Community Health Implementation Plan
(FY2019-FY2021)
HSHS St. Anthony’s Memorial Hospital
Community Health Implementation Plan 2018

Introduction

HSHS St. Anthony’s Memorial Hospital is a general acute care hospital located in Effingham County, Illinois. For more than 140 years, the hospital has been the leader in health and wellness in Effingham and Jasper Counties. HSHS St. Anthony’s provides a wide range of specialties, including general acute care, surgical services, orthopedic care, obstetrics/gynecological services, cardiovascular services, general surgery, outpatient ambulatory services, outreach services and post-acute care services.

HSHS St. Anthony’s partners with other area organizations to address the health needs of the community, living its mission to reveal and embody Christ’s healing love for all people through our high quality Franciscan health care ministry, with a preference for the poor and vulnerable. The hospital is part of Hospital Sisters Health System (HSHS), a highly-integrated health care delivery system serving more than 2.6 million people in rural and midsized communities in Illinois and Wisconsin. HSHS generates approximately $2 billion in operating revenue with 15 hospitals and more than 200 physician practice sites. Our mission is carried out by 14,000 colleagues and 2,100 physicians who care for patients and their families in both states.

HSHS St. Anthony’s conducted a Community Health Needs Assessment in collaboration with the Effingham County Public Health Department, the Jasper County Health Department, the Alliance for a Greater Effingham County and Jasper County Steering Committee in 2017/2018. Primary and secondary data was gathered from multiple sources to assess the needs of Effingham and Jasper Counties. This data was presented to the Effingham County Board of Health, Community Area Service Providers (CASP), HSHS St. Anthony’s Administrative Team, HSHS St. Anthony’s Physician Strategy Committee, and HSHS St. Anthony’s Medical Executive Committee, who together recommended the health priorities to be addressed in the FY2019 through FY2021 Implementation Plan.

Prioritized Significant Health Needs

Based on the data presented and the prioritization process, the following priorities were selected:

- Behavioral Health
- Access to Care
- Chronic Disease Management & Prevention

Health Needs That Will Not Be Addressed

In addition to the three health needs selected as top priorities, community members identified eight other significant health needs in Effingham and Jasper Counties. These issues will be addressed by other organizations in the community. While these issues will not be addressed by the hospital as priority health needs, we will provide support to those community efforts whenever possible.
• **Affordable Housing** – The hospital is not directly involved in initiatives dealing with local housing. The local government takes the lead on this focus area.

• **Education/Schools** – The hospital is not directly involved in initiatives dealing with college graduation rates or student reading proficiency. The local school districts have the expertise to address these issues. The hospital supports education through its School Wellness Program.

• **Crime Rates** – Local law enforcement have the expertise to address this focus area.

• **Infant Mortality** – The hospital does not take the lead on this issue. However, the hospital supports local families, particularly those in possible crisis situations, through support of the Crisis Nursery.

• **Motor Vehicle Deaths/ATV Injuries** – This focus area is addressed by local law enforcement.

• **Teen Pregnancy** – The local school districts take the lead for this focus area.

• **Unemployment/Economy** – Being a provider of health care services through inpatient and outpatient services, the hospital does not have the expertise or resources to address unemployment or the economy in the region. However, as the largest employer in Effingham the hospital is a major contributor to the local economy.

• **Unsafe Sex/Sexually Transmitted Infections** – The local school districts take the lead for this focus area.

**Implementation Plan**

HSHS St. Anthony’s Implementation Plan is part of a broad community effort to address three priority health needs in the community. The hospital works collaboratively with a broad range of direct service organizations, coalitions and government agencies to address these needs.

The Implementation Plan 2018 outlines the actions that the hospital will take to address the health needs of Effingham and Jasper Counties. However, as noted below, many implementation strategies will be implemented collaboratively. Recognizing that no one organization effects substantial community change alone, the long-term outcomes identified in this Implementation Plan will be achieved as many community organizations work together for collective impact.

**Behavioral Health**

**Goal:** In partnership with Heartland Human Services, Crisis Nursery of Effingham County and other organizations, the hospital will increase access to mental health services. The hospital will collaborate with area school districts to address students’ unhealthy behaviors. In addition, the hospital will provide training to area service providers to respond to trauma survivors needs; and support an ordinance to discourage criminal activities related to substance abuse to create safer neighborhoods for residents.

**Long Term Performance Indicators:**

- By June 30, 2021, decrease the percentage of 5 or more mentally unhealthy days reported in the past 30 days from 29.8 percent (reported in 2017) to 28.5 percent or less. (Source: Primary data survey, Effingham County Health Department)
• By June 30, 2021, Effingham and Jasper County data will show a decrease in the average number of mentally unhealthy days reported in the past 30 days from 3.5 (reported in 2018) to 3.4. (Source: County Health Rankings)

**Strategy 1: Crisis Nursery of Effingham County Assistance**
The hospital will provide financial assistance to the Crisis Nursery of Effingham County to reduce the burden of government or other community efforts and provide support of area children, particularly those in possible crisis situations, to improve the health of families in the community. The Crisis Nursery of Effingham County addresses the social determinants of health of economic stability and community and social context. The program provides assistance to families in need of a support system, offers economic stability by providing child care when it is most needed and engages community volunteers.

**Mid Term Performance Indicators:**
• By June 30, 2020, statistics from families surveyed before and after crisis services, will report at least a 70 percent decrease in stress level after crisis nursery services. (Source: Crisis Nursery ARCH-1 surveys administered to families annually. Baseline data used is of families reporting a stress level of 2 (slightly stressed) to 7 (extremely stressed) prior to crisis nursery services.)

**Community Resources/Partners:**
• Crisis Nursery of Effingham County
• Community volunteers

**Hospital Resources:**
• Hospital financial assistance
• Colleague time
• Marketing colleague time and materials

**Supporting Information:**
• Target Population: Underserved families of Effingham and Jasper Counties.
• Evidence Base: *County Health Ranking and Roadmaps* indicates there is strong evidence that child care subsidies are a scientifically supported evidence-based practice and increase employment to low-income families and can reduce child poverty. ([http://www.countyhealthrankings.org/take-action-improve-health/what-works-health/child-care-subsidies](http://www.countyhealthrankings.org/take-action-improve-health/what-works-health/child-care-subsidies))

**Strategy 2: Increase Community Access to Behavioral Health Services**
The hospital will partner with Heartland Human Services (HHS) to provide tele-psychiatry services. HHS is a behavioral health and counseling agency accredited by The Joint Commission and the State of Illinois. With the financial support of the hospital, psychiatry services that were previously unavailable in the community will be made accessible to address patients’ mental and behavioral health needs. In addition, the hospital will partner with the Jasper County Health Department to provide community resource cards to local law enforcement and community partners for distribution to community members who may be in need of behavioral health services.
Mid Term Performance Indicators:
- By June 30, 2020, from program inception in 2018, maintain an average of 80 percent of patients give a rating of 4 (Satisfied) or 5 (Excellent) when asked to “Please rate your overall experience of use.” (Source: Genoa Telepsychiatry: Patient Satisfaction Survey)
- By June 30, 2020, from program inception in 2018, maintain an average of 80 percent of patients give a rating of 4 (Satisfied) or 5 (Excellent) when asked to “Please rate your satisfaction with your provider.” (Source: Genoa Telepsychiatry: Patient Satisfaction Survey)
- By June 30, 2020, of the total community resource cards distributed to community members, 10 percent will result in referrals to the Jasper County Health Department Behavioral Health Services. (Source: Jasper County Behavioral Health Services referral data)

Community Resources/Partners:
- Heartland Human Services
- Effingham Catholic Charities
- Effingham County Health Department
- Jasper County Health Department Behavioral Health Services
- NAMI Group
- Jasper Suicide Prevention Group
- Effingham 708 Mental Health Board

Hospital Resources:
- Hospital financial assistance
- Colleague time
- Marketing colleague time and materials
- Emergency Services department

Supporting Information:
- Target Population: residents with mental health concerns and/or substance abuse.
- Evidence Base: County Health Ranking and Roadmaps show evidence that expected outcomes from tele-mental health services include improved mental health and reduced post-traumatic stress. ([http://www.countyhealthrankings.org/take-action-improve-health/what-works-health/telemental-health-services](http://www.countyhealthrankings.org/take-action-improve-health/what-works-health/telemental-health-services))

Strategy 3: School-based Substance Abuse Awareness Program
The hospital will actively work with area school districts to create awareness of the ramifications of substance abuse to students in area schools.

Mid Term Performance Indicators:
- By June 30, 2020, post student surveys will show 70 percent of students report an increased knowledge of consequences and 70 percent of students report a change in their attitude and intentions towards substance abuse.
Community Resources/Partners:
- Law Enforcement
- Area Schools

Hospital Resources:
- Colleague time
- Program materials

Supporting Information:
- Target Population: Grade School and High School students

Strategy 4: Trauma Informed Care Training
The hospital will offer trauma-informed care training to local service providers and their organizations to educate them on the triggers and vulnerabilities of trauma survivors, and effective interventions.

Mid Term Performance Indicators:
- By June 30, 2020, provide a minimum of one trauma informed care training to local service providers.
- By June 30, 2020, 80 percent of trauma informed care training participants will report an increased knowledge of effective interventions.

Community Resources/Partners:
- Law Enforcement
- Juvenile Justice Council of the Fourth Judicial Circuit
- Area Schools
- County Public Health Departments
- Community Area Service Providers
- Effingham County 708 Mental Health Board

Hospital Resources:
- Colleague time
- Marketing colleague time, materials and advertising costs
- Program materials and publicity for training event

Supporting Information:
- Target Population: broader community
- Evidence Base: County Health Ranking and Roadmaps - Trauma-informed health care is a suggested strategy to improve quality of care and health outcomes for patients who have suffered trauma. (http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/trauma-informed-health-care)
Strategy 5: Support of City of Effingham Landlord Ordinance
The hospital will support a proposed city ordinance aimed at rental property owners to properly maintain their rental properties. The intent of this ordinance is to discourage criminal activities related to substance abuse to create safer neighborhoods for residents.

Mid Term Performance Indicators:
- By June 30, 2020, the hospital will provide a letter in support of the proposed ordinance to the City of Effingham.

Community Resources/Partners:
- City of Effingham Police Department

Hospital Resources:
- Colleague time

Supporting Information:
- Target Population: Low-income community
- Evidence Base: County Health Ranking and Roadmaps show evidence that zoning regulations that address environmental design elements such as aesthetic and safety aspects of the physical environment have the potential beneficial outcomes of reduced crime and improved sense of community.
  (Source: http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/zoning-regulations-for-land-use-policy)

Access to Care
Goal: The hospital will provide assistance programs and health screenings to the community, especially the underserved, to improve the health of the community. In addition, the hospital will partner with local county health departments and transportation agencies to provide educational information on the availability of public transportation services in the area for accessing medical services, work and community activities.

Long Term Performance Indicators:
- By June 30, 2021, show a decline in the hospital’s annual fiscal year Emergency Services and Conventional Care visits related to oral health for adults 18-64 years of age who were self-pay or Medicaid with specific diagnostic codes. (Source: HSHS St. Anthony’s Health Information data report)
- By June 30, 2021, show a decrease in late-stage colorectal cancer diagnoses. (Source: HSHS St. Anthony’s Cancer Registry data)

Strategy 1: Dental Voucher Program
The hospital will collaborate with Effingham Catholic Charities to offer a Dental Voucher Program that provides emergency tooth extractions to the underserved in the hospital’s service area. In addition, the hospital will collaborate with the Jasper County Health Department to promote the availability of the program to its county’s residents. The Dental Voucher Program addresses the social determinants of health through economic stability and health care coverage.
The program assists with dental medical bills that clients are unable to afford by partnering with area dental providers to meet their emergency dental needs.

**Mid Term Performance Indicators:**
- By June 30, 2020, 85 percent or more of clients report a significant or moderate improvement to their quality of life. (Source: Dental Voucher Program client survey data)
- By June 30, 2020, show a 10 percent increase from FY18/19 to FY19/20 in the number of Jasper County residents utilizing the Dental Voucher program. (Source: Effingham Catholic Charities Dental Voucher report)

**Community Resources/Partners:**
- Effingham Catholic Charities
- Dental and Oral Surgery Providers
- Physician Offices
- Jasper County Health Department

**Hospital Resources:**
- Colleague time (community benefit)
- Emergency Services department
- Financial resources

**Supporting Information:**
- Target Population: Low-income community

**Strategy 2: Colorectal Cancer Screenings**
The hospital will conduct annual colorectal cancer screening events during Colorectal Cancer Awareness month, providing free take-home colorectal cancer screenings kits to community members. HSHS St. Anthony’s has made the pledge to help increase colorectal cancer screening rates by supporting the National Colorectal Cancer Roundtable (an organization co-founded by ACS and CDC) 80% by 2018 initiative, a shared goal to have 80 percent of adults aged 50 and older regularly screened for colorectal cancer by 2018.

**Mid Term Performance Indicators:**
- By June 30, 2020, increase the number of take-home colorectal cancer screenings kits distributed at the hospital events by 10 percent annually, from baseline of 87 in 2018. (Source: HSHS St. Anthony’s annual colorectal cancer screening statistics)

**Community Resources/Partners:**
- Jasper County Health Department
- American Cancer Society
• Local Employers  
• Local Businesses

**Hospital Resources:**  
• Colleague time (cancer committee team, community benefit)  
• Convenient Care & Diagnostic Center services  
• Laboratory Department  
• Program materials and screening kits

**Supporting Information:**  
• Target Population: Broader community  

**Strategy 3: Transportation Services Community Education**  
The hospital will collaborate with the Effingham and Jasper public transportation services to create community awareness and education about the availability of area public transportation services to access medical services, work and community activities. This initiative reduces barriers to the underserved by addressing the social determinants of health related to neighborhood and physical environment and economic stability.

**Mid Term Performance Indicators:**  
• By June 30, 2020, increase the number of transportation service rides by Jasper County residents by 5 percent. (Source: Rides Mass Transit data: from a baseline of 5,229 rides in FY17)  
• By June 30, 2020, increase the number of transportation service rides by Effingham County residents by 5 percent. (Source: Central Illinois Public Transit data: from a baseline of 35,080 in FY17)

**Community Resources/Partners:**  
• Rides Mass Transit  
• Central Illinois Public Transit  
• Area County Health Departments

**Hospital Resources:**  
• Colleague time (community benefit)  
• Marketing colleague time, materials and advertising costs  
• Program materials and publicity
Supporting Information:
- Target Population: Underserved community
- Evidence Base: In *The Community Guide*, the Community Preventive Services Task Force (CPSTF) recommends health communication campaigns that use multiple channels, one of which must be mass media, combined with the distribution of free or reduced-price health-related products. ([https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related](https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related))
- Evidence Base: In *The County Health Ranking and Roadmaps*, available evidence suggests that such services can increase mobility among vulnerable populations such as elderly adults, people with disabilities and individuals with low incomes and increase access to medical services, grocery stores, other retailers and community activities. ([http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/rural-transportation-services](http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/rural-transportation-services))

**Strategy 4: MedAssist Emergency Prescription Program**
The hospital will partner with Effingham Catholic Charities to offer emergency medication and short-term prescription assistance to their clients. This program increases access to healthcare for the underserved in the community.

**Mid Term Performance Indicators:**
- By June 30, 2020, assist a minimum of 240 clients annually through the MedAssist Emergency Prescription Program. (Source: Effingham Catholic Charities MedAssist data, baseline of 246 clients assisted in FY17)

**Community Resources/Partners:**
- Effingham Catholic Charities
- Area physician offices

**Hospital Resources:**
- Colleague time (community benefit)
- Financial resources

**Supporting Information:**
- Target Population: Underserved community

**Strategy 5: School Hearing/Vision Program**
To improve access to health care services and reduce the burden to area schools, HSHS St. Anthony’s will offer hearing and vision screenings free of charge to Effingham County schools to assist them in meeting a State of Illinois requirement.
Mid Term Performance Indicators:
- Provide the State mandated hearing/vision screenings annually to all required students in Effingham County schools.

Community Resources/Partners:
- Effingham County Schools

Hospital Resources:
- Colleague time (hearing/vision)
- Travel
- Program materials

Supporting Information:
- Target Population: Underserved and broader community

Chronic Disease Management & Prevention
Goal: In partnership with community organizations, the hospital will provide access to resources (medical and nutritional) to the underserved and broader community. In addition, the hospital will collaborate with other organizations to promote health and address factors that lead to chronic diseases.

Long Term Performance Indicators:
- By June 30, 2021, decrease the Adult Diabetes Prevalence in Effingham and Jasper Counties from baseline of 8.99 percent for report area to match the state rate of 8.47 percent (Source: CDC, National Center for Chronic Disease Prevention and Health Promotion-2013, source geography: county)
- By June 30, 2021, show a decrease in the Adult Obesity Prevalence in Effingham and Jasper Counties from baseline of 30.8 percent in the report area to 29.8 percent. (Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, source geography: county)
- By June 30, 2021, increase fruit consumption rate of 4 or more times a week to 36 percent compared to the current rate of 33 percent; and increase vegetable consumption of 4 or more times a week to 51 percent compared to the current rate of 48 percent. (Source: Primary data survey, Effingham County Health Department)

Strategy 1: Community Diabetes Program
The hospital will provide diabetes management services to the underserved in its service area to improve clients’ health outcomes related to the chronic disease of diabetes. This program will address the social determinants of health related to economic stability and health care systems.
The program helps clients with medical expenses related to controlling their diabetes, and access to a registered dietitian to assist them in managing their disease.

**Mid Term Performance Indicators:**
- By June 30, 2020, show a decrease in the average A1c levels of program participants. (Annual Community Diabetes Program statistics)
- By June 30, 2020, show a decrease in the average weight of program participants. (Annual Community Diabetes Program statistics)

**Community Resources/Partners:**
- Effingham Catholic Charities
- Jasper County Health Department
- Area Physician Offices

**Hospital Resources:**
- Colleague time (Clinical Nutrition Services, Marketing, Community Benefit)
- Travel
- Program materials
- Financial resources (laboratory testing, monitoring and medication supplies)

**Supporting Information:**
- Target Population: Underserved and broader community

**Strategy 2: School Wellness Program**
The hospital will provide an educational program designed to educate and instill good habits in children to increase their physical activity levels and teach them valuable nutritional lessons. The program is aimed at influencing healthy choices at an early age to reduce their chances of developing chronic diseases later in life.

**Mid Term Performance Indicators:**
- By June 30, 2020, show a 25 percent average increase each school year between the pre-test and post-test scores on participants’ knowledge about nutrition and exercise. (Source: School Wellness Program Test Score Data)

**Community Resources/Partners:**
- Area elementary schools
Hospital Resources:
- Colleague time (Community Benefit)
- Travel
- Program materials

Supporting Information:
- Target Population: Underserved and broader community
- Evidence Base: In *The Community Guide*, the Community Preventive Services Task Force (CPSTF) recommends healthy eating learning opportunities, such as nutrition education and other strategies that give children knowledge and skills to choose and consume healthier foods and beverages. ([https://www.thecommunityguide.org/findings/obesity-multicomponent-interventions-increase-availability-healthier-foods-and-beverages](https://www.thecommunityguide.org/findings/obesity-multicomponent-interventions-increase-availability-healthier-foods-and-beverages))
- Evidence Base: The curriculum uses proven resources including the USDA MyPlate.gov, Operation FitKids from the American Council on Exercise, American Heart Association and the EPA SunWise program.

**Strategy 3: Nutrition Education**
The hospital will develop at least four nutrition awareness educational programs/activities/media campaigns annually to educate the community on the importance of good nutrition to address chronic diseases such as diabetes, cancer and heart disease.

**Mid Term Performance Indicators:**
- By June 30, 2020, at least 75 percent of participants in nutrition awareness presentations will indicate an increase in knowledge of the effects of good nutrition to address chronic diseases. (Source: Program Exit Surveys)
- By June 30, 2020, digital media campaigns related to nutrition will produce a click through rate of 0.3 percent or higher.

**Community Resources/Partners:**
- Area food pantries
- Effingham Unit 40 and Jasper Unit 1 Blessings in a Backpack
- Head Start
- Ministerial Association
- Jasper County Health Department
- Effingham Catholic Charities
- University of Illinois County Extension Center

**Hospital Resources:**
- Colleague time (Clinical Nutrition Services, Community Benefit)
- Program Support Materials

**Supporting Information:**
- Target Population: Underserved and broader community
• Evidence Base: In The Community Guide, the Community Preventive Services Task Force (CPSTF) recommends health communication campaigns that use multiple channels, one of which must be mass media, combined with the distribution of free or reduced-price health-related products. ([https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related](https://www.thecommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-media-and-health-related))

**Strategy 4: Food Pantry Donations**

The hospital will work with Effingham Catholic Charities food pantry to fill any nutrition gaps by subsidizing the cost of healthy foods and make healthy food bags available to clients to support the overall program. In addition, dietitians will participate in area food pantries to educate clients on the preparation of healthy foods. The program addresses food insecurity while ensuring that clients have healthy choices available.

**Mid Term Performance Indicators:**

- By June 30, 2020, show a 10 percent increase from FY18/19 to FY19/20 in the usage of the healthy food bags by food pantry clients.
- Annually, dietitians will participate at least three times a year at area food pantries, which include Effingham Catholic Charities and the Newton Master’s Hand food pantries.

**Community Resources/Partners:**

- Effingham Catholic Charities food pantry
- Newton Master’s Hand food pantry

**Hospital Resources:**

- Colleague time (Clinical Nutrition Services)
- Financial resources (healthy food bag donations)

**Supporting Information:**

- Target Population: Low-income community
- Evidence Base: In The Community Guide, the Community Preventive Services Task Force (CPSTF) recommends meal interventions and fruit and vegetable snack interventions to increase the availability of healthier foods and beverages. ([https://www.thecommunityguide.org/findings/obesity-meal-fruit-vegetable-snack-interventions-increase-healthier-foods-beverages-schools](https://www.thecommunityguide.org/findings/obesity-meal-fruit-vegetable-snack-interventions-increase-healthier-foods-beverages-schools))

**Strategy 5: Support of Tobacco 21 State Legislation**

The hospital will continue to support proposed state legislation to increase the minimum age of tobacco sales to 21 years old. The intent of this legislation is to discourage teens and young adults from smoking. Support of this bill will assist efforts to prevent the chronic diseases linked to the use of tobacco products.

**Mid Term Performance Indicators:**

By June 30, 2020, the hospital will work to increase local support of the proposed Tobacco 21 State of Illinois bill.
Community Resources/Partners:
- State Legislators
- Local Government
- Area County Health Departments

Hospital Resources:
- Colleague time

Supporting Information:
- Target Population: Area youth
- Evidence Base: *County Health Ranking and Roadmaps* advises that increasing the minimum legal tobacco age to 21 is a suggested strategy to reduce tobacco use among youth. ([http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/minimum-tobacco-age-laws](http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/minimum-tobacco-age-laws))

Next Steps

The Implementation Plan outlines a three-year community health improvement process. Annually, the hospital will:

- Review the Implementation Plan and update strategies for the following fiscal year.
- Set and track annual performance indicators for each implementation strategy.
- Track progress toward Mid Term Performance Indicators.
- Report progress toward the performance indicators to the hospital board, hospital leadership committees and community steering committees.
- Share actions taken and outcomes achieved to address priority health needs with the community at large.

Approval

The Implementation Plan was adopted by the hospital’s board on May 29, 2018.

[Signature]

Dorothy Behrns, APN, FNP-C, Chairperson
HSHS St. Anthony’s Memorial Hospital,
Effingham, Board of Directors