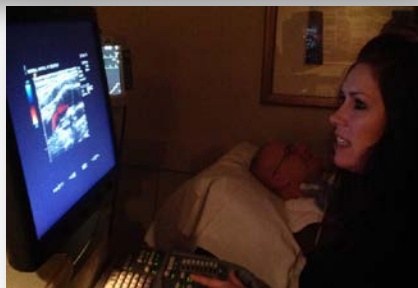


MEMORIAL HOSPITAL

COMMUNITY HEALTH NEEDS ASSESSMENT

Meeting community need through collaboration, partnerships and education



December 2015

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Executive Summary

Protestant Memorial Medical Center, Inc. d/b/a Memorial Hospital and Memorial Care Center is a not-for-profit locally-owned and governed community resource located in St. Clair County, Illinois. Memorial Hospital opened in 1958, but its early roots date back to the 1920's with the growing conviction among Belleville physicians and others that the city needed an additional hospital. The Depression put the original hospital building plans on hold. However, they were restored some years later with renewed enthusiasm and support.

Memorial Care Center was acquired in 1964 making it the first St. Clair County extended care facility owned and operated by a hospital. Memorial Care Center has been recognized by *U.S. News and World Report* as a five-star rated facility for six consecutive years.

Memorial's primary service area is St. Clair County with a population of 270,056 (2010 Census). The secondary service area includes parts of Madison, Clinton, Monroe, and Randolph Counties. Total population in the primary and secondary service areas is 643,533 (2010 Census).

For purposes of this report, we will focus on our primary service area of St. Clair County.

Memorial Hospital with its 316-beds and Memorial Care Center with 82-beds employs over 2,400 people.

2014 Statistics

Hospital Inpatient Admissions	15,403
Memorial Care Center Admissions	1,025
Emergency Department Visits	68,063
Outpatient Department Visits	348,620

Memorial is recognized as a MAGNET facility by the American Nurse Credentialing Center – the highest recognition in nursing. Only six percent of hospitals nationwide have achieved this designation and Memorial is one of just a few hospitals south of Springfield, Illinois to achieve this honor.

HealthGrades, an independent health rating organization, designated Memorial as a 2012 Distinguished Hospital for Clinical Excellence placing it among 263 top-performing hospitals in the country. Memorial also received these other designations from HealthGrades:

- Outstanding Patient Experience Award – ranked among the Top 10% in the Nation for Outstanding Patient Experience (2015)
- Patient Safety Excellence Award – ranked among the Top 10% in the Nation for Patient Safety (2015)
- Critical Care Excellence Award – ranked among the Top 5% in the Nation and among the Top 100 Hospitals nationwide for two consecutive years (2012-2013)
- Top 10% in the Nation for Cardiology Services (2013)
- Cardiac Surgery Excellence Award – ranked among the Top 10% in the Nation for Cardiac Surgery (2015)
- Five-Star Rated for Coronary Bypass Surgery (2015)
- Five-Star rated for Gallbladder Removal Surgery for two consecutive years (2015-2016)

- Five-Star Rated for Treatment of Respiratory Failure for nine consecutive years (2008-2015)
- Five-Star Rated for Treatment of Chronic Obstructive Pulmonary Disease for five consecutive years (2011-2015)
- Five-Star Rated for Treatment of Sepsis for 12 consecutive years (2004-2015)
- Five-Star Rated for Treatment of Stroke for two consecutive years (2012-2013)
- Five-Star Rated for Vaginal and C-Section Deliveries (2015)
- Emergency Medicine Excellence Award for two consecutive years (2011-2012)

Memorial also earned honors in 2014 from *U.S. News and World Report* as a Top Performing Hospital for Hip Replacement Surgery placing it in the top 10% of hospitals in the country for this procedure.

Memorial also serves as the Regional Hospital Coordinating Center (RHCC) for the Edwardsville Region and is the Resource Hospital for the Southwestern Illinois EMS system, both designated by the Illinois Department of Public Health.

Other accreditations, designations and certifications include, but are not limited to:

- Breast Health Center of Excellence
 - American College of Radiology Accreditation and designation as a Breast Health Center of Excellence
 - Illinois Emergency Management Association Certification (FDA)
- Center for Diabetes Education
 - American Diabetes Association Certification
- Cardiopulmonary Rehabilitation Department
 - Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation

Memorial Hospital is the leading healthcare provider in St. Clair and surrounding counties. Memorial's commitment to the healthcare needs of the communities resulted in over \$35 million in community benefit in 2014. Included in this total is \$19.7 million in unpaid costs for providing care to Medicaid and Medicare patients, \$11.2 million in bad debts and \$2.5 million in charity care for members of our communities who are unable to afford medical services.

Memorial, in cooperation with the St. Clair County Health Department and other local agencies participates in a community health assessment and planning process which included the following elements:

- A community organizational capacity assessment
- A community health needs assessment
- A community health plan and implementation strategy

Conclusion

The priority health issues identified for St. Clair County residents through the Community Health Needs Assessment (CHNA) process and adopted as strategic initiatives by Memorial Hospital's Board of Directors are virtually unchanged from the CHNA report filed in 2012. While some initiatives changed and programs/services added, Memorial continues to focus on these identified community health needs:

1. Lung Cancer

2. Chronic Obstructive Pulmonary Disease (COPD)
3. Diabetes
4. Cardiovascular Disease

The assessment process provided renewed partnerships and the use of innovative tools for multi-organizational strategic alignment.

Follow-Up

Memorial Hospital will continue to work with existing community partners as well as seek new resource opportunities to address the identified community health needs. As we collaborate with these partners to monitor efforts, Memorial also will look to evidence-based practices in helping to meet these needs. The CHNA process is a journey and one that doesn't end with the filing of the report.

Reviewed by Administrative Leadership Team: November 24, 2015
Adopted by the Protestant Memorial Medical Center, Inc.
Board of Directors: December 15, 2015

The Protestant Memorial Medical Center, Inc. Board of Directors is a community board representative of individuals from the service area.

MISSION

Memorial Hospital's mission is to ***provide exceptional healthcare and compassionate service.***

VISION

Memorial, in partnership with its medical staff, employees, volunteers and the community, is committed to being the healthcare provider of choice by:

- Delivering extraordinary clinical care and compassionate service to patients - every day
- Continually identifying performance improvement opportunities
- Expanding services based on community need and enhancing accessibility to care
- Providing physical facilities and acquiring the advanced technology to exceed patient and physician expectations
- Being the employer of choice; continuing to recruit and retain staff committed to providing service excellence to patients, visitors and co-workers

ORGANIZATIONAL COMMITMENT

As an organization, Memorial has long recognized that the healthcare needs of the community can best be served by offering a wide spectrum of services in a variety of convenient settings.

Memorial's Administrative Leadership Team comprised of President and CEO Mark J. Turner, along with the chief operating officer, vice presidents, chief information officer and chief marketing/development officer, ensures that necessary resources are available to assess, create and implement initiatives to meet community needs and works with community partners to bridge the gap in responding to identified unmet health needs.

Memorial also has developed a Medical Student Grant program to financially assist medical students with the goal of increasing the number of physicians practicing in Memorial's service area. Currently, there are nine students utilizing this Grant program.

The Hospital Board of Directors reviews and approves the Community Benefit Report and Plan as well as regularly reviews progress on implementation of the plan.

Hospital Management Team, along with staff from throughout the organization is involved in programming designed to improve the health of the community. Memorial also partners with area high schools, colleges and universities to provide education and training opportunities for students pursuing healthcare careers. In addition, Memorial works with area Chambers of Commerce to develop health and wellness initiatives for their respective community organizations. Memorial also is committed to being a resource for Programs and Services for Older Persons (PSOP) by providing wellness activities and a nurse for clients monthly.

INVENTORY OF SERVICES AND ASSETS

For more than 57 years, Memorial has responded to the healthcare needs of the community by providing a broad spectrum of programs and services including:

- **Breast Health Center of Excellence** as recognized by the American College of Radiology (2010) is a specialized mammography unit featuring state-of-the-art 3D mammography, stereotactic-guided breast biopsies, ultrasound guided breast biopsies, and bone density testing. It is a certified MammoPad facility – offering women ‘high-tech, soft-touch’ mammography. A Breast Health Nurse Navigator to provide support and assistance to women who have been diagnosed with breast cancer/disease.
- **Chest Pain Center**, accredited by the Society of Chest Pain Centers.
- **Emergency Department** with over 68,000 annual visits. With physicians employed by CEP America, Memorial’s Emergency Department utilizes Rapid Medical Evaluation (RME), to improve throughput and patient satisfaction.
- **Transfer Center**, implemented to assist outlying hospitals in easily transferring patients to Memorial.
- **One Call**, designed for physicians and first-time patients to schedule appointments with specific specialists in Memorial Medical Group.
- **Emergency Medical Service (EMS) Resource/RHCC Hospital** for Illinois Department of Public Health Edwardsville Region.
- **Tele-Neuro Service**, used primarily in the Emergency Department to help assess patients having neurological events.
- **Onsite Neonatal Partners**, delivering 24/7 onsite neonatal coverage to families delivering at Memorial’s Family Care Birthing Center.
- **The Sleep Disorders Centers** are accredited by the American Academy of Sleep Medicine.
- **The Heart and Vascular Center of Excellence** features a state-of-the-art cardiac catheterization and vascular laboratory along with a team of dedicated physicians and staff dedicated to quality outcomes.
- **Transitional Care Clinic**, has evolved from a Heart Failure Clinic to serve an additional patient population – those suffering from COPD. This outpatient clinic provides patient education on how to manage heart failure and chronic lung disease, risk factors and monitor therapy compliance.

- **GI/Endoscopy Lab** provides physicians, patients and their families with increased comfort and efficiency.
- **Senior Care**, an outpatient program designed to renew quality of life for adults age 60 and older who struggle with depression and anxiety issues.
- **Magnetic Resonance Imaging** offering the 3 Tesla system and an open unit featuring the Ambient experience. Memorial's MRI Center is accredited by the American College of Radiology (ACR).
- **Lung Cancer CT**, a low dose non-invasive CT scan which can detect abnormalities which may indicate early signs of breast cancer.
- **Outpatient and Diagnostic Treatment Services** to meet patients' needs for convenient services.
- **Palliative Care Program** designed to provide the best quality of life possible for terminally-ill patients and their families.
- **The Center for Diabetes Education**, an outpatient diabetes education program that has earned the American Diabetes Association (ADA) Education Recognition Certificate.
- **Memorial Care Center**, an 82-bed short-term post-acute rehabilitation facility.
- **Belleville Health and Sports Center**, where a wide array of fitness and exercise programs are offered.
- **YMCA**, an affiliation between Memorial Hospital and the YMCA of Southwest Illinois allows both institutions to provide a variety of additional wellness programs to individuals and businesses of the community by being able to utilize facilities and the expertise of combined personnel. Southwest Illinois Health Ventures jointly owns the YMCA facility on Seven Hills Road in O'Fallon.
- **Cancer Treatment Center** provides the latest cancer treatment service using the most advanced technology available through a partnership between Memorial and St. Elizabeth's hospitals. Located in Swansea, the Center is the only comprehensive cancer facility in Southwestern Illinois conveniently providing outpatient cancer services under one roof.
- **Southern Illinois P.E.T. Imaging Center** in Swansea, a joint venture between Memorial and St. Elizabeth's hospitals. The Positive Emission Tomography scanner provides images to detect and evaluate cancer, detect heart disease and diagnose specific neurological disorders.
- **Memorial Healthcare Centers** in O'Fallon provides close-to-home access to Memorial's services. Memorial Healthcare Centers provide x-ray, 3D mammography, lab draws and physical therapy services.

- **The Center for Orthopedic and Neurosciences**, located on Memorial Hospital's Belleville campus, opened in December, 2011. The 85,000 square foot facility includes physician offices for orthopedic, neurosurgery, pain management, sports medicine, physical, occupational, speech and hand therapy. A full range of physical therapy equipment and aquatic therapy also is located in the Center, as well as, an open MRI.
- **Athletic Training Services** provided to six local high schools and two universities.
- **Memorial Home Care** service for homebound patients or patients making the transition from hospital to home.
- **Health promotions and community education/screening programs** offer the community with opportunities to learn about various diseases, risks and prevention.
- **My Memorial Patient Portal** allows patients to manage their health by accessing their medical test results; medications and appoints. CMS threshold for portal registration is 5%; Memorial currently has 7.5% of patients enrolled in the portal.
- **Memorial Hospital East**, a 94-all private suite hospital will open April 2016 in Shiloh, Illinois to better serve patients in the eastern part of St. Clair County. This full-service hospital will have an Emergency Department, Intensive Care Unit, cardiac catheterization lab, diagnostic services and surgical suites equipped to perform all types of surgeries except open heart and neurosurgery.
- During 4Q 2015, a definitive agreement was signed between Memorial Group and BJC HealthCare to form a **strategic affiliation** between these two healthcare organizations. This affiliation, expected to be effective January 1, 2016, will provide enhanced services and resources to the residents Memorial currently serves.

Community Description

Considered part of the greater St. Louis metropolitan area, Memorial is located in St. Clair County, Illinois – largely an urban community. The 2010 census reported that 89% of the population lived in urban areas with 11% in rural areas.

Overall population for St. Clair County is 265,729 (2014 Estimate) with 48% male and 52% female. St. Clair County covers 664 square miles and is located directly across the Mississippi River from St. Louis, Missouri.

On average, 386 people live within each square mile of the county. In 2010, there were 270,056 people living in the county within 118,323 housing units (an average of 2.57 people in each household) however, 2014 data show the population had decreased slightly to 265,729 – a 1.6% decrease).

The greatest concentrations of people throughout the county are found in Belleville, Fairview Heights, and O'Fallon and the northwestern urbanized sections of the county - East St. Louis and Cahokia. O'Fallon is among the fastest growing cities in Southern Illinois at 29%. Shiloh, Mascoutah and Swansea also have seen substantial population growth. According to the 2010 Census, Belleville and East St. Louis changed places in regard to population standing. Belleville increased by 2.9 percent to 42,705, while East St. Louis decreased by 25.8% to 40,944. (SEE ADDENDUM – St. Clair County Demographics, page 26)

Since the 1980s, St. Clair County has been characterized by similar population trends that impacted virtually every urban county location within a large metropolitan area. The County's population became somewhat more diverse despite the fact that the percentage of white residents remained relatively stable. Increasing populations of Native American, Asian and individuals of Spanish origin, which offset population declines among white and black residents, served to increase the cultural and ethnic diversity of the County.

The percentage of households in St. Clair County which were living in traditional families declined over most all sectors of the County with the largest declines seen in the fastest growing communities such as Fairview Heights, Swansea, Shiloh and O'Fallon.

Community Health Needs Assessment and Data Collection Collaborative

Memorial Hospital, along with and other members of the St. Clair County Health Care Commission, initiated a community health needs assessment and planning process in spring 2010 using a model known as MAPP (Mobilizing for Action through Planning and Partnership). The MAPP model was developed by the National Association of County and City Health Officials in 2004. The St. Clair County Health Department, in its 25-year history, has built a solid reputation for community-based planning that involves ongoing evaluation and revision.

The MAPP process encompasses a Community Health Needs Assessment and Community Health Intervention Plan that is in accordance with the applicable requirements of the Illinois Department of Public Health (Title LXXVII, Public Health, Chapter I, Department of Public Health, Subchapter H, Local Health Departments, Part 600, certified Local Health Department Code) for conducting local community health needs assessment. The MAPP model is also being utilized to address Section 9007 of the Patient Protection and Affordable Care Act which requires non-profit hospitals to: (1) conduct a community health needs assessment at least every three years and (2) adopt an implementation strategy to meet the community health needs identified by the assessment. The community health needs assessment must include input from persons who represent the broad interests of the community served by the hospital facility.

Since 1991, the collaborative partnership known as the St. Clair County Healthcare Commission has conducted numerous community health assessments, planning projects and annual forums. Memorial Hospital has been and continues to be an active member of the Commission in working to expand services to meet the identified needs of the community.

Healthcare Commission Members and Affiliates (1991-2015)

- American Heart Association
- American Lung Association
- Age Smart
- Asthma Coalition for the Greater St. Louis Metro East Area
- East Side Health District
- March of Dimes
- McKendree University
- Memorial Hospital
- Pioneering Healthier Communities
- Programs and Services Persons
- Regional Office of Education
- Scott Air Force Base Health and Wellness Center
- St. Clair County Health Department
- St. Clair County Medical Society
- St. Clair County Mental Health Board
- St. Clair County Office on Aging
- St. Clair County Youth Coalition
- St. Elizabeth's Hospital
- Southwestern Illinois Coalition Against Tobacco
- Southern IL Healthcare Foundation
- Southern Illinois University, School of Nursing
- Southwest Illinois HIV/AIDS Coalition
- Touchette Regional Hospital
- Willard C. Scrivner, MD Public Health Foundation
- YMCA of Southwest Illinois

Priority Issues

Community Health Status Assessment

1. Safety Awareness and Injury Prevention (Unintentional and Intentional Injuries)
2. Behavioral Health (Suicide, Substance Abuse, Mental Disorders, Quality of Life)
- 3. Respiratory Health (Lung Cancer, COPDs)**
- 4. Cardiovascular Disease and Diabetes**
5. Maternal and Child Health (IMR, Teen Pregnancy, Sexually Transmitted Infections)

These issues from the previous MAPP Assessment continue to be priority issues for residents of St. Clair and surrounding counties based on State data.

Based on state data and input from the St. Clair County Health Department, Memorial continues to focus on Chronic Diseases as they relate to:

- Lung Cancer
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Cardiovascular Disease

Memorial has developed additional strategies to help address Community Need related to these issues. These will be outlined in another section of this report.

In addition, Memorial developed a survey tool which was administered to participants attending various community education programs throughout the year as well as to its Patient Family Advisory Council members. Community Health Needs identified through this method validated that chronic diseases still are a community health need. Memorial is already working to directly address.

Obesity and Healthy Eating also were identified as a community health need. Opportunities are addressed as part of the chronic diseases particularly as it relates to the diabetes and cardiovascular disease.

Other community health needs identified that will not be directly addressed by the hospital include:

- Substance Abuse
- Mental Health

Memorial lacks necessary resources to pursue this priority but continues to work with local and state partners to assist those needing substance abuse and mental health services.

Formulating Goals and Strategies

Over 130 million Americans live with one or more chronic diseases and 75% of the nation’s total medical costs go to treating people with those conditions. About half of the deaths associated with chronic disease can be attributed largely to preventable behaviors – such as poor diet and physical inactivity. St. Clair County has mirrored the national trend over the last 20 years and has increased efforts to address these behaviors with a focus on these growing healthcare concerns. The table below shows combined Premature Mortality Rates (<65 years of age) for leading chronic disease in St. Clair County.

Cardiovascular Disease	74.5
Chronic Obstructive Pulmonary Disease	11.0
Diabetes	16.7
Lung Cancer	22.1
Rates are calculated per 100,000 population. Source: CDC Wonder	

General Health Indicators and the Needs of the Community

A review of general health and access to care indicators was conducted using the State of Illinois IPLAN Data System, as well as information from Hospital Discharge Data, CDC Wonder Mortality Data and the University of Wisconsin County Health Rankings Report to determine significant health issues for the general population of St. Clair County.

The 2014 St. Clair County Health Department Annual Report was used to validate the health priority selection. The data reviewed represented the broad interests of the community and the voice of those community members who were medically underserved, low-income, minorities and/or those with chronic illnesses.

Table 3 – Leading Causes of Premature Mortality and Hospitalizations for St. Clair County Residents (<65 Years)

2004-07 Premature Death Rate (per 100,000 pop.)	Frequency of Hospitalizations (2004-07)
1. Heart Disease (97.1)	1. Behavioral Disorders (14,724 discharges)
2. Accidents (31.3)	2. Heart Disease (6,956)
3. Lung Cancer (25.8)	3. Injury (1,822)
4. Diabetes (25.2)	4. Influenza (1,818)
5. COPDs (24.7)	5. Diabetes (1,726)
6. Colon Cancer (19.2)	6. Asthma (1,335)
7. Homicide (15.0)	7. Cancer (1,259)
8. Stroke (13.2)	8. Poisoning (1,226)
9. Suicide (10.6)	9. Stroke (1,099)
10. Hypertension (2.0)	10. Hypertension (771)
Source: CDC Wonder	Source: IDPH Hospital Discharge Data

General health comparisons for St. Clair County using the University of Wisconsin County Health Rankings Report¹ released in 2015 show that St. Clair County ranks –

1. **86 out of 102** Illinois counties for health outcomes such as premature mortality, poor physical health, poor mental health. This reflects positive movement from 2011 when St. Clair County ranked 94 out of 102 Illinois counties.
2. **90 out of 102** Illinois counties for health behaviors such as tobacco use, excessive drinking, teen pregnancy, obesity and motor vehicle crash death rate. **42 out of 102** Illinois counties for clinical care such as uninsured adults, primary care physicians, preventable hospital stays, diabetic and mammography screenings.
3. **89 out of 102** Illinois counties for social and economic factors such high school and college graduation rates, unemployment, children in poverty, inadequate social support and violent crime rate.
4. **62 out of 102** Illinois counties for physical environment factors such as air pollution ozone days, access to healthy food and access to recreational facilities (University of Wisconsin Population Health Institute, 2014).

¹The County Health Rankings, commissioned by the Robert Wood Johnson Foundation are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play.

	St. Clair County	Illinois	US	Rank (of 102)
Health Outcomes				86
Length of Life				80
Premature Death	8,341	6,349	5,200	
Quality of Life				92
Poor or fair health	16%	15%	10%	
Poor physical health days	4.0	3.4	2.5	
Poor mental health days	3.5	3.3	2.3	
Low birthweight	9.2%	8.4%	5.9%	
Health Factors				85
Health Behaviors				90
Adult smoking	22%	18%	14%	
Adult obesity	31%	27%	25%	
Food environment index	5.9	7.8	8.4	
Physical inactivity	28%	23%	20%	
Access to exercise opportunities	82%	89%	92%	
Excessive drinking	19%	20%	10%	
Alcohol-impaired driving deaths	41%	37%	14%	
Sexually transmitted infection	789	526	138	
Teen Births	48	35	20	
Clinical Care				43
Uninsured	12%	15%	11%	
Primary care physicians	1,670:1	1,266:1	1,045:1	
Dentists	1,517:1	1,453:1	1,377:1	
Mental health providers	1,271:1	604:1	386:1	
Preventable hospital stays	68	65	41	
Diabetic monitoring	82%	85%	90%	
Mammography screening	61.8%	64.4%	70.7%	
Social and Economic Factors				89
High school graduation	81%		82%	
Some college	67.2%	66.7%	71%	
Unemployment	9.5%	9.2%	4.0%	
Children in poverty	27%	21%	13%	
Income inequality	5.2%	4.8%	3.7%	
Children-single parent households	45%	32%	20%	
Violent crime	904	430	59	
Injury deaths	70	50	50	
Physical Environment				62
Air pollution-particulate matter	12.1	12.5	9.5	
Drinking water violations	4%	2%	0%	
Severe housing problems	16%	19%	9%	
Driving alone to work	81%	74%	71%	
Long commute – driving alone	31%	40%	15%	

Source: www.countyhealthrankings.org/illinois/st-clair-2015

Community Health Plan Worksheet: Chronic Diseases

Description of the health problem(s), risk factors and contributing factors:

The 2003-07 premature mortality rate per 100,000 populations for select chronic diseases such as Lung Cancer (42.6), Chronic Obstructive Pulmonary Disease (24.7), Heart Disease (97.1) and Diabetes (25.2) is significantly higher than the Illinois and U.S. equivalents. Addressing the risk factors of inactivity, poor diet and tobacco use has been identified as the principle mechanisms for reducing these outcomes by 20% in the next five years.

Related Healthy People 2020 Objectives:

D-3: Reduce the diabetes death rate.	<u>Target:</u> 66.6 deaths per 100,000 population
D-16.1: Increase the proportion of persons at risk for diabetes with pre-diabetes who report increasing their levels of physical activity	<u>Target:</u> 49.1 percent
HDS-2: Reduce coronary heart disease deaths	<u>Target:</u> 103.4 deaths per 100,000 population
C-2: Reduce the lung cancer death rate	<u>Target:</u> 45.5 deaths per 100,000 population

Corrective actions to reduce the level of the indirect contributing factors:

By conducting smoking awareness and cessation programs for hard to reach groups (adolescents, African Americans, working moms/dads) rates of smoking among county residents will diminish.

By expanding community and school activities to promote health and wellness residents will find more opportunities to engage in physical activity and develop healthy eating habits.

Proposed community organizations/businesses to provide and coordinate the activities:

American Cancer Society	Memorial Hospital
American Heart Association	Southern Illinois University - Edwardsville
American Diabetes Association	St. Clair County Health Department
American Lung Association	St. Clair County Office on Aging
March of Dimes	St. Elizabeth's Hospital
Age Smart	University of Illinois
Get Up & Go	YMCA of Southwest Illinois
Illinois Tobacco Quitline	Farmer's Market
McKendree University	
Lindenwood University	
Southwestern Illinois College	
District 201 – Belleville East Health Education Club	

Evaluation plan to measure progress towards reaching objectives:

The Healthcare Commission's Risk Factor Prevention for Chronic Disease team will meet regularly to monitor objectives and sub-objectives for outcome and impact.

Anticipated sources of funding and/or in-kind support:

Federal, State and Local Grants	Local Government
Local Health Departments	Local Hospitals
IL Tobacco Quitline	Pioneering Healthier Communities
Willard Scrivner, MD Healthcare Foundation	Get Up & Go
Private contributions	

Action Plans

Identified Community Health Need: Chronic Diseases

Community Health Need Being Addressed: Lung Cancer and COPD

The St. Clair County IPLAN indicated the premature mortality rate for per 100,000 population is 42.6 for lung cancer and 24.7 for COPD.

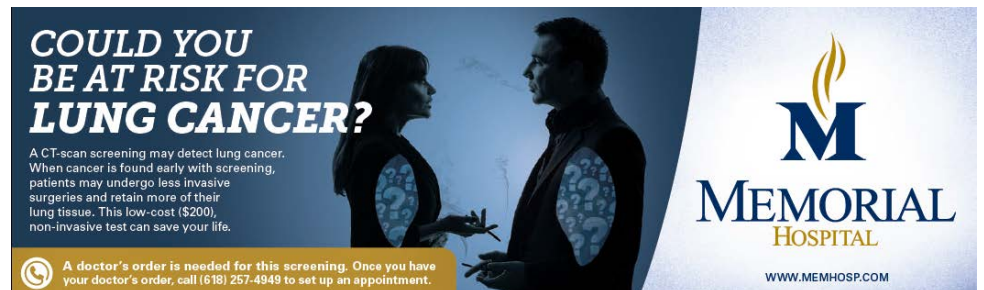
Goals: Reduce premature mortality rates among St. Clair County residents for lung cancer and COPD by 10% over the next five years.

Enhance access to programs and services that address prevention and/or maintenance of the disease in order to provide a better quality of life

Objective: Reduce premature mortality rates per 100,000 population by the year 2020 as follows:

Lung Cancer	45.5
COPD	19.5

Programs/Resources: **Lung Cancer Screenings**
Using CT technology, lung cancer screenings are available by physician referral for patients who meet specified criteria to detect early signs of lung cancer. This is a self-pay service.



Technology - EBUS

Memorial has endobronchial ultrasound (EBUS) to assist physicians in the early detection of lung cancer. EBUS is a minimally invasive but highly effective procedure used to diagnose lung cancer, infections, and other diseases causing enlarged lymph nodes in the chest.

Smoking Cessation

Freedom from Smoking

In cooperation with the St. Clair County Health Department and Cancer Treatment Center, Memorial offers Freedom from Smoking Program. The program helps participants identify why they smoke, provides motivation to help them quit, offers coping skills and reward systems as well as equips them with the skills to “quit for life.” Tips on developing an exercise program and healthy eating habits also are part of the curriculum. In the past, approximately half of those who began the program completed it.

Memorial will be training another instructor in 2016 in order to offer services to more people who desire to quit smoking.

Smoking Cessation Consultations

Respiratory therapists, upon request, meet individually with inpatients to offer smoking cessation resources including referral to the Quit Line and St. Clair County Health Department where they can obtain free nicotine patches.

Chronic Obstructive Pulmonary Disease

Pulmonary Rehab Program

Inpatients and outpatients, by physician referral, can lead a normal life with COPD. This program helps patients maximize physical strength, increase exercise tolerance, enhance emotional well-being and adjust in all areas of life. Individualized programs of self-care and exercise are developed to meet the patient’s needs in an effort to reduce the number of premature deaths from this disease.

Lively Lungs was designed for those who want to continue their exercise regimen after completing the pulmonary rehab program. This program is offered at Belleville Health and Sports Center as well as the O’Fallon YMCA.

Pulmonary Rehab Support Group is an avenue for patients with COPD to support each other as well as learn from speakers about various respiratory issues. A monthly newsletter also is published as an educational vehicle.

Chronic Obstructive Pulmonary Disease

As part of Memorial’s Transitional Care Clinic, patients with COPD are closely monitored.

Clean Air Hotline

Memorial supports the Clean Air Hotline, which provides the daily air quality report.

Promote programs to help maintain/increase healthy lung function at Belleville Health and Sports Center, owned and operated by Memorial Hospital, as well as the O'Fallon YMCA, a jointly owned by Memorial Hospital and the YMCA of Southwestern Illinois.

Access to services will be enhanced as Memorial brings a 94-bed satellite hospital online in 2016 to serve residents in Shiloh, O'Fallon and other areas to the east.

Identified Community Health Need: Chronic Diseases

Community Health Need Being Addressed: Diabetes

The St. Clair County IPLAN indicated the premature mortality rate for per 100,000 population is 25.2 for diabetes – significantly higher than Illinois and U.S. equivalent.

Goals:

- Reduce premature mortality rates among St. Clair County residents for diabetes by 10% over the next five years.
- Enhance access to programs and services that address prevention and/or maintenance of the disease in order to provide a better quality of life.
- Continue efforts to enhance self-management of chronic conditions to benefit individuals and their families.

Objective: Reduce premature mortality rates per 100,000 population by the year 2020.

Programs/Resources: Memorial’s **Center for Diabetes Education** provides a multi-disciplinary approach to managing diabetes through education and monitoring. The Center is certified through the American Diabetes Association, a certification Memorial has held since 2006.

This program also provides nutrition information to those managing diabetes through diet.

Diabetes Support Group also provides resources and education to assist diabetics and their families maintain a healthy lifestyle.

Blood Sugar Screenings

Memorial’s Community Relations Department provides complimentary blood sugar screenings throughout the year at various health fairs for the community as well as for staff.

Community Health Education Programs

In addition to free blood sugar screenings, Memorial also provides educational materials as well as offers a community education program called Dominate Your Diabetes featuring local vendors and a sampling of tasty diabetic foods along with recipes. This program has proven to be successful in reaching the intended target population.

Access to services will be enhanced as Memorial brings a 94-bed satellite hospital online in 2016 to serve residents in Shiloh, O'Fallon and other areas to the east.

Promote programs to help maintain/increase a healthy lifestyle at Belleville Health and Sports Center, owned and operated by Memorial Hospital, as well as the O'Fallon YMCA, a jointly owned by Memorial Hospital and the YMCA of Southwestern Illinois.

Identified Community Health Need: Chronic Diseases

Community Health Need Being Addressed: Cardiovascular Disease

The St. Clair County IPLAN indicated the premature mortality rate for per 100,000 population is 97.1 for cardiovascular – significantly higher than Illinois and U.S. equivalent.

Goals: Reduce premature mortality rates among St. Clair County residents for cardiovascular disease by 10% over next five years

Enhance access to programs and services that address prevention and/or maintenance of the disease in order to provide a better quality of life.

Continue efforts to enhance self-management of chronic conditions to benefit individuals and their families.

Objective: Reduce premature mortality rates per 100,000 population by the year 2020.

Programs/Resources: Established the **Heart and Vascular Center for Excellence** to excel in providing premier heart and vascular care to the community.

The Heart and Vascular Center web site – www.memorialheartvascular.com – provides a cardiac risk assessment as well as information about heart disease and the resources Memorial offers.

Memorial’s **Cardiopulmonary Rehabilitation Program** is staffed with registered nurses, an exercise physiologist who specializes in cardiac rehab as well as respiratory therapists. A physician supervised program, the goal is to stabilize, slow or reverse the progression of cardiovascular and pulmonary disease through education, proper diet and regular exercise.

Specially trained staff helps cardiac and chronic pulmonary patients improve their mental, social, physical health and wellness after diagnosis of cardiovascular/pulmonary disease, post CABG or PCI.

Memorial’s Cardiopulmonary Rehabilitation Program, accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation, provides:

The **Heart Failure Clinic at Memorial**, recently renamed the **Transitional Care Clinic** was established to help heart failure and COPD patients improve the quality of life through education and encouragement. A skilled multi-disciplinary team, including nurses, pharmacists, and dietitians along with the patient's physician works closely with the patient to develop an individualized treatment plan based on medication compliance, diet, exercise and lifestyle changes.

Technology – Lumivasular

Memorial invested in lumivasular technology to treat peripheral artery disease. This technology uses a light-guided catheter to restore circulation in the legs.

Take It To Heart and Heart Healthy Happy Hour

Providing educational opportunities to the community is central to Memorial's mission.

These events, many held during Heart Month, offer presentations, health screenings, cardiac risk profiles, patient testimonials as well as an opportunity to enjoy a heart healthy meal or snack as well as exhibits.

A variety of cardiac wellness programs also are held throughout the year to educate the community about heart disease.

Heart Walk

For the past several years, Memorial Hospital has taken a leadership role in the American Heart Association Heart Walk raising thousands of dollars in the fight against heart disease. Several of Memorial's managers also are actively involved with American Heart Association by serving on various boards and committees.

Healthgrades CRM Campaign

Memorial is conducting a customer relationship management campaign to heighten consumer awareness of the cardiovascular services available at Memorial. The call to action directs recipients to an online risk assessment and more information about services on our dedicated web site:

www.memorialheartvascular.com

9-1-1 Education/Time is Muscle

Memorial launched a campaign to educate the community about the importance of calling 9-1-1 when experiencing chest pain or symptoms of a heart attack. In addition to distributing magnets and brochures, an advertisement also was placed on the homepage of the *Belleville News Democrat* web site.

Employee Wellness

Valuing the health and well-being of its employees, Memorial holds annual health and wellness screenings for its employees; included in that is a biometric screening.

Memorial also has held “Fried Free Days” in the cafeteria and coffee shop with healthy food offerings.

As a result of this program, Memorial has been named a Platinum Level Fit Friendly Company by the American Heart Association for the past five years.

Other

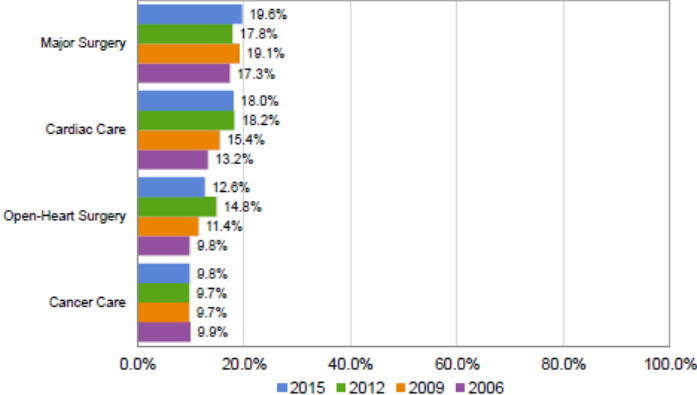
Promote programs to help maintain/increase cardiac health and reduce risk of heart disease at Belleville Health and Sports Center, owned and operated by Memorial Hospital, as well as the O’Fallon YMCA, a jointly owned by Memorial Hospital and the YMCA of Southwestern Illinois.

Access to services will be enhanced as Memorial brings a 94-bed satellite hospital online in 2016 to serve residents in Shiloh, O’Fallon and other areas to the east.

Consumer perception of cardiac related services at Memorial has remained steady over the past three survey periods indicating that the public recognizes Memorial’s quality outcomes and quality patient satisfaction scores. (***Consumer Perception Study conducted by Professional Research Company***)

*Identification as
MEMORIAL
HOSPITAL
as best for
various medical
treatments
(Historical
Comparison)*

**Identification of Memorial Hospital
as Best for Various Treatment Areas**



APPENDIX

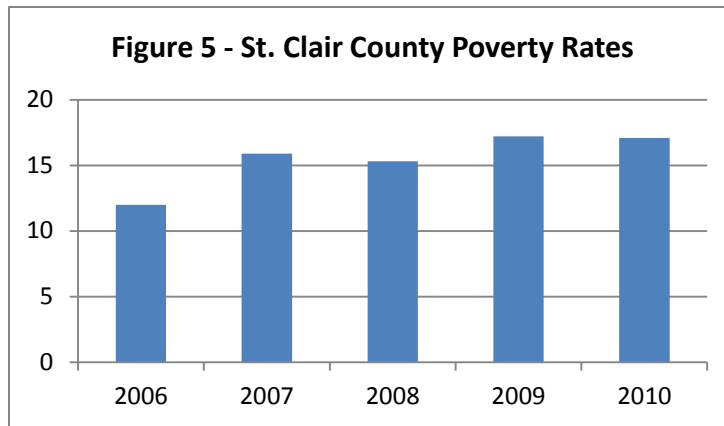
Table 2: Demographic Characteristics for St. Clair County

	1980	1990	2000	2010
Total Population	267,931	262,852	256,082	270,056
% Male	47.1%	47.8%	47.8%	47.8%
% Female	52.1%	52.2%	52.2%	52.2%
Population by Age				
Median Age (Years)	28.5	32.0	35.3	35.0
% 18 Yrs& Older	68.5%	71.2%	72.3%	74.7%
% 21 Yrs& Older	NA	67.1%	68.2%	NA
% 65 Yrs& Older	10.9%	12.7%	13.2%	12.6%
Population by One Race				
% White	71.3%	71.5%	67.9%	64.6%
% African American	27.5%	27.1%	28.8%	30.5%
% Asian	0.5%	0.8%	0.9%	1.2%
% Amer. Indian/Alaskan Native	0.1%	0.2%	0.3%	0.2%
Hispanic or Latino (of any race)	1.2%	1.5%	2.2%	3.3%
% of Population Below Poverty	N/A	N/A	14.5%	17.1%

Source: US Census Bureau

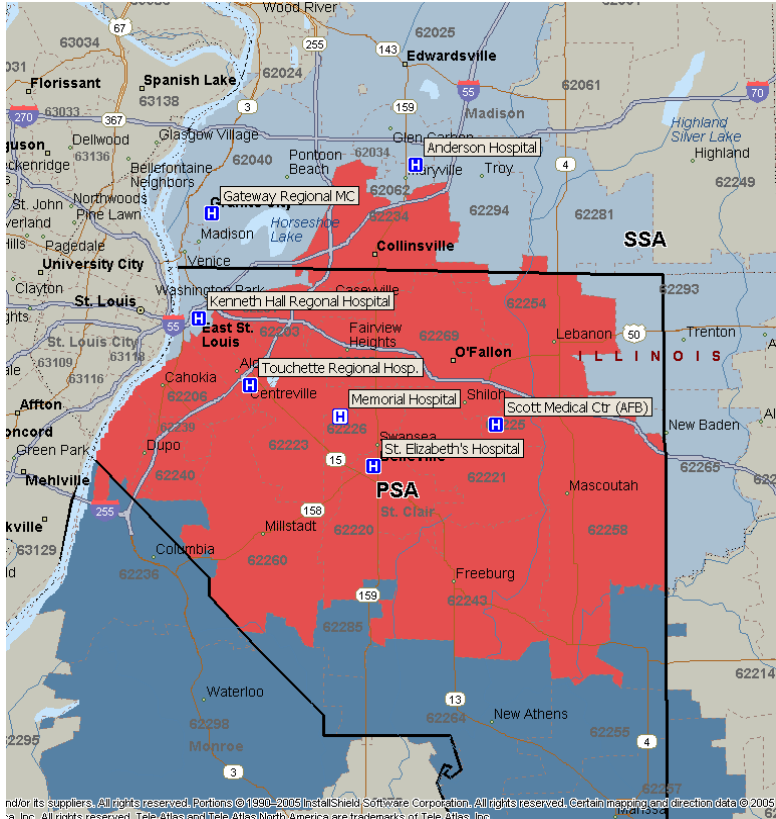
Health Issues of the Uninsured Persons, Low-Income Persons, and Minority Groups

The dynamics and history of St. Clair County has changed significantly since Memorial Hospital opened its doors in 1958. A significant change has been in poverty which limits the ability of individuals and families to meet their basic needs, affects their sense of self-worth, and compromises the stability of entire communities. Information from the U.S. Census Bureau reveals that this hardship continues to be a reality for thousands of people in St. Clair County. The percentage of St. Clair County residents living in poverty has steadily increased from 12 percent in 2006 to 15% in 2008 and 17% in 2010 (Figure 5).



Communities Served by Memorial Hospital

Memorial's primary service area is primarily within the boundaries of St. Clair County, Illinois. The physical location of the hospital and its satellite facilities are located within the county. Over 80% of admissions originate from zip codes within St. Clair County.



The area in **red** represents Memorial's Primary Service Area with the Secondary Service Areas to the North and South represented by the **light and darker blue** respectively.

Also note the locations of other hospital resources within these service areas.

NOTE: Kenneth Hall Regional Hospital is no longer open and Scott Medical Center serves only as an outpatient clinic no longer housing inpatients.

Access to healthcare services is a high priority due to the high percentage of the service area population that is uninsured or insured through public programs such as Medicaid and Medicare. Memorial is committed to providing healthcare services to patients in the service area regardless of ability to pay.

Memorial does not discriminate based on race, sex, religion, color, or national origin. Additionally, Memorial will continue its efforts to provide charity care to those in need by:

- Communicating the availability of charity care to patients.
- Quickly identifying patients requiring financial assistance.
- Assisting patients in completing appropriate applications for financial assistance.

Community Assets Related to Identified Needs

Memorial Hospital – Belleville

- Community hospital – 316 beds/after April 2016 – 216 beds
- Locally owned and operated
- Skilled rehab facility – Memorial Care Center – 82 beds
- OB services with 24/7 onsite neonatology services
- Geriatric outpatient mental health
- Heart and Vascular Center of Excellence with a full range of cardiac services including open heart surgery and cardiac rehabilitation
- Emergency Department with Accredited Chest Pain Center
- Transitional Care Clinic for patients suffering from heart failure and chronic pulmonary disease
- Center for Diabetic Education
- Pulmonary Rehabilitation
- Intensive Care Unit and Intermediate Care Unit
- Medical/surgical/oncology/telemetry
- Inpatient and outpatient physical therapy/rehab services

Memorial Hospital East – Shiloh

- Open April 2016
- Community hospital – 94-beds
- 24/7 Emergency Department
- Intensive Care Unit
- Surgical Services
- Family Care Birthing Center with Level II Nursery; 24/7 onsite neonatology services
- Cardiac Catheterization Lab with interventional services
- Diagnostic Services including radiology and laboratory

St. Elizabeth’s Hospital – Belleville

- Community hospital – 260 beds
- Part of hospital system based in Springfield, Illinois
- Intensive Care Unit
- OB services with Level II Nursery including perinatologist and neonatologist
- Certified rehabilitation unit
- Emergency services
- Medical/surgical/telemetry
- Full range of cardiac services
- Inpatient and outpatient physical therapy/rehab services

Touchette Regional Hospital – Centreville

- Community hospital – 115 beds
- 12-bed psychiatric unit
- Cardio-pulmonary services
- OB unit
- Medical/surgical/telemetry beds
- Emergency services

Cancer Treatment Center – Swansea

- Jointly owned by Memorial and St. Elizabeth’s Hospitals
- Comprehensive range of cancer treatment services
- P.E.T. Imaging Center

St. Clair County Health Department

- Cardiovascular and related health screenings
- Breast and cervical cancer management and screening
- Tobacco use prevention
- Healthcare Coalition – community clearinghouse for county health agencies
- Immunizations
- WIC program
- TB control
- AIDS/HIV/STD prevention programs
- Domestic violence
- High risk infants and pregnancies
- Teen pregnancy program

East Side Health District – East St. Louis

- Diabetes prevention and management program
- Tobacco-free sponsor
- Oral cancer prevention
- Dental
- WIC and community nutrition programs
- Family planning
- Family case management
- STD prevention

Southern Illinois Healthcare Foundation (SIHF)

- SIHF is a community-based, Federally Qualified Health Center (FQHC)
- Predominately serves low income or medically underserved populations
- Regional partnerships with facilities in seven southern Illinois counties
- Mental Health Services
- Outpatient clinics
- Primetime – non-urgent care clinic within St. Elizabeth’s Hospital

- Dental services
- Sponsorship of family practice residency program in partnership with St. Louis University, United States Air Force and St. Elizabeth's Hospital

Mental Health/Violence Prevention Agencies

- Chestnut Health System
- Community Mental Health Services – East St. Louis
- Windsor Center
- Gateway Foundation
- 708 Mental Health Board
- Call for Help (suicide prevention, sexual assault victims care unit, temporary housing)
- Violence Prevention Center of Southwestern Illinois
- Treatment Alternatives for Street Crimes (TASC)
- National Alliance on Mental Illness (NAMI) of Southwestern Illinois