

Community Health Needs Assessment Implementation Plan 2017-2019

Advocate Lutheran General Hospital

Date Created: May 2017

Date Reviewed/Updated:

PRIORITY AREA: Cardiovascular Disease in high-risk communities

GOAL: To reduce the risk of heart attack and/or stroke in Irving Park (60641)

LONG TERM INDICATORS OF IMPACT

	Baseline Value, Date and Source	Frequency
1. Reduce the age-adjusted hospitalization rate due to heart failure in Irving Park (60641)	37.8 per 10,000 population, Healthy Communities Institute (HCI), Illinois Hospital Association (IHA), COMPdata, 2013-2015	Annual
2. Reduce the age-adjusted hospitalization rate due to hypertension in Irving Park (60641)	5.0 hospitalization per 10,000 population, HCI, IHA, 2013-2015	Annual
3. Reduce the average coronary artery disease mortality rate in Irving Park (60641) by 2020	200.4 per 100,000 population, Illinois Department of Public Health (IDPH), 2008-2012	Annual

STRATEGY #1: Partner with Presence Resurrection Medical Center to train community leaders with the Empowered to Serve Curriculum (ETS) in Irving Park (60641).

TYPE: Counseling and Education

PARTNERS: American Heart Association (AHA), Presence Resurrection Medical Center, Irving Park Food Pantry, Local Community Based Organizations

BACKGROUND ON STRATEGY

Evidence of effectiveness: The EmPOWERED To Serve (ETS) health education curriculum was developed by the AHA to address heart disease, stroke, high blood pressure and obesity. The curriculum provides an approach to engage communities and motivate community members to take steps towards creating a culture of health. The curriculum contains 3 modules which can be offered over a 6 to 9-week time period. The modules include: Module one – Healthy Living; Module Two – Chain of Survival (CVD conditions); and Module 3 – Community Voice. An assessment will be created and tailored specifically to the content for the purpose of determining effectiveness. Pre- and post-evaluations will be tailored specifically to curriculum content to determine knowledge increase over time.

<http://www.empoweredtoserve.org/wp-content/uploads/2015/09/ETS-Ambassador-Guide-v0.4.pdf> (click here)

The American Heart Association also provides a “Simple Cooking With Heart” demonstration, to provide education regarding healthy cooking behaviors, which is an effective companion piece to support the ETS curriculum.

Lutheran General Hospital and Presence Resurrection Medical Center will partner to educate community members on the importance of heart health through the ETS curriculum. The program seeks to create sustainability by providing college students from the health field with year-round internship opportunities. Hospital associates will work, with students to provide them with hands-on opportunities to educate the community, with the ETS curriculum. In order to offer the curriculum in a manner that is appropriate to the language needs of the community, class sessions will be offered in both English and Spanish.

SHORT TERM INDICATORS			
Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number organizations, within Irving Park, displaying awareness posters regarding heart health (provided by the hospitals and the AHA)	N/A	3 organizations	5 organizations
2. Number of individual community members trained to deliver <i>Empowered to Serve</i> curriculum	2 people	4 people	6 people
3. Number of total participants who attend education sessions at the food pantry	50 people	100 people	150 people
4. Number of ETS series offered	2 series	4 series	6 series
5. Number of “ <i>Simple Cooking with Heart</i> ” demonstrations offered in the Irving Park food pantry or in Irving Park (60641) community	1 demonstration	2 demonstrations	3 demonstrations
Impact Indicators	2017	2018	2019
1. Percentage of participants that demonstrate knowledge of “why is checking blood pressure important” on the post-survey	Baseline in 2017	TBD	TBD
2. Percentage of participants that indicate they intend to reduce sodium intake after attending “ <i>Simple Cooking with Heart</i> ” demonstration as measured by the post-survey	Baseline in 2017	TBD	TBD
3. Percentage of participants that can identify the symptoms of a stroke using the acronym F.A.S.T as indicated on the post-survey	Baseline in 2017	TBD	TBD
4. Percentage of participants that self-report intent to “get active”—at least 150 minutes of moderate activity, or 75 minutes of vigorous activity, or a combination of both weekly as measured by post-survey	Baseline in 2017	TBD	TBD

STRATEGY #2: Track the blood pressure of adults who utilize the Irving Park food pantry in the 60641 zip code.

TYPE: Clinical Intervention

PARTNERS: Presence Resurrection Medical Center, Irving Park Food Pantry

BACKGROUND ON STRATEGY

Evidence of effectiveness: The U.S. Preventative Services Task Force found evidence that screening for and treatment of high blood pressure in adults substantially reduces the incidence of cardiovascular events. (USPSTF/annals.org) <https://www.uspreventiveservicestaskforce.org/Page/Document/evidence-summary19/high-blood-pressure-in-adults-screening> (click here)

Lutheran General Hospital and Presence Resurrection Medical Center will partner to provide blood pressure screenings to all community members who utilize the Irving Park Food Pantry. A tracking mechanism will be established to monitor the blood pressures of regular users. An immediate referral process has been developed for community members identified with elevated blood pressure levels. Additionally, participants will be referred to on-going education sessions offered at the food pantry. Participants will receive brief education regarding cardiovascular risk factors and symptoms during their screening and a brief pre- and post-assessment will be administered during the screening to measure increase in knowledge.

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of unduplicated individuals coming to the food pantry who receive a blood pressure screening	500 individuals	1000 individuals	1200 individuals
2. Number blood pressure screenings provided in the Irving Park food pantry	10 screenings	20 screenings	20 screenings
3. Number of scheduled appointments to health care providers for individuals with high blood pressure readings	Baseline in 2017	TBD	TBD
Impact Indicators	2017	2018	2019
1. Percentage of participants who correctly answer heart disease and stroke related questions after their blood pressure screening and brief education	Baseline in 2017	TBD	TBD
2. Percentage of participants that can name one risk factor for heart disease after their blood pressure screening and brief education	Baseline in 2017	TBD	TBD
3. Percentage of participants that can state what a normal blood pressure is after their blood pressure screening and brief education	Baseline in 2017	TBD	TBD

STRATEGY #3: Develop partnerships with local businesses, employers and community based organizations in Irving Park (60641) who have vending machines to engage/ support them in implementing at least 1/2 vending policy changes as suggested by the American Heart Association.

TYPE: Changing the Context

PARTNERS: American Heart Association, Presence Resurrection Medical Center, Local Community Organizations, Public Schools, Laundromats, YMCA

BACKGROUND ON STRATEGY

Evidence of effectiveness: The American Heart Association has created a movement around improving food and beverage options in the community. The Commitment to Building a Culture of Health is a strategy to engage community partners to address several environmental factors, such as unhealthy vending machine options, that contribute to poor health behaviors. The outcome is to create an actionable plan and commit to at least one of the food and beverage goal options.

American Heart Association: <http://www.empoweredtoserve.org/index.php/resources/food-and-beverage-toolkit/> (click here)

CDC worksite wellness guide: https://www.cdc.gov/dhdsp/pubs/docs/hsc_manual.pdf (click here)

Healthy Vending Machines: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3655774/> (click here)

In partnership with the American Heart Association, Lutheran General Hospital and Presence Resurrection Medical Center will work to promote and provide guidance for worksite and community wellness in Irving Park, specifically working on the following 2 strategies supported by the AHA:

1. Improve vending beverage options by reducing the number of sugar-sweetened beverages.
2. Improve vending food options.

Lutheran General Hospital, Presence Resurrection Medical Center, and the American Heart Association will work with local community organizations, including the food pantry, to assist organizations to participate in the strategy outlined above. Strategy 3 seeks to expand efforts outside of the Food Pantry’s walls, as an opportunity to create a healthy community that reinforces positive behaviors. In order to engage and develop community partners, Lutheran General Hospital, Presence Resurrection Medical Center and the American Heart Association will work together to provide education and resources to assist in making the changes actionable.

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of identified community and business organizations with a vending machine in Irving Park	5 organizations	10 organizations	15 organizations
2. Number of businesses/organizations educated on the <i>American Heart Association Healthy Workplace/Community Food and Beverage Toolkit</i> assessment surveys and supporting resources	2 organizations	7 organizations	TBD
3. Number of organizations provided with education/support related to developing and implementing a healthy action plan	5 organizations	10 organizations	TBD
Impact Indicators	2017	2018	2019
1. Number of organizations that agree to increase access to healthy beverages or healthy food in vending machines	0 organizations	3 organizations	TBD
2. Number of organizations that implement a vending machine change within their organization	0 organizations	3 organizations	TBD

ALIGNMENT WITH COUNTY/STATE/NATIONAL PRIORITIES			
Strategy	WePlan 2020	ISHIP (Illinois State Health Improvement Plan)	Healthy People 2020
1	1. Reduce prevalence and inequities of obesity and obesity related diseases (WePlan 2020)	6. Promote healthy eating programs and advertisements aimed at specific target populations (ISHIP 2021)	HDS-1. Increase overall cardiovascular health in the U.S. population (Healthy People 2020)
2	4. Change awareness, knowledge, attitudes, behaviors and skills to promote a culture of health (WePlan 2020)	3. Increase the number of private and public businesses and other places that adopt standards for healthy food and beverages (ISHIP 2021)	NWS-2.1. Increase the proportion of schools that do not sell or offer calorically sweetened beverages to students (Healthy People 2020)

Advocate Lutheran General Hospital has developed this implementation plan to meet a prioritized need identified through a community health needs assessment process. The hospital may refocus resources if necessary to best address the needs of its community.