

ADVOCATE CHRIST MEDICAL CENTER 2023 COMMUNITY HEALTH PROGRESS REPORT

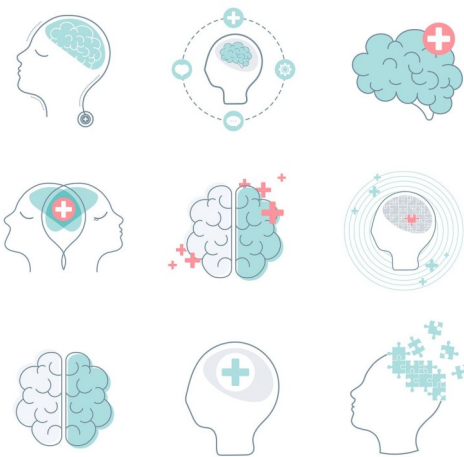
A PROGRESS REPORT ON OUR 2023-2025 IMPLEMENTATION STRATEGIES

Every three years, Advocate Christ Medical Center (Advocate Christ) completes a comprehensive Community Health Needs Assessment (CHNA). For the 2022 CHNA cycle, Advocate Christ convened a Community Health Council (CHC) to review the significant health issues impacting the primary service area (PSA). Collaboration and partnership are a crucial component of the hospital's CHNA process therefore, the hospital is a member of the Alliance for Health Equity and the Southland Strategic Partnership Group. In addition, the hospital has a Community Health Council that provides oversight of the CHNA process, selects the hospital's priority health needs, and develops the 2023-2025 Implementation Plan.

The 2023 Community Health Progress Report is a reference to the hospital's Community Health Implementation Strategies; this 2023 progress report summarizes the selected priorities, annual program outcomes and additional accomplishments for Advocate Christ.

Priority: Mental/Behavioral Health

Program Outcomes for 2023



Advocate Christ Medical center in partnership with local community organizations, our Faith and Health Partnerships and Trauma Recovery Center participated in the following mental health activities:

- In 2023, the Trauma Recovery Center provided 4,656 individual therapy sessions, 7,311 Individual Counseling Sessions, and 425 inpatient behavioral health visits.
- The Trauma Recovery Center (TRC) was involved in 34 community trainings and offered 2 trainings to the community regarding TRC services.
- Advocate Christ partnered with team members from the AAH Faith and Health Partnerships to conduct 41 total events that focused on mental health education. The workshops and trainings in the community includes Mental Health First Aid Training, Companionship Training and Peer Support Group trainings which reached 480 people.
- The Community Health Workers (CHWs) at Advocate Christ provided 32 mental/behavioral health referrals for community members.

Partners Involved: Trauma Recovery Center, Faith and Health Partnerships, Southland Ministerial Health Network, UChicago

Priority: Obesity



Partners Involved: Greater Chicago Food Depository, Centers for Disease Control and Prevention and LKC Health & Wellness

Program Outcomes for 2023

Advocate Christ provided the Food Farmacy and the National Diabetes Prevention program to address obesity in the South Chicagoland PSA.

- Advocate Christ partnered with Greater Chicago Food Depository to expand the Food Farmacy to the community and offer fresh produce and recipes for recipients who are food insecure.
- Food Farmacy participants also accessed to the Diabetes Prevention program (DPP) which provides health education focused on healthy lifestyles and physical activity to reduce the incidence of type 2 diabetes. There were 2 DPP cohorts that had a total of 26 active participants in 2023.
- The Food Farmacy partnered with the AAH Mobile Unit to provide blood pressure, glucose and BMI screenings to Food Farmacy Participants.

Advocate Christ's Food Farmacy was featured in the Chicago Tribune (Link to story provided below). In 2023, the Food Farmacy provided fresh produce to 120 individuals through a total of 180 visits.

<https://www.chicagotribune.com/2023/11/14/advocate-health-care-fresh-food-service-allows-physicians-to-prescribe-a-healthy-diet/>

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A PROGRESS REPORT ON OUR 2023-2025 IMPLEMENTATION PLANS

Accomplishments in 2023

Program: AAH Mobile Health Unit

- The AH South Mobile Health Unit conducted screenings and education on diabetes, hyperlipidemia, and hypertension. They attended 36 events touching 1,050 lives in 2023. They also administered a total of 327 flu and Covid-19 vaccines to the communities in need.
- The AAH South Mobile Team collaborated with a cardiologist at the Food Farmacy to offer blood pressure, cholesterol, and glucose screenings to the participants.
- The cardiologist provided education and was able to speak with these patients about their lifestyle so they can make healthier choices.



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Accomplishments in 2023

Access to Care

- The Community Health Worker (CHW) is responsible for creating connections between the hospital, the health care system and community resources and partners.
- CHWs provide patient outreach and resource navigation for individuals served, culturally appropriate health education and information, and give informal counseling and guidance on health behaviors.
- Advocate Christ CHWs provided outreach and resource navigation to 4,848 individuals, 1,029 of whom were children in 2023.
- Advocate Christ CHWs assisted 2,655 individuals with establishing Primary Care including 620 referrals to Federally Qualified Health Centers (FQHC).
- Advocate Christ CHWs facilitated 8,582 community based referrals in 2023.



Stories from the Community

A patient presented to the emergency room unable to find a Gastroenterologist (GI) provider who accepted Meridian insurance. The CHWs were able to schedule the patient at a Primary Care office and make a G.I. appointment within a week. The patient was very thankful and grateful that we could get them scheduled for both visits so quickly.

Diabetes Prevention Program

- There were 2 cohorts for the Diabetes Prevention Program (DPP) supporting a total of 26 graduates in 2023.
- The participants spent an average of 224 average physical activity minutes for the entire cohort.
- A total of 8 participants met the 5% weight loss goals.
- A total of 23 participants lost or maintained their weight.
- Thirty-six percent of participants who enrolled in the program met their nutrition and weight loss goals.

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A FORECAST INTO ADVOCATE CHRIST & ADVOCATE CHILDREN'S 2024 PROGRAM PLANS

Advocate hospitals in Illinois reserve the right to redirect resources to address emerging public health threats even if doing so slows the ability to implement plans for addressing key priorities selected through the CHNA process. The community health team will focus on the selected health priorities, but will remain attentive to public health threats, prevention and promoting programs that address other key issues. Advocate Christ is working in alignment with the Advocate Health Community Strategy.

In December 2022, Advocate Aurora Health and Atrium Health combined to create Advocate Health. The combined organizations aims to bring medical innovations to patients more quickly, address the root causes of health inequities, advance population health, enable career advancement and achieve

Community Health Initiatives

Year: 2024

The South Region Community Health team continues to manage the efforts of the Live Well Mobile Health Team. The team will identify health needs with high inequities and develop interventions; engage communities to inform the design of interventions; use standards of practice for improved health outcomes; and use measurement strategy to determine efficacy of health improvements.

The Community Health team will continue to focus community prevention activities on providing fresh produce to food insecure patients through the Healthy Living Food Farmacy as well as continue efforts in reducing diabetes related health outcomes through the National Diabetes Prevention program.

Mental/Behavioral Health

Year: 2024

With inpatient mental health services transitioning from Advocate Christ Medical Center to Advocate South Suburban Hospital a larger emphasis will be placed on efforts of the Trauma Recovery Center to improve access to behavioral health focused on violence induced injuries.

The Advocate Faith and Health Partnerships will continue to provide initiatives across the PSA in addition to new partners being identified for new programming that will be introduced for the 2023 CHNA cycle. Mental Health First Aide will continue to be offered to the community.

Obesity

Year: 2024

Michuda Construction and Restoration Ministries have been identified as partners for the 2023 CHNA cycle to address obesity in youth populations. The Live Well Eat Well program will be designed by local chefs to teach cooking and kitchen etiquette to Restoration Ministries' after-school program participants. The Healthy Food Farmacy has expanded to Advocate Christ, in addition to system-wide Food Security efforts that will ultimately impact our obesity efforts.

We Help People Live Well.