



Community Health Implementation Plan 2018

HSHS Holy Family Hospital Community Health Implementation Plan 2018

Introduction

HSHS Holy Family Hospital, Inc. is an acute care hospital located in Bond County, Illinois. For more than 50 years, the hospital has been the leader in health and wellness in Bond County. HSHS Holy Family Hospital, Inc. provides a wide range of specialties, including Obstetrics, Behavioral Health Services, Emergency Care, Inpatient Care, Infusion Services, Specialty Clinics, Therapy Services, Radiology, Laboratory, Cardiopulmonary/Sleep Services, Medical Stabilization and Withdrawal Management Services, Emergency Medical Services and Surgical Services.

Holy Family 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 mid-sized 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.

Holy Family Hospital conducted a Community Health Needs Assessment in collaboration with Bond County Public Health Department and University of Illinois, Springfield in 2017/2018. Primary and secondary data was gathered from multiple sources to assess the needs of Bond County. This data was presented to focus groups, business leaders, and key stakeholders, who together recommended the health priorities to 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:

- **Obesity**
- **Mental Health**
- **Alcohol, Tobacco, and Other Drug Use**
- **Access to Care**

Health Needs That Will Not Be Addressed

As an outcome of the prioritization process, Holy Family Hospital will address all of the priority community health needs identified in the data.

Implementation Plan

Holy Family Hospital's Implementation Plan is part of a broad community effort to address four 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 Bond 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.

Obesity

Goal: Make nutrition and healthy living education and programs available for all members of the community.

Long Term Performance Indicators:

- By June 30, 2021, decrease the percentage of residents in Bond County reported as obese from 29.1 percent to 27.9 percent. (Source: Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, 2011-2013.)
- By June 30, 2021, Bond County's rate of adults who gets exercise will increase from 70.7 percent to 71.7 percent. (Source: Illinois Behavioral Risk Factors Surveillance System 2010-2014 series)
- By June 30, 2021, Bond County's rate of residents with diabetes will decrease from 10.18 percent to 9.18 percent. (Source: Illinois Behavioral Risk Factors Surveillance System 2010-2014 series)

Strategy 1: Obesity

Holy Family Hospital will host community nutrition events/activities/educational sessions to raise awareness about obesity and healthy living.

Mid Term Performance Indicators:

- By June 30, 2020, at least 50 percent of participants at nutrition events will indicate an increase in knowledge of obesity and healthy living, based on exit surveys.

Community Resources/Partners:

- Bond County Health Department
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time, materials and advertising costs

- Supplies for nutrition series (food, utensils, etc.)
- Space for events

Supporting Information:

- Target Population: residents of Bond County
- Evidence Base: Department of Health and Nutrition Sciences, Montclair State University, USA indicates adults benefit from health and nutrition education significantly, and that effective assessment, education and intervention programs can enable older adults to maintain their health, enjoy food and most importantly, have a higher quality of life.

Strategy 2: Obesity

Holy Family Hospital will develop exercise events/activities/educational sessions to raise awareness about obesity and healthy living.

Mid Term Performance Indicators:

- By June 30, 2020, at least 50 percent of participants at exercise events will indicate an increase in knowledge of obesity and healthy living, based on exit surveys.

Community Resources/Partners:

- Bond County Health Department
- Greenville School District
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time, materials and advertising costs
- Space for events

Supporting Information:

- Target Population: residents of Bond County
- Evidence Base: Department of Health and Nutrition Sciences, Montclair State University, USA indicates adults benefit from health promotion and nutrition education significantly, and that effective assessment, education and intervention programs can enable older adults to maintain their health, enjoy food and most importantly, have a higher quality of life.

Strategy 3: Obesity

Holy Family Hospital will develop or partner with organizations to offer diabetes education services to patients and the community.

Mid Term Performance Indicators:

- By June 30, 2020, a diabetes education program including inpatient and outpatient consultation services will be implemented.

Community Resources/Partners:

- American Diabetes Association
- Bond County Health Department
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Marketing colleague time, materials and advertising costs
- Space for consultations

Supporting Information:

- Target Population: residents of Bond County
- Evidence Base: *Obesity Society* indicates the single best predictor of Type 2 Diabetes is overweight or obesity. Almost 90% of people living with Type 2 Diabetes are overweight or have obesity. People who are overweight or have obesity have added pressure on their body's ability to use insulin to properly control blood sugar levels, and are therefore more likely to develop diabetes. Controlling obesity helps reduce cases of Type 2 Diabetes.

Mental Health

Goal: In partnership with other community organizations, create awareness of and access to mental health services in the community.

Long Term Performance Indicators:

- By June 30, 2021, decrease the average number of mentally unhealthy days reported in the past 30 days from 3.7 to 3.4 (Source: Illinois Behavioral Risk Factors Surveillance System 2010-2014 series)
- By June 30, 2021, Bond County's suicide rate will decrease from 7.2 per 100,000 to 6.2 per 100,000 populations. (Source: Illinois Department of Public Health, Center for Health Statistics, Mortality Data, 2003-2012)

Strategy 1: Mental Health

Holy Family Hospital will create a regional resource guide for those in need of mental health services and support, especially those at risk for suicide.

Mid Term Performance Indicators:

- By June 30, 2019, a regional resource guide will be developed and made available electronically for local agencies, as well as posted on the Holy Family Hospital's website.
- By June 30, 2020, 1,000 free copies of the regional resource guide will be distributed to local agencies and community members.

Community Resources/Partners:

- Bond County Health Department
- Clinton County Health Department
- Greenville Community School District
- Greenville Police Department
- Greenville University
- Madison County Health Department
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time and printing costs

Supporting Information:

- Target Population: residents of Madison County, Bond County, and Clinton County
- Evidence Base: The National Plan and Provider Enumeration System currently manage the NPI registry which allows individuals to see the rate of health care providers per population. According to the NPI registry, Bond County has one mental health care provider for every 770 individuals; the rate for the state is one provider for every 580 individuals.

Strategy 2: Mental Health

Holy Family Hospital will implement a tele-psych program, as well as partner with other organizations to expand psych coverage in the hospital.

Mid Term Performance Indicators:

- By June 30, 2020, at least 50 percent of mental health patients who are appropriate for tele-psych services and seeking treatment at Holy Family Hospital will utilize tele-psych services.

Community Resources/Partners:

- Bond County Health Department
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Physician time
- Marketing colleague time, materials and advertising costs
- Financial support for needed materials and equipment and operating costs

Supporting Information:

- Target Population: residents of Bond County
- Evidence Base: *Psychiatric Services* indicates telepsychiatry delivered in the ED through a centralized coordinated program has great promise for improving linkage with outpatient mental health services while reducing inpatient utilization and hospital costs.

Strategy 3: Mental Health

Holy Family Hospital will establish a grief support group for those who have experienced loss of loved ones, and a specific support group for those who have lost children.

Mid Term Performance Indicators:

- By June 30, 2019, two grief support groups will be established and open to anyone in the community.
- By June 30, 2020, the attendance of the grief support will see a 50 percent increase over FY19 attendance.

Community Resources/Partners:

- Area Churches
- Bond County Health Department
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Marketing colleague time, materials and advertising costs
- Financial support for needed materials and equipment

Supporting Information:

- Target Population: residents of Bond County
- Evidence Base: In the research paper, *Patterns and Outcomes of Bereavement Support-Seeking Among Older Adults with Complicated Grief and Bereavement-Related Depression* by Angela Ghesquiere, support groups were effective at reducing grief symptoms among older adults with complicated grief and/or depression.

Alcohol, Tobacco, and Other Drug Use

Goal: Reduce the instances of abuse of alcohol, tobacco, and other drug use in Bond County.

Long Term Performance Indicators:

- By June 30, 2021, decrease the number of people ages 12 and over in Bond County reporting drug dependence from 2.35 percent to 2.05 percent (Source: amfAR's report *Illinois Opioid Epidemic*)
- By June 30, 2021, the rate of heavy drinking – defined as drinking more than one (women) or two (men) drinks per day on average – will decrease from 9.5 percent to 9.2 percent (Source: Institute for Health Metrics and Evaluation, US County profiles 2012.)

Strategy 1: Alcohol, Tobacco, and Other Drug Use

Holy Family Hospital will partner with St. Joseph's Hospitals in Highland and Breese, to participate in the region's Partnership for a Drug Free Community task force, which is focused on prevention, treatment, and recovery of addiction to alcohol, tobacco, and drug use through the identification of economic and social conditions contributing to the problem.

Mid Term Performance Indicators:

- By June 30, 2020, hospital will partner with HSHS St. Joseph's Hospitals in Highland and Breese on one strategy/initiative focused on social determinants of substance abuse identified by the Partnership for a Drug Free Community and serve as the co-lead organization to implement the strategy/initiative.

Community Resources/Partners:

- Bond County Health Department
- Greenville School District
- Greenville Police Department
- Greenville University
- Partnership for a Drug Free Community
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Supplies for identified project
- Financial support for needed materials and equipment needed for project

Supporting Information:

- Target Population: residents of Bond County
- Evidence Base: The paper *The Social Determinants of Substance Abuse: The Social and Economic Causes of Substance Abuse Disorders and Implications for International Human Rights* indicates the harms of substance abuse, which are manifested in the form of health impacts, socio-economic implications and social exclusion, can have a significant and detrimental effect on the human capabilities of drug abusers of any social or economic class. As such, health and social welfare programming throughout the globe must begin to incorporate proactive understanding and targeted interventions to address

its social determinants before they can expect to meet this important goal with any success.

Strategy 2: Alcohol, Tobacco, and Other Drug Use

Holy Family Hospital will assess and revise its Emergency Department policies and procedures regarding prescribing opioids for pain management and identify best practices to decrease the prescription of opioids for pain management and adopt alternative pain management methods including OTC or temporary pain blocks.

Mid Term Performance Indicators:

- By June 30, 2020, a full assessment of Emergency Department policies and procedures will be complete with a proposal for alternative pain management methods and best practices for opioid prescriptions complete.
- By December 31, 2020, the proposal for alternative pain management methods and best practices for opioid prescriptions will be shared with at least two additional regional hospitals outside of Hospital Sisters Health System.

Community Resources/Partners:

- Area Churches
- Bond County Health Department
- Greenville School District
- Greenville Police Department
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Physician Time
- Financial support for identified alternative methods for pain management

Supporting Information:

- Target Population: residents of Bond County,
- Evidence Base: The 2014 National Survey on Drug Use and Health indicates that misuse of prescription opioids, central nervous system (CNS) depressants, and stimulants is a serious public health problem in the United States. Although most people take prescription medications responsibly, an estimated 54 million people (more than 20 percent of those aged 12 and older) have used such medications for nonmedical reasons at least once in their lifetime.

Strategy 3: Alcohol, Tobacco, and Other Drug Use

Holy Family Hospital will create a regional resource guide for those in need of services and support related to alcohol, tobacco, and other drug addictions.

Mid Term Performance Indicators:

- By June 30, 2019, a regional resource guide will be developed and made available electronically for local agencies, as well as posted on the Holy Family Hospital website.
- By June 30, 2020, 1,000 free copies of the regional resource guide will be distributed to local agencies and community members.

Community Resources/Partners:

- Bond County Health Department
- Clinton County Health Department
- Greenville Police Department
- Greenville University
- Madison County Health Department
- Partnership for a Drug Free Community
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time and printing costs

Supporting Information:

- Target Population: residents of Madison County, Bond County, and Clinton County
- Evidence Base: The 2018 HSHS Holy Family Hospital Community Health Needs Assessment indicates that community members do not feel that agencies and people in the community know where to send those who need support or recovery help for alcohol and drug additions.

Access to Care

Goal: Increase access to care for Greenville area community members, with a focus on low-income and elderly populations.

Long Term Performance Indicators:

- By June 30, 2021, the percentage of people in Bond County, IL who report having no health insurance, which prevents access to healthcare will decrease from 2.3% to 2.1%. (Source: Census Bureau)
- By June 30, 2021, the number of patients treated for minor injuries and illness in the Emergency Department with Medicaid insurance will decrease from 27.1% to 26.1% (Source:).

Strategy 1: Access to Care

Holy Family Hospital will provide accurate, objective counseling and assistance relating to Medicare, private health insurance and related health coverage plans.

Mid Term Performance Indicators:

- By June 30, 2020, the insurance counselor will have an average of 25 people enrolled in Medicaid each year.
- By June 30, 2020, the insurance counselor will have an average of 15 people enrolled in Marketplace insurance programs each year.

Community Resources/Partners:

- Bond County Health Department
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Marketing colleague time, materials and advertising costs
- Space for counselor
- Financial support for counselors

Supporting Information:

- Target Population: low income and elderly residents of Bond County
- Evidence Base: In 2017, Bond County ranked 79 out of 102 in clinical care. The rate for uninsured residents under 65 years of age was 9 percent (Source: County Health Rankings)

Strategy 2: Access to Care

Holy Family Hospital will increase availability to flat fee virtual health care for low income individuals for minor injuries and illness to reduce costs incurred with emergency room visits.

Mid Term Performance Indicators:

- By June 30, 2020, the number of uninsured and Medicaid patient visits to the Emergency Room will decrease by 10 percent.
- By June 30, 2020, the number of Any Time Care visits from Greenville area community members will increase 10 percent.

Community Resources/Partners:

- Bond County Health Department
- Greenville School District
- Greenville University
- HSHS St. Joseph's Hospital Breese
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time, materials and advertising costs

Supporting Information:

- Target Population: low income and elderly residents of Bond County
- Evidence Base: In 2017, Bond County ranked 79 out of 102 in clinical care. The rate for uninsured residents under 65 years of age was 9 percent (Source: County Health Rankings)

Strategy 3: Access to Care

Holy Family Hospital will increase access to breastfeeding education and resources for mothers and infants by completing the “Baby Friendly” designation.

Mid Term Performance Indicators:

- By December 31, 2018, Phase III of the “Baby Friendly” designation process will be completed by Holy Family Hospital.

Community Resources/Partners:

- Bond County Peer Counselor
- Bond County Health Department
- Heartland Women’s Healthcare
- Board of Lactation Consultant Examiners

Hospital Resources:

- Colleague time
- Travel
- Volunteer time
- Materials

Supporting Information:

- Target Population: low income and elderly residents of Bond County
- Evidence Base: According to Health Care Costs of Formula-Feeding in the First Year of Life (Ball and Wright, 1999), in an analysis of data from the 2005 National Immunization Survey, researchers calculated that if 90 percent of infants were exclusively breastfed for 6 months, 911 deaths would be prevented. In an earlier analysis of the costs of formula-feeding, other investigators found that, compared to 1,000 infants exclusively breastfed for three months, 1,000 infants never breastfed required 2,033 more office visits, 212 more days in the hospital, and 609 more prescriptions in the first year.

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 <DATE>.