

# 2017-2019 Community Health Improvement Plan McLean County/Illinois 2018 Progress Report



# Community Health Improvement Plan

## 2018 Progress Report – Executive Summary

Advocate BroMenn Medical Center, the McLean County Health Department, OSF HealthCare St. Joseph Medical Center and United Way of McLean County, with the guidance of the McLean County Community Health Council, collaborated together for the first time for the 2016 McLean County Community Health Needs Assessment. The completion and approval of the 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.

This effort led to the development and implementation of the 2017 – 2019 McLean County Community Health Improvement Plan. The purpose of the McLean County Community Health Improvement Plan is to improve the health of McLean County residents by developing and maintaining partnerships to implement interventions, encouraging health and healthcare access awareness, and promoting healthy lifestyle choices that can improve health and reduce the risk of death and disability. For the three-year period of 2017-2019, McLean County stakeholders are working together to implement the McLean County Community Health Improvement Plan in order to positively impact the three health priorities, with attention to areas of socioeconomic need, as socioeconomic status is frequently a predictor of health outcomes.

In 2018, Chestnut Health Systems joined this collaborative effort replacing United Way of McLean County as one of the four lead agencies. 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.

- In 2018, community efforts resulted in over half of the targets being achieved or performance improved for several indicators;
- Several evidence-based programs were continued or expanded, particularly for the behavioral health initiatives; and,
- Due to strong community partners, ‘related improvement plan accomplishments’ escalated in each health priority.

The 2018 Progress Report that follows was reviewed by the McLean County Community Health Council on February 14, 2019. The completion of the progress report for 2019 will be posted in 2020, with the 2019 report summarizing the overall outcomes and impact objectives.

## McLean County Community Health Improvement Plan: Behavioral Health 2018 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 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)
- Age-adjusted ER visits due to alcohol abuse: 50.7 visits per 10,000 (*Healthy Communities Institute, 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 in 2018
<p><b>IMPACT OBJECTIVE #1:</b> 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)</p>	<p><b>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.</b></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,</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• Conduct an inventory of evidence-based programs aimed at reducing alcohol use in adults in McLean County</li> <li>• # of public school districts in McLean County where Too Good for Drugs is implemented (baseline: 6 public school districts- Project Oz, 2016)</li> </ul>	<ul style="list-style-type: none"> <li>• Completed April 2017</li> <li>• 2018: 8 public school districts 2017: 8 schools</li> </ul>

<p>[BRFSS], 2013); 8<sup>th</sup> graders – 26% (Illinois Youth Survey [IYS], 2012); 12<sup>th</sup> graders – 64% (IYS, 2012)</p> <p><i>Healthy People 2020 (HP 2020) Alignment:</i></p> <ul style="list-style-type: none"> <li>• Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days</li> <li>• Reduce the proportion of adults who drank excessively in the previous 30 days</li> </ul>	<p><i>decision-making ability, intentions to use illicit substances, substance use behavior, and intentions to engage in aggressive behavior. Too Good for Drugs programs have demonstrated effectiveness in third party evaluations. Evaluation studies for the evidence-based program Too Good for Drugs 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><a href="http://www.toogoodprograms.org/too-good/evidence-base/">http://www.toogoodprograms.org/too-good/evidence-base/</a></p> <p><b>Support evidence-based programs with coping skills component in McLean County.</b></p>	<ul style="list-style-type: none"> <li>• # of students in McLean County public schools participating in Too Good for Drugs (baseline: 2,472 Project Oz, 2016)</li> <li>• Conduct an inventory of programs with a coping skills component offered in public schools and community organizations in McLean County</li> <li>• Develop a list of programs with a coping skills component to distribute to or available for appropriate stakeholders (i.e., superintendents)</li> <li>• # of students in McLean County public schools participating in the Illinois Youth Survey (baseline: 2,187 students, Illinois Youth Survey, 2016)</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• Average improvement in student pre and post-test scores for Too Good for Drugs (baseline: +2.11, Project Oz, 2016)</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 2,743 students 2017: 3,016 students</li> <li>• 2017: Completed</li> <li>• List is services based, not program based</li> <li>• 2018: 3,246 students in McLean County took Illinois Youth Survey. 2017: 1,668 students</li> <li>• 2018: +2.5 improvement 2017: +2.33 improvement</li> </ul>
<p><b>IMPACT OBJECTIVE #2: By 2020, reduce the proportion of McLean County adults reporting 8-30 days of “not good” mental health per month.</b></p> <p>Baseline: 13.9% (BRFSS, 2013)</p>	<p><b>Offer Mental Health First Aid (MHFA) to the community.</b> 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</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• # of MHFA courses sponsored by Advocate BroMenn Medical Center (baseline: 4 courses – McLean County MHFA Collaborative, 2016)</li> <li>• # of MHFA courses sponsored by OSF St. Joseph Medical Center (baseline: 3 courses – McLean County MHFA Collaborative, 2016)</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 3 courses for community members 2017: 6 courses</li> <li>• 2018: 3 courses for community members, 4 courses for employees 2017: 3 courses</li> </ul>

<p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> <li>• Reduce the suicide rate</li> <li>• Reduce suicide attempts by adolescents</li> </ul>	<p><i>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) less stigmatizing attitudes and decreased social distance for people with mental disorders.</i></p> <p><a href="http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202">http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202</a></p>	<ul style="list-style-type: none"> <li>• # of McLean County community members trained in MHFA per year (baseline: 350 community members, MHFA Collaborative, 2016)</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• % of MHFA course participants that “Agree” or “Strongly Agree” that they are More Confident About Being Aware of Their Own Views &amp; Feelings About Mental Health Problems &amp; Disorders (baseline: 98% of survey respondents-McLean County MHFA Collaborative, 7/1/14-6/30/16)</li> <li>• % 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)</li> <li>• % 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)</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 736 community members trained 2017: 253 members</li> <li>• 2018: 96% of participants trained agree or strongly agree to being ‘more confident’ after the class 2017: 98.6%</li> <li>• 2018: 72.6% of follow-up survey participants feel prepared, 27% feel somewhat prepared (follow-up survey participants include individuals who had taken the course up to 3+years prior) 2017: No survey conducted</li> <li>• 2018: 72.6% of follow-up survey participants feel prepared, 24% feel somewhat prepared (follow-up survey participants include individuals who had</li> </ul>
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			taken the course up to 3+years prior) 2017: No survey conducted
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**RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS**

- The McLean County Board hosted a Community Behavioral Health Forum on October 8, 2018. Approximately 100 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 the fall of 2018 from the Illinois Department of Human Services (DHS) Division of Substance Use Prevention and Recovery. The grant will be used 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 2018, OSF HealthCare St. Joseph Medical Center was granted funds for Behavioral Health initiatives to train OSF employees to better impact our patients who struggle with mental health diagnoses. Funding went to the Center for Human Services for education, tools, and resources to provide the training.
- 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 mechanism 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. In 2018, services were provided to 297 students at four locations.
- In December 2018, the Illinois State University’s School Psychology Internship Consortium and the Central Illinois Area Health Education Center held a suicide prevention showcase focusing on working with trauma-affected and suicidal youth. 48 people attended the event.

**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 in 2018
<p><b>IMPACT OBJECTIVE #1: By 2020, reduce the proportion of McLean County adults who did not access counseling services due to embarrassment or fear.</b></p> <p>Baseline: Embarrassment – 16%; Fear – 14% (McLean County Community Health Survey, 2015)</p> <p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> <li>• Increase the proportion of children with mental health problems who receive treatment</li> <li>• Increase the proportion of adults</li> </ul>	<p><b>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.</b></p> <p><b>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.</b></p> <p><b>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.</b></p> <p><i>Evidence: NAMI Ending the Silence is a mental health awareness and suicide prevention program that destigmatizes mental illness, offers hope for</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• Establish a baseline for the # of ACE’s/trauma awareness programs or presentations offered in McLean County</li> <li>• Establish a baseline for the # of community members participating in ACE’s/trauma awareness programs or presentations offered in McLean County</li> <li>• Establish a baseline for the # of McLean County public schools offering ACE’s/trauma awareness training</li> <li>• # of campaign messages, and types, aimed at reducing behavioral health stigma</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 42 presentations 2017: 21 presentations</li> <li>• 2018: 954 community members 2017: 580 members</li> <li>• 2018: 33 public schools 2017: 10 schools</li> <li>• 2018: Collaborative social media campaign began in February 2018 – monthly messages posted.</li> </ul>

<p><i>with mental health disorders who receive treatment</i></p>	<p><i>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 Medical Center and NAMI Livingston/McLean Counties.</i></p>	<ul style="list-style-type: none"> <li>• # of public schools in McLean County where Ending the Silence is implemented (baseline: 3 public school, Project Oz, 2016)</li> <li>• # of students in McLean County public schools participating in Ending the Silence (baseline: 677 students, Project Oz, 2016)</li> <li>• Explore establishing a baseline for youth not accessing counseling due to embarrassment or fear</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• % 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)</li> </ul>	<ul style="list-style-type: none"> <li>- 40,692 people reached on Facebook</li> <li>- 1,153 Facebook interactions</li> <li>- 9,489 Twitter impressions</li> </ul> <p>2017: Subcommittee formed</p> <ul style="list-style-type: none"> <li>• 2018: 17 public schools 2017: 11 schools</li> <li>• 2018: 3,120 students 2017: 2,535 students</li> <li>• 2017: Additional questions are no longer permitted on the Illinois Youth Survey.</li> <li>• 2018: 97% students agree with the statement 2017: 92%</li> </ul>
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<p><b>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.</b></p> <ul style="list-style-type: none"> <li>• Baseline: 99% (McLean County MHFA Collaborative, 7/1/14 – 6/30/16)</li> </ul>	<p><b>Offer Mental Health First Aid (MHFA) to the community.</b> 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) less stigmatizing attitudes and decreased social distance for people with mental disorders.</i></p> <p><a href="http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202">http://www.dbsalliance.org/site/DocServer/MHFA_Evidence.pdf?docID=8202</a></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• # of MHFA courses offered to residents in McLean County (baseline: 17 courses, McLean County MHFA Collaborative, 2016)</li> <li>• # of McLean County community members trained in MHFA per year (baseline: 350 community members, MHFA Collaborative, 2016)</li> <li>• The McLean County MHFA Collaborative will continue to explore grant opportunities for MHFA courses in McLean County</li> <li>• The McLean County MHFA Collaborative will offer a Youth MHFA Instructor Training Course at the McLean County Health Department in 2017.</li> <li>• Advocate BroMenn Medical Center will send one employee to MHFA Instructor Training in 2017.</li> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 54 courses</li> <li>2017: 13 courses</li> <li>• 2018: 736 community members</li> <li>2017: 253 members</li> <li>• 2018: No applications were submitted</li> <li>2017: No applications were submitted</li> <li>• 2017: Completed June 2017 (8 instructors were trained)</li> <li>• 2017: Completed</li> <li>• 2018: OSF HealthCare St. Joseph Medical Center held 4 MHFA courses for employees.</li> </ul>

		<p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• % 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 &amp; Reassurance</i> (baseline: 97% of survey respondents, McLean County MHFA Collaborative, 7/1/14–6/30/16)</li> <li>• % 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)</li> <li>• % 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)</li> </ul>	<p>2017: Advocate BroMenn Medical Center offered 4 MHFA courses for employees</p> <ul style="list-style-type: none"> <li>• 2018: 95.5% participants agree or strongly agree with the statement 2017: 98%</li> <li>• 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)</li> <li>• 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)</li> </ul>
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## RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- 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 settings: 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 2018, Project Oz provided additional suicide prevention education services to a variety of community members, including 450 Illinois State University student-athletes, 25 community members at Westminster Village (1 session), 20 school staff members at High Road School (1 session), 55 staff members at Unit 5 junior high schools (2 sessions), 50 employees at Pioneer in LeRoy, and 55 community members at the annual Behavioral Health Forum (3 sessions).
- In 2018, Project Oz coordinated a screening of the suicide prevention film "Suicide: the Ripple Effect," which was attended by approximately 100 community members and shared information about mental health and suicide prevention during three ten-minute segments on WJBC.
- At the beginning of the fall 2018 Semester, Project Oz began recording the number of students who reached out for help as a direct result of presentations. Students can ask for help if they have noticed mental health warning signs in themselves or peers by completing an optional self-referral component of the student evaluation. All students who ask for help are connected with their school guidance counselors, creating an opportunity for early intervention. During the fall semester, 287 students reached out directly through student evaluations and received support from their guidance counselors. This is approximately 13% of the 2,179 students who participated in the fall semester presentations.
- In the fourth quarter of 2018, The Boys and Girls Club of Bloomington-Normal collaborated with Integrity Counseling to refer club families in need of mental health services.
- OSF Medical Group Primary Care Offices integrated behavioral health as part of the team care model, in addition to behavioral health navigators, supplemented by SilverCloud. In 2018, 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 adult individuals.
- 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.

***\*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 for the Underserved and Areas of High Socioeconomic Needs 2018 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 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)
- African-American (average of 10 ER visit indicators): 96.73 visits per 10,000 (*Healthy Communities Institute, Illinois Hospital Association, 2012-2014*)

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 in 2018
<p><b>IMPACT OBJECTIVE #1:</b> By 2020, increase the proportion of McLean County adults indicating they have access to a physician.</p> <p>Baseline: 80% (McLean County Community Health Survey, 2015)</p> <p><i>Healthy People 2020 (HP 2020) Alignment:</i></p>	<p><b>Increase the capacity of health care clinics serving the low-income population in McLean County.</b></p> <p><b>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.</b></p>	<p><u>Process Indicators:</u></p> <ul style="list-style-type: none"> <li>• # of clinical full-time equivalents (FTEs) added at community health care clinics (CHCC) in McLean 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)</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: Chestnut Health: 3.5 FTEs; CHCC: 2.6 FTEs; IHC: 0.0 FTE (down 1.25 FTEs from CY17 due to organization closing in April 2018)</li> <li>• 2017: Chestnut Health: 3.5 FTEs, CHCC: 1.8 FTEs, IHC: 1.25 FTEs</li> </ul>

<ul style="list-style-type: none"> <li>• <i>Increase the proportion of persons with a consistent primary care provider</i></li> <li>• <i>Increase the proportion of insured persons with coverage for clinical preventive services</i></li> </ul>		<ul style="list-style-type: none"> <li>• # of patients served at Advocate BroMenn Medical Center’s Family Health Clinic (baseline: 4,181 Medicaid and self-pay patients, 2015)</li> <li>• # of patients served at Immanuel Health Center (baseline: 757 patients, Immanuel Health Clinic, 2015)</li> <li>• # of patients served at Chestnut Health Systems Federally Qualified Health Center [FQHC] (baseline: 1,706 patients, Chestnut Health Systems, 2015)</li> <li>• # of patients visits at the Community Health Care Clinic (baseline: 976 patients, Community Health Care Clinic, 2015)</li> <li>• Establish a baseline for the number of patients served disaggregated by race and income at clinics serving the low-income population in McLean County</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 2,786 patients 2017: 3,045 patients</li> <li>• 2018: Center closed April 2018 2017: 787 patients</li> <li>• 2018: 2,292 CFHC patients 2017: 2,012 CFHC patients</li> <li>• 2018: 1,110 patients 2017: 1,022 patients</li> <li>• 2018: By Income at Chestnut Health: 76% (100% or below) 12% (101-150%) 6% (151-200%) 6% (Over 200% or unknown) By Race at Chestnut Health: 63% Caucasian, 27% African American, 16% Asian, 9% Native American, 5% Hispanic By Income at the CHCC:</li> </ul>
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		<ul style="list-style-type: none"> <li># of locations where flyers regarding the appropriate use of the emergency room are distributed and/or the importance of having a medical home</li> <li>Establish a baseline for the number of organizations receiving Patient-Centered Medical Home (PCMH) Recognition</li> </ul> <p><u>Outcome Indicators:</u></p> <ul style="list-style-type: none"> <li>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)</li> </ul>	<p>67% (100% or below), 17% (101-150%), 8% (151-200%), 8% (unknown)</p> <p>By Race at the CHCC: 69% Hispanic/Latino, 17.5% Native American, 9.3% African American, and 1.1% Asian</p> <ul style="list-style-type: none"> <li>2018: 22 locations offer information regarding when to use urgent care vs. emergency department 2017: 22 locations</li> <li>Chestnut Family Health Center's Bloomington location was PCMH certified in October 2015 and recertified in October 2018; CHCC is working towards PCMH designation with goal of obtaining by end of CY19</li> <li>2018: Question not included in 2018 survey. 2017: no survey offered</li> </ul>
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		<ul style="list-style-type: none"> <li>• Rate of Advocate BroMenn Medical Center Medicaid Meridian emergency room patient visits (baseline: 527.2 ER visits/1,000 population, June 2015-May 2016)</li> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: Data not available 2017: Data not available</li> <li>• 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</li> </ul>
<p><b>IMPACT OBJECTIVE #2: By 2020, reduce the proportion of at-risk (survey respondents with self-reported income &lt;\$20,000/year) McLean County adults reporting the Emergency Room as their primary choice of medical care.</b></p> <p>Baseline: 10% (McLean County Community Health Survey, 2015)</p> <p><i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> <li>• <i>Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care, dental care, or prescription medicines</i></li> </ul>	<p><b>Increase mobile health services to the low-income and underserved residents in McLean County.</b> Examples: mobile medicine or clinic at schools, backpack medicine program</p> <p><b>Create an inventory of sites with integrated and/or co-located behavioral health services.</b></p> <p><b>Explore the integration or co-location of behavioral health services at primary care physician’s offices or through other innovative programs.</b> Examples: in-home visits for high risk patients, mixed-use spaces</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• # 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)</li> <li>• # of sites where mobile health services are offered (baseline: 2 sites, Community Health Care Clinic, 2016)</li> <li>• Explore utilizing community health workers in McLean County</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 71 patient visits at 18 events; mobile unit discontinued later in 2018. 2017: 23 events</li> <li>• 2018: 2 sites 2017: 2 sites</li> <li>• 2018: 146 patients seen through CAATCH 2017: 109 patients through the Coordinating Appropriate Access to</li> </ul>

	<p><b>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.</b></p> <p><b>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.</b></p>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Participation in meetings with city and elected officials educating on or discussing the social determinants health</li> </ul>	<p>Comprehensive Care (CAATCH) Program at the CHCC</p> <ul style="list-style-type: none"> <li>• 2018: Two additional sites were added in partnership with Illinois State University’s Psychological Services</li> <li>2017: Inventory completed: 5 organizations with 10 sites (7 integrated, 3 co-located) in McLean County.</li> <li>• 2018: Presentation to McLean County Board of Health, Leadership McLean County, Economic Development Council, Mid Illini Credit Union, and Rotary</li> <li>2017: Leadership McLean County, Bloomington Housing Authority, and City of Bloomington Council</li> </ul>
<p><b>IMPACT OBJECTIVE #3: BY 2020, increase the proportion of McLean County adults indicating they have access to dental care.</b></p> <p>Baseline: 77% - access to dental care (McLean County Community Health</p>	<p><b>Increase access for adults to dental care.</b></p>	<ul style="list-style-type: none"> <li>• # of adults with Medicaid receiving dental cleanings as a part of the McLean County Health Department’s pilot program</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 69 patients</li> <li>2017: 73 patients</li> </ul>



<p>Survey, 2015); 39.1% of McLean County residents do not have dental insurance (United Way Community Assessment, 2014); age-adjusted ER rate due to dental problems 52.2 visits/10,000 population (HCI, Illinois Hospital Association, 2013-2015)  <i>HP 2020 Alignment:</i></p> <ul style="list-style-type: none"> <li>• <i>Increase the proportion of children, adolescents and adults who used the oral health care system in the past year</i></li> </ul>		<ul style="list-style-type: none"> <li>• 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)</li> </ul>	<p>2018: Soft launch of dental services at CHCC scheduled for February 2019.  2017: Services not yet available.</p>
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**RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS**

- Advocate Medical Group-College Avenue Immediate Care and Family Medicine opened January 3, 2018 at the corner of Towanda and College in Normal, IL. The Immediate Care hours are 7 a.m. to 8 p.m. Monday through Friday and 8 a.m. to 5 p.m. Saturday and Sunday. Family Medicine hours are 8 a.m. to 5 p.m. Monday through Friday.
- Advocate BroMenn Medical Center provided an in-kind donation of \$10,000 to expand the Coordinating Appropriate Access to Comprehensive Care program (CAATCH) offered in collaboration with the Community Health Care Clinic and OSF Healthcare St. Joseph Medical Center.
- Partners in Smiling is a shared ministry project of Advocate BroMenn Medical Center and the Advocate BroMenn Delegate Church Association. Through this ministry faith communities provide dental hygiene supplies such as toothpaste, toothbrushes and floss to the neediest individuals in our community, most of whom have limited means to provide these ‘every day items’ for themselves. These items are distributed to the McLean County Health Department Dental Clinic, John Scott Health Resources Center, Heartland Head Start, and other area resources.
- 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 settings: 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 2018, Chestnut Health Systems was in process of renovating a 32,000 square foot facility with the goal of significantly increasing access to primary care and dental care. Anticipated open date in March 2019.
- In 2018, OSF Medical Group opened a new primary care site with urgent care access in North Normal, near Raab Road, giving new medical access to those in that area.
- In 2018, ‘Taking STEPS Together’ (screening, treatment, and education) through the Illinois Chapter of the Links, Incorporated partnered with the Western Avenue Community Center for Breast Cancer Screenings (mammograms) and an education program to the community. Grant supported by the Susan G. Komen Foundation.

*\*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:

### Obesity 2018 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*)
- Sixth grade students: 80% (*Illinois Youth Survey [IYS], 2014*)

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 in 2018
<b>IMPACT OBJECTIVE #1: By 2020, increase the rate of adults and children in McLean County who engage in regular physical activity.</b>	<p><b>Promote physical activity in the workplace and in the community.</b></p> <p><i>Evidence:</i> "...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</p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• Establish a baseline for the # of free programs/events promoting physical activity in the community by the McLean County Wellness Coalition (MCWC)</li> <li>• Establish a baseline for the # of community members participating in free programs/events promoting physical activity in the community by the MCWC</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 3 events 2017: 59 events</li> <li>• 2018: 1,151 members 2017: 15,930</li> </ul>

<p>Baseline: adults – 69% (BRFSS, 2013); 39% exercise 3 or more times per week (Community Health Survey, 2015); sixth grade students – 41% (IYS, 2014).</p>	<p><i>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>	<ul style="list-style-type: none"> <li>• Establish a baseline for the # of programs promoting physical activity in the workplace by the MCWC</li> <li>• Establish a baseline for the number of employees participating in programs promoting physical activity in the workplace by the MCWC</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 87 programs 2017: 22 programs</li> <li>• 2018: 11,855 employees 2017: 576</li> </ul>
<p><i>Healthy People 2020 (HP 2020) Alignment:</i></p> <ul style="list-style-type: none"> <li>• Reduce the percentage of Illinois adults reporting no physical activity in the last 30 days</li> <li>• Reduce the percentage of Illinois children who report not engaging in vigorous physical activity</li> </ul>	<p><b>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.</b></p> <p><b>Evidence:</b> <i>“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>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• # of PSEs enacted</li> <li>• Establish a baseline bike score for McLean County</li> <li>• The McLean County Wellness Coalition will explore grant opportunities for implementing PSEs in McLean County</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• Walk scores (baseline: Bloomington – 35; Normal – 36, walkscore.com, 2016)</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: 3 PSEs implemented 2017: 0 PSEs</li> <li>• 2018: Bloomington – 46 Normal – 46 2017: To be calculated in 2018</li> <li>• 2018: No grant submissions 2017: No grant submissions</li> <li>• 2018: Bloomington – 35; Normal – 38 2017: same</li> </ul>
	<p><b>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.</b></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• Establish a baseline for the # of McLean County schools completing the CDC’s SHI</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: Schools did not participate 2017: 8 schools participated</li> </ul>

	<p><b>Support the maintenance of physical education in McLean County schools.</b></p> <p><i>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)</i></p>	<ul style="list-style-type: none"> <li>Establish a baseline for the number of McLean County schools implementing a strategy to improve low SHI scores</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>TBD</li> </ul>	<ul style="list-style-type: none"> <li>2018: No strategy implemented</li> <li>2017: No strategy implemented</li> </ul>
<p><b>IMPACT OBJECTIVE #2: By 2020, increase the consumption of fruits and vegetables and reduce consumption of sugary beverages by all populations in McLean County.</b></p> <p>Baseline: Adult consumption of fruits and vegetables – 40% (BRFSS, 2013); sixth grade student consumption of fruits and vegetables – 15-19% (IYS, 2014)</p>	<p><b>Support, promote and educate about the availability and accessibility of fruits and vegetables in McLean County.</b></p> <p><i>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 improved weight status.” (What Works for Health, 2016)</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>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)</li> <li>Work with the City of Bloomington Community Development division to conduct a grocery store market feasibility study in Bloomington</li> <li>Coordinate food access summit in 2017</li> <li>Support the presence of a healthy food distribution center in West Bloomington</li> </ul>	<ul style="list-style-type: none"> <li>2018: No survey conducted.</li> <li>2017: Pre-Survey completed</li> <li>2017: Completed</li> <li>2018: Summit held in September</li> <li>2017: Summit held in March.</li> <li>2018: Supported</li> <li>2017: Supported and still exploring</li> </ul>

		<ul style="list-style-type: none"> <li>• Coordinate the Veggie Oasis in West Bloomington</li> <li>• # of pounds of produce distributed at Veggie Oasis (baseline: 5,720 pounds, Veggie Oasis Survey, 2015)</li> <li>• Average # of people receiving free produce from the Veggie Oasis each week (baseline: 30 people/week, Veggie Oasis Survey, 2015)</li> <li>• # of events where healthy vegetable recipes are provided (baseline: 6 events, MCWC, 2016)</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• % of McLean County low-income adults with access to a grocery store (baseline: 91.8%, USDA Food Environment Index, 2010)</li> <li>• % of Bloomington and Normal household units within a ¼ mile of a full-service grocery store (baseline: 4,273</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: Coordinated by West Bloomington Revitalization Project</li> <li>• 2017: Coordinated by the McLean County Wellness Coalition</li> <li>• 2018: 5200 pounds distributed</li> <li>• 2017: 5200 pounds distributed</li> <li>• 2018: 42 people/week</li> <li>• 2017: 35 people/week</li> <li>• 2018: 16 events</li> <li>• 2017: 7 events</li> <li>• 2018: 90.2% of low-income adults had access to a grocery store</li> <li>• 2017: Data not available</li> <li>• 2015: 90.8%</li> <li>• 2018: 17.86% household units</li> </ul>
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		<p>household units, McLean County Regional Planning Commission, 2016)</p> <ul style="list-style-type: none"> <li>• % 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)</li> <li>• % of McLean County residents (who reported they don't eat fruits/vegetables) indicating it is difficult to buy fruits/vegetables or they cannot afford fruits/vegetables (baseline: 66%, 2015 McLean County Community Health Survey)</li> <li>• 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)</li> </ul>	<p>within ¼ mile of a full-service grocery store 2017: 4,889 household units (no percent available)</p> <ul style="list-style-type: none"> <li>• 2018: Data not available 2017: 1,291 household units</li> <li>• 2018: 13% of residents (*options and wording of question changed from 2016 to 2018) 2017: To be evaluated in 2018 survey</li> <li>• 2018: Data not available 2017: Data not available</li> </ul>
	<p><b>Educate and promote the statewide Rethink Your Drink campaign.</b></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</i></p>	<p><u>Process indicators:</u></p> <ul style="list-style-type: none"> <li>• Establish a baseline for the consumption of sugar-sweetened beverages (SSB) in McLean County through a standardized survey question</li> </ul>	<ul style="list-style-type: none"> <li>• 2018: No survey conducted 2017: Completed 424 survey participants, 49% drink less than 12 oz of SSB per day,</li> </ul>

	<p><i>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>	<ul style="list-style-type: none"> <li>• # of McLean County community members educated about Rethink Your Drink (baseline: 2,127 community members, McLean County Health Department, 2016)</li> <li>• # of events where Rethink Your Drink is promoted (baseline: 9 events, McLean County Health Department, 2016)</li> <li>• # of advertisements promoting Rethink Your Drink (i.e., TV, radio, print, social media) (baseline: 5 advertisements, McLean County Wellness Coalition, 2016)</li> </ul> <p><u>Outcome indicators:</u></p> <ul style="list-style-type: none"> <li>• 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, <a href="http://www.huffingtonpost.com/entry/food-stamps-diet_us_582f4bd7e4b058ce7aaadea0">http://www.huffingtonpost.com/entry/food-stamps-diet_us_582f4bd7e4b058ce7aaadea0</a> (November 2016))</li> <li>• Decrease the # of gallons of beverages consumed by Illinois residents. (baseline: Illinoisans consumed more than 620 million gallons of sugar-sweetened beverages in 2011,</li> </ul>	<p>23% drink 12 oz, and 21% drink 24 oz (Illinois State University’s Health Sciences 286 class)</p> <ul style="list-style-type: none"> <li>• 2018: 2,055 community members 2017: 2,373 members</li> <li>• 2018: 8 events 2017: 8 events</li> <li>• 2018 and 2017: No advertisements provided</li> <li>• 2018: Data not available 2017: Data not available</li> <li>• 2018: Data not available 2017: Data not available</li> </ul>
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[http://www.cookcountypublichealth.org/files/pdf/Chaloupka\\_Report\\_PRF.pdf](http://www.cookcountypublichealth.org/files/pdf/Chaloupka_Report_PRF.pdf)

### RELATED IMPROVEMENT PLAN ACCOMPLISHMENTS

- In May 2018, Advocate BroMenn Medical Center established the Advocate BroMenn Vegetable Garden at the Community Health Care Clinic. Over 100 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 2018, 23 individuals participated, 68 shopping trips were taken, 19 return shoppers, and far more fresh produce and healthy items are being taken than before the Food Farmacy program was initiated.
- OSF HealthCare St. Joseph Medical Center has ten raised beds and donated over 625 pounds of fresh vegetables to Home Sweet Home Ministries, Summer 2018, to use at the Bread for Life Co-op.
- The Partnership for Health Pilot Program, which began April 2017, is a private-public partnership to improve the health and fitness of people with developmental and intellectual disabilities and their support workers. Partners are the McLean County Health Department, Marcfirst, Advocate BroMenn Health and Fitness Center, Advocate BroMenn Charitable Foundation and the McLean County Board for the Care and Treatment of Persons with a Developmental Disability (an Illinois 377 Board). In 2018, there are 31 individuals in the program from Marcfirst and the community. There were health improvements in blood pressure, cholesterol, waist circumference, and BMI.
- 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 1000 meals were donated in 2018 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.
- The School Street Food Pantry opened September 2018 to help decrease food insecurity among college-aged students. Approximately 120 students frequent the food pantry weekly.
- West Bloomington Revitalization Project Seed Library started in 2018. Free packets of seeds are given away to promote individual garden growth. 400 packets of seeds have been given to the community.
- 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.
- 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: 97% feel more comfortable increasing activity and 99% plan to continue to exercise.



- The Boys and Girls Club of Bloomington Normal partnered with the Center for Healthy Lifestyles at OSF HealthCare St. Joseph Medical Center to offer a nutrition series provided to the 5<sup>th</sup> 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 Summer of 2018.
- The St. Isadore Garden at Holy Trinity Catholic Church donated 8,000 pounds of produce to the St. Vincent de Paul Food Pantry in 2018.
- 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. All produce was donated to the families of the Boys and Girls Club for personal use. Eighty members and their families took responsibility for the garden (planted, watered, harvested, etc).

***\*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.***