



**ABRAHAM LINCOLN MEMORIAL HOSPITAL**  
**Community Health Need Assessment Implementation Strategy**  
**FY16 October 1, 2015 – Sept. 30, 2016**

**FY16 FINAL OUTCOMES**

<b>PRIORITY:</b>	<b>OBESITY</b>
<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>Goal 1: Expand access to the Memorial Weight Loss and Wellness Center (MWLWC) program in Logan County and eastern Mason County</b>	
<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.
<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).

- 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)

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.

#### **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>Outcomes for FY16</b>
1. ALMH will collaborate with MWLWC to establish staffing and space requirements for program expansion to ALMH and complete staff training and implementation of protocols and processes.	Sept 2016	<ul style="list-style-type: none"> <li>• Staffing and space will be secured for implementation of MWLWC at ALMH.</li> <li>• ALMH staff will be trained to implement MWLWC programming at affiliate location.</li> </ul>	<ul style="list-style-type: none"> <li>• Staffing and space have been secured at ALMH.</li> <li>• Staff have been trained.</li> </ul>
2. ALMH will collaborate with MWLWC to	Sept 2016	<ul style="list-style-type: none"> <li>• Referring physicians in the Lincoln area will refer patients to the MWLWC at ALMH.</li> </ul>	<ul style="list-style-type: none"> <li>• Physicians have been informed of MWLWC services now offered at ALMH.</li> </ul>

implement communication and marketing plan and launch program		<ul style="list-style-type: none"> <li>• Increase awareness of the new service to residents of Logan County.</li> </ul>	<ul style="list-style-type: none"> <li>• Additional marketing efforts will be explored as necessary.</li> </ul>
<b>Short term indicators &amp; source</b>	Program implemented and begins seeing patients.		The first patient was seen at ALMH on November 12, 2015. 42 patients have been referred and enrolled during FY16.
<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 in year 3 (FY18).</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>• Physician referral measures will be tracked in FY17 and FY18.</li> <li>• The 20 medical weight loss patients who have remained with the program have lost a total of 170.9 pounds.</li> <li>• There were 7 pre- and post-bariatric surgery patients enrolled at the end of FY16. Three patients have completed surgery and lost 187 pounds. Four patients were on the pre-surgical track and have lost a combined 57.3 pounds.</li> </ul>

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

**Target Population** | School-aged children (K-8) in Logan and eastern Mason County.

**OBJECTIVE** | Create a healthy school environment where the healthy choice is the easy choice.

**Strategy Selected:**

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.

**Programs/resources hospital will commit:**

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.

**Collaborative partners:**

Local schools and members of Healthy Communities Partnership, a local community coalition that includes the Logan County Department of

Public Health.			
Activity	Timeline	Anticipated Results	Outcomes for FY16
<ol style="list-style-type: none"> <li>1. ALMH will collaborate with local schools to expand the program including school staff training and support meetings throughout the school year.</li> <li>2. ALMH will complete the School Health Index tool to determine areas for improvement in creating a healthy environment.</li> <li>3. Local school districts and community organizations will be aware of the availability of CATCH.</li> </ol>	<p>Sept 2016</p> <p>Sept 2016</p> <p>Sept 2016</p>	<ul style="list-style-type: none"> <li>• Staffing and space will be secured to provide adequate support for schools.</li> <li>• Curriculum/equipment will be purchased for all schools participating in CATCH program.</li> <li>• School wellness policies will be reviewed, updated and enforced.</li> <li>• School Health Index will be completed and individual objectives will be selected by the school to continue its work toward making the healthy choice the easy choice for its students.</li> </ul>	<ul style="list-style-type: none"> <li>• A per-diem employee and the HCP manager are responsible for implementing CATCH in local schools.</li> <li>• Over \$35,000 in curriculum and equipment were purchased to implement the CATCH program in eight schools.</li> <li>• School wellness policies at participating schools were under review at the end of FY16.</li> <li>• The School Health Index has been completed at participating schools.</li> <li>• All schools in Logan County have been contacted and made aware of CATCH program availability.</li> </ul>
<b>Short term indicators &amp; source</b>	CATCH program implemented in at least three new Logan County schools.		<p>13 of 15 service area K-8 schools are participating in the program. Participating schools were surveyed with the following results:</p> <ul style="list-style-type: none"> <li>- 96% of staff observed CATCH language being incorporated into school culture.</li> <li>- 100% reported a desire to continue to “make the healthy choice the easy choice” for themselves and their students.</li> <li>- 93% observed their students learning about healthier choices because they are a CATCH school.</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> <li>• Schools will continue CATCH program into the future.</li> </ul>		<ul style="list-style-type: none"> <li>• FY18 goal exceeded: 13 schools were part of the program at the end of FY16.</li> </ul>

<b>Goal 3: Implement an aggressive 5210 educational marketing campaign for community</b>			
<b>Target Population</b>	Logan County residents who are overweight or obese.		
<b>OBJECTIVE</b>	Inspire a culture of health through health education around healthy behaviors as promoted through the nationally recognized childhood obesity prevention program.		
<b>Strategy Selected:</b> 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.			
<b>Programs/resources hospital will commit:</b> 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.			
<b>Collaborative partners:</b> 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>Outcomes for FY16</b>
1. Provide consistent messaging to media via billboard, radio, social media, maintaining the 5210 website, print ads, and posters.	Sept 2016	<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>	<ul style="list-style-type: none"> <li>• All Logan County schools have posted 5210 posters.</li> <li>• 5210 banners were installed around courthouse square in March 2016 and billboards are installed throughout Logan and eastern Mason County.</li> </ul>
<b>Short term indicators &amp; source</b>	Campaign implemented.		<ul style="list-style-type: none"> <li>• Campaign has been implemented</li> </ul>
<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> </ul>		<ul style="list-style-type: none"> <li>• Campaign has been implemented at 90% of Logan County schools. In addition to posters to encourage awareness, a 5210 "healthy selfie" contest engaged</li> </ul>

	<ul style="list-style-type: none"> <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>	<p>local schools and received over 50 entries from Logan County fifth graders. A 5210 campaign commercial was shown showing at local movie theatre, Lincoln Grand 8, in FY16, featuring healthy selfie entries.</p> <ul style="list-style-type: none"> <li>• 5210 messaging was incorporated into Healthy Communities Partnership events including the 2016 Wellness Expo in February and the Substance-Free Bowling Party in March.</li> <li>• The 2016 Illinois Youth Survey reported a decrease in BMI across 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders surveyed compared to the 2014 survey. It also found that the number of 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> graders who eat 4 or more fruits per day increased by a total of 10 percentage points compared to 2014.</li> </ul>
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<p><b>Goal 4: Increase the number of mothers in Logan and eastern Mason Counties who breastfeed their infants</b></p>			
<p><b>Target Population</b></p>	<p>Newborns in Logan and eastern Mason County.</p>		
<p><b>OBJECTIVE</b></p>	<p>To encourage new mothers to breastfeed children exclusively until the recommended 6 months of life.</p>		
<p><b>Strategy Selected: Breastfeeding Promotion Program:</b></p>			
<p>A mounting body of evidence suggests that breastfeeding may also play a role in programming noncommunicable disease risk later in life including protection against overweight and obesity in childhood.</p>			
<p><b>Programs/resources hospital will commit:</b></p>			
<p>Abraham Lincoln Memorial Hospital will provide the space, staff (certified lactation consultant), supplies and volunteers to offer a free, weekly breastfeeding support group to the community. ALMH will also provide management staff for Healthy Communities Partnership and funding to support breastfeeding promotion in Logan County.</p>			
<p><b>Collaborative partners:</b></p>			
<p>Members of the Healthy Communities Partnership (Logan County Department of Public Health (Women, Infants and Children program, YMCA, Community Action, and others), Springfield Clinic and Memorial Physician Services.</p>			
<p><b>Activity</b></p>	<p><b>Timeline</b></p>	<p><b>Anticipated Results</b></p>	<p><b>Outcomes for FY16</b></p>
<p>1. Maintain certified lactation consultants on staff to</p>	<p>Sept 2016</p>	<ul style="list-style-type: none"> <li>• Support from healthcare providers in Logan County via referrals and</li> </ul>	<ul style="list-style-type: none"> <li>• ALMH has certified lactation consultants on staff.</li> </ul>

facilitate the support group. 2. Market the program to the community.		education. <ul style="list-style-type: none"> <li>Increased breastfeeding rates.</li> <li>Marketing campaign to promote breastfeeding/normalize breastfeeding.</li> </ul>	<ul style="list-style-type: none"> <li>The breastfeeding support groups have been promoted throughout the community.</li> <li>Marketing campaign in place August 2016 – October 2016 including multiple media channels (print, billboard, radio, and social media).</li> <li>An educational workshop was offered at the Wellness Expo in February 2016.</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>		<ul style="list-style-type: none"> <li>An average of 5 mothers and their babies have attended weekly breastfeeding support group meetings.</li> </ul>
<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>		<ul style="list-style-type: none"> <li>Mothers initiating breastfeeding at local birth has increased from 66% in 2013 to 77% in 2015.</li> <li>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 FY16.</li> </ul>

### **Goal 5: Improve access to outdoor trails for physical activity**

**Target Population** Residents of Logan County.

**OBJECTIVE** To support establishment of an outdoor trail system for non-motorized activity.

**Strategy Selected:**

Enhance access to places for physical activity through a change in our built environment through the establishment of walking trails and safe bike routes. Continue to provide support to local officials in order to encourage a county wide trail system for active transportation and safe recreational opportunities.

**Programs/resources hospital will commit:**

Abraham Lincoln Memorial Hospital will provide the staff, supplies and space via Healthy Communities Partnership to help lead the project and advocate within the community.

**Collaborative partners:**

Members of the Healthy Communities Partnership (Logan County Department of Public Health, YMCA, Community Action, Lincoln Park District), and local government leadership (Logan County Regional Planning Commission).

Activity	Timeline	Anticipated Results	
1. Establish a trail on the campus of Abraham Lincoln Memorial Hospital. 2. Promote the campus trail to the community.	Sept 2016	<ul style="list-style-type: none"> <li>Increased physical activity.</li> <li>Serve as a benchmark for future trail initiatives throughout the county and act as a trailhead/ landmark.</li> </ul>	<ul style="list-style-type: none"> <li>A trail plan was approved and construction is in progress. Construction was not completed by September 30, 2016 due to weather delays. However, the trail is expected to be open by the end of October 2016.</li> </ul>
<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>		<ul style="list-style-type: none"> <li>To be measured in FY17 once trail is open.</li> </ul>
<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>		<ul style="list-style-type: none"> <li>Illinois Youth Survey will be conducted in Q4. Measured results available in FY17.</li> <li>Observations of trail usage to be measured in FY17 and FY18.</li> </ul>

### 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.



<b>Collaborative Partners:</b> Girls on the Run, Northwest School, Chester East Lincoln, Central Elementary School and other participating schools.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>Outcomes for FY16</b>
1. Monetary Donation	FY 2016	ALMH support will assist growth of Girls on the Run in Logan County.	ALMH provided \$5,000 financial sponsorship to Girls on the Run.
2. Outreach to potential school and host sites in collaboration with Girls on the Run program representatives to identify new sites.	FY 2016	Maintain participation of at least four Logan County schools during 2015-2016 school year.	One school participated in fall 2015, four schools completed the program in spring 2016, for a total of five schools.
<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.		Goal met: 92% of FY16 participants and families said the program positively impacted their attitude toward exercise.
<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.		A total of five schools served as host sites in Logan County in FY16.

<b>PRIORITY:</b>	<b>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>

	MDHD-10 Increase the proportion of persons with co-occurring substance abuse and mental disorders who receive treatment for both disorders
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<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.		
<b>Strategy Selected:</b> 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,			
<b>Commitment of Resources:</b> 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.			
<b>Collaboration:</b> 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			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>Outcomes for FY16</b>
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.	<ul style="list-style-type: none"> <li>• Training dates were set in Nov. 2015. MHFA took place Aug. 1-5, 2016 at Memorial Center for Learning and Innovation in Springfield. Youth Mental Health First Aid training took place Sept. 19-21 at the same location. A contract was</li> </ul>

			finalized with the national program in February.
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.	<ul style="list-style-type: none"> <li>• Goal met. A presentation and accompanying handouts were developed and shared with community partners. Two participants completed training.</li> </ul>
3.. Hold MHFA instructor training	By 9/2016	Complete training of up to 30 individuals in central Illinois to become certified MHFA instructors.	<ul style="list-style-type: none"> <li>• Two individuals from Logan County completed training.</li> </ul>
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.	<ul style="list-style-type: none"> <li>• Mental Health First Aid training was presented to over 15 community partners to promote future training opportunities.</li> </ul>
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.	<ul style="list-style-type: none"> <li>• Two individuals in Logan County are now certified to teach MHFA classes.</li> </ul>
<b>MEASURES:</b> 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>• 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 individuals in Logan County are now certified to teach MHFA, one trainer holds the additional youth certification.</li> <li>• Measures will be tracked during FY17 and FY18.</li> </ul>	
<b>Long term indicators &amp; source</b>	<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>	<ul style="list-style-type: none"> <li>• Measures will be tracked in FY17 and FY18.</li> </ul>	

<b>PRIORITY:</b>	<b>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>Outcomes for FY16</b>
1. Upon discharge, ALMH staff will provide approval for medication renewal at a local pharmacy.	Sept 2016	Fewer return visits to the Emergency Department/Acute Care Department.	ALMH provided \$3,350 in prescription assistance to 25 patients.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Amount provided to patients in assistance.		To be reported in FY17.
<b>Long term indicators &amp; source</b>	Amount provided to patients in assistance.		To be reported in FY18.

<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.

**Programs/resources hospital will commit:**  
Staff to oversee and facility to provide clinical experience to students.

**Collaborating partners:**  
Heartland Community College

Activity	Timeline	Anticipated Results	Outcomes for FY16
1. Serve as a clinical site.	Sept. 2016	Students will observe and complete clinicals in areas of Radiology, Acute Care and Rehabilitation.	Served as a clinical site to a variety of 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		Three Heartland Community College radiology students (160 hrs.). Three Illinois Community College laboratory students (229 hrs.). One UIS students observed (4 hrs.). Forty-one rehabilitation students observed (480 hrs.). .
<b>Long term indicators &amp; source</b>	Hours completed. Source: Department Managers		A total of 873 hours of site time was provided to local healthcare students.

**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>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.	

<p><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.</p>			
<p><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.</p>			
Activity	Timeline	Anticipated Results	Outcomes for FY16
1. Secure latest testing materials and certified staff to facilitate the testing.	Sept. 2016	ALMH will have the ability to professionally administer the tests.	ALMH has trained staff and the latest technology to properly facilitate the ImpACT test.
2. Contact schools, teams and organizations providing activity opportunities.	Sept. 2016	Promote the program offering directly to the students and parents.	Schools, teams, and organizations have been contacted to offer screenings.
3. ALMH Marketing to develop promotional materials and use media channels to promote the service.	Sept. 2016	Provide educational information to students/parents about concussions and the ImpACT test.	Concussion management policies, protocols and educational information were distributed to all schools in Logan County.
<p><b>MEASURES:</b> What will we measure to know the program is making a difference?</p>			
<b>Short term indicators &amp; source</b>	Number of athletes who have been screened; goal is 100 athletes screened. SOURCE: ALMH Athletic Trainers		985 total ImpACT tests have been administered (between baseline and post-injury assessments) for student-athletes of Logan County and Lincoln College. Out of those 985, 887 were baseline ImpACT tests and 98 were post-injury ImpACT tests. A total of 765 student-athletes were screened during that time.
<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 measured in FY17 and FY18.

<b>PRIORITY:</b>	<b>CHRONIC DISEASE MANAGEMENT (DIABETES AND CARDIOVASCULAR DISEASE)</b>
<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 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.

<b>Goal 1: Provide diabetes education and support</b>			
<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>Outcomes for FY16</b>
1. ALMH will collaborate with	Sept.	• Referring physicians in Logan	Information has been shared with referring

Memorial Physician Services and to discuss referrals to the support group and training	2016	County will refer patients to the support group.	physicians in Logan County regarding the diabetes support group available to patients.
2. ALMH will develop marketing campaign to promote the services.	Sept. 2016	<ul style="list-style-type: none"> <li>Marketing Department at ALMH will develop and execute a marketing campaign.</li> </ul>	An extensive marketing campaign has promoted diabetes support group and educational services.
3. ALMH will offer a day long training for diabetics and their caregivers	July 2016	<ul style="list-style-type: none"> <li>At least 30 individuals will attend an educational event to promote better control of diabetes, aimed toward caregivers including family members, teachers, and coaches.</li> </ul>	Training was held November 2015; 12 people attended the session.
4. CDE will determine schedule and topics.	Sept. 2016	<ul style="list-style-type: none"> <li>Relevant topics will be developed for support groups.</li> </ul>	Topics were developed.
5. ALMH will host monthly support groups	Sept. 2016	<ul style="list-style-type: none"> <li>Participants will learn important skills to assist their control blood glucose levels.</li> </ul>	Support groups were held on a monthly basis with a total of 64 attendees. Support was provided to an additional 30 people via phone and e-mail.
<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 are being held monthly. February support group took place at the 2016 Wellness Expo. Beginning in May 2016, support groups have taken place at the Oasis Senior Center in an effort to reach more participants. A total of 64 people attended the monthly support group meetings.
<b>Long term indicators &amp; source</b>	Support groups attendance will increase by 25%. Source: Sign-in Sheets		The attendance increased 28% in FY16.

<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</li> </ul>	



epidemic.

**Programs/resources hospital will commit:**

Abraham Lincoln Memorial Hospital will provide staff, space, and supplies to host women for community education. ALMH will also provide staff and funding to promote the event to the community.

**Collaborative Partners:**

This event will take place in partnership with the ALMH Auxiliary.

Activity	Timeline	Anticipated Results	Outcomes for FY16
<ol style="list-style-type: none"> <li>1. Reserve date and room for event.</li> <li>2. Obtain speakers and materials for event.</li> <li>3. Create promotional materials and execute a marketing campaign.</li> <li>4. Hold the event.</li> </ol>	<p>Sept. 2016</p>	<p>Date established, facility reserved.</p> <p>Speakers and activities identified.</p> <p>Marketing materials created and distributed.</p> <p>Increase awareness of healthy behaviors for women.</p>	<ul style="list-style-type: none"> <li>• Event held April 15, 2016 at ALMH.</li> <li>• Speakers included Memorial Health System staff and a local chef.</li> <li>• Marketing materials created and distributed.</li> </ul>
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	<p>Number of individuals who attended the event, with a goal of 65. A survey was conducted to measure awareness of resources available in the community to assist them and their families and attitudes toward making a change.</p>	<p>140 women attended the event. A survey was distributed after the event with a 33% return rate.</p>	
<b>Long term indicators &amp; source</b>	<p>Participants will incorporate what they learned into their lifestyle – follow-up participant survey administered by ALMH staff.</p>	<p>Survey results:</p> <ul style="list-style-type: none"> <li>- 95% are making efforts to drink more water.</li> <li>- 85% are more aware and motivated to incorporate more fruits and vegetables into their diets.</li> <li>- 72% motivated to incorporate recommended activity levels into their lifestyles.</li> </ul>	

<b>Goal 3: Wellness Expo Including Free Cholesterol and Pulse Oximeter Screenings</b>			
<b>Target Population</b>	Public in Logan County		
<b>OBJECTIVE</b>	Increase awareness of chronic disease prevention.		
<p><b>Strategy Selected:</b></p> <ul style="list-style-type: none"> <li>• Provide health education to participants through community education by promoting and inspiring a culture of health in Logan County.</li> <li>• Provide free cholesterol screenings to event attendees.</li> </ul> <p><b>Programs/resources hospital will commit:</b> 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.</p> <p><b>Collaborative Partners:</b> Logan County Department of Public Health and the Lincoln Park District</p>			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>Outcomes for FY16</b>
<ol style="list-style-type: none"> <li>1. Reserve date and location for event.</li> <li>2. Obtain vendors, screeners and volunteers for event.</li> <li>3. Create promotional materials and execute a marketing campaign.</li> <li>4. Hold the event.</li> </ol>	<p>October 2015</p> <p>January 2016</p> <p>November 2015</p> <p>March 2016</p>	<ul style="list-style-type: none"> <li>• Date established, facility reserved.</li> <li>• Vendors confirmed.</li> <li>• Marketing materials created and distributed.</li> <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>	<ul style="list-style-type: none"> <li>• Held Feb. 20, 2016 at the Lincoln Park District.</li> <li>• Over 60 vendors attended.</li> <li>• Marketing materials were created and distributed.</li> <li>• Over 550 individuals attended the event.</li> <li>• The ALMH Certified Diabetes Educator met with over 50 individuals at an educational booth.</li> <li>• The ALMH Laboratory staff conducted lipid profile and blood sugar screenings at no charge to 60 individuals.</li> <li>• Over 30 colon cancer screening kits were distributed to participants.</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>			<p>Survey was conducted at the event.</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.	One person was tracked as attending support group/DSME services in response to the Wellness Expo.

**Goal 4: Offer free blood pressure screenings to increase awareness of blood pressure results.**

<b>Target Population</b>	Logan County and eastern Mason County residents		
<b>OBJECTIVE</b>	Increase awareness of blood pressure in residents and identify potential opportunities for early intervention.		
<b>Strategy Selected:</b> 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.			
<b>Programs/resources the hospital will commit:</b> The screening takes place at ALMH and is promoted and conducted by ALMH staff and volunteers.			
<b>Collaborative partners:</b> Local organizations that promote the service including Kiwanis and Rotary Clubs.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>Outcomes for FY16</b>
1. Reserve the room and secure the volunteer for the screenings	October 1, 2015	Secure the room and screening staff.	Free blood pressures screenings are held each Tuesday in the Wombacher Room at ALMH
2. Promote the screenings through local media	Sept. 2016	Community awareness of the free service.	The screenings are promoted through community calendars and at other events including the Wellness Expo in February.
<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		An average of 15 participants weekly: 815 total screenings were conducted in FY16
<b>Long term indicators &amp; source</b>	Attendance at the screenings. Source: Volunteer Sign-In Sheets		To be measured FY17 and FY18.