

Community Health Needs Assessment Implementation Plan 2017-2019

Advocate Good Samaritan Hospital

Date Created: May 2017

Date Reviewed/Updated:

PRIORITY AREA: Healthy Lifestyles

GOAL: By 2019 increase the percentage of individuals, families and children within the hospital's primary service area (PSA) engaging in healthy lifestyle behaviors such as healthy eating and physical activity.

LONG TERM INDICATORS OF IMPACT

	Baseline Value, Date and Source	Frequency
1. Decrease the percentage of low-income preschool obesity in DuPage County	14%, DuPage County, Healthy Communities Institute (HCI), U.S. Department of Agriculture, 2009-2011	Annual
2. Decrease the percentage of adults who are obese	22.6%, DuPage County, HCI, Illinois Behavioral Risk Factor Surveillance System (BRFSS), 2010-2014	Annual
3. Decrease BMI levels at intervention schools	Baseline to be established 2017, FORWARD BMI data and measurements	Biannual

STRATEGY #1: Implement healthy lifestyle workshops in food pantries within Good Samaritan Hospital's PSA.

TYPE: Counseling and Education

PARTNERS: University of Illinois Extension, People's Resource Center, West Suburban Community Food Pantry, Northern Illinois Food Bank

BACKGROUND ON STRATEGY

Evidence of effectiveness: Good Samaritan Hospital will identify and conduct outreach to PSA food pantries to recruit food pantry partners for the University of Illinois Extension's SNAP-Ed program, which utilizes an evidence-based curricula and materials (University of Illinois Extension, 2016). The program uses the social ecological model to implement 8 core healthy lifestyle lessons using a dialogue approach. The program integrates and values ethnic diversity and cultural beliefs to make the lessons realistic and practical to the target audience. The program also uses a pre and post evaluation survey to measure any changes in health behavior and the overall impact of workshops on the participating individuals and families. Good Samaritan Hospital will provide a dietician to answer participants' questions and provide personalized recommendations and feedback regarding creating and maintaining a healthy lifestyle. <http://web.extension.illinois.edu/INEP/snap-ed.cfm> (click here)

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of workshops per pantry	4 workshops	4 workshops	4 workshops
2. Number of workshop participants per pantry	Baseline Established	TBD	TBD
3. Number of participating food pantries	2 pantries	2 pantries	2 pantries

Impact Indicators (Baselines provided from University of Illinois Extension experience.)	2017	2018	2019
1. Percentage of workshop participants reporting at least one healthy behavior change via post workshop evaluation survey	45% of participants	50% of participants	55% of participants
2. Percentage of workshop participants who report that they “most of the time” or “almost always” think about healthy food choices when feeding their family in post workshop survey	25% of participants	30% of participants	35% of participants
3. Percentage of participants that “agree” to strongly agree” they learned new and practical information from attending workshops	45% of participants	50% of participants	55% of participants

STRATEGY #2: Support schools in Good Samaritan Hospital’s PSA in creating a healthy school environment and becoming recognized as a certified healthy school under the USDA’s HealthierUS Schools Challenge.	TYPE: Changing the Context
---	-----------------------------------

PARTNERS: Action for Healthy Kids (AFHK), FORWARD, PSA Schools

BACKGROUND ON STRATEGY

Evidence of effectiveness: Good Samaritan Hospital will provide funding to AFHK to implement an evidence-based approach in improving child health through the implementation of school-based nutrition and physical activity initiatives (U.S. Department of Agriculture (USDA), 2016). This approach empowers and supports the schools in creating a school health team that oversees and leads the school health work. With AFHK’s support, the first task of the school health team is to complete a School Health Index (SHI) assessment of their school wellness environment. The SHI helps school health teams develop customized wellness priorities, create action plans and track their progress—and allows AFHK to assess schools’ needs, opportunities and barriers to implementing successful and sustainable wellness initiatives. Each strategy in the action plan outlines key stakeholders, activities, implementation partners, key staff and timelines for completion around five areas: school health teams; physical activity; healthy eating; family & community engagement; and healthy school recognition. Good Samaritan Hospital will also provide support to schools in achieving their action plan strategies where applicable (e.g., providing a dietician to provide nutrition education to students and parents).

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of partnering schools	2 schools	2 schools	2 schools
2. Number of schools with active school health teams (at least five members, at least four meetings per year)	1-2 schools	2 schools	2 schools
3. Amount of technical assistance interactions by AFHK Coordinator (e.g., includes site visits, phone and e-mail communications, resource connections, etc.)	15 per school	15 per school	15 per school

Impact Indicators	2017	2018	2019
1. Average School Health Index (SHI) score	Baseline Established	TBD	TBD
2. Number of schools implementing at least one physical activity improvement strategy	1-2 schools	2 schools	2 schools
3. Number of schools implementing at least one nutrition improvement strategy	1-2 schools	2 schools	2 schools
4. Number of schools sharing information on physical activity and nutrition with parents	2 schools	2 schools	2 schools
5. Number of schools with submitted HealthierUS Schools Challenge Application	0 schools	0 schools	2 schools

STRATEGY #3: Good Samaritan Hospital, in partnership with Edward Elmhurst Health System, will implement an 8-week healthy lifestyle program for obese and overweight children living in Good Samaritan Hospital’s PSA.

TYPE: Counseling and Education; Long Lasting Protective Intervention

PARTNERS: ProActive Kids (PAK), Edward Elmhurst Health System

BACKGROUND ON STRATEGY
Evidence of effectiveness: Good Samaritan Hospital, in partnership with Edward Elmhurst Health System, will partner with ProActive Kids to implement an 8-week fitness and nutrition program designed for kids ages 8-14 who are struggling with being overweight/obese. The program also focuses on self-esteem, body image and stress. Program participants receive nutrition and exercise lessons that will create a healthier lifestyle. Although this program is not evidence-based, results have shown BMIs of program participants’ decrease at the end of the 8-week program.

SHORT TERM INDICATORS

Process Indicators (Baselines from ProActive Kids experience.)	Annual Targets by December 31		
	2017	2018	2019
1. Number of PAK sessions offered to the community	2 sessions	2 sessions	2 sessions
2. Percentage of PAK registrants that attend the first class of each session	75% of registrants	75% of registrants	75% of registrants
3. Number of PAK participants	28 participants	34 participants	40 participants
4. Percentage of PAK participants that graduate the program	70% of participants	75% of participants	75% of participants
Impact Indicators	2017	2018	2019
1. Percentage of PAK participants who report recognizing a significant to solid improvement in their commitment to fitness at the conclusion of the 8-week session. (Baseline, 78%)	80% of participants	80% of participants	80% of participants
2. Percentage of participants with decreased BMI at the conclusion of the 8-week program	50% of participants	50% of participants	50% of participants
3. Percentage of PAK participants that report recognizing a solid to significant improvement in their diet and nutrition at the conclusion of the 8-week program. (Baseline, 78%)	80% of participants	80% of participants	80% of participants

STRATEGY #4: The Good Samaritan Hospital Cardiovascular (CV) Service Line will create and implement 2-3 healthy lifestyle workshops in the hospital's PSA.	TYPE: Counseling and Education
---	---------------------------------------

PARTNERS: Good Samaritan Hospital's PSA community organizations and businesses

BACKGROUND ON STRATEGY
Evidence of effectiveness: The Good Samaritan Hospital CV service line nurses and associates will implement a healthy lifestyle workshop that focuses on heart and brain attack (stroke) prevention. Topics such as healthy eating and physical activity will be discussed and workshops will be implemented in partnership with local community organizations and businesses. Although these workshops are not evidence-based, post-survey evaluation results have shown that participants learn new ways to prevent and identify a heart attack and stroke.

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of workshops implemented	2-3 workshops	2-3 workshops	2-3 workshops
2. Number of workshop participants	20 participants	25 participants	30 participants
Impact Indicators	2017	2018	2019
1. Percentage of workshop participants who can identify at least two risk factors for heart and brain attacks at the conclusion of the workshop	75% of participants	75% of participants	75% of participants
2. Number of community organizations and businesses that host the workshop	2-3 hosting organizations/ businesses	2-3 hosting organizations/ businesses	2-3 hosting organizations/ businesses

ALIGNMENT WITH COUNTY/STATE/NATIONAL PRIORITIES

Strategy	County IPLAN	SHIP (State Health Improvement Plan)	Healthy People 2020
1-4	Healthy lifestyles was selected as a priority in the 2015 Impact DuPage County Assessment	The Illinois SHIP prioritizes chronic disease prevention, which includes goals around healthy eating and active living	Healthy People 2020 prioritizes healthy lifestyles through the goal of promoting health and reducing chronic disease risk through the consumption of healthful diets, and achievement and maintenance of healthy body weights

Advocate Good Samaritan 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.