

Community Health Needs Assessment

UnityPoint Health Methodist | Proctor
2016 - 2018 Implementation Plan

Executive Summary

Section 501(r) (3) of the Patient Protection and Affordable Care Act, Public Law 111-148, requires charitable hospital organizations to conduct a community health needs assessment (CHNA) at least once every three years and to adopt an implementation strategy to meet the community health needs identified through the CHNA. The Internal Revenue Service has published regulations that allow hospital organizations the ability to collaborate with other organizations in the completion of the CHNA and in the development of implementation strategies. In response to these regulations, the two hospital systems in Peoria, Illinois embraced the opportunity for collaboration to complete a CHNA for the hospitals' primary service area defined as Peoria, Tazewell, and Woodford Counties (Tri-Counties). 2016 CHNA collaborative partners included OSF Saint Francis Medical Center, UnityPoint Health – Methodist|Proctor, Kindred Hospital, Advocate Eureka Hospital, Hopedale Medical Center, Pekin Hospital, Peoria City/County Health Department, Tazewell County Health Department, Woodford County Health Department, Heart of Illinois United Way, Heartland Community Health Clinic and Bradley University.

The CHNA was divided into three distinct phases: Phase 1 focused on the collection of existing secondary data to develop a comprehensive health profile; Phase 2 focused on survey data collection from general, at-risk, and economically disadvantaged populations; and, Phase 3 provided a summary of the key community health issues which were prioritized by the collaborative partners using a modified version of the Hanlon method. Prioritization was based on: (1) magnitude of the issue (i.e., what percentage of the population was impacted by the issue); (2) severity of the issue in terms of its relationship with morbidities and mortalities; and (3) potential impact through collaboration.

Based on specific criteria used to evaluate the documented needs identified through the CHNA, collaborative partners determined that there were eleven key community health related issues in the primary service area.

- **Healthy Behaviors: Healthy eating and active living**
- **Mental Health**
- Appropriate use and access to health services – Emergency services, dental, primary healthcare
- Obesity
- Low birth weights
- Diabetes
- Asthma
- Substance Abuse
- Risky sexual behavior - STIs
- Heart Disease
- Cancer

The MHSC/PHCI governing boards reviewed the identified health issues and selected five areas as having the highest priority. The five health issues are summarized on the following pages. In making its selection, the governing boards evaluated existing programs and resources within UnityPoint Health Methodist | Proctor in order to optimize the impact of our efforts and achieve strategic alignment. The MHSC/PHCI governing boards further evaluated the deployment of other community resources in

addressing the health needs identified in order to balance the community's response and avoid duplication of effort.

The implementation plan describes the identified need, defines UnityPoint Health Methodist | Proctor objectives in addressing the need and lists the action steps to be undertaken to achieve the desired outcome for each campus. The strategy outlined leverages existing programs and resources within UnityPoint Health Methodist | Proctor. The implementation plan was approved by the UnityPoint Health – Methodist | Proctor Board of Directors on October 27, 2016.

Healthy Behaviors (Healthy Eating and Active Living) Implementation Plan

Lead: Andrea Parker
Others Involved: Michelle Williams

- I. **Identified Need:** Only 11% of the population engages in exercise more than 5 times a week and two thirds of the population exercises only two days per week or less. Only 5% of the population consumes the minimum recommended servings [5] of fruits and vegetables in a day and almost 70% site that they either cannot afford them or they are too difficult to buy.
- II. **Community/UnityPoint Health - Methodist | Proctor Objectives:**
 - Increase the percent of children who met CDC guideline for at least 60 minutes of physical activity per day to 50%.
 - Decrease the percent of respondents who eat two or fewer servings of fruits and vegetables per day from 35% to 25%.
 - Decrease the rate of adult physical inactivity from 34% to 25%.
- III. **Collaborators:** The Partnership for a Healthy Community, YMCA and Gifts in the Moment
- IV. **Existing UnityPoint Health - Methodist | Proctor Resources/Initiatives:**
 1. School health clinics.
 2. Wellness Center.
 3. Atrium Farmers Market.
 4. Hult Center CATCH grant collaboration – funded through Dec. 31, 2017
 5. Hult Center Diabetes Prevention Program (Age 18 and over)
- V. **Proposed Action Plan:**
 1. Deploy initiatives to increase adult active living and youth activity (schools with green space, minutes of school physical activity, after school physical fitness opportunities, and worksite wellness).
 2. Increase prevalence of farmers markets. Two initiatives are being implemented to increase access to healthy foods: WIC client farmers market campus, and worksite wellness.
 3. Engage with the community to promote wellness programs and explore access to free or discounted exercise locations and events. The Hult Center’s collaborative effort is with the Peoria City/County Health Department. This collaborative effort is working to reduce obesity through consumption of fruits and vegetables and increase physical activity in two targeted zip codes within Peoria.
 4. Encourage seniors to be active and live healthy lives through Hult Center’s *Encore!* Program.
 5. Provide financial support to Gifts in the Moment, a non-profit organization that provides fresh produce to the at-risk population.

VI. Resource Commitment:

- Hult Center CATCH grant – funded through Dec. 31, 2017
- Financial support to Gifts in the Moment

VII. Metrics:

1. Changes in weight.
2. CHNA respondent survey measures for physical inactivity and consumption of fruits and vegetables.

Mental Health Implementation Plan

Lead: Dean Steiner
Others Involved: Andrea Parker

- I. **Identified Need:** Approximately 72% of respondents in the Tri-county region reported that they experience good mental health which has increased from 63% in 2013. There is a significant correlation between poor mental health and health care utilization. Access to mental health services remains an issue with unaffordable co-pays cited as the greatest reason for not seeking counseling and care by most respondents.

- II. **UnityPoint Health - Methodist | Proctor Objectives:**
 - Increase the proportion of adults reporting good mental health through the CHNA survey from 72% to 80% by 2019.
 - Reduce the suicide rate by 10% for Tri-County residents moving from 11.0 deaths per 100,000 down to 9.9 deaths per 100,000.
 - Reduce acute care utilization through improved access to community-based providers and through primary care screening for depression.
 - Reduce patient outmigration for acute mental health services by expanding bed capacity.

- III. **Collaborators:** Fayette Companies (local community based mental health provider); University of Illinois College of Medicine; Tazwood Mental Health Center.

- IV. **Existing UnityPoint Health - Methodist | Proctor Resources/Initiatives:**
 1. Partial hospitalization program
 2. Mental Health clinic
 3. Inpatient child, adult, and geriatric nursing units
 4. Emergency Room Intake Center
 5. Employed psychiatrists [4.6 FTEs + 1.8 UPC Social Worker]
 6. UICOMP Psych Residency Program
 7. Proctor Counseling Center
 8. Behavioral Health Clinician integration with UPC Primary Care offices for behavioral health services.
 9. Hult Center mental health education programs (5th-9th grade)
 10. Hult Center outreach psychosocial counselor in area schools
 11. Hult Center Behavioral Health support services with cancer programs

- V. **Proposed Action Plan:**
 1. Improve access to mental health services through the addition of mid-level providers to the adult psychiatry clinic in collaboration with the University of Illinois Residency Program.
 2. Integrate clinicians for behavioral health and addiction services in primary care offices.
 3. Collaborate with Fayette Companies to reduce hospital readmissions.

4. Collaborate with Fayette Companies to reduce emergency department visits.
5. Expand acute inpatient bed capacity.
6. Tazewood hospital liason.

Resource Commitment:

7. Budget \$150,000 to add two mid-level providers based on a business plan.
8. Budgeting \$75,000 - Integration w Primary Care Offices – Mid-Level FTE.
9. Commit sufficient capital to renovate/replace/expand inpatient beds.

VI. Metrics:

1. % readmissions
2. Transfers from ED due to unavailable beds.
3. Mental health ED visits and Health Clinic visits.
4. CHNA survey of personal perceptions of mental health status.

Access to Healthcare Implementation Plan

Lead: Tony Howard

Others Involved: Ryan Taylor, Andrea Parker, Dean Steiner

- I. **Identified Need:** Access to primary care, dental care, counseling services and prescription drugs results have improved since the 2013 assessment. Improvement is largely because of the reduction in population having no insurance due to the ACA. Accessing care is still limited for the tri-county population with incomes below poverty due to the inability to afford the co-pays. Limited access still results in unnecessary reliance on emergency rooms and reduced health. The ED is still chosen by 19% of the at-risk population as their primary source of care.
- II. **UnityPoint Health - Methodist | Proctor Objectives:**
 - Reduce the number of avoidable ED visits, with a focus on dental related visits.
 - Assure inpatients are discharged with prescription drugs.
 - Expand UPH services to help meet the needs of the underserved including addition of primary care service locations
- III. **Collaborators:** Peoria County Health Department; Walgreens; The Children’s Home Association of Illinois ADAPT program
- IV. **Existing UnityPoint Health - Methodist | Proctor Resources/Initiatives:**
 1. Charity Care policy
 2. UnityPoint Clinic [UPC]
 3. Mental Health clinics
 4. UPC & Proctor First Care Urgent care centers
 5. Family Practice Residency
 6. Wellmobile
 7. Free/low cost screening
 8. In School Health program
 9. Call center
 10. Mobile mammography
 11. Hult Center education on community resources
 12. Hult Center programs for low-income underserved individuals
 13. Hult Center dental health education (PreK, K, 1st, 2nd grades) & providing dental supplies to low income youth (PreK & K students)
 14. Children’s Home Association ADAPT counseling program for children aged 11 to 18 without private insurance.
- V. **Proposed Action Plan**
 1. Collaborate with Walgreens to offer low cost prescriptions to qualifying patients at the time of discharge with a free bedside delivery option
 2. Collaborate with Peoria City/County Public Health Department to expand the availability of dental services offered at the Health Department.
 3. Evaluate other avoidable ED visits and develop appropriate interventions.
 4. Look for grant funding opportunities for both the dental clinic and prescription drugs.

5. Consider wider use of fluoride varnish at primary care offices.
6. Expand UPH Counseling Center and Mental Health Clinic.
7. Tele-Health Expansion.

VI. Resource Commitment

1. Provide financial support to public health to enhance dental coverage.
2. Sufficient funding to support prescription drug initiative.
3. Increase UPH providers in the counseling center and mental health clinic.

VII. Metrics

1. Number of ED dental visits.
2. % of avoidable ED visits.
3. Counseling Center and MH Clinic, and Low-Cost Urgent Care Center expanded visits.

Substance Abuse Implementation Plan

Lead: Angie Moore
Others Involved: Todd Baker, Andrea Parker

- I. **Identified Need:** Drug abuse was the top ranked unhealthy behavior identified by 42% of community participants in the 2016 CHNA survey. Deaths from drug overdose are currently the number one cause of accidental death. For every one death from prescription opioids there are ~ 825 individuals who use opioids for non-medical reasons. Alcohol abuse and smoking were also identified as unhealthy behaviors by a majority of respondents.
- II. **Community/UnityPoint Health - Methodist | Proctor Objectives:**
 - Decrease the amount of UPC Peoria provider opioid prescribing by 10% in the first six months of the project.
 - Decrease the amount of UPC Peoria provider opioid prescribing by 25% after one year.
 - Educate community adults and youth on the dangers of alcohol, tobacco, and drug use [both illicit and prescription substances].
- III. **Collaborators:** The Partnership for a Healthy Community; The Mayor’s Community Coalition Against Heroin; The Hult Center for Healthy Living - Substance Abuse Prevention [SAP] Coalition; The Children’s Home Association of Illinois ADAPT program.
- IV. **Existing UnityPoint Health - Methodist | Proctor Resources/Initiatives:**
 1. UPH Peoria Opioid Task Force.
 2. Hult Substance Abuse Coalition – targeting Peoria County as Drug Free Community – reduce substance abuse among adults.
 3. Smoking cessation program.
 2. Smoking registry within the UPC.
 3. Employed pulmonologists.
 4. IL Institute for Addiction Recovery [IIAR] treatment centers.
 5. Early Intervention and Education program.
 6. Worksite wellness programs within UPH – Methodist | Proctor and other businesses.
 7. Hult Center and Wellness educational programs
 8. Hult Center “Freedom from Smoking” smoking cessation program, smoke-free multi-unit housing policy implementation, smoke-free campus implementation, and smoke free outdoor spaces.
 9. Continue deploying tobacco awareness media campaign.
- V. **Proposed Action Plan:**
 1. Provide education and monitoring to UPC providers regarding opioid abuse and prescribing practices.
 2. Integrate clinicians for behavioral health and addiction services in primary care offices and navigate patients for appropriate follow up and care.
 3. Provide regional CMEs and informational meetings on opioid abuse and prevention.

4. Offer adolescent treatment and intensive outpatient and aftercare services through the IIAR – Fall 2016.
5. Offer IIAR DUI services – Fall 2016.
6. Offer Annual Hult Youth Summit addressing substance abuse.
7. Partner with the Mayor’s Coalition to increase awareness.
8. Work with public health to develop smoke-free multi-unit housing.
9. Worksite wellness.
10. Hult Center educational substance abuse prevention programs for youth.

VI. Resource Commitment:

1. Hult Center IDPH Illinois Tobacco Free Communities grant support.
2. Add behavioral health clinicians to primary care offices.

VII. Metrics:

1. Opioid prescriptions amongst UPC providers.
2. Tobacco prevalence.
3. Prevalence of substance abuse among children and adolescents.

Cancer Implementation Plan

Lead: Anne Bowman

Others Involved: Kevin Baker, Andrea Parker

- I. **Identified Need:** Prostate cancer, invasive breast cancer and lung cancer have the 3 highest incidence rates. Lung cancer rates are higher in Peoria and Tazewell County than state averages. The incidence and prevalence of lung cancer in the Tri-Counties has increased over the last 24 years. The number of Stage I lung cancer diagnoses is less than desired. Breast cancer rates are higher in Peoria and Woodford County than the rest of the state. About 25 percent of women in the Tri-County region who should be receiving annual mammography screens are not.
- II. **UnityPoint Health - Methodist | Proctor Objectives:**
 - Offer a lung screening program to increase early diagnosis and decrease mortality.
 - Recruit Physician providers for underserved specialties of dermatology and breast surgery.
 - Expand oncology navigator program to ensure each patient has appropriate follow up and care by coordinating appointments and facilitating referrals for support services.
- III. **Collaborators:** Illinois Cancer Care; Specialists in Medical Imaging; Susan G. Komen Memorial Affiliate.
- IV. **Existing UnityPoint Health - Methodist | Proctor Resources/Initiatives:**
 1. Methodist | Proctor Oncology Institute
 2. Oncology navigators
 3. Oncology Nursing Units
 4. Mammography services and Mammo Van
 5. PET
 6. Radiation Therapy
 7. Medical Imaging
 8. Tumor Board
 9. Health insurance incentives for non-smokers
 10. Smoker registry within the UnityPoint Clinic
 11. Spirometry testing
 12. Employed pulmonologists
 13. Hult Center “Freedom from Smoking” smoking cessation program, smoke-free multi-unit housing policy implementation, smoke-free campus implementation, and smoke free outdoor spaces
 14. Hult Center “Kids Connected” caregiver and family cancer education and support (no charge)
 15. Hult Center psychosocial counseling (no charge) & Registered Dietician (no charge)
 16. Hult Center oncology massage and exercise classes
- V. **Proposed Action Plan**
 1. Continue with the low cost CT lung screening in conjunction with Specialists in Medical Imaging

2. Identify UnityPoint Clinic [UPC] patients who meet the criteria for the screen
3. Promote the lung screen with the at-risk population

VI. Resource Commitment

1. Analytic support to identify at-risk population
2. Hire additional navigators as needed.
3. Offer low cost CT scans to the at risk population.
4. Promote the lung nodule and high risk breast clinics.
5. Increase nurse navigator support for cancer patients.

VII. Metrics

1. Number of CT screens
2. Number of patients diagnosed with Stage 1 cancer
3. Number of high risk breast screen assessments.
4. Mammography screens.

Several needs in this CHNA assessment have not been given priority focus in the UnityPoint Health Methodist | Proctor plan. In the initial review and prioritization of the 2016 needs assessment UnityPoint Health identified five areas that were considered most important and that UnityPoint Health was well positioned to address. The remaining six needs that were not given priority focus in our CHNA implementation plan are still being addressed through existing UnityPoint Health programs and through programs and services offered by our collaborative partners.

The remaining community needs and the resources dedicated to addressing them are listed below:

- **Obesity**

- UnityPoint Health Methodist | Proctor:
 - Weight reduction classes
 - Dieticians
 - Exercise classes and facility
 - In School Health wellness initiatives:
 - After school wellness program
 - Wellness education
 - Employee risk stratification, coaching, and health plan incentives
 - Hult Center student education programs
 - Hult Center dietetics presentations and healthy eating cooking demonstrations
 - Hult Center CATCH project (Coordinated Approach to Child Health)
- Collaborative Partners:
 - OSF Saint Francis Medical Center
 - Heartland

- **Diabetes**

- UnityPoint Health Methodist | Proctor:
 - Diabetic Care Center
 - UPC - Diabetic patient registry
 - Added UPC Endocrinologist
 - Diabetic screening
 - Diabetic standards deployed throughout the medical group
 - NP added to center
 - Hult Center nutritional education programs
 - Hult Center pre-diabetic education curriculum
 - Dietetics internship rotation through Hult Center
- Collaborative Partners:
 - Heartland
 - OSF Saint Francis Medical Center

- **Asthma**
 - UnityPoint Health Methodist | Proctor:
 - IP – Asthma PI project where 100% of admissions are followed with a plan of care.
 - ED – Use of asthma order sets to reduce asthma admissions.
 - OP – Asthma action plan at UPC Peds offices to address patient adherence education etc.
 - Wellmobile – spirometry screens.
 - In-School Health program - Ongoing monitoring and management of chronic asthmatics by UPC nurse practitioners [In-School Health program].
 - Hult Center educational programs
 - Collaborative Partners:
 - OSF Saint Francis Medical Center
- **Heart Disease**
 - UnityPoint Health Methodist | Proctor:
 - UPH Heart Failure & Device Clinics
 - Hult Center – Heart Failure Support Program
 - UnityPoint Health Peoria Cardiology Group
 - UPH Regional Cardiology Clinics: North Allen, Pekin, and Hopedale
 - Collaborative Partners:
 - OSF Saint Francis Medical Center
- **Low birth weights**
 - UnityPoint Health Methodist | Proctor:
 - Level II Nursery
 - Perinatology Specialist
 - Hult and UnityPoint Health smoking cessation programs
 - Hult Substance Abuse Coalition
 - IL Institute for Addiction Recovery [IIAR] treatment centers.
 - Collaborative Partners:
 - OSF Saint Francis Medical Center
 - Peoria, Tazewell, and Woodford County Health Departments
- **Risky sexual behavior – STIs**
 - UnityPoint Health Methodist | Proctor:
 - In-School Health Program – [Manual H.S. Clinic - STI program]
 - UnityPoint Health STI call back program
 - FMC / U of IL Med School CME offerings for providers.
 - Collaborative Partners:
 - Peoria, Tazewell, and Woodford County Health Departments
 - OSF Saint Francis Medical Center

Evaluation of Impact From the 2013 – 2015 Plan

- I. The UnityPoint Methodist/Proctor 2013 – 2015 Community Health Improvement Plan focused on all eight of the identified needs from the 2013 Needs Assessment: Access to Healthcare, Risky Behaviors, Asthma, Diabetes, Healthy Behaviors, Lung Cancer, Mental Health, and Obesity. Below are some of the achievements made possible through resources and programs leveraged to address the identified community needs.
- Provided over **450** lung screens to the community with over **100** positive individuals receiving follow-up and treatment
 - Educated over **8,500** community adults and youth through Hult Center tobacco awareness and smoking cessation education programs
 - Provided weight reduction education and training through Wellness programs to over **6,000**
 - Educated over **24,000** youth on nutrition and fitness through the Hult Center and over **1,400** additional area students on diet and exercise specifically through the Hult Center CATCH program
 - Funded the recruitment and hiring of a **Nurse Practitioner** and **Endocrinologist** as additional resources to the UnityPoint Diabetes Clinic
 - Hult Center dental health education provided to over **30,000** PreK, K, 1st, and 2nd graders and free dental hygiene supplies to over **8,000**
 - Provided over **20,000** free Wellmobile visits at over **400** sites throughout the region
 - Collaborated with Walgreens to offer patients low cost prescriptions at the time of discharge
 - Funded and staffed In-School Health Program in over **20** area schools and the PCCEO Head Start program providing over **10,000** free/low cost clinical care visits along with education, immunizations and screening to students
 - Added Hult Center **Psychosocial Counselor** resource for area schools
 - Collaborated with the Fayette companies and UICOMP to **improve access to behavioral health care** and **provide depression screening in the primary care setting** in order to reduce acute care utilization. 30 day readmission rates for behavioral health diagnosis decreased by a full percent.
 - Expanded the **ED behavioral health intake center**
 - Funded a **Dietician** for diet and education training for **obesity** and **diabetes** for District 150