health education and nutrition information pertaining to chronic disease prevention and management. Exercise programs through the YMCA’s partnership with the hospital will also continue at the hospital’s on-site exercise facility. The Clinton County Health Improvement Coalition has identified prevention of illness & disease as their main focus. As an organizing member of the Coalition, the hospital will be involved and supportive of the Coalition’s lead on health and wellness initiatives.

VI. Description of Community Health Needs

1. Access to Medical Care (Affordability & Transportation) –Based on the Illinois Behavioral Risk Factors Surveillance System survey (2007 – 2009), more than 90% of residents in Clinton County indicated they had a usual source of care, compared to 84.4% of residents statewide. However, the service area of St. Joseph’s Hospital, Breese continues to be designated a health care professional shortage area.

A smaller percentage of residents in Clinton County (6.9%) are uninsured compared to the state rate (12.9%). More than a fourth of all St. Joseph’s service area residents are publicly insured. Although the number of uninsured is better than the state rate, residents are not receiving recommended cancer screenings and using the emergency room for non-emergent issues.

Barriers identified include affordability due to high insurance plan deductibles. Through feedback received from the service area’s minority Hispanic community, affordability was identified as their number one barrier to health care services. Affordability and availability of non-emergency medical transportation has also been identified as a barrier among input received from health care providers.

2. Mental Health Services – Individuals in Clinton County have less access to mental health providers compared to the state as a whole. The ratio of population to mental health providers in Clinton County is 9,515:1 compared to the state ratio of 844:1.

Although data indicated that rates of depression and suicide in Clinton County are not notably elevated above the state rate, a higher proportion of Clinton County residents engage in excessive drinking (23%) compared to the state rate (20%). However, regardless of the need for mental health services to address various mental health conditions or risky behaviors that can lead to mental health conditions, the lack of access to mental health providers is a community health need to ensure Clinton County residents have access to appropriate care.

3. Chronic Disease Management (Cancer, Cardiovascular Health & Diabetes) – The leading cause of mortality in Clinton County for 2011 was diseases of the heart followed by cancer, which has remained below Healthy People 2020 goals for the most recent 4-year period of data. Colorectal cancer mortality was most significant and also exceeded the state rate for both genders. Mortality from lung cancer among males was also higher than the state rate.

VII. Description of Resources Available to Meet Priority Health Needs

The Breese medical community consists of St. Joseph's Hospital, Breese and six physician practices, which includes 16 primary care physicians. A complete listing can be found in Appendix A. Other community organizations and governmental agencies that provide resources to meet the community's health needs are also included in Appendix A.

VIII. Documenting and Communicating Results

This CHNA Report and Implementation Plan are available to the community on the hospital's public website: www.stjoebreese.com. To obtain a hard copy, please contact Administration at (618) 526-5302.

The hospital will also provide in its annual IRS Schedule H (Form 990) the URL of the web page on which it has made the CHNA Report and Implementation Plan widely available to the public as well as a description of the actions taken during the taxable year to address the significant health needs identified through its most recent CHNA as well as the health indicators that it did not address and why.

IX. Implementation Strategy

HSHS St. Joseph's Hospital, Breese, will partner with other organizations to develop, implement, monitor and evaluate both new and ongoing initiatives that address the identified priority community health needs. The set of implementation strategies and interventions are contained in the Implementation Plan which was approved and adopted by an authorized body of the hospital. The implementation strategies and interventions will include, but are not limited to, the following initiatives in each of the below categories:

1. Access and Affordability of Health Care

- a. **Goal:** To provide points of access to medical care for those in need

Measure: The following **subsidized services** will be provided:

- i. **Immediate Care 365 – New Baden & Carlyle:** Two walk-in clinics are located in these outlying Clinton County communities. The clinics will be open 7 days a week including holidays. One clinic is located in Carlyle, which is approximately 10 miles east from the hospital, and the other in New Baden, which is approximately 20 miles southwest.

Both clinics are part of a rural health clinic as designated by the Center for Medicare and Medicaid (CMS). Nurse practitioners help staff the clinics to expand appointment times due to the shortage of primary care physicians in these areas. With the two clinic sites, residents unable to schedule an appointment with their regular provider or those without one, have a level of care more appropriate and less costly than a visit to a hospital emergency department for non-emergent services. Each of the clinics' financials statements registers a net loss and the hospital subsidizes the loss in order for them to continue operation.

- ii. **Rural Health Clinics:** In addition to the walk-in clinics, St Joseph's Hospital, Breese, will continue to operate medical clinics located in the surrounding small communities of Carlyle, New Baden and Trenton.

All three locations are CMS designated Rural Health Clinics and part of Clinton County's Health Professional Shortage Area. Primary care physicians provide care at the clinics and are supported by nurse practitioners. Each of the clinics is operated at a financial loss to the hospital.

- b. **Hispanic Outreach -** Minority populations comprise less than 5% of the total county population with the Hispanic community increasing the most substantially between the 2000 and 2010 census.

Goal: To provide resources that will improve the minority Hispanic population's access to care through an interpreter/navigator program.

Measure: Spanish speaking interpreters will be employed and available for Hispanic patients treated as inpatients, outpatients, or emergency department patients at the hospital. They will also assist by helping families connect to the various health care services, making needed appointments, and accompanying them to doctor's visits. Number of occurrences when assistance was provided will be tracked. Other programs specific for the Hispanic community will be designed as needs are identified.

- c. **Goal:** To continue providing **financial assistance programs** for patients who do not have the ability to pay for services received. To determine eligibility, a scale based upon the Federal Poverty Guidelines (FPG) will be used.

Measure: Information about financial assistance programs will be communicated in registration areas and through patient accounting representatives. Eligibility will be based upon the Federal Poverty Guidelines (FPG) established by the U.S. Department of Health & Human Service

- d. **Goal:** To increase enrollment in the health insurance exchange (HIE).

Measure: During the period of open enrollment on the HIE, November 1, 2015 and end January 31, 2016, St. Joseph's Hospital will hold one educational event

for the community, distribute one news release to the local media about open enrollment and place information on the hospital's website. The services of a enrollment counselor will be funded by the hospital as the level of need is determined for the county and in coordination with the local/regional public health departments.

- e. **Goal:** To further assess the need for **non-emergency medical transportation** and identify other organizations for possible collaboration.

Measure: Assessment will be completed and one action taken as identified to improve transportation access and/or reduce costs for low income residents. Collaboration will be completed with current public transportation provider, South Central Transit, as appropriate.

2. Mental Health

Goal: To collaborate with other providers of healthcare, mental health services and community programs to identify and evaluate the areas current mental health resources and programs and develop a plan to increase access to mental health providers.

Measure: Assessment process will be completed and plan developed to increase availability of mental health providers.

- 3. Chronic Disease Management – To address chronic disease management, the hospital is supportive of the implementation and/or continuation of the following efforts:

- a. **Heart Disease/Cerebrovascular Disease**

- i. **Goal:** To promote heart health awareness, education about cardiovascular disease as well as eating and lifestyle choices.

Measure: During the month February, nationally recognized as Heart Health month, one activity will be held for community health education.

- ii. **Stroke Education:**

Goal: To provide education to the community about the prevention, identification and treatment options of stroke.

Measure: A community program will be planned in July of 2015 to educate the community. Program will be presented by HSHS Medical Group family medicine physician, Dr. Michael Nash.

b. Cancer

- i. **Goal:** To provide support for women with cancer by helping them cope with appearance related side effects of cancer.

Measure: Four times during each year, the American Cancer Society's "Look Good, Feel Better" program will be offered.

St. Joseph's Hospital will also continue to operate the American Cancer Society's regional "Wig Closet". Space is dedicated to maintain wigs, scarves, and hats for the program that serves women from Clinton County and surrounding counties.

- ii. **Goal:** To provide community education about the importance of early detection and obtaining screenings as recommended by the American Cancer Society.

Measure:

- During October, national **Breast Cancer** Awareness month, community education will be provided.
- At the eight health fairs held during the year, at-home fecal occult blood test kits for the early detection of **colorectal cancer** will be available to purchase for \$1.
- One free **skin cancer** screening will be held.

- c. Diabetes** - The CDC's Diabetes Atlas indicates Clinton County has a lower prevalence of diabetes in adults compared to the state rate, but it is still a disease that affects nearly 9% of adult residents. Among Medicare beneficiaries, the rates of diabetes in Clinton County trend lower than the state rate, but still affected more than one in four beneficiaries in 2011.

- i. **Goal:** To provide support to individuals with diabetes and information that will help with self-management.

Measure: Six **support group meetings** will be held. An annual survey will be mailed to support group attendees to determine any knowledge or behavioral changes about their chronic disease.

- ii. **Goal:** To provide participants an opportunity for free health screenings for blood sugar, blood pressure, protein in the urine, and height/weight

Measure: In partnership with the National Kidney Foundation, the **KidneyMobile** will be hosted at least annually in Breese. Participants will be encouraged to share the results with their primary care physician. Individuals without a physician that need additional follow-up are assisted as needed in finding care. Follow-up will be completed with individuals receiving an abnormal result that indicate they do not have a regular physician to determine if they have access to care if desired.

- iii. **Goal:** To provide education to teachers and others working in the local school system to keep children with diabetes safe at school.

Measure: St. Joseph's Hospital's diabetes educator will partner with the local school system to offer the American Diabetes Association's (ADA) "Safe at School" program one time during the school year. A post-evaluation will be given to those attending to determine if the program is meeting goals set.

- iv. **Goal:** To provide the services of a dietician to organizations free of charge for education about nutrition and healthy eating.

Measure: Dietician will make three presentations during the year, which may include a grocery store tour and/or cooking demonstration to teach individuals how to shop and cook for healthy foods.

d. **Prevention Initiatives:**

Clinton County Health Improvement Coalition Initiations – St. Joseph's Hospital is a leading member of the Clinton County Health Improvement Coalition along with the Clinton County Health Department. Members of the Coalition represent health care, social services, environmental, education and law enforcement agencies and services. Their goal is to advance the health and quality of life for county residents through the assessment of needs and development of educational and preventative initiatives. Following the community needs assessment, consensus of Coalition members was to primarily focus on the prevention of illness and disease through health information, exercise, and nutrition initiatives. As initiatives are defined, St. Joseph's Hospital will be supportive as needs are determined.

III. Initiatives Continuing from Previous Assessments

1. Women & Infants Health – The three hospitals in the surrounding counties do not provide obstetric services; thus, St. Joseph’s Hospital, serves a four county area and is supportive of the continuation of the following efforts:

- a. **Goal:** To provide **education to expectant parents** about good health during pregnancy and preparation for the birthing experience.

Measure: Programs will be held 12 times during the year in Breese and two times in Highland. Classes will be open to the broader community and not dependent on the mother delivering at St. Joseph’s Hospital, Breese. One outcome measure will be established.

- b. **Goal:** To educate parents about what to expect in the hospital after birth and how to care for their baby at home through the **Know Your Newborn** program.

Measure: Six classes will be taught in Breese and two in Highland. An outcome measure will be established to measure participants’ increased knowledge and changes in behavior.

- e. **Goal:** To encourage area mothers to breastfeed by providing education through the **Breastfeeding Class & Breastfeeding Support Group**.

Measure: Four breastfeeding classes will be held in Breese and two in Highland along with six support group meetings in Breese. An outcome measure will be established to measure participants’ increased knowledge and behavior changes. Participants tracked over a one year period to determine long-term outcome.

- f. **Goal:** To complete **Car Seat Safety Checks** and train individuals on the proper installation of car seats.

Measure: Event will be held two times each year. The program will be tracked by the number of participants and their demonstration of knowledge gained.

Checks are hosted by St. Joseph's Hospital, Community Link, Early Head Start, Triple A (AAA), the Illinois Department of Transportation and the Illinois Secretary of State's office.

- g. **Goal:** To provide education to children (3 to 10 years of age) who are expecting a new brother or sister to their family. During a **Sibling Class**, they will be provided education about their role and responsibilities on how to be safe with an infant.

Measure: Class will be offered six times per year and parents of siblings attending will be given an evaluation to complete following the program.

- h. Goal:** To provide a **Baby-sitting Class** for youth over the age of 10 to learn about how to safely care for infants and children.

Measure: Four classes will be provided each year with post-evaluations given at the end of the class to determine knowledge gained.

2. Youth Education

- a. Goal:** To provide education to eighth grade students in seven area high schools through **GamePlan**, a program designed to prevent teenage pregnancy and promote sexual abstinence.

Outcome: Program will be offered to eighth grade students in seven area high schools. Students will be given an evaluation following the program to determine changes in knowledge or behavior that could be attributed to the information provided.

Clinton County's teen birth rate continues at an average lower than the state, 28 per 1,000 compared to 36 per 1,000 in the state as a whole.

- b. Goal:** To demonstrate first aid techniques during **Farm Safety Day**, which teaches sixth grade students from all six local grade schools about general and farm safety.

Measure: Number of students receiving education.

Event is sponsored by the Clinton County Ag Literacy Coalition, St. Joseph's Hospital is a participant at their Progressive Ag Farm Safety Day.

- c. Goal:** To organize and participate in the **Student Health Fair** held at Central High School providing information about exercise and nutrition.

Measure: Number of students receiving education.

- d. Goal:** To partner with the local grade schools in providing nutrition education to area students.

Measure: Number of students receiving education.

Approval

St. Joseph's Hospital's is governed by a volunteer Board of Directors, which includes representatives from Breese, the surrounding communities, and rural areas. The Board reviews the Community's Health Needs Assessment at least every three years, and they approve the corresponding Implementation Strategy. Also, annually, the Governing Board reviews the prior fiscal year's Community Benefit Report.

With the recent completion of the hospital's Community Health Needs Assessment, the HSHS St. Joseph's Hospital, Breese, Board of Directors approved the assessment at their meeting on March 26, 2015. This was followed with the approval of the Implementation Strategy on May 28, 2015.

X. References

These data sources were used to provide secondary data to help inform the CHNA steering committee about potential needs that St. Joseph's Hospital could address in next three fiscal years.

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Support documentation on file and available upon request.

Appendix A
Asset Analysis for Clinton County

Name	Address	Phone Number
Hospitals		
St. Joseph's Hospital Includes 24-hour Emergency Room	9515 Holy Cross Lane Breese, IL 62230	(618) 526-4511
Immediate Care 365		
St. Joseph's Immediate Care 365	14505 State Rt. 127, Carlyle, IL 62231	(618) 594-4949
St. Joseph's Immediate Care 365	211 E. Hanover, New Baden, IL 62265	(618) 588-7000
Primary Care Physicians		
Beaty, Timothy, M.D.	9401 Holy Cross Lane, Breese, IL 62230	(618) 526-7271
Butalid, Alberto, M.D.	811 Fairfax Street, Carlyle, IL 62231	(618) 594-3025
Doll-Pollard, Anne, M.D.	9447 Holy Cross Lane, Breese, IL 62230	(618) 526-2209
Dothager, Christina, M.D.	9447 Holy Cross Lane, Breese, IL 62230	(618) 526-2209
Gagen, Erin, M.D.	411 E. Broadway, Trenton, IL 62293	(618) 224-7000
Garcia, Arnel, M.D.	409 E. Broadway, Trenton, IL 62293	(618) 224-7366
Gelly, Bonnie, M.D.	9447 Holy Cross Lane, Breese, IL 62230	(618) 526-2209
Gozia, Penny, M.D.	9447 Holy Cross Lane, Breese, IL 62230	(618) 526-2209
Klosterman, Brian, M.D.	9401 Holy Cross Lane, Breese, IL 62230	(618) 526-7271
McCleary, Mark, M.D.	9401 Holy Cross Lane, Breese, IL 62230	(618) 526-7271
Morra, Daniel, M.D.	9423 Holy Cross Lane, Breese, IL 62230	(618) 526-8850
Nash, Michael, M.D.	9401 Holy Cross Lane, Breese, IL 62230	(618) 526-7271
Neighbors, David, MD.	9341 Holy Cross Lane, Breese, IL 62230	(618) 526-2603
Rivera, Chris, M.D.	1110 Mulliken Street, Carlyle, IL	(618) 594-3614
Osborn, Jonathan, M.D.	9401 Holy Cross Lane, Breese, IL 62230	(618) 526-7271
Wells, James, D.O.	9459 Holy Cross Lane, Breese, IL 62230	(618) 526-2555
Physician Specialists		
Aliperti, Dr. Giuseppe (Gastroenterology)	Physicians hold clinics periodically during the month in the St. Joseph's Hospital, Specialty Clinic at 9515 Holy Cross Lane, Breese, IL 62230	For further information contact: (618) 526-5381
Bashir, I, M.D. (Nephrologist)		
Bassman, Dr. Donald (Orthopedics)		
Burger, Dr. Stephen (Neurology)		
Dhillon, Rahul (Gastroenterology)		
Dothager, Dr. Douglas		

Name	Address	Phone Number
(Pulmonology)		
Fierstein, Dr. Jeffrey (ENT)		
Finlay, Dr. David (Vascular Surgery)		
Hu, Dr. Ruo-Qu (Nephrologist)		
Lewis, Nichole (Gastroenterology)		
Manalo, Jane, M.D. (Oncology/Hematology)		
Mohan, Dr. Ventrapragada (Pulmonary)		
Moosa, Hans (Vascular Surgery)		
Nordlicht, Dr. Scott (Cardiology)		
Prairie Heart Cardiology		
Rodriguez, Dr. Guillermo (Oncology)		
Shah, Prashant (ENT)		
Sylvanovich, Richard (Gastroenterology)		
Yang, Kui, M.D. (Pain Management)		
General Surgery		
Knolhoff, Joshua, M.D.	9409 Holy Cross Lane, Breese, IL 62230	(618) 526-8430
Rivera, Renato, M.D	9515 Holy Cross Lane, Breese, IL 62230	(618) 526-7133
Ruff, Timothy, M.D.	9409 Holy Cross Lane, Breese, IL 62230	(618) 526-8430
Podiatry		
Kee, David, DPM	9401 Holy Cross Lane, Breese, IL 62230	(618) 526-7154
Dermatology		
Ducomb, Deanna, M.D.	1210 Jefferson Street, Carlyle, IL 62231	(618) 594-2454
Urology		
Katsikas, Dr. Demetrios	Jamestown Road, Breese, IL 62230	(618) 288-0900
Mental Health/Counseling		
Arbaugh, Dr. Scott	St. Joseph's Hospital Senior Renewal Breese, IL 62230	(618) 526-5799

Name	Address	Phone Number
Community Resources Center	904 Martin Luther King Drove, Centralia, IL 62801	(618) 533-1391
Kittenstein, Christina	Cornerstone Counseling, Physician's Medical Office Building, Breese, IL 62230	(618) 979-7301
Schrage, Lucy	Creative Solutions Counseling – 9515 Holy Cross Lane; Breese, IL 62230	(618) 980-5028
Health Department		
Clinton County Health Department	930 A. Fairfax, Carlyle, IL 62231	(618) 594-2723
Dentists		
Breese Dental Care	111 N. Main Street, Breese, IL 62230	(618) 526-2020
Breese Dental Group	9437 Holy Cross Lane, Breese, IL 62230	(618) 526-4233
Hyten, Robert, DMD	651 9 th Street, Carlyle, IL 62231	(618) 594-4288
Kellough, Ronald, DMD	702 Church Street, Germantown, IL 62245	(618) 523-4251
Koentz, William, DMD	9 N First Street, New Baden, IL 62265	(618) 588-3592
Stone, Steven, DDS	20 S. Main Street, Trenton, IL 62293	(618) 224-9423
Trenton Dental Group	118 N. Oak, Trenton, IL 62293	(618) 224-7129
Wessol, S. D., DDS	350 8 th Street, Carlyle, IL 62231	(618) 594-3361
Whips, J. Franklin, DMD	702 Church Street, Germantown, IL 62245	(618) 523-4204
Ambulance Services/Medical Transport		
Breese Ambulance Service	290 N. Clinton, Breese, IL 62230	(618) 526-4455
Medstar Ambulance	Carlyle, IL 62231	(618) 594-2378
Sugar Creek Ambulance Service	Trenton, IL 62293	(618) 224-9221
Nursing Homes/Assisted Living Facilities		
Aviston Countryside Manor	450 W. First Street, Aviston, IL 62216	(618) 228-7615
Breese Nursing Home	N. First Street, Breese, IL 62230	(618) 526-4521
Carlyle Healthcare Center	501 Clinton Street, Carlyle, IL 62231	(618) 594-3112
Clinton Manor Living Center	111 E. Illinois Street, New Baden, IL 62265	(618) 588-4924
Legacy Place	13887 Progress Drive, Breese, IL 62230	(618) 526-9600
Trenton Village - Assisted Living	980 E. Broadway, Trenton, IL 62293	(618) 224-9465
Villa Catherine	491 Clinton Street, Carlyle, IL 62231	(618) 594-8363
Villas at St. James – Assisted Living	14335 Jamestown Road, Breese, IL 62230	(618) 526-0100
Home Health Agencies		

Name	Address	Phone Number
Celtic Hospice/Home Health	14017 Jamestown Road, Breese, IL 62230	(800) 862-3644
HSHS Home Care Southern Illinois	701 West Temple Ave, Effingham, IL 62401	(217) 347-1777
Mederi Home Health Care	14335 Jamestown Road, Breese, IL 62230	(618) 526-8899