

ABRAHAM LINCOLN MEMORIAL HOSPITAL

Community Health Need Assessment Implementation Strategy

FY16 October 1, 2015 – Sept. 30, 2016

Introduction

Memorial Health System is a not-for-profit healthcare organization located in central Illinois. It includes four hospitals: Memorial Medical Center in Sangamon County, Abraham Lincoln Memorial Hospital in Logan County, Taylorville Memorial Hospital in Christian County, and Passavant Area Hospital in Morgan County. Memorial Health System also includes Mental Health Centers of Central Illinois, Memorial Physician Services and Memorial Home Services.

Community health need assessments were completed in 2015 in each of the counties where the hospitals are located. These needs assessments meet the federal health reform's Section 9007 of the Patient Protection and Affordable Care Act of March 2010 and requirements of the IRS 990 Schedule H report.

Abraham Lincoln Memorial Hospital – Logan County, Illinois

Abraham Lincoln Memorial Hospital (ALMH) is a 25-bed rural critical access hospital located in Lincoln, Ill., approximately 30 miles northeast of the state capitol of Springfield. ALMH serves the people and communities of Logan and eastern Mason counties and is largely rural, agricultural area. ALMH is the only hospital in the primary service area of Logan County (pop. 30,013). Race/ethnicity includes 89.7% white, 7.9% black and 2.4% other backgrounds. The median household income is \$46,647. Persons age 65 and older make up 16.4% of Logan County's population. 13.2% of all residents live below the federal poverty level, including 17.8% of all children and 5.6% of seniors. There is one Medically Underserved Area (MUA) in Logan County.

Healthy Communities Partnership (HCP) is a community health coalition that was established in 1996. HCP is one of ALMH's initiatives to encourage a broad-based, community approach to addressing a variety of health needs throughout the ALMH service area. Over 30 organizations, churches, private individuals, and businesses are represented in the partnership. The ALMH Foundation employs a manager to lead and oversee HCP efforts. ALMH also funds activities carried out by HCP task forces that have been created to address specific community needs. HCP agency members include: Logan County Department of Public Health, Lincoln Park District, Department of Human Services, Logan County Housing Authority, Parish Nurses, Logan County Emergency Management Association, Community Action, and the University of Illinois Extension office. Additionally, healthcare providers including Memorial Physician Services, Springfield Clinic, Mental Health Centers of Central Illinois, Safe Haven Hospice, Chestnut Health System, and Illinois Institute for Addiction and Recovery are part of the Healthy Communities Partnership.

Identified Priority Health Needs: Logan County

The community health need assessment was carried out in conjunction with Logan County Health Department's IPLAN (Illinois Project for Local Assessment of Needs). IPLAN is required of public health departments by the Illinois Department of Public Health. During the 2015 community health need assessment process, the community identified the following priority health needs:

1. Chronic Disease Management (Diabetes/Cardiovascular Disease)

2. Obesity
3. Increased Drug Use in Teens
4. Pregnant Women Smoking
5. Access to Healthcare
6. Increasing Child Abuse Rate
7. Mental Health
8. Drug Addiction/Heroin Use
9. Teen Birth Rate

Memorial Health System hospitals used the following defined criteria to select final CHNA priorities:

- Triple Aim – improve individual or population health or reduce health care costs
- Magnitude – how many people are affected
- Seriousness – whether the issue contributes to death, disability
- Feasibility – whether we can do something about it

The PEARL “test” was used when scoring feasibility to screen out health problems based on the following feasibility factors:

PEARL

P – Propriety – Is a program for the health problem suitable?

E – Economics – Does it make economic sense to address the problem? Are there economic consequences if a program is not carried out?

A – Acceptability – Will the community accept a program? Is it wanted?

R – Resources – Is funding available or potentially available for a program?

L – Legality – Do current laws allow program activities to be implemented?

Priorities Not Selected: Logan County

- Teen Birth Rate was eliminated from further consideration because it does not have as great an overall impact on population health as some of the other needs.
- Increased drug use and increasing child abuse rates are great concerns for our communities, but as a hospital, ALMH is not best equipped to meet that need. However, our local health coalition, Healthy Communities Partnership, will be supporting efforts of our partner organizations, including the promotion of substance-free lifestyles and child abuse awareness.
- The high rate of Logan County women who smoke during pregnancy is alarming. The issue is being addressed by the Logan County Department of Public Health. ALMH will support its efforts through the Healthy Communities Partnership.

Final Selected Priorities: Logan County

The external advisory group, including representatives from public health, social services organizations and those offering care to underserved populations, as well as recommendations from the Memorial Health System Internal Advisory Team, four final priorities were selected:

1. Obesity
2. Chronic Disease Management (Cardiovascular Disease/Diabetes)
3. Access to Healthcare
4. Mental Health

FY2016 IMPLEMENTATION STRATEGY

PRIORITY:	OBESITY
Reasons for priority selection	<p>Abraham Lincoln Memorial Hospital's 2015 community health need assessment identified obesity as a top priority through its data collection and analysis, and community advisory group.</p> <p>30.4 percent of Logan County adults are obese. Source: Illinois Behavioral Risk Factor Surveillance System. The percentage has increased from 19.5 percent in 2001.</p> <p>Healthy People 2020 reports a current percentage of 33.9 percent of persons aged 20 years and older were obese in 2005-2008. The Healthy People 2020 target is 30.5%. Low-income preschool children are also increasingly becoming obese from 13.4 percent in 2008 to 15.4 percent in 2011.</p>

Goal 1: Expand access to the Memorial Weight Loss and Wellness Center (MWLWC) program in Logan County and eastern Mason County	
Target Population	Adults who are overweight who live in Logan County
OBJECTIVE	Expand access to the Memorial Weight Loss and Wellness Center by developing strategy to implement the program at Abraham Lincoln Memorial Hospital in Logan County.
<p>Strategy Selected:</p> <p>Healthy People 2020 objectives highlight the need for increased intervention by physicians with patients in the areas of nutrition and weight status (NWS).</p> <ul style="list-style-type: none"> • NWS-6.1: Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition. (Baseline: 20.8 percent of physician visits in 2007; Target = 22.9 percent/10 percent improvement) • NWS-6.2: Increase the proportion of physician office visits made by adult patients who are obese that include counseling or education related to weight reduction, nutrition or physical activity. (Baseline: 28.9 percent of physician visits in 2007; Target = 31.8 percent/10 percent improvement) <p>Memorial's Weight Loss and Wellness Center is based on the nationally recognized, evidence-based model of Geisinger Health System. Memorial's program includes a medical (non-surgical) weight loss program; accredited bariatric surgery program; diabetes services; outpatient nutrition services; and fitness. It provides physicians a comprehensive resource to refer their patients to for individualized counseling and education. There is no other program offering this specialized approach in central Illinois.</p> <p>Programs/resources hospital will commit</p> <p>Abraham Lincoln Memorial Hospital will provide leadership to assess expansion of the program, the facility for the program, staffing, training and financial support.</p> <p>Collaborative partners</p> <p>Memorial Medical Center, Memorial Physician Services, Springfield Clinic, SIU School of Medicine, Healthy Communities Partnership.</p>	

Activity	Timeline	Anticipated Results
1. ALMH will collaborate with MWLWC to establish staffing and space requirements for program expansion to ALMH and complete staff training and implementation of protocols and processes.	Sept 2016	<ul style="list-style-type: none"> Staffing and space will be secured for implementation of MWLWC at ALMH. ALMH staff will be trained to implement MWLWC programming at affiliate location.
2. ALMH will collaborate with MWLWC to implement communication and marketing plan and launch program	Sept 2016	<ul style="list-style-type: none"> Referring physicians in the Lincoln area will refer patients to the MWLWC at ALMH. Increase awareness of the new service to residents of Logan County.
Short term indicators & source	Program implemented and begins seeing patients.	
Long term indicators & source	<ul style="list-style-type: none"> MWLWC at ALMH will achieve 40 physician referrals in year 2 (FY17) and 50 in year 3 (FY18). Medical weight loss patients who complete at least 6 months of programming, on average, will achieve 5% weight loss. Bariatric surgical patients will achieve, on average, 45% excess weight loss at one year post-op. 	

Goal 2: Provide every school in Logan County the opportunity to become a CATCH school (Coordinated Approach to Child Health)

Target Population	School-aged children (K-8) in Logan and eastern Mason County.	
OBJECTIVE	Create a healthy school environment where the healthy choice is the easy choice.	
Strategy Selected:		
<p>The CATCH program is an evidence-based program to prevent childhood obesity and launch kids and communities toward healthier lifestyles. CATCH impacts a child's nutrition, level of physical activity and classroom environment and community. CATCH has the largest evidence base of any obesity prevention program. CATCH is based on the Center for Disease Control's Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle.</p>		
Programs/resources hospital will commit:		
<p>Abraham Lincoln Memorial Hospital will provide leadership through the management of Healthy Communities Partnership to recruit and implement the program with participating schools. ALMH will also purchase the necessary curriculum, including physical education equipment, to all schools willing to implement CATCH.</p>		
Collaborative partners:		
<p>Local schools and members of Healthy Communities Partnership, a local community coalition that includes the Logan County Department of Public Health.</p>		
Activity	Timeline	Anticipated Results
1. ALMH will collaborate with local schools to expand the program including school	Sept 2016	<ul style="list-style-type: none"> Staffing and space will be secured to provide adequate support for schools. Curriculum/equipment will be purchased for all

<p>staff training and support meetings throughout the school year.</p> <p>2. ALMH will complete the School Health Index tool to determine areas for improvement in creating a healthy environment.</p> <p>3. Local school districts and community organizations will be aware of the availability of CATCH.</p>	<p>Sept 2016</p> <p>Sept 2016</p>	<p>schools participating in CATCH program.</p> <ul style="list-style-type: none"> • School wellness policies will be reviewed, updated and enforced. • School Health Index will be completed and individual objectives will be selected by the school to continue its work toward making the healthy choice the easy choice for its students.
<p>Short term indicators & source</p>	<p>CATCH program implemented in at least three new Logan County schools.</p>	
<p>Long term indicators & source</p>	<ul style="list-style-type: none"> • By 2018, eight schools in Logan County will be successfully implementing the CATCH program to create a healthy school environment. • Schools will continue CATCH program into the future. 	

<p>Goal 3: Implement an aggressive 5210 educational marketing campaign for community</p>		
<p>Target Population</p>	<p>Logan County residents who are overweight or obese.</p>	
<p>OBJECTIVE</p>	<p>Inspire a culture of health through health education around healthy behaviors as promoted through the nationally recognized childhood obesity prevention program.</p>	
<p>Strategy Selected: Over 66 percent of residents in Logan County are either overweight or obese. To address this issue the 5210 campaign promotes physical activity and healthy eating specifically promoting 5 fruits and vegetables, no more than 2 hours of screen time, 1 hour of physical activity and 0 sugar sweetened beverages daily. The 5210 program is used to bring awareness to the issue through settings where our families live, learn, work and play. Consistent 5210 messaging reinforces the importance of healthy eating and physical activity. 5210 is based on the Let's Go! program of The Barbara Bush Children's Hospital at Maine Medical Center, implemented with MaineHealth.</p> <p>Programs/resources hospital will commit: Abraham Lincoln Memorial Hospital will provide leadership through the management of the Healthy Communities Partnership to develop an aggressive marketing strategy and financially support the marketing activities. Memorial Health System graphics will also support marketing efforts by creating materials as needed.</p> <p>Collaborative partners: Members of the Healthy Communities Partnership (Logan County Department of Public Health, YMCA, Community Action, etc.), local schools and churches.</p>		
<p>Activity</p>	<p>Timeline</p>	<p>Anticipated Results</p>
<p>1. Provide consistent messaging to media via billboard, radio,</p>	<p>Sept 2016</p>	<ul style="list-style-type: none"> • Posters will be displayed in Logan County schools.

social media, maintaining the 5210 website, print ads, and posters.	<ul style="list-style-type: none"> • 5210 will be incorporated into community events. • Increased awareness of healthy habits and the obesity epidemic in Logan County.
Short term indicators & source	Campaign implemented.
Long term indicators & source	<ul style="list-style-type: none"> • Implementation at 90% of Logan County and eastern Mason County schools to promote awareness. • Community education events incorporate the program and the 5210 philosophy as reported by community partners. • Increase awareness of 5210 among Logan County residents via survey of engaged sites. • As measured by the Illinois Youth Survey: (1) Overweight and obesity prevalence among children will not increase and (2) intake of fruits/vegetables will increase.

Goal 4: Increase the number of mothers in Logan and eastern Mason Counties who breastfeed their infants		
Target Population	Newborns in Logan and eastern Mason County.	
OBJECTIVE	To encourage new mothers to breastfeed children exclusively until the recommended 6 months of life.	
<p>Strategy Selected: Breastfeeding Promotion Program: A mounting body of evidence suggests that breastfeeding may also play a role in programming noncommunicable disease risk later in life including protection against overweight and obesity in childhood.</p> <p>Programs/resources hospital will commit: Abraham Lincoln Memorial Hospital will provide the space, staff (certified lactation consultant), supplies and volunteers to offer a free, weekly breastfeeding support group to the community. ALMH will also provide management staff for Healthy Communities Partnership and funding to support breastfeeding promotion in Logan County.</p> <p>Collaborative partners: Members of the Healthy Communities Partnership (Logan County Department of Public Health (Women, Infants and Children program, YMCA, Community Action, and others), Springfield Clinic and Memorial Physician Services.</p>		
Activity	Timeline	Anticipated Results
1. Maintain certified lactation consultants on staff to facilitate the support group. 2. Market the program to the community.	Sept 2016	<ul style="list-style-type: none"> • Support from healthcare providers in Logan County via referrals and education. • Increased breastfeeding rates. • Marketing campaign to promote breastfeeding/normalize breastfeeding.
Short term indicators & source	<ul style="list-style-type: none"> • At least 5 mothers and their babies will attend the weekly support groups. • Partners will refer new mothers to the group. 	
Long term indicators & source	<ul style="list-style-type: none"> • Increase in breastfeeding rates, as measured by community partners' participation data. 	

Goal 5: Improve access to outdoor trails for physical activity		
Target Population	Residents of Logan County.	
OBJECTIVE	To support establishment of an outdoor trail system for non-motorized activity.	
Strategy Selected: Enhance access to places for physical activity through a change in our built environment through the establishment of walking trails and safe bike routes. Continue to provide support to local officials in order to encourage a county wide trail system for active transportation and safe recreational opportunities.		
Programs/resources hospital will commit: Abraham Lincoln Memorial Hospital will provide the staff, supplies and space via Healthy Communities Partnership to help lead the project and advocate within the community.		
Collaborative partners: Members of the Healthy Communities Partnership (Logan County Department of Public Health, YMCA, Community Action, Lincoln Park District), and local government leadership (Logan County Regional Planning Commission).		
Activity	Timeline	Anticipated Results
1. Establish a trail on the campus of Abraham Lincoln Memorial Hospital. 2. Promote the campus trail to the community.	Sept 2016	<ul style="list-style-type: none"> • Increased physical activity. • Serve as a benchmark for future trail initiatives throughout the county and act as a trailhead/ landmark.
Short term indicators & source	<ul style="list-style-type: none"> • Observation of public use of the trail conducted by ALMH staff with the anticipation that the general public will use the trail. Counts will be taken quarterly. 	
Long term indicators & source	<ul style="list-style-type: none"> • Increased physical activity level reported in Illinois Youth Survey. • Increases in the number of people using the trail. 	

Goal 6: Support Girls on the Run of Central Illinois	
Target Population	Girls in grades 3-8 and their families in Logan County
OBJECTIVE	The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.
Strategy Selected: Childhood obesity has both immediate and long-term health impacts. Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and are more likely than normal weight peers to be teased and stigmatized which can lead to poor self-esteem. Overweight and obese youth are more likely than normal weight peers to be overweight or obese adults and are therefore at risk for the associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Childhood obesity has more than tripled in the past thirty years. Healthy eating and regular physical activity can lower the risk of becoming obese.	
Abraham Lincoln Memorial Hospital will support the Girls on the Run program, a transformational, physical activity based youth development program for girls in grades 3-8. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.	

Programs/resources hospital will commit: Abraham Lincoln Memorial Hospital will provide staff, education of staff, community promotion of the program, and financial support.		
Collaborative Partners: Girls on the Run, Northwest School, Chester East Lincoln, Central Elementary School and other participating schools.		
Activity	Timeline	Anticipated Results
1. Monetary Donation	FY 2016	ALMH support will assist growth of Girls on the Run in Logan County.
2. Outreach to potential school and host sites in collaboration with Girls on the Run program representatives to identify new sites.	FY 2016	Maintain participation of at least four Logan County schools during 2015-2016 school year.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	As a result of the Girls on the Run program season and 5k race event, 75% or more of GOTR participants and their families will report that the program positively impacted their attitude toward exercise. Measurement: Girls on the Run survey of participants and their families.	
Long term indicators & source	Growth of the Girls on the Run program in Logan County to additional schools, as measured by Girls on the Run.	

PRIORITY:	MENTAL HEALTH
Reasons for priority selection	<p>Mental Health was identified by the community as a top priority in the community health need assessment. Community data shows very high rates of emergency department utilization and hospitalization for both adult and pediatric populations.</p> <p>According to the Illinois Department of Public Health, suicides in Logan County have increased from 1 in 2008 to 5 in 2011.</p> <p>Healthy People 2020 objectives for Mental Health & Mental Disorders (MHMD)</p> <ul style="list-style-type: none"> • MDHD-6 Increase the proportion of children with mental health problems who receive treatment • MDHD-9 Increase the proportion of adults with mental health disorders who receive treatment • MDHD-10 Increase the proportion of persons with co-occurring substance abuse and mental disorders who receive treatment for both disorders

Goal 1: Implement Mental Health First Aid training in Logan County.	
Target Population	Community at large
OBJECTIVE	Step in early to stop the trajectory of issues that lead to mental health issues and the need for psychiatric intervention by providing community education to improve

	mental health literacy, early identification, peer intervention, and referral of community members to available resources if needed.	
Strategy Selected:		
<p>Mental Health First Aid (MHFA) is an evidence-based program that offers a five-day intensive training session to community members to become certified MHFA trainers. These certified trainers in turn go out in the community to provide an eight-hour education session to community members such as teachers, police, first responders, churches, youth leaders and others to teach them how to identify mental health issues, how to refer people to resources, and encourage community support of those struggling with issues that may contribute to mental illness. The Substance Abuse and Mental Health Services Administration (SAMHSA), the federal agency that leads public health efforts to advance the behavioral health of the nation, endorses MHFA and recently established grant funding for MHFA as part of the President's initiative to increase access to mental health services. MHFA is on the National Registry of Evidence Based Practices (NREPP). All interventions on the registry have been independently assessed and rated for quality of research and readiness for dissemination. MHFA has been shown to increase understanding of mental health disorders, knowledge of available resources, and confidence in and likelihood to help and individual in distress,</p>		
Commitment of Resources:		
<p>Memorial Medical Center will commit funding to bring a trainer from the national program to Springfield to train up to 30 local community members. Memorial will provide the conference center, promotion of the event, and provide funding for an ongoing program coordinator and tracking of results.</p>		
Collaboration:		
<p>Memorial will collaborate with Mental Health Centers of Central Illinois, Abraham Lincoln Memorial Hospital, Passavant Area Hospital, Taylorville Memorial Hospital, SIU School of Medicine, local school districts, area social service providers and the University of Illinois Springfield</p>		
Activity	Timeline	Anticipated Results
1. Reserve date and facility for Mental Health First Aid program.	12/2015	Date for Mental Health First Aid instructor training identified. Trainer and facility reserved.
2. Provide promotional materials to partners for potential individuals to become certified MHFA trainers.	By 6/2016	Partners will be aware of opportunity to receive MHFA instructor training.
3.. Hold MHFA instructor training	By 9/2016	Complete training of up to 30 individuals in central Illinois to become certified MHFA instructors.
4. Promote the program to communities in Sangamon, Logan, Morgan and Christian counties and begin to schedule communication education events.	9/2016	Local school districts and community organizations will be aware of the availability of MHFA training events for the community by certified MHFA trainers.
5. Hold at minimum 1 MHFA community trainings by certified MHFA instructors in each of the communities.	9/2016	Increase number of individuals in each community trained as mental health first aiders.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	<ul style="list-style-type: none"> Number of individuals becoming certified trainers from MHS sponsored certification training 	

	<ul style="list-style-type: none"> • Number of MHS sponsored community training events • Number of community members trained as mental health first aiders • Source: MHFA data collection tool
Long term indicators & source	<ul style="list-style-type: none"> • Among instructors and first aiders, increases in: mental health literacy, awareness of available resources, and confidence in assisting individuals in distress • Source: Survey of community members trained as instructors and first aiders.

PRIORITY:	ACCESS TO HEALTHCARE
Reasons for priority selection	Abraham Lincoln Memorial Hospital's 2015 community health need assessment identified access to healthcare as a top priority through its data collection and analysis, and community advisory group.

Goal 1: Provide access to pharmaceutical assistance		
Target Population	Low-income patients of the ALMH Emergency Department or Inpatient Care who cannot afford medications causing chronic problems.	
OBJECTIVE	Provide up to \$10,000 in prescription assistance in order to prevent patients from needing to return to the hospital or doctor.	
Strategy Selected: To reduce the number of ER visits directly related to lack of medication, assistance will be provided to patients as deemed appropriate by ER staff.		
Program/Resources hospital will commit: Staff to assess the patient's needs and work with local pharmacy to pay for medications.		
Collaborative Partners: Local pharmacy.		
Activity	Timeline	Anticipated Results
1. Upon discharge, ALMH staff will provide approval for medication renewal at a local pharmacy.	Sept 2016	Fewer return visits to the Emergency Department/Acute Care Department.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	Fewer repeat visits by patients receiving assistance. Source: Electronic Health Record	
Long term indicators & source	Fewer repeat visits by patients receiving assistance. Source: Electronic Health Record	

Goal 2: ALMH will serve as a clinical site for affiliated healthcare education programs as requested.	
Target Population	Future healthcare providers.
OBJECTIVE	Host students requiring clinical experience for their educational requirements.

Strategy Selected: Provide clinical education for nursing and allied health students in order to support completion of their degrees and increase the supply of healthcare professionals to provide care in the community.		
Programs/resources hospital will commit: Staff to oversee and facility to provide clinical experience to students.		
Collaborating partners: Heartland Community College		
Activity	Timeline	Anticipated Results
1. Serve as a clinical site.	Sept. 2016	Students will observe and complete clinicals in areas of Radiology, Acute Care and Rehabilitation.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	Hours completed. Source: Department Managers	
Long term indicators & source	Hours completed. Source: Department Managers	

Goal 3: Provide free baseline neurological testing to athletes in order to better treat concussions if one should occur while participating in a sport.		
Target Population	Athletes aged 10 and up.	
OBJECTIVE	Provide better knowledge for physicians when making a decision to return a concussed player to his/her sport.	
Strategy Selected: Head injuries are on the rise for athletes at all levels of play. An estimated 4 to 5 million concussions occur annually, with increases emerging among middle school athletes. Logan County is a very sports-driven community with several youth programs and school sports. The ImpACT test was developed by clinical experts who pioneered the field, ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImpACT provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices -- as part of determining safe return to play decisions.		
Programs/resources hospital will commit: ALMH will provide staff and equipment to conduct the testing. ALMH will also offer education to increase awareness of concussion issues, and promote this free service to the community.		
Collaborative Partners: All Logan County and eastern Mason County schools serving children aged 10 and up, youth sports organizations, YMCA, local universities/colleges and Lincoln Park District. MHS graphics team to develop promotional materials.		
Activity	Timeline	Anticipated Results
1. Secure latest testing materials and certified staff to facilitate the testing.	Sept. 2016	ALMH will have the ability to professionally administer the tests.
2. Contact schools, teams and organizations providing activity opportunities.	Sept. 2016	Promote the program offering directly to the students and parents.

3. ALMH Marketing to develop promotional materials and use media channels to promote the service.	Sept. 2016	Provide educational information to students/parents about concussions and the ImPACT test.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	Number of athletes who have been screened; goal is 100 athletes screened. SOURCE: ALMH Athletic Trainers	
Long term indicators & source	Number of athletes who have been screened. Long term goal will be 30% of all students participating in athletic programs at local schools and colleges. SOURCE: ALMH Trainers	

PRIORITY:	CHRONIC DISEASE MANAGEMENT (DIABETES AND CARDIOVASCULAR DISEASE)
Reasons for priority selection	Abraham Lincoln Memorial Hospital’s 2015 community health need assessment identified chronic disease management as a top priority through its data collection and analysis and community advisory groups. In 2009, 9.9 percent of adults have been diagnosed with diabetes in Logan County, an increase of 2.3% since 2006. Logan County has eight new cases of diabetes per 1,000 population aged 18 to 84 years old in the past 12 months as reported in 2006-2008 (age adjusted to the year 2000 standard population). Healthy People 2020 has a target of 7.2 new cases per 1,000 population aged 18 to 84 years old. Hyperlipidemia leads to atherosclerosis, heart disease and acute pancreatitis. Since 2009, individuals receiving Medicare in Logan County have had an 8.6 percent increase in those being treated for hyperlipidemia. Also, since 2001, there has been a 5.5% increase in the percentage of Logan County adults who have been told they have high blood pressure. The number of Logan County Medicare individuals being treated for atrial fibrillation represents a higher rate than 75% of counties in the United States.

Goal 1: Provide diabetes education and support	
Target Population	People with diabetes and caregivers.
OBJECTIVE	Improve access to education for better control of diabetes through a support group that encourages diabetic lifestyle choices.
<p>Strategy Selected:</p> <p>Diabetes is a leading cause of death in the United States. Obesity increases the risk of diabetes. Losing weight and maintaining a healthy weight helps to prevent and control diabetes and other health conditions. According to the Centers for Disease Control and Prevention, more than 25 million people have diabetes, including both diagnosed and undiagnosed cases. This disease can have a harmful effect on most of the organ systems in the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower-extremity amputation, and a leading cause of blindness among working age adults. Persons with diabetes are also at increased risk for ischemic heart disease, neuropathy, and stroke.</p>	

Programs/resources hospital will commit

Abraham Lincoln Memorial Hospital will provide the funding of the facilitator, space and supplies to hold the support group meetings. Additionally, ALMH will promote the meetings to the public.

Collaborative partners

Memorial Physician Services for referrals, Healthy Communities Partnership members for awareness and referrals.

Activity	Timeline	Anticipated Results
1. ALMH will collaborate with Memorial Physician Services and to discuss referrals to the support group and training	Sept. 2016	<ul style="list-style-type: none"> Referring physicians in Logan County will refer patients to the support group.
2. ALMH will develop marketing campaign to promote the services.	Sept. 2016	<ul style="list-style-type: none"> Marketing Department at ALMH will develop and execute a marketing campaign.
3. ALMH will offer a day long training for diabetics and their caregivers	July 2016	<ul style="list-style-type: none"> At least 30 individuals will attend an educational event to promote better control of diabetes, aimed toward caregivers including family members, teachers, and coaches.
4. CDE will determine schedule and topics.	Sept. 2016	<ul style="list-style-type: none"> Relevant topics will be developed for support groups.
5. ALMH will host monthly support groups	Sept. 2016	<ul style="list-style-type: none"> Participants will learn important skills to assist their control blood glucose levels.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	Support groups will be held monthly. Participation will increase through improved promotion, referrals.	
Long term indicators & source	Support groups attendance will increase by 25%. Source: Sign-in Sheets	

Goal 2: Women's Education Event

Target Population	Women living in Logan County
OBJECTIVE	Increase awareness of chronic disease prevention.
Strategy Selected:	
<ul style="list-style-type: none"> Provide education to women on nutrition, physical activity and other preventative behaviors to be healthy role models and advocates for their families' health. Increase awareness of chronic disease including cardiovascular disease and diabetes that are increasing at higher rates due to the obesity epidemic. 	
Programs/resources hospital will commit:	
Abraham Lincoln Memorial Hospital will provide staff, space, and supplies to host women for community education. ALMH will also provide staff and funding to promote the event to the community.	
Collaborative Partners:	
This event will take place in partnership with the ALMH Auxiliary.	

Activity	Timeline	Anticipated Results
1. Reserve date and room for event. 2. Obtain speakers and materials for event. 3. Create promotional materials and execute a marketing campaign. 4. Hold the event.	Sept. 2016	Date established, facility reserved. Speakers and activities identified. Marketing materials created and distributed. Increase awareness of healthy behaviors for women.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	Number of individuals who attended the event, with a goal of 65. A pre- and -post survey will be conducted at the event to measure awareness of resources available in the community to assist them and their families and attitudes toward making a change.	
Long term indicators & source	Participants will incorporate what they learned into their lifestyle – follow-up participant survey administered by ALMH staff.	

Goal 3: Wellness Expo Including Free Cholesterol and Pulse Oximeter Screenings		
Target Population	Public in Logan County	
OBJECTIVE	Increase awareness of chronic disease prevention.	
Strategy Selected:		
<ul style="list-style-type: none"> Provide health education to participants through community education by promoting and inspiring a culture of health in Logan County. Provide free cholesterol screenings to event attendees. 		
Programs/resources hospital will commit:		
Abraham Lincoln Memorial Hospital will provide staff, meeting space, and supplies to coordinate the event. ALMH will also provide staff and funding to promote the event to the community. At the event, ALMH staff will provide expert advice regarding diabetes, cardiovascular health and obesity along with the supplies and staff to conduct free screenings.		
Collaborative Partners:		
Logan County Department of Public Health and the Lincoln Park District		
Activity	Timeline	Anticipated Results
1. Reserve date and location for event. 2. Obtain vendors, screeners and volunteers for event. 3. Create promotional materials and execute a marketing campaign. 4. Hold the event.	October 2015 January 2016 November 2015 March 2016	<ul style="list-style-type: none"> Date established, facility reserved. Vendors confirmed. Marketing materials created and distributed. Increase awareness of healthy behaviors for women. At least 400 individual will attend the event. At least 50 individuals will have a cholesterol screening and receive diabetes education.

MEASURES: What will we measure to know the program is making a difference? Count of participants will be taken at the event. A survey will be taken at the event to identify the information gained by participants.	
Short term indicators & source	Number of individuals who attended the event, goal 400.
Long term indicators & source	Participants will follow up with attendance at diabetes support group or DSME classes.

Goal 4: Offer free blood pressure screenings to increase awareness of blood pressure results.		
Target Population	Logan County and eastern Mason County residents	
OBJECTIVE	Increase awareness of blood pressure in residents and identify potential opportunities for early intervention.	
Strategy Selected: Provide free community blood pressure screenings at ALMH on a weekly basis so that individuals can easily monitor this important health indicator. Patients are educated about results and encouraged to provide monitored blood pressure results to their primary care physician when a need arises or as part of monitoring their health status.		
Programs/resources the hospital will commit: The screening takes place at ALMH and is promoted and conducted by ALMH staff and volunteers.		
Collaborative partners: Local organizations that promote the service including Kiwanis and Rotary Clubs.		
Activity	Timeline	Anticipated Results
1. Reserve the room and secure the volunteer for the screenings	October 1, 2015	Secure the room and screening staff.
2. Promote the screenings through local media	Sept. 2016	Community awareness of the free service.
MEASURES: What will we measure to know the program is making a difference?		
Short term indicators & source	Attendance at the screenings of at least 15 individuals per week (700 screenings per year). Source: Volunteer Sign-In Sheets	
Long term indicators & source	Attendance at the screenings. Source: Volunteer Sign-In Sheets	

Approved by Abraham Lincoln Memorial Hospital Board on Aug. 19, 2015.