

ADVOCATE SOUTH SUBURBAN HOSPITAL 2021 COMMUNITY HEALTH IMPROVEMENT PLAN

A PROGRESS REPORT ON OUR 2020-2022 IMPLEMENTATION PLANS

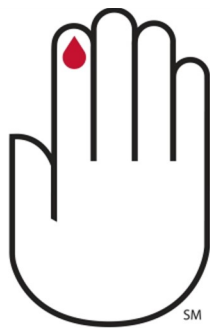
Every three years, Advocate South Suburban Hospital completes a Community Health Needs Assessment (CHNA) by collecting and analyzing demographic and health data, as well as gathering input from community residents through a community health survey.

For the 2017-2019 CHNA, Advocate South Suburban worked with the Community Health Council (CHC) to review the significant health issues impacting the primary service area (PSA). In addition, Advocate South Suburban works in alignment with the Cook County Department of Public Health and the Alliance for Health Equity, a public health collaboration of over 30 health and public health entities to collectively address the health concerns affecting the community. Advocate South Suburban is an active member of the Alliance for Health Equity's collaboration meetings.

In 2021, due to the ongoing COVID pandemic, the Community Health Department across Advocate Aurora Health (AAH) shifted its priorities to meet the immediate needs of the community. Advocate Aurora Health enhanced preventive services to combat the COVID-19 pandemic by increasing access to health education, Personal Protective Equipment (PPE), COVID-19 community testing and several other immediate services.

Priority: Diabetes Prevention

Program Outcomes for 2021



**STOP
DIABETES**

Partners Involved: Food Smart;
Partners for a Healthier America;
Greater Chicago Food Depository

- Advocate South Suburban continued its Diabetes Prevention Program (DPP) via virtual learning due to the COVID-19 pandemic. This year long program teaches lifestyle changes that can reduce the risk of developing Type 2 diabetes.
- The program graduated three cohorts in January, September and October. There were a total of 41 participants and 51% of these participants met their goal of at least a 5% weight loss.
- The program continues to expand its reach through the virtual platform, enrolling local participants and participants from ten states.
- Advocate South Suburban established two new cohorts in March (28 participants) and September (36 participants); both cohorts are active and on pace for graduation in 2022.
- The hospital introduced the Food Farmacy program to participants in October as an effort to encourage eating healthy fresh fruits and vegetables.
- The hospital partnered with Food Smart and Partnership for a Healthier America as part of a pilot program to provide fresh fruits and vegetables to DPP participants. The organization conducted a study to assess outcomes and the benefits of accessing healthy foods. As a result, 779 fresh food boxes were delivered to local participants over a period of 16 weeks.

Priority: Mental Health



Partners Involved: Advocate Aurora Faith and Health Partnerships and the Sertoma Center

Program Outcomes for 2021

- Advocate South Suburban and Trinity Hospitals partnered with Advocate Aurora Health's Faith and Health Partnerships and the Sertoma Center to host a mental health webinar. The program focused on Managing Stress during the Holidays and the challenges individuals may encounter during the holiday season, loss of a loved one, loneliness, self-care, and a variety of other topics.
- The presentation also covered tips on how to assist others who may encounter the same challenges.
- 34 registered; 29 participants attended with one church group present.
- A program was scheduled for first responders and the community, however due to low enrollment, the program was cancelled. The Community Health team at South Suburban Hospital will revisit this program in 2022.

Priority: Workforce Development



Partners Involved: South Suburban College, Prairie State College, JP Morgan Chase

Program Outcomes for 2021

The Advocate Workforce Initiative (AWI) grant concluded in 2020. Based on its success and lessons learned, AWI and NAVIGATE are now core components of the Workforce Development Strategy for Advocate Aurora Health (AAH).

Moving forward, AAH will:

- Leverage AWI's Workforce Development strategies for funding, apprenticeships, internships, health care collaboratives, youth workforce development and improving opportunities for diverse abilities.
- Continue developing community-based and educational partnerships in the communities served by AAH.
- Identify how to proceed with online and in-person teaching, during and after the pandemic.
- Centralize tools and resources for participants.
- Centralize data and feedback to improve and maximize program value in each AAH community, workforce and facility.
- The conclusion of this program impacted 3,000 internal team members and community members across AAH's geography.

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Accomplishments in 2021

Covid-19 Prevention & Mitigation

- Advocate South Suburban continues to partner with the Cook County Department of Public Health to disseminate information related to Covid-19.
- The hospital provided over 2,000 reusable masks to churches in the southland region during the Spring of 2021. Communities included Chicago Heights and Matteson.
- More than 500 masks and hand sanitizers were provided to area schools in Hazel Crest, Country Club Hills and Markham during the Spring of 2021.
- To accompany the mask and sanitizer distribution, Advocate South Suburban provided Covid-19 education materials in an effort to help better inform the community about vaccinations and to reduce the spread of the disease.



Stories from the Community

Prevent T2

"My name is Toni A. and I am so proud of losing over fifteen pounds since starting this incredible program in 2021. I am a true witness that the DPP program has changed my approach about my health through education each Monday with my Lifestyle coach, Darlene. I have valued tracking my activity minutes as well as my weight information.

This program is loaded with simple, but practical plans and ideas that have changed my lifestyle forever. I am so much more into how I shop, and how I cook my meals. It has also increased my understanding of what is best to improve my health since being involved in this program. Even my A1C numbers are lower since practicing my new lifestyle! I feel so blessed that my friend encouraged me to get involved."

Toni A., DPP Participant

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Website:
www.advocatechna.com

Diabetes

- Advocate South Suburban opened a Healthy Living Food Farmacy program in October 2021 for Advocate patients.
- The Food Farmacy program expanded to also serve individuals participating in the diabetes prevention program.



ADVOCATE SOUTH SUBURBAN HOSPITAL IMPLEMENTATION PLAN UPDATES

A FORECAST INTO OUR 2022 PROGRAM PLANS

AAH hospitals reserve the right to redirect resources to address emerging public health threats even if doing so slows the ability to implement plans for addressing key priorities selected through the CHNA process. The AAH community health team will remain focused on community education, prevention and promoting COVID-19 vaccinations, as well as continuing to address other key issues exacerbated by the pandemic, such as food insecurity, housing and need for connecting people to vital resources in the community. In 2022, AAH hospitals plan to reactivate community health improvement implementation plan activities whenever and wherever possible.

Community Health Partnerships

Year: 2022

In 2020, Advocate South Suburban joined the Southland Partnership, a collaboration of sixty community and business organizations working together to combat COVID-19 in South Suburban Cook County. The collaboration focuses on issues in healthcare, infrastructure, commerce, education and community service/engagement. The goal of the partnership is to successfully transform the Southland through the COVID-19 pandemic and, over the next 18-24 months and beyond, to develop strong healthy communities where residents, businesses, educational institutions and community services thrive and where others want to live, work and bring their businesses. In 2022, Advocate South Suburban will continue to work and support the health initiatives of the Southland Partnership. The hospital is also conducting its 2022 community health needs assessment. The findings from this assessment will also drive health initiatives and tactics in the months and years to come.

Diabetes

Year: 2022

The National Diabetes Prevention Program (DPP) is a Centers for Disease Control and Prevention program organized as a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partnership with community organization sponsors make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of this disease. Advocate South Suburban will continue to offer diabetes prevention education using the Prevent Type 2 curriculum in 2022. In addition, the hospital will extend its efforts to employers whose employees are interested in improving their health and reducing their risk for Type 2 diabetes.

Addressing Covid-19 in the Community

Year: 2022

Advocate South Suburban will continue its partnership with the Cook County Department of Public Health in its communication efforts to address Covid-19 education in the community. The hospital will also work closely with the Live Well Mobile Health team members to perform outreach activities in the southland PSA as related to Covid-19 outreach efforts.

We Help People Live Well.