

Population: The population in Kankakee County grew 9.3% from 2000 to 2010. The population is approximately divided among the 0-20, 40-60, and over 60 age groups; the average age is 36.7. Males and females are roughly in equal proportion, with the gender ratio leaning towards males until age 60. Bourbonnais and Bradley have grown faster than the county, at 22% and 24% respectively, while Kankakee has remained essentially the same. Cabery and Chebanse villages also grew over 100%. By township, Manteno had the most population growth at 40%, while Pembroke and Aroma Park each lost 10% of their population.

Ethnicity: Kankakee County is predominantly white (77.6%). This percentage fell slightly since 2000, while the black population stayed constant at 15.1% and the Hispanic population increased to 9%. Most of the Hispanic population is Mexican. While Bourbonnais and Bradley reflect the county pattern, Kankakee is less than 50% white, 40% Black and almost 20% Hispanic. In Kankakee County, the white population is older (median age 39.8) compared to the black (median age 29.5) and Hispanic (median age 23.1) populations. This suggests that the population will continue to shift. Most of the population, 95.5%, is native-born.

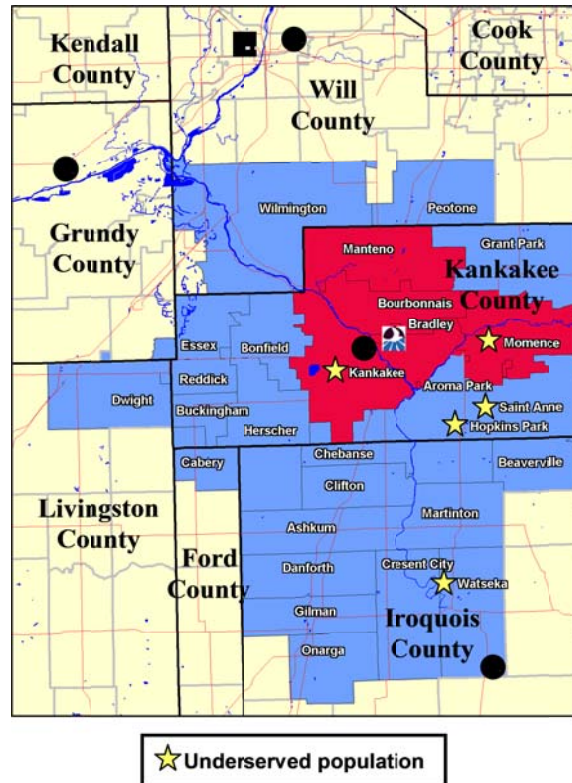
Language Spoken: Between 2008 and 2010 the primary language spoken in Kankakee County was English with 93.2% of the population speaking predominately English. Approximately 5.6% of the population speaks Spanish as their primary language, and 1.3% of the population speaks other languages.

Income: Median household income for Kankakee County increased from \$41,532 to \$44,784 between 2000 and 2010. The 2010 median income was below the median for Illinois \$52,972, and the U.S. \$50,046. Median income increased both for whites (from \$44,412 to \$52,300) and Hispanics (from \$37,161, to \$44,750) during this time. Median income for blacks increased from \$25,294 to \$26,817, in 2010, which is lower than the median income for blacks for both Illinois and the U.S. (\$32,866 and \$33,578 respectively).

Education: The percentage of individuals with a high school degree or higher increased in Kankakee County from 79.8% in 2000 to 84.4% in 2010, as did the percentage with a bachelor's degree or higher (15.0% to 16.1%). The percentages for both categories are lower than those for Illinois and the U.S. in 2010. Only one Kankakee school and all Manteno schools equaled the average Illinois graduation rate for all students, (both at 87.8%) and for white students (97.9% and 93.3%, respectively). On the other hand, all but one school exceeded the average Illinois graduation rate of 78.0% for black students (Momence at 63.3%). Four schools had better than average Hispanic graduation rates, while Grant Park and Momence did much worse (66.7% and 60% respectively). There is a great deal of variability between schools and within schools. Only two schools reported Asian populations (not shown); both exceeded the state average.

All school districts show chronic truancy rates in 2010 that were below the Illinois rate of 3.6% except Kankakee District 111 at 4.4%, Momence District 1 at 3.9% and St. Anne District 302, which is far above all others at 30.3%.

The communities with the greatest needs are east and south Kankakee (60901), parts of Momence (60954), Grant Park (60940), St. Anne (60964) and most of Pembroke Township (60944). Pembroke Township is a food desert. Fresh fruits and vegetables are available only in the summer. There have been many efforts to create community gardens, which would supply the area with fresh vegetables for freezing and canning for use later in the year. However, many of the residents of Pembroke Township live on a minimal budget and safe food storage is a problem.



Overview Statistics	
Population	27,537
Median Age	36.7
Number of Person per Household	3.3

Median Household Income	
Kankakee County	\$44,784
Illinois	\$52,972
United States	\$50,046

Median Family Income	
Kankakee County	\$57,432
Illinois	\$65,417
United States	\$60,609

Population by Race	
White (non-Hispanic)	77.6%
African American (non-Hispanic)	15.1%
Hispanic	9.0%
Asian	0.2%

Population by Age	
Under 15	21.0%
15-24	14.6%
25-44	18.8%
45-64	26.1%
65+	19.5%

Education Attainment	Kankakee County	Illinois	United States
College degree	16.1%	32.1%	30.7%
Some college, no degree	84.4%	21.6%	21.1%
High school diploma	35.8%	27.7%	28.6%
< High school	20.2%	18.6%	19.6%

Process Used to Identify Community Needs

In October of 2011, PSMH invited Riverside Medical Center, the Kankakee County Health Department and the United Way of Kankakee County to investigate a process for obtaining a CHNA. The IPHI coordinator led this team through the MAPP process. A core group of partners met in November, 2011 to review the MAPP process, the benefits of engaging in MAPP and the initial list of potential partners to participate on the steering committee. Additional partners were identified and invited to participate.

From January through June 2012 four separate assessments were conducted.

Local Public Health System Assessment (LPHSA)

Over 75 public health system partners were invited to participate in the Kankakee County public Health System forum held in February 2012 at Kankakee Community College in Kankakee. Sixty-four partners participated in assessing how well the Kankakee public health system provides the ten essential public health services in Kankakee. The scores from that assessment are listed below.

Summary of Essential Public Health Services Scores		
EPHS 1	Monitor health status to identify community health problems	56.0
EPHS 2	Diagnose and investigate health problems and health hazards	97.0
EPHS 3	Inform, educate and empower people about health issues	52.8
EPHS 4	Mobilize community partnerships to identify and solve health problems	42.7
EPHS 5	Develop policies and plans that support individual and statewide health efforts	64.6
EPHS 6	Enforce laws and regulations that protect health and ensure safety	71.1
EPHS 7	Link people to needed personal health services and assure the provision of health care when otherwise unavailable	59.4
EPHS 8	Assure a competent public and personal health care workforce	50.6
EPHS 9	Evaluate effectiveness, accessibility and quality of personal and population-based health services	56.3
EPHS 10	Research for new insights and innovative solutions to health problems	31.3
Overall Score		58.3

Community Themes and Strengths Assessment (CTSA)

Two separate methods of data collection were used in conducting the CTSA. In a county-wide random sample, 5,000 residents were mailed a community survey from February 13, 2012 through March, 15, 2012. There were 399 returned surveys.

From April through June 2012, four focus groups were held across the county to get a broader perspective from those under-represented in the survey. The focus groups were held with the Hispanic Partnership, the NAACP, Kankakee Triad (those over 65), and the Teen Group. Over sixty-four participants gave their input to strengths and assets of their community and their perception about the quality of life in Kankakee County.

Many crosscutting themes were identified across the community survey, and focus groups:

- Communication – there is a need for better communication of the resources and availability of programs and services in the county. Some residents are aware of programs and services available to them in the county, but many are not aware of these existing services. Better communication would alleviate this issue.
- Equity/Accessibility – Sometimes people are aware of services, however, these services are not always accessible to them. Transportation and affordability were the two issues that arose most often concerning accessibility. Equity was another crosscutting theme throughout the reports. Not all communities have the same quality of services available to them.
- Building Relationships – Collaborations and partnerships with organizations and leveraging existing resources is important to not only the residents of the community, but also to the service providers. More sharing of information and resources is important to improve the quality of life in Kankakee County

Community Health Status Assessment (CHSA)

The CHSA committee is comprised of steering committee members, data and planning staff from the two local hospitals and the health department. The assessment was initiated in January of 2012 and was completed in August of 2012. This report comprises comprehensive data describing who resides in Kankakee County, the community's health status and strengths and risks that may be contributing to residents' wellbeing. More than 100 key health indicators were identified for this report. Indicators include population demographics, household characteristics, education, employment, income and poverty statistics, birth and death rates and health status and resource information.

Forces of Change Assessment (FOCA)

The FOCA was completed in April 2011 with thirty-seven participants, consisting of MAPP steering committee members and other community leaders. Factors and trends most impacting Kankakee County include the current economy with rising unemployment, loss of services and programs, and an increased need for mental health services.

Additional forces of change noted that are reflective of many issues on the national agenda. For example, health care reform, immigration reform, regulation of medical malpractice, use and overuse of technology, and need for sustainable energy resources are issues being considered on the national level, but they would also have an impact on local and state health care and social service delivery systems.

Secondary Data

Our secondary data came from our Emergency Department statistics for the first three quarters of 2012. We also received data from the Kankakee Health Department which corroborated our findings. We found out that we have many people who do not have access to health maintenance and use our Emergency Department as their medical home. Processes and budgeting is in process so that we can open up a clinic to refer many of these patients, to provide them with a medical home and continuous care rather than episodic emergent care. This clinic will go live in the first quarter of 2013, it will house several advanced practice nurses and a physician who will provide this population continuous care.

The primary reasons for emergent care in our Emergency Department are:

- Cardiac related issues (related to chronic disease, diabetes, obesity, and hyperlipidemia).
- Respiratory issues, (COPD, asthma, colds and flu).
- Many admissions to our ED, over 3,300 visits, could have been handled in a less emergent setting.

Results of the 2012 Needs Assessment Identifying Strategic Issues

In May 2012, IPHI facilitated a half-day strategic issues session. Participants consisted of the MAPP steering committee members, committee members from each assessment and additional community leaders. Approximately 38 participants attended the strategic issues session. Data points were drawn from each of the four assessments and reviewed with the group. Brainstorming and nominal voting processes were used to identify and prioritize issues and problems that were cross - cutting throughout the assessments. Small group discussion further explored the problems to determine if they met the criteria for strategic issues.

The MAPP process provided PSMH with a comprehensive framework for assessing community needs, and developing and addressing strategic issues. The purpose of the Kankakee County Needs Assessment and Community Health Plan is to provide a community plan that is developed by and for the community. The benefits of Kankakee engaging in the process include: a healthier community that improves the quality of life for the people who live and work there, and increased visibility of public health in the community, an increased awareness and knowledge about public health issues, preparation of our local public health system to better anticipate, manage and respond to changes in the county, a greater collaboration and sharing of resources among partners and finally a reflection of priorities in hospital community benefit plans.

PSMH, PHVC, PHCK and POLV recognize that priority setting is a critically important step in the community benefit planning process. Decisions around priorities have a pivotal impact upon the effectiveness and sustainability of the endeavor. Each ministry worked with the IPHI and the Kankakee Collaborative to identify priority issues for the county.

Description and Purpose

MAPP defines strategic issues as “those fundamental policy choices or critical challenges that must be addressed in order for a community to achieve its vision.” During this phase of the MAPP process, participants developed an ordered list of the most important issues facing the community. Strategic issues were identified by reviewing the results of the four MAPP assessments, identifying recurring themes, issues and ideas, and determining how those issues affect the achievement of the shared vision of Kankakee County. This process is necessary in setting priorities and for future goal setting for the Community Health Plan.

Community Involvement

The community was engaged in the strategic issues phase on several levels. The MAPP Steering Committee, assessment committees and invited community members participated in an all-day planning session to review data, identify issues and develop a prioritized list of issues and health problems. Twenty-eight partners attended an all day workshop.

Process

On May 13, 2012, the Kankakee County MAPP Steering Committee, assessment committee and other invited community members engaged in an all-day strategic issues planning session, facilitated by the IPHI. Approximately thirty people participated.

Prior to the meeting, participants were sent meeting packages with the defined criteria to identify a strategic issue as well as an e-mail link to access the reports online to review and identify any issues, needs or themes across the four assessments. MAPP staff presented an overview of the data and provided data points from each assessment for review.

A large group discussion followed, allowing participants the opportunity to identify and discuss any cross-cutting themes or issues emerging from the assessment results. Some grouping of similar issues occurred. A list of potential strategic issues was developed followed by using a nominal voting process to narrow the potential strategic issues for discussion in smaller breakout groups.

Participants' self-assigned to groups based on their interest and knowledge of the strategic issue. The task for the groups was to review the data and potential strategic issues to determine if it was strategic. Each group was given a strategic issues worksheet and relationship diagram to guide and record their discussion. Copies of the assessment data points and hard copies of the assessments were made available to each team.

The following criterion was used:

- Issue is grounded in data from the MAPP assessments
- Issue is forward-thinking
- Issue is cross-cutting
- Issue seizes on current opportunities
- Issue represents a fundamental choice to be made at the highest levels of the community and local public health system
- Issue centers on a tension or conflict to be resolved
- Issue may have no obvious solution
- Issue is something the public health system can address
- Issue requires multi-sector, collaborative approach

The small groups reported out to the larger group to review the findings. Using the nominal group process, the participants identified the top five priorities. A three-question survey was developed to validate the prioritization and to gain additional input from public health system partners. Using an online survey, all assessment committee members, MAPP Steering Committee members and partners attending the LPHSA were invited to participate in the identification and prioritization of strategic issues.

The MAPP Steering Committee decided to use the full list of potential issues in the community survey in order to ensure the group had captured the priorities of the community.

The strategic priorities identified for Kankakee County over the next five years are:

- Mental health needs, patient population, access issues
- Chronic disease management
- Access to care (e.g. diabetes, heart disease, obesity, etc.)
- Unemployment/workforce economics
- Violence, safety, and substance abuse
- Coordination of care/case management
- Communication
- Responsiveness to a multicultural community
- Cancer
- Senior health issues
- Teen pregnancy

The rankings from the strategic issues meeting and the two survey questions were listed in rank order under their respective categories. Staff identified the strategic issues listed in all three categories. The top five issues were identified as the priority issues to address. The MAPP Steering Committee gave final approval of the strategic issues.

Summary of Key Findings

Eleven potential strategic issues were identified during the large group brainstorming session (see page 11.) Following the group discussions and second voting, the participants identified the following five strategic issues:

- Mental Health Needs
- Chronic disease management
- Access to Care
- Awareness of Services

Development of the Implementation Strategy

PSMH, PHVC, PHCK and POLV'S Implementation Strategy was developed based on the findings and priorities established by the Kankakee County MAPP CHNA and a review of the hospital's existing community benefit activities. PSMH co-facilitated the MAPP CHNA process with the Kankakee County Health Department and was involved not only in the initial planning of how to assess the county but also organized the community assessments and help develop the action teams working on implementation.

The local hospitals and the health department financially contributed to the MAPP CHNA, while other community partners provided in-kind support through their time in serving on the Executive Committee and MAPP Action Teams, as well as by providing meeting space, printing and other resources as needed. The Kankakee County MAPP Collaborative has grown in size during the implementation phase. New partners were added who had expertise in the respective action teams. Their insight is crucial to move the work of the action teams forward to improve the quality of life for Kankakee County residents.

After consolidating overlapping issues identified in the MAPP CHNA, the top identified needs in Kankakee County are:

- Access to care (primary, specialty, behavioral health, substance use disorders)
- Awareness of services and how to access them
- Collaboration and linkage within systems

For 2014, PSMH will continue to serve on the MAPP Executive Committee and MAPP Action Teams to address the identified needs in Kankakee County within the next three to five years. Our overall focus will be on:

- Access to care
- Awareness of services and how to access them
- Chronic disease management Prevention and management of chronic care issues

Based on the CHNA , the PLC ministries directed their focus on Chronic Disease Management. The PSMH programs that provided opportunities for them to partner were the Asthma Camp and Fit "N" Healthy program. During 2013, the PLC ministries assisted PSMH in promoting and supporting the Asthma Camp. Promotion of the Asthma Camp was conducted through staff volunteers to help with the distribution of collateral material. Support for the Asthma Camp also included several hours attending planning meetings, helping fill the gift bags all attendees receive on their first day, helping set up camp, screening attendees, supervising attendees, assisting with various activities and helping with the clean up after the camp.

The PLC ministries assisted PSMH in promoting and supporting the Fit "N" Healthy program and the We Fit program. Promotion of both programs was conducted through staff volunteers who helped with distribution of materials. Support for the fitness programs also included several hours attending the screenings which consist of taking blood pressure, measurements, weight and/or helping individuals with education.

Development of the Implementation Strategy

Dialogue with PSMH on Fit “N” Healthy began late in 2012. Discussions took place regarding how the Kankakee Regional PLC Ministries can support the efforts of the Fit “N” Healthy program and best utilize the talents and expertise of their staffs.

Going forward into 2014, the Kankakee-area PLC Ministries will continue to promote and support the Asthma Camp by staff volunteering time and efforts with the planning and execution of the camp. The PLC Ministries will continue to be involved with the Fit “N” Healthy and We Fit program through assistance in promotion and support by providing staff volunteers to help with the screening process every ten weeks four times a year.

Obesity and chronic disease caused by obesity is very high on the community needs assessment coming in second as a strategic priority. PSMH will continue to implement the Fit “N” Healthy program, because we have seen results that our meeting the health needs of our community. Fit “N” Healthy is a program that PSMH developed in the DUHN Community in 2008. Our participants meet twice a week in the Lisieux Center gymnasium on Kankakee’s east side with a certified fitness trainer. There are 4 ten week sessions a year. We offer pre- and post- screenings including blood pressure, BMI (body mass index), glucose, HDL, triglycerides and measurements. Body measurements are also obtained. Along with the screenings we offer a bi-weekly education regarding, nutrition, cardiac education, sleeps disorders, behavior health, and respiratory disorders. We have more than 50 participants a session and have had over 250 participants this year.

The Kankakee Soldiers, a semi-pro basketball team, and PSMH’s Community Benefit Department have partnered to spread awareness concerning bullying and safety in the schools and the local communities of Kankakee County. PSMH also teaches the importance of physical activity and good nutrition in developing a healthy lifestyle that will sustain kids for years to come. Every month PSMH visits several different schools to host an assembly which consists of a 20 minute communication/feedback session which engages the students on these three topics. When each child enters the assembly hall, they are given a ticket that will give them a chance of winning a free t-shirt, or a pass to “Hidden Cove” or tickets to a Soldiers Home game. Then they do a fun activity that allows more children to win a chance to play “The Bozo Shoot a Basket” game for many great prizes such as t-shirts, game cards (Hidden Cove) and free tickets to the Soldiers games. This is a part of giving back to the community which in total lasts about one hour each assembly. We have traveled to several schools so far Milford, Manteno, King, Kennedy Middle Grade, and Aquinas Catholic Academy to name a few. We will continue visiting schools throughout the year. Through this partnership we have had success stories in which kids are opening up to their parents and teachers on needing help from bullying which has saved one young youth from committing suicide.

Development of the Implementation Strategy

Stakeholders at PSMH recognized a growing need to offer a Community Benefit program to promote health and fitness for children in the Kankakee County community to prevent childhood obesity. The We Fit! Program was developed to provide dietary and physical fitness education combined with a family fitness activity for parents and children. The We Fit! program aligns with the established priority of reducing risk factors for chronic disease, specifically obesity, in Kankakee County as identified through the MAPP CHNA report in 2011. Additionally, this program aligns with the Community Benefit philosophy of the Catholic Ministry to specifically address the needs of underserved, minority, and lower income populations through program location and availability at no cost to participants. The We Fit! Program includes eight one-hour sessions that include topics on promotion of healthy eating habits and physical activity for children, based on the evidence-based 5210 Let's Go! program (Let's go, 2012). The 5210 Let's Go! components emphasize that on a daily basis, children should eat "5" or more fruits and vegetables, have "2" or less hours of recreational screen time, have "1" or more hours of physical activity, and consume "0" sugary beverages (Let's go, 2012). Tools available on the 5210 Let's Go! website were adapted to create the We Fit! Program. The program had over 15 kids and their parents participate in 2013.

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



FIT "N" HEALTHY

Program Description

Fit "N" Healthy (FNH) is a program offered in the DUHN community of Kankakee County and provides education and exercise to those suffering from obesity and obesity related health problems. FNH participants meet with a certified fitness trainer twice a week for 10 weeks. Each session has participants work out for about 40 minutes followed by a 10 minute cool down period. FNH offers four 10 week sessions per year. Pre- and post-screenings are taken which include blood pressure, BMI (body mass index), glucose, HDL, triglycerides and body measurements. Along with the screenings, FNH offers bi-weekly education regarding nutrition, cardiac education, sleep disorders, behavior health and respiratory conditions linked to obesity. The FNH program also offers a spiritual component in which participants glean support from each other through prayer and scriptural meditation. Provision of the space to provide FNH programs was given by St. Teresa's Catholic Church in East Kankakee part of our DUHN community. The Lisieux Center Gymnasium houses the program.

Community Need: Education on obesity and the issues surrounding sustained obesity					
Aim Statement: Participants will lose an average of five pounds and change at least one poor dietary behavior in each 10 week session.					
2013 Objectives	2013 Strategies	Progress	Ministry Role	Community Partner Role	Measure of Success
<ul style="list-style-type: none"> In each ten week session there will be an average weight loss of 5 pounds and improvement in the screening results. 	Four ten-week sessions every year that will provide exercise, education and the tools necessary to live a healthier lifestyle.	Out of a total of 180 participants the average weight lost was 5lbs. The average blood pressure drop was low enough to allow 10% to no longer take medication. Session 1 – 3 was held at Lisieux. During session #1 there was 99 participants, session #2 there were 111 participants,	Provision of a fitness trainer, and service line educators. Nurses from Home Health will assist in the screenings pre- and post-program.	St. Teresa's Catholic Church the use of Lisieux Center Gymnasium, located in the DUHN community of East Kankakee.	Weight loss and how to find what you need to eat healthy.

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



		during session #3 there were 88 participants. Session #4 was a six week class added in the Pembroke community. 56 participants attended.			
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2013 Baseline	2013 Outcome	2014 Target Objective	2014 Measureable Outcomes
starting weight: 1 st – 99 participants at a total weight of 8525 2 nd -111 participants at a total weight of 3406 3 rd – 56 participants at a total weight of 8564	Out of a total of 180 participants the average weight lost was 5lbs. The average blood pressure drop was low enough to allow 10% to no longer take medication.	<ul style="list-style-type: none"> In each ten week session there will be an average weight loss of 5 pounds and improvement in all of the other screening results. 	A greater knowledge of nutritional foods and how to find what you need to eat healthy. Screenings and assessments indicate weight lost, lower BMI, decrease blood pressure and cholesterol.

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



PRIMARY MEDICAL CARE CLINIC

Program Description

The MAPP Partnership for a Healthy Community is one of the groups created under the Kankakee County MAPP program. This group is comprised of PSMH, other local hospital staff, the health department and other behavioral health providers with the goal of increasing access to primary, specialty and behavioral health services for Kankakee County residents.

Community Need: Access to Primary Medical Care					
Aim Statement: Decrease in ED use for patients who visit frequently for non-emergent care.					
2013 Objectives	2013 Strategies	Progress	Ministry Role	Community Partner Role	Measure of Success
<ul style="list-style-type: none"> Provide a medical home for those who do not have one, in place of frequent episodic ER care. Avoid unnecessary admissions by providing ongoing care for patients requiring chronic disease management. Provide a medical home for clinical integration 	Add additional APN provider. Enhance behavioral health, pain management and addiction services.	Partnered with Medical staff to identify patients that might benefit from placement as clinic patients. Overall there was a decreased in ED volume by 10%.	Provision of space and resources and expansion of staff to support essential services, ie case management, behavioral health.	Referral base to clinic for EMS and community service organizations, ie salvation army.	A decrease in overall ED visits from patients with no primary provider and to decrease avoidable admissions.

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



<p>contracted entities (ACE) and their patients.</p> <ul style="list-style-type: none"> Enhance behavioral health support services. Increase access to accommodate ACA contracted patients. 					
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2013 Baseline	2013 Outcome	2014 Target Objective	2014 Measureable Outcomes
<p>Provide a medical home for those who do not have one, in place of frequent episodic ER care. Avoid unnecessary admissions by providing ongoing care for patients requiring chronic disease management.</p>	<p>Decreased ED overutilization and unnecessary ED admissions or readmissions by 10%.</p>	<p>Increase the number of patients served by 50% target objective for this program.</p>	<p>Reduce ED utilization by frequent visitors and decreased admissions for patients served by clinic and case management.</p>

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



<p>Provide a medical home for clinical integration contracted entities (ACE) and their patients. Enhance behavioral health support services. Increase access to accommodate ACA contracted patients.</p>			
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Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



We Fit!

Program Description

We Fit! is a program offered in the DUHN community of Kankakee County and provides education and exercise to children and their parents. Our participants meet with a certified fitness trainer twice a week for 6 weeks. This program includes topics on promotion of healthy eating habits and physical activity for children. Each session has a 10 min educational then 40 min work out. Pre and post tests on knowledge of physical activity recommendations, of dietary behavior, recreational screen time behaviors and sugary beverage consumptions. Provision of this space to provide our program was given by St. Teresa's Catholic Church in East Kankakee part of our DUHN Community. The Lisieux Center Gymnasium houses the program.

Community Need: Education on childhood obesity and the issues surrounding sustained obesity					
Aim Statement: Decrease the rate of children living in Kankakee County who become overweight and obese.					
2013 Objectives	2013 Strategies	Progress	Ministry Role	Community Partner Role	Measure of Success
Increase by 30% from baseline in two years the percent of child participants of the We Fit! program that follow the daily dietary and physical activity recommendations.	Six week sessions every summer that will provide education, exercise and knowledge on a healthy life style.	Session # 1 had 20 participants. #2 had 17 participants. #3 had 14 participants. #4 had 23 participants. #5 had 14 participants. #6 had 16 participants. #7 had 18 participants. #8 had 15 participants. (the number above is only children participants)	Provision of a fitness trainer, and service line educators. Nurses from Home Health will assist in the pre and post screening and questionnaires.	St. Teresa Catholic Church allows us to use the Lisieux Center Gymnasium located in the DUHN community of East Kankakee.	Children and parents will be given a pre and post test of their knowledge of healthy living.

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



2013 Baseline	2013 Outcome	2014 Target Objective	2014 Measureable Outcomes
<p>There were 31 participants in this 6 week session. Increase by 30% from baseline in two years the percent of child participants of the We Fit! Program that follow the daily dietary and physical activity recommendations.</p>	<p>There was an overall 65% increase in knowledge of the 5-2-1-0 recommendations for children, and a 25% increase for parent participants. Ten of the children increase fruit and vegetable consumption, three reduced recreational screen time, six increased their amount of active play and seven increased their water consumption.</p>	<p>Increase by 50% from the percent of child participants in the We Fit!</p>	<p>Increase in participants following the recommendations of 5-2-1-0 and increase in parents/child participation in the program.</p>

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



DR. AROCHA'S CAMP AIRE

Program Description

A two day Asthma camp that will teach children with asthma how to manage their Asthma and what trigger to avoid to assist in controlling their asthma. Activities will be planned, baseball, swimming, hiking, crafts and others. Along with activities we will also provide “camp” crafts. Classes on nutrition and health maintenance will be provided. Return demonstration will allow us to see how successful the child has been in controlling their asthma.

Community Need: Educating children who live with chronic asthma					
Aim Statement: Children will understand they can live active lives with better management of their asthma.					
2013 Objectives	2013 Strategies	Progress	Ministry Role	Community Partner Role	Measure of Success
Children will receive help recognizing what triggers their asthma and will learn different techniques to use to help manage their asthma. They will also learn how to adjust and handle playing and sport activities that may be difficult for children with asthma.	A two day camp, “Camp Aire” held at a local campground that will provide children with asthma provide education on their personal triggers, and a normal camp experience with activities and play. A follow-up session will be held in the winter, to reiterate education and to help us continue to monitor the children.	Camp was held July 25 - July 26 1930. Thirty six children attended in 2013. Camp Shaw-Waw-Nas-See in Manteno, IL hosted the camp. 24 of the 36 were returnees. Ages of campers range from 5-13. Asthma Camp reunion was held on March 2, 2013. Follow up phone calls were made to the homes of 2012 campers in January 2013.	Provision of Human Resources and Respiratory, nutritional, fitness, fun and craft activities. Presence Life Connections will help provide human resources for both events.	Provision of campground and space to accommodate camp.	Children will be evaluated at both sessions with a questionnaire to assess their understanding of what triggers their asthma.

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



2013 Baseline	2013 Outcome	2014 Target Objective	2014 Measureable Outcomes
<p>Children will receive help recognizing what triggers their asthma and will learn different techniques to use to help manage their asthma. They will also learn how to adjust and handle playing and sport activities that may be difficult for children with asthma.</p>	<p>All of the children and their parents clearly understood their triggers and how to respond to them.</p>	<p>Decrease child ED visits and school absences related to Asthma.</p>	<p>Track the number of Dr. visits, ED visits (due to asthma) made per child per year with a questionnaire for the parents to fill out. Will alter mid - year questionnaire and application form for 2014</p>

Action Plan with the Kankakee Collaborative's Involvement in Addressing the Needs



KINDERGARTEN BOOT CAMP

Program Description

Presence Life Connections ministries are collaborating with Success By Six to provide free education programs that promote healthy lifestyle and school readiness for children and their parents. Success By Six is a coalition created by the United Way of Kankakee County and the Community Foundation of the Kankakee River Valley. It includes early childhood development experts, local agencies serving families, childcare providers, businesses, schools, community stakeholders and volunteers to help children get the tools they need to succeed when they begin school.

The program will be held at Presence Intergenerational Center. Staff and community members will have classes for the children to prepare them for success in school such as academic, health and life skills. Classes for parents on healthy living, food, disease prevention, access to community services at the same time. Materials are provided by Success By Six and community businesses.

Community Need: Prevention and management of chronic disease; Awareness of services and how to access them.			
Aim Statement: Provide life skills and education to children and their parents that promote healthy living.			
2013 Baseline	2013 Outcome	2014 Target Objective	2014 Measureable Outcomes
N/A – New program in 2014	N/A – New program in 2014	70% of participants demonstrate that they learned a skill or resource that was beneficial to maintaining their family's health.	Survey of participants to determine if learning model was effective in order to establish a baseline.

In addition, PSMH, PHVC, PHCK and POLV will continue to meet community needs by providing charity care, Medicaid and State Health Insurance Assistance Program (SHIP) services.

Next Steps for Priorities

For each of the priority areas listed above, PSMH, PHVC, PHCK and POLV will work with Kankakee County Health Department, Helen Wheeler Behavioral Health Clinic, Aunt Martha's, Kankakee County Soldiers and community partners to:

- Identify any related activities being conducted by others in the community that could be enhanced by collaborating with one another.
- Develop measurable goals and objectives so that the effectiveness of their efforts can be measured.
- Build support for the initiatives within the community and other health care providers.
- Develop detailed work plans and continually monitor progress.

In alignment with our mission of providing compassionate, holistic care with a spirit of healing and hope in the communities we serve, Presence Health is committed to providing meaningful and measurable community benefit activities. In order to accomplish our mission, a formal approval process has been established both at the board and leadership levels. Annually the Implementation Strategy must be reviewed and approved by the Senior Leadership Team, Ministry Mission Committee of the Board and the Board of Directors.

The following plan has been developed based on documented community need and analysis that reviewed community and ministry resources. This plan will be implemented in 2014.

The below signatures signify that this plan has been reviewed and approved for 2014.

_____ President & CEO Presence St. Mary's Hospital	_____ Date
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_____ President & CEO Presence Life Connections	_____ Date
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_____ Vice President, Mission Services Presence St. Mary's Hospital	_____ Date
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_____ Vice President, Mission Services Presence Life Connections	_____ Date
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Insert names and titles of primary staff responsible:

Plan Prepared By

Mission Committee of the Board Adoption Date
Presence St. Mary's Hospital

Mission Committee of the Board Adoption Date
Presence Life Connections

Board of Directors Approval Date
Presence St. Mary's Hospital

Board of Directors Approval Date
Presence Life Connections

PSMH, PHVC, PHCK, POLV and the Kankakee Collaborative will share the annual updates to the Implementation Strategy with all internal stakeholders including employees, volunteers and physicians. This document is available at www.presencehealth.org and is also broadly distributed within our community to stakeholders including community leaders, government officials, service organizations and community collaborators.

The following notice is posted in several areas of PSMH to assure community awareness of the Community Benefit Act. This report is on file with the Illinois Attorney General's Office:

Illinois Community Benefits Act
This hospital annually files a report
of its Community Benefit Plan with the
Illinois Attorney General's Office.
This report is public information and
available to the public by
contacting:

Charitable Trusts Bureau
Office of the Attorney General
100 West Randolph Street, 3rd Floor
Chicago, Illinois 60601-3175
(312) 814-3942

Required by Section 20(c) of Public Act 093-0480