



AMITA Health Adventist Medical Center La Grange

Community Health Needs Assessment
Implementation Strategy

2020-2022

Executive Summary

AMITA Health Adventist Medical Center La Grange (AHAMCLG) and members of the Alliance for Health Equity, a collaborative of over 30 hospitals, 7 health departments, and 100 community partners, have worked together over the last 12 months to build this comprehensive Community Health Needs Assessment (CHNA) in Chicago and Cook County. Using the Mobilizing for Action through Planning and Partnerships (MAPP) model for the CHNA, the Alliance engaged diverse groups of community residents and stakeholders and gathered robust data from various perspectives about health status and health behaviors.

Together with our community stakeholders, we have identified the following prioritized health needs in our community:

Social and Structural Determinants of Health, including policies that advance equity and promote physical and mental well-being, and conditions that support healthy eating and active living.

Access to Care, Community Resources, and Systems Improvements, consisting of timely linkage to appropriate care, and resources, referrals, coordination, and connection to community-based services.

Mental Health and Substance Use Disorders, especially reducing stigma, increasing the reach and coordination of behavioral health services, and addressing the opioid epidemic.

Chronic Condition Prevention and Management, focusing especially on metabolic diseases such as diabetes, heart disease, and hypertension, and on asthma, cancer, and complex chronic conditions.

It is to be noted that as part of the AHAMCLG service area resides in DuPage County, the prioritized health needs identified on the 2018 collaborative assessments led by Impact DuPage, were similar to those identified on the suburban Cook County assessment. The DuPage County prioritized health needs were identified as: Behavioral Health (including Mental Health and Substance Use Disorders); Health Status Improvement; Affordable Housing.

To be successful, AHAMCLG will continue to partner with the Alliance for Health Equity to adopt shared and complimentary strategies and leverage resources to improve efficiencies and increase effectiveness for overall improvement. Data sharing across the local public health departments was instrumental in developing the CHNA and will continue to be an important tool for establishing, measuring, and monitoring outcome objectives.

AHAMCLG has developed a Community Health Implementation Plan for the next three years that describes the programs we are undertaking to address these prioritized health needs in our community.

Prioritized Health Needs

The following prioritized health needs will be addressed in the 2020-2022 implementation strategy:

- **Social & Structural Determinants of Health**
- **Access to Care, Community Resources and Systems Improvement**
- **Mental Health and Substance Use Disorders**
- **Chronic Condition Prevention and Management**

This implementation strategy was approved by the Adventist Midwest Health Board on January 23, 2020. The collective monitoring, reporting progress and revising will ensure the plan remains relevant and effective.

Our Hospital and Community

AMITA Health

AMITA Health is an award-winning health system committed to delivering compassionate care to nearly 6.6 million residents in Chicago and its surrounding suburbs.

As a faith-based health system in the respective Catholic and Adventist traditions, AMITA Health is committed to delivering inclusive and compassionate care, communicating clearly with patients and their families, respecting the faith traditions of all people, and honoring the dignity of everyone we serve. When people come to AMITA Health, they can expect to receive the very best care — and to be treated like family.

In keeping with the faith-based traditions of its legacy health systems, AMITA Health treats the whole person, including the physical, emotional, mental and spiritual needs of the people it serves. The system continually works to identify and to address community health needs, with a special focus on serving the needs of the poor, vulnerable and marginalized. AMITA Health annually provides more than \$82 million in community health and transformation programs and \$48 million in financial assistance.

AMITA Health Adventist Medical Center LaGrange

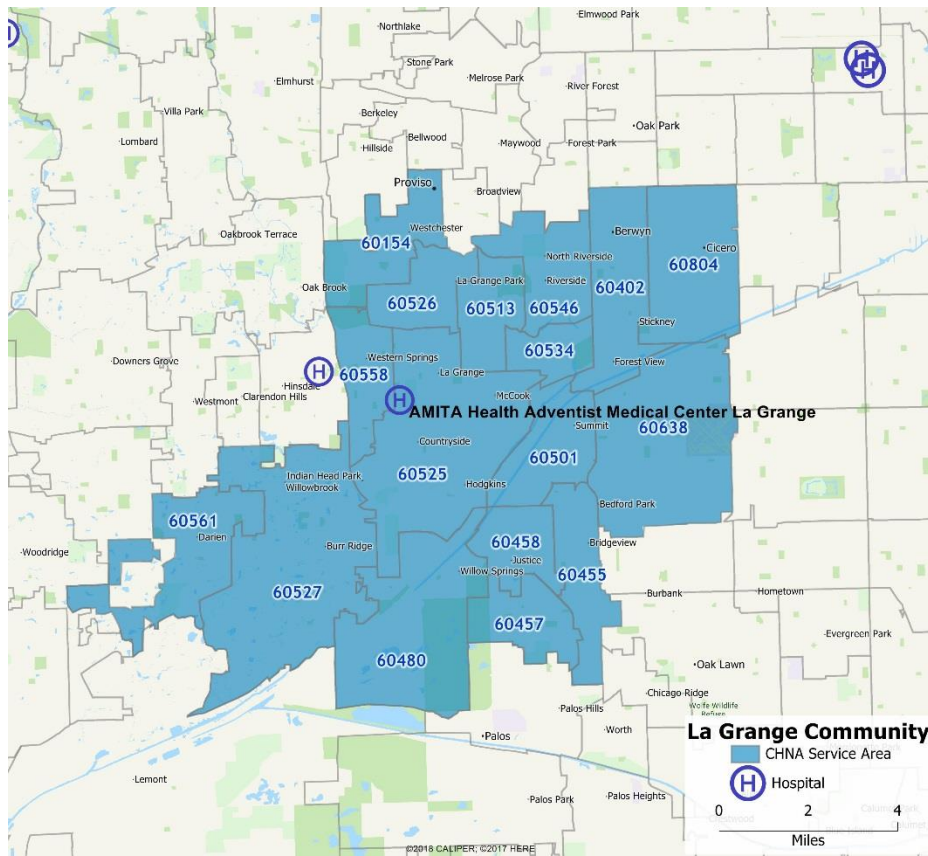
AMITA Health Adventist Medical Center LaGrange is a 196- bed, full service medical facility that provides high-quality, compassionate and family-centered medical care to the 433,448 residents of LaGrange and the surrounding communities. AHAMCLG has received a five-star rating from the Centers for Medicare & Medicaid Services (CMS), the only hospital in Cook County to achieve this. AHAMCLG is home to a state-of-the-art facility offering the latest in emergency medical and surgical care (including da Vinci™ Robotic-Assisted Surgery), medical lab and imaging services heart and vascular care, cancer care, orthopedic and neurological care, obstetrical and women’s services, and access to top specialists.

Alliance for Health Equity

In 2018 and 2019, AMITA Health Adventist Medical Center LaGrange participated in the Alliance for Health Equity (AHE), facilitated by the Illinois Public Health Institute. Together, the Alliance developed a collaborative Community Health Needs Assessment (CHNA) for Cook County. The link to our Collaborative Community Health Needs Assessment for Chicago and Suburban Cook County can be found at allhealthequity.org/2019-chna-reports/.

AHAMCLG Community

The AHAMCLG community consists primarily of LaGrange and the surrounding area. We define the AHAMCLG primary service area as the collection of ZIP codes where approximately 75% of hospital patients reside, and we focus our community health improvement on this service area. Most of the service area resides in suburban Cook County with part of the western service area in DuPage County.



Prioritized Health Need: Social & Structural Determinants of Health

Priority Overview: The social and structural determinants of health such as poverty, unequal access to community resources, unequal education funding and quality, structural racism, and environmental conditions are underlying root causes of health inequities. Additionally, social determinants of health often vary by geography, gender, sexual orientation, age, race, disability, and ethnicity. The strong connections between social, economic, and environmental factors and health are apparent in Chicago and suburban Cook County, with health inequities being even more pronounced than many national trends. Within the AHAMCLG primary service area there are identified food deserts especially near low-income and higher poverty communities.

Goal: Increase the availability of healthy foods within the low-income community.

Strategy: Mobile Food Pantries

In collaboration with the Greater Chicago Food Depository (GCFD), implement the deployment of Mobile Food Pantries, in areas of high need in the AHAMCLG community. Work with community partner organizations to help promote the availability of and locations of the pantries. Begin food insecurity screenings with patients of the La Grange Family Medicine Residency Clinic, which serves a low-income population, to navigate those in need to the pantries. On average, each truck serves 220 individuals with free healthy food options that they normally would not obtain on their limited incomes

Anticipated Impact: By December 2022, a monthly average of 200 persons will be provided with free healthy food options through the Mobile Food Pantry programming.

Next Steps:

- Identify community partners to engage on this initiative
- Develop schedule of pantries with GCFD
- Promote the availability of pantries within internal and external audiences
- Initiate food insecurity tool at the La Grange Family Medicine Residency Clinic
- Continuously explore ways to expand program offerings or reach more persons in need
- Track outcomes related to the deployment of pantries

Prioritized Health Need: Access to Care, Community Resources & Systems Improvement

<p>Priority Overview: Healthy People 2020 states that access to comprehensive healthcare services is important for achieving health equity and improving quality of life for everyone. Disparities in access to care and community resources were identified as underlying root causes of many of the health inequities experienced by residents in Cook County. Homelessness in the AHAMCLG continues to be an issue.</p>
<p>Goal: Increase access to health care for homeless persons in the AHAMCLG primary service area.</p>
<p>Strategy: Beds Plus Collaboration</p> <p>In collaboration with Beds Plus, a non-profit agency in the La Grange community working to end homelessness and stabilize lives, the La Grange Family Medicine Residency Clinic will continue to offer day program health consultations and linkages to routine health services.</p>
<p>Anticipated Impact: By December 2022, 70% of persons utilizing the Beds Plus day program will be connected to a medical home.</p>
<p>Next Steps:</p> <ul style="list-style-type: none"> • Continue provision of medical residents to provide health consultations to homeless persons presenting at the Beds Plus day program • Assist in the navigation to and securing of a medical home for further and routine health care • Collaborate with Beds Plus and other local homeless providers to assist with other medical and non-medical needs as appropriate • Track outcomes on the populations served

<p>Priority Overview: Healthy People 2020 states that access to comprehensive healthcare services is important for achieving health equity and improving quality of life for everyone. Disparities in access to care and community resources were identified as underlying root causes of many of the health inequities experienced by residents in Cook County. High poverty rates, food deserts, low access to health clinics, high housing costs and low educational attainment are issues in the AMCLGH primary service area.</p>
<p>Goal: Increase patient and community members connection to services to reduce social determinants of health through the provision of the AMITA Health Community Resource Directory (Aunt Bertha).</p>

Strategy: Aunt Bertha (Search & Connect)

Through this online directory, our associates and physicians as well as our community partners and the community-at-large, can search a vetted and updated catalog of free or reduced cost services such as medical care, food, job training, utility assistance, housing, transportation, legal services and more. This directory provides a need-based, customized list of services for patients and provides the hospitals with reports on the top needs of their patient population. The data provided by Aunt Bertha can be used to enhance, grow and target population health as well as community health initiatives.

Anticipated Impact: By December 2022, 60% of patients in need will be directly referred to a local agency for assistance using the AMITA Health Community Resource Directory (Aunt Bertha).

Next Steps:

- Add additional local community organizations relevant to the AHAMLG patient population
- Work with local community organizations on the ability for AHAMLG to directly refer patients for services or programming
- Increase internal users targeting associates and physicians
- Implement a routine communication plan for internal and external users
- Track outcomes and continuously look for areas of improvement to reach additional persons in need

Prioritized Health Need: Mental Health & Substance Use Disorders

Priority Overview: Behavioral health continues to be a primary concern in Cook County. Addressing behavioral health requires attention to substance use disorders as well as mental health. The AHAMCLG service area has higher incidence of emergency department visits for mental health and substance use disorders.

Goal: Increase persons trained in the community on Mental Health First Aid (MHFA) to increase identification of those in a crisis and reduce stigma associated with mental health issues.

Strategy: Mental Health First Aid

In response to a demonstrated system and state-wide need of addressing barriers to accessing and utilizing mental health services, AMITA Health Adventist Medical Center La Grange and its community partners will implement an evidence-based program, Mental Health First Aid (MHFA), to reduce the stigma associated with mental illness and improve the coordination of mental health care. MHFA trains community residents and first responders to recognize, respond, and seek assistance for signs of mental illness and substance abuse.

Anticipated Impact: By December 2022, AMITA Health Adventist Medical Center La Grange and its community partners will have trained 200 persons in Mental Health First Aid.

Next Steps:

- Identify target audience for trainings with the AHAMCLG primary service area such as faith communities, first responders, law enforcement and youth providers.
- Plan annual calendar of trainings to be offered at AHAMCLG through the local MHFA training consortium.
- Promote availability of training with target audiences.
- Collect standardized feedback on trainings.

Priority Overview: Behavioral health continues to be a primary concern in Cook County. Addressing behavioral health requires attention to substance use disorders as well as mental health. In addition, research indicates that better integration of behavioral health services, including substance use treatment, into the healthcare continuum has a positive impact on overall health outcomes. The AHAMCLG service area has higher incidence of emergency department visits for mental health and substance use disorders.

Goal: Increase access and engagement in mental health services that are integrated in the primary care setting.

Strategy: Partnership with Pillars Community Health

To identify those with mental health needs and navigate to services, especially the low-income population, we partnered with Pillars Community Health to integrate mental health screenings at all primary care visits. Using the SBIRT (Screening, Brief Intervention, and Referral for Treatment) protocol, adults, adolescents (12-17 years) and youth (4-11 years) will be screened on depression, anxiety, substance abuse, domestic violence and/or developmental delays. Those patients testing positive will have a documented follow-up plan including a scheduled visit for a behavioral health appointment.

Anticipated Impact: By December 2022, 70% of those individuals identified as needing a behavioral health appointment will engage in at least one visit with scheduled Behavioral Health Consultant.

Next Steps:

- Continue collaboration with Pillars Community Health to ensure program is set for success and reaching intended target communities
- Link Pillars Community Health to AMITA associates to ensure provision of patient referrals to the program.
- Monitor quarterly outcome reports

Prioritized Health Need: Chronic Condition Prevention & Management

Priority Overview: The number of individuals in the U.S. who are living with a chronic disease is projected to continue increasing well into the future. Sixty-five percent of deaths in suburban Cook County were due to chronic diseases. As a result, it will be increasingly important for the healthcare system to focus on prevention of chronic disease and the provision of ongoing care management.

Goal: Increase access to care for low-income populations in the AHAMCLG service area for the prevention and management of chronic conditions.

Strategy: Partnership with Pillars Community Health

Continue partnership with Pillars Community Health in addressing the chronic health issues that disproportionately affect low income population including obesity and diabetes. Adults and youth (3-17 years) with elevated BMI levels will receive a documented follow up plan including nutrition and physical activity counseling sessions. Adults with diabetes will be managed to keep hemoglobin A1C < 9.0%.

Anticipated Impact: By December 2022, 70% of adult patients diagnosed with diabetes will keep their hemoglobin A1C < 9.0%.

Next Steps:

- Continue collaboration with Pillars Community Health to ensure program is set for success and reaching intended target communities
- Link Pillars Community Health to AMITA associates to ensure provision of patient referrals to the program.
- Monitor quarterly outcome reports

Publication

AMITA Health Adventist Medical Center La Grange will share this document with internal stakeholders including associates, volunteers and physicians. This Implementation Strategy is available at amitahealth.org/about-us/community-benefit and is also broadly distributed within our community to stakeholders including community leaders, government officials, and service organizations.

We welcome feedback on the Community Health Needs Assessment and this Implementation Strategy. Kindly send any feedback you have to the following address:

AMITA Health
Attn: Community Benefit
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Lisle, IL 60532