2021 Joint

# *Community Health Needs Assessment & Implementation Strategy*

- SIH Herrin Hospital
- SIH Memorial Hospital of Carbondale
- SIH St. Joseph Memorial Hospital
- Harrisburg Medical Center

SIH


## Harrisburg Medical Center

Harrisburg Medical Center officially joined the SIH family in August of 2021 after nearly ten years of collaborating with SIH on various clinical and operational services. Harrisburg is home to the only inpatient behavioral health program in the southernmost 16 counties in Illinois. While HMC is the easternmost hospital in the SIH health system, because of its specialized behavioral health expertise it serves the entire system.


## SIH Herrin Hospital

SIH Herrin Hospital lies approximately ten miles to the east of Carbondale. SIH Herrin Hospital's reputation for high quality care and attention to detail is proof that a rural facility can have significant achievements in quality. It serves as the system's center for Rehabilitation Services, Bone and Joint Institute and Bariatric Surgery.


## SIH Memorial Hospital of Carbondale

SIH Memorial Hospital of Carbondale is the system's flagship hospital. As the only designated Trauma Center in the southern half of Illinois, SIH Memorial Hospital of Carbondale serves as the area's regional referral center. Memorial paves the way to bring big city medicine home. Memorial specializes in tertiary services such as oncology, neurosciences, and cardiovascular, provides a full breadth of surgical services, and is the only provider of obstetric services in the market. Our physicians bring expertise and new procedures, successfully tailoring them to the particular needs of a rural setting.


## SIH St. Joseph Memorial Hospital

SIH St. Joseph Memorial Hospital has been a fixture in the Murphysboro community for over half a century. It is a full-service, critical access hospital. Purchased from the Sisters of the ASC Health System in 1995, St. Joseph is the only Catholic facility within the SIH family. The staff takes pride in the hospital's spiritual roots, which is evident in their daily approach to patient care. St. Joseph is an integral part of the SIH system, having evolved over time to become a regional provider of specialized outpatient services.

**To our communities:**

I am proud to present the 2021 SIH Community Health Needs Assessment (CHNA), the culmination of research and collaboration involving nearly 800 individuals across Southern Illinois. This included rigorous collection of public health and demographic data and comprehensive surveying among community members, partner organizations and healthcare providers as we sought to better understand the various needs of our regional community. Meanwhile, the CHNA Advisory Teams – diverse groups of community stakeholders – provided keen insight on a variety of health improvement initiatives.

Thanks to this robust process, we have better insight into the challenges facing patients, individuals and families across our 11 Southern Illinois counties. The SIH CHNA will inform the ways in which we continue to build on our mission to improve the health and well-being of all people in the communities we serve.

In the following pages, you'll discover strategies to address crucial community needs. Some will improve processes specific to patient care while others reach beyond our hospitals' walls via outreach, education and collaboration. Together, we look forward to creating a healthy Southern Illinois made stronger through these acts of care to transform lives.

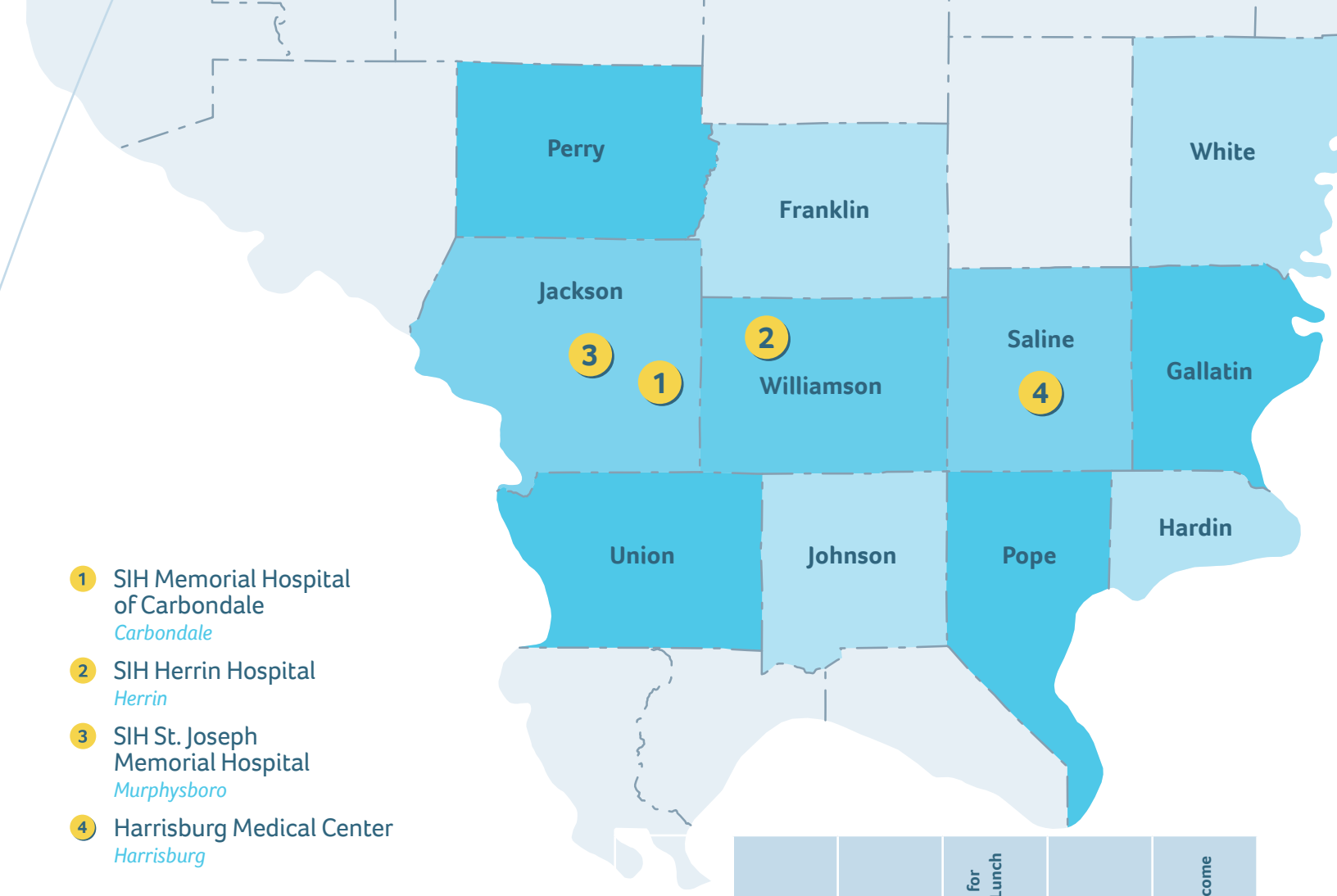
Sincerely,

**Rex Budde**

SIH President and CEO


## Dedicated to Improving the Health and Well-Being of All of the People in the Communities We Serve

The Community Health Needs Assessment (CHNA), required after the passage of the Affordable Care Act, was first conducted in 2012. Since the 1990's the Community Benefits Department has been collaborating with community partners and the local health departments to complete county-wide community health needs assessments and to assist in the work to address varying health issues. As a result of these long-standing partnerships and community assessments, progress has been made in improving access to care for vulnerable populations through initiatives focused on mental and dental health, transportation, chronic disease screening, prevention and management, cancer prevention and screening, and in addressing the social determinants of health.




1. SIH Memorial Hospital of Carbondale
   *Carbondale*
2. SIH Herrin Hospital
   *Herrin*
3. SIH St. Joseph Memorial Hospital
   *Murphysboro*
4. Harrisburg Medical Center
   *Harrisburg*

## Snapshot of the SIH Service Area

*While each of the eleven counties in the SIH hospital service area is unique, all share similar challenges. SIH hospitals provide comprehensive healthcare to residents within an eleven-county primary service area. Greater than 92.9% of SIH inpatient hospital visits and 96.3% of outpatient visits to the four hospitals are made by residents of these eleven counties.*

*Issues some residents in the area face are associated with high rates of poverty, low educational attainment and other social determinants of health.*

| | Population | Cohort HS Graduate Rate | Students Eligible for Free or Reduced Lunch Program | Living in Poverty | Median Family Income |
|---|---|---|---|---|---|
| Franklin | 38,469 | 82.2% | 54.6% | 16.4% | $54,533 |
| Gallatin | 4,828 | 95.1% | 62.1% | 19.0% | $55,677 |
| Hardin | 3,821 | 95.8% | 68.7% | 18.0% | $67,702 |
| Jackson | 56,750 | 85.3% | 70.6% | 25.4% | $59,480 |
| Johnson | 12,417 | 94.3% | 51.9% | 12.9% | $63,421 |
| Perry | 20,916 | 92.5% | 48.9% | 14.4% | $64,574 |
| Pope | 4,177 | 85.7% | 61.2% | 16.9% | $64,226 |
| Saline | 23,491 | 87.6% | 58.8% | 15.7% | $54,492 |
| Union | 16,653 | 85.3% | 57.2% | 17.2% | $61,026 |
| White | 13,537 | 92.9% | 55.3% | 14.5% | $61,134 |
| Williamson | 66,597 | 84.8% | 51.1% | 13.4% | $66,949 |
| Illinois | 12,671,821 | 89.2% | 48.7% | 11.5% | $88,279 |
| US | 328,239,523 | 86% | 49.5% | 10.5% | $77,263 |

**Source:** 2020 Hospital Industry Data Institute and Strata DSS, CompData.

**Sources:** U.S. Census Bureau, Quick Facts. https://www.census.gov/quickfacts/IL, Retrieved 9.12.21 and 12.6.21, and US Census Bureau, American Community Survey. 2015-19. Source geography, National Center for Education Statistics, NCES - Common Core of Data. 2018-19. Retrieved via SparkMap 8.23.21.

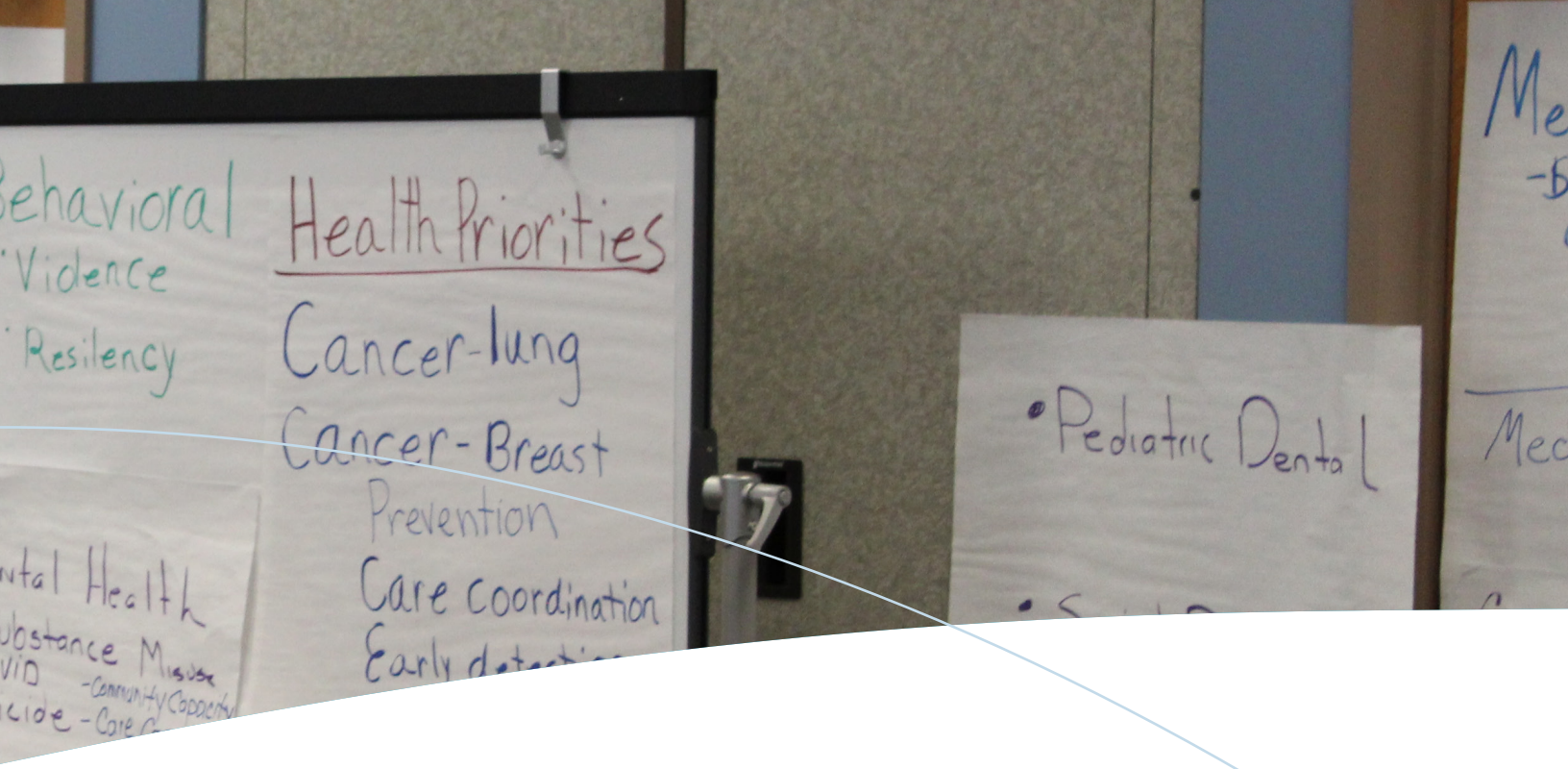
Income and Poverty in the United States: 2020, Current Population Reports. Issued September 2021. National Center for Education Statistics, NCES – Common Care of Data, 2018-2019.


*In 2021, staff and leadership across the four-hospital SIH health system, along with a diverse group of community partners, conducted a joint* **Community Health Needs Assessment (CHNA)** *designed to spotlight health and quality of life issues in our community. This systematic process helped identify priority health issues where improvements were needed.*

## Purpose of the 2021 Community Health Needs Assessment (CHNA)

**This is the fourth CHNA conducted by each of the hospitals. The goals were to:**

- Identify and prioritize health issues in the SIH/HMC service area, particularly for vulnerable and under-represented populations
- Ensure that programs and services closely match the priorities and needs of the community
- Strategically address those needs to improve the health of the communities served by SIH/HMC facilities




## How the CHNA was Conducted

A public health data review showed that the leading causes of death in the service area are diseases of the heart and malignant neoplasms. The entire SIH service area has high incidence rates of overweight/obesity, diabetes, cardiovascular disease and cancer.

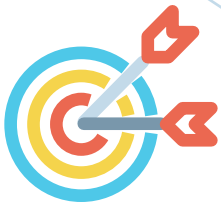
### Improvements are needed in many areas.

- Unemployment
- Poverty
- Food insecurity
- Access to care
- Lack of preventative screenings
- Lack of transportation
- Behavioral health *(mental health and substance misuse)*
- Lack of healthy eating and physical activity
- High rates of overweight/obesity
- High rates of tobacco use
- High rates of chronic disease

A survey of 637 community members and community partners was conducted, as well as a survey of 17 healthcare providers and leaders to seek input regarding priority health issues to be addressed. An analysis of existing community plans/goals was created to assist in selection of priorities.

Utilizing the data collected, existing plans/goals, input from the community members, community partners and health care providers, the CHNA Advisory Team, made up of leaders in health departments, healthcare, local agencies, and the community, held a facilitated discussion and prioritization process.

Three implementation teams were formed by experts in these priority areas. The three implementation teams discussed current efforts and gaps; reviewed Healthy People 2030 objectives; researched proven intervention strategies; and then provided guidance in the development of goals, objectives and implementation strategies.



**Surveyed**

**637**

*Community members & community partners*

**Surveyed**

**17**

*Healthcare providers & leaders*

# *2021 Community Health Needs Assessment Process*

**Approximately 781 people across the eleven counties provided input into this process through the following methods:**

1 **Community Member/Community Partner Survey**

637 respondents from throughout the eleven-county service area.

2 **Physician/Healthcare Provider/Leader Survey**

17 people participated, including various physicians and key leaders within the SIH healthcare system.

**Surveyed**

**781**

*People from 11 counties*


## Collect and Analyze Existing Data

*Information from multiple local, state and nationally recognized secondary sources was compiled using:*

Healthy People 2030
County Health Rankings
SparkMap

*Secondary data sources included but are not limited to health and social indicators from:*

County Health Rankings
Illinois Department of Public Health
American Communities Survey
U.S. Census, the Behavioral Risk Factor Surveillance System (BRFSS)
Illinois State Board of Education
U.S. Department of Agriculture Food Environment Atlas
National Cancer Institute
Community Need Index
US Census Bureau State & County QuickFacts
Bureau of Labor Statistics
Centers for Disease Control and Prevention
U.S. Environmental Protection Agency
Substance Abuse and Mental Health Services Administration (SAMHSA)
National Center for Health Statistics
Illinois Youth Survey
Illinois Project for the Local Assessment of Needs
Internal systems data and goals/ plans from various entities

3

## SIH CHNA Advisory Team

The 53-member team reviewed the data, provided input and shared their perceptions of overall impact, magnitude of the problem, severity, and ability and interest of the community to address the issues, and voted on priority health issues to be addressed.

4

## SIH CHNA Implementation Planning Teams

Three teams were formed with a total of 74 individuals participating in planning meetings by topic area to review data, select goals and objectives and intervention strategies. (Multiple individuals participated in more than one planning team.)


# *Efforts to address health equity, reduce health disparities, and to improve community health*

In 2021, SIH completed the Illinois Hospital Association (IHA) Racial Equity in Healthcare Progress Report Survey.

## The survey examined the following

- Demographic profile of the SIH Board
- Management and workforce
- Patient demographics
- Diversity and inclusion training in our workforce
- Leadership practices to advance health equity
- Patient assessment practice
- Patient supports for social determinants of health
- Quality improvement practices
- Access to free and discounted care
- Investment in the community
- Partnerships with patients and the community

IHA then provided SIH with a “Racial Equity in Healthcare Progress Report” to provide focus and direction regarding SIH strengths and improvement opportunities.

In 2021, SIH hired a Director of Workplace Culture who will continue to utilize the report to advance racial equity, as well as equity related to sexual orientation, gender identity and gender expression across SIH through collaboration with leaders, staff, and targeted individuals.

## SIH will engage in and continue efforts to:

- Recruit and promote a racially and culturally diverse and representative workforce
- Procure goods and services locally and from historically underrepresented communities
- Provide training that addresses cultural competency and implicit bias
- Establish and continue partnerships and investments to address social needs such as food, housing, transportation, and community safety

*SIH is a major partner with a variety of coalitions and action teams throughout the region, through engagement and collaboration with over 500 individuals, to improve health and reduce social determinants of health, including but not limited to:*

Carbondale Warming Center Board

Carbondale Interfaith Council and area Ministerial Alliances

Diabetes Today Resource Teams

Faith Community Nurses of Southern Illinois

Franklin Williamson Healthy Communities Coalition

Franklin Williamson Substance Misuse Action Team

Healthy Southern Illinois Delta Network

Healthy Southern Region Coalition

Illinois CATCH on to Health Consortium

Jackson County Healthy Communities Coalition

JCHCC Healthy Living Action Team

Recovery Oriented System of Care (ROSC) Council for Southeastern Illinois

Southeastern Illinois Health Coalition

Southeastern Illinois Tobacco Free Alliance

Southern Illinois Coalition for the Homeless

Southern Illinois Coalition for Children and Families

Southern Illinois Food Pantry Network

Southern Illinois Tobacco Prevention Partnership

Southern Illinois Wellness

Sparrow Coalition

## Issue #1

# *Social Determinants of Health*

**Access to care, hunger/food access, housing and poverty**

### Breakthrough Objective

**In 3 years we want to:**

» Reduce health disparities among the most vulnerable in our area, i.e., those who are homeless, food insecure, and unable to receive needed medical screenings and treatment.

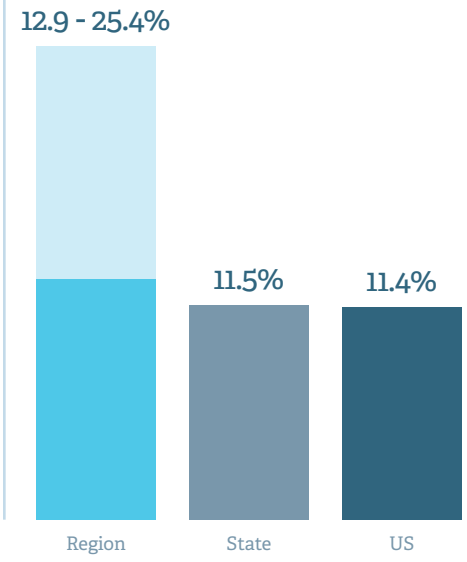
### Annual Objective

» Increase screening, outreach, and medical treatment among vulnerable populations.

### Priority

» Improve access to care by efficiently providing outreach services to our most vulnerable populations in community settings.

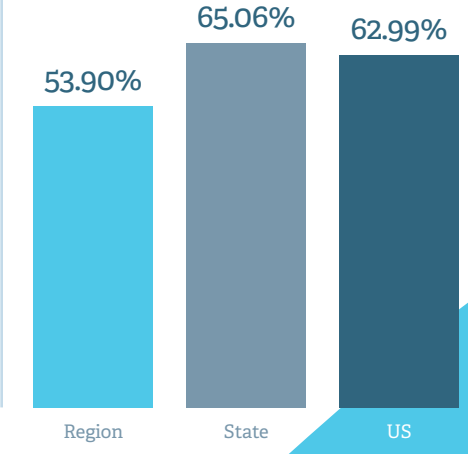
### Population living in poverty




**48.7%**

*of households with children in the SIH service area are living below 200% of poverty*

### Percentage of working-age population employed




**Data Sources**


1. Feeding America, 2017.
2. Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 500 Cities Data Portal, 2018.
3. Illinois Behavioral Risk Factor Survey, Round Six – 2015 - 2019, Illinois Department of Public Health.
4. Illinois County Health Rankings, 2021.
5. Illinois Department of Employment Security, October 2021.
6. US Census Bureau, 2019 Census, People Quick Facts.
7. US Census Bureau, American Community Survey, 2015-2019.

## 17.9%

*of households receive SNAP benefits*

**Supplemental Nutrition Assistance Program**

## 57.1%

*of students are eligible for the free lunch program*

## 14.1 - 16.2%

*of adults report being unable to fill a prescription due to cost*

## 9.4 - 14.3%

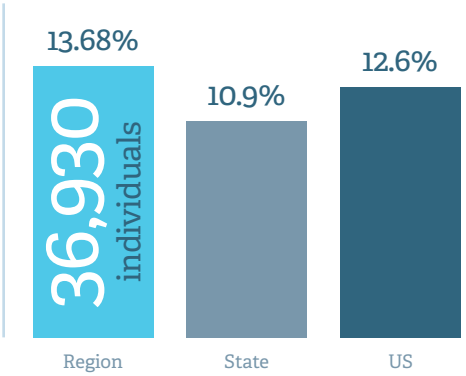
*of adults report being unable to go to a provider due to cost*

**Compared to Illinois at 13.3%**

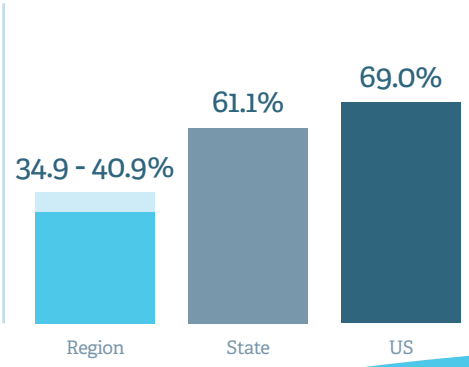
## Only 76.8 - 90.0%

*of adults report having a primary healthcare provider*

### Food insecurity rating




### Adults that received the pneumonia vaccine




## 29.2 - 35.6%

*of adults report their last routine checkup was more than 1 year ago/ never*

**Compared to Illinois at 23.6%**

## Only 30.5 - 43.7%

*of adults received a flu vaccine in the last 12 months*

## Only 45.8 - 67%

*of adults report ever being tested for diabetes*

## 36.2 - 53.1%

*of adults report it has been between 1 year/never since their last cholesterol test*

## 64.27%

*of adults ages 50 - 75 have not had a recent colorectal cancer screening*

## Issue #1

# *Social Determinants of Health*

**Access to care, hunger/food access, housing and poverty**

## Overview of Strategies/Measures to Be Tracked:

### Outreach and Screening in Targeted Communities

**Increase the proportion of adults who obtain recommended evidence-based preventive health care and screenings. Reduce the proportion of people living in poverty through increased connections to community resources.**

- Number of outreach events held.
- Number of people screened.
- Number of referrals/connections to resources/care made.
- Number of telehealth visits provided in targeted communities in collaboration with the FQHCs and SIH providers.

**SIH Community Benefits staff will coordinate the following efforts in conjunction with staff of SIH Outreach Lab, SIH hospitals and system, community coalitions and community outreach efforts:**

- Identify communities/neighborhoods to survey to determine their health needs, with a special focus on communities at greatest need as indicated in the Community Need Index, within the service areas of each of the four SIH hospitals (i.e., Harrisburg, Herrin, Carbondale, and Murphysboro) and create an action plan to increase screening, education, and outreach.
- Collaborate with SIH Center for Connected Care and FQHCs to bring telehealth services to the four identified communities/neighborhoods on a periodic basis.

### Homeless Outreach

» Number of homeless individuals who receive case management services.

» Number of homeless individuals who obtain housing.

**SIH Community Benefits staff will coordinate the following efforts in conjunction with staff of SIH hospitals and system, community coalitions and community outreach efforts:**

» Provide funding to Southern Illinois Coalition for the Homeless to expand homeless outreach services in the 11-county area with a focus on the communities of Harrisburg, Herrin, Carbondale, and Murphysboro.

### Training to Increase Awareness and Reduce Stigma and Unconscious Bias:

» Number of trainings offered.

» Number of community partners and SIH staff trained.

**SIH Community Benefits staff will coordinate the following efforts in conjunction with staff of SIH hospitals and system, community coalitions and community outreach efforts:**

» Provide training for SIH staff and community members to increase health equity and reduce health disparities and stigma, i.e., Poverty Simulation training, Safe Zone training, and Unconscious Bias training.

### SIH will commit the following resources to address Social Determinants of Health:

**SIH staff time, training and educational materials, funds to hire agencies to provide the trainings, meeting/training space, refreshments, screening supplies for events, telehealth equipment, mileage, healthcare provider time, funding to subcontract with a local agency to provide additional homeless outreach, etc. Staff of all 4 SIH hospitals will be involved in SDOH related efforts.**

*SIH will work with the following partners to address these health issues*

4 C's
Carbondale Interfaith Council
Carbondale Warming Center
Centerstone
Continuum of Care Network
Federally Qualified Health Centers
Good Samaritan Ministries
Healthy Southern Illinois Delta Network
Hospital staff
Housing authorities
Landlords
Legislators
Lighthouse Shelter
Little Chapel Church
Local health departments
Ministerial Alliances
SIH Center for Connected Care
SIH Community Benefits
SIH Outreach Lab
SIU School of Medicine Center for Rural Health and Social Service Development
SIU School of Medicine
Social service agencies
Southern Illinois Coalition for the Homeless
The Night's Shield
Wabash Area Development Inc. (WADI)
*and many others*

## Issue #2

# *Behavioral Health*

### Mental health and substance abuse

## Breakthrough Objective

**In 3 years we want to:**

» Achieve care coordination in the region among those who provide behavioral health treatment and intervention.

» Ensure those in need of treatment for behavioral health services (substance misuse and mental health) will be cared for in a quality, safe, stigma free manner.

## Annual Objective

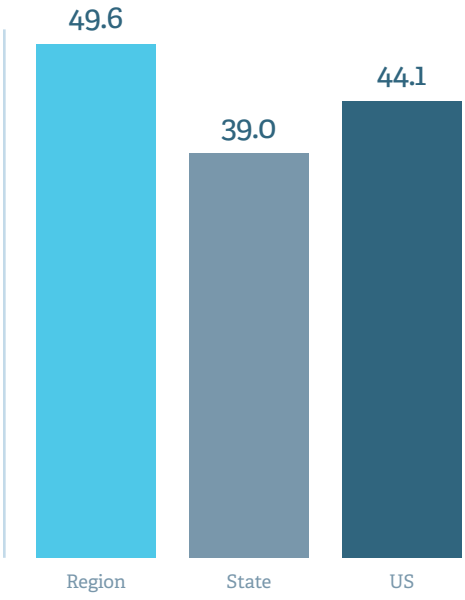
» Improve behavioral health care coordination resulting in a reduction in suicide deaths and a reduction in length of stay for Emergency Department visits.

## Priority

» Achieve care coordination in the region among those who provide behavioral health treatment and intervention.

» Increase awareness and reduce stigma related to behavioral health (substance misuse and mental health).

## Age-adjusted suicide deaths per 100,000

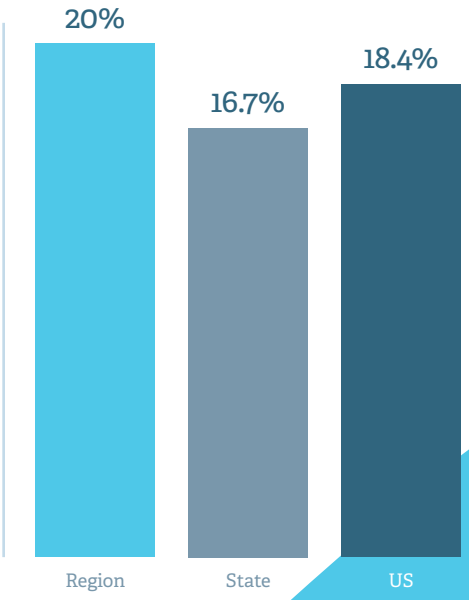



# 646

## "Deaths of Despair"

*In the 11 county area, the rate of death due to self-harm (suicide), alcohol-related disease and drug overdose, also know as "deaths of despair" was 646 between 2015-2019.*

## Medicare beneficiaries experiencing depression





**Data Sources**

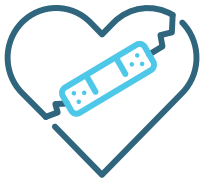
1. Center for Medicare and Medicaid Services, 2018.
2. Centers for Disease Control and Prevention, National Vital Statistics System, CDC WONDER, 2015-2019.
3. Illinois Behavioral Risk Factor Survey, Round Six, 2015-2019, Illinois Department of Public Health.
4. Illinois County Health Rankings, 2021.
5. Illinois Opioid Dashboard, 2018, Illinois Department of Public Health.
6. Illinois Prescription Monitoring Program, 2020.
7. Illinois Youth Survey, 2018.
8. Statewide Semiannual Opioid Report, Illinois Department of Public Health, August 2021.

## 32.7 - 45.8%

*of adults reported that their mental health was not good at least one day in the last month*

## 18 - 23.3%

*of adults reported that they had never been told they have a depressive disorder*



## 23%

*of 10th graders surveyed reported having seriously considered attempting suicide*

**Compared to Illinois at 16%**

## 40%

*of 10th grade students felt sad or hopeless almost every day for two weeks or more in a row in the past 12 months*

**Compared to Illinois at 35%**

## 208,081

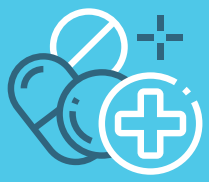
*total prescriptions for opioids/ benzodiazepines in 2018*

**Compared to 2017's 227,894**

## 5%

*of 10th grade students used prescription drugs in the past year to get high*

**Compared to Illinois at 4%**



## 93 - 121 days

*Average days' supply range of opioid/ benzodiazepines prescribed in 2018*

## 49%

*of 10th grade students used a substance in the last year such as alcohol, cigarettes, inhalants or marijuana*

**Compared to Illinois at 43%**

## 3%

*of 10th grade students reported using any illicit drugs*

**Compared to Illinois at 2%**

## Issue #2

# *Behavioral Health*

**Mental health and substance abuse**

## Overview of Strategies/Measures to Be Tracked:

### Narcan Distribution and Harm Reduction

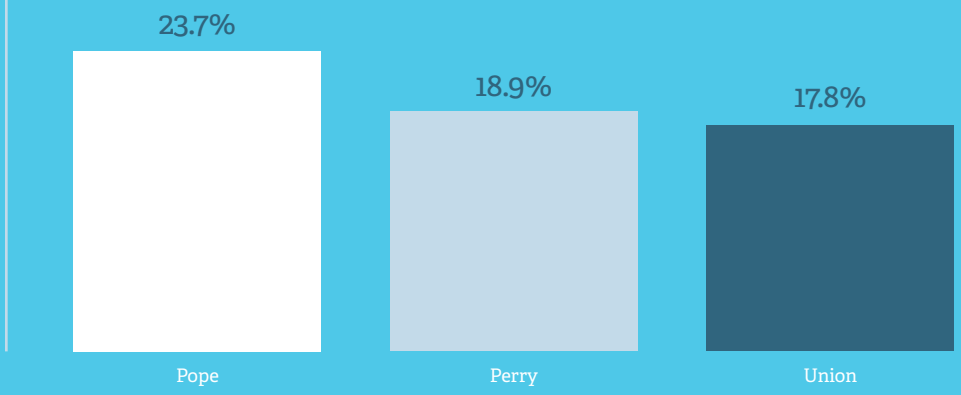
**Improve access to care by efficiently providing outreach services to our most vulnerable populations in community settings**

- Number of Narcan doses distributed throughout the 11-county area.
- Number of community-based organizations funded to offer harm reduction services such as needle exchange and safe disposal programs in targeted communities.
- Number of individuals reached through harm reduction services.

**Staff of SIH Community Benefits will coordinate the following efforts in conjunction with staff of the hospitals and SIH System, community coalitions and community outreach efforts:**

- Increase Narcan distribution throughout the 11-county area through distribution at all four hospitals, targeted primary care clinics and at community events.
- Provide funding to community-based organizations to provide harm reduction services such as needle exchange and safe disposal programs to targeted communities throughout southern Illinois.

### Counties with the highest opioid fatality rate per 100,000




**0 - 23.7%**

*In 2020, the opioid fatality rate per 100,000 in our area ranged from 0 – 23.7%*

## Crisis Intervention Team

**Optimize behavioral health care coordination and treatment**

» Reduce unnecessary visits to the ED through the development and implementation of a "Crisis Intervention Team" pilot to best serve individuals who are brought into the Emergency Department in mental health crisis.

**Staff of SIH Behavioral Health service line in conjunction with the SIH clinical staff, and Community Benefits staff, as appropriate, will:**

» Collaborate with local law enforcement, behavioral health service providers, the judicial system, and SIH hospitals to pilot the development of a Crisis Intervention Team to best serve individuals who are brought into the Emergency Department in mental health crisis.

## Mental Health First Aid and Signs of Suicide

**Implement training and education across the region to reduce stigma and encourage individuals to receive behavioral health treatment**

» Number of individuals trained through "Adult Mental Health First Aid (MHFA)" and "Youth Mental Health First Aid" courses.
» Number of schools implementing SOS (Signs of Suicide) schools.
» Number of schools where SOS is taught by SIH and number of schools implementing the program themselves.
» Increase knowledge and awareness as reflected on the MHFA and SOS evaluations.

**Staff of SIH Community Benefits will coordinate the following efforts in conjunction with staff of the hospitals and SIH System, community coalitions and community outreach efforts:**

» Implement "Adult Mental Health First Aid" and "Youth Mental Health First Aid" courses in each of the eleven counties in our target area.
» Implement SOS (Signs of Suicide) in two additional middle/high schools each year.

## Anti-Stigma Campaign

**Increase awareness and reduce stigma related to behavioral health (substance misuse and mental health)**

» Number of community members/patients seeking treatment for Opioid Use Disorder (OUD).
» Number of individuals connected to treatment providers through the promotion of the mental health crisis line and the Illinois Opioid Helpline.

**Staff of SIH Community Benefits in conjunction with SIH Behavioral Health, SIH clinical staff, SIH Marketing, and CB staff, as appropriate, will:**

» Implement an anti-stigma campaign to increase awareness regarding substance use disorder and to encourage treatment and many others.
» Promote the mental health crisis line and the Illinois Opioid Helpline to increase their utilization by community members, clinical providers, and patients.

*SIH will work with the following partners to address these health issues*

Centerstone
Community Action Place
Community Coalitions
Egyptian Health Department
Faith communities
Federally qualified health centers
Gateway
Healthy Southern Illinois Delta Network
Illinois CATCH on to Health Consortium
Law Enforcement agencies
Local community colleges
Mulberry Center
Regional Offices of Education
Schools
SIH Behavioral Health
SIH Community Benefits
SIH hospital staff
SIU School of Medicine Center for Rural Health and Social Service Development
State's Attorney
Substance and behavioral health related action teams
Substance misuse/ recovery agencies
*various other social service agencies*

## Issue #3

# *Chronic Disease Prevention, Management, and Treatment*

**Focusing on cardiovascular disease, stroke, and diabetes**

### Breakthrough Objective

**In 3 years we want to:**

» Achieve a reduction in those with chronic disease and an increase in those with chronic disease who receive treatment.

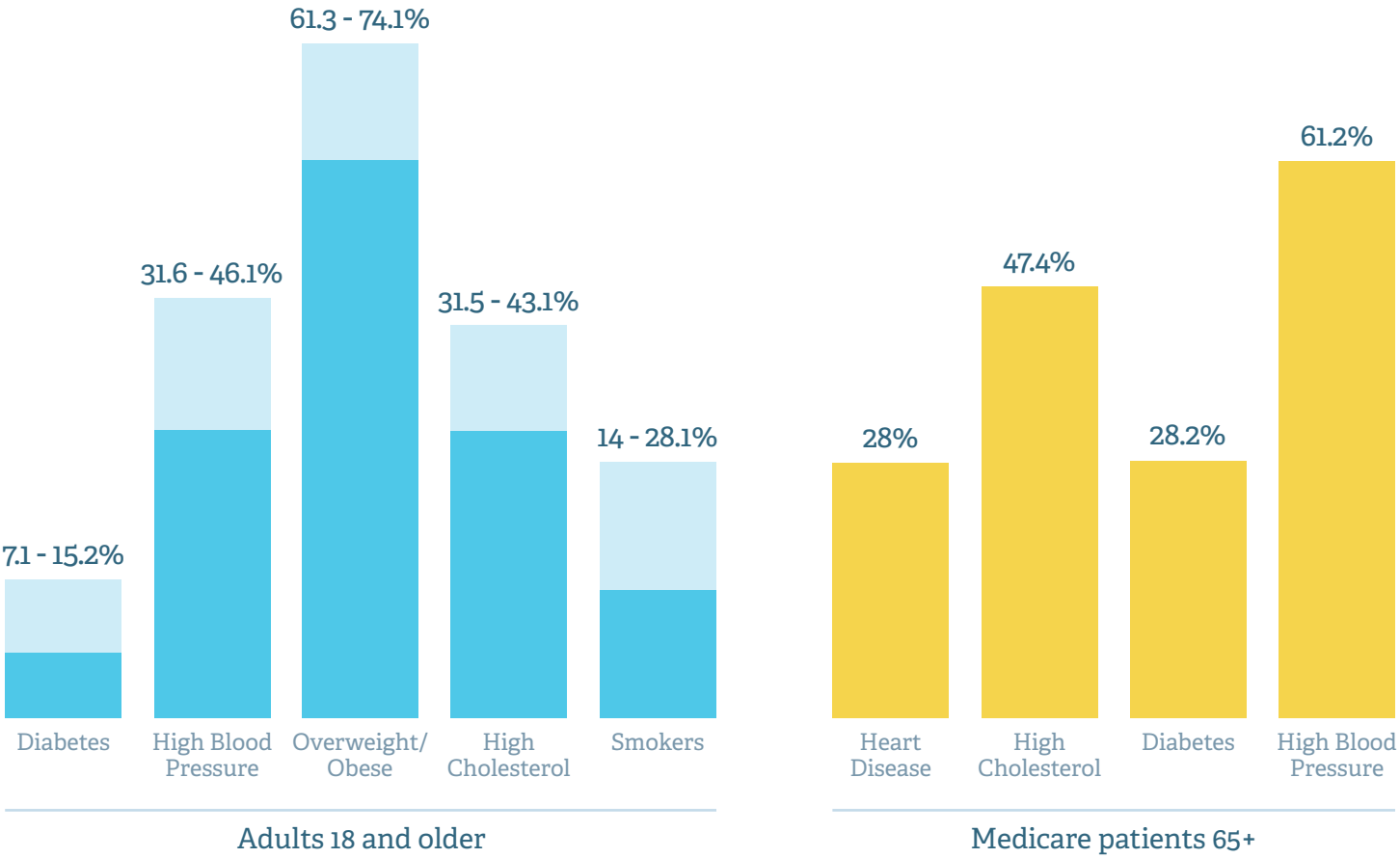
### Annual Objective

» Increase prevention and self-management of chronic disease.

### Priority

» Strengthen the ability of individuals in the community to prevent and treat their chronic diseases.

### Prevalence in the Region




**Data Sources**


1. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 2017.
2. Centers for Disease Control and Prevention, Vital Statistics System via CDC WONDER, 2015-2019.
3. Centers for Medicare and Medicaid Services, CMS, 2018.
4. IDPH, Statewide Leading Causes of Death by Resident County, 2018
5. Illinois Behavioral Risk Factor Survey Round Six – 2015-2019, Illinois Department of Public Health.
6. SIH and HMC, Inpatient 30 day readmit with exclusions, Diagnoses for FY21.

## 24.1%

*of adults report participating in no leisure-time physical activity*



## 7 – 12.9%

*of adults 18 and older have been diagnosed as pre-diabetic*



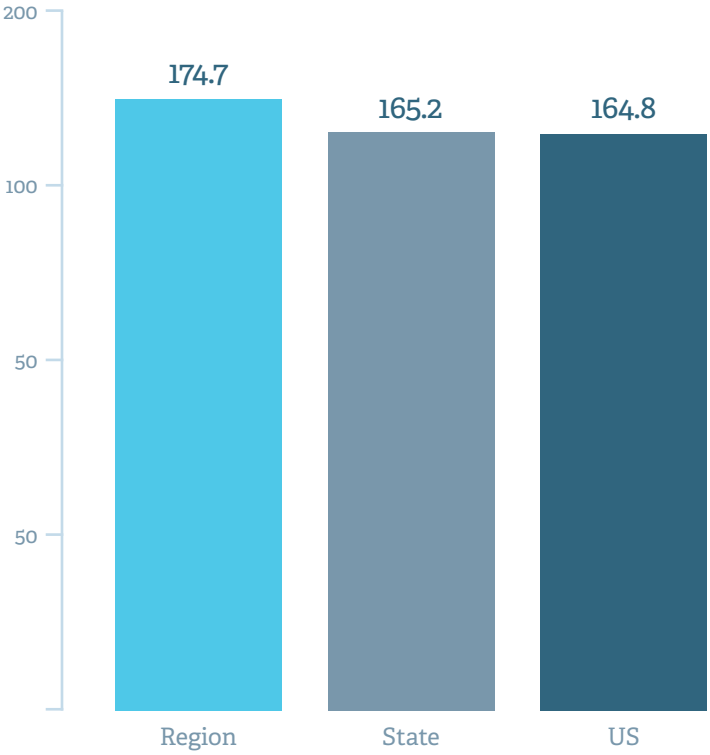
## 28.3%

*of adults 18 and older are obese*

### Top Chronic Conditions Associated with Inpatient 30 Day Readmissions

1. **Heart Disease**
2. **Kidney Failure**
3. **COPD**

### Age-adjusted death rate for heart disease (per 10,000)



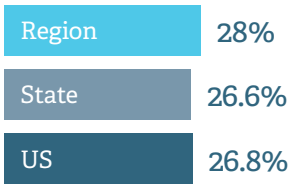

*Diseases of the heart are the leading cause of death for our eleven county service area.*



## 28%

*of deaths in our area are due to diseases of the heart.*

**Percentage of Medicare beneficiaries with heart disease**



## Issue #3

# *Chronic Disease Prevention, Management, and Treatment*

**Focusing on cardiovascular disease, stroke, and diabetes**

## Overview of Strategies/Measures to Be Tracked:

### Tobacco Cessation

**Reduce tobacco use among adults and adolescents**

- Increase community member calls and provider referrals to the Illinois Tobacco Quitline.
- Increase quit smoking attempts among our most vulnerable population by offering Courage to Quit classes in the community with a focus on low income housing residents.
- Increase the number of individuals who have quit after completing the cessation classes or contacting the Illinois Tobacco Quitline.

**Staff of SIH Community Benefits will coordinate the following efforts in conjunction with staff of the hospitals and SIH System, community coalitions and community outreach efforts:**

- Offer at least 4 Courage to Quit classes in the community with a focus on low-income housing residents.

### CDC's Diabetes Prevention Program (Center for Disease Control and Prevention)

**Increase the proportion of eligible people completing CDC-recognized type 2 diabetes prevention programs (DPP)**

- Number of individuals completing the DPP program.
- Percentage of individuals with improved A1C and BMI after attending.

**Staff of SIH Community Benefits will coordinate the following efforts in conjunction with staff of the hospitals and SIH System, community coalitions and community outreach efforts:**

- Pilot and promote CDC's Diabetes Prevention (DPP) workshops to low-income individuals over 18 who meet the National DPP eligibility guidelines: 18 years or older, overweight, not diagnosed with T1 or T2 diabetes, not currently pregnant and are diagnosed with pre-diabetes or have high risk results on pre-diabetes risk test.

### Nutrition Education and Healthy Cooking Demonstrations for Low Income Individuals

**Increase fruit and vegetable consumption among low-income individuals**

- Number of sites in which nutrition education and healthy cooking demonstrations are conducted.
- Number of individuals educated.
- Increase nutrition education knowledge among those attending education based on pre and post-test surveys.

**Staff of SIH Community Benefits will coordinate the following efforts in conjunction with staff of the hospitals and SIH System, community coalitions and community outreach efforts:**

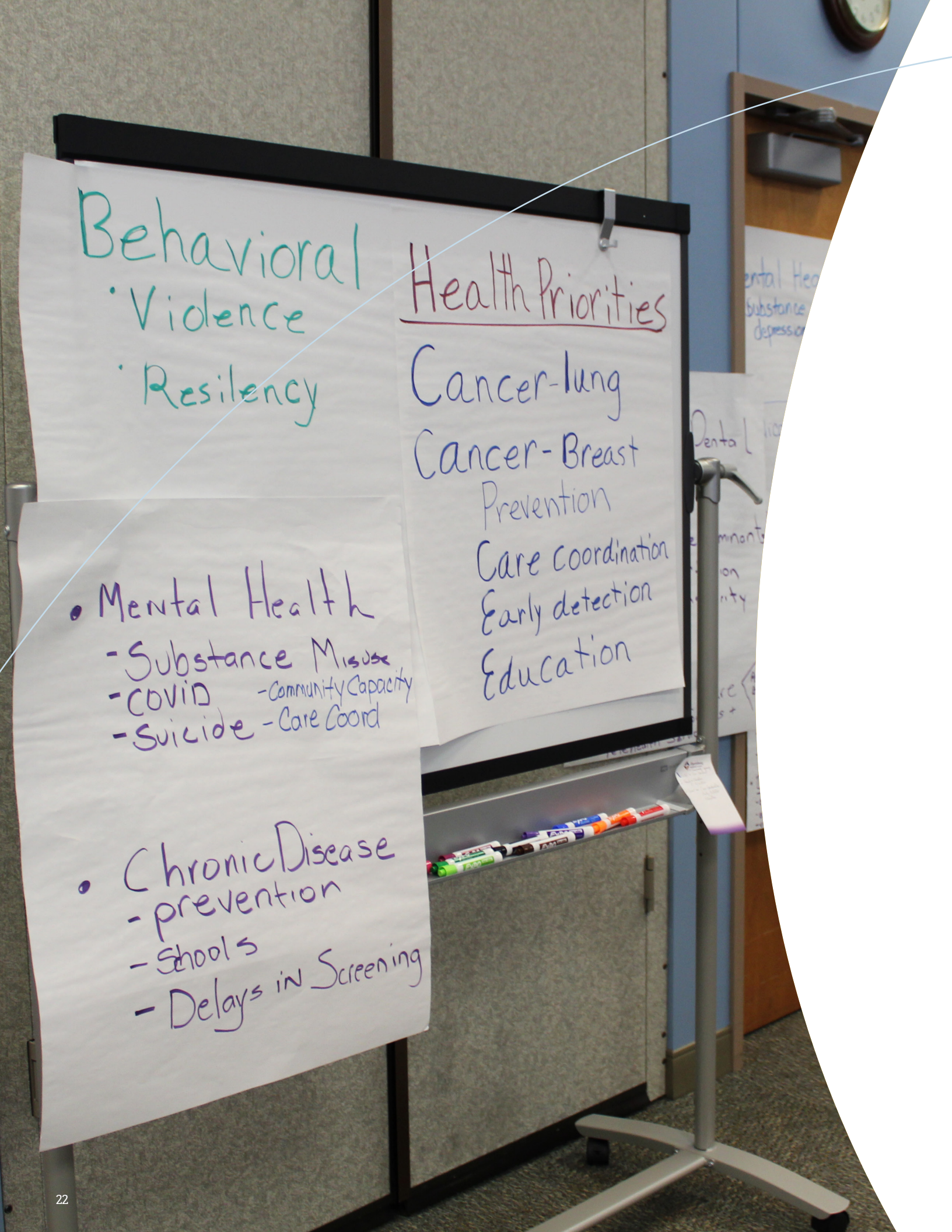
- Offer nutrition education and healthy cooking demonstration at sites targeting low-income individuals in the 11-county service area.

### SIH will commit the following resources to address Chronic Disease Prevention and Management:

**SIH staff time, training and educational materials, and participant books for Chronic Disease and Diabetes Self-Management Program, the Diabetes Prevention Program and Courage to Quit, meeting/training space, a portable kitchen for nutrition education and healthy cooking demonstrations, postage for mailing of materials to participants, funding for promotion of the classes, food to be utilized during the cooking demonstrations. Staff of all 4 SIH hospitals will be involved in chronic disease related efforts.**

*SIH will work with the following partners to address these health issues*

Chamber of Commerce
Diabetes Today Resource Teams
Faith communities
Faith Community Nurses
Federally Qualified Health Centers
Food pantries
FoodWorks
Growers/orchards
Healthy Communities Coalitions
Healthy Southern Illinois Delta Network
Housing Authorities
Local health departments
Respiratory Health Association
Rides Mass Transit
SIH Community Benefits
SIH Congregational Health Connectors
SIH diabetes service line
SIH Marketing
SIH Medical Group
SIH Second Act
SIH Wellness
Social service agencies
Southern Illinois Food Pantry Network
Southern Illinois University
University of Illinois Extension
Worksites
*and many others*


Behavioral
· Violence
· Resilency
Health Priorities
Cancer-lung
Cancer-Breast
Prevention
Care coordination
Early detection
Education
• Mental Health
-Substance Misuse
-COVID -Community Capacity
-Suicide -Care Coord
• Chronic Disease
-prevention
-Schools
-Delays in Screening

*Thank you to these individuals for their time, insight and participation in the Community Health Needs Assessment process.*

**Al Taylor** *Vice President and Administrator*
SIH Memorial Hospital of Carbondale

**Alene Cull** *Executive Director*
Southeastern Illinois Regional Planning & Development Commission

**Alex Watkins** *Director of State & Federal Funding/Community Development*
City of Harrisburg

**Alicia Jackson** *Diversity Compliance Officer*
City of Carbondale

**Angela Stanton** *Nursing House Supervisor & Emergency Management Co-Chair*
SIH St. Joseph Memorial Hospital

**Angie Bailey** *System Director for Community Health*
SIH Community Benefits

**Angie Young** *Executive Assistant*
SIH Harrisburg Medical Center

**Anna Green** *Intern*
SIH Community Benefits

**Bart Hagston** *Administrator*
Jackson County Health Department

**Bart Millstead** *Senior Vice President and Chief Operations Officer*
SIH

**Candice Watson** *Non-Emergency Medical Transportation Coordinator*
SIH Community Benefits

**Casey Colp** *Registered Nurse*
Medical/Surgery, SIH St. Joseph Memorial Hospital

**Cathy Blythe** *System Director of Strategic Services*
SIH

**Cathy Harte** *Regional Practice Director*
SIH Medical Group

**Chase Hileman** *Community Outreach Coordinator*
Rural Health Inc.

**Cherie Wright** *School Health Coordinator*
SIH Community Benefits

**Chris Dennis** *Recovery Oriented System of Care (ROSC) and Prevention Coordinator*
Egyptian Health Department

**Clark Gyrue** *Lobbyist*
Gyrue & Associates

**Dan Skiles** *Vice President*
Health Transformation, Executive Director, Quality Health Partners (QHP), SIH

**Debi Johnson** *Health Education*
Franklin-Williamson Bi-County Health Department

**Diana Brawley-Sussman** *Director*
Carbondale Public Library

**Don Hutson** *Vice President and Administrator*
SIH Harrisburg Medical Center

**Emma Smyth** *Office Coordinator*
SIH Community Benefits

**Erika Peterson** *Process Improvement Coordinator*
Shawnee Health Service

**Fanta Saidou** *Health Ministry Graduate Assistant*
SIH Community Benefits

**Fred Bernstein** *Executive Director*
Community Health & Emergency Services (CHESI)

**Ginger Funk** *Neurosciences/Orthopedics Service Line Director*
SIH

**James Alexander, MD** *Chief Medical Officer*
SIH Harrisburg Medical Center

**Jeff Franklin** *Director*
Southern Illinois University School of Medicine,
Center for Rural Health and Social Service Development

**Jennifer Lindsey** *Captain*
Jackson County Sheriff's Department

**Jennifer Olson** *Economic Development Director*
Greater Egypt Regional Planning & Development Commission

**Jennifer Vinyard** *Director of Marketing/Foundation*
SIH Harrisburg Medical Center

**Jessica Cataldo** *Assistant Professor and Internship Coordinator*
SIU Department of Healthcare Administration,
Southern Illinois University Carbondale

**Jo Sanders** *Health Ministry Coordinator*
SIH Community Benefits

**Johnna Smith** *Nurse Executive*
SIH St. Joseph Memorial Hospital

**June Hayes** *Vice President and Chief Financial Officer*
SIH Harrisburg Medical Center

**Kristen Matthews** *Health Leads Supervisor/Community Health Worker*
SIH Community Benefits

**Kyndra Minchew** *School Health Graduate Assistant*
SIH Community Benefits

**Linda Flowers** *President and Community Member*
Carbondale NAACP

**Lindsey Sheperd** *Registered Nurse, House Supervisor*
SIH St. Joseph Memorial Hospital

**Lynn Heins** *County Extension Director*
University of Illinois Extension

**Matt Leversee** *Director of Health Education*
Jackson County Health Department

**Nancy Caskey** *Associate Director of Clinical Risk Management and QI*
Shawnee Health Service

**Rodney Smith** *Vice President and Administrator*
SIH Herrin Hospital

**Sandra Schwartz** *Community Health Coordinator*
SIH Community Benefits

**Sarah Gray** *Director*
Business and Economic Development, SIH Community Affairs

**Shelly Pierce** *Vice President/Chief Quality Officer*
SIH

**Tanya Quertermous** *Corporate Director for Case Management and Interim Director for Behavioral Health*
SIH

**Tera Lannom** *Chief Nurse Executive*
SIH Harrisburg Medical Center

**Theresa Jolly** *Nursing House Supervisor*
SIH St. Joseph Memorial Hospital

**Tina Berry** *Assistant Director of the SIH Cancer Institute & The Breast Center*
SIH

**Toni Hayden** *Executive Director*
United Way of Southern Illinois

**Tonica Anderson** *Quality & Cancer Registry Manager*
SIH Cancer Institute

**Woody Thorne** *Vice President of Community Affairs and Chief Development Officer*
SIH

## Implementation Planning Team Members

### Social Determinants of Health

**Amanda Marks** *Care Coordination Supervisor*
Shawnee Health Service

**Angie Bailey** *System Director for Community Health*
SIH Community Benefits

**Angie Hampton** *Administrator*
Egyptian Health Department

**Anna Green** *Intern*
SIH Community Benefits

**April Scales** *Women's Center Domestic Violence Counselor*
The Women's Center

**Becky Salzar** *Executive Director*
Egyptian Area Agency on Aging Inc.

**Camille Dorris** *Executive Director*
Southern Illinois Coalition for the Homeless

**Candice Watson** *Non-Emergency Medical Transportation Coordinator*
SIH Community Benefits

**Cathy Harte** *Regional Practice Director*
SIH Medical Group

**Dollean York-Anderson** *Executive Director*
Family Advocacy Services

**Emma Smyth** *Office Coordinator*
SIH Community Benefits

**Erika Peterson** *Process Improvement Coordinator*
Shawnee Health Service

**Fanta Saidou** *Health Ministry Graduate Assistant*
SIH Community Benefits

**Heather Knutt** *Care Coordinator Supervisor*
Shawnee Health Service

**Jeff Franklin** *Director*
Southern Illinois University School of Medicine
Center for Rural Health and Social Service Development

**Jennifer Hertter** *Corporate Director of Managed Care/Population Health*
SIH

**Jennifer Newbury** *Program Coordinator*
University of Illinois Extension

**Jennifer Vinyard** *Director of Foundation/Marketing*
SIH Harrisburg Medical Center

**Jo Sanders** *Health Ministry Coordinator*
SIH Community Benefits

**Kristen Matthews** *Health Leads Supervisor/Community Health Worker*
SIH Community Benefits

**Linda Flowers** *President and Community Member*
Carbondale NAACP

**Marsha Nelson** *Community Service Unit Coordinator*
Shawnee Alliance for Seniors

**Sandra Schwartz** *Community Health Coordinator*
SIH Community Benefits

**Sarah Miller** *Clinical Case Management Coordinator*
Shawnee Health Service

**Tanya Quertermous** *Corporate Director of Case Management and Interim Director for Behavioral Health*
SIH

**Ty Miller** *Care Transitions Supervisor*
SIH Medical Group

### Behavioral Health (Mental Health/Suicide and Substance Misuse)

**Abby Krummel** *Case Management Manager*
SIH Memorial Hospital of Carbondale

**Alex Watkins** *Director of State and Federal Funding*
Saline County Chamber of Commerce, Fortress, City of Harrisburg

**Amy Stevens** *Interim Behavioral Health Nurse Leader*
SIH - Harrisburg Medical Center

**Angie Bailey** *System Director for Community Health*
SIH Community Benefits

**Anna Green** *Intern*
SIH Community Benefits

**Ashley Amberger** *Case Management*
SIH Harrisburg Medical Center

**Ashley Moss** *Project Coordinator IL Delta Network*
Southern Illinois University School of Medicine
Center for Rural Health and Social Service Development

**Cathy Harte** *Regional Practice Director*
SIH Medical Group

**Cherie Wright** *School Health Coordinator*
SIH Community Benefits

**Chris Dennis** *Prevention Coordinator*
Egyptian Health Department

**Cortney Meyer** *Behavioral Health Program Manager*
SIH Memorial Hospital of Carbondale

**Diana Brawley-Sussman** *Director*
Carbondale Public Library

**Don Hutson** *Vice President/Administrator*
SIH Harrisburg Medical Center

**Emma Smyth** *Office Coordinator*
SIH Community Benefits

**Jason West, MD** *Physician Lead in Addiction Medicine*
SIH Primary Care Harrisburg

**Jean Alstat** *Clinical Director*
Centerstone

**Jeff Franklin** *Director*
Southern Illinois University School of Medicine
Center for Rural Health and Social Service Development

**Jennifer Vinyard** *Director of Marketing/Foundation*
SIH Harrisburg Medical Center

**Jessica Cataldo** *Assistant Professor and Internship Coordinator*
SIU Department of Healthcare Administration

**Joseph Elliot** *Behavioral Health Clinical Director*
Arrowleaf

**Kristen Francis** *Behavioral Health Program Manager*
SIH Center for Medical Arts

**Naeem Qureshi, MD, FAPA** *Medical Director for Behavioral Health*
SIH Harrisburg Medical Center

**Rachael Hamburger** *Case Management Manager*
SIH Herrin Hospital/St. Joseph Memorial Hospital

**Sherrie Crabb** *Chief Executive Officer*
Arrowleaf

**Stephanie Teague** *Executive Director*
Gateway Foundation

**Tanya Quertermous** *Corporate Director of Case Management and Interim Director for Behavioral Health*
SIH

**Tera Lannom** *Nurse Leader*
SIH Harrisburg Medical Center

**Tracy Norris** *Case Manager*
SIH Memorial Hospital of Carbondale

**Ty Miller** *Care Transitions Supervisor*
SIH Medical Group

### Chronic Disease

**Amy Stout** *Diabetes Care Manager*
SIH Memorial Hospital of Carbondale

**Angie Bailey** *System Director for Community Health*
SIH Community Benefits

**Anna Green** *Intern*
SIH Community Benefits

**Ashley Moss** *Project Coordinator IL Delta Network*
Southern Illinois University School of Medicine
Center for Rural Health and Social Service Development

**Cherie Wright** *School Health Coordinator*
SIH Community Benefits

**Cristy Wedemeyer** *Tobacco Prevention and Control Coordinator*
Jackson County Health Department

**Darlene Youngblood** *Health Strategies Coordinator*
American Heart Association

**Emma Smyth** *Office Coordinator*
SIH Community Benefits

**Fanta Saidou** *Health Ministry Graduate Assistant*
SIH Community Benefits

**Jennifer Vinyard** *Director of Marketing/Foundation*
SIH Harrisburg Medical Center

**Jo Sanders** *Health Ministry Coordinator*
SIH Community Benefits

**Julie Neubig** *Health Management and Benefits Manager*
SIH Human Resources

**Kimberley Scott-Pilkington** *Diabetes Educator*
Egyptian Health Department

**Kyndra Minchew** *School Health Graduate Assistant*
SIH Community Benefits

**Lee Anheuser** *Congestive Heart Failure Coordinator*
SIH Harrisburg Medical Center

**Nany Caskey** *Associate Director of Clinical Risk Management and QI*
Shawnee Health Service

**Phyllis Wood** *Health Educator*
CATCH Director
Egyptian Health Department

**Sandra Schwartz** *Community Health Coordinator*
SIH Community Benefits

**Ty Miller** *Care Transitions Supervisor*
SIH Medical Group

## Additional Implementation Plan Reviewers

**SIH Community Benefits Advisory Committee**

**SIH Community Health Needs Assessment Advisory and Implementation Teams**

**SIH Senior Leadership**

### Special thank you to those who participated in the data collection, writing, research and graphic design of the SIH CHNA:

**Angie Bailey** *System Director for Community Health*
SIH

**Anna Green** *Southern Illinois University*
Intern
SIH

**Emma Smyth** *Community Benefits Office Coordinator*
SIH

**Fanta Saidou** *Health Ministry Graduate Assistant*
SIH

**Healthcare Management 340 Fall 2021 class taught by Jessica Cataldo**
**Assistant Professor and Internship Coordinator**
**Southern Illinois University**

**Jennifer Sigler** *Grant Management Supervisor*
SIH

**Kyndra Minchew** *Southern Illinois University Public Health Intern and SIH Graduate Assistant*
SIH

**Kurt Gregory** *Marketing and Communications Lead Graphic Designer*
SIH

To access the full report with appendices visit at

**https://www.sih.net/giving-back/sih-in-the-community/community-benefit-programs**

For more information or a free printed copy contact the SIH Community Benefits Department at 618-457-5200, ext. 67834.

## Vision

*Creating a healthy Southern Illinois made stronger by acts of caring that transform lives.*

## Mission

*We are dedicated to improving the health and well-being of all of the people in the communities we serve.*

## Values

**Respect**

*Recognizing and valuing the dignity and uniqueness of each person*

**Integrity**

*Adhering to strong moral and ethical principles in all we do*

**Compassion**

*Responding to the feelings and needs of each person with kindness, concern and empathy*

**Collaboration**

*Communicating and working with others for the benefit of all*

**Stewardship**

*Responsibly using, preserving and enhancing our human and material resources as a not for profit community controlled organization*

**Accountability**

*Holding ourselves and those around us responsible for living the values and achieving the vision of SIH*

**Quality**

*Striving for excellence in all we do*

## Pillars

**Experts Who Care**

**Advanced Comprehensive Services**

**Community Impact**

**March 24 & 28, 2022**

Date adopted by authorized body of the hospital

SIH Board of Trustees



SIH