

ADVOCATE TRINITY HOSPITAL 2021 COMMUNITY HEALTH IMPROVEMENT PLAN

A PROGRESS REPORT ON OUR 2020-2022 IMPLEMENTATION PLANS

Every three years, Advocate Trinity Hospital (Advocate Trinity) 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 Trinity worked with the Community Health Council (CHC) to review the significant health issues impacting the primary service area (PSA). In addition, Advocate Trinity works in alignment with the Chicago 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 Trinity 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 (AAH) Health 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, COVID-19 vaccination clinics, and several other immediate services.

Priority: Diabetes

Program Outcomes for 2021

Advocate Trinity maintained its recognition status as a Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (DPP).

- Three DPP cohorts established with a total of 44 participants.
- Advocate Trinity established a partnership with Food Smart, Partners for a Healthier America, and Top Box to support healthy eating behaviors. Over a period of 16-weeks, a total of 520 fresh produce boxes were delivered directly to the homes of DPP participants.
- The total pounds lost among 44 participants was 282 pounds.



Partners Involved:

Illinois Public Health Institute-
Chicago CARES, LKC Health & Well-
ness, Top Box, Food Smart, Partner-
ship for a Healthier America, Ameri-
can Hospital Association

Diabetes Empowerment Education Program— 8-week management program, participants received extensive diabetes education over a broad range of topics, including how to handle diabetes during an illness, how to sustain a changed behavior to foster healthy habits, as well as low impact exercises they can do while seated.

December 2020–February 2021 Cohort:

- 33 participants enrolled | 13 participants completed
- Average weight loss: 2.7lbs
- Pre A1C Average: 7.2 | Post A1C Average: 6.3

Priority: Mental Health



Partners Involved: Sertoma Centre, Inc., AAH Faith and Health Partnerships.

Program Outcomes for 2021

- Advocate Trinity and South Suburban Hospitals partnered with team members from the 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 covered tips on how to assist others who may encounter the same challenges.
- A total of 34 participants were registered and 29 participants attended the program
- A Mental Health First Aid (MHFA) training was scheduled for first responders and the community, however due to low enrollment, the training was cancelled. The Community Health team at Trinity Hospital will revisit this program in 2022.
- The program was intended to educate the community at large and to assist first responders with continuing education opportunities that address mental health disparities.

Priority: Food Security



Partners Involved: Greater Chicago Food Depository, Compassion Baptist Church of Chicago, Bethany Lutheran Church

Program Outcomes for 2021

Despite going into the second year of the pandemic, Advocate Trinity's Healthy Living Food Farmacy continued to make huge strides in the community and Advocate patients. Highlights of the year for the Food Farmacy include:

- A contactless, drive-through food pantry was established with several partners due to in-person restrictions from the COVID-19 Pandemic.
- In 2021, 870 patient visits were served through the Healthy Living Food Farmacy.
- A total of 59,993.63 pounds of food was distributed to program participants.
- The Mission and Spiritual Care department donated over 80 chickens that were given to patients.
- Advocate Trinity nurses and staff donated 85 turkeys and gift cards for the November Thanksgiving Food Farmacy distribution.
- The Food Farmacy team was interviewed by Chicago Health Magazine in December, during the Holiday Food Distribution event. The article from Chicago Health Magazine was featured in its March edition.

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Accomplishments in 2021

COVID-19 Prevention

IL Mobile Health Team: The mobile health team in IL provided outreach services to Illinois' most vulnerable communities by working with several community partners across the state.

- Community partners included faith and community-based organizations, federally qualified health entities and public health departments.
- The mobile unit also supported the Protect Chicago At Home vaccination program with the City of Chicago.
- The Protect Chicago At Home program provided in-home and mobile vaccinations to the Far South Community area in Chicago.
- During 2021, the mobile health team provided over 2,600 in-home and mobile community COVID-19 vaccinations for the Chicago At Home Program.

Stories from the Community

"The city wants to close the gap on vaccine hesitancy, but we're finding hesitancy isn't stopping people from getting vaccinated," said ATH Diabetes Nurse Educator Rosie Bernard, who leads this mobile health initiative. "People will get vaccinated if you make it convenient for them."

Pathways to Health Careers

In the summer of 2021, five students from local Chicago Public High Schools enrolled in the One Summer Career and Technical Education program.



Students rotated on patient units at Advocate Trinity to learn about health professions and engage in related experiential learning opportunities to broaden their knowledge of healthcare as a potential career path.

July 6 – August 13, 2021:

- Students enrolled and successfully completed the 6-week program with a total of 600 paid internship hours.
- The students worked alongside a certified nursing assistant each day for 5 hours on clinical patient units.
- The students toured other departments, including the laboratory, surgical operating rooms, the nursing simulation lab, the physical & occupational therapy department, radiology, mammography, pharmacy and CATH Lab.



Rosie Bernard, RN
Advocate Trinity Hospital

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Website:
www.advocatechna.com

ADVOCATE TRINITY 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 Initiatives

Year: 2022

Advocate Trinity Hospital will continue its Health Living Food Farmacy program. Patients will continue to be invited to attend bi-weekly events for a free “dose” of healthy food—making their selections from tables of assorted fresh produce and low-sodium, shelf-stable proteins. Items are displayed in a grocery store like setting in the hospital cafeteria and include fresh kale, cauliflower, broccoli, tomatoes, beans, tuna and more. During visits, patients are coached on the importance of eating healthy, low-carb meals and snacks. Due to COVID-19, AAH has made modifications to the Food Farmacy and moved to an offsite location away from the hospital and implemented a drive-up model for patrons to pick-up their food. Advocate Trinity will continue advancing its Healthy Living Food Farmacy program to patients who are food insecure.

Addressing COVID-19 in the Community

Year: 2022

Advocate Trinity 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.

Diabetes Program

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. Partnerships 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 type 2 diabetes. Advocate Trinity will continue to offer diabetes prevention education using the Prevent Type2 curriculum in 2022.

We Help People Live Well.