



TAYLORVILLE MEMORIAL HOSPITAL
Community Health Need Assessment Implementation Strategy
FY16 October 1, 2015 – September 30, 2016

FY16 FINAL OUTCOMES

Memorial Health System is a not-for-profit healthcare organization located in central Illinois. It includes four hospitals: Memorial Medical Center in Sangamon County, Taylorville Memorial Hospital in Christian County, Abraham Lincoln Memorial Hospital in Logan 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.

Taylorville Memorial Hospital – Christian County, Illinois

Taylorville Memorial Hospital (TMH) is a not-for-profit 25-bed rural critical access hospital located in Taylorville, Ill., approximately 27 miles southeast of the state capitol of Springfield. TMH is one of two hospitals in the primary service area of Christian County (pop. 34,298). The other, Pana Community Hospital, is a critical access facility in the southeast corner of the county. The majority of the patients served by TMH come from Christian County, where the hospital focuses the majority of our community outreach efforts and health improvement initiatives. Christian County's race/ethnicity includes 96.5% white, 1.6% black, and 1.9% other. The median household income is \$45,145. The county has an aging population: persons age 65 and older make up 18.2% of Christian County's population, vs. 13.5 % for the state of Illinois. 14.9% of all people live below the federal poverty level, including 24.8% of children and 7.9% of seniors. Christian County has nine medically underserved areas. In FY2014, 3.8% of the patients served at TMH received uninsured/underinsured charity care assistance; 18.1% of the patients were on Medicaid and 54.9% were covered by Medicare.

Identified Priority Health Needs

The community health need assessment was carried out in conjunction with Christian 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. Access to mental health services
2. Access to pediatric dental services
3. Obesity
4. Heart disease
5. Lung Cancer
6. Colorectal cancer
7. Diabetes
8. Breast cancer

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

Priorities Not Selected: Christian County

- Heart disease and diabetes were eliminated from further consideration because the advisory group members felt that efforts to improve treatment of obesity would also impact the incidence and morbidity of heart disease and diabetes.
- Lung cancer was not chosen because, although it was ranked as a high priority by the advisory group, it was perceived by the advisory group that there would be little opportunity to make additional impact beyond what is already being done by the Christian County Health Department.
- Colon Cancer was not chosen because it consistently ranked as a lower priority among the advisory group members. The hospital currently offers advanced colonoscopy services, and annual colorectal cancer education for the community.
- Breast Cancer was not chosen because it was ranked as a lower priority among the advisory group members. Free mammograms are available to low income women who qualify for the Illinois Breast and Cervical Cancer program and the CUPS for the Cure fund at Taylorville Memorial Hospital is also available to off-set costs of mammography for other women.

Final Selected Priorities: Christian County

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

1. Obesity
2. Mental Health
3. Pediatric dental care

PRIORITY:	OBESITY
Reasons for priority selection	<p>Taylorville 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>30.5 percent of Christian County adults are obese. Source: Illinois Behavioral Risk Factor Surveillance System. The percentage has increased from 25.7 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%.</p>

Objective 1: Conduct a feasibility study regarding the creation of the Memorial Weight Loss and Wellness Center (MWLWC) program in Christian County

Target Population	Adults who are overweight who live in Christian County
Goal	Expand access to the Memorial Weight Loss and Wellness Center by developing strategy to implement the program at Taylorville Memorial Hospital in Christian County.
<p>Strategy Selected:</p> <p>Healthy People 2020 goals 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>	

Programs/resources hospital will commit:			
Taylorville Memorial Hospital will provide leadership to assess expansion of the program, the facility for the program, staffing, training and financial support.			
Collaborative partners:			
Memorial Medical Center, Springfield Clinic, Christian County YMCA			
Activity	Timeline	Anticipated Results	Outcomes for FY16
1. TMH will collaborate with MWLWC to complete a feasibility study for MWLWC at TMH	Sept 2016	Decision will be made if MHS will develop MWLWC at TMH	Feasibility study is underway with MWLWC leadership's assistance. Market study and staffing analysis has been completed. Initial indications are that diabetes education programming would be the first phase of MWLWC services to expand to Taylorville and this could begin in FY17.
MEASURES: What will we measure to know the program is making a difference?			
Short term indicators & source	Decision is made if MHS will develop MWLWC at TMH.		Diabetes education program components of MWLWC will be implemented at TMH in FY17.
Long term indicators & source	Action plan to implement obesity treatment strategy established (FY17)		

Objective 2: Sponsor a Lose to Win program/challenge	
Target Population	Individuals who live in the Christian County area who are overweight
Goal	Reduce the obesity rate in Christian County
Strategy Selected:	
The Healthy People 2020 national health target is to reduce the proportion of adults aged 20 and older who are obese to 30.5%. The percentage of obese adults is an indicator of the overall health and lifestyle of a community. Obesity increases the risk of many diseases and health conditions including heart disease, Type 2 diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems, and osteoarthritis. Losing weight and maintaining a healthy weight help to prevent and control these diseases.	
Taylorville Memorial Hospital Memorial will host a community-wide weight loss incentive program. Three multi-week Lose to Win challenges are offered over the course of the year.	
Programs/resources hospital will commit:	
Taylorville Memorial Hospital will provide staffing, the facility for the program, program promotion and financial support.	

Activity	Timeline	Anticipated Results	Outcomes for FY16
1. TMH will sponsor a Lose to Win program/challenge	Three sessions fall 2015- fall 2016	Increased awareness of healthy habits and the obesity epidemic in Christian County.	The program had a total of 450 participants in FY16 with a weight loss total of 3,404 pounds. Percentage of body weight lost: 117 lost 5%; 34 lost 10%; 8 lost 15%; and 1 lost >25% of body weight.
MEASURES: What will we measure to know the program is making a difference?			
Short term indicators & source	Increased awareness of healthy habits for weight control/loss among participants via survey of engaged individuals. Weight loss of current program participants will be measured for each multi-week program.		101 evaluations received with results of 76% eating more fruits and vegetables and 75% exercising routinely. Eleven had decrease in blood pressure; four were able to decrease medications; 11 had improvements in lab work.
Long term indicators & source	Increased awareness of healthy habits for weight control/loss among Christian County residents via survey of engaged participants.		Lose to Win will not be part of TMH's 2017 plan. TMH will instead focus on working with the YMCA to implement the CDC's Diabetes Prevention Program.

Objective 3: Support the Girls on the Run of Central Illinois	
Target Population	Girls in grades 3-8 and their families in Christian County
Goal	The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.
<p>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. Taylorville 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.</p> <p>Programs/resources hospital will commit: Taylorville Memorial Hospital will provide staff, education of staff, and financial support.</p> <p>Collaborative Partners:</p>	

Girls on the Run, Taylorville School District and other participating schools.			
Activity	Timeline	Anticipated Results	Outcomes for FY16
1. Monetary Donation	FY 2016	TMH's support will assist growth of Girls on the Run in Christian County.	Provided assistance to support scholarships for program participation for girls who needed financial assistance with program fees.
2. Outreach to potential school and host sites in collaboration with Girls on the Run program representatives to identify new sites or opportunities for program growth.	FY 2016	Maintain participation in Christian County schools during the 2015-2016 school year.	Taylorville and Edinburg schools and Taylorville YMCA hosted teams for 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.		92% of participants and families said the program positively impacted their attitude toward exercise.
Long term indicators & source	Growth of the Girls on the Run program in Christian County to additional schools, as measured by Girls on the Run		GOTR program is continuing in 3 locations in Christian County.

PRIORITY:	MENTAL HEALTH
Reasons for priority selection	<p>Mental Health was identified by the community as the 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>Healthy People 2020 goals 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

Objective 1: Implement Mental Health First Aid training in Christian County.			
Target Population	Community at large		
Goal	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 an individual in distress.</p>			
Programs/resources hospital will commit:			
<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. TMH will commit staff for the week-long training and support the promotion of the program in Christian County.</p>			
Collaborative Partners: TMH will collaborate with Mental Health Centers of Central Illinois, Memorial Medical Center, Abraham Lincoln Memorial Hospital, Passavant Area Hospital, SIU School of Medicine, local school districts, area social service providers and the University of Illinois Springfield.			
Activity	Timeline	Anticipated Results	Outcomes for FY16
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.	Goal met.
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.	Goal met. Four people from Christian County completed instructor training.
3. Hold MHFA instructor training	By	Complete training of up to 30	Goal met: 27 people were trained as instructors,

	9/2016	individuals in central Illinois to become certified MHFA instructors.	including four people from Christian County. Two instructors were from the community and two were TMH staff.
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.	Promotion was starting at the end of FY16.
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.	Goal was underway at end of FY16. First training session in Christian County will take place for local leaders of Boy Scouts and Girl Scouts.
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 Number of MHS sponsored community training events Number of community members trained as mental health first aiders Source: MHFA data collection tool 	Four people from Christian County are now certified MHFA trainers.
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. 	

Objective 2: Sponsor Senior Life Solutions	
Target Population	Medicare patients dealing with mental health issues such as anxiety and depression
Goal	Provide participants of the program with mental health counseling and support, as well as coping mechanisms to better prepare them to adjust to the affects of anxiety and depression in the senior population

Strategy Selected:

According to the National Comorbidity Survey of mental health disorders, people over the age of 60 have lower rates of depression than the general population — 10.7 percent in people over the age of 60. However, the rate in Christian County is 18.3%, as measured in 2012 by the Centers for Medicare and Medicaid Services. Additionally, CMMS estimates that depression in older adults occurs in 25 percent of those with other illnesses, including: arthritis, cancer, cardiovascular disease, chronic lung disease, and stroke.

Taylorville Memorial Hospital's Senior Life Solutions will provide group mental health therapy and support by developing individualized patient care plans and goals under the direction of a clinical psychiatrist. Group therapy will be provided with a multi-disciplinary approach supported by the Christian County Mental Health Association and the Taylorville Memorial Hospital clinical nursing team.

Programs/resources hospital will commit:

Taylorville Memorial Hospital will provide staffing, the facility for the program, program promotion and financial support.

Collaborative partners:

Christian County Mental Health Association

Activity	Timeline	Anticipated Results	Outcomes for FY16
1. TMH will sponsor Senior Life Solutions	FY 2016	Reduction depression or anxiety for seniors participating in the program	The program had 87 participants in FY16; 13 individuals graduated from the program.
MEASURES: What will we measure to know the program is making a difference?			
Short term indicators & source	Reduction in depression or anxiety as assessed by Senior Life Solutions' staff and clinical psychiatrist		All but one of the program participants had lower GAD (general anxiety disorder) and PHQ-9 (patient health questionnaire) scores on discharge than on admission.
Long term indicators & source	The participants' hospital readmission rate and the rate of return to the Emergency Department for mental health related reasons.		There were no readmissions or returns to Emergency Department from program participants in FY16.

PRIORITY:	PEDIATRIC DENTAL CARE
Reasons for priority selection	<p>Taylorville Memorial Hospital's 2015 community health need assessment identified pediatric dental care as a top priority through its data collection and analysis and community advisory group.</p> <p>According to the 2015 data by County Health Rankings, the ratio of population to providers for Dentists in Christian County is 4287:1, compared to the Illinois average of 1453:1. The external advisory group which included representatives from Christian County schools and the health department stressed the difficulty in Christian County for children to receive needed</p>

dental care services, especially for low income children.

Objective 1: Assemble a pediatric work group, start dialog, and explore options regarding the creation of a pediatric dental program in Christian County			
Target Population	Children in need of dental care who live in Christian County		
Goal	Increase the availability of pediatric dental care by developing a strategy to implement a pediatric dental program in Christian County		
Strategy Selected:			
<p>Oral health has been shown to impact overall health and well-being. Tooth decay is the most prevalent chronic infectious disease affecting children in the U.S. and impacts more than a quarter of children ages 2 to 5 and more than half of children ages 12 to 15. Given serious health consequences, it is important to maintain good oral health. It is recommended that adults and children see a dentist on a regular basis.</p> <p>Healthy People 2020 Oral Health (OH) Objectives Include:</p> <p>OH-1 Reduce the proportion of children and adolescents who have dental caries experience in their primary or permanent teeth.</p> <p>OH-2 Reduce the proportion of children and adolescents with untreated dental decay.</p> <p>OH-7 Increase the proportion of children, adolescents and adults who used the oral health care system in the past year.</p> <p>Taylorville Memorial Hospital will assemble a pediatric work group consisting of TMH staff, local dentists, school officials, and the Christian County Department of Public Health staff to explore options regarding the creation of a pediatric dental program in Christian County. This work group will specifically start a dialog on the feasibility of providing transportation of school children to local dentist offices.</p> <p>Programs/resources hospital will commit:</p> <p>Taylorville Memorial Hospital will provide leadership and organization of the pediatric dental work group and provide the meeting space for this group.</p> <p>Collaborative partners:</p> <p>Christian County Department of Public Health, Taylorville Community School District, local dentists</p>			
Activity	Timeline	Anticipated Results	Outcomes for FY16
1. Taylorville Memorial Hospital will assemble a pediatric dental work group to begin the dialog and explore options on starting a	Sept 2016	Decision will be made on the feasibility of a pediatric dental work group in Christian County, specifically transporting school children to local	Two local dentists, Dr. Harman and Dr. Lewis, have agreed to treat Taylorville children referred to them from Happy Teeth, Happy Kids beginning school year 2016-2017. Arrangements have been made for

pediatric dental program in Christian County		dentist offices.	transportation of referred children to and from these appointments utilizing Taylorville School district transportation.
MEASURES: What will we measure to know the program is making a difference?			
Short term indicators & source	Decision is made if it is feasible to begin a pediatric dental program in Christian County		Pilot program is ready to begin with school year 2016-2017.
Long term indicators & source	Action plan to implement pediatric dental program is established (FY17)		Have begun discussion with SIU Healthcare regarding possible inclusion of dental care should they open a FQHC in Christian County.

Approved by TMH Board of Directors July 14, 2015.