



Welcome to Wellness.

Community Health Needs Assessment

2016 Strategic Implementation Plan

Ingalls Memorial Hospital

2016 Strategic Implementation Plan

Ingalls Memorial Hospital has been serving the community since 1923. Our expertise extends far beyond the walls of the hospital to high-tech medical services and home care in neighborhoods throughout the South Suburbs. Our mission is to improve the health of the communities that we serve. To accomplish this mission, we call upon the skills and expertise of all of Ingalls' medical professionals. This strategic implementation plan provides an overview of Ingalls' approach to assess, prioritize and address specific health needs.

COMMUNITY HEALTH NEEDS ASSESSMENT

To understand the current health outcomes in the Ingalls' service area, Ingalls contracted with Professional Research Consultants, Inc. (PRC) to conduct a community health needs assessment (CHNA). This systematic, data-driven approach to determining the health status, behaviors and needs of residents in the Ingalls service area was part of a larger project sponsored by the Metropolitan Chicago Healthcare Council (MCHC) by PRC. PRC is a nationally recognized healthcare consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

This qualitative and quantitative study included stakeholder input obtained through surveys sent to 491 respondents in the Ingalls Memorial Hospital Service Area comprised of 29 residential ZIP Codes based on patient origination. Ingalls Memorial Hospital management and staff reviewed these research findings to prioritize the community health needs for the service area.

Prioritization of Health Needs

In addition to the input obtained from the study, on May 20, 2016, Ingalls convened a group of more than 200 community stakeholders representing a cross section of patients, staff, elected officials, educators, agency representatives, church leaders and local organizations for an open town hall meeting with CEO Kurt Johnson, who delivered his annual state of Ingalls address.

Chiefly, Mr. Johnson shared that the highest priority issue facing Ingalls and its larger stakeholder community at the time was securing the future of the hospital and ensuring continued access to care for its patients. In particular, Mr. Johnson informed the audience of Ingalls' plans to merge with a larger health system, the University of Chicago Medical Center.

Mr. Johnson informed community stakeholders that without the merger, the long term future of Ingalls and the quality patient care and community programs and services the South Suburbs have come to expect since its opening in the mid 1920's could be adversely impacted. In addition, Mr. Johnson

shared that while Ingalls' highest priority over the year was to complete a successful merger with the University of Chicago Medicine, this affiliation strategy was part of Ingalls' desire to address and prioritize health issues of concern identified from the CHNA for community benefit programming .

In selecting the health needs priorities, the process at Ingalls has evolved organically in our organization over time taking advantage of opportunities, such as our healthy baby network, breast cancer coalition, etc., in response to health needs of the community. Through this organic approach and considering the Internal Revenue Service (IRS) 501 r and Catholic Health Associate recommended criteria of magnitude, severity, historical trends, alignment, impact, importance, existing resources, relationship, feasibility, and value, the following priority areas of care were identified for specific actions:

1. Access to Care
2. Heart Disease and Stroke
3. Cancer Care
4. Nutrition, Physical Activity & Weight
5. Infant Health and Family Planning

While these priority areas were elevated and targeted, all other areas of opportunity contained in the CHNA were addressed through direct patient care and hospital programs. Ingalls' behavioral health, for instance, maintains the only inpatient mental health facility in our primary service area and is committed to providing services to adolescents, adults and older adults to meet the mental health needs of our community.

In addition, Ingalls offers the community a variety of treatment needs around substance abuse, including tobacco, prevention of injury and violence and other potentially disabling conditions. Finally, our primary care physicians address the prevalence of sexually transmitted diseases, HIV/AIDS, Flu vaccines and other respiratory diseases.

Addressing the issue of heart disease and stroke, the two leading causes of death within the Ingalls service area are cardiovascular diseases (including heart attack and stroke) and cancer. In order to decrease these causes of death, Ingalls is planning to provide opportunities for patient education and screening opportunities for the community.

To decrease the high mortality rates for cancer in the area we will offer appropriate opportunities for educational offerings and cancer screenings. Mammography and colorectal cancer screenings will be provided with campaigns to educate about the importance of regularly scheduled screenings.

Programs will also be offered throughout the year to educate the public about the health risks associated with poor nutrition, obesity and lack of exercise.

Ingalls Selected Health Priority Areas

Priority #1 Access to Healthcare Services

Rationale: Health data findings suggest opportunities to address barriers to healthcare access around appointment availability and locating a physician. Physician recruitment, enhanced clinical services and expansion of outpatient services were the primary reasons outlined by CEO Kurt Johnson for the merger between the University of Chicago Medicine and Ingalls Health System. The merged health systems will improve access across the spectrum of care --- be it for a routine, preventative checkup or a complex, life sustaining treatment.

Action	Outcome	Description	Partners
Community Leaders Forum, May 2016	200+ attendees	Information sharing with community leaders around Access to Care through Ingalls/UCM merger.	Elected officials, educators, faith leaders, community non-profits, patients, physicians, staff
Merger Finalized, October 2016	Integration planning commences	Organization of committee structure to begin planning process	Ingalls / UCM physicians, management and staff.

Priority #2 Heart disease and stroke

Rationale: Health data findings suggest Ingalls Hospital service area compares unfavorably to the region, state and country as it relates to diseases of the heart. In response, Ingalls has implemented a number of action steps focused on preventative care in the community, while also investing more than \$1 Million in direct cardiac equipment and patient care services in the hospital.

Action	Outcome	Description	Partners
Miler's club	Monthly program with 400+ active participants in service area.	Walking program including health education lectures and screenings.	Community centers, local malls.

Southland Health Fair	Annual event reaching more than 600 participants	EKG tests, cardiac counseling, patient education focused on preventing heart disease and stroke.	Cardiologists, nurses, Matteson Community Center, South Suburban Rotary clubs
Lifeline Screening	91 patient screenings per month	Variety of screenings offered to address heart disease and Stroke	Ingalls Wellness Center
Community Health Fairs	Annually reach between 5 – 7,000 participants	Information booths, fitness tests and other activities focused on seniors and at risk patient populations	American Heart Association, Cardiology department, Wellness center

Priority #3 Cancer

Rationale: Health data findings suggest cancer deaths, including prostate cancer, female breast cancer and colorectal cancer death rates compare unfavorable to the region, state and nation. In response, Ingalls will continue to invest in the largest community based independent cancer research program in the South Suburbs, screening 300 patients annually and enrolling 60 participants in active clinical drug trails, one third of which are minority patients. In addition, Ingalls will implement the following community based initiatives as part of its implementation plan.

Action	Outcome	Description	Partners
Conquering Breast Cancer Forum	Annual event reaching between 300 – 500 attendees	Free forum focused on addressing health disparities in breast cancer among minority patient populations.	Southland Coalition, Oncology physicians, media partners
Free mammograms	5 – 10 patient’s screenings per month.	Mammography, colorectal cancer screenings offered through partnership with Silver Lining Foundation.	Ingalls Hospital, Silver Lining Foundation.
Community Impact Grant	Launch Financial Toxicity Program.	Funded through Ingalls Foundation, securing resources for patients to pay for cancer treatments	Ingalls foundation, Cancer Research department.

Priority #4 Nutrition, Physical Activity & Weight

Rationale: Health data findings suggest obesity and overweight conditions among children and adults are unfavorable to the region, state and nation. In response, Ingalls will implement the following action steps to address this healthcare need in addition to direct patient care through our hospital and outpatient facilities.

Action	Outcome	Description	Partners
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Nutrition Counseling	Direct counseling services offered through licensed dietician program.	Free series of workshops and cooking demonstrations promoting good nutrition.	Cancer support center, Ingalls registered dietician,
Community Garden	200 pounds of fresh produce harvested and delivered to area food pantries	Garden is located in the parking structure of Ingalls Hospital. Manpower provided through Dietetic internship program.	U of I Extension, Ingalls Physicians, Restoration Ministries, area food pantries.

Priority #5 Infant Health & Family Planning

Rationale: Health data findings suggest the birth weight and infant death rate in the Ingalls service area is worse than the region, state and nation. In addition to renovations of hospital facilities in maternal care, Ingalls will continue to invest and implement the following actions in response to this community need.

Action	Outcome	Description	Partners
Healthy Baby Network	Enroll mothers at risk for infant mortality or lack of pre-natal care. 800 – 1,000 deliveries per year. Average 7% enrollment in HBN.	The purpose of the program is to get economically disadvantaged pregnant adolescents and teens the healthcare and social services they need in order to ensure healthier outcomes for themselves and their unborn children.	Aunt Martha's, Chicago Metro OB/Gyn, Family Christian Health Center, ChildServ, Harvey School, Ingalls Hospital, ECHO, CEDA
Kid Fit Camp	Estimated 500 participants in Harvey and surrounding communities.	Ingalls Kid Fit Camp strives to achieve gradual weight loss and maintenance to ensure proper growth and development. Focus is on self-esteem and establishing healthy attitudes and habits that will last a lifetime. Geared to kids 8 - 13 years old and their families.	Family Christian Health Center
Community Scholarships	14 scholarships awarded to High School Seniors or repeat scholars. Total investment \$28,000.	Ingalls partners with local high school district to offer college scholarships to graduating seniors studying healthcare careers	Thornton High School District 205, Synergy Health, Ingalls Development Foundation

Areas of Opportunity identified and addressed through direct patient care:

Rationale: In addition to the priority areas identified, Ingalls remains committed as part of this implementation plan to address through direct patient care in partnership with our physicians the following health needs: Chronic kidney disease, diabetes, HIV//AIDS, injury & violence, mental health, potentially disabling conditions, respiratory disease, sexually transmitted diseases, substance abuse and tobacco abuse.