

Decatur Memorial Hospital Community Health Needs Assessment



2010-2012

EXECUTIVE SUMMARY

Decatur Memorial Hospital conducts a Community Health Needs Assessment every three years to evaluate the health of the community, identify high priority health needs, and develop strategies to address the needs of the community. The 2010 Decatur Memorial Hospital Community Health Needs Assessment represents a combination of quantitative and qualitative information based on IPlan data, census data, patient data from DMH clinical systems, and focus group feedback from several community leaders, representatives, and agencies. Data for Macon County was compared to statewide data as well as national benchmarks such as Healthy People 2020. This report summarizes the results of the analysis.

While the Community Health Needs Assessment was completed by Decatur Memorial Hospital, the data, priorities, and action plans are a collaborative result of several community representatives and agencies including physicians, professors, the Macon County Health Department, community employers, the City of Decatur, CHIC clinic, Decatur churches, and the Decatur City Council. Data from various sources was analyzed and presented to the agencies above and a focus group was conducted to establish the major health needs in the community and priorities for addressing them.

The focus group reviewed disease data comparing Macon County to disease rates for the entire State of Illinois, focusing on diseases in which the rate of disease was higher in Macon County than compared to the state statistic. The focus group also discussed barriers to health care specific to Macon County and it's surrounding communities, which diseases should be prioritized above others, and community resources for addressing the greatest health needs.

Upon completion of the focus group, Decatur Memorial Hospital developed an action plan to address the community health needs as identified and implementation plans for each. The summary below highlights the priority health needs for 2010.

Key Findings and Themes:

- General Prevention and Wellness
- Diabetes/ Weight Management
- Behavioral Health
- Pneumococcal Vaccine
- Comprehensive Cancer Treatment
- CHIC Clinic Limitations
- Lactation Education

General Prevention and Wellness

The community of Macon County is beginning to see an increase in people being proactive about preventing diseases, losing weight, controlling their BMI score, and generally looking for ways to be active and healthy. Prevention and Wellness products are now available to the community to help individuals track their own health records, set healthy goals, etc. Employers are also beginning to focus more on prevention and wellness for their employees in an effort to improve the quality of life for employees and lower healthcare costs. Employers also find that with an aging population in Macon County, it's important to increase the quality of life for individuals aged 25-45 in order to attract younger talent to the area.

Diabetes/Weight Management

According to the IPLAN database in 2010, the diabetes hospitalization rate per 100,000 people is 204.2 in Macon County vs. 174.2 for the State of Illinois. The obesity rate per 100,000 people in Macon County is 20.9 vs. 19.5 for the State of Illinois. Obesity is known to be a risk factor for several other diseases and health conditions including diabetes, heart disease, hypertension, respiratory problems, etc. Diabetes and Weight Management are issues that affect a large proportion of the population in Macon County.

Behavioral Health

Behavioral Health issues contribute to several other issues in Macon County and it's difficult in the community for individuals to get consistent treatment, especially individuals who have been incarcerated. There is no consistency in medicating individuals post-incarceration, increasing the likelihood that they will reoffend and be re-incarcerated. Agencies in the community work closely together to address behavioral health issues but lack of funding makes this difficult.

Pneumococcal Vaccine

The Macon County Health Department targets older adults, asthmatics, diabetics, and smokers over the age of 19 to receive the pneumococcal vaccine but is often left without adequate funding to reach everyone in their target groups.

Comprehensive Cancer Treatment

Decatur Memorial Hospital, along with Cancer Specialists of Central Illinois, opened a comprehensive cancer center in 2009. Representatives from the community would like to see services offered through the Cancer Center expand into a more holistic approach to cancer that includes psychology and nutritional support in addition to the strong medical, surgical, and radiation services currently offered.

Community Health Improvement Center (CHIC) Clinic Limitations

CHIC Clinic saw a total of 30,000 patients last year and has 11,000 currently active charts. Rising unemployment rates in the community result in an increase in uninsured patients needing the assistance of CHIC Clinic. The influx of patients has overwhelmed the current resources at CHIC Clinic, making it difficult for patients to get in when needed and receive consistent and proper maintenance of health issues. Limited access to CHIC Clinic often results in patients seeking care in Emergency Rooms in the community.

Lactation Education

Breastfeeding plays an important role in the health of both mother and baby, promotes maternal bonding, and reduces the risk of a mother not being able to take care of her child and potential calls to DCFS. Education is required to increase the rate of breastfeeding mothers in the community.

COMMUNITY DESCRIPTION

Decatur Memorial Hospital is located in Decatur Illinois which is in Macon County. Macon County encompasses 581 square miles and has an approximate population of 110,768. 13.5% of the population in Macon County is considered to live below the poverty level and racial/ethnic composition is as follows: White: 79.3%, African American: 16.3%, Asian: 1%, Two or More Races: 2.3%, Other: 0.7%. The population of Macon County declined by 3.4% between 2000 and 2010 and the age composition is as follows: under the age of 5: 6.3%, 5 to 18 years: 19.5%, 20 to 44 years: 29.7%, 45 to 64 years: 28.2%, 65 to 84 years: 13.8%, 85 years and older: 2.6%. The median age in Macon County has increased to 40.3 in 2010 from 38 in 2000. Macon County gained 4,576 residents over the age of 55 in between 2000 and 2010 but lost 8,514 residents under the age of 55 in the same time period.

83.2% of persons over the age of 25 have graduated from high school as compared to 81.4% in the state of Illinois. 16.9% of persons over the age of 25 in Macon County have achieved a Bachelors degree as compared to 26.1% in the state of Illinois. The average persons per household is 2.33 and 71.6% of the population owns a home. The median housing value is \$69,800 and the median income is \$45,664. Between 2000 and 2010, Macon County gained 234 total homes but also gained 940 vacant homes.

Decatur's major employers include industrial companies, Archer Daniels Midland Company, Caterpillar, Inc., and Tate & Lyle and two hospitals, Decatur Memorial Hospital, and St. Mary's Hospital. Between 2002 and 2009, Macon County lost 5,117 employees who lived and worked in the county and gained 9,934 employees who work in Macon County but live elsewhere. 38.5% of people employed in Macon County live outside the county.



ASSESSMENT PROCESS

The assessment process included a combination of secondary data, including IPLAN, census data from 2009, and benchmarks from Healthy People 2020 as well as focus group feedback from community representatives and agencies. DMH used the six step assessment process outlined below.

Step 1: Establishing the Assessment Infrastructure

Participants in the assessment included Decatur Memorial Hospital, Millikin University, Macon County Health Department, Decatur Trades and Labor, Psychology Specialists, Economic Development Corporation, City of Decatur, Decatur City Council, DMH Medical Group Physicians, CHIC Clinic, Carpenters Local Union #742, and Decatur Churches.

Decatur Memorial Hospital's Role:

- Coordinate the overall assessment process
- Provide the meeting space
- Motivate other community organizations to participate
- Collect and organize secondary data
- Conduct a focus group to collect primary data
- Pays for the majority of the assessment costs
- Motivate other community organizations to act in the identified priority issues
- Identify priority issues
- Develop and implement initiative to address priority issues

Partner organizations, contributions, and roles:

- All organizations provide participants and input
- Organizations may provide manpower and/or financial resources towards initiatives

Key factors in developing and maintaining partnerships:

- Maintaining mutual respect and a common language
- Following through on commitments

Step 2: Defining Purpose and Scope

The purpose of the assessment was to evaluate the current health needs of the community, the resources currently in place to meet those needs as well as identifying major gaps between the two. Data from the assessment was then used to develop an action plan to bridge the gap and better meet the health needs of the community.

Step 3: Collecting and Analyzing Data

IPLAN data (Illinois Project for Local Assessment of Needs)

The Illinois Project for Local Assessment of Needs (IPLAN) is a community health assessment and planning process that is conducted every five years by local health jurisdictions in Illinois. Based on the *Assessment Protocol for Excellence in Public Health* (APEX-PH) model, IPLAN is grounded in the core functions of public health and addresses public health practice standards.

<http://app.idph.state.il.us/>

Disease/ Health Issue	Macon County Rate	Illinois Rate
Diabetes hospitalization rates (rates per 100,000)	204.2	174.2
Obesity (rates per 100,000)	20.9	19.5
Breast Cancer (rates per 100,000)	134.6	126.2
Coronary heart disease (rates per 100,000)	160.3	149.0
Cerebrovascular disease (rates per 100,000)	108.6	60.2
Lower respiratory diseases (percent of deaths)	6	5
Colorectal cancer (percent of deaths)	7	4
Infant mortality rates (rates per 100,000)	13.5	7.4
Percent of births to teen mothers – prenatal care 1st trimester	76.2	82.5

Healthy People 2020

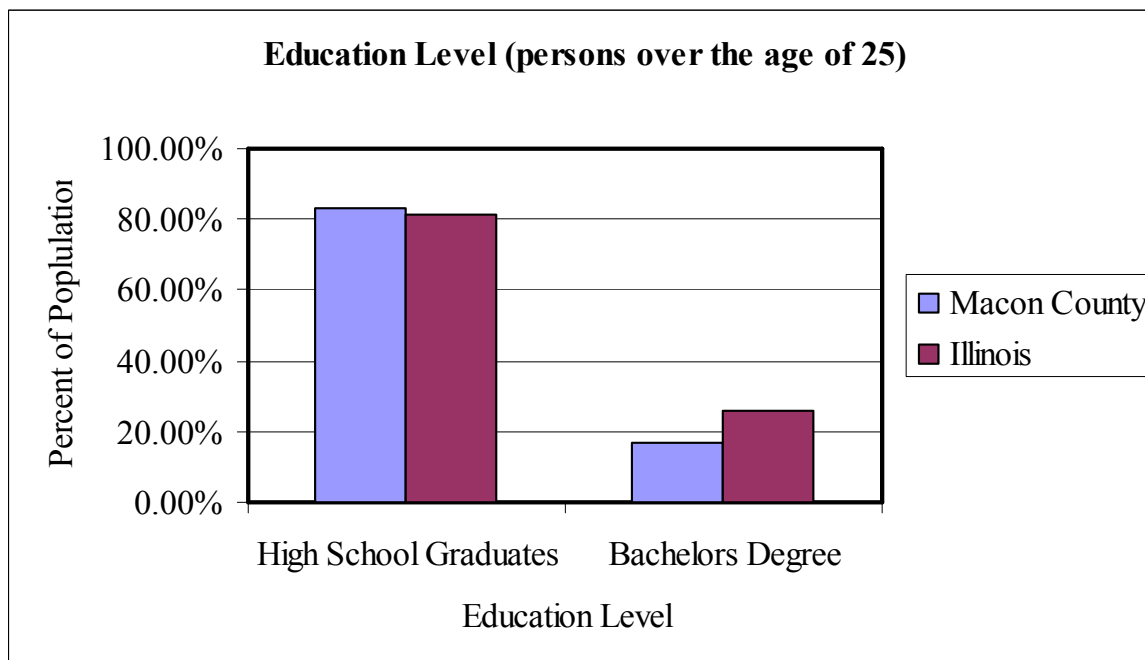
<http://www.healthypeople.gov/2020/default.aspx>

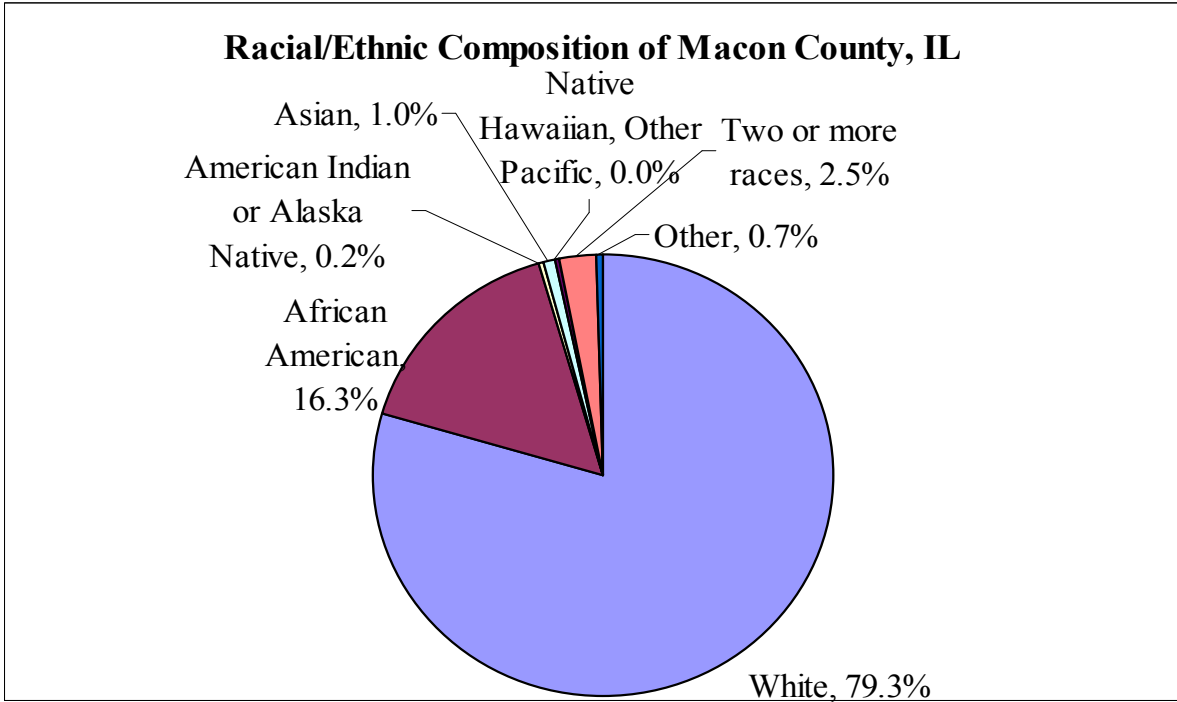
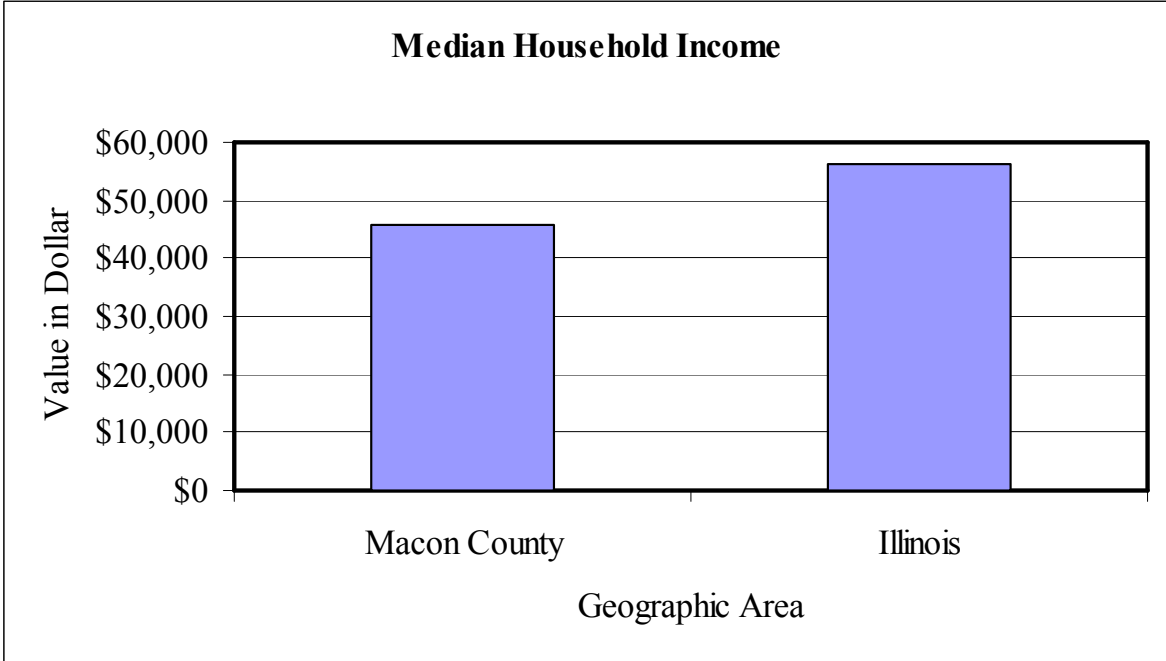
Objectives and data from Healthy People 2020 were reviewed and used as comparative benchmarks when analyzing IPLAN data and discussing the community’s health needs during the focus group. Objectives from Healthy People 2020 were also used in generating ideas and strategies for meeting the health needs of the community.

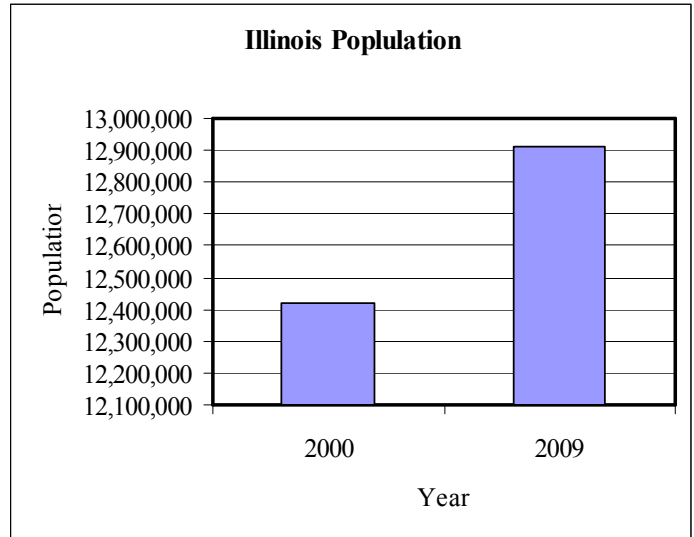
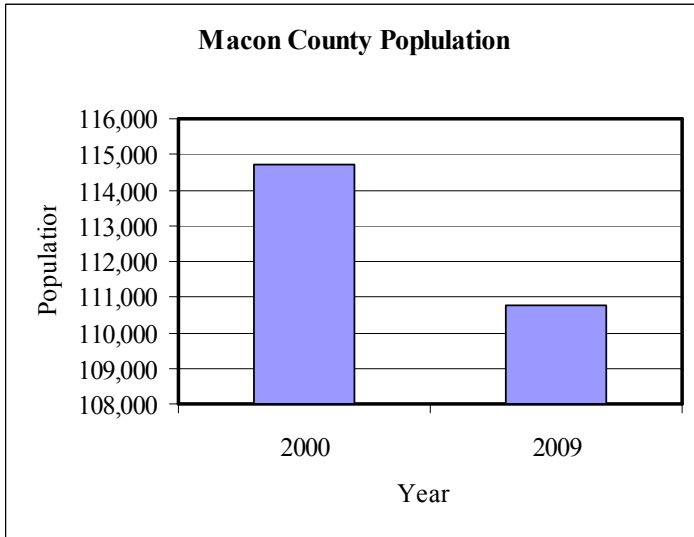
Census 2010 Data

Data from the government census website, as well as the 2011 Labor Shed Report developed by the Economic Development Corporation of Decatur and Macon County, were used to evaluate statistics about Macon County and its comparison to Illinois. Data regarding the breakdown of ethnicity, age, sex, income, housing, and education were analyzed alongside IPLAN data to help give greater understanding to the issues surrounding barriers to healthcare in Macon County.

<http://quickfacts.census.gov/qfd/states/17/17115.html>







Focus Group Data

DMH conducted a focus group consisting of 19 participants representing key community agencies and organizations including employers, healthcare workers, educators, churches, and the city. Participants included:

- Mike Cassell- DMH Director of Marketing
- Tina Cloney- RD, RhD- Millikin University
- Debbie Durbin, RN- Macon County Health Department
- Ben Esparaz, MD- DMH Medical Staff
- Linda Fahey, RN- DMH VP and Chief Nursing Executive
- Bill Francisco- Decatur Trades and Labor
- Lee Hall, PsyD- Psychology Specialists
- Patrick Hoban- Economic Development Council
- Ryan McCrady- City of Decatur
- Julie Moore- Decatur City Council
- Martin Opkalike, MD- DMH Medical Group
- David Oppenlander- DMH Senior VP and CFO
- Dana Ray, MD- CHIC Clinic
- Nicole Ropp- DMH Six Sigma Master Black Belt
- Dan Smallwood- Carpenters Local Union
- Timothy Stone- DMH Executive VP and COO
- Julie Trueblood- DMH Administrative Assistant
- Overseer Thomas Walker- Decatur Churches
- Michael Zia, MD- DMH VP of Quality & Medical Affairs

Participants reviewed data and discussed major community health needs as well as barriers to meeting community health needs.

Step 4: Selecting Priorities

The focus group participants discussed the priority in which community health needs should be addressed and determined it best to focus on services that impacted the community as a whole vs. patient specific services.

Step 5: Documenting and Communicating Results

The focus group results were compiled into a report that documents participants, methodology, and findings. The report as well as a follow-up letter was provided to all the participants of the focus group. This report documents in depth the finding of the overall assessment process and has been distributed to community members as well as key stakeholders within the hospital.

Step 6: Planning for action and monitoring progress

Action plans and an implementation strategy has been developed to address community health needs. The action plan is updated regularly and progress is reported back to participants of the focus group. Participants from the focus group meet as needed to review the progress of the plan and make adjustments as needed.

PROBLEMS & NEEDS IDENTIFIED

The combined data and information from IPLAN, census 2010, Healthy People 2020, and focus group feedback revealed the following health needs for Decatur and Macon County.

General Prevention and Wellness

The community of Macon County is beginning to see an increase in people being proactive about preventing diseases, losing weight, controlling their BMI score, and generally looking for ways to be active and healthy. Prevention and Wellness products are now available to the community to help individuals track their own health records, set healthy goals, etc. Employers are also beginning to focus more on prevention and wellness for their employees in an effort to improve the quality of life for employees and lower healthcare costs. During the focus group, a local union stated that they spend \$14,000 annually in healthcare. In an attempt to lower healthcare costs, the union takes advantages of low cost opportunities to encourage employees to lead healthy lifestyles, for example gift cards to employees who obtain a regular physical. Employers also find that with an aging and declining population in Macon County, it's important to increase the quality of life for individuals aged 25-45 in order to attract younger talent to the area. Access to and utilization of primary care providers, physical activity, and education are all key elements in addressing prevention and wellness in the community.

Diabetes/Weight Management

According to the IPLAN database in 2010, the diabetes hospitalization rate per 100,000 people is 204.2 in Macon County vs. 174.2 for the State of Illinois. The obesity rate per 100,000 people in Macon County is 20.9 vs. 19.5 for the State of Illinois. Obesity is known to be a risk factor for several diseases and health conditions including diabetes, heart disease, hypertension, respiratory problems, etc. Diabetes and Weight Management are issues affecting a large proportion of the population in Macon County. Diabetes lowers life expectancy by up to 15 years and increases the risk of heart disease by two to four times. One in three people in Macon County will be diagnosed with diabetes at some point in their lives. Type 2 diabetes affects people at higher rates in minority populations. Education, lifestyle changes, and access to healthcare all play a role in improving the prevention and management of diabetes and obesity.

Behavioral Health

Mental health and physical health are closely tied and mental health is one of the leading causes of disability in the United States. Behavioral Health issues contribute to several other issues in Macon County and it's difficult in Macon County for individuals to get consistent treatment, especially those who have been incarcerated. There is no consistency in medicating individuals post-incarceration, increasing the likelihood that they will reoffend and be re-incarcerated. Agencies in the community work closely together to address behavioral health issues but lack of funding makes this difficult.

Pneumococcal Vaccine

The Macon County Health Department targets older adults, asthmatics, diabetics, and smokers over the age of 19 to receive the pneumococcal vaccine but is often left without adequate funding to reach everyone in their target groups. Medicaid will pay for similar vaccinations but has not historically provided adequate coverage for pneumococcal vaccinations.

Comprehensive Cancer Treatment

Cancer remains one of the leading causes of death in the United States and death rates from cancer in Macon County remain higher than death rates from cancer for the State of Illinois according to IPLAN data. In Macon County, the rate of death for Breast Cancer is 134.6 per 100,000 people versus 126.2 per 100,000 people in the State of Illinois; the death rate of Colorectal Cancer in Macon County is 7 per 100,000 people versus 4 per 100,000 people for the State of Illinois. Decatur Memorial Hospital, along with Cancer Specialists of Central Illinois, opened a comprehensive cancer center in 2009. Early detection, clinical trials, and education are all important elements in preventing and treating cancer. Additionally, representatives from the community would like to see services offered through the Cancer Center expand into a more holistic approach to cancer that includes psychology and nutritional support in addition to the strong medical, surgical, and radiation services currently offered.

Community Health Improvement Center (CHIC) Clinic Limitations

CHIC Clinic saw a total of 30,000 patients in the last year and has 11,000 currently active charts. Rising unemployment rates in the community result in an increase in uninsured patients needing the assistance of CHIC Clinic. The influx of patients has overwhelmed the current resources at CHIC Clinic, making it difficult for patients to get in when needed and receive consistent and proper maintenance of health issues. Appropriate ongoing care is important in preventing and managing chronic diseases. Limited access to CHIC Clinic often results in patients seeking care in Emergency Rooms in the community.

Lactation Education and Maternal Care

Breastfeeding plays an important role in the health of both mother and baby, promotes maternal bonding, and reduces the risk of a mother not being able to take care of her child resulting in potential calls to DCFS. Breast milk has disease fighting antibodies that can help protect infants from several diseases and illness. Breastfeeding mothers also have a lower risk for several diseases, including type 2 diabetes and breast cancer. Additionally, the infant mortality rate in Macon County is almost double that of the State of Illinois. Education is key to increasing the rate of breastfeeding mothers in the community and decreasing the rate of infant mortality in the community.