

**Presence Mercy Medical Center**  
**Community Health Needs Assessment**  
**2018**

## Ministry Overview

---

Presence Health, sponsored by Presence Health Ministries, is a comprehensive family of not-for-profit health care services and the single largest Catholic health system based in Illinois. Presence Health embodies the act of being present in every moment we share with those we serve and is the cornerstone of a patient, resident and family-centered care environment. "Presence" Health embodies the way we choose to be present in our communities, as well as with one another and those we serve.

Our Mission guides all of our work: Inspired by the healing ministry of Jesus Christ, we, Presence Health, a Catholic health system, provide compassionate, holistic care with a spirit of healing and hope in the communities we serve.

Building on the faith and heritage of our founding religious congregations, we commit ourselves to these values that flow from our mission and our identity as a Catholic health care ministry:

- **Honesty:** The value of Honesty instills in us the courage to always speak the truth, to act in ways consistent with our Mission and Values and to choose to do the right thing.
- **Oneness:** The value of Oneness inspires us to recognize that we are interdependent, interrelated and interconnected with each other and all those we are called to serve.
- **People:** The value of People encourages us to honor the diversity and dignity of each individual as a person created and loved by God, bestowed with unique and personal gifts and blessings, and an inherently sacred and valuable member of the community.
- **Excellence:** The value of Excellence empowers us to always strive for exceptional performance as we work individually and collectively to best serve those in need.

Presence Mercy Medical Center (PMMC) is a 292-bed hospital that has been meeting the health needs of Kane County residents for over 100 years. Founded by the Sisters of Mercy, PMMC offers the full continuum of care - from a Level II Emergency Department to a Level II special care nursery. With over 1,200 associates, including 487 medical staff and allied health professionals, PMMC offers a full range of inpatient and outpatient medical services for the Greater Aurora area and is dedicated to providing quality and compassionate care to all we serve

Beginning in 2017 through early 2018 the 2018 Community Health Needs Assessment (CHNA) conducted by PMMC, together with other Kane County Public Health System Stakeholders, including four other hospitals and over 200 individuals, through the Kane County Community Health Needs Assessment (CHNA) Collaborative.

This report summarizes the health profile and community input findings of the CHNA conducted for the population served by PMMC and identifies the top priority health issues for the community to focus on in developing its implementation strategies. The top identified health needs are as follows:

- Mental Health
- Chronic Disease
- Income and Education

## Ministry Overview

---

### **Progress Addressing Needs Identified in the 2015 CHNA**

Presence Mercy Medical Center is committed to creating awareness and utilization of available resources in the community to facilitate collaboration between PMMC and the broader community. The following programs are existing community benefit programs PMMC sponsored in the community to address community needs identified in the 2015 CHNA. In 2019-2021, PMMC will address the prioritized needs by enhancing these existing programs and, where necessary, replacing or supplementing them with new programs to better address community health needs with a particular focus on social determinants of health.

Presence Mercy Medical Center will work with the Aurora Community Leadership Board to enhance the existing programs by developing metrics to measure improvements in the overall health of program participants and tie in goals with organizational priorities.

### **I'M REDUCING OBESITY IN CHILDREN (IROC) NUTRITIONAL PROGRAM**

---

I'm Reducing Obesity in Children (IROC) Nutrition program is designed to provide a series of eight 1.0 hour workshops that will emphasize proper nutrition education for parents and children including goal setting and motivation related to healthy behavior issues. The workshops will also provide families with information and resources relevant to the topics covered. Each 8-week session involves parents attending an education workshop presented by a registered dietitian as children concurrently participate in a cooking demonstration activity led by a registered nurse. Children will create and eat some healthy snacks in this hands-on class that introduces little cooks to the kitchen with easy recipes, simple measurements and kitchen safety. Twenty-seven families participated in this program in 2016 and 2017.

### **A1C ACHIEVER DIABETES MANAGEMENT PROGRAM**

---

The A1C Achiever Diabetes Management Program is a 2-3 month diabetes self-management education program, which has achieved Education Recognition Program status by the American Diabetes Association and follow the National Standards for Diabetes Self-Management Education and Support. Patients are referred to the program by their primary healthcare provider. The program includes an initial assessment, followed by a series of 5 classes and concluding with a final assessment. The diabetes educators are nurses, dietitians and pharmacists. The goal for the program is to adopt healthier behaviors which will lead to improved glycemic control. Over 66% of participants achieved a target A1C of less than 7%.

### **A-LIST: ACHIEVING GOOD HEALTH DIABETES PREVENTION PROGRAM**

---

A-List is a diabetes screening and education program that focuses to prevent the onset of type 2 diabetes. Established in 2011, the A-List: Achieving Good Health Diabetes Prevention program is an 8-week program that combines diabetes prevention education strategies and medical nutrition therapy concurrently. Participants must have at least one risk factor for type 2

## Ministry Overview

---

diabetes but must not be diagnosed upon program entry. Participants meet with a diabetes educator for an individual initial assessment to determine the plan of care. Participants will then attend eight 1.5 hour workshops and two individual medical nutrition therapy sessions. Healthy behavior goals are selected by participants and a diabetes educator at the beginning of the program and then to be re-evaluated midway through the program and upon program completion or as needed. One-hundred percent of participants reported increased knowledge of risk factors for Type 2 Diabetes as well as access to proper nutrition and diabetes education by qualified healthcare professionals.

### **COMMUNITY WELLNESS PROGRAM**

---

The Community Wellness Program provides community education and screening programs on a variety of health and wellness topics both in the community and main hospital location. Components of the program include: blood pressure, blood glucose, blood lipid, body-fat and body mass index (BMI) screenings. Health education topics on chronic disease include hypertension, stroke, diabetes, obesity and heart disease. Over 2,600 persons were screened and counseled on blood pressure between 2016-2018 in various community settings including churches, food pantries and health events.

### **TAKE CHARGE OF YOUR HEALTH CHRONIC DISEASE SELF-MANAGEMENT PROGRAM**

---

Take Charge of Your Health Chronic Disease Self-Management Program is a 6-week program with participants education workshop that is evidence based Chronic Disease Self-Management Program developed by Stanford School of Medicine Patient Education Research Center. The program provides information and teaches practical skills on managing chronic health problems. Live Well, Be Well program gives people the confidence and motivation they need to manage the challenges of living with chronic disease including communication with physicians, symptom management, action planning & strategies for disease prevention. Caregivers are encouraged to attend. Thirty persons participated in 2016 and 2017. Over 97% of participants reported increase knowledge of self-management skills upon program completion.

### **FAITH COMMUNITY NURSING PROGRAM**

---

The Faith Community Nursing (FCN) program at MMC integrates faith and health in order to serve the health care needs of members of faith congregations and the community. The FCN role is a specialty of nursing focused on the integration of the spiritual dimension into the health system through visits involving advocacy, referral, wellness education and navigation of the health system. Over 17,000 participants were provided with chronic disease education between 2016-2018.

### **MENTAL HEALTH FIRST AID**

---

In response to a demonstrated system and state-wide need of addressing barriers to accessing and utilizing mental health services, Presence Mercy Medical Center and its community partners implemented an evidence-based program, Mental Health First Aid (MHFA), to reduce the stigma

## Ministry Overview

---

associated with mental illness and improve the coordination of mental health care. PMMC provided promotion, funding, coordination & in-kind donation of space for these trainings. Over 179 community members have been trained between 2016-2018.

### Conclusion

Presence Mercy Medical Center and members of the Kane County CHNA Collaborative have worked together using the Mobilizing Action for Planning and Partnership (MAPP) model for the CHNA proved to yield robust data from various perspectives including health status and health behaviors, forces of change, public health system strengths and weaknesses, and perceptions and experiences from diverse stakeholder engagement, and collaborative leadership and decision making have been some of the hallmarks of this process thus far. The CHNA process presented an exciting opportunity to engage diverse groups of community residents and stakeholders. All of the issues prioritized are issues that cannot be addressed by any one organization alone.

Leveraging the continued participation of community stakeholders invested in health equity and wellness, including actively identifying and engaging new partners, will continue to be essential for developing and deploying aligned strategic plans for community health improvement in any of the following priority areas:

- Mental Health
- Chronic Disease
- Income and Education

To be successful, PMMC will continue to partner with the health department and other Kane County organizations to adopt shared and complimentary strategies and leverage resources to improve efficiencies and increase effectiveness for overall improvement. Data sharing across organizations was instrumental in developing this CHNA and will continue to be an important tool for establishing, measuring and monitoring outcome objectives. Further, the shared leadership model driving the CHNA will be essential to continue to balance the voice of all partners in the process including the hospitals, health department, stakeholders, and community members.

Driven by a shared mission and a set of collective values that have guided the CHNA process and decision making, PMMC will work together to develop implementation plans and collaborative action targeted to achieving the shared vision of improved health equity, wellness, and quality of life across our community. Engaging in this collaborative CHNA process has developed a solid foundation and opened the door for many opportunities moving forward.

## Ministry Overview

---

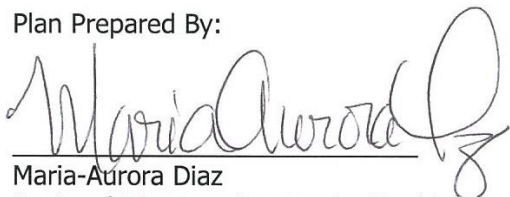
The Board of Directors of Presence Health has formally delegated authority to approve this Presence Mercy Medical Center Community Health Needs Assessment to the Aurora Community Leadership Board, comprised of community and hospital stakeholders and business leaders. The below signatures indicate that this plan has been reviewed and approved in 2018.

### **Approved by the Aurora Community Leadership Board**

6/14/2018

Date Approved

Plan Prepared By:



Maria-Aurora Diaz

Regional Director, Community Health Integration

Presence Mercy Medical Center will share this document and annual Implementation Strategies to address the needs identified in this document with all internal stakeholders including associates, volunteers and physicians. The full Community Health Needs Assessment and this overview is available at [www.presencehealth.org/community](http://www.presencehealth.org/community) and is also broadly distributed within our community to stakeholders including community leaders, government officials, service organizations and community collaborators.

We welcome feedback on this Community Health Needs Assessment and its related Implementation Strategy. Kindly send any feedback you have to [mariaaurora.diaz@presencehealth.org](mailto:mariaaurora.diaz@presencehealth.org) or to the following address:

Community Health  
Attn: Maria-Aurora Diaz  
Presence Mercy Medical Center  
1325 N. Highland Ave  
Aurora, IL 60506