

## Community Health Needs Assessment Implementation Plan 2017-2019

### Advocate Good Shepherd Hospital

Date Created: May 2017

Date Reviewed/Updated:

#### PRIORITY AREA: Obesity

**GOAL:** Reduce the prevalence of Good Shepherd Hospital service area residents who are obese.

#### LONG TERM INDICATORS OF IMPACT

	Baseline Value, Date and Source	Frequency
1. Increase the percent of Lake County adults who report 30 minutes of exercise for more than 3 days a week by 10%	From 68% in 2014 to 75% by 2021; Lake County Health Department Survey, 2014	Once every three years
2. Decrease the percent of adults age 20 and older who do not participate in any leisure-time activities (physical activities other than their regular job) during the past month	Lake County 18.8%, McHenry County 20.9%; Healthy Communities Institute (HCI), Centers for Disease Control and Prevention (CDC), 2013	Annual
3. Increase the percentage of children in Lake County and McHenry County who eat two or more servings per day of fruits by 10%	From 48% in 2014 to 53% by 2021, Illinois Youth Survey, 2014	Bi-annual
4. Reduce the proportion of children and adolescents in Lake County aged 2 to 19 years who are considered obese	Healthy People 2020 16.1% to 14.5%; Baseline: Low Income Children age 2-4 Lake County 17.6%, McHenry County 16.8%; HCI, U.S. Department of Agriculture, 2009-2011 Baseline: 11.5% of Illinois adolescents are obese; Illinois State Nutrition, Physical Activity and Obesity Profile, 2016	Annual
5. Reduce the proportion of adults in Lake County who are considered obese	Lake County 24.3%, McHenry County 26.5%; HCI, Illinois Behavioral Risk Factor Surveillance Survey, 2010-2014	Annual

**STRATEGY #1:** Improve parents' and childcare providers' knowledge and skills in nutrition and physical education practices through the NAP SACC Program.

**Type:** Education and Counseling;  
Changing the Context

**PARTNERS:** Lake County Health Department, Garden Quarter, Child Care Centers within the service area

**BACKGROUND ON STRATEGY**

**Evidence of effectiveness:** The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program is an evidence-based childcare facility intervention. NAP SACC aims to advance childcare by improving the nutritional value of food served, the amount and quality of exercise, staff-child interactions, and policies and practices related to environmental characteristics. The intervention was developed based on research conducted with stakeholder groups including childcare providers, parents, and experts in the field. GO NAP SACC has developed an organizational assessment that spans 14 areas of nutrition, physical activity and environment to identify strengths and areas for improvement for the childcare facility. <https://gonapsacc.org/> (click here)

Advocate Good Shepherd Hospital will lead the GO NAP SACC assessment process with childcare centers in communities with high HCI SocioNeeds index scores within the service area. Follow up will include assistance in the creation of action plans, trainings and support in achieving the NAP SACC Certification.

**SHORT TERM INDICATORS**

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of program (planning, implementation and sustainability) meetings to develop approach with Lake County Health Department	2 meetings	3 meetings	3 meetings
2. Number of child care centers that complete the self-assessments	3 centers	5 centers	5 centers
3. Number of child care center educators that complete action plans (targeting two new child care centers per year, each year)	2 educators	2 educators	2 educators
4. Number of children enrolled in the child care centers with active plans	20 children	40 children	60 children
5. Number of trainings and/or educational sessions provided on nutrition and/or physical activity for the staff per year	0 trainings/sessions	2 trainings/sessions	2 trainings/sessions
6. Number of trainings and educational sessions provided on nutrition and/or physical activity for the parents per year	0 trainings/sessions	4 trainings/sessions	4 trainings/sessions
7. Number of child care centers that achieve NAP SACC certification	0 centers	2 centers	4 centers
Impact Indicators	2017	2018	2019
1. Percentage improvement from pre- to post-Go NAP SACC self-assessment results	Baseline	TBD	TBD
2. Number of policies or environmental changes in the child care settings for all participating in Go NAP SACC	Baseline	TBD	TBD
3. Increased number of minutes children spend in physical activity each day in the child care setting measured annually	Baseline	TBD	TBD
4. Decreased number of minutes children spend on screen time each day in the child care setting measured annually	Baseline	TBD	TBD

<b>STRATEGY #2: Identify individuals within Advocate Good Shepherd Hospital service area who are food insecure and connect them to community resources.</b>	<b>TYPE: Education and Counseling; Changing the Context</b>
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**PARTNERS:** Good Shepherd Hospital Senior Services Department, Food Pantries, Smart Farm, Senior Services Organizations, Townships

**BACKGROUND ON STRATEGY**

**Evidence of effectiveness:** A 2-item Food Insecurity (FI) screen was sensitive, specific and valid among low-income families with young children. The FI screen rapidly identifies households at risk for FI, enabling providers to target services that ameliorate the health and developmental consequences associated with FI.

<http://pediatrics.aappublications.org/content/126/1/e26> (click here)

Good Shepherd Hospital will collaborate with senior services organizations in the Good Shepherd Hospital service area to screen seniors for food insecurity, using the 2-item Food Insecurity screen questionnaire. Individuals who are identified as food insecure will be referred to community resources (food pantries, Supplemental Nutritious Assistance Program (SNAP), Meals on Wheels Program, congregate meal programs, farmers’ markets, community gardens, etc.).

**SHORT TERM INDICATORS**

<b>Process Indicators</b>	<b>Annual Targets by December 31</b>		
	<b>2017</b>	<b>2018</b>	<b>2019</b>
1. Number of individuals completing the food insecurity questionnaire	20	100	150
2. Number of organizations in Good Shepherd service area who are resources for food insecure households including food pantries, Barrington Area Council on Aging, Senior Centers, congregations, Salvation Army, townships, etc.	6	10	12
3. Number of individuals identified as being food insecure based on the food insecurity questionnaire results	2	10	15
4. Number of partner agency representatives who complete an educational training on Food Insecurity in preparation for administering the Food Insecurity Questionnaire	1	4	6
5. Number of partner agencies who administer Food Insecurity Questionnaire	0	5	11
<b>Impact Indicators</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
1. Percentage of individuals identified as being food insecure based on the food insecurity questionnaire results who are referred to supportive resources	100%	100%	100%
2. Increased knowledge of food insecurity in the Good Shepherd service area as measured by a pre- and post-test	Baseline	TBD	TBD

<b>STRATEGY #3: Collaborate with local businesses to implement worksite health programs intended to improve diet and/or physical activity.</b>	<b>TYPE: Education and Counseling; Changing the Context</b>
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**PARTNERS:** Chambers of Commerce within the Good Shepherd Hospital service area, Local Small Businesses, Advocate at Work, Advocate Good Shepherd Hospital Fitness Center

**BACKGROUND ON STRATEGY**

**Evidence of effectiveness:** Worksite nutrition and physical activity programs are designed to improve health-related behaviors and health outcomes. These programs can include one or more approaches to support behavioral change including informational and educational, behavioral, social, and policy and environmental strategies. (CDC Community Guide: Obesity Prevention and Control – Worksite Programs)

The Community Preventive Services Task Force recommends development of worksite programs focused on improving diet and/or increasing physical activity behaviors based on strong evidence of their effectiveness for reducing weight among employees.

Advocate Good Shepherd Hospital Community Health Program staff will work in conjunction with the Good Shepherd Hospital Community Relations Director to provide worksite health training and programs to Chambers of Commerce and small businesses within the service area.

**SHORT TERM INDICATORS**

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of worksites that complete the CDC Worksite Health Scorecard	2 worksites	4 worksites	6 worksites
2. Number of worksites that implement worksite wellness action plans	1 worksite	3 worksites	5 worksites
3. Number of employees affected by worksite wellness programs	50 employees	150 employees	250 employees
4. Number of educational sessions provided to workplaces (topic based on assessment results)	TBD	TBD	TBD
5. Number of educational sessions provided to Chambers of Commerce on the benefits of worksite wellness programs	1 session	2 sessions	2 sessions
Impact Indicators	2017	2018	2019
1. Percentage increase in average total score for CDC Worksite Health Scorecard	0% increase	10% increase	15% increase
2. Number of new policies or changes in policies per worksite that impact the health behaviors of the employees	0 new policies/changes	4 new policies/changes	4 new policies/changes

ALIGNMENT WITH COUNTY/STATE/NATIONAL PRIORITIES			
Strategy	County IPLAN	SHIP (State Health Improvement Plan)	Healthy People 2020
1	Reduce prevalence of Lake County adults who are obese by 10% from 23% to 21% by 2031	<p>GOAL 2: Increase opportunities for healthy eating.</p> <p>Measurable Objectives (by 2021): Reduce the percentage of obesity among adults Baseline: 29.5% for Illinois overall; Behavioral Risk Factor Surveillance Survey; Target: 28.0% (5% reduction)</p>	<p>Nutrition and Weight Status (NWS) NWS-9 Reduce the proportion of adults who are obese</p> <p>33.9 percent of persons aged 20 years and older were obese in 2005–08 (age adjusted to the year 2000 standard population).</p>
2	Increase the percentage of children in Lake County who eat two or more servings per day of fruits by 10% from 48% to 53% by 2021 (impact objective)	<p>GOAL 2: Increase opportunities for healthy eating.</p> <p>Measurable Objectives (by 2021): Reduce the percentage of obesity among children ages 10-17. Baseline: 19.3% for Illinois overall; National Survey of Children’s Health; Target: 18.3% (5% reduction)</p> <p>Lake County Health Department Community Health Improvement Plan: Improve and Promote Nutritional Opportunities in the Food Environment – Evidence-based Intervention: Collaborate with community partners to make employees and dependents aware of local healthy eating resources</p>	<p>NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese</p> <p>NWS-13 Reduce household food insecurity and in doing so reduce hunger</p> <p>16.1 percent of children and adolescents aged 2 to 19 years were considered obese in 2005–2008.</p>
3			Occupational Health and Safety: OSH-9 Increase the proportion of employees who have access to workplace programs that prevent or reduce employee stress