



AMITA HEALTH ST. MARY'S HOSPITAL KANKAKEE

# Community Health Needs Assessment Implementation Strategy

2022–2024



## Executive Summary

AMITA Health St. Mary's Hospital Kankakee and members of the Kankakee County Partnership for a Healthy Community, a collaborative of the Kankakee County Health Department, local hospitals and community partners, worked together over 16 months to build a comprehensive Community Health Needs Assessment (CHNA) for Kankakee County. Using the Mobilizing for Action through Planning and Partnerships (MAPP) model for the CHNA, Kankakee County Partnership for a Healthy Community have engaged diverse groups of community residents and stakeholders and gathered robust data from various perspectives about health status and health behaviors.

Together with our community stakeholders, we have identified the following prioritized health needs in our community:

**Health and Wellness**, enforcing coordination and linkage of services to ensure access to quality health services, taking into consideration the impact of social determinants of health, as well as chronic disease prevention.

**Behavioral Health and Substance Use**, including both mental health, substance use disorders as well as violence, safety and trauma among Kankakee County residents.

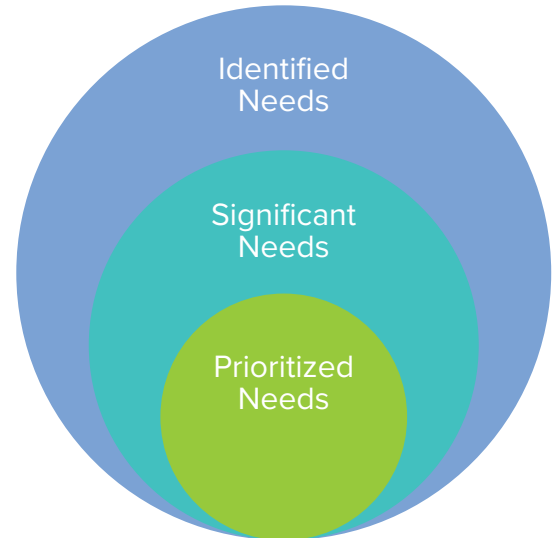
**Education and Employment**, determining barriers to education and employment and creating program opportunities to increase job readiness and interpersonal skill development.

AMITA St. Mary's Kankakee has developed an Implementation Strategy for the next three years that describes the programs we are undertaking to address these prioritized health needs in our community.

## Prioritized Health Needs

As part of the CHNA assessment data collection, a broader set of identified needs were discovered. The identified needs were then narrowed to a set of significant needs which were determined most crucial for community stakeholders to address and were cross-cutting across various assessments. Finally, a smaller subset of significant needs has been deemed by the hospital and its collaborators, as prioritized needs. The adjunct image also describes the relationship between the need categories. For more information on the process of selecting these community needs, please refer to the full collaborative CHNA.

Although the hospital may address many needs, the prioritized needs listed below will be at the center of the formal CHNA implementation strategy and corresponding tracking and reporting.



**The following prioritized health needs will be addressed in the 2022–2024 (fiscal year) implementation strategy:**

- Health and Wellness
- Behavioral Health and Substance Use
- Education and Employment

This implementation strategy was approved by the AMITA Health Suburban Network Board on September 22, 2021. The collective monitoring, reporting progress and revising will ensure the plan remains relevant and effective.



## Our Hospital and Community

### AMITA Health

AMITA Health is an award-winning health system committed to delivering compassionate care to nearly 6.6 million residents in Chicago and its surrounding suburbs.

As a faith-based health system in the respective Catholic and Adventist traditions, AMITA Health is committed to delivering inclusive and compassionate care, communicating clearly with patients and their families, respecting the faith traditions of all people, and honoring the dignity of everyone we serve. When people come to AMITA Health, they can expect to receive the very best care — and to be treated like family.

In keeping with the faith-based traditions of its legacy health systems, AMITA Health treats the whole person, including the physical, emotional, mental and spiritual needs of the people it serves. The system continually works to identify and to address community health needs with a special focus on serving the needs of the poor, vulnerable and marginalized. AMITA Health annually provides more than \$253 million in community benefit including \$63.2 million in financial assistance.

### AMITA Health St. Mary's Hospital Kankakee

AMITA Health St. Mary's Hospital Kankakee has been meeting the health needs of the Kankakee County area for over 120 years. Founded by the Servants of the Holy Heart of Mary, AMITA St. Mary's Kankakee continues to carry out its mission of providing compassionate, holistic care with a spirit of healing and hope in the communities we serve.

Located in Kankakee County, the 182-bed AMITA St. Mary's Kankakee provides many advanced health care services including advanced cardiac and orthopedic care. In addition, our state-of-the-art facility offers the latest in emergency (Level II Trauma Center), medical and surgical services, medical lab and imaging services, heart and vascular care, cancer care, obstetrical (Level II Nursery) and women's care, rehabilitation services, behavioral health, sleep disorder and wound care services. AMITA St. Mary's Kankakee has a medical staff of more than 300 physicians representing multiple medical specialties and employs over 750 professional, technical and support personnel, making it one of the largest employers in Kankakee County.

### Kankakee County Partnership for a Healthy Community

In 2019 and 2020, AMITA St. Mary's Kankakee participated in the collaborative efforts organized by Kankakee County Partnership for a Healthy Community to complete the assessments needed for the Community Health Needs Assessment (CHNA).

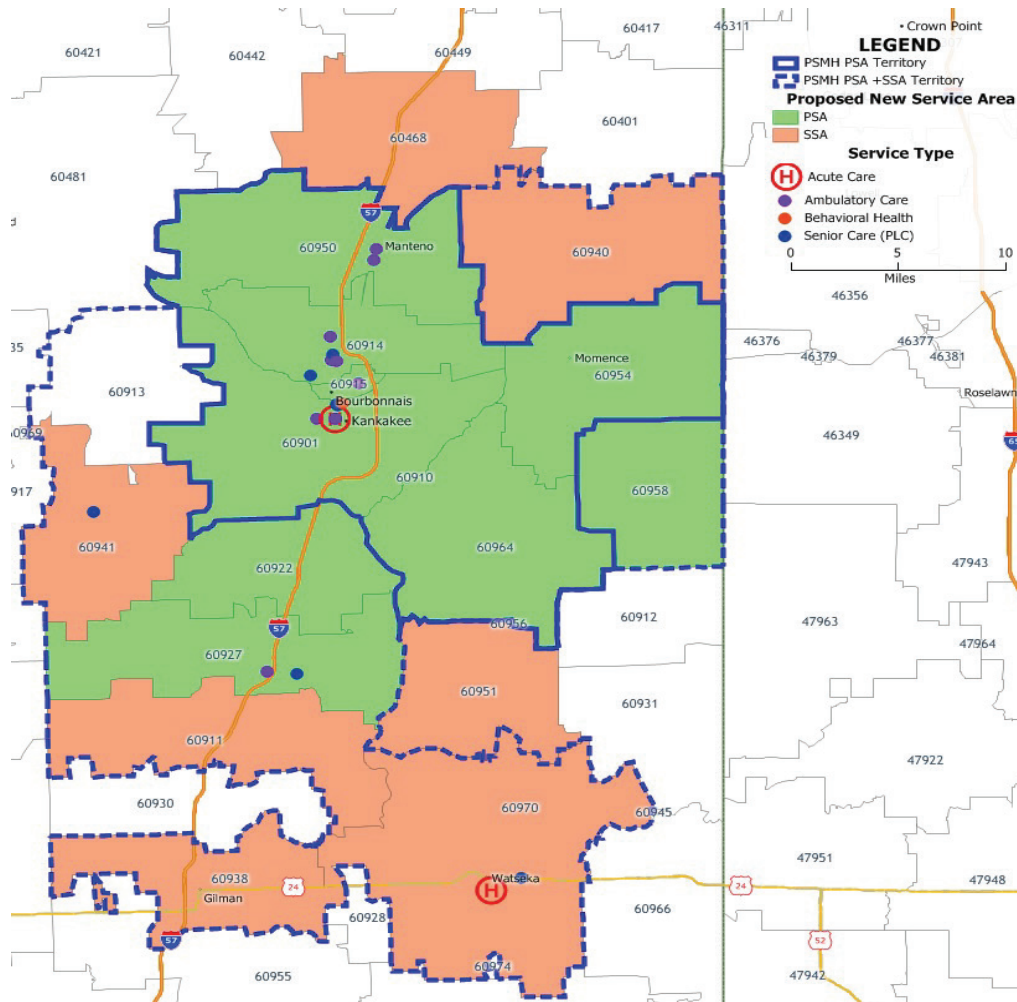
The results of the individual assessment findings can be found at [www.kankakeehealth.org/about/community-health-needs-assessment-and-improvement-plan/](http://www.kankakeehealth.org/about/community-health-needs-assessment-and-improvement-plan/)

The full collaborative CHNA report can be found at [AMITAhealth.org/about-us/community-benefit/](http://AMITAhealth.org/about-us/community-benefit/)



### Community & Demographics

The AMITA Health St. Mary’s Kankakee community consists primarily of Kankakee and the surrounding area. We define the AMITA St. Mary’s Kankakee primary service area as the collection of ZIP codes where approximately 75% of hospital patients reside, and we focus our community health improvement on this service area. The largest primary service area resides in Kankakee County.



The approximate population size of this service area is 109,680 with a median age of 38.0 years. Nearly 16.2% (increase from 15.1% in last assessment) of individuals in this service area are living in poverty, which is higher than Illinois (12.1%). The median family income has increased since the last assessment \$71,508, which is slightly higher than Illinois (\$69,187). Also slightly higher than Illinois (71.67%), the white/Caucasian population is the majority race at 79.7%, followed by Black/African-American population at 15% and Other Race at 2.10%. The percentage of individuals with Hispanic/Latinx ethnicity is 10% for this service area. Which is higher than Illinois (8.2%). Further demographic data as well as all other community data can be found in the full CHNA report or individual completed assessments.



## Prioritized Health Need: Health and Wellness

**Priority Overview:** This strategic issue encompasses both access to care, taking into consideration the impact of social determinants of health, as well as chronic disease prevention. Access to comprehensive, quality healthcare services is important for promoting and maintaining health, preventing, and managing disease, reducing unnecessary disability and premature death, and achieving health equity. Chronic diseases are the most common, costly, and preventable of all health problems.

Lack of access to routine health services creates health disparities in many health indicators based on race, ethnicity, income, and geography in Kankakee County. Heart disease is the second cause of hospitalizations and leading cause of death in Kankakee County. Heart disease, stroke, and diabetes account for over 50% of deaths in Kankakee County. Four of these health risk behaviors — lack of physical activity, poor nutrition, tobacco use, and excess alcohol consumption — cause much of the illness, suffering, and early death related to chronic diseases and conditions.

**Priority Populations Identified:** Adults, Children, Adults 65+, African American/Black population, Hispanic/Latinx population, Zip Codes: 60901, 60914, 60915, 60944, 60958

**Goal #1:** Increase food access in Kankakee County through community partnerships, program development and food insecurity screenings.

### **Strategy: Food Insecurity Programs**

Kankakee County has a higher percentage of adults and children living below the poverty level with low access to food stores and a higher percentage of households receiving SNAP benefits compared to the state of Illinois. To address food insecurity in Kankakee County, AMITA St. Mary's Kankakee will continue our partnership with Northern Illinois Food bank in offering a monthly mobile food pantry and Screen and Intervene program. We will also continue to partner with community partners on developing a social determinants of health screening tool to be used at multiple locations, creating a referral process for clients to actively engage in addressing food insecurity. AMITA St. Mary's Kankakee will also continue the Micro Food Pantry program on our campus.

**Key Collaborators or Resources:** Northern Illinois Food Bank. AMITA St. Mary's Kankakee Case Management/Social Workers, AMITA Health Medical Group, MAPP Steering committee and subcommittees, Kankakee County Health Department, Hippocrates Clinic and Aunt Martha's.

**Anticipated Impact:** By June 2023, AMITA St. Mary's Kankakee and its community partners will provide healthy food options to 5,000 community members through the mobile food pantry program and grow Screen and Intervene program to 10 cohort members. Within the same timeframe, we will also serve over 1,000 individuals with the micro food pantry program.

### **Next Steps:**

- Continue partnership with Northern Illinois Food Bank to provide RX Mobile program transferring to a walk up model to better engage community to address health access.
- Engage AMITA St. Mary's Kankakee case managers and social workers in food insecurity screenings with patients who present in our emergency room or who have an in-patient stay.
- Develop a Screen and Intervene referral form and process
- Engage primary care providers at AMITA Medical Group to screen patients and refer when a food insecurity is identified.
- Expand micro food pantry program and provide healthy food options and community resources.

**Goal #2:** Increase access and education for individuals who are at high risk of diabetes or who have been medically diagnosed with diabetes to manage and prevent the disease to decrease health emergencies.

### **Strategy: Diabetes Outpatient Program**

The percentage of adults diagnosed with diabetes is lower than the state of Illinois and the United States which indicates a possible higher undiagnosed population. Diabetes is the seventh cause of death in all of Kankakee County and adults who have been diagnosed has increased 2% from the last assessment. In response to the increase in diabetes in Kankakee County, lack of access to specialists and lack of access to disease management programs, AMITA St. Mary's Kankakee is committed to develop a multispecialty Diabetic Outpatient Program to assist patients with disease prevention, disease management, nutrition counseling and weight management programs.

**Key Collaborators or Resources:** American Diabetes Association, Touchpoint Food Services and Registered Dietitians, Northern Illinois Food Bank, hospital case managers and social workers and AMITA Health Medical Group primary care providers.

**Anticipated Impact:** By June 2023, the program will have served 75 patients identified at high risk of diabetes with 1:1 education and nutrition counseling free of charge.

### **Next Steps:**

- Hire registered dietician with Certified Diabetes Care and Education Specialist credential by Fall 2021
- Market and communicate program to community, community partners and primary care providers in market.
- Create patient referral process within EMRs for primary care providers (IP/OP).
- Expand Fit-N-Healthy programs to include virtual and pre-recorded options with tracking features.



## **Prioritized Health Need: Behavioral Health & Substance Use**

**Priority Overview:** Behavioral health as a strategic issue is to include both mental health, substance use disorders as well as violence, safety, and trauma among Kankakee County residents. Depression is on the rise among both youth and older adults while the number of suicides per year in Kankakee County is unstable. Behavioral health was the top health issue named in the community input survey. Behavioral health issues impact population groups across income levels as well as racial and ethnic groups with effects of the COVID-19 pandemic adding additional strain on the local public health system. Findings from the assessments detail issues with access to local behavioral health services and resources.

**Priority Populations Identified:** Children residing in Pembroke & Kankakee (city), Adults, Adults 65+, high school youth.

**Goal #1:** Increase number of community members trained in Mental Health First Aid (MHFA) to reduce stigma associated with mental health issues.

### **Strategy: Mental Health First Aid**

In response to a demonstrated system and state-wide need of addressing barriers to accessing and utilizing mental health services, AMITA St. Mary's Kankakee and its community partners will continue to implement an evidence-based program, Mental Health First Aid (MHFA), to reduce the stigma associated with mental illness and improve the coordination of mental health care. MHFA trains community residents and first responders to recognize, respond, and seek assistance for signs of mental illness and substance abuse.

**Key Collaborators or Resources:** AMITA Health Mental Health First Aid (AmeriCorps) trainer, Helen Wheeler Center of Kankakee, local school districts, community organizations and first responders.

**Anticipated Impact:** By June 2023, AMITA St. Mary's Kankakee and its community partners will have trained an additional 150 persons in Mental Health First Aid.

### **Next Steps:**

- Identify target audiences for trainings including virtual and hybrid offerings with the AMITA St. Mary's Kankakee primary service area such as school districts, first responders and law enforcement.
- Plan annual calendar of trainings to be offered by AMITA St. Mary's Kankakee using AMITA Health MHFA AmeriCorps trainer.
- Promote availability of training with target audiences.
- Collect standardized feedback on trainings.





**Goal #2:** Increase access and education regarding deployment of Naloxone (Narcan) to individuals who are at risk of an opioid overdose.

**Strategy:** **Kankakee County Opioid Task Force**

In partnership with Kankakee County Health Department, the opioid task force consists of multi-specialty organizations focused on distribution, education and training of Naloxone usage.

Key Collaborators or Resources: Kankakee County Health Department, Kankakee County Sheriff's Department, Kankakee County Coroner's Office, AMITA St. Mary's Kankakee Emergency Department

**Anticipated Impact:** By June 2023, through AMITA St. Mary's Kankakee emergency department, 180 patients or community members identified as "at risk" will receive free Narcan Kits and receive education and training. Host 5 trainings per year to community partners, first responders and AMITA personnel.

**Next Steps:**

- Continue partnership with Kankakee County Health Department and the Opioid Task Force, to develop county-wide strategic plan to reduce opioid overdoses.
- Promote availability of trainings and Narcan Kits to community partners, first responders and AMITA Medical Group personnel.



## Prioritized Health Need: Education and Employment

**Priority Overview:** Education is an important social determinant of health because the rate of poverty is higher among those without a high school diploma or high school equivalency exam (GED). Individuals without a high school education are at a higher risk of developing certain chronic illnesses, such as diabetes, as well as have less employment opportunities at higher wage rates. The median family income has increased in Kankakee County, but disparities exist among race and ethnicity. Poverty is a social determinant of health that can create barriers to accessing health services, healthy food, and other necessities needed for good health status. It can also affect housing status, educational opportunities, an individual's physical environment, and health behaviors.

Unemployment can create financial instability, and, as a result, can create barriers to accessing healthcare services, insurance, healthy foods, and other basic needs. The effects of COVID-19 pandemic on unemployment and loss of insurance are on the horizon. The unemployment rate for Kankakee County (5.4) has declined since 2010 but is still higher than the rates for Illinois (4.3) and the U.S. (3.9). Respondents to the community survey identified lack of higher-wage jobs as a significant issue that impacts the quality of life in Kankakee County.

**Priority Populations Identified:** Adults, Black/African American population, Other Races population, Hispanic/Latinx population, Residents in Kankakee (city) and Pembroke Township, high school youth

**Goal #1:** Partner with local school districts to support efforts to assist at risk teens and provide workforce development programs.

**Strategy:** Kankakee County has a disproportionate on-time graduation rate among African-American and Hispanic/Latin X teens within the South and Central portion of the county. The population of Kankakee County also has a lower percentage of individuals with a Bachelor's Degree or higher, specifically in rural communities. AMITA St. Mary's Kankakee is committed to participating with community partners to assist young people of great promise succeed both in school and on the job, leading to productive and rewarding careers.

**Key Collaborators or Resources:** Kankakee School District 111 and Bradley-Bourbonnais School District 307.

**Anticipated Impact:** By June 2023, AMITA St. Mary's Kankakee will have provided in 5 educational/workplace tours with community partners highlighting various career options within healthcare. Up to 6 students will receive 1:1 mentorship from hospital leaders, participate in our teen job shadowing and volunteer programs or participate in department internships.

### Next Steps:

- Increase youth workforce development program opportunities that increase job readiness and interpersonal skill development.
- Participate in JAG Illinois with Kankakee District 111.
- Attend local job fairs to support community efforts to decrease county unemployment rate.



## Publication & Comments

Requirements for 501(c)(3) Hospitals Under the Affordable Care Act are described in Code Section 501(r)(3) and include making the CHNA report (current and previous) widely available to the public as well as accompanying Implementation Strategy. In accordance with this requirement, electronic reports of both the CHNA and the Implementation Strategy can be found at **[AMITAhealth.org/about-us/community-benefit](http://AMITAhealth.org/about-us/community-benefit)** and paper versions can be requested at AMITA Health St. Mary's Hospital Kankakee Administration Office.

AMITA Health St. Mary's Kankakee will share this document and related Implementation Strategies with internal stakeholders including associates, volunteers and physicians as well as externally with our community leaders, government officials and other service organizations. We welcome feedback on this Implementation Strategy. Kindly send any feedback you have to the following public website: **[AMITAhealth.org/about-us/community-benefit](http://AMITAhealth.org/about-us/community-benefit)**

**Any comments received from the hospital's most recently adopted Implementation Strategy are noted below:**

No Comments

