

Community Health Needs Assessment Implementation Plan 2017-2019

Advocate Condell Medical Center

Date Created: May 2017

Date Reviewed/Updated:

PRIORITY AREA: Obesity

GOAL: Reduce the prevalence of Lake County residents who are obese by 1% by 2019.

LONG TERM INDICATORS OF IMPACT

	Baseline Value, Date and Source	Frequency
1. Increase the percentage of adults who report 30 minutes of exercise more than 3 days a week	68% Lake County Health Department Survey, 2015	Once every three years
2. Reduce the percentage of Lake County adults who engage in no leisure-time physical activity	18.8% in 2013; Healthy Communities Institute (HCI), Centers for Disease Control and Prevention (CDC), 2016	Annual
3. Reduce the percentage of children and adolescents ages 2 to 19 years who are considered obese	17.6% preschool children obese; HCI, USDA Food Environment Atlas, 2009-2011	Annual based on three-year range
	11.5% Illinois adolescents obese; IL State Nutrition, Physical Activity and Obesity Profile, 2016	Annual
4. Reduce the percentage of adults who are obese	24.3% HCI, 2010-2014; Behavioral Risk Factor Surveillance Survey, 2016	Annual based on three-year range

STRATEGY #1: Improve parents' and childcare providers' knowledge and skills related to increasing healthy nutrition and physical education.

Type: Counseling and Education; Changing the Context

PARTNERS: Lake County Health Department, Early Childhood Education Centers, Good Shepherd Hospital

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 is the next generation of NAP SACC, featuring new tools on an interactive website. Updates include resources for children from birth to 5 years, plus a new focus on breastfeeding and infant feeding, screen time and outdoor play. Go NAP SACC can also tailor tools and recommendations for different child care settings, including family child care homes. The GO NAP SACC assessment 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)

Condell Medical Center will lead the GO NAP SACC assessment process with child care centers. Follow up will include assistance in the creation of action plans, trainings and support in achieving the NAP SACC certification. Additionally, the community health department will work on implementing NAP SACC within Condell's day care center.

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-assessment	2 centers	5 centers	5 centers
3. Number of child care center educators that complete action plans (new child care centers each year)	1 educator	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 educational sessions provided on nutrition and physical activity for the staff each 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 each year	0 trainings/sessions	2 trainings/sessions	4 trainings/sessions
7. Number of child care centers that achieve NAPP SAC certification	0 centers	2 centers	4 centers
Impact Indicators	2017	2018	2019
1. Percentage difference pre- and post-average Go NAPP SAC 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. Number of minutes children spend in physical activity each day in the child care setting	Baseline	TBD	TBD
4. Number of minutes children spend on screen time each day in the child care setting	Baseline	TBD	TBD

STRATEGY #2: Identify individuals within the Condell Medical Center service area who are food insecure and refer them to community resources.	TYPE: Counseling and Education
PARTNERS: Lake County Health Department – Live Well Lake County Diabetes Action Team, Senior Centers, Antioch Area Alliance Healthcare Access, and other social service agencies TBD in Lake County	

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)

Advocate Condell Medical Center will collaborate with the Live Well Lake County (LCHD) Diabetes Action Team and other social service agencies in Lake County to incorporate food insecurity screening, using the 2-item Food Insecurity screen questionnaire, into diabetes prevention and education activities. Individuals who are identified as food insecure will be referred to community resources (food pantries, SNAP, meals on wheels, congregate meal programs, farmers’ markets, community gardens, etc.). The medical center will provide education regarding food insecurity and its relationship to nutrition and obesity to groups within the community to raise awareness of the issue.

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of organizations in the Condell Medical Center service area that are resources for food insecure households	6 organizations	10 organizations	12 organizations
2. Number of individuals completing the food insecurity questionnaire	20 individuals	100 individuals	150 individuals
3. Number of individuals identified as being food insecure based on the food insecurity questionnaire results	2 individuals	10 individuals	15 individuals
4. Number of partner agency representatives who complete an educational training on Food Insecurity in preparation for administering the Food Insecurity Questionnaire	1 representative	4 representatives	6 representatives
5. Number of partner agencies who administer Food Insecurity Questionnaire	0 agencies	5 agencies	11 agencies
Impact Indicators	2017	2018	2019
1. Percent of individuals identified as being food insecure based on the Food Insecurity Questionnaire who are referred to supportive resources	100% of individuals	100% of individuals	100% of individuals
2. Increased knowledge of food insecurity in the Condell Medical Center service area as self-reported on post-education survey	Baseline	TBD	TBD

STRATEGY #3: Collaborate with Lake County partners to implement <i>Let's Move!</i> in communities with high SocioNeeds Index scores (Round Lake, Mundelein).	TYPE: Long-Lasting Preventative Interventions
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PARTNERS: Lake County Health Department, Local Organizations in high SocioNeed Communities

BACKGROUND ON STRATEGY

Evidence of effectiveness: *Let's Move!* is a comprehensive initiative that was launched by the First Lady in 2010 and is dedicated to solving the problem of obesity within a generation. Cities, towns and counties can be recognized, through the *Let's Move!* Cities, Towns and Counties initiative, for the great work they are already doing to make their communities healthier. Based on the Taskforce's recommendations, *Let's Move!* national efforts focus on: 1) creating a healthy start for children; 2) empowering parents and caregivers; 3) providing healthy foods in schools; 4) improving access to healthy, affordable foods; and 5) increasing physical activity. The national goal is to reduce the rate of childhood obesity to five percent by 2030. Subject matter experts work with the community to help the city, town or county make progress in the initiative. U.S. Department of Health and Human Services <http://www.letsmove.gov/> (click here)

Advocate Condell Medical Center will work with local action teams in Lake County to promote healthy walking campaigns. The walking initiatives will align with Lake County's strategy to increase physical activity and promote healthy behaviors. Additionally, walking campaigns will seek to align with strategy #2, to supplement education with physical activity. The purpose is to provide communities of high need with resources, skills and support on taking care of their health.

SHORT TERM INDICATORS

	Annual Targets by December 31		
Process Indicators	2017	2018	2019
1. Number of planning meetings held in targeted communities (Round Lake and Mundelein) for <i>Let's Move!</i> walking campaign	2 meetings	4 meetings	4 meetings
2. Number of partner organizations participating in <i>Let's Move!</i> initiative in Round Lake and Mundelein	2 organizations	4 organizations	4 organizations
3. Number of individuals who participate in <i>Let's Move!</i> community walks, events and activities	40 individuals	60 individuals	80 individuals
Impact Indicators	2017	2018	2019
1. Increase in percentage of adults participating in the <i>Let's Move!</i> initiative who report walking 30 minutes per day, at least 3 times per week for a period of one year (as measured through an exercise log and self-report and/or survey)	Establish Baseline	TBD	TBD
2. Increase in the percentage of adults participating in the <i>Let's Move!</i> initiative who report any leisure time physical activity in the past month (as measured through survey)	Establish Baseline	TBD	TBD
3. Decrease in percentage of adults participating in the <i>Let's Move!</i> initiative who self-report that their physical health was not good (as measured through a survey)	Establish Baseline	TBD	TBD

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	GOAL 2: Increase opportunities for healthy eating 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)	NWS-9 Reduce the proportion of adults who are obese 33.9 percent of persons aged 20 years and older were obese in 2005–2008 (age adjusted to the year 2000 standard population)
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)	GOAL 2: Increase opportunities for healthy eating. 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)	NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese 16.1 percent of children and adolescents aged 2 to 19 years were considered obese in 2005–2008
3	LCHD Community Health Improvement Plan: Increase the percent of adults who report any leisure time physical activity by 5%, from 91% to 96%, by 2021 Increase the percent of adults who report 30 minutes of exercise for more than 3 days a week by 10%, from 68% to 75%, by 2021	Healthy Illinois 2021 State Health Improvement Plan, IDPH Goal: Increase opportunities for active living Objective: Reduce the percentage of Illinois adults reporting no physical activity in the last 30 days	PA-1 Reduce the proportion of adults who engage in no leisure-time physical activity PA-2 Increase the proportion of adults who meet current federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity

Advocate Condell Medical Center has developed this implementation plan to meet a prioritized need identified through a community health needs assessment process. The medical center may refocus resources if necessary to best address the needs of its community.