HSHS St Elizabeth's Hospital

Community Health Implementation Plan 2018

May 30, 2018

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Introduction

HSHS St. Elizabeth's Hospital is a tertiary hospital located in St. Clair County, Illinois. For more than 143 years, the hospital has been the leader in health and wellness in St. Clair County. HSHS St. Elizabeth's Hospital provides a wide range of specialties, including emergency and pediatric emergency services, surgical services, pulmonary, cardiac and cardiovascular specialties, laboratory and full spectrum imaging services. In addition the hospital offers women and infant specialty, wound care, pain management, cancer care, and sleep disorders services and along with acute comprehensive physical rehabilitation. HSHS St Elizabeth's also offers a variety of outpatient specialties to include infusion therapy, physical, occupational, speech therapy and cardiac rehabilitation and home health and hospice care.

HSHS St. Elizabeth's Hospital partners with other area organizations to address the health needs of the community, living its mission *to reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry*, with a preference for the poor and vulnerable. The hospital is part of Hospital Sisters Health System (HSHS), a highly-integrated health care delivery system serving more than 2.6 million people in rural and midsized communities in Illinois and Wisconsin. HSHS generates approximately $2 billion in operating revenue with 15 hospitals and more than 200 physician practice sites. Our mission is carried out by 14,000 colleagues and 2,100 physicians who care for patients and their families in both states.

HSHS St. Elizabeth's Hospital conducted a Community Health Needs Assessment in collaboration with St. Clair Health Department and two Barnes Jewish Christian (BJC) hospitals, Memorial Hospital and Memorial Hospital East in 2017/2018. Primary and secondary data was gathered from multiple sources to assess the needs of St. Clair County. This data was presented to a community stakeholder focus group but is was the work of the hospital's internal work group and members for the Community Benefit Committee that, using all the data, prioritized the community health needs that will be addressed in the FY2019 through FY2021 Implementation Plan.

Prioritized Significant Health Needs

Based on the data presented and the prioritization process, the following priorities were selected:

- Mental Health and Substance Abuse
- Nutrition
- Infant Mortality

Health Needs That Will Not Be Addressed

In addition to the three health needs selected as top priorities, internal work group along with community members identified one other significant health need in St. Clair County. The internal work group spent quality time assessing the chart located on page 18 in the CHNA. This chart, a result of the feedback provided by the stakeholders, addressed the many needs of the community and ranked the needs according to the community's assessment of the ability to collaborate on a shared problem and the perceived impact this need has on the population. While mental health and substance abuse were selected, the group felt that violent crime and poverty were very much intertwined with substance abuse and mental health. In addition, the priority need of nutrition provided an overarching focus that encompasses obesity, food availability, diabetes, and cardiovascular disease. Infant mortality was selected as a priority because it is considered a result of the other two health needs. HSHS St Elizabeth's will collaborate with multiple organizations to address these issues. The one priority health need that HSHS St Elizabeth's will not address and measure will be **resources needed for the elderly**. Several other organizations that participated in the CHNA process do address elder care needs. While this issue will not be addressed by the hospital as a priority health need, we will provide support for this community effort whenever possible.

Implementation Plan

HSHS St. Elizabeth's Hospital's Implementation Plan is part of a broad community effort to address three priority health needs in the community. The hospital works collaboratively with a broad range of direct service organizations, coalitions and government agencies to address these needs.

The Implementation Plan 2018 outlines the actions that the hospital will take to address St. Clair County's health needs. However, as noted below, many implementation strategies will be implemented collaboratively. Recognizing that no one organization effects substantial community change alone, the long-term outcomes identified in this Implementation Plan will be achieved as many community organizations work together for collective impact.

St Clair County ranks amongst the bottom ten counties for the past decade in overall health and health behaviors. Despite hard work and very sincere efforts of many agencies the ranking and overall health status of the community remains unchanged. The St Clair County Regional Health Initiative, Healthier Together 25 by 2025, is a proposed collective impact model that strategically aligns agencies around a common agenda and focused priorities (Attach 1). HSHS St Elizabeth's was aware of this evolving collective impact model and recognized that our data supported similar priorities. The mission statement for this movement is: Together we create a healthier St Clair County and metro east region. The purpose of Healthier Together is to create opportunities for all people of St Clair County and the metro east to achieve their best possible health.

HSHS St Elizabeth's will align our goals with the Healthier Together 25-2025 initiatives (Attach 2). Aware of the county's priority focus areas and St. Clair County health ranking (100 out of 102) early efforts around collective impact to address the county priority healthy needs began.

To be transparent, the St. Clair County priority health issues at the conclusion of the MAPP process (St Clair County Community Health Plan) in December 2017 were:

1. Community Safety
    a. Infant and Child Mortality
    b. Crime Prevention
    c. Strengthening Social Ties
2. Mental Health/Substance Abuse
    a. Suicide Prevention
    b. Substance Abuse Treatment and Prevention
3. Education
    a. Educational Achievement/Vocational Readiness
    b. Prevention-based Health Education/Promotion across the Lifespan

Since the publishing of the St Clair County Community Health Plan and the evolution of collective impact the following focus areas exist:

1. Community Safety
2. Mental Health
3. Substance Abuse
4. Maternal/Child Health
5. Education
6. Chronic Disease

Mental Health

Goal: In partnership with the St Clair County Regional Health Initiative and other organizations, create awareness of and access to mental health services in the community.

Long Term Performance Indicators:

- By June 30, 2021, St Clair County's suicide rate will decrease from 11.6/100,000 to 9.6/100,000 population. (Source: CDC, National Vital Statistic system. Accessed via CDC WONDER.2010-2014.Source geography: County)
- By June 30, 2021 Decrease the number of opioid/heroin deaths by 20% over the next 3 years. Overdose deaths 2016: 35 deaths, January 1, 2017 – August 17, 2017: 36 deaths (St Clair County Coroner)

Strategy 1: The hospital will remain part of a coordinated community stakeholder system-suicide prevention alliance to address mental health awareness and education.

Mid Term Performance Indicators:

- By June 30, 2020, will partner with community agencies to raise community and public awareness and provide education on suicide prevention at 10 community events

Community Resources/Partners:

- St Clair County 708 Mental Health Board
- St Clair County Health Department

- St Clair County Office on Aging
- St Clair County Regional office of Education
- AgeSmart
- Call for Help, Inc-Suicide and Crisis Hotline
- Chestnut health Systems
- Heartlinks Grief Center, Family Hospice
- Karla Smith Foundation
- St Clair County Coroners' Office
- NAMI, of southwestern Illinois
- Shrine of our Lady of the Snows
- Touchette Regional Hospital Behavioral Health Center

Hospital Resources:
- Colleague time
- Travel
- Volunteer time
- Marketing colleague time, materials and advertising costs

Supporting Information:
- Target Population: residents of St Clair County
- Healthier Together 25-2025

Strategy 2: As the St Clair County EMS Resource Hospital the HSHS Medical provider and manager will provide Narcan training to law enforcement officers and healthcare providers.

Mid Term Performance Indicators:
- By June 30, 2020, 70% of St Clair County and City police will be trained in Narcan administration
- By June 30, 2020, there will be at least 10 CEU offerings to professional health care workers in the county narcan and narcotics.

Community Resources/Partners:
- HSHS Medical Group
- EMS
- St Clair County Department of Health
- BJC Memorial Hosptial
- Touchette Regional Hospital
- St Clair county Law Enforcement agencies

Hospital Resources:
- Colleague time (coalition meetings, services provided)
- Travel
- Physician Time

Supporting Information:

- Target Population: residents with mental health concerns, substance misuse, tobacco use and/or alcohol misuse, law enforcement
- EMS and County records reflecting use of narcotics and Narcan

Strategy 3: Create a safe space for family and friends of those affected by narcotic addiction

Mid Term Performance Indicators:

- By June 30, 2020, offer two evenings a week for Naranon meetings
- By June 2020 Contribute annually to Safe Families for Children and provide 10 referrals to this agency

Community Resources/Partners:

- Naranon
- County Department of Human Services
- Counseling venues
- Chestnut Mental health services
- Safe Families for children

Hospital Resources:

- Meeting space
- Printing and distribution costs
- Colleague Time
- Financial resources

Supporting Information:

- Target Population: broader community

Nutrition

Goal: In partnership with the St Clair Regional Health Initiative and other organizations, reduce food insecurity and increase the availability of healthy food choices in the county.

Long Term Performance Indicators:

- By June 30, 2021, St Clair will have an improved environment index (6.2-current) and will be in line with the state index (8-current). This index weighs two indicators: access to healthy food and food insecurity. The scale is 0-10(best) Note: This indicator is compared with the state average. Data Source: USDA Food Environment Atlas, 2010 & 2014 data. Accessed via County Health Rankings and Roadmaps. Source geography: County
- By June 30, 2021 Students will report an average increase of 2% of eating more fruits and vegetables when compared to the state averages. Note: This indicator is compared with the state average. Data Source: Illinois Youth Survey 2016 data. Source

Strategy 1: Partner with local agencies to change East St Louis City policy around designated zoning and signage for grocery stress, convenience stores and liquor stores

Mid Term Performance Indicators:

- By June 30, 2020, Identify and promote policies that limit unhealthy signage on exterior stores in East St Louis City.
- By June 30, 2019, Meet and partner with local city officials to discuss and create policy around signage for community stores (convenience stores, liquor stores, or grocery stores)

Community Resources/Partners:

- Make Health Happen
- University of Illinois SNAP education
- Eastside Public Health Department
- Local churches in East St Louis
- County Department of Human Services

Hospital Resources:

- Colleague time (presentations and meetings)
- Travel
- Program materials and publicity

Supporting Information:

- Target Population: broader community, youth

Strategy 2: Partner with local agencies to create an education program around nutrition and wellness in the schools

Mid Term Indicator

- By June 2019 the Education group of Healthier Together 25 by 2025 will partner with a local school district to focus on nutrition education.

Community Resources

- School superintendents and principals of a specific district
- SIUE
- McKendree University
- SNAP Education
- YCMA

Hospital Resources

- Colleague Time
- Financial Resources

Supporting Information

- Student population
- Illinois law that mandates Breakfast after the Bell

Strategy 3: Support community gardens with donations to local food pantries

Mid Term Indicator

- By June 2020 HSHS St Elizabeth's will partner with two local food pantries to provide financial assistance for startup and /or current gardens.

Community Resources

- Eastside Health District
- YMCA
- O'Fallon Community Garden Club
- Rotary of O'Fallon
- Local Food Pantries

Hospital Resources

- Colleague time
- Financial resources

Supporting Information

- Target population: those in poverty/need

Infant Mortality

Goal: In partnership with the St Clair Regional Health Initiative and other organizations, improve infant mortality rate (8.2/1,000)) to the 2020 Healthy People objective of 6.0/1,000 live births**.**

Long Term Indicators:

- Increase the number of women who receive prenatal care within their first trimester; 6.1% receive late or no prenatal care prior to delivery. Data Source: Centers for Disease Control and Prevention, National Vital Statistics System, CDC WONDER. Centers for Disease Control and Prevention, Wide-Ranging Online Data for Epidemiologic Research. 2007-10. Accessed via Community Commons. Source geography: County
- Decrease the percentage of low birth weight babies by 2%. Of Babies born in St Clair County 9.4% are less than 2500 grams with the state average of 8.4%.
  Note: This indicator is compared with the state average.
  Data Source: US Department of Health & Human Services, Health Indicators Warehouse. Centers for Disease Control and Prevention, National Vital Statistics System, CDC WONDER. 2006-12. Accessed via County Health Rankings & Roadmaps. Source geography: County

- Increase the percentage of pregnant women who receive prenatal care in the first trimester (St Clair County Community Health Improvement Plan dated: Dec 19, 2017)
- Increase the percentage of parents who engage in safe sleep practices. (St Clair County Community Health Improvement Plan dated: Dec 19, 2017)

Strategy 1: Collaborate with local agencies to expand Farmer's Market and other food co-op programs to provide healthy and affordable food for women and families.

Mid Term Indicator:

- By June 2020 Partner with local farmer's market to provide or expand their food voucher program

Community Resources

- LINK
- Local Farmer's Markets
- St Clair County Health Department
- Children's Home and Aid Society
- EverThrive
- SIHF

Hospital Resources

- Colleague Time
- Financial Resources
- Marketing and Printing

Supporting Information

- Target Population: Pregnant Women

Strategy 2: Collaborate with partners and leaders in Healthier Together 25 by 2025 to advocate for prenatal care for pregnant women.

Mid-term indicator: By June of 2020 HSHS St Elizabeth's in collaboration with other agencies will provide prenatal education classes for pregnant women

Community Resources:

- St Clair County health Department
- Eastside Health District
- WIC
- March of Dimes
- Touchette Regional Hospital
- BJC Memorial Hospitals
- EverThrive

- Racial Harmony
- SIHF

Hospital Resources
- Colleague Time
- Marketing and Printing

Supporting Information
- Target Population ; broader community; pregnant women

Strategy 3: Collaborate with local hospitals and faith based communities to promote safe sleep practices for infants

Mid Term Indicator
- By June 2020 local hospitals and faith communities will create a voucher program for safe sleep practices for infants.

Community Resources
- Faith based communities
- Touchette Regional Hospital
- Memorial Hospitals
- Retail Stores

Hospital Resources
- Colleague time
- Marketing
- Financial Resources

Supporting Information
- Target Population: Pregnant women

Next Steps

The Implementation Plan outlines a three-year community health improvement process. Annually, the hospital will:

- Review the Implementation Plan and update strategies for the following fiscal year
- Set and track annual performance indicators for each implementation strategy
- Track progress toward Mid Term Performance Indicators
- Report progress toward the performance indicators to the hospital board, community benefit advisory committee, other
- Share actions taken and outcomes achieved to address priority health needs with the community at large

Approval

The Implementation Plan was adopted by the hospital's board on May 30, 2018

Attachment 1: A Collective Impact Approach
Attachment 2: St Clair County Community Health Plan