

HSHS St. Joseph's Hospital Highland

Community Health Needs Assessment Report & Implementation Plan

A Collaborative Approach to Impacting Population Health
in the St. Joseph's Hospital Service Area



May 27, 2015

St. Joseph's Hospital 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, 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 and adopting an Implementation Plan in FY2015 (July 1, 2014 through June 30, 2015) in partnership with representatives from the community. Upon completion of the CHNA, the hospital developed a set of implementation strategies and adopted an Implementation Plan to address priority community health needs. The population assessed was located within portions of Madison, Clinton, and Bond counties - which comprise the hospital's service area. Data collected throughout the assessment process was supplemented with: the 2012 St. Joseph's Hospital CHNA Report and Implementation Strategy; 2011-2016 Madison County (IL) IPLAN; 2011-2016 Clinton County (IL) IPLAN; quantitative data collected from the December 2011 telephone survey conducted by Leede Research (Used in 2012 CHNA); quantitative and qualitative data collected through a community engagement survey conducted by St. Joseph's Hospital (January-February 2015).

Identification and Prioritization of Needs: Based on the findings associated with the CHNA process conducted by St. Joseph's Hospital, the following community health needs were identified:

- Access to Health Care Services (primary care)
- Heart Health
- Diabetes (diagnosis management)
- Nutrition & Obesity
- Preventative Screenings & Education

St. Joseph's Hospital will focus on these identified needs as a result of this study and the populations exhibiting the greatest need within these areas.

The St. Joseph's Hospital senior leadership team (SLT), along with the hospital's community benefit leader and the St. Joseph's Hospital Advisory Council, identified these five (5) areas of opportunity through the assessment based on the data gathered through the CHNA.

Collectively, these individuals evaluated the five (5) areas of opportunity identified along with the specific target populations. The identified needs were then re-evaluated on the basis of certain criteria that included:

- 1) A review of the hospital's existing community benefit activities
- 2) A review of the hospital's current and future strategic operations plans and goals
- 3) Availability of other existing resources located within the hospital's PSA and SSA.

Utilizing the criteria stated immediately above, a review of data collected in this assessment process, and a subsequent analysis of resources available, the following two (2) areas of opportunity were selected for new initiative development by St. Joseph's Hospital to be addressed:

- Nutrition & Obesity
- Preventative Screenings and Education

Implementation Plan Development: As part of the engagement process with key stakeholders, attention has been given to natural partnerships and collaborations that will be used to operationalize the 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

The mission of St. Joseph's Hospital is to reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry.

Since 1878, the Hospital Sisters of St. Francis have been serving the health care needs of residents within Highland, IL and surrounding communities. St. Joseph's Hospital is a result of the Sisters' foresight, innovation and commitment to meeting the health care needs of all people, regardless of ability to pay. From meager beginnings, our hospital has grown to become a major community asset that provides a highly-trained professional staff, state-of-the-art technology, and numerous community services to benefit the citizens in the communities we serve.

St. Joseph's Hospital is a fully accredited not-for-profit critical access hospital (CAH). The hospital is a 25-licensed bed facility located in Highland, IL and is an Affiliate of the Hospital Sisters Health System. St. Joseph's service area includes portions of southeast Madison County, southwest Bond County, and northwest Clinton County, serving a population more than 33,500 people.

On Thursday, August 22, 2013, a new era of health care was introduced to Highland and surrounding communities as the new St. Joseph's Hospital campus opened to the public. The new, state-of-the-art health care campus encompasses the hospital and adjacent three-story Medical Office Building (MOB) totaling 125,000 square feet.

This \$63 million investment in the future of health care in Highland provides a true Franciscan healing environment that combines state-of-the-art technologies, a "lean" floor plan that maximizes resource utilization, and the skilled compassionate care of our staff.

Our cutting-edge health care campus was designed with a "patient-centered" focus that reveals and embodies Christ's healing love for all through:

1. Increased attention and detail to patient privacy and convenience
2. State-of-the-art technologies in both clinical and non-clinical departments
3. A healing environment designed to make patients more comfortable and increase healing times
4. Accessible and ample parking – more than 300 parking spots on campus
5. New patient visiting hours – 24 hours a day, 7 days a week, 365 days a year

Current Services and Assets

Major Centers & Services	Statistics	New Services & Facilities
<ul style="list-style-type: none"> • Cancer Care • Walk-in Primary Care Program • Emergency Department • Cardiac Care • Rehabilitation Center • Women & Children’s Center • Specialty Physician Clinic • Wound Care Center • Laboratory Services • Medical Imaging • InPatient Rehabilitation Program • Sleep Medicine Center • Surgery services • Community Education Programs 	<ul style="list-style-type: none"> • Total Beds: 25 • Total Colleagues: 324 • Bedside RNs: 440 • Inpatient admissions: 1,112 • ED/Prime Care visits: 14,500 • Inpatient surgeries: 250 • Outpatient surgeries: 1,527 • Case Mix Index: 1.25 • Physicians on Medical Staff: 108 • Volunteers: 155 • Community Benefit: \$3.3 million (FY2014) 	<ul style="list-style-type: none"> • Opened a new 25-bed CAH and medical office building encompassing 125,000 in August 2013 • Introduced a Maternity Onto Motherhood (MOM) pre- and post-natal women’s health program January 2015 • Began offering a stereotactic breast biopsy service in 2014 • Provide Hyperbaric Oxygen (HBO) therapy through two (2) oxygen chambers in Wound Care Center

Recent Awards and Recognition

- Catholic Health Association of the United States
- Illinois Critical Access Hospital Network (ICAHN)
- Illinois Hospital Association
- The Joint Commission
- 2013 *Top Performer on Key Quality Measures*® by The Joint Commission
- 2012-2015 Greenhealth Partner for Change Award recipient
- “Emergent Stroke Ready Hospital (ESRH)” designation by the Illinois Department of Public Health (IDPH) – 2015
- Standby Emergency department Approved for Pediatrics (SEDP) – Emergency Medical Service Region 4 – Illinois Department of Public Health (IDPH)

Community Health Needs Assessment Population

For the purpose of this CHNA, St. Joseph’s Hospital defined its primary and secondary service areas and populations as encompassing eight (8) specific zip codes that are located within portions of Madison, Clinton, and Bond counties in Illinois. 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 400.314 square miles with a population of approximately 31,052 and a population density of 657 per square mile. The service area consists of the following suburban and rural communities:

- 62249 (Highland)
- 62273 (Pierron)
- 62275 (Pocahontas)
- 62293 (Trenton)
- 62001 (Alhambra)
- 62061 (Marine)
- 62074 (New Douglas)
- 62281 (St. Jacob)

Total Population Change, 2000 to 2010

According to the U.S. Census data, the population in the region rose from 27,640 to 31,052 between the year 2000 and 2010, a 12.34% increase.

Report Area (by Zip Code)	Total Population 2000 Census	Total Population 2010 Census	Total Population Change, 2000- 2010	Percentage Population Change, 2000- 2010
Highland	13,449	15,971	2,522	18.75
Pierron	46	426	380	826.09
Pocahontas	3,635	3,195	(440)	(12.10)
Trenton	4,576	4,748	172	3.76
Alhambra	1,596	1,752	156	9.77
Marine	1,455	1,718	263	18.08
New Douglas	1,164	1,087	(77)	(6.62)
St. Jacob	1,719	2,155	436	25.36
Total Area	27,640	31,052	3,412	12.34

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

Population by Age Groups

Population by gender was Male 49% and Female 51% and the region has the following population numbers by age groups:

Report Area	Total Population	Under 18	Age 18 to 34	Age 35 to 64	Age 65+
Highland	15,971	3,833	3,673	5,750	2,715
Pierron	426	107	85	175	59
Pocahontas	3,195	799	639	1,310	447
Trenton	4,748	1,187	950	1,946	665
Alhambra	1,752	438	350	718	246
Marine	1,718	430	344	704	240
New Douglas	1,087	272	217	446	152
St. Jacob	2,155	539	431	884	301
Total Area	31,052	7,605	6,689	11,933	4,825

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

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

Within the report area there are 20,107 persons aged 25 and older without a high school diploma (or equivalent) or higher. This represents 0.24% of the total state population aged 25 and older. 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
Hospital Service Area	20,107	1,429	7.10
State	8,455,146	1,073,804	12.70

Note: This indicator is compared with the state average. Data Source: US Census Bureau

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

Poverty is considered a key driver of health status. Within the report area 14.09% or 4,378 individuals are living in households with income below the Federal Poverty Level (FPL). This is lower than the statewide poverty levels (14.10%). This indicator is relevant because poverty creates barriers to access including health services, nutritional food and other necessities that contribute to poor health status.

Report Area	Total Population	Population Below FPL
Hospital Service Area	31,052	4,378
State	8,455,146	1,192,175

Note: This indicator is compared with the state average. Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

Poor General Health

Within the report area 16.66% 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%. This indicator is relevant because it is a measure of general poor health status.

Report Area	Total Population Age 18+	Estimated Population with Poor or Fair Health	Percent Population with Poor or Fair Health
Hospital Service Area	23,447	3,906	16.66
State	8,455,146	1,268,272	15

Note: This indicator is compared with the state average. Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

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 representatives from the Madison County Health Department and the St. Joseph’s Hospital Advisory Council.

Internal

St. Joseph’s Hospital undertook a nine (9) month planning and implementation effort to develop the CHNA, identify and prioritize community health needs for its service area and formulate an implementation plan to guide ongoing population health initiatives with like-missioned partners

and collaborators. These planning and development activities included the following internal and steps:

- The St. Joseph's Hospital senior leadership team (SLT) served as the executive steering committee for this CHNA
- A review of the St. Joseph's Hospital 2012 CHNA report and implementation strategy documents (and related data)
- The St. Joseph's Hospital Advisory Council, while comprised of external community members, was engaged to assist with input on data collection and identification and prioritization of needs
- A review of the hospital's existing community benefit activities
- A review of the hospital's current and future strategic operations plans and goals
- Development and distribution of a public engagement survey to both internal and external constituencies that represented the broad interests of the hospital's service area to solicit input on data and identification and prioritization of needs

External

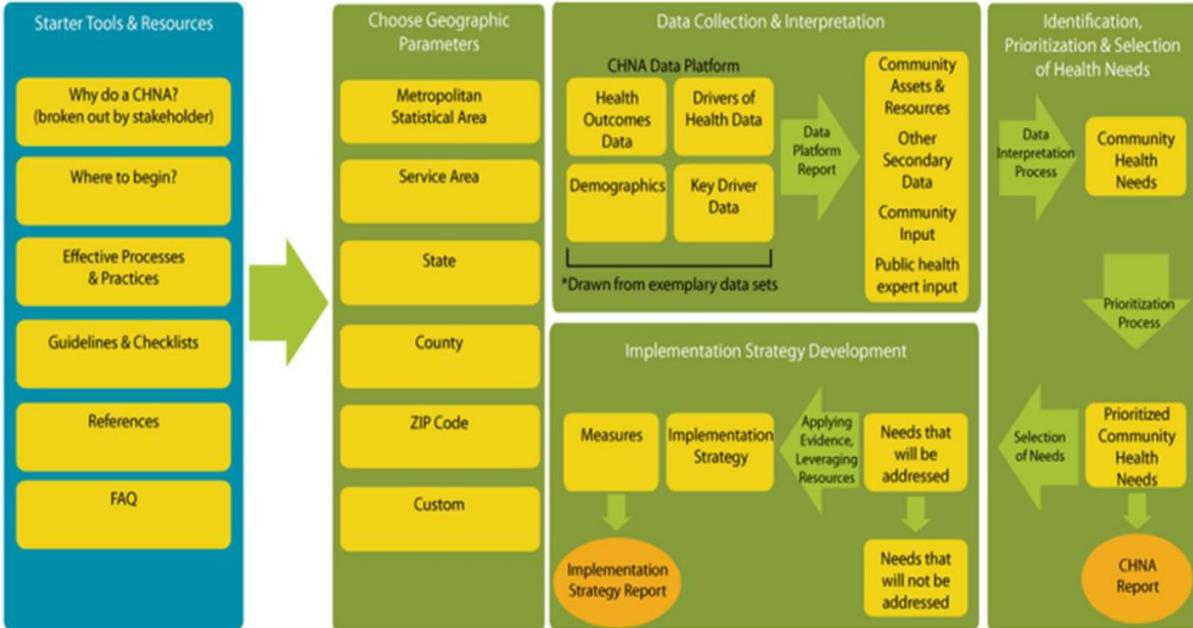
St. Joseph's Hospital also leveraged existing relationships that provided diverse input for a comprehensive review and analysis of community health needs in the hospital's service area. A primary component in this assessment was engaging the Madison County Health Department in soliciting their assistance in development of the public engagement survey and assistance in acquiring additional public health data through distribution of the hospital's public engagement survey to additional agencies/organizations that represented the broad public health interests located within the hospital's service area.

III. Defining the Purpose and Scope

The purpose of the CHNA was to 1) evaluate current health needs of the hospital's service area, 2) identify resources and assets available to support initiatives to address the health priorities identified, 3) develop an Implementation Plan to organize and help coordinate collaborative efforts impacting the identified health priorities, and 4) establish a system to track, report and evaluate efforts that will impact identified population health issues on an ongoing basis.

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:



Description of Data Sources

Quantitative

Source	Description
Behavioral Risk Factor Surveillance System	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.
US Census	National census data is collected by the US Census Bureau every 10 years.
Centers for Disease Control	Through the CDC's National Vital Statistics System, states collect and disseminate vital statistics as part of the US's oldest and most successful intergovernmental public health data sharing system.
County Health Rankings	Each year the overall health of each county in all 50 states is assessed and ranked using the latest publically available data through a collaboration of the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.
2015 St. Joseph's Hospital CHNA Public Engagement Survey	A survey was developed taking into account input from the hospital's senior leadership team and the Madison County Health Department to acquire both quantitative and qualitative data.

Qualitative

Qualitative data was reviewed to help validate the selection of health priorities. In alignment with IRS Treasury Notice 2011-52,2 data reviewed represented 1) the broad interests of the community, and 2) the voice of community members who were medically underserved, minorities, low-income, and/or those persons with chronic illnesses.

Report Title	Lead Entity	Lead Contact	Title
2012 St. Joseph's Hospital CHNA	St. Joseph's Hospital	Randy Schorfheide	Community Benefit Leader
Madison County (IL) IPLAN	Madison County Health Department	Amy Yeager	Health Promotion Manager
Clinton County (IL) IPLAN	Clinton County Health department District	Mike McMillan	Public Health Administrator

In addition to qualitative and 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 (local, regional, state and/or tribal). 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. Representatives from the following community organizations, agencies and groups were solicited to provide input for this CHNA including (but not limited to):

- Madison County Health Department
 - Network of other community-based social service agencies throughout Madison County
- Highland Area Christian Service Ministry
- HSHS Medical Group
- St. Joseph's Hospital colleagues
- City of Highland personnel
- Highland City Council
- St. Joseph's Hospital: Auxiliary; board members (hospital; Friends; Advisory Council)
- Highland School District faculty and staff
- Highland Area Ministerial Alliance
- General public: survey posted on web site and promoted through newspaper articles and Facebook posting with link
- Highland Chamber of Commerce membership

V. Identification and Prioritization of Needs

Members of the St. Joseph's Hospital senior leadership team (SLT), along with the hospital's community benefit leader and the St. Joseph's Hospital Advisory Council collaborated in the review and analysis of CHNA data.

As part of the identification and prioritization of health needs, these individuals considered the estimated feasibility and effectiveness of possible interventions by the hospital to impact these health priorities; the burden, scope, severity, or urgency of the health need; the health disparities associated with the health needs; the importance the community places on addressing the health need; and other community assets and resources that could be leveraged through strategic collaboration in the hospital's service area to address the health need.

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

- **Access to Health Care Services (primary care)**
- **Heart Health**
- **Diabetes (diagnosis management)**
- **Nutrition & Obesity**
- **Preventative Screenings & Education**

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:

- **Tobacco Use** – The hospital did not take the lead on this issue. It is best addressed through the County Health Department smoking cessation classes. The hospital refers persons to the CHD and Illinois Quit Line.
- **Mental Health** - The hospital did not take the lead on this issue. It is best addressed through the County Health Department and additional community health agencies/providers. The hospital refers persons to these resources.

VI. Description of Community Health Needs and Implementation Plan

St. Joseph's Hospital will partner with other community resources 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 five (5) categories.

1. Access to Health Care Services (Primary Care)

Up to 54% of respondents to the 2015 St. Joseph's Hospital Public Engagement Survey responded that "access to primary health care services" and "lack of affordable health care services" were of great concern to them.

St. Joseph's PrimeCare (SJPC) provides additional access to primary care health services. SJPC is designed to treat minor injuries and illnesses that require immediate attention, such as sprains and strains, aches and pains, and minor lacerations, for example. Adults and children of all ages, races, and ability (as well as non-ability) to pay are diagnosed and treated at SJPC. No patient is ever turned away.

SJPC offers both walk-in and primary care services – depending upon the patient's needs. SJPC is an ideal option for those individuals who cannot visit their primary care physician's office during normal business hours, if they need more scheduling flexibility during the day, or have no official primary health care provider. No appointment is required and walk-in patients typically spend about 45 minutes at SJPC.

Since opening its doors to the community in November 2009, SJPC has treated more than 37,000 walk-in patients. SJPC was planned, implemented and continues to be operated as a natural way for St. Joseph's Hospital to extend itself to the community in continuing to promote the healing ministry of Jesus Christ in accordance with the Core Values, Guiding Principles and Franciscan Heritage of Hospital Sisters Health System (HSHS) and the Hospital Sisters of St. Francis.

Also, St. Joseph's Hospital offers a free transportation service through the courtesy of the Friends' Van. The Friends' Van, 100% underwritten by the Friends of St. Joseph's Hospital, provides transportation to individuals for medical, dental and other personal appointments that encompass a service area within a 20-mile radius of Highland. This includes Highland, Breese, Grantfork, Alhambra, Pocahontas, St. Jacob, Marine, Pierron, Aviston, Trenton and Troy. From July 2013 through June 2014, the Friends of St. Joseph's van transported 1,837 individuals, accumulated 16,361 miles and incurred expenses totaling \$31,758 – an average per mile cost of \$1.94.

Additional transportation access to St. Joseph's Hospital and SJPC was introduced in May 2015 as St. Joseph's Hospital collaborated with the Madison County Transit agency to establish a new public shuttle service stop at St. Joseph's Hospital. From 7am-6pm Monday-Friday, hourly stops are made at the hospital for local residents to access health care services.

Continuing to address an identified need related to a specific population from the 2012 CHNA, St. Joseph's Hospital will continue to sponsor its Senior Health Insurance Program (SHIP) - a free health insurance counseling service for Medicare beneficiaries and their caregivers. SHIP counselors educate citizens of about Medicare, Medicare supplement, Medicare managed care and long term care insurance. Individuals receive this information through public forums, presentations to various community organizations, senior citizen centers, radio, television and various publications. In addition SHIP counselors provide accurate objective counseling, assistance and advocacy relating to Medicare, private health insurance and related health coverage plans. Counseling of the individual client focuses on specific information or assistance provided in one-on-one confidential sessions with certified counselors. Individual counseling sessions provide an effective way to objectively approach specific problems with claims and provide insurance policy analyses.

2. Heart Health

More than 50% of respondents to the 2015 St. Joseph's Hospital Public Engagement Survey responded to the question of "Have you ever been told that you have..." a heart-related condition.

St. Joseph's Hospital offers numerous community health education and other programs to area residents that offer:

- Enhancing strength and reconditioning
- Reducing cholesterol and triglycerides
- Altering risk factors to prevent the progression of heart disease
- Improving muscle strength
- Improving self-confidence
- Lowering blood pressure

In addition, St. Joseph's offers annual health fair screenings as well as a full month of heart health education opportunities every February to local residents. One local community collaborator with St. Joseph's Hospital during annual February "Heart Health Month" activities is the Korte Recreation Center in Highland. The Korte Recreation Center serves as the facility hosting a 3-hour heart health event geared towards all age groups providing information on exercise, nutrition, heart health prevention and maintenance tips, for example.

3. Diabetes (Disease Management)

More than 20% of respondents to the 2015 St. Joseph's Hospital Public Engagement Survey responded to the question of "Have you ever been told that you have..." diabetes.

Diabetes continues to be an ongoing community health topic in and around the St. Joseph's Hospital primary and secondary services areas.

Already, St. Joseph's Hospital sponsors two (2) separate diabetes support groups that help local residents live healthy, productive lives. One (1) support group meets on a monthly basis. In addition, a diabetes "conversation maps" support group that meets four (4) consecutive weeks quarterly. Each of the four (4) weekly meetings has a separate topic that participants focus on as they move about a conversation map designed as if it were a game board. This program is officially certified by the American Diabetes Association.

St. Joseph's Hospital enhanced its diabetes disease management offerings with an implementation strategy from the 2012 CHNA by opening a wound Care center. Diabetes (for example, diabetic ulcers) is a major factor causing chronic wounds. Nationally, more than 8 million Americans suffer from chronic wounds: 1.1 – 1.8 million new cases each year. The St. Joseph's Hospital Wound Care Center is positioned to help those who suffer from chronic wounds not only due to diabetes, but other health care diagnoses as well. Since August 2013, St. Joseph's Hospital has offered Hyperbaric Oxygen Therapy (HBO) with the addition of two (2) oxygen therapy chambers. As of June 30, 2014, St. Joseph's Hospital was at a 95% heal rate. The national average was 31 median days to heal – St. Joseph's Hospital was at 21. St. Joseph's Hospital healed 243 wounds in FY2014, 50 in FY2013.

Specifically for the HBO chambers, 18 patients utilized this service for a total of 528 treatment sessions.

The Wound Care Center, in partnership with the American Diabetes Association, also encouraged local residents to visit St. Joseph's Hospital and take the Diabetes Risk Assessment Test annually in March in recognition of Diabetes Alert Day.

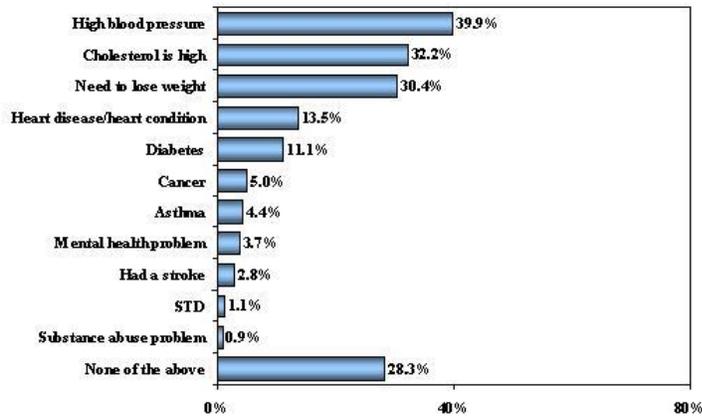
Computer stations were available for local residents to take the computerized Diabetes Risk Assessment Test and were encouraged to share the test results with their family and primary care providers. In addition, free blood sugar and blood pressure screenings were available.

American Diabetes Association Alert Day®, which is held every fourth Tuesday in March, is a one-day, "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

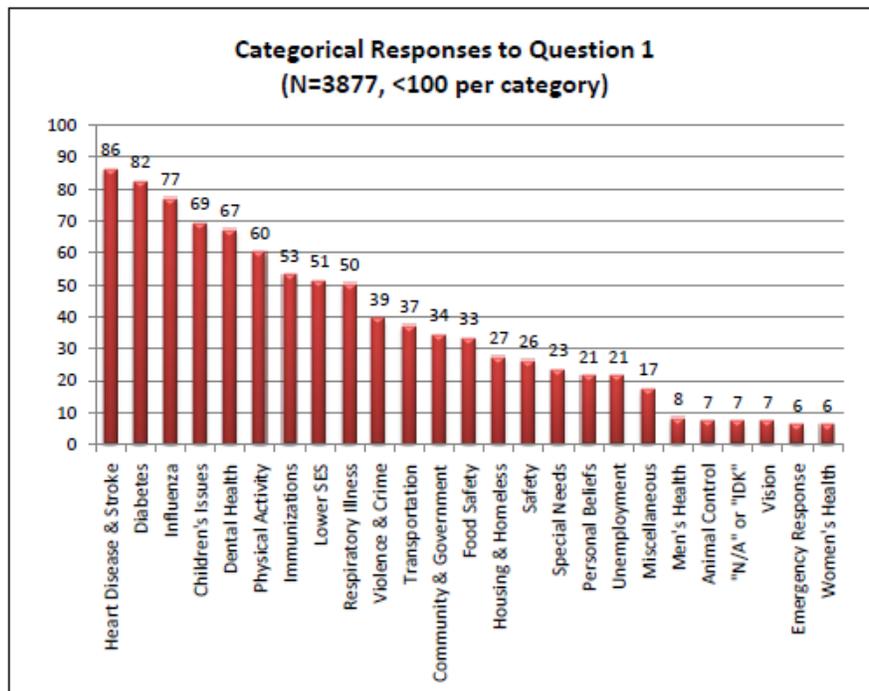
The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for pre-diabetes or type 2 diabetes. Preventative tips were provided for everyone who took the test, including encouraging those at high risk to talk with their health care provider.

Have Been Told of Conditions

Q10. Have you ever been told that you have: - Yes Responses



> Self-reported results indicate that there are significant populations with High Blood Pressure and Cholesterol issues. The need to lose weight is also strong in this market.



Source: Madison County (IL) Health Needs Assessment March 2011 (Question 1: What do you feel are the most urgent health care concerns in Madison County? (Please list up to 5))

4. Nutrition & Obesity

More than 33% of respondents to the 2015 St. Joseph's Hospital Public Engagement Survey responded to the question of "Have you ever been told that you have..." a need for healthier nutrition.

Research has indicated that both better nutrition and obesity are priorities within the community.

St. Joseph's Hospital will continue its partnership with the Madison County Health Department through participation in the Madison County Partnership for Community Health's three (3) work groups that develop and implement actions plans, help provide and promote access to resources, and work with various constituencies to address obesity at all levels.

The work groups focus on:

- physician relations in order to provide health care providers in Madison County (IL) with tools to have meaningful discussions about obesity and healthy eating and living habits with their patients
- childhood obesity with the objective to lower body mass index (BMI) statistics below the 85th percentile among children in the county
- establishing a baseline for physical activity/inactivity for all residents of Madison County and promote the consumption of more fruits and vegetables as part of a healthy diet. Action plans will be developed focusing on two (2) main factors: 1) poor diet; 2) inactivity. Ongoing community education and community surveys are two (2) potential means to help measure effectiveness.

A new implementation strategy of disseminating nutrition education specifically will be developed using United States Department of Agriculture (USDA) resources as it relates to their MyPlate, MyPyramid, and Food Guide Pyramid programs.

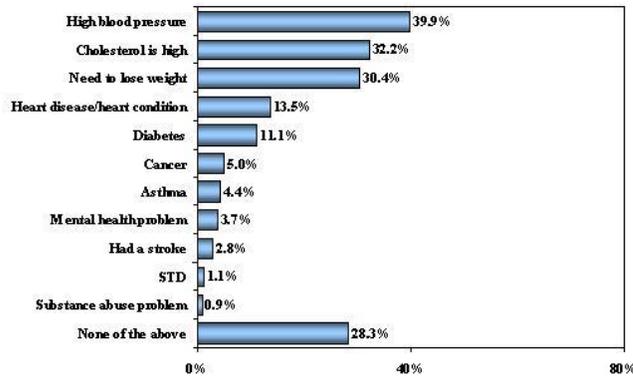
St. Joseph's Hospital registered dietitian will develop educational resources that will be distributed through both education sessions and online channels encompassing:

- monthly Facebook postings providing links to document downloads and other web-based resources
- development of print guide available for web site download; public distribution
- Community seminar/counseling sessions where in-person education and counseling can be acquired

These resources and activities will be implemented during FY2016 (between July 1, 2015–June 30, 2016).

Have Been Told of Conditions

Q10. Have you ever been told that you have: - Yes Responses



➤ Self-reported results indicate that there are significant populations with High Blood Pressure and Cholesterol issues. The need to lose weight is also strong in this market.

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5. Prevention Services (Screenings and Education)

More than 31% of respondents to the 2015 St. Joseph's Hospital Public Engagement Survey responded to the question of "To what extent are you concerned about the following issues in your community...."- lack of healthcare education and prevention services.

Local residents have a variety of channels to acquire health care information. However, as indicated in results from the St. Joseph's Hospital CHNA Public Engagement Survey, respondents indicate that they are concerned about a lack of health care education and prevention services. Therefore, St. Joseph's Hospital has decided to enhance their prevention service offerings to local residents.

Already, St. Joseph's Hospital sponsors an annual health fair offering both free and low-cost health screenings for residents to gain baseline knowledge regarding certain aspects of their personal health. In addition, a number of internal hospital resources and external community-based health care and social service agencies provide information booths distributing information and offering on-site counseling to health fair attendees.

With the goal to enhance its prevention services (education and screenings), St. Joseph's Hospital will begin offering a second annual health fair to local residents (in the fall season; existing health fair is in the spring season) in Fall 2015. Existing screenings (as offered during the spring event) will be provided with the possibility for additional screenings and information booths to be provided.

In addition to a sponsoring a second community-based health fair, St. Joseph's Hospital will also evaluate additional in-hospital or community-based screenings for services such as (but not limited to):

- Sleep disorders (Emergency Department & pre-operative patients)
- Depression (through the hospital's Senior Renewal Department)

VII. Description of Resources Available to Meet Priority Health Needs

Hospitals and Related Medical Groups

There are four community hospitals within the St. Joseph's Hospital service area:

- HSHS St. Joseph's Hospital, Highland, Illinois
- HSHS St. Joseph's Hospital, Breese, Illinois
- Anderson Hospital, Maryville, Illinois
- Greenville Regional Hospital, Greenville, Illinois

Affiliated with St. Joseph's Hospital is the HSHS Medical Group – a multi-disciplinary physician network offering internal and family medicine doctors, as well as surgeons and a specialty-physician network. In addition, there are at least four (4) more physician groups offering access to primary and specialty-care services.

Two walk-in health clinics:

- St. Joseph's PrimeCare, Highland, Illinois
- Anderson Express Care, Highland, Illinois

Community Organizations and Government Agencies

Three (3) school districts serve the area:

- Highland Community School District, Highland, Illinois
- Bond County Community School District, Greenville, Illinois
- Wesclin Community School District, Trenton, Illinois

Three county health departments encompass the St. Joseph's Hospital service area:

- Madison County Health Department, Wood River, Illinois
- Clinton County Health Department, Carlyle Illinois
- Bond County Health Department, Greenville, Illinois

Highland-area social service agencies serving constituencies dealing with specific health care needs include:

- Highland Area Christian Services Ministry (food pantry; employment resources; daily-living expense assistance)
- Relevant Pregnancy Options Center (women and children services related to unexpected pregnancies)
- Highland Area Community Foundation (a community-based grant-funding agency that provides financial assistance for start-up and existing organizations to enhance community health)

VIII. Documenting and Communicating Results

This CHNA Report and Implementation Plan are available to the community on the hospital’s public website: www.stjosephshighland.org. To obtain a hard copy, please contact the St. Joseph’s Hospital Community Relations Department at (618) 651-2590.

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.

Next Steps

St. Joseph’s Hospital will leverage existing partnerships and community resources to coordinate strategic efforts to address identified community health needs that can be monitored, evaluated and improved upon over time with lessons learned from the field and evidence-based best practices. Annually, we will review what current efforts by St. Joseph’s Hospital and community partners are having, or have the highest potential, to have the most impact on improving related health indicators. We will review how our Community Benefit programs and activities are being monitored, success indicators being tracked and what accountability measures are in place. This analysis will be done in a collaborative manner with respective partners with the intent to identify new and current resources that can be better integrated and deployed to maximize positive impact on population health.

The significant awareness generated over the last nine (9) months of completing the CHNA Report and Implementation Plan provides us with leads of key individuals and organizations who we can engage to refine and implement key activities related to each of the identified community health needs.

IX. Approval

At their May 2015 meeting, the St. Joseph’s Hospital’s Board of Directors, which includes representatives from its service area, reviewed and approved the CHNA Report and Implementation Strategy for addressing priorities identified in the most recent Community Health Needs Assessment.

St. Joseph’s Hospital Board of Directors Approval:

Name and Title: _____

Date: _____

X. References

1. US Census Bureau, Decennial Census: 2000 – 2010
2. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System
3. Madison County (IL) Health Department IPLAN 2011-2016
4. Clinton County (IL) Health Department IPLAN 2011-2016
5. St. Joseph’s Hospital CHNA Report and Implementation Strategy 2012
6. County Health Rankings – as published by the University of Wisconsin Population Health Institute

Support documentation on file and available upon request.