



Presence St. Mary's Hospital
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 St. Mary's Hospital (PSMH) has been meeting the health needs of Kankakee County residents for over 120 years. Founded by the Servants of the Holy Heart of Mary, Presence St. Mary's Hospital continues to carry out its mission of providing “compassionate, holistic care with a spirit of healing and hope in the communities” it serves.

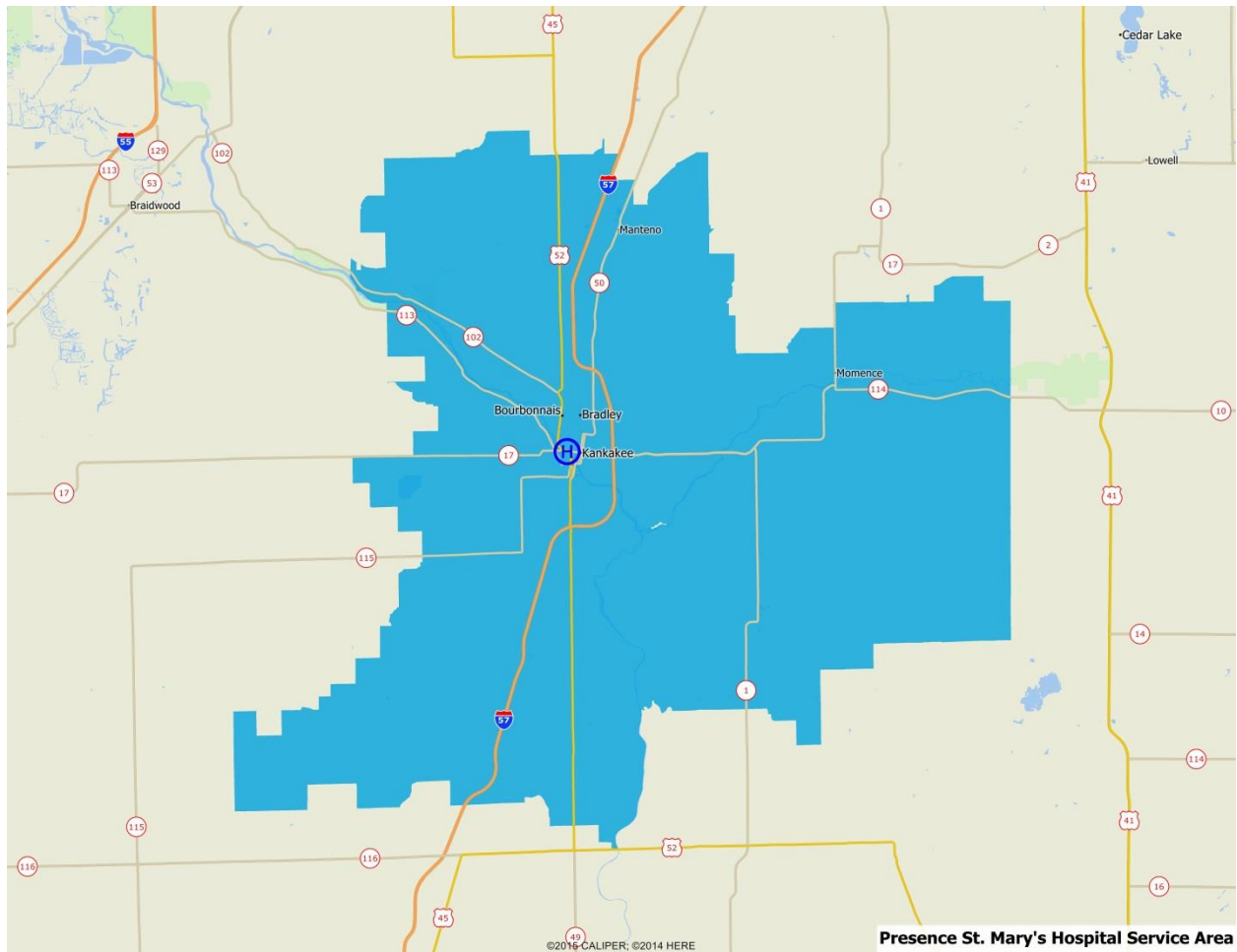
PSMH is located 500 West Court Street in Kankakee, Illinois a 182 bed acute care facility with a Level II Emergency/Trauma Center and provides many health care services to all of Kankakee county and surrounding areas. Key services include a regional cancer center, mental health unit, cardiac services and family birthing.

Beginning in 2017 through early 2018, a Community Health Needs Assessment (CHNA) was facilitated by Presence St. Mary's Hospital, Riverside Medical Center and Kankakee County Health Department as well as additional social service agencies. Collectively, these organizations are the Partnership for a Health Community (PHC).

This report summarizes the health profile and community input findings of the CHNA conducted for the population served by PSMH and identifies the top priority health issues for the community to focus on in developing its implementation strategies.

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We define PSMH primary service area as the collection of ZIP codes where approximately 75% of hospital patients reside, as seen in the map below:



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Prioritized Focus Areas

Presence St. Mary's Hospital has identified the following three focus areas as significant health needs. These are the focus areas identified by the Partnership for a Healthy Community (PHC) through a collective prioritization process.

- Access to Health
 - Focus Areas: Prevention and primary care, social determinants of health, & chronic disease
- Behavioral Health
 - Focus areas: Substance use, mental health, & trauma awareness and prevention
- Education and Employment
 - Focus areas: Job skills, employability, & career ladder

The prioritized focus areas were agreed upon based on the needs throughout Kankakee County. The PSMH service area has specific needs within these focus areas, which are described in more detail below. These specific needs were also guided by informal feedback from community and hospital stakeholders. No written feedback was received on PSMH's previous CHNA or Implementation Strategy.

Presence St. Mary's Hospital has several existing programs that are already addressing these needs, and our 2019 Implementation Strategy will further refine these programs and identify new ones to ensure that all prioritized health needs are addressed.

Key assessment findings

1. Access to Health

This strategic issue encompasses both access to care 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.

Heart disease is the second cause of hospitalizations and leading cause of death in Kankakee County. Heart disease accounts 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. Findings from the assessments detail access issues to chronic disease resources.

Specific priority needs identified in the assessment process include:

- Better data to define and prioritize chronic disease and access issues, identify

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- populations most affected, and monitor progress
- Improving health literacy and navigation of insurance coverage
- Access to affordable, healthy foods
- Strategies and healthcare services that link community and clinical services to ensure that people with or at high risk of chronic diseases have access to the resources they need to prevent or manage these diseases
- Transportation to healthcare services and resources especially in low income and rural areas

Figure 1.1. Summary of Key Assessment Findings Related to Access to Health

Issue	Target Populations
Provider Availability	
<p>Having a primary healthcare provider is important to receive routine health promotion and preventative care. The rate of healthcare providers per 100,000 Kankakee County residents (50) is much lower than the Illinois (82) and US rates (88).</p>	<ul style="list-style-type: none"> • Adults
Health Behaviors	
<p>Tobacco use among adults is much higher (26%) in Kankakee County than in Illinois (18%) and the US (18%). A higher percentage of adults (80%) in Kankakee County have inadequate fruit and vegetable consumption than in Illinois (76%) and the US (76%). Close to 30% of middle and high school students watch 3 or more hours of TV per day. Only around 7% of middle and high school students eat 3 or more servings of vegetables daily. The percentage of adults that are obese is higher in Kankakee County (30%) than Illinois (25%) and the US (25%). In 2016, the percent of children that were self-reported as obese was 11% for 8th grade, 15% for 10th grade, and 16% for 12th grade. Heart disease is the top cause of death. There is a greater percentage of non-Hispanic black populations and men that have heart disease.</p>	<ul style="list-style-type: none"> • Youth • Non-Hispanic African Americans • Men
Access to Food	
<p>A higher percent (17%) of household are receiving supplemental nutrition assistance program (SNAP) than in Illinois (13%) or the United States (13%). Among SNAP recipients, the highest percentage are black, of two or more races, and Hispanic/Latinos. There is a higher percentage of Kankakee County residents (14%) with food-insecurity than Illinois (12%) and the US (13%).</p>	<ul style="list-style-type: none"> • Races other than Caucasian • Hispanic & Latino populations

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2. Behavioral Health

Behavioral health is a term used to include both mental health and substance abuse disorders. Mental health is defined as a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community. The existing model for understanding mental health and mental disorders emphasizes the interaction of social, environmental, and genetic factors throughout the lifespan. In behavioral health, researchers identify:

- Risk factors, which predispose individuals to mental illness
- Protective factors, which protect them from developing mental disorders

Mental health disorders are among the most common causes of disability. Compared to Illinois, there are more suicides, more emergency room visits for mental health, and more days reported as mentally unhealthy among Kankakee County residents.

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems.

Findings from the assessments detail access issues to behavioral health services, as well as resources. Behavioral health issues impact population groups across income levels, as well as racial and ethnic groups.

Specific priority needs and populations identified in the assessment process include:

- Better data to define and prioritize behavioral health issues, identify populations most affected, and monitor progress
- Adequate funding for expansion of services, resources, and providers
- Equitable services throughout the county

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Figure 1.2. Summary of Key Assessment Findings Related to Behavioral Health

Issue	Target Populations
Suicide	
<p>The suicide rate is higher in Kankakee County (13.6) than in Illinois or the United States. Men are 4 times as likely to commit suicide as women. The average age of an individual that committed suicide in Kankakee County in 2016 was 55 years of age.</p>	<ul style="list-style-type: none"> • Men • Adults 50 years and older
Youth Substance Use	
<p>The Illinois Youth Survey captures self-reported data on substance use among 8th, 10th and 12th grade students throughout the Kankakee County school system. Alcohol and marijuana are the most common substances used among youth. Fourteen percent of 8th graders, 23% of 10th graders, and 37% of 12th graders self-report using alcohol in the past 30 days. Six percent of 8th graders, 13% of 10th graders, and 20% of 12th graders self-reported marijuana use in the past 30 days.</p>	<ul style="list-style-type: none"> • Youth
Drug Overdose	
<p>There has been a significant increase in drug overdose deaths in the past few years. The rate of drug overdose deaths has increased from 21 per 100,000 in 2014 to 32 per 100,000 in 2016. Drug overdose deaths are more common among men than women, and among whites than any other race. The average age of individual that dies from a drug overdose in Kankakee County is 41 years of age.</p>	<ul style="list-style-type: none"> • Men • Caucasian adults • Middle age adults
Social Competence and Emotional Maturity	
<p>The Early Development Instrument was used to determine Kindergarten readiness in 5 school districts within Kankakee County during the 2016-2017 school year. Results of this survey identified that children within Kankakee County were more vulnerable/at risk in the areas of social competence and emotional maturity. Through mapping the survey results, the Evergreen Acres and Hunter’s Run neighborhoods were identified as the most at risk.</p>	<ul style="list-style-type: none"> • Children birth to six years of age • Evergreen Acres neighborhood • Hunter’s Run neighborhood
Uninsured	

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Having health insurance is a key factor in ensuring access to mental health care. Although Kankakee County has a lower percentage of residents without insurance (9%) than Illinois (10%) or the United States (13.5%), there are groups of individuals that are less likely to have insurance. Fifteen percent of Black adults and 30% of adults of two or more races living in Kankakee County are uninsured. Nearly one in every four individuals with Hispanic/Latino ethnicity are uninsured. Men are more likely to be uninsured than women.

- African American adults
- Adults of two or more races
- Hispanic/Latino adults
- Men

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3. Education and Employment

Education is an important social determinant of health, because the rate of poverty is higher among those without a high school diploma or GED. In addition without a high school education are at a higher risk of developing certain chronic illnesses, such as diabetes. Unemployment can create financial instability, and, as a result can create barriers to accessing healthcare services, insurance, healthy foods, and other basic needs.

A lack of jobs threatens community health through increasing social and community breakdown. The unemployment rate for Kankakee County (6.2) is higher than the rates for Illinois (5.9) and the U.S. (5.2). The percent of the Kankakee County population living in poverty is 16%, while the percent for both Illinois (14%) and the US (15%) are lower. In Kankakee County, 41% of blacks, 35% of Native American/ Alaskan Natives, and 26% of all Hispanics are living in poverty. More Kankakee County women are living in poverty (17%) than men (15%).

Poverty 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. Additionally, social determinants of health often vary by geography, gender, sexual orientation, age, race, disability and ethnicity.

Specific priority needs and populations identified in the assessment process include:

- Better data to define and prioritize education and employment gaps, identify populations most affected, and monitor progress
- Increase youth educational opportunities in order to eliminate the social/economic root cause of poverty
- Increase workforce development opportunities

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Figure 1.3. Summary of Key Assessment Findings Related to Education and Employment

Issue	Target Populations
Poverty	
<p>In Kankakee County, there are more older adults are living in poverty (42%) than in Illinois (35%). The median family income for Kankakee County, \$53,716, is significantly lower than the median income for Illinois (\$71,546) and the US (\$66, 011). More Kankakee County children (23%) and adults (16%) are living in poverty than in Illinois (20% children; 14% adults) and the US (22% children; 15% adults). In Kankakee County, 41% of blacks, 35% of Native American/ Alaskan Natives, and 26% of all Hispanics are living in poverty. More Kankakee County women are living in poverty (17%) than men (15%). Residents in the southeast region of Kankakee County are most vulnerable, including residents of some parts of the city of Kankakee, Ganeer Township, and Pembroke Township.</p>	<ul style="list-style-type: none"> • Older adults • Children, birth to 18 years of age • Women • African American population • Native American/ Alaskan Native population • Hispanic population • Individuals in the southeast region of Kankakee County
Education attainment	
<p>There is a higher percent of young adults (25 years and older) in Kankakee County without a high school diploma (12.3%) than in Illinois (12%). More males (13.9%) did not obtain high school diplomas than females (10.8%). In the center of Kankakee County, the city of Kankakee, and the southeast corner (Pembroke Township) less high school students graduate on time. Significantly less Kankakee County residents (18.8%) have obtained a bachelor’s degree than Illinois (32.3%) or US residents (29.8%).</p>	<ul style="list-style-type: none"> • Youth • Males • Residents in Kankakee City and Pembroke Township
Employment	
<p>The unemployment rate for Kankakee County (6.2) is higher than the rates for Illinois (5.9) and the U.S. (5.2). Thirty percent of Kankakee County residents that were surveyed identified the need for higher paying jobs, more jobs within the county, and the need to provide job skills to residents.</p>	<ul style="list-style-type: none"> • Adults • Labor workforce

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Progress Addressing Needs Identified in the 2015 CHNA

Presence St. Mary's Hospital is committed to creating awareness and utilization of available resources in the community to facilitate collaboration between PSMH and the broader community. The following programs are existing community benefit programs PSMH sponsored in the community to address community needs identified in the 2015 CHNA. In 2019-2021, PSMH 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 St. Mary's Hospital will work with the Kankakee River Valley 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.

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 St. Mary's Hospital and its community partners implemented 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. PSMH provided promotion, funding, coordination & in-kind donation of space for these trainings. Over 300 community members have been trained in the Kankakee County community since 2016.

Program participants increased recognition of mental health disorders, increased understanding of appropriate treatments, improved confidence in providing help to others during crisis situations, and decreased stigmatizing attitudes. Having demonstrated its effectiveness, the program continues to expand and add both participants and partners.

Fit N Healthy & We Fit!

PSMH provides free exercise and healthy living education programs in low income areas of Kankakee County including Pembroke, Kankakee & Sun River Terrace. Fit N Healthy is targeted for adults while We Fit! is targeted for youth and their parents. In 2017, PSMH partnered with the Kankakee Public Library to become an additional summer site for the We Fit! program. PSMH provides the overall staffing, coordination, supplies and funding for these programs that serve over 200 persons per year.

5-2-1-0 Go!

Live Healthy Kankakee, a community collaborative lead by the area YMCA in which PSMH is an active partner, promotes the 5-2-1-0 Go! Program to the Kankakee community. This healthy living campaign is a simple message for children that encourages the reduction of screen time along with increase physical activity and nutrition. Throughout the year, members of the action

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team visited over a dozen local pediatricians and family medicine physicians to adopt the 5-2-1-0 message within their practice and in their appointments with patients. There were also billboards in the community with the message.

Re-Think Your Drink Campaign

Live Healthy Kankakee partnered with the Illinois Alliance to Prevent Obesity (IAPO) to bring the Rethink Your Drink education and communication campaign to Kankakee County to educate stakeholder organizations and community residents about the harms of sugar sweetened beverage (SSB) Consumption. PSMH actively participates on the Live Healthy Kankakee team overseeing this media campaign as well as secured a grant to reduce sodium and sugar intake within PSMH's campus. Messages educating our associates, physicians and guests on Rethink Your Drink can be found around our campus including elevators and by beverage machines.

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Community Assets

The following organizations and agencies participated in the CHNA process and play a crucial role in the civic life of the local community and are integral to the health and wellness of its residents. We intend to engage with these community stakeholders and resources as we develop and refine programs to address our prioritized community needs.

American Family Insurance	Kankakee County Hispanic Partnership
American Lutheran Church	Kankakee First Church of the Nazarene
Aunt Martha's Health and Wellness	Kankakee School Health Centers
Bourbonnais Police Department	Kankakee Workforce Services
Bourbonnais Township Park District	Lorenzo Smith School
Catholic Charities, Diocese of Joliet	Manteno Police Department
CFC #15/Early Intervention	Morning Star Baptist Church
Child Network	NAACP, Kankakee County Branch
City of Kankakee / City Council	Olivet Nazarene University
Community Foundation of Kankakee River Valley	Options Center for Independent Living
Dr Martin Luther King Jr Memorial Foundation	Pembroke Community Consolidated School District #259
Early Intervention/Child and Family Connections #15	Pembroke Early Education Program
Garden of Prayer Youth Center	Pledge for Life Partnership
Grundy Livingston Kankakee Workforce Board	Presence Health
Hippocrates Medical Clinic	Presence Home Care
Hospice of Kankakee Valley	Presence St. Mary's Hospital
Indian Oaks Academy	River Valley Metro Mass Transit District
Iroquois-Kankakee Regional Office of Education	Riverside Health Care
Jerome Combs Detention Center	Riverside Medical Center
Jewel-Osco	Riverside, Behavioral Health Outpatient
Kankakee Area YMCA	State of Illinois

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Conclusion

Presence St. Mary's Hospital and members of the Kankakee Partnership for a Healthy Community 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:

- Access to Health
- Behavioral Health
- Education and Employment

To be successful, PSMH will continue to partner with the health department and other Kankakee 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, PSMH 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.

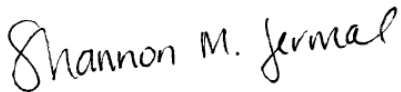
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The Board of Directors of Presence Health has formally delegated authority to approve this Presence St. Mary's Hospital Community Health Needs Assessment to the Kankakee River Valley Community Leadership Board, comprised of community and hospital stakeholders and business leaders. The below signatures indicate that this plan has been reviewed and approved in 2018.

Approved by the Kankakee River Valley Community Leadership Board

June 20, 2018
Date Approved

Plan Prepared By:



Shannon M. Jermal, MA
Regional Director, Community Health Integration

Presence St. Mary's Hospital 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. This Community Health Needs Assessment is available at 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 shannon.jermal@presencehealth.org or to the following address:

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