



## **ABRAHAM LINCOLN MEMORIAL HOSPITAL Community Health Need Assessment Implementation Strategy FY17 October 1, 2016 – Sept. 30, 2017 Outcomes**

### **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

**Implementation Strategy Changes from FY2016 to FY2017**

During FY2016, ALMH established a new indoor, producer-only farmers market at the Logan County Fairgrounds. The purpose of the project is to increase access for the community to fresh, locally grown produce. In addition to the fresh produce, the market provides a focus on wellness by offering free on-site fitness classes, health screenings, cooking demonstrations, and weekly children's activities focusing on the food system and healthy eating. The farmers market program has been added to the FY17 CHNA strategies for addressing the priority of obesity. In FY17, ALMH will also provide funding for a federally qualified health center to address access to healthcare and a children's mental health initiative (MOSAIC) to address mental health.

## Abraham Lincoln Memorial Hospital FY2017 IMPLEMENTATION STRATEGY

PRIORITY: OBESITY	
<b>Reasons for priority selection</b>	<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>
<b>Target Population</b>	Adults who are overweight who live in Logan County
<b>Objective</b>	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><b>Strategy Selected:</b> 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"> <li>• 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)</li> <li>• 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)</li> </ul> <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;</p>	

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.

#### **Programs/resources hospital will commit**

Abraham Lincoln 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, Memorial Physician Services, Springfield Clinic, SIU School of Medicine, Healthy Communities Partnership.

<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. ALMH will continue to serve patients	FY17	<ul style="list-style-type: none"> <li>MWLWC at ALMH will achieve 40 physician referrals in year two of the program (FY17).</li> </ul>	<ul style="list-style-type: none"> <li>MWLWC at ALMH has received 54 physician referrals.</li> </ul>
2. ALMH will collaborate with MWLWC to execute a communication plan	FY17	<ul style="list-style-type: none"> <li>Referring physicians in the Lincoln area will refer patients to the MWLWC at ALMH.</li> <li>Increase awareness of the new service to residents of Logan County.</li> </ul>	<ul style="list-style-type: none"> <li>MWLWC at ALMH has received physician referrals. MWLWC at ALMH has been promoted to community via social media and local presentations.</li> </ul>
3. ALMH will collaborate with MWLWC to collect outcome variables on enrolled patients.	FY17	<ul style="list-style-type: none"> <li>Data collected.</li> </ul>	<ul style="list-style-type: none"> <li>In progress</li> </ul>
<b>Short term indicators &amp; source</b>	Program implemented and begins seeing patients.		<ul style="list-style-type: none"> <li>Completed.</li> </ul>
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>MWLWC at ALMH will achieve 40 physician referrals in year 2 (FY17) and 50 patient referrals in year 3 (FY18).</li> <li>ALMH will average 30 active pts/month</li> <li>Medical weight loss patients who complete at least 6 months of programming, on average, will achieve 5% weight loss.</li> <li>Bariatric surgical patients will achieve, on average, 45% excess weight loss at one year post-op.</li> </ul>		<ul style="list-style-type: none"> <li>MWLWC at ALMH has achieved 54 physician referrals in FY17. An average of 30.3 patients per month are enrolled in the program.</li> <li>Medical weight loss patients lost an average of 3.34% loss at 6 months, 5.5% at 9 months and 12% at 15 months.</li> <li>Bariatric surgical patients lost an average of 31.1% excess weight at one year post-op.</li> </ul>

<b>Goal 2: Provide every school in Logan County the opportunity to become a CATCH school (Coordinated Approach to Child Health)</b>			
<b>Target Population</b>	School-aged children (K-8) in Logan and eastern Mason County.		
<b>Objective</b>	Create a healthy school environment where the healthy choice is the easy choice.		
<b>Strategy Selected:</b> 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.			
<b>Programs/resources hospital will commit:</b> 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.			
<b>Collaborative partners:</b> Local schools and members of Healthy Communities Partnership, a local community coalition that includes the Logan County Department of Public Health.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. School staff will be trained in CATCH  2. Newly identified CATCH schools will incorporate CATCH language, classroom lessons, and CATCH PE practices into daily practices.	10/2017  FY17	<ul style="list-style-type: none"> <li>School staff, parents and students will be introduced to CATCH philosophy.</li> <li>Students will participate in CATCH PE, learn the CATCH language, and participate in CATCH-sponsored activities that promote healthy choices.</li> </ul>	<ul style="list-style-type: none"> <li>All new CATCH schools received CATCH implementation training.</li> <li>A CATCH PE training was held specifically for PE teachers to encourage the implementation of CATCH PE at all schools.</li> <li>CATCH schools have incorporated CATCH language, classroom lessons and CATCH PE practices through the county.</li> </ul>
<b>Short term indicators &amp; source</b>	Maintain existing CATCH schools and complete implementation of CATCH at three additional schools.		<ul style="list-style-type: none"> <li>CATCH schools continued their efforts and we have added 8 new schools during the 2016-2017 school year.</li> </ul>
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>By 2018, eight schools in Logan County will be successfully implementing the CATCH program to create a healthy school environment.</li> </ul>		<ul style="list-style-type: none"> <li>15 K-8 schools in Logan County were trained and implemented CATCH during the 2016-2017 school year. 2 early childhood</li> </ul>

	<ul style="list-style-type: none"> <li>Schools will continue CATCH program into the future.</li> </ul>	<p>education programs have also been trained which bring the total enrollment at our CATCH schools to over 3,000 students.</p>
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**Goal 3: Implement an aggressive 5210 educational marketing campaign for community**

**Target Population** Logan County residents who are overweight or obese.

**Objective** Inspire a culture of health through health education around healthy behaviors as promoted through the nationally recognized childhood obesity prevention program.

**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.

**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.

**Collaborative partners:**  
 Members of the Healthy Communities Partnership (Logan County Department of Public Health, YMCA, Community Action, etc.), local schools and churches.

<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
<p>1. Provide consistent messaging to media via billboard, radio, social media, maintaining the 5210 website, print ads, and posters.</p>	<p>FY17</p>	<ul style="list-style-type: none"> <li>Posters will be displayed in Logan County schools.</li> <li>5210 will be incorporated into community events.</li> <li>Increased awareness of healthy habits and the obesity epidemic in Logan County.</li> </ul>	<p>Schools have been encouraged to post 5210 materials throughout the school. 5210 was featured at the 2017 Wellness Expo held in February 2017. Billboards and print ads have promoted 5210 messaging throughout the community.</p>
<p><b>Short term indicators &amp; source</b></p>	<p>Campaign implemented.</p>	<p>The campaign has been successfully implemented in the community. As the CATCH message becomes more popular, community</p>	

		messaging will reflect CATCH language instead of 5210 to promote consistency.
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• Implementation at 90% of Logan County and eastern Mason County schools to promote awareness.</li> <li>• Community education events incorporate the program and the 5210 philosophy as reported by community partners.</li> <li>• Increase awareness of 5210 among Logan County residents via survey of engaged sites.</li> <li>• 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.</li> </ul>	5210 messaging, including educational handouts, were distributed at 94% of schools. The 2016 Illinois Youth Survey reported an increase of 5 percentage points of fruit and vegetable consumption in 8 <sup>th</sup> to 10 <sup>th</sup> graders since 2014. The Illinois Youth Survey also showed that the same class surveyed in 2014 had a 6 percent decrease in a self-reported BMI of 30 or greater (obesity).

<b>Goal 4: Increase the number of mothers in Logan and eastern Mason Counties who breastfeed their infants</b>			
<b>Target Population</b>	Newborns in Logan and eastern Mason County.		
<b>Objective</b>	To encourage new mothers to breastfeed children exclusively until the recommended 6 months of life.		
<b>Strategy Selected: Breastfeeding Promotion Program:</b>			
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.			
<b>Programs/resources hospital will commit:</b>			
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.			
<b>Collaborative partners:</b>			
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.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
<ol style="list-style-type: none"> <li>1. Maintain certified lactation consultants on staff to facilitate the support group.</li> <li>2. Market the program to the community.</li> </ol>	9/2017	<ul style="list-style-type: none"> <li>• Support from healthcare providers in Logan County via referrals and education.</li> <li>• Increased breastfeeding rates.</li> </ul>	<ul style="list-style-type: none"> <li>• Campaign to encourage breastfeeding was conducted through social media, print and billboard through October 2016. Certified lactation consultants are on staff and provide support to nursing moms.</li> </ul>



		<ul style="list-style-type: none"> <li>Marketing campaign to promote breastfeeding/normalize breastfeeding.</li> </ul>	<ul style="list-style-type: none"> <li>Mothers initiating breastfeeding at local birth has increased from 66% in 2013 to 77% in 2015.</li> </ul>
<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>At least 5 mothers and their babies will attend the weekly support groups.</li> <li>Partners will refer new mothers to the group.</li> </ul>		More than 5 mothers and their babies attend breastfeeding support groups at ALMH on a weekly basis. Partners have successfully referred new mothers to the group.
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>Increase in breastfeeding rates, as measured by community partners' participation data.</li> </ul>		WIC (Womens, Infants and Children) program at Logan County Department of Public Health reported a 5% increase in breastfeeding at 6 months of age and a 7.5% increase breastfeeding at 12 months of age in FY 16.

<b>Goal 5: Improve access to outdoor trails for physical activity</b>			
<b>Target Population</b>	Residents of Logan County.		
<b>Objective</b>	To support establishment of an outdoor trail system for non-motorized activity.		
<b>Strategy Selected:</b> 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.			
<b>Programs/resources hospital will commit:</b> 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.			
<b>Collaborative partners:</b> 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).			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. Promote the ALMH campus trail to the community.	FY17	<ul style="list-style-type: none"> <li>Increased physical activity on the new trail.</li> <li>Serve as a benchmark for future trail initiatives throughout the county and act as a trailhead/ landmark.</li> </ul>	Construction of the ALMH Wellness Trail was completed in October 2016.

<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	A total of more than 6000 laps were observed using a trail counter calculating to a total of over 5000 miles walked/ran/cycled.
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• Increased physical activity level reported in Illinois Youth Survey.</li> <li>• Increases in the number of people using the trail.</li> </ul>	The 2018 Illinois Youth Survey results will be available in Summer 2018.

**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	FY17 Final Outcomes
1. Monetary Donation	FY17	ALMH support will assist growth of Girls on the Run in Logan County.	ALMH provided a \$5,000 sponsorship to 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.	FY17	Maintain participation of at least four Logan County schools during 2016-2017 school year.	Girls on the Run has locations at Carroll Catholic School, Central Elementary School, Northwest Elementary School, Washington-Monroe Grade School, New Holland Middletown, and West Lincoln Broadwell

			School in Spring 2017. This is the largest single season of girls participating in GOTR in Logan County history. In Fall 2017, Chester East Lincoln was an additional GOTR site.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	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.		Fall = 88% Spring = 82%
<b>Long term indicators &amp; source</b>	Growth of the Girls on the Run program in Logan County to additional schools, as measured by Girls on the Run.		Data not yet available.

**Goal 7: Implementation of The ALMH Market**

<b>Target Population</b>	Logan County residents and eastern Mason County residents		
<b>Objective</b>	The goal of The ALMH Market is to increase access to fresh, local produce and promote healthy behaviors.		
<b>Strategy Selected:</b> Obesity has both immediate and long-term health impacts. With over 66% of the adult population in Logan County dealing with overweight and obesity rankings, it's imperative that a variety of strategies are employed to decrease obesity rates. While opportunities for activity play a critical part in producing healthy outcomes, it is also vital to increase fruit and vegetable consumption. Farmers markets lead to healthier communities. Furthermore, The ALMH Market is a wellness destination that encourages healthy behaviors with programming that feature fitness classes, health screenings, cooking demonstrations and a children's education program that encourages children to learn about the food system and try new produce.			
<b>Programs/resources hospital will commit:</b> Abraham Lincoln Memorial Hospital will provide staff, community promotion of the program, and financial support.			
<b>Collaborative Partners:</b> Logan County Fairgrounds, a variety of local fitness professionals, and local farmers.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. The Market will be open Saturdays May - October	FY17	Weekly attendance of no less than 200 people at The Market.	The Market closed its inaugural season on October 30, 2016. Throughout the season over 13,000 individuals attended the market for an average weekly attendance of 550 people. The

			2017 season opened May 13 and ended on September 30. Over 16,000 individuals attended the market for an average weekly attendance of 695 people.
2. Free health screenings including blood glucose, lipid profile, blood pressure and BMIs.	FY17	Screenings will be held monthly during The Market season (five times).	During the 2017 Market, 172 lipid profiles/blood glucose screenings and 266 blood pressures/BMIs were performed.
3. Power of Produce (POP) program will engage children in healthy eating.	FY17	At least 20 POP Club activities will be offered over the course of The Market season to provide education to children ages 5-12 about the food system and healthy eating.	During the 2017 Market, 23 POP Club activities were conducted.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Attendance at The Market. Estimated amount of produce sold. Market dollars earned by children participating in the Power of Produce Club. Market dollars provided as part of a SNAP matching program.		2016 Market Results <ul style="list-style-type: none"> <li>Over 13,000 individuals attended The ALMH Market.</li> <li>Over \$31,000 of produce was sold.</li> <li>Children earned \$1,171 in POP Club tokens as a result of their participation in POP Club activities.</li> <li>\$260 was provided as part of the SNAP matching program.</li> </ul> 2017 Market Results <ul style="list-style-type: none"> <li>Over 16,000 individuals attended The ALMH Market.</li> <li>Over \$48,000 of produce was sold.</li> <li>Children earned \$1580 POP Club tokens.</li> <li>\$2294 was provided as part of the SNAP matching program.</li> </ul>
<b>Long term indicators &amp; source</b>	Decreased BMIs and increased consumption of fruits and vegetables as reported on the Illinois Youth Survey.		<ul style="list-style-type: none"> <li>The 2018 Illinois Youth Survey results will be available in Summer 2018.</li> </ul>

<b>PRIORITY: MENTAL HEALTH</b>	
<b>Reasons for priority selection</b>	<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 &amp; Mental Disorders (MHMD)</p> <ul style="list-style-type: none"> <li>• MDHD-6 Increase the proportion of children with mental health problems who receive treatment</li> <li>• MDHD-9 Increase the proportion of adults with mental health disorders who receive treatment</li> </ul> <p>MDHD-10 Increase the proportion of persons with co-occurring substance abuse and mental disorders who receive treatment for both disorders</p>

<b>Goal 1: Implement Mental Health First Aid training in Logan County.</b>	
<b>Target Population</b>	Community at large
<b>Objective</b>	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.
<p><b>Strategy Selected:</b></p> <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>	
<p><b>Commitment of Resources:</b></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.

**Collaboration:**

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

Activity	Timeline	Anticipated Results	FY17 Final Outcomes
1. MHFA Coordinator will develop an ongoing list of community partners and agencies to receive training.	9/2017	Certified MHFA instructors have a list of potential audiences in each community to teach a MHFA course.	A list of community partners was created and contacted to provide MHFA training in Logan County.
2. Explore development of a private communication portal for certified MHFA instructors to provide communication about training opportunities, coordinate distribution of training materials, and provide a way to collect data and measures from the instructors.	12/2016	A methodology is in place for certified MHFA instructors to report upcoming courses, request a course training partner, report tracking data and share their experiences.	A private portal has been developed and is an area for trainers to download resources and marketing materials and communicate with other local MHFA instructors. We are still exploring whether we can develop and integrate a way to report tracking data within the private portal.
3. Promote the program to communities in Sangamon, Logan, Morgan and Christian counties.	9/2017	ALMH, TMH, PAH and MMC in collaboration with Memorial Behavioral Health have a localized communication plan for each hospital to create awareness of and promote available MHFA courses.	A private portal has been developed and is an area for trainers to download resources and marketing materials and communicate with other local MHFA instructors. We are still exploring whether we can develop and integrate a way to report tracking data within the private portal.
4. Hold at minimum two MHFA community trainings by certified MHFA instructors in each county, for a total of eight courses.	9/2017	Increased number of individuals in each community trained as mental health first aiders.	49 certifications have been earned in Logan County by community members.

**MEASURES:** What will we measure to know the program is making a difference?

<p><b>Short term indicators &amp; source</b></p>	<ul style="list-style-type: none"> <li>• Number of individuals becoming certified trainers from MHS sponsored certification training</li> <li>• Number of MHS sponsored community training events</li> <li>• Number of community members trained as mental health first aiders</li> <li>• Source: MHFA data collection tool</li> </ul>	<ul style="list-style-type: none"> <li>• Two Logan County professionals are certified trainers.</li> <li>• Four trainings held in Logan County.</li> <li>• 49 community members completed the course.</li> </ul>
<p><b>Long term indicators &amp; source</b></p>	<ul style="list-style-type: none"> <li>• Among instructors and first aiders, increases in: mental health literacy, awareness of available resources, and confidence in assisting individuals in distress</li> <li>• Source: Survey of community members trained as instructors and first aiders.</li> </ul>	<p>Measure in progress</p>

**Goal 2: Deploy Meaningful Opportunities for Success and Achievement through Service Integration for Children (MOSAIC) Program in Lincoln.**

<p><b>Target Population</b></p>	<p>School-aged children in Logan County.</p>
<p><b>Objective</b></p>	<p>To provide increased access to mental health screenings for children, earlier in their school experience, in order to lower the incidence of mental illness in children and decrease severity of difficulties faced in school and throughout their lives.</p>

**Strategy Selected:**  
 Children’s mental health issues are common but often under-recognized and undertreated. Services are fragmented and families are often unaware of the wide range of community resources and how to link successfully to them. The result, all too often, is that children and families fall through the cracks, receiving services and support only after a crisis occurs.

Our focus will be to work comprehensively with Lincoln Junior High to support and expand mental health and school integration. Integration of community resources will occur with the many school-based initiatives that already exist to support healthy social development. Specifically, the teachers will complete the Social, Academic, and Emotional Behavior Risk Screener (SAEBRS), which is a universal screening to detect potential social, emotional and academic issues. The school social worker will contact the families of any students who show elevated scores. The school social worker will offer in-school MOSAIC services through the MBH Behavioral Health Consultant (BHC). The teachers, parents, students, school social worker, and other school staff can also refer students for MOSAIC services. In addition to the costs of the screening, it is anticipated that a BHC will be embedded two days each week within the Lincoln Junior High School to provide consultation, early intervention and crisis intervention services.

**Commitment of Resources:**

Abraham Lincoln Memorial Hospital Foundation (ALMHF) will fund the hiring of a Behavior Health Consultant two days per week during the school year. ALMHF will also purchase supplies and equipment for the BHS and the screening tools for LJHS students.

**Collaboration:**

The MOSAIC Project in Lincoln will consist of four primary partners; Tri-County Special Education Association, Lincoln School District 27, Abraham Lincoln Memorial Hospital, and Memorial Behavioral Health.

Activity	Timeline	Anticipated Results	FY17 Final Outcomes
1. The ALMH Foundation will approve a grant to provide funding to Memorial Behavioral Health to fund MOSAIC in Lincoln.	10/ 2016	Funding will be secured by partners for project implementation.	The ALMH Foundation provided a grant to Memorial Behavioral Health to support the MOSAIC program in Lincoln.
2. Behavioral Health Consultant will be identified.	12/2016	BHC will serve LJHS students upon identification.	MBH hired a Behavioral Health Consultant.
3. Screening tools will be purchased.	11/2016	Teachers will begin screening students.	Screening tools were purchased and conducted.

**MEASURES:** What will we measure to know the program is making a difference?

<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>75% of the students enrolled on the first day of school at LJHS will be screened.</li> <li>100% of children with an extremely elevated screen will have the opportunity to receive a mental health assessment with the MOSAIC BHC.</li> <li>100% of children who, based on the mental health assessment, warrant individual or family treatment, will be offered treatment with the MOSAIC clinician.</li> </ul>	During the 2016-2017 school year, 329 students were screened (81% of students enrolled on the first day of school). Subsequently, 13 students received regular services by the Behavioral Health Consultant.
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>Families, children, and school personnel should experience a system of care that is easy to access and responsive to their particular needs.</li> <li>Greater collaboration and communication among those professionals who are educating and providing behavioral support will result in a decreased stigma associated with seeking mental health services, dramatically improve attendance at appointments, and result in better outcomes for children, families, teachers, and the community.</li> </ul>	Measure in progress



<b>PRIORITY: ACCESS TO HEALTHCARE</b>	
<b>Reasons for priority selection</b>	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.

<b>Goal 1: Provide access to pharmaceutical assistance</b>			
<b>Target Population</b>	Low-income patients of the ALMH Emergency Department or Inpatient Care who cannot afford medications causing chronic problems.		
<b>Objective</b>	Provide up to \$10,000 in prescription assistance in order to prevent patients from needing to return to the hospital or doctor.		
<b>Strategy Selected:</b> 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.			
<b>Program/Resources hospital will commit:</b> Staff to assess the patient's needs and work with local pharmacy to pay for medications.			
<b>Collaborative Partners:</b> Local pharmacy.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. Upon discharge, ALMH staff will provide approval for medication renewal at a local pharmacy.	FY17	Fewer return visits to the Emergency Department/Acute Care Department.	Patients who were unable to purchase prescription medication to address their illness were provided medication at a local pharmacy upon discharge. This provision stopped necessary return visits for the same condition.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Provide at least \$3,000 in assistance.		ALMH provided \$9,958 in prescription assistance.
<b>Long term indicators &amp; source</b>	Meet needs of patients entering the emergency room to assist them in controlling health conditions that can cause readmission.		

<b>Goal 2: ALMH will serve as a clinical site for affiliated healthcare education programs as requested.</b>			
<b>Target Population</b>	Future healthcare providers.		
<b>Objective</b>	Host students requiring clinical experience for their educational requirements.		
<b>Strategy Selected:</b> 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.			
<b>Programs/resources hospital will commit:</b> Staff to oversee and facility to provide clinical experience to students.			
<b>Collaborating partners:</b> Heartland Community College			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. Serve as a clinical site.	FY17	Students will observe and complete clinicals in areas of Radiology, Acute Care and Rehabilitation.	Nursing students were provided with 415 hours, lab students obtained 709 hours and 160 hours for radiology students.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Hours completed. Source: Department Managers		
<b>Long term indicators &amp; source</b>	Hours completed. Source: Department Managers		

<b>Goal 3: Provide free baseline neurological testing to athletes in order to better treat concussions if one should occur while participating in a sport.</b>	
<b>Target Population</b>	Athletes aged 10 and up.
<b>Objective</b>	Provide better knowledge for physicians when making a decision to return a concussed player to his/her sport.
<b>Strategy Selected:</b> 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.	

<b>Programs/resources hospital will commit:</b> 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.			
<b>Collaborative Partners:</b> 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	FY17 Final Outcomes
1. Provide schools, teams, organizations and individuals baseline screening.	Oct. 2017	ALMH will continue its efforts to provide baseline screening to Logan County athletes ages 10 and up.	Relationships are established with Logan County schools and screenings are taking place.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Number of athletes who have been screened; goal is 100 athletes screened. SOURCE: ALMH Athletic Trainers		842 baseline screenings have been conducted. 83 post injury screenings were conducted.
<b>Long term indicators &amp; source</b>	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		To be determined.

<b>Goal 4: Establish a Federally Qualified Health Center (FQHC) in Logan County in Partnership with Southern Illinois University School of Medicine.</b>	
<b>Target Population</b>	Underserved and vulnerable residents of Logan County.
<b>Goal</b>	Secure approval for and open a Federally Qualified Health Center.
<b>Strategy Selected:</b> According to County Health Rankings, Federally Qualified Health Centers (FQHCs) are public and private non-profit health care organizations that receive federal funding under Section 330 of the Public Health Service Act. Governed by a community board, FQHCs deliver comprehensive care to uninsured, underinsured and vulnerable patients regardless of ability to pay. FQHCs are located in high need communities in urban and rural areas and are often called Community Health Centers.	
<b>Programs/resources hospital will commit:</b>	

Abraham Lincoln Memorial Hospital will provide leadership and financial support towards the effort to establish a FQHC in Logan County.

**Collaborative partners**

Southern Illinois University School of Medicine

Activity	Timeline	Anticipated Results	FY17 Final Outcomes
1. ALMH and SIU SOM will submit an application to Health Resources and Services administration Bureau of Primary Health Care	12/2016	ALMH and SIU SOM will be notified of the decision to establish a FQHC in Logan County.	Application was submitted to HRSA and approved.
2. The ALMH Foundation will provide a grant to the Logan County Department of Public Health for facility renovations.	12/2016	LCDPH will complete facility renovations that will provide necessary space for FQHC.	The ALMH Foundation provided a grant to the LCDPH for building renovations and building renovations were completed.
3. ALMH and SIU will secure a location, staffing, and all necessary steps to get the FQHC open and functioning.	9/2017	If approved, the FQHC will begin seeing patients by the end of 2017.	SIU Location, staffing and all necessary steps secured. FQHC began seeing patients in April 2017.
<b>MEASURES: What will we measure to know the program is making a difference?</b>			
<b>Short term indicator &amp; source</b>	<ul style="list-style-type: none"> <li>• Approval granted from HRSA</li> <li>• Space/staff supplies identified.</li> <li>• Patients being seen</li> </ul>		Approval was granted from HRSA in January 2017. The Family Health Center is open and seeing patients as of April 2017.
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• Primary care provider and non-physician primary care provider rates would increase. Uninsured and vulnerable patients will have an established medical home</li> </ul>		

**PRIORITY: CHRONIC DISEASE MANAGEMENT (DIABETES AND CARDIOVASCULAR DISEASE)**

<b>Reasons for priority selection</b>	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
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	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.
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### Goal 1: Provide diabetes education and support

<b>Target Population</b>	People with diabetes and caregivers.		
<b>Objective</b>	Improve access to education for better control of diabetes through a support group that encourages diabetic lifestyle choices.		
<b>Strategy Selected:</b>			
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.			
<b>Programs/resources hospital will commit</b>			
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.			
<b>Collaborative partners</b>			
Memorial Physician Services for referrals, Healthy Communities Partnership members for awareness and referrals.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. ALMH will collaborate with Memorial Physician Services and to discuss referrals to the support group and training	FY17	<ul style="list-style-type: none"> <li>Referring physicians in Logan County will refer patients to the support group.</li> </ul>	Physicians are informed of support group and encouraged to refer patients.
2. CDE will determine schedule and topics.	10/2016	<ul style="list-style-type: none"> <li>Relevant topics will be developed for support groups.</li> </ul>	Topics were identified and publicized.
3. ALMH will host monthly support groups	FY17	<ul style="list-style-type: none"> <li>Participants will learn important skills to assist their control blood glucose levels.</li> </ul>	Monthly support groups were held at Oasis Senior Center.

<b>MEASURES:</b> What will we measure to know the program is making a difference?		
<b>Short term indicators &amp; source</b>	Support groups will be held monthly. Participation will increase through improved promotion, referrals.	Support groups were held monthly with an average of 5 participants. Marketing efforts included press releases, social media, community calendar, and in-hospital promotions.
<b>Long term indicators &amp; source</b>	Support groups attendance will increase by 25%. Source: Sign-in Sheets	

<b>Goal 2: Women’s Education Event</b>			
<b>Target Population</b>	Women living in Logan County		
<b>Objective</b>	Increase awareness of chronic disease prevention.		
<b>Strategy Selected:</b>			
<ul style="list-style-type: none"> <li>• Provide education to women on nutrition, physical activity and other preventative behaviors to be healthy role models and advocates for their families’ health.</li> <li>• Increase awareness of chronic disease including cardiovascular disease and diabetes that are increasing at higher rates due to the obesity epidemic.</li> </ul>			
<b>Programs/resources hospital will commit:</b>			
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.			
<b>Collaborative Partners:</b>			
This event will take place in partnership with the ALMH Auxiliary.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY17 Final Outcomes</b>
1. Reserve date and room for event.	FY17	Date established, facility reserved.	Event held on March 24, 2017.
2. Obtain speakers and materials for event.		Speakers and activities identified.	
3. Create promotional materials and execute a marketing campaign.		Marketing materials created and distributed.	
4. Hold the event.		Increase awareness of healthy behaviors for women.	
<b>MEASURES:</b> What will we measure to know the program is making a difference?			

<b>Short term indicators &amp; source</b>	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.	More than 150 women in Logan County attended the event on March 24, 2017. 62% of surveyed participants report they are trying to improve their healthy behaviors after the event. 82% of attendees reported increased awareness to drink water and 58% reported awareness to eat more fruits and vegetables.
<b>Long term indicators &amp; source</b>	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:**

- 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	FY17 Final Outcomes
1. Reserve date and location for event.	10/ 2016	<ul style="list-style-type: none"> <li>• Date established, facility reserved.</li> </ul>	<ul style="list-style-type: none"> <li>• Event held February 18, 2017 at the Lincoln Park District in Lincoln.</li> </ul>
2. Obtain vendors, screeners and volunteers for event.	12/2016	<ul style="list-style-type: none"> <li>• Vendors confirmed.</li> </ul>	<ul style="list-style-type: none"> <li>• Over 550 individuals attended the event featuring over 70 vendors.</li> </ul>
3. Create promotional materials and execute a marketing campaign.	12/2016	<ul style="list-style-type: none"> <li>• Marketing materials created and distributed.</li> </ul>	<ul style="list-style-type: none"> <li>• Marketing included direct mail promotion to all Logan County residents promoting MPS and ALMH free</li> </ul>

4. Hold the event.	3/2017	<ul style="list-style-type: none"> <li>• Increase awareness of healthy behaviors for women.</li> <li>• At least 400 individual will attend the event.</li> <li>• At least 50 individuals will have a cholesterol screening and receive diabetes education.</li> </ul>	screenings available at the Wellness Expo. <ul style="list-style-type: none"> <li>• 94 lipid profile/blood sugar screenings conducted by ALMH staff.</li> <li>• 91 bone density screenings conducted by ALMH staff.</li> <li>• 125 pulse oximetry screening conducted by ALMH staff.</li> <li>• Over 200 individuals received diabetes education.</li> </ul>
<p><b>MEASURES:</b> 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.</p>			
<b>Short term indicators &amp; source</b>	Number of individuals who attended the event, goal 400.	Over 550 individuals attended the event.	
<b>Long term indicators &amp; source</b>	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	FY17 Final Outcomes
1. Reserve the room and secure the volunteer for the screenings	10/2016	Secure the room and screening staff.	Room secured and volunteer identified.



2. Promote the screenings through local media	FY17	Community awareness of the free service.	Screens promoted to the community via social media, flyers, press release and community calendar.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Attendance at the screenings of at least 15 individuals per week (700 screenings per year). Source: Volunteer Sign-In Sheets		52 blood pressure clinics were conducted resulting in 719 individual screenings.
<b>Long term indicators &amp; source</b>	Attendance at the screenings. Source: Volunteer Sign-In Sheets		

Strategy approved by Abraham Lincoln Memorial Hospital Board on August 17, 2016