

The 2019 Annual Progress Report and the
2017-2019 Three-Year
Objectives Comparison Summary
for the 2017-2019 McLean County Community Health Improvement Plan



Table of Contents

Executive Summary..... 3

McLean County Community Health Improvement Plan: Behavioral Health 2019 Progress Report 6

McLean County Community Health Improvement Plan: Access to Appropriate Healthcare 2019 Progress Report 16

McLean County Community Health Improvement Plan: Obesity 2019 Progress Report 26

2017–2019 McLean County Community Health Improvement Plan Outcome and Impact Objective Comparison Summary
..... 35





Executive Summary

Advocate BroMenn Medical Center, the McLean County Health Department, OSF St. Joseph Medical Center and the United Way of McLean County, with the guidance of the McLean County Community Health Council, collaborated together for the first time to produce two joint reports: the 2016 McLean County Community Health Needs Assessment and the 2017-2019 McLean County Community Health Improvement Plan. In 2018, Chestnut Health Systems joined this collaborative effort, replacing the United Way of McLean County as one of the four lead agencies. The 2016 joint assessment resulted in the identification of three health priorities: 1) behavioral health, including mental health and substance abuse; 2) access to appropriate health services for the underserved and areas of high socioeconomic needs; and, 3) obesity.

The purpose of the 2017-2019 McLean County Community Health Improvement Plan was to improve the health of McLean County residents by developing and maintaining partnerships to implement community health improvement plan interventions, working together to encourage health and healthcare access awareness and fostering systemic approaches that will improve the health and well-being of county residents and the community. For the three-year period of 2017-2019, McLean County stakeholders worked together to implement the McLean County Community Health Improvement Plan and to support related efforts. Annual reports for 2017 and 2018 were produced to reflect progress made on implementing the intervention strategies and achieving the process indicators outlined in the plan. This 2019 annual report provides a similar overview of the progress made on the intervention strategies; however, it is also followed by the Outcome and Impact Objectives Comparison Summary for the 3-year period. Using green, yellow and red highlights, the summary provides the baseline data available at the time of the writing of the 2017–2019 3-year Community Health Improvement Plan, and compares the baselines with the most up-to-date data available by April 2020 for 2019 to see if improvements in the impact and outcome objectives have been observed, using a color-coded approach: green (improvement); yellow (no substantial change), and red (worse).

Through the work of committees dedicated to each of the priority areas, considerable progress was made toward implementing the intervention strategies and achieving the targets as defined by the process and outcome indicators. Some examples of accomplishments from the improvement plan over the three-year period are listed on the next two pages.

2017 - 2019 Community Health Improvement Plan Accomplishments

Behavioral Health (Mental Health and Substance Abuse)	Baseline Data	Newest Data
<p>A collaborative behavioral health social media campaign (Facebook/Twitter) was launched in February 2018 and continues in 2020</p> <ul style="list-style-type: none"> • 11,443 – 40,692 people reached on Facebook (2018 – 2019); 480 - 1,153 interactions • 6,159 people reached on Twitter (2018 – 2019); 9,489 impressions (2018) and 49 interactions (2019) 	0 (2017)	Monthly messages (2018 – 2019)
<p>An annual behavioral health forum for community members was held each year from 2017-2019</p> <ul style="list-style-type: none"> • Attendance: approx. 100 (2017); approx. 196 (2018); 285 (2019) 	0 participants (2016)	285 participants (2019)
<p>The Embedded School and Community-based Services began in 2017. It has expanded and continues in 2020</p> <ul style="list-style-type: none"> • Clinicians are embedded in schools to increase access to mental health services 	0 schools (2016)	5 schools (2019)
<p>Frequent Users System Engagement (FUSE) began in 2019</p> <ul style="list-style-type: none"> • FUSE is a program designed to break the cycle of homelessness and crisis among individuals with complex medical and behavioral health challenges who are frequently intersecting the justice, homeless or emergency systems of care 	0 participants (2017)	2 participants (2019)
<p>Ending the Silence, an evidence-based program implemented in the public schools, was expanded</p> <ul style="list-style-type: none"> • 8,860 students participated in the program between 2017 and 2019 	677 students (2016)	3,205 students (2019)
Numerous grants with collaborative partners were awarded totaling nearly \$565,000	NA	NA
Mental Health First Aid classes were held throughout 2017 – 2019. Total County residents completing classes in during the 3-year Community Health Improvement Plan: 1,288 residents	350 residents (2016)	1,288 residents (2017 - 2019)
<p>An Adverse Childhood Experiences (ACE's) Master Training was held in October 2017:</p> <ul style="list-style-type: none"> • 25 individuals were trained (13 of these were for McLean County). The McLean County Master Trainers presented to over 2,000 community members on ACE's between 2017 and 2019 	0 Master Trainers (2016)	13 McLean County Master Trainers (2017)
The number of deaths due to suicide decreased in McLean County from 2015 to 2018	22 deaths (2015)	16 deaths (2018)
The proportion of adults at risk for acute/binge drinking decreased	26.9% (2013)	22.6% (2016)
The proportion of youths at risk for acute/binge drinking decreased in 8 th graders	26% (2012)	21% (2018)
The proportion of youths at risk for acute/binge drinking decreased in 12 th graders	64% (2012)	47% (2018)

Access to Appropriate Healthcare for the Underserved and Areas of High Socioeconomic Need	Baseline Data	Newest Data
The Coordinating Appropriate Access to Comprehensive Care (CAATCH) Program began in July 2017 and continues in 2020 <ul style="list-style-type: none"> CAATCH is an emergency room program for navigators/care coordinators to engage those without a primary care home 	109 patients (2017)	316 patients (2019)
A dental clinic for underserved or uninsured community members opened at the Community Health Care Clinic in 2019 <ul style="list-style-type: none"> In 2019: 142 patients served; 1,031 visits 	0 dental patients (2016)	142 dental patients (2019)
The proportion of McLean County adults indicating they have access to a physician increased	87% (2015)	94% (2018)
The proportion of McLean County adults indicating they have access to dental care increased	77% (2015)	81% (2018)
Obesity	Baseline Data	Newest Data
The Food Farmacy pilot, providing “prescriptions” for produce, began in August 2017 and continues in 2020 <ul style="list-style-type: none"> 36 participants (28 return shoppers) made 134 shopping trips with their 12-visit Co-op prescription (2019) 	0 trips (2016)	134 trips (2019)
Smart Meals was implemented in 2018 and continues in 2020	0 meals (2016)	1,323 meals (2019)
The Partnership for Health Pilot Program began in April 2017 to improve the health and fitness of people with developmental and intellectual disabilities. The program continues in 2020	0 participants (2016)	51 participants (4/18 –3 /19)
A Food Access Summit (March 2017) and a Food Rescue Summit (September 2018), organized locally, were held	0 summits (2016)	2 summits (2017; 2018)
The percentage of adults living at a healthy body weight in McLean County was maintained	35.2% (2013)	35.2% (2018)
The percentage of McLean County adults who do not exercise at all decreased	27% (2015)	20% (2018)
The percentage of McLean County adults who exercise 3 or more times per week has increased	39% (2015)	49% (2018)

To see a complete list of highlights reflecting progress and the need for further community-wide effort, please see the Outcome and Impact Objective Comparison Summary on pages 35 - 40.

McLean County Community Health Improvement Plan: Behavioral Health 2019 Progress Report

HEALTH PRIORITY: BEHAVIORAL HEALTH
GOAL: By 2020, increase coping skills to reduce deaths due to suicide and emergency room (ER) visits due to self-inflicted injury and alcohol abuse with a focus on low socio-economic zip codes.

OUTCOME OBJECTIVE: By 2020, reduce deaths due to suicide and ER visits due to self-inflicted injury and alcohol abuse.

Baseline

- Deaths due to suicide: 22 deaths (*McLean County Coroner, 2015*)
- Age-adjusted ER visits due to self-inflicted injury: adults – 22.6 visits per 10,000; adolescents – 59.2/10,000 (*Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014*)
- Age-adjusted ER visits due to alcohol abuse: 50.7 visits per 10,000 (*Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014*)

SHIP 2021 Alignment

- Reduce age-adjusted suicide rate
- Reduce age-adjusted suicide rate among the veteran population
- Reduce emergency department visits, hospitalizations, and incarceration due to behavioral health issues by narrowing the treatment gap and building and sustaining community-based behavioral health treatment capacity

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS COMPLETED
<p>IMPACT OBJECTIVE #1: By 2020, reduce the proportion of adults at risk for acute/binge drinking and youth using alcohol within the past year.</p> <p>Baseline: Adults 26.9% (Behavioral Risk Factor Surveillance System [BRFSS], 2013)</p>	<p>Offer Too Good for Drugs, an evidence-based drug and alcohol program with a strong coping skills component for two grade levels in McLean County public school districts.</p> <p><i>Evidence: Too Good for Drugs is a framework of social and emotional skills that develops goal setting, decision-making and effective communication skills. A comprehensive body of evidence demonstrates the positive effects of Too Good for Drugs on emotional competency skills, decision-making ability, intentions to use illicit substances, substance use behavior and intentions</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Conduct an inventory of evidence-based programs aimed at reducing alcohol use in adults in McLean County • # of public-school districts in McLean County where Too Good for Drugs is implemented (baseline: 6 public school districts, Project Oz, 2016) • # of students in McLean County public schools participating in Too Good for Drugs (baseline: 2,472, Project Oz, 2016) 	<ul style="list-style-type: none"> • Completed April 2017 • 2019: 8 public school districts 2018: 8 public school districts 2017: 8 schools • 2019: 2,408 students 2018: 2,743 students

<p>Newest Data: Adults Updated BRFSS data not available</p> <p>Baseline: Youth 26% - 8th (Illinois Youth Survey [IYS], 2012); 64% - 12th graders (IYS, 2012)</p> <p>Newest Data: Youth 21% - 8th graders (IYS, 2018) 47% - 12th graders (IYS, 2018)</p> <p>Healthy People 2020 (HP 2020) Alignment:</p> <ul style="list-style-type: none"> • Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days • Reduce the proportion of adults who drank excessively in the previous 30 days 	<p><i>to engage in aggressive behavior. Too Good for Drugs programs have demonstrated effectiveness in third party evaluations. Evaluation studies for the evidence-based program show the following outcomes: 1) the proportion of students with intentions to drink was significantly reduced; 2) the proportion of students with intentions to smoke, use marijuana or engage in fighting were reduced; and, 3) scores increased in 8 of 9 protective areas (i.e., emotional competency, social and peer resistance skills, goal-setting and decision-making, perceived harmful effects of substance use).</i></p> <p>http://www.toogoodprograms.org/too-good/evidence-base/</p> <p>Support evidence-based programs with coping skills component in McLean County.</p>	<ul style="list-style-type: none"> • Conduct an inventory of programs with a coping skills component offered in public schools and community organizations in McLean County • Develop a list of programs with a coping skills component to distribute to or available for appropriate stakeholders (i.e., superintendents) • # of students in McLean County public schools participating in the Illinois Youth Survey (baseline: 2,187 students, Illinois Youth Survey, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • Average improvement in student pre and post-test scores for Too Good for Drugs (baseline: +2.11, Project Oz, 2016) 	<p>2017: 3,016 students</p> <ul style="list-style-type: none"> • 2017: Completed • List is services based, not program based • 2019: Survey not conducted in 2019 2018: 3,246 students in McLean County took Illinois Youth Survey. 2017: 1,668 students • 2019: +3.4 improvement 2018: +2.5 improvement 2017: +2.33 improvement
<p>IMPACT OBJECTIVE #2: By 2020, reduce the proportion of McLean County adults reporting 8-30 days of “not good” mental health per month.</p>	<p>Offer Mental Health First Aid (MHFA) to the community. MHFA courses are designed for lay people or non-mental health professionals.</p> <p><i>Evidence: Mental Health First Aid USA is an international evidence-based program managed, operated and disseminated by the National Council</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of MHFA courses sponsored by Advocate BroMenn Medical Center (baseline: 4 courses – McLean County MHFA Collaborative, 2016) 	<ul style="list-style-type: none"> • 2019: 2 courses for community members, 1 course cancelled due to low enrollment

<p>Baseline: 13.9% (BRFSS, 2013)</p> <p>Newest Data: Updated data not available</p> <p>HP 2020 Alignment:</p> <ul style="list-style-type: none"> • Reduce the suicide rate • Reduce suicide attempts by adolescents 	<p>for Behavioral Health, Maryland Department of Mental Health and Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid studies found that participants gained: 1) better recognition of mental disorders; 2) better understanding of treatments; 3) confidence in providing help to others; 4) improved mental health for themselves; and 5) fewer stigmatizing attitudes and decreased social distance for people with mental disorders. http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202</p>	<ul style="list-style-type: none"> • # of MHFA courses sponsored by OSF St. Joseph Medical Center (baseline: 3 courses – McLean County MHFA Collaborative, 2016) • # of McLean County community members trained in MHFA per year (baseline: 350 community members, MHFA Collaborative, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of MHFA course participants that “Agree” or “Strongly Agree” that they are More Confident About Being Aware of Their Own Views & Feelings About Mental Health Problems & Disorders (baseline: 98% of survey respondents, McLean County MHFA Collaborative, 7/1/14-6/30/16) • % of MHFA follow-up survey participants that still feel prepared to assist a person who may be dealing with a mental health problem or crisis to seek professional help (baseline: 81%, McLean County MHFA Collaborative, September 2016) 	<ul style="list-style-type: none"> • 2018: 3 courses for community members • 2017: 6 courses for community members • 2019: 3 courses for community members • 2018: 3 courses for community members, 4 courses for employees • 2017: 3 courses for community members • 2019: 299 individuals • 2018: 736 individuals • 2017: 253 individuals • 2019: 97% of course participants • 2018: 96% of course participants • 2017: 98.6% of course participants • 2019: No survey conducted • 2018: 72.6% of follow-up survey participants feel prepared, 27% feel somewhat prepared (follow-up survey participants include individuals who had
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		<ul style="list-style-type: none"> • % of MHFA follow-up survey participants that feel prepared to ask a person whether she/he is considering killing her/himself (baseline: 83%, McLean County MHFA Collaborative, September 2016) 	<p>taken the course up to 3+ years prior) 2017: No survey conducted</p> <ul style="list-style-type: none"> • 2019: No survey conducted 2018: 72.6% of follow-up survey participants feel prepared, 24% feel somewhat prepared (follow-up survey participants include individuals who had taken the course up to 3+ years prior) 2017: No survey conducted
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2019 RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- In October 2019, McLean County, in partnership with McLean County Juvenile Court Services and Center for Youth and Family Solutions, received a three-year grant. This Justice and Mental Health Collaboration Program grant is administered by the U.S. Department of Justice’s Bureau of Justice Assistance and is intended to assist minors who have had juvenile justice contact (police contact) and have substance abuse, mental health or a dual diagnosis. The purpose of the grant is to explore the systemic/culture challenges amongst social service agencies and create a system for clearer communication and more effective collaboration. The youth referrals will come from Juvenile Court Services. The first year will be a planning year and implementation stage. Years two and three will address serving youth needs through wrap-around Comprehensive Assessment Team services.
- The McLean County Board hosted a Community Behavioral Health Forum on October 17, 2019. Approximately 285 individuals were in attendance and presentations on a variety of behavioral health issues were held.
- Chestnut Health Systems received a Recovery-Oriented Systems of Care (ROSC) grant in 2019 from the Illinois Department of Human Services (DHS) Division of Substance Use Prevention and Recovery. The grant will be used to continue to support ROSC Councils and coordinated networks of community-based services to help people achieve abstinence and improve health, wellness and quality of life for people with, or at risk of, developing alcohol or drug problems.
- In 2017, the Embedded School and Community Based Services Pilot began in two rural school districts; Olympia CUSD 16 and Ridgeview CUSD 19. The McLean County Center for Human Services and Chestnut Health Systems each provided one clinician who is embedded in the school districts. The goal of the pilot was

to increase care access points to improve children’s behavioral health status through embedded community behavioral health services. Increasing identified students coping mechanisms is one of many objectives for the program. In 2018, the program expanded to Bloomington Junior High School and Parkside Junior High School utilizing clinicians from the McLean County Center for Human Services and to Fox Creek Elementary School in 2019. In 2019, services were provided to 406 students at five locations.

- BN Parents, which is facilitated by Chestnut Health Systems, received a \$125,000 Drug-Free Communities Support grant through the Office of National Drug Control Policy. The grant dollars will be used to deliver anti-drug and alcohol messaging to local high school students and their parents.
- In 2019, the Advocate Health Care Charitable Foundation coordinated with two community partners, Chestnut Health Systems and Prevention First, to secure a \$100,000 award from the AmerisourceBergen Foundation to support a regional opioid education partnership. The grant period is January 1, 2020 through December 31, 2020.
- On November 18, 2019 Advocate BroMenn Medical Center held a Psychological First Aid class for 32 chaplains, local faith leaders of multiple traditions, parish nurses and a local attorney. Psychological First Aid (PFA) is based on the idea that trauma survivors and others affected by such events will experience a range of early reactions—spiritual, physical, psychological and behavioral—that may interfere with their healing. Trained, caring and compassionate responders may be able to reduce the initial stress.

GOAL: By 2020, reduce behavioral health stigma to increase earlier access to care.

OUTCOME OBJECTIVE: By 2020, increase the percentage of McLean County residents indicating they have access to counseling services.

Baseline

90% (McLean County Community Health Survey, 2015)

SHIP 2021 Alignment

- Evidence of new or strengthened partnerships with a wide variety of stakeholders to enhance and support the development of medical and health homes that integrate mental and physical health and wellness across the continuum of services
- Increase behavioral health literacy and conduct more Mental Health First Aid trainings to build community capacity in this area

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS COMPLETED
<p>IMPACT OBJECTIVE #1: By 2020, reduce the proportion of McLean County adults who did not access counseling services due to embarrassment or fear.</p> <p>Baseline:</p>	<p>Explore developing and offering a behavioral health campaign on becoming a trauma-informed community and on adverse childhood experiences (ACE’s) to educate the general public, practitioners and stakeholders around key issues related to behavioral health.</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Establish a baseline for the # of ACE’s/trauma awareness programs or presentations offered in McLean County 	<ul style="list-style-type: none"> • 2019: 21 presentations 2018: 42 presentations 2017: 21 presentations

<p>16% - Embarrassment 14% - Fear (McLean County Community Health Survey, 2015)</p> <p>Newest Data: 22% - Embarrassment (McLean County Community Health Survey, 2018); Updated data not available due to “fear” was not a provided option on the 2018 survey</p> <p>HP 2020 Alignment:</p> <ul style="list-style-type: none"> • Increase the proportion of children with mental health problems who receive treatment • Increase the proportion of adults with mental health disorders who receive treatment 	<p>Partner with schools, community organizations and businesses in McLean County, with an emphasis on high-risk communities, to offer trainings on ACE’s and trauma to increase awareness.</p> <p>Offer National Alliance on Mental Health (NAMI) Ending the Silence, an evidence-based program aimed at reducing behavioral health stigma, i.e., suicide prevention and mental health awareness, for McLean County residents.</p> <p><i>Evidence: NAMI Ending the Silence is a mental health awareness and suicide prevention program that destigmatizes mental illness, offers hope for recovery, and empowers teens to ask for help. Ending the Silence was designed by NAMI and is delivered locally by Project Oz, the provider of universal prevention education in McLean County. Ending the Silence is in the process of becoming evidence-based and is currently facilitated in 26 states, reaching approximately 40,000 teens annually. This program is part of a community-wide effort that includes collaboration with many other agencies, including the Center for Human Services, The Center for Youth and Family Solutions, PATH Crisis Center, Advocate BroMenn</i></p>	<ul style="list-style-type: none"> • Establish a baseline for the # of community members participating in ACE’s/trauma awareness programs or presentations offered in McLean County • Establish a baseline for the # of McLean County public schools offering ACE’s/trauma awareness training • # of campaign messages, and types, aimed at reducing behavioral health stigma 	<ul style="list-style-type: none"> • 2019: 583 individuals 2018: 954 individuals 2017: 580 individuals • 2019: 32 public schools 2018: 33 public schools 2017: 10 schools • 2019: 9 campaign messages posted – <ul style="list-style-type: none"> -- 11,443 people reached on Facebook - 480 Facebook interactions - 6,159 people reached on Twitter - 49Twitter impressions (campaign data for April–December 2019) 2018: Collaborative social media campaign began in February 2018–monthly messages posted. <ul style="list-style-type: none"> - 40,692 people reached on Facebook - 1,153 Facebook interactions
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	<p><i>Medical Center and NAMI Livingston/McLean Counties.</i></p>	<ul style="list-style-type: none"> • # of public schools in McLean County where Ending the Silence is implemented (baseline: 3 public schools, Project Oz, 2016) • # of students in McLean County public schools participating in Ending the Silence (baseline: 677 students, Project Oz, 2016) • Explore establishing a baseline for youth not accessing counseling due to embarrassment or fear <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of Ending the Silence student participants agreeing with the following statement, “As a result of this presentation, I know how to help myself or a friend if I notice any of the warning signs” (baseline: 99% of students, Project Oz, 11/2016) • % of Ending the Silence student participants agreeing with the following statement, “I know the early warning signs of mental illness” (baseline: 95% of students, Project Oz, 11/2016) 	<ul style="list-style-type: none"> - 9,489 Twitter impressions 2017: Subcommittee formed • 2019: 20 public schools 2018: 17 public schools 2017: 11 schools • 2019: 3,205 students 2018: 3,120 students 2017: 2,535 students • 2017: Additional questions are no longer permitted on the Illinois Youth Survey • 2019: 97% of students 2018: 97% of students 2017: 92% of students • 2019: 97% of students 2018: 96% of students 2017: 90% of students
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<p>IMPACT OBJECTIVE #2: Greater than 90% of Mental Health First Aid course participants will either agree or strongly agree that they are more confident about recognizing and correcting misconceptions about mental health and mental illness.</p> <p>Baseline: 99% (McLean County MHFA Collaborative, 7/1/14–6/30/16);</p> <p>Newest Data: 98% (McLean County MHFA Collaborative, 07/01/2016-06/30/2019)</p>	<p>Offer Mental Health First Aid (MHFA) to the community. MHFA courses are designed for lay people or non-mental health professionals.</p> <p><i>Evidence: Mental Health First Aid USA is an international evidence-based program managed, operated and disseminated by the National Council for Behavioral Health, Maryland Department of Mental Health and Hygiene and the Missouri Department of Mental Health. Major findings of Mental Health First Aid studies found that participants gained: 1) better recognition of mental disorders; 2) better understanding of treatments; 3) confidence in providing help to others; 4) improved mental health for themselves; and 5) fewer stigmatizing attitudes and decreased social distance for people with mental disorders.</i></p> <p>http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of MHFA courses offered to residents in McLean County (baseline: 17 courses, McLean County MHFA Collaborative, 2016) • # of McLean County community members trained in MHFA per year (baseline: 350 community members, MHFA Collaborative, 2016) • The McLean County MHFA Collaborative will continue to explore grant opportunities for MHFA courses in McLean County • The McLean County MHFA Collaborative will offer a Youth MHFA Instructor Training Course at the McLean County Health Department in 2017. • Advocate BroMenn Medical Center will send one employee to MHFA Instructor Training in 2017. • Advocate BroMenn Medical Center and OSF St. Joseph Medical Center will develop a plan in 2017 to train clinical and non-clinical staff in MHFA. 	<ul style="list-style-type: none"> • 2019: 17 courses 2018: 54 courses 2017: 13 courses • 2019: 299 individuals 2018: 736 individuals 2017: 253 individuals • 2019: No applications were submitted 2018: No applications were submitted 2017: No applications were submitted • 2017: Completed June 2017 (8 instructors were trained) • 2017: Completed • 2019: Specific courses for only staff were not offered 2018: OSF HealthCare St. Joseph Medical Center held 4 MHFA courses for employees. 2017: Advocate BroMenn Medical Center offered 4
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		<p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of MHFA course participants that “Agree” or “Strongly Agree” they are <i>More Confident they could Offer</i> a youth or an adult <i>Basic "Mental Health First Aid" Information & Reassurance</i> (baseline: 97% of survey respondents, McLean County MHFA Collaborative, 7/1/14–6/30/16) • % of MHFA follow-up survey participants that still feel prepared to assist a person who may be dealing with a mental health problem or crisis to seek professional help (baseline: 81%, McLean County MHFA Collaborative, September 2016) • % of MHFA follow-up survey participants that feel prepared to ask a person whether she/he is considering killing her/himself (baseline: 83%, McLean County MHFA Collaborative, September 2016) 	<p>MHFA courses for employees</p> <ul style="list-style-type: none"> • 2019: 96.8% of participants 2018: 95.5% of participants 2017: 98% of participants • 2019: Survey not conducted 2018: 72.6% of follow-up survey participants feel prepared, 72% feel somewhat prepared (follow-up survey participants include individuals who had taken the course up to 3+ years prior) 2017: Survey not conducted • 2019: Survey not conducted 2018: 72.6% of follow-up survey participants feel prepared, 24% feel somewhat prepared (follow-up survey participants include individuals who had
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			taken the course up to 3+ years prior) 2017: Survey not conducted
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2019 RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- On December 6, 2019, Advocate BroMenn Medical Center, in collaboration with Chestnut Health Systems and The Baby Fold, offered an eight-hour Adverse Childhood Experiences training to 68 individuals from schools and a variety of social service and healthcare organizations.
- In 2019, OSF HealthCare St. Joseph Medical Center implemented SilverCloud, a secure, immediate access to online supported CBT (cognitive behavioral therapy) programs for the community. SilverCloud focuses primarily on improving depression and anxiety levels among adults. In 2019, 257 individuals utilized SilverCloud.
- As a result of a partnership between Advocate Medical Group Behavioral Health, Tri-County Special Education Association and Illinois State University’s Psychological Services Center, doctoral psychology interns are providing four days of integrated behavioral health services across three AMG setting: Advocate BroMenn Outpatient Center, Advocate Medical Group El Paso, and Advocate Eureka Hospital. These interns also provide a combined four days per week of psychological services in local schools and work to coordinate care across the two sectors.
- In 2019, Project Oz provided additional mental health and/or suicide prevention education to several community partners, including approximately 480 Illinois State University students-athletes (8 sessions); approximately 150 Illinois State University athletic department staff members (6 sessions); 10 children (ages 8-11) involved in Jack & Jill of America (1 session); 15 participants in the adult treatment program at the Center for Human Services (1 session); and 25 participants at the annual Behavioral Health Forum (1 session). Project Oz also provided assistance to the new mental health immersion program at Illinois Wesleyan University.
- In 2019, 411 students (approximately 13% of participating students) reached out for support as a direct result of Project Oz suicide prevention presentations by completing the optional self-referral section of the student evaluation. Students are encouraged to reach out for support if they have noticed mental health warning signs in themselves or a peer. Among the students who reached out, many were experiencing mental health crises, including recent suicide attempts, suicidal thoughts, panic attacks, self-injury, post-traumatic stress, and other concerns. All students who reached out for support were connected with school counseling services in addition to receiving information about local and national resources.
- The Matter of Balance Program, hosted locally by Community Care Systems, Inc., is a grant-funded evidence-based program designed to reduce fear of falling and increase activity levels in older adults who are concerned about falling. Participant satisfaction results from those completing the 8-week program (all host sites) include: 96% feel more satisfied with life, 97% feel more comfortable increasing activity and 99% plan to continue to exercise.
- In 2019, the McLean County Government program, FUSE (Frequent User Systems Engagement) began. The purpose of the program is to support people with severe and chronic mental illness who have frequent encounters with law enforcement, emergency department and homeless services.

****The four organizations comprising the McLean County Executive Steering Committee; Advocate BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department, and OSF HealthCare St. Joseph Medical Center are all implied resources/partners for the Behavioral Health Community Health Improvement Plan.***

McLean County Community Health Improvement Plan: Access to Appropriate Healthcare 2019 Progress Report

HEALTH PRIORITY: ACCESS TO APPROPRIATE HEALTHCARE FOR THE UNDERSERVED AND AREAS OF HIGH SOCIOECONOMIC NEEDS

GOAL: By 2020, decrease barriers to utilizing primary care in 61701 in order to reduce use of hospital emergency departments (ER) for non-emergent conditions.

OUTCOME OBJECTIVE: By 2020, reduce the percentage of individuals living in 61701 and African Americans using the hospital emergency rooms (ER) for non-emergent conditions.

Baseline

- 61701 (average of six ER visit indicators); **75.26** visits per 10,000 (*Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014**)
- African-American (average of 10 ER visit indicators); **96.73** visits per 10,000 (*Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014**)

**2019 Data: 2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015*

State Health Improvement Plan (SHIP) 2021 Alignment

- *Reduce emergency department visits, hospitalizations, and incarceration due to behavioral health issues by narrowing the treatment gap and building and sustaining community-based behavioral health treatment capacity*
- *Increase the number of primary care practice sites certified by the National Committee for Quality Assurance (NCQA), or the Joint Commission*
- *Increase the proportion of children who have a medical home*

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS COMPLETED
IMPACT OBJECTIVE #1: By 2020, increase the proportion of McLean County adults indicating they have access to a physician.	Increase the capacity of health care clinics serving the low-income population in McLean County.	<u>Process Indicators:</u> <ul style="list-style-type: none"> • # of clinical full-time equivalents (FTEs) added at community health care clinics (CHCC) in McLean 	<ul style="list-style-type: none"> • 2019: Chestnut Health: 3.5 FTEs; CHCC: 2.6 FTEs.

<p>Baseline: 80% for “at risk” population and 87% “general” population (McLean County Community Health Survey, 2015)</p> <p>Newest Data: 80% for “at risk” population and 94% for “general” population (McLean County Community Health Survey, 2018)</p> <p>Healthy People 2020 (HP 2020) Alignment:</p> <ul style="list-style-type: none"> • <i>Increase the proportion of persons with a consistent primary care provider</i> • <i>Increase the proportion of insured persons with coverage for clinical preventive services</i> 		<p>County (baseline: 2 FTEs Chestnut Health FQHC at end of year 2015, 1.4 FTEs Community Health Care Clinic at end of year 2015, .7 FTEs Immanuel Health Clinic (IHC) at end of year 2015)</p> <ul style="list-style-type: none"> • # of patients served at Advocate BroMenn Medical Center’s Family Health Clinic (baseline: 4,181 Medicaid and self-pay patients, 2015) • # of patients served at Immanuel Health Center (baseline: 757 patients, Immanuel Health Clinic, 2015) • # of patients served at Chestnut Health Systems Federally Qualified Health Center [FQHC] (baseline: 1,706 patients, Chestnut Health Systems, 2015) • # of patients visits at the Community Health Care Clinic (baseline: 976 patients, Community Health Care Clinic, 2015) • Establish a baseline for the number of patients served, disaggregated by race and income, at clinics serving the low-income population in McLean County 	<p>2018: Chestnut Health: 3.5 FTEs; CHCC: 2.6 FTEs; IHC: 0.0 FTE (down 1.25 FTEs from 2017 due to organization closing in April 2018)</p> <p>2017: Chestnut Health: 3.5 FTEs, CHCC: 1.8 FTEs, IHC: 1.25 FTEs</p> <ul style="list-style-type: none"> • 2019: 2,541 patients 2018: 2,786 patients 2017: 3,045 patients • 2019: 0 patients. Center closed April 2018 2018: 0 patients. Center closed April 2018 2017: 787 patients • 2019: 2,227 patients 2018: 2,292 patients 2017: 2,012 patients • 2019: 1,204 patients 2018: 1,110 patients 2017: 1,022 patients • 2019: By Income: <u>CHCC:</u> 68% (100% or below Federal Poverty Level [FPL])
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			<p>17% (101% - 150% FPL) 15% (151% - 200% FPL) <u>Chestnut:</u> 73% (100% or below FPL) 12% (101% - 150% FPL) 5% (151% - 200% FPL) 10% (over 200% FPL)</p> <p>By Race: <u>CHCC:</u> 69% (835 patients) are Hispanic/Latino <u>Chestnut:</u> 60% Caucasian 29% African American 1% Asian 1% American Indian 4% more than 1 race 5% refused to report 6% Hispanic</p> <p>2018: By Income: <u>CHCC</u> 67% (100% or below FPL) 17% (101%-150% FPL) 8% (151%-200% FPL) 8% (Over 200% FPL or unknown) <u>Chestnut:</u> 76% (100% or below FPL) 12% (101%-150% FPL) 6% (151%-200% FPL)</p>
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	<p>Develop a public education campaign informing community members regarding the appropriate use of immediate care centers, emergency rooms and the importance of having a medical home.</p>	<ul style="list-style-type: none"> • # of locations where flyers regarding the appropriate use of the emergency room are distributed and/or the importance of having a medical home • Establish a baseline for the number of organizations receiving Patient-Centered Medical Home (PCMH) Recognition 	<p>6% (Over 200% FPL or unknown)</p> <p>By Race: <u>CHCC:</u> 69% (781 patients) are Hispanic/Latino, <u>Chestnut:</u> 5% (122 patients) are Hispanic/Latino 63% (1,406 patients) are Caucasian 27% (607 patients) are African American 1% (16 patients) are Asian 8% (191 patients) are listed as Other</p> <ul style="list-style-type: none"> • 2019: No data to report 2018: 22 locations offer information regarding when to use urgent care vs. emergency department 2017: 22 locations • Chestnut Family Health Center's Bloomington location was PCMH certified in October 2015 and recertified in October 2018; CHCC is working towards PCMH designation
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		<p><u>Outcome Indicators:</u></p> <ul style="list-style-type: none"> • Percent of McLean County residents indicating that they have had a check-up within the last year (baseline: 63%, McLean County Community Health Survey, 2015) • Rate of Advocate BroMenn Medical Center Medicaid Meridian emergency room patient visits (baseline: 527.2 ER visits/1,000 population, June 2015-May 2016) • Establish a baseline for the # of low-acuity visits to OSF St. Joseph Medical Center (SJMC) and Advocate BroMenn Medical Center (ABMC) emergency department by patients with Medicaid or self-pay as payor 	<ul style="list-style-type: none"> • 2019: Question not included in 2019 survey 2018: Question not included in 2018 survey 2017: no survey offered • 2019: Data not available 2018: Data not available 2017: Data not available • 2019: 1,178 visits to Advocate BroMenn Medical Center and 1,000 to OSF HealthCare St. Joseph Medical Center 2018: 1,153 visits to Advocate BroMenn Medical Center and 1,019 visits to OSF HealthCare St. Joseph Medical Center 2017: 1,235 visits to Advocate BroMenn and 1,480 visits to OSF HealthCare St. Joseph
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<p>IMPACT OBJECTIVE #2: By 2020, reduce the proportion of at-risk (survey respondents with self-reported income <\$20,000/year) McLean County adults reporting the emergency room as their primary choice of medical care.</p> <p>Baseline: 10% (McLean County Community Health Survey, 2015)</p> <p>Newest Data: 19% (McLean County Community Health Survey, 2018)</p> <p>HP 2020 Alignment:</p> <ul style="list-style-type: none"> • <i>Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care, dental care or prescription medicines</i> 	<p>Increase mobile health services to the low-income and underserved residents in McLean County. Examples: mobile medicine or clinic at schools, backpack medicine program</p> <p>Create an inventory of sites with integrated and/or co-located behavioral health services.</p> <p>Explore the integration or co-location of behavioral health services at primary care physician’s offices or through other innovative programs. Examples: in-home visits for high risk patients, mixed-use spaces</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • # of patients served via the mobile health services program at Home Sweet Home Ministries or the Center for Human Services (baseline: 86 patients, Community Health Care Clinic, 2015) • # of sites where mobile health services are offered (baseline: 2 sites, Community Health Care Clinic, 2016) • Explore utilizing community health workers in McLean County • Work with OSF St. Joseph Medical Center, OSF Medical Group, Advocate BroMenn Medical Center and Advocate Medical Group on options for integrating behavioral health into services for patients in primary care settings or as a part of innovative pilot programs for high-risk patients 	<ul style="list-style-type: none"> • 2019: 0 patient visits at 0 events 2018: 71 patient visits at 18 events; Mobile unit discontinued later in 2018 2017: 23 events • 2019: 1 site 2018: 2 sites 2017: 2 sites • 2019: 316 patients seen through CAATCH 2018: 146 patients seen through CAATCH 2017: 109 patients seen through the Coordinating Appropriate Access to Comprehensive Care (CAATCH) Program at the CHCC • 2019: No additional sites added in 2019 2018: Two additional sites were added in partnership with Illinois State University’s Psychological Services 2017: Inventory completed: 5 organizations with 10 sites
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	<p>Work with the city and elected officials, police and other policy makers on educating and addressing the social determinants of health, i.e. housing, transportation.</p> <p>Implement focus groups or conduct key informant interviews to gain a greater understanding of why certain populations are using the emergency room as their primary choice of medical care.</p>	<ul style="list-style-type: none"> • Participation in meetings with city and elected officials educating on or discussing the social determinants of health 	<p>(7 integrated, 3 co-located) in McLean County</p> <ul style="list-style-type: none"> • 2019: Presentations to John M. Scott Commission, Illinois Department of Public Health, City of Bloomington Planning Commission, McLean County’s FUSE program, Advocate Delegate Church Association, Advocate Nursing leadership, B-N Realtors, Leadership McLean County • 2018: Presentation to McLean County Board of Health, Leadership McLean County, Economic Development Council, Mid Illini Credit Union, and Rotary. Several key informant interviews were conducted • 2017: Leadership McLean County, Bloomington Housing Authority, and City of Bloomington Council
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<p>IMPACT OBJECTIVE #3: BY 2020, increase the proportion of McLean County adults indicating they have access to dental care.</p> <p>Baseline: 77% - access to dental care (McLean County Community Health Survey, 2015)</p> <p>Newest Data: 81% - access to dental care (McLean County Community Health Survey, 2018)</p> <p>Baseline: 39.1% of McLean County residents do not have dental insurance (United Way Community Assessment, 2014)</p> <p>Newest Data: No new United Way Community Assessment; however, the McLean County Community Health Survey of 2015 notes that 45% of McLean County residents had no dental insurance; 46% had no dental insurance in 2018 (McLean County Community Health Survey, 2015 and 2018)</p> <p>Baseline: Age-adjusted ER rate due to dental problems: 52.2 visits/10,000 population (HCI, Illinois Hospital Association, 2013-2015)</p>	<p>Increase access for adults to dental care.</p>	<ul style="list-style-type: none"> • # of adults with Medicaid receiving dental cleanings as a part of the McLean County Health Department’s pilot program • Establish a baseline for the number of McLean County residents receiving dental care at the Community Health Care Clinic Dental Clinic slated to begin offering services in 2017 (baseline: TBD) 	<ul style="list-style-type: none"> • 2019: 75 patients 2018: 69 patients 2017: 73 patients • 2019: 142 patients/ 1,031 visits 2018: Soft launch of dental services at CHCC scheduled for February 2019 2017: Services not yet available
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Newest Data:

2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015

HP 2020 Alignment:

- *Increase the proportion of children, adolescents and adults who used the oral health care system in the past year*

2019 RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- Chestnut Health Systems completed renovations to 32,000 square foot family health center building and relocated program from 720 W Chestnut Street to 702 W Chestnut Street. Renovated site increases exam rooms to 18, adds on-site pharmacy, on-site laboratory, on-site teaching kitchen and two community rooms. Expansion also allocates 5,500 square feet for future dental program.
- Chestnut Health Systems received SAMSHA funding in collaboration with the Illinois Department of Mental Health to promote integration of primary and behavioral health through expansion of person-centered integrated health home to serve individuals with co-occurring physical health conditions or chronic diseases, adults with mental illness including those with co-occurring substance use disorder (COD) or opioid use disorder (OUD), and children/adolescents with serious emotional disturbances.
- Advocate BroMenn Medical Center and OSF St. Joseph Medical Center continued to provide support for the Community Health Care Clinic (CHCC) The CHCC is a free clinic which provides services to the medically underserved population of McLean County to ensure that all populations in the community have access to healthcare. All emergency room visits, diagnostic testing and hospital services are provided free-of-charge by Advocate BroMenn Medical Center and OSF St. Joseph Medical Center. Advocate BroMenn Medical Center also owns the building where the clinic is located and provides maintenance for the clinic at no charge. OSF provides human resources support for the clinic.
- In December 2019, Advocate BroMenn Medical Center formed The Advocate BroMenn/Advocate Eureka LGBTQ+ Community Advisory Council. The purpose of the council is to foster increased access to care by giving voice to the LGTBQ+ community and allies in order to provide more sensitive and respectful care. The local council is part of Advocate Aurora's systemwide efforts as measured by the Health Equality Index and focuses on education initiatives, review of policies and procedures, and consultation about concerns raised by the LGTBQ+ community.

****The four organizations comprising the McLean County Executive Steering Committee; Advocate BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department, and OSF HealthCare St. Joseph Medical Center, are all implied resources/partners for the Access to Appropriate Healthcare for the Underserved and Areas of High Socioeconomic Needs Community Health Improvement Plan.***

McLean County Community Health Improvement Plan: Obesity 2019 Progress Report

HEALTH PRIORITY: OBESITY

GOAL: By 2020, pursue policy, system and environmental changes to maintain or increase the percentage of people living at a healthy body weight in McLean County.

OUTCOME OBJECTIVE: By 2020, maintain or increase the percentage of people living at a healthy body weight in McLean County.

Baseline

- Adults: 35.2% (*Behavioral Risk Factor Surveillance System [BRFSS], 2013*)
- Adults: 35.2% (*McLean County Community Health Survey, 2018*)
- Eighth grade students: 75% (*Illinois Youth Survey [IYS], 2014*)
- Eighth grade students: 74% (*Illinois Youth Survey [IYS], 2018*)

State Health Improvement Plan (SHIP) 2021 Alignment

- Reduce the percentage of obesity among children ages 10-17
- Reduce the percentage of obesity among adults

	INTERVENTION STRATEGIES	EVALUATION PLAN	PROGRESS COMPLETED
<p>IMPACT OBJECTIVE #1: By 2020, increase the rate of adults and children in McLean County who engage in regular physical activity.</p> <p>Baseline: Adults 69% (BRFSS, 2013); 39% exercise 3 or more times per week (McLean County)</p>	<p>Promote physical activity in the workplace and in the community.</p> <p><i>Evidence: "...research has shown that employees who get at least 75 minutes of vigorous-intensity physical activity per week miss an average of 4.1 fewer days of work per year. Furthermore, physically inactive employees are more likely to require sick leave—costing an average of 26 cents per hour worked in 2014—which increases healthcare expenditures for businesses." – Workplace Health Research Network, 2015</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Establish a baseline for the # of free programs/events promoting physical activity in the community by the McLean County Wellness Coalition (MCWC) • Establish a baseline for the # of community members participating in free programs/events promoting physical activity in the community by the MCWC • Establish a baseline for the # of programs promoting physical activity in the workplace by the MCWC 	<ul style="list-style-type: none"> • 2019: 2 events 2018: 3 events 2017: 59 events • 2019: 150 people 2018: 1,151 people 2017: 15,930 people • 2019: 101 programs 2018: 87 programs 2017: 22 programs

<p>Community Health Survey, 2015)</p> <p>Newest Data: Adults Updated BRFSS data not available; 49% exercise 3 or more times per week (McLean County Community Health Survey, 2018);</p> <p>Baseline: Youth 87% - 8th graders (IYS, 2016)</p> <p>Newest Data: Youth 86% - 8th graders (IYS, 2018)</p> <p>Healthy People 2020 (HP 2020) Alignment:</p> <ul style="list-style-type: none"> Reduce the percentage of Illinois adults reporting no physical activity in the last 30 days <p>Baseline: Adults 27% - do not exercise at all (McLean</p>	<p>Enact at least one policy, system or environmental change (PSE, e.g., Safe Routes to School, Complete Streets, Joint Use Agreements, Play Streets) to improve McLean County's walkability and bikability.</p> <p><i>Evidence: "To increase physical activity, the CDC's Community Preventive Services Task Force recommends making walking easier through changes to street design and zoning...Complete Streets projects make community improvements such as adding sidewalks and bicycle lanes that can increase frequency of exercise by 48.4% and promote weight loss when combined with health education." (Illinois SHIP, 2015)</i></p>	<ul style="list-style-type: none"> Establish a baseline for the number of employees participating in programs promoting physical activity in the workplace by the MCWC <p><u>Process indicators:</u></p> <ul style="list-style-type: none"> # of PSEs enacted Establish a baseline bike score for McLean County The McLean County Wellness Coalition will explore grant opportunities for implementing PSEs in McLean County <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> Walk scores (baseline: Bloomington – 35; Normal – 36, walkscore.com, 2016) 	<ul style="list-style-type: none"> 2019: 23,042 people 2018: 11,855 people 2017: 576 people 2019: 0 PSEs 2018: 3 PSEs 2017: 0 PSEs 2019: Bloomington - 49 Normal - 50 2018: Bloomington – 46 Normal – 46 2017: To be calculated in 2018 2019: No grant submissions. The McLean County Wellness Coalition ceased 2018: No grant submissions 2017: No grant submissions 2019: Bloomington – 35 Normal - 38 2018:
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<p>County Community Health Survey, 2015)</p> <p>Newest Data: Adults 20% - do not exercise at all (McLean County Community Health Survey, 2018)</p> <p>Healthy People 2020 (HP 2020) Alignment:</p> <ul style="list-style-type: none"> Reduce the percentage of Illinois children who report not engaging in vigorous physical activity <p>Baseline: Children No data available</p>	<p>Encourage McLean County schools to complete the Center for Disease Control and Prevention’s (CDC) School Health Index (SHI) and implement strategies to improve low scores.</p> <p>Support the maintenance of physical education in McLean County schools.</p> <p>Evidence: “Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels. The U.S. Department of Health and Human Services recommends that young people aged 6-17 years participate in at least 60 minutes of physical activity daily.” (The Community Guide, 2015)</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> Establish a baseline for the # of McLean County schools completing the CDC’s SHI Establish a baseline for the number of McLean County schools implementing a strategy to improve low SHI scores <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> TBD 	<p>Bloomington – 35; Normal – 38 2017: same</p> <ul style="list-style-type: none"> 2019: Schools did not participate 2018: Schools did not participate 2017: 8 schools participated 2019: No strategy implemented 2018: No strategy implemented 2017: No strategy implemented
<p>IMPACT OBJECTIVE #2: By 2020, increase the consumption of fruits and vegetables and reduce consumption of sugary beverages by all populations in McLean County.</p>	<p>Support, promote and educate about the availability and accessibility of fruits and vegetables in McLean County.</p> <p>Evidence: “Available evidence suggests that community-supported agriculture participation significantly increases household inventories of fresh fruits and vegetables, and increases fruit and vegetable consumption. Participation is associated with an increased variety and amount of vegetables consumed for adults and children, improved diet, more cooking at home and</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> Conduct a pre-post survey to determine the effects of the opening of Green Top Grocery, located in a food desert in McLean County, on increasing access to healthy foods (Illinois State University Community Health Education Undergraduate Students, 2017) Work with the City of Bloomington Community Development division to conduct a grocery store market feasibility study in Bloomington 	<ul style="list-style-type: none"> 2019: No survey conducted. 2018: No survey conducted. 2017: Pre-Survey completed 2017: Completed

<p>Baseline: Adults 34% - consume 1-2 servings or less/day of fruits and vegetables (BRFSS, 2013)</p> <p>Newest Data: Adults Updated BRFSS data not available</p> <p>Baseline: Adults 40% - consume 3-5 fruits and/or vegetables per day (McLean County Community Health Survey, 2015)</p> <p>Newest Data: Adults 39% - consume 3-5 fruits and/or vegetables per day (McLean County Community Health Survey, 2018)</p> <p>Baseline: Youth 11% - 15% of 8th graders consumed fruits and vegetables 4 or more times/day during the past 7 days (IYS, 2016)</p>	<p><i>improved weight status.” (What Works for Health, 2016)</i></p>	<ul style="list-style-type: none"> • Coordinate food access summit in 2017 • Support the presence of a healthy food distribution center in West Bloomington • Coordinate the Veggie Oasis in West Bloomington • # of pounds of produce distributed at Veggie Oasis (baseline: 5,720 pounds, Veggie Oasis Survey, 2015) • Average # of people receiving free produce from the Veggie Oasis each week (baseline: 30 people/week, Veggie Oasis Survey, 2015) 	<ul style="list-style-type: none"> • 2019: No Summit offered 2018: Summit held in September 2017: Summit held in March. • 2019: Supported 2018: Supported 2017: Supported and still exploring • 2019: Coordinated by West Bloomington Revitalization Project 2018: Coordinated by West Bloomington Revitalization Project 2017: Coordinated by the McLean County Wellness Coalition • 2019: 5200 pounds distributed 2018: 5200 pounds distributed 2017: 5200 pounds distributed • 2019: 20 people/week 2018: 42 people/week
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<p>Newest Data: Youth 9% - 12% of 8th graders consumed fruits and vegetables 4 or more times/day during the past 7 days (IYS, 2018)</p>		<ul style="list-style-type: none"> • # of events where healthy vegetable recipes are provided (baseline: 6 events, MCWC, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • % of McLean County low-income adults with access to a grocery store (baseline: 91.8%, USDA Food Environment Index, 2010) • % of Bloomington and Normal household units within a ¼ mile of a full-service grocery store (baseline: 4,273 household units, McLean County Regional Planning Commission, 2016) • % of Bloomington and Normal household units within a ¼ mile of a selected limited-service grocery store (baseline: 1,291 household units, McLean County Regional Planning Commission, 2016) • % of McLean County residents (who reported they don't eat fruits/vegetables) indicating it is difficult to 	<p>2017: 35 people/week</p> <ul style="list-style-type: none"> • 2019: 23 events 2018: 16 events 2017: 7 events • 2019: Same as 2018 data 2018: 90.2% of low-income adults had access to a grocery store 2017: Data not available • 2019: 4,350 household units (8.2%) 2018: 17.86% household units 2017: 4,889 household units (no percent available) • 2019: 3,352 household units (6.3%) 2018: Data not available 2017: 1,291 household units • 2019: Most recent results provided in
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		<p>buy fruits/vegetables or they cannot afford fruits/vegetables (baseline: 66%, McLean County Community Health Survey, 2015)</p> <ul style="list-style-type: none"> • Average participant rating for ease of access to fresh fruits and vegetables (baseline: rating of 3 on a scale of 1-5; 5 representing the highest ease of access, Veggie Oasis Survey, 2015) 	<p>2018 2018: 13% of residents (*options and wording of question changed from 2016 to 2018) 2017: To be evaluated in 2018 survey</p> <ul style="list-style-type: none"> • 2019: Data not available 2018: Data not available 2017: Data not available
	<p>Educate and promote the statewide Rethink Your Drink campaign.</p> <p><i>Evidence: “Reducing consumption of calories from added sugars is a recommendation of the 2010 Dietary Guidelines for Americans and an objective of Healthy People 2020. Sugar-sweetened beverages (SSB) are major sources of added sugars in the diets of U.S. residents. Daily SSB consumption is associated with obesity and other chronic health conditions, including diabetes and cardiovascular disease.” (Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report, 2012)</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> • Establish a baseline for the consumption of sugar-sweetened beverages (SSB) in McLean County through a standardized survey question 	<ul style="list-style-type: none"> • 2019: No survey conducted 2018: No survey conducted 2017: Completed 424 survey participants, 49% drink less than 12 oz of SSB per day, 23% drink 12 oz, and 21% drink 24 oz (Illinois State University’s Health Sciences 286 class)

		<ul style="list-style-type: none"> • # of McLean County community members educated about Rethink Your Drink (baseline: 2,127 community members, McLean County Health Department, 2016) • # of events where Rethink Your Drink is promoted (baseline: 9 events, McLean County Health Department, 2016) • # of advertisements promoting Rethink Your Drink (i.e., TV, radio, print, social media) (baseline: 5 advertisements, McLean County Wellness Coalition, 2016) <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> • Decrease in the ranking of soft drinks by % of total expenditure for Supplemental Nutrition Assistance Program (SNAP) and non-SNAP household (baseline: ranking of 1 - SNAP households; ranking of 2 - non-SNAP households, http://www.huffingtonpost.com/entry/food-stamps-diet_us_582f4bd7e4b058ce7aaadea0 (November 2016)) • Decrease the # of gallons of beverages consumed by Illinois residents. (baseline: Illinoisans consumed more than 620 million gallons of sugar-sweetened beverages in 2011, http://www.cookcountypublichealth.org/files/pdf/Chaloupka_Report_PRf.pdf) 	<ul style="list-style-type: none"> • 2019: 1307 members 2018: 2,055 community members 2017: 2,373 members • 2019: 2 events 2018: 8 events 2017: 8 events • 2019: 4 social media posts 2018 and 2017: No advertisements provided • 2019: Data not available 2018: Data not available 2017: Data not available • 2019: Data not available 2018: Data not available 2017: Data not available
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2019 RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS			
<ul style="list-style-type: none"> • In May 2018, Advocate BroMenn Medical Center established the Advocate BroMenn Vegetable Garden at the Community Health Care Clinic. In 2019, 102 pounds of produce were given to patients of the Community Health Care Clinic during the pilot year. • Home Sweet Home Ministries and the Community Health Care Clinic launched a Food Farmacy pilot program in August 2017. The program provides patients at the clinic who have diabetes or heart disease a prescription pass, which can be used to obtain free produce through 12 visits to the Bread for Life Food Co-op. In 2019, 36 individuals participated, 134 shopping trips were taken, 28 return shoppers, and far more fresh produce and healthy items are being taken than before the Food Farmacy program was initiated. • OSF St. Joseph Medical Center has ten raised beds and donated 420 pounds of fresh vegetables to Home Sweet Home Ministries, Summer 2019, to use at the Bread for Life Co-op. • The Partnership for Health Pilot Program began in April 2017. The program is a private-public partnership to improve the health and fitness of people with developmental and intellectual disabilities and their support workers. Partners include Advocate BroMenn Health and Fitness Center, Marcfirst, Advocate BroMenn Charitable Foundation, the McLean County Health Department and the McLean County Board for the Care and Treatment of Persons with a Developmental Disability (377 Board). The program initially served 22 individuals from Marcfirst. In 2018 the program was expanded to several community members in 2018 with a total of 31 individuals being served. Outcomes from year one of the program are positive ranging from decreased blood pressure, body mass index and cholesterol to reduced usage of the emergency room. In year two of the program (April 2018 – March 2019), participation increased to 51 individuals with numerous positive outcomes. Sixty-two percent of participants maintained or improved their cholesterol levels, 47 percent maintained or improved their body mass index and 47 percent improved or maintained their blood pressure. • OSF HealthCare St. Joseph Medical Center developed the SmartMeals Program to help educate the community on how to eat healthy-on-a-budget, with quick, easy meals. Individuals pick up a SmartMeals package that includes ingredients to make the meal, education materials, recipe with directions and a shopping list to replicate the meal in the future. Approximately 1,323 meals were donated in 2019 to the community. • Mayors Manor residents implemented an on-site vegetable garden in 2018. The residents tend to the garden, share recipes with staff support and hold potlucks for communal living while having healthy food experiences with education. During winter months when the garden is not available, 26 residents participated in the Healthy Choice Program, which provides fruits and vegetables that aren't available via the garden. • The School Street Food Pantry opened September 2018 to help decrease food insecurity among college-aged students. Approximately 120 students frequented the food pantry weekly in 2018. In 2019, students averaged 145 visits each week. • West Bloomington Revitalization Project Seed Library started in 2018. Free packets of seeds are given away to promote individual garden growth. In 2019, 600 packets of seeds were given to the community. • In 2019, OSF St. Joseph Medical Center sponsored Unit 5 Normal Community High and Normal Community West High Schools Student Health 101 newsletter for parents and students, which focused on healthy behaviors, including healthy eating and active living tips. • The Beacon of Hope Program gleans food from grocery stores in the community and distributes food to underserved areas on Thursdays and Saturdays of every week. Approximately 26,000 pounds of foods have been distributed to the community in 2018 and continued to contribute in 2019. 			

- The Matter of Balance Program, hosted within East Central Illinois by Community Care Systems, Inc., is a grant-funded evidence-based program designed to reduce fear of falling and increase activity levels in older adults who are concerned about falling. Participant satisfaction results from those completing the 8-week program (all host sites) include: 97% feel more comfortable increasing activity and 98% plan to continue to exercise.
- The Boys and Girls Club of Bloomington Normal partnered with the Center for Healthy Lifestyles at OSF St. Joseph Medical Center to offer a nutrition series provided to the 5th grade members to help educate and bring awareness through taste-testing new foods, understanding importance of eating these foods and simple ways to prepare them. This 6-week program was held in the Spring and Fall of 2019.
- The Boys and Girls Club of Bloomington Normal partnered with Sunnyside Community Garden and West Bloomington Revitalization Group to provide a gardening program for the members at the Boys and Girls Club in 2018. All produce was donated to the families of the Boys and Girls Club for personal use. At least eighty members and their families took responsibility for the garden (planted, watered, harvested, etc.) in 2019.
- In 2019, the Delegate Church Association of Advocate BroMenn Medical Center and Advocate Eureka Hospital, in partnership with the McLean County Interfaith Alliance and Illinois Wesleyan University, hosted a rice repackaging event. Advocate BroMenn donated 2400 pounds of rice for the project and 80 volunteers participated in packaging 1200 two-pound packages of rice for distribution at local food pantries.

****The four organizations comprising the McLean County Executive Steering Committee; Advocate BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department, and OSF HealthCare St. Joseph Medical Center are all implied resources/partners for the Obesity Community Health Improvement Plan.***

2017–2019 McLean County Community Health Improvement Plan

Outcome and Impact Objective Comparison Summary

- Green** – Improvement in data from baseline to most recent data available
- Yellow** – No substantial change in data from baseline to most recent data available
- Red** – Value for most recent data available is worse than it was at baseline

HEALTH PRIORITY: BEHAVIORAL HEALTH		
GOAL #1	By 2020, increase coping skills to reduce deaths due to suicide and emergency room (ER) visits due to self-inflicted injury and alcohol abuse with a focus on low socio-economic zip codes.	
OUTCOME OBJECTIVE:	<p>By 2020, reduce deaths due to suicide and ER visits due to self-inflicted injury and alcohol abuse.</p> <ul style="list-style-type: none"> Deaths due to suicide: 22 deaths (<i>McLean County Coroner, 2015</i>) 16 deaths (<i>McLean County Coroner, 2018</i>) Age-adjusted ER visits due to self-inflicted injury: adults – 22.6 visits per 10,000; adolescents – 59.2/10,000 (<i>Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014</i>) <i>*2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015.</i> Age-adjusted ER visits due to alcohol abuse: 50.7 visits per 10,000 (<i>Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014</i>) <i>*2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015.</i> 	
THREE YEAR MEASURES	Baseline Data	Updated Comparison Data
Impact Objective #1: By 2020, reduce the proportion of adults at risk for acute/binge drinking and youth using alcohol within the past year.	<p>26.9% - Adults (Behavioral Risk Factor Surveillance System [BRFSS], 2013)</p> <p>26% - 8th graders (Illinois Youth Survey [IYS], 2012); 64% - 12th graders (IYS, 2012)</p>	<p>22.6% - Adults (Conduent Healthy Communities Institute [HCI], County Health Rankings, 2016).</p> <p>21% - 8th graders (IYS, 2018) 47% - 12th graders (IYS, 2018)</p>

Impact Objective #2: By 2020, reduce the proportion of McLean County adults reporting 8-30 days of “not good” mental health per month.	13.9% (BRFSS, 2013)	Updated BRFSS data is not available
GOAL #2:	By 2020, reduce behavioral health stigma to increase earlier access to care.	
OUTCOME OBJECTIVE:	By 2020, increase the percentage of McLean County residents indicating they have access to counseling services. 90% (McLean County Community Health Survey, 2015) 90% (McLean County Community Health Survey, 2018)	
THREE YEAR MEASURES	Baseline Data	Updated Comparison Data
Impact Objective #1: By 2020, reduce the proportion of McLean County adults who did not access counseling services due to embarrassment or fear.	16% - embarrassment (McLean County Community Health Survey, 2015) 14% - fear (McLean County Community Health Survey, 2015)	22% - embarrassment (McLean County Community Health Survey, 2018) Updated data not available; “fear” was not a provided option on the 2018 McLean County Community Health Survey
Impact Objective #2: Greater than 90% of Mental Health First Aid course participants will either agree or strongly agree that they are more confident about recognizing and correcting misconceptions about mental health and mental illness.	99% - agree or strongly agree (McLean County Mental Health First Aid Collaborative, 7/1/14 - 6/30/16)	98% - agree or strongly agree (McLean County Mental Health First Aid Collaborative, 07/01/2016 - 06/30/2019)

HEALTH PRIORITY: ACCESS TO APPROPRIATE CARE		
GOAL:	By 2020, decrease barriers to utilizing primary care in 61701 in order to reduce use of hospital emergency departments (ER) for non-emergent conditions.	
OUTCOME OBJECTIVES:	<p>By 2020, reduce the percentage of individuals living in 61701 and African Americans using the hospital emergency rooms (ER) for non-emergent conditions.</p> <ul style="list-style-type: none"> 61701 (average of six ER visit indicators): 75.26 visits per 10,000 (<i>Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014</i>) 2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015 African-American (average of 10 ER visit indicators): 96.73 visits per 10,000 (<i>Conduent Healthy Communities Institute [HCI], Illinois Hospital Association, 2012-2014</i>) 2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015 	
THREE YEAR MEASURES	BASELINE DATA	UPDATED COMPARISON DATA
Impact Objective #1 By 2020, increase the proportion of McLean County adults indicating they have access to a physician.	80% - “at risk” population 87% - “general” population (McLean County Community Health Survey, 2015)	80% - “at risk” population 94% - “general” population (McLean County Community Health Survey, 2018)
Impact Objective #2: By 2020, reduce the proportion of at-risk (survey respondents with self-reported income <\$20,000/year) McLean County adults reporting the emergency room as their primary choice of medical care.	10% - “at risk” adult population (McLean County Community Health Survey, 2015)	19% - “at risk” adult population (McLean County Community Health Survey, 2018)

<p>Impact Objective #3 By 2020, increase the proportion of McLean County adults indicating they have access to dental care.</p>	<p>77% - adult access to dental care (McLean County Community Health Survey, 2015)</p> <p>39.1% of McLean County residents do not have dental insurance (United Way Community Assessment, 2014);</p> <p>45% of McLean County adult residents had no dental insurance (McLean County Community Health Survey, 2015)</p> <p>Age-adjusted ER rate due to dental problems: 52.2 visits/10,000 population (HCI, Illinois Hospital Association, 2013-2015)</p>	<p>81% - adult access to dental care (McLean County Community Health Survey, 2018)</p> <p>No new United Way Community Assessment since 2014</p> <p>46% of McLean County adult residents had no dental insurance (McLean County Community Health Survey, 2018)</p> <p>2015-2017 data cannot be compared due to the transition from ICD-9 to ICD-10 codes in 2015</p>
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HEALTH PRIORITY: Obesity		
GOAL:	By 2020, pursue policy, system and environmental changes to maintain or increase the percentage of people living at a healthy body weight in McLean County.	
OUTCOME OBJECTIVES:	<p>By 2020, maintain or increase the percentage of people living at a healthy body weight in McLean County.</p> <ul style="list-style-type: none"> • Adults: 35.2% (<i>Behavioral Risk Factor Surveillance System [BRFSS], 2013</i>) • Adults: 35.2% (<i>McLean County Community Health Survey, 2018</i>) • 8th graders: 75% (<i>Illinois Youth Survey [IYS], 2014</i>) • 8th graders: 74% (<i>Illinois Youth Survey [IYS], 2018</i>) 	
THREE YEAR MEASURES	BASELINE DATA	UPDATED COMPARISON DATA
<p>Impact Objective #1 By 2020, increase the rate of adults and children in McLean County who engage in regular physical activity.</p>	<p>69% - Adults (Behavioral Risk Factor Surveillance System [BRFSS] 2013)</p> <p>39% of adults exercise 3 or more times per week (McLean County Community Health Survey, 2015)</p> <p>27% of adults do not exercise at all (McLean County Community Health Survey, 2015)</p> <p>87% of 8th graders exercise 3 or more times per week (Illinois Youth Survey [IYS], 2016)</p>	<p>Updated BRFSS data is not available</p> <p>49% of adults exercise 3 or more times per week (McLean County Community Health Survey, 2018)</p> <p>20% of adults do not exercise at all (McLean County Community Health Survey, 2018)</p> <p>86% of 8th graders exercise 3 or more times per week (IYS, 2018)</p>

<p>Impact Objective #2 By 2020, increase the consumption of fruits and vegetables and reduce consumption of sugary beverages by all populations in McLean County.</p>	<p>40% - Adult consumption of fruits and vegetables (BRFSS, 2013)</p> <p>40% of adults consume 3-5 fruits and/or vegetables per day (McLean County Community Health Survey, 2016)</p> <p>11-15% of 8th graders consumed fruits and vegetables 4 or more times/day during the past 7 days (IYS, 2016)</p>	<p>Updated McLean County-specific BRFSS data is not available</p> <p>40% of adults consume 3-5 fruits and/or vegetables per day (McLean County Community Health Survey, 2018)</p> <p>9-12% of 8th graders consumed fruits and vegetables 4 or more times/day during the past 7 days (IYS, 2018)</p>
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