



Logan County

Community Health Implementation Plan

2022

*LOGAN COUNTY, ILLINOIS WORKING
TOGETHER TO CREATE THE HEALTHIEST
COMMUNITY IN AMERICA*



HEALTHY WEIGHT

SUBSTANCE USE PREVENTION

YOUTH MENTAL HEALTH

These three areas of improvement were identified by a Community Health Needs Assessment conducted for Logan County, IL in 2020. The assessment included a review of LOCAL health data, meetings with people from across the county and a survey.

Prompted by the results, partners from across the community worked together to establish strategies to work toward a healthier community.

The vision of the Lincoln Memorial Hospital Community Health Collaborative is to become the healthiest community in the nation. And we recognize **we must work together.**

These pages recognize the work of over 15 lead agencies and 55 partners who have used their resources to improve health in our community.

And while we are working to improve outcomes in healthy weights, substance use and youth mental health we also recognize that our health is determined by where we work, play, live, worship, learn and grow. That means that our work doesn't stop at improving access to healthcare and promoting healthy habits. Our work also includes promoting belonging in our community, supporting education, improving the local economy and more.

We hope you join us in this work.

United Way of Logan County

United Way of Logan County has partnered with the Dolly Parton Imagination Library to bring literacy tools to children in our community. Dolly Parton Imagination Library provides a book every month for children under five years of age. United Way of Logan County funded the library for 12 towns in Logan County in 2022. Those twelve towns provided **184 children** with the opportunity to build their home libraries every month!

184 

Chestnut Health Systems

Chestnut Health Systems has worked within Logan County school districts to provide substance use prevention programs and materials to students. One of these programs is *Too Good for Drugs*, which focuses on teen decision-making and how to withstand peer pressure. Setting boundaries and creating healthy goals help students understand their role in health and how health affects their future.

63% of Logan County schools participated in the Illinois Youth Survey, which is administered to students in 8th, 10th and 12th grades. The results of the survey help identify priority needs in the community and track trends in substance use, physical activity, healthy eating and youth mental health. *Findings included:*



15% of 10th graders and 10% of 12th graders report feeling safe at school.



28% of 10th graders reported being active 60 minutes per day, five days per week.



8th grade personal disapproval rates of alcohol use have gone down from 94% to 75%.

OUT OF 31 10TH GRADERS,

22% REPORTED SERIOUSLY CONSIDERING SUICIDE WITHIN THE PAST YEAR.

OUT OF 29 12TH GRADERS,

27% REPORTED SERIOUSLY CONSIDERING SUICIDE IN THE PAST YEAR.

Lincoln Community High School

The benefits of physical activity are linked to many physical and mental health improvements. Physical activity is also linked to benefits in academic performance. Activity improves brain function by increasing the flow of oxygen to the brain and increases brain neurotransmitters, which assist in the ability to learn, remember, handle stress and also improve concentration and attention. Moderate to vigorous physical activity has the greatest potential to increase health benefits and is achieved when your target heart rate is 64% – 76% of your maximum heart rate. According to the Centers for Disease Control and Prevention, only **17.9%** of U.S. high school students meet current recommendations for physical activity.

In spring 2022, Lincoln Community High School's physical education program introduced wrist heart rate monitors for all PE students to evaluate physical activity levels in class. Lincoln Memorial Foundation partially funded the monitors and is excited to see the potential health benefits of tracking this health indicator. The heart rate monitors allow students to review individual results during physical education classes including the amount of time they spent in their individualized heart rate zone and the number of calories burned.



Only **17.9%**
of U.S. high
school students
meet current
recommendations
for physical activity.



HIRED A **FULL-TIME INTERVENTIONIST** TO IDENTIFY AND WORK WITH STUDENTS STRUGGLING IN THEIR COURSES TO IMPROVE HIGH SCHOOL GRADUATION RATES.

Lincoln Elementary School District #27

43.18%

of meals were cooked using local food to improve nutritional benefits and support the local food system.

94%

of breakfast and

88%

of lunches were made from scratch.

THE FREE SUMMER MEAL PROGRAM FUNDED BY THE USDA PROVIDED:

2,308 *breakfasts and* **12,510** *lunches to community children.*

LMH Trailblazers Walking Program

The Trailblazers walking program began at the LMH Wellness Trail in July 2022. Trailblazers promotes walking as physical fitness and provides four different times each Wednesday for friends and family members to meet and walk the trail. Fun themes and random prizes keep participants coming back! From July – December 2022, **744 Trailblazers** took advantage of this opportunity.



LMH Market

2022 marked The LMH Market's seventh season! The Market averaged 596 visitors weekly, which totaled 11,911 visits. This producer-only farmers market provides access to local produce and products for our community, no matter financial status. This year, **\$18,203** in Supplemental Nutrition Assistance Program (SNAP) benefits were spent at The Market, which increased access to fruits and vegetables for low-income families. The Lincoln Memorial Foundation provided a SNAP match of **\$9,903**.

596

AVG. WEEKLY
VISITORS

11,911

TOTAL VISITS

University of IL Extension

2

nutrition classes provided to low-income families in partnership with local food pantries.

Lincoln Memorial Hospital

45

breastfeeding support groups were held at LMH.

Lincoln Police Department

40

DARE presentations and reached more than 300 students.

Lincoln Park District

5

cumulative hours of diversity and inclusion training completed with their 15 colleagues.



LMH Bicycle Friendly Business Designation

Lincoln Memorial Hospital applied to be a Bicycle Friendly Business in 2022 with The League of American Cyclists. This application allowed LMH to evaluate how the hospital promotes active transportation, physical activity and healthy choices. In alignment with this application, LMH added bike racks, a bike fix-it station and an air pump at the head of the LMH Wellness Trail. LMH has also provided a new perk to Memorial colleagues: free bicycle rental to use on breaks, enjoy on the weekend or even to run errands!

Girls on the Run of Central IL

60

hours of trauma-informed training for staff.

51 HOSTS SITES &

708

PARTICIPANTS

↑ 21%

Since participating, an additional 21% of caregivers state their child is physically active.

93%

93% of participating girls stated they now like to do physical activity.

93%

93% of girls stated that **Girls on the Run** has helped them deal with strong emotions.

Butterfly Project

Provided services for two families with children and families who have been exposed to violence. The Butterfly Project provides free counseling and support.



LMH Community Health Collaborative

15 schools facilitated CATCH program

32 free fitness classes provided at Fitness Court



DEVELOPED A LOGAN COUNTY PARKS COALITION TO PROMOTE OUTDOOR ACTIVITIES AT LOCAL PARKS FOR PHYSICAL AND MENTAL HEALTH.

Memorial Behavioral Health

MOSAIC program in local elementary schools has provided a behavioral health consultant at the schools to provide on-site therapy to students. Results of the improved assessment scores:



PHQ-A scores improved from an average of moderate to mild. (Measures severity of depression.)



GAD scores stayed in mild anxiety range. (Measures generalized anxiety disorder.)



PSC-17 scores decreased an average of 6 points. (Measures likelihood of pediatric mental health disorders.)



Emotional Support Line, available to the community for any type of concern, received **856 calls** for the service area.

Logan County Department of Public Health

6 trauma-informed trainings provided to **10** staff. Trained three staff members as trainers.



Serves as a naloxone (opioid overdose reversal drug) distribution site and offers naloxone at CPR trainings.

Christian Child Care

132 hours of **Conscious Discipline** training with their staff completed. (Conscious Discipline is an approach that regards discipline as something to develop within children and not something to do to children.)

Served **84** children and **19** staff/volunteers per month:

28,428 MEALS

&

56,856 SNACKS

Moksha Center

186

WELLNESS
CLASSES
OFFERED

including yoga and meditation serving more than 500 participants.



Thank you to Our Community Partners

| | | |
|--|---|---|
| AgeLinc | Illinois Respite Center | Mt. Pulaski Park District |
| Brightpoint | Illinois WorkNet | Mt. Pulaski Police Department |
| The Butterfly Project | Keith TEC | New Herald News |
| Center for Youth and Family Services | Kickapoo Creek Park | Oasis Senior Center |
| Central Illinois Health Education Center | Kindred Hospice Care | Oxford House |
| Central Illinois Veterans Commission | Lincoln Area YMCA | Parish Nurses |
| Chestnut/Beason Park | Lincoln Christian University | Prevent Child Abuse Illinois |
| Chestnut Health Systems | Lincoln Community Garden Project | Recovery Oriented Systems of Care |
| Child Care Resource & Referral Network | Lincoln Community High School | Rotary Club of Lincoln |
| Christian Child Care | Lincoln Elementary School District #27 | Safe Families |
| City of Lincoln | Lincoln Fire Department | Salvation Army 360 Life Center of Lincoln |
| Community Action Partnership of Central IL | Lincoln Park District | Sangamon County Department of Public Health |
| Department of Children & Family Services | Lincoln Police Department | Senior Life Solutions (LMH) |
| Family Guidance Centers | Lincoln Public Library District | Senior Services of Central Illinois |
| First Presbyterian Church of Lincoln | Living Alternatives Pregnancy Resource Center | Silver Fox Fitness |
| First United Methodist Church | Logan County Board | SIU Family Medicine |
| Gateway Foundation | Logan County Department of Public Health | Sojourn Shelter and Services, Inc. |
| Girls on the Run of Central IL | Logan County Probation | Springfield Clinic |
| Heartland Community College Lincoln | Logan County Sheriff | Tri-County Special Education |
| Human Service Center Peoria | Logan County Tourism Bureau | United Way of Logan County |
| Illinois Department of Human Services | Madigan State Park | Unity Point |
| Illinois Family Resource Center | Memorial Behavioral Health | University of IL Extension |
| | Moksha Center | Warm Line |
| | | WLCN/96.3 |

The LMH Community Health Collaborative consists of agencies, organizations, businesses, churches and individuals. We recognize that our work to improve the health of our community can only be meaningful and impactful if we work together toward this common goal. All coalitions and networking opportunities are open to the public. Please call 217-605-5014 if you are interested in learning more.



visit us at [memorial.health](https://www.memorial.health)