



# 2017

# ANNUAL REPORT

Distributed March 15, 2018

The Partnership for a Healthy Community's vision is that the tri-county region will be a thriving community that is inclusive, diverse, and sustainable to ensure health equity and opportunity for well-being for all.

The Peoria, Tazewell, and Woodford County Health Departments provide leadership on the implementation of a community-driven, tri-county assessment and strategic plan to improve community health. With participants from healthcare, area organizations, and the public, the Partnership guides implementation of the four identified priority health strategies in the 2016-2019 *Community Health Improvement Plan (CHIP)*: Behavioral Health, Healthy Eating-Active Living, Cancer (breast and lung), and Reproductive Health.

The partnership developed a new shared website [www.healthyhoi.com](http://www.healthyhoi.com) to track the implementation of the Plan.

As we move together to find the answers to needs in our community, we find that it is by having everyone at the table that our first indicators of success have come.

Currently, the Partnership has over 200 people involved in committees and the Partnership Board.

The Partnership Board has been forming over the 2017 year. Major accomplishments for the board include: establishing the health priority committee structure, reworking the Partnership website, collaborating with local universities and colleges to establish the



**Working at the Central Illinois Home Show to raise the level of knowledge of Radon in our Community**

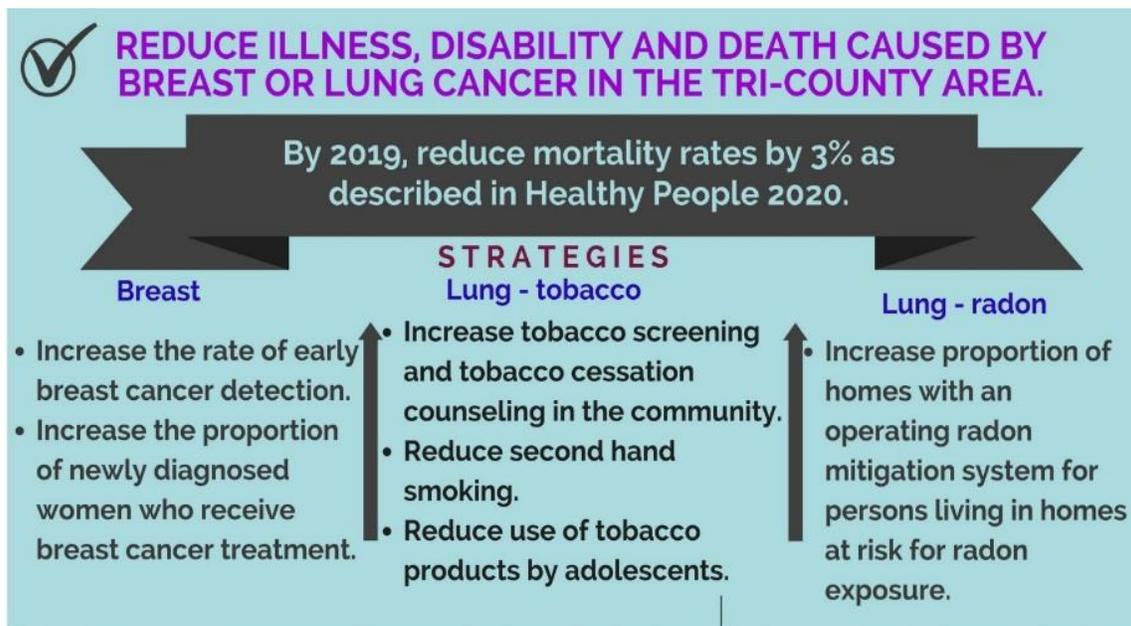
Community Learning Lab, and working towards a comprehensive data plan that would enable health information to be considered on an ongoing basis, rather than only every three years at community health assessment time.



**Health Priorities for Peoria, Tazewell and Woodford Counties are:**  
**Behavioral Health** (substance abuse and mental health); **Healthy Eating and Active Living**;  
**Cancer** (breast and lung); and **Reproductive Health**.

# Cancer Priority Team Highlights

The Cancer Priority Team is made up of two workgroups: a Breast Cancer Committee, Chaired by Greg Eberle of Hopedale Hospital, and a Lung Cancer Committee, Chaired by Evelyn Neavear of Tazewell County Health Department. Woodford County Health Department staff oversees the organization of this priority team.



**The Breast Cancer Committee** has been working to identify areas of need. There has been a lot of planning, collaboration, and data sharing amongst this group. UnityPoint, OSF St. Francis, Hopedale, and Advocate-Eureka have all been willing to share breast cancer screening information and have agreed to provide this information quarterly going forward. Tazewell County Health Department, through its administration of the Illinois Breast and Cervical Cancer Program, will also be sharing information.

There are many barriers in understanding screening guidelines. Since there are different recommendations regarding the age to be screened, for example, the committee is looking at how to standardize a process in the tri-county area. Data used will show the age of the client getting a mammogram, first-time screenings, and what facility they used. This will be one way to see if screening numbers are increasing. Additionally, the committee will also be tracking what type of education is being offered by each facility for continued awareness.

Because the partnership with the Illinois Breast and Cervical Cancer Program was expanded across the tri-county area, five breast cancers and one cervical cancer were detected in the past 8 months through screening programs. This partnership will raise the level of services for our tri-county area.



**The Lung Cancer committee** has been working to reduce radon-related lung cancers within the tri-county area by focusing on two main strategies: tobacco use, and testing homes for radon. The committee has worked with the Illinois Emergency Management Agency to gather data and education to move forward. Tazewell County Health Department currently has a radon grant to provide support for outreach to community partners and residents on radon education. Peoria, Tazewell and Woodford County Health Departments have had their Public Information Officers work together to create consistent messaging throughout the tri-county area to promote radon testing and education to the public. The group is also looking at tobacco use

rates with each county having a partnering agency enforcing the Smoke Free Illinois Act. The group is working within the coalitions to support the Illinois Youth Survey participation rates in all three counties.

# Evidence Based Intervention in HEAL

The adult physical activity component of the Healthy Eating and Active Living Implementation Team, worked on expanding past wellness programs sponsored by Tazewell Public Health Foundation and Pekin Hospital. The Trek Around Tazewell event worked to introduce walkers to a fitness application called Benovate which gave daily wellness prompts to each participant. The use of this mobile app was to encourage balance in personal wellness including: diet, exercise, spirituality, and mental and financial health.

Walkers in the Trek program were encouraged to walk 132 miles in an eight-week period. One hundred and thirty-two miles was chosen as it represents the circumference of Tazewell County. Health benefits of ongoing exercise programs include enhanced physical and mental health,

reduced risk for heart disease, Type 2 Diabetes, osteoporosis, and breast and colon cancer. More immediate benefits of ongoing exercise include improved blood pressure, blood sugar levels, and control of body weight. The number of participants doubled from past Treks. We are hoping to include our partner counties of Woodford and Peoria in the next event.

The next intervention will include a pre- and post-survey to see if the physical activity and use of the app assisted with behavior change.

## Evidence-based Programs per Healthy People 2020

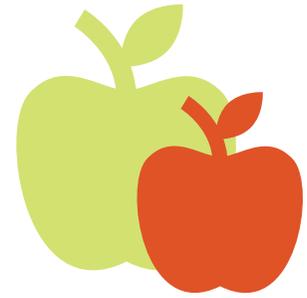
Physical Activity:  
Interventions Including Activity Monitors  
for Adults Who Are Overweight or Obese.

Website: [healthyhoi.com](http://healthyhoi.com)

Facebook: [Healthy HOI](#)

Twitter: [Healthy HOI](#)

The WIC subcommittee of the HEAL Implementation Team is focused on strategies to increase fruit and vegetable intake among WIC clients. The hope is to not only impact the target population (children and/or parents receiving WIC) but also the entire family and community.



Action steps include:

- 1) Adding questions about fruit and vegetable consumption and coupon use in required WIC surveys, and compiling results as a tri-county.
- 2) Working with WIC grocery stores in each county to offer quick healthy meal options for \$5/\$10.00 by packaging ingredients in bundles with a healthy recipe. For example, to make a pasta main dish, the grocer would bundle tomatoes, onions, and peppers together with a pasta sauce recipe. The WIC client could use their whole grain voucher to purchase whole wheat pasta, cheese FI for mozzarella, and use their LINK/SNAP to purchase lean ground turkey.
- 3) Partnering with HeadStart for container gardens.
- 4) Sampling fruits and vegetables in WIC Waiting Rooms, including healthy meal option bundles.

## CATCH

Obesity, as noted on our local needs assessments, is not only an area of concern with our adults, but also with our youth. In fact, some high schools reported as high as 28% obese or overweight among their 12<sup>th</sup> graders. To address this, community partners have been working together to implement a program called, CATCH, or Coordinated Approach to Child Health. CATCH is evidence-based, and shown to be effective within many schools across the United States- and it's working here, too! Partners include: Hult Center for Healthy Living, YMCA, Tazewell County Health Department, and U of I Extension. Among these four agencies, over 50 schools have received education and training, impacting thousands of students and adults throughout our three counties. In addition, CATCH has helped to create a common language throughout our communities so that no matter who is teaching within the

schools, the kids are receiving the same simple, easy-to-understand language.

Some of the successes we have seen so far include:

- More kids are choosing “go foods” (healthy foods) instead of “whoa foods” (unhealthy foods)
- Labeling foods on the cafeteria to make it easier to choose healthy foods
- Increased access to water within the school
- Healthier food options in school vending machines
- Healthier food choices during lunch
- One school implemented a “Healthy Halloween”, where they handed out healthy foods and prizes instead of candy
- Healthier Classroom snacks and policies to support it
- Increased moderate-to-vigorous physical activity during free play/recess

- Increased brain breaks throughout the school day
- Increased structured activities on the playground and during physical education class
- Overall common language throughout the community

Overall, the HEAL committee has provided an opportunity for the most impactful agencies to work together and provide a common language that our students, families, teachers, and community can understand, no matter who is teaching them.

Moving forward, the HEAL Committee is establishing a training cadre, which will consist of a group of CATCH-trained professionals from community partner agencies that will be able to offer free CATCH trainings to schools in Central Illinois.

~Holly Bill

# Centering Pregnancy – Reproductive Health

The Collective Impact Learning Collaborative, supported by CityMatCH to address emerging issues in maternal and child health, merged with the long-standing Reproductive Health Workgroup to support the work of reducing disparities in preterm birth. One collaborative initiative launched at the end of 2017 is Centering Pregnancy, an approach to delivering quality prenatal care through interactive group medical visits. The pilot at Heartland Health Services will allow women to participate throughout their pregnancies in facilitated group sessions to gain care skills and support each other, and have one-on-one time with their provider. Partners include Heartland Health Services, University of Illinois College of Medicine Peoria, Department of Family and Community Medicine, City of Peoria, and Peoria City/County Health Department.

## Healthy HOI Community Academic Network (CAN)

The Partnership for a Healthy Community partners have worked with the University of Illinois College of Medicine staff to brainstorm ways to match student and academic needs with our community health priorities.

Across the nation, these places of connection have occurred electronically in the form of an online learning community or lab. The Partnership and a committee worked to touch base with local institutions of higher learning to see if this type of local connection point would be useful. Overwhelming response has been yes! Using a web developer, a local online learning and networking community was developed. The CAN will focus on projects that meet the work of our four local priorities: Behavioral Health, Healthy Eating Active Living, Cancer (lung and breast), and Reproductive Health.

Students and Professors will be able to post ideas for work on the site, and organizations will be able to post needs as well. The hope is to match needs and services together and help make an easy connection for a collaboration to come together.

Please visit the CAN site by going to [healthyhoi.com](http://healthyhoi.com) and clicking on the CAN tab in the middle of the homepage.



# Behavioral Health Priority Team Highlights

The Partnership for a Healthy Community's focus on behavioral health is to improve the mental health and decrease substance abuse for residents of tri-county region. Over 50 members representing various agencies and coalitions work on implementing the evidence-based strategies as part of the behavioral health subcommittee. Through the process, the subcommittee identified three key areas: education, healthcare, and criminal justice. While these areas help frame the work on improving behavioral health, it is important to note that none of these areas is of a lesser priority nor independent from the other areas. It is through the collaborative energy and open dialogue that the subcommittee has seen growth and alignment of programs.

## **Education**

The strategies identified within the educational setting focus primarily on incorporating and promoting social emotional learning through the tri-county school districts. Social emotional learning (SEL) is a process to promote knowledge and application of skills for self-management and awareness, development of positive relationships, and decision-making. The framework of SEL builds upon a comprehensive approach towards educating the complete child.

The Regional Offices of Education have taken on an active role in preparing and developing school programs around SEL and the impacts of Adverse Childhood Experiences (ACEs) on the behavioral health of students. Through development of trainings and toolkits, school districts in our community have access to technical support from subject-matter experts.

Partnerships through this educational setting have led to dialogue with healthcare providers in providing medical support to rural areas, sharing care plans with school staff, summer programs working on identifying high-risk students and assisting them with wrap-around interventions, and lastly, through community programs, schools identifying training resources for parents and community members on building resilience.

## **Healthcare**

Integration of behavioral health into routine care is the primary task of the healthcare focused strategies. This approach includes positioning providers to make behavioral health referrals from general practice offices, specialty care offices, and through telemedicine opportunities.

Within the tri-county region, both OSF Saint Francis and UnityPoint Health have been working on increasing the capacity of their systems to integrate mental health assessments as routine healthcare, eliminating the stigma of behavioral health. In addition, through quality improvement programs, the healthcare community is working on decreasing prescribed pain medication and increasing provider training to address substance abuse.

Moving forward the healthcare setting will continue to provide increased access to behavioral health as well as addressing suicide and emergency mental health needs.

## **Criminal Justice**

The primary focus of the strategies within the criminal justice setting is utilizing the framework of the Sequential Intercept Model to identify key areas to intercept individuals within the criminal justice system and linking them to services and prevention. The model focuses on the collaboration of criminal justice and healthcare in understanding the impact behavioral health plays within the justice system. Areas of intercepts include community services, law enforcement, courts, jail, re-entry, and corrections; all of which work towards providing shared data and reinforcement of interventions.

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The criminal justice setting also works closely with efforts on addressing the opioid crisis. In alignment with the State of Illinois' Opioid Action Plan, local justice programs work on increasing deflection programs, supporting response to overdoses, and decreasing risk of death after release from correctional facilities.

### **Highlight on Education-Criminal Justice**

*During a meeting, Superintendent Beth Derry spoke on the response of law enforcement in school settings. As she discussed the approach as an educator, Peoria County Sheriff, Brian Asbell, made a singular comment, "That is not how we are trained to enter a situation." It was a profound moment, demonstrating how best intentions do not necessarily mean what is best for the student. From that meeting, Superintendent Derry incorporated the feedback from Sheriff Asbell and worked on creating a training specifically designed for educating law enforcement on trauma-informed approaches in engagement of youth. The inaugural training was with over 30 officers from jurisdictions throughout the tri-county and departments are currently looking to incorporate the training as a standard for staff.*



Picture: Law Enforcement Agencies giving testimony at the State Opioid Listening Tour

### **Highlight on Criminal Justice-Healthcare**

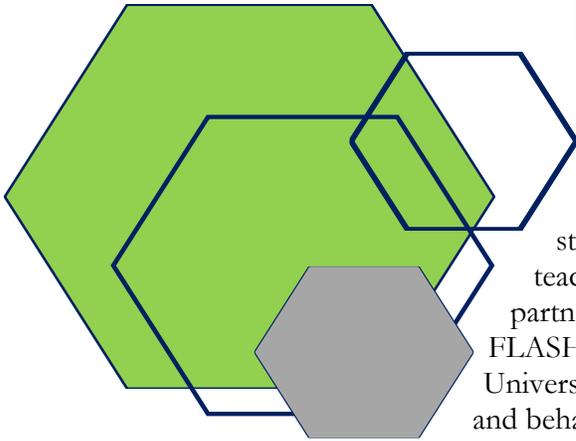
*"Who or which agency should help this individual?" It is a question frequently asked among the Criminal Justice-Behavioral Health Committee (CJ-BH). As Kathleen Kelly, a management analyst for the Peoria Police Department will tell you, it is not the simplest answer. Each year between the emergency departments, law enforcement, EMS, homeless shelters, and jail, many individuals transition from one point to another, some with over 100 encounters with agencies a year. A project with the CJ-BH workgroup is to assist agencies in providing a coordinated care plan for individuals. Utilizing a matrix to identify high utilizers, the workgroup designates an agency as the primary point of contact with a client and assists in implementing a care plan. The goal is to answer the question of how to best help.*

### **Highlight on Healthcare-Education**

*Within the tri-county region, school districts are on the spectrum of size, socioeconomics, and resources, leaving many to ask how can we be inclusive. The Fieldcrest District Superintendent, Daniel Oakley, knows the comparisons well, since the school district is smaller in student census, but larger in square miles. For him the needs are the same, but the volume is different. That is where the linkage with healthcare providers plays a key role in increasing access through opportunities including telemedicine—one of the many opportunities OSF Saint Francis is working on bringing to the rural tri-county communities.*



Picture: Healthcare Partners discussing the impact of joint needs assessments



# Reproductive Health Priority Team

Now in its third year, the *Family Life And Sexual Health* (FLASH) curriculum is taught in all 6-9<sup>th</sup> grades in Peoria Public Schools. This theory-based curriculum meets comprehensive sexual health education standards, which are required in Illinois for any schools choosing to teach sexual health. FLASH lessons are delivered by trained community partners and supported through several funding streams. To support FLASH, the Reproductive Health Team is working with Southern Illinois University on its evaluation of FLASH—providing data for analysis of attitude and behavior changes and overall effectiveness of the curriculum.

In April 2017, during STI Awareness Month, Peoria High School, the Pride Team, Central Illinois FRIENDS, and Hult Center for Healthy Living hosted a Student Health fair centered on increasing youth awareness, education, information, and screening for sexual/reproductive health. The goals of the event were to:

- Increase sexual/reproductive health awareness and disease prevention for students by providing health information, screenings, and related learning activities
- Increase awareness of local, state, and national health services and resources
- Motivate participants to make positive health behavior changes
- Teach self-care practices and reduce stigma around sexual/reproductive health

As part of the Health Fair, testing included, 93 Gonorrhea/Chlamydia tests which identified 13 positives.

Two Get Yourself Tested (GYT) events were also held in the fall: one each at Peoria High School (PHS) and Manual Academy (MA). A total of 1,383 students participated in the two events. The following table shows the number, type, and results of services provided:

SERVICES PROVIDED	# Students			POSITIVE		
	MA	PHS	Total	MA	PHS	Total
HIV	98	160	258			0
STD's	65	156	221	5	23	28
Pregnancy Screening	12	23	35		2	2
Risk Reduction Education	175		175			0
<b>Totals</b>	350	339	<b>689</b>	5	25	<b>30</b>

## Healthy Eating and Active Living- CATCH Team

CATCH stands for Coordinated Approach to Child Health. Two of the most important ways that CATCH creates behavior change are by enabling children to identify healthy foods, and by increasing the amount of moderate to vigorous physical activity (MVPA) children engage in each day. The health education curriculum uses terminology for identifying healthful foods—GO, SLOW and WHOA—that has been adopted colloquially nationwide as a simple means of labeling food’s nutritional content. A success from the Healthy Eating Active Living (HEAL) CATCH sub-committee over the past year has been to develop an email group of tri-county area organizations that teach and/or have had training in the CATCH curriculum. We have determined how each organization utilizes CATCH and are working to integrate new and fresh ideas to the current CATCH curriculum. All community organizations will have access to share these resources.

One example of cooperation occurred when the U of I Extension in Pekin discovered a need at Jefferson School in Pekin and referred Jefferson School to Tazewell County Health Department for CATCH program information for a structured recess program to help with recess issues. This was discovered while working with Jefferson staff on their lunch program. Kaitlyn from U of I connected with Tazewell County Health Department (TCHD) staff.

TCHD staff connected with the principal of the school and provided a brief CATCH training to the playground supervisors and provided them some CATCH equipment.

With this equipment they created CATCH activity stations that the kids could rotate through with the playground supervisor monitoring. These activity stations relieved the playground supervisor from watching the whole playground and kids were engaged in active play.

The HEAL CATCH team is beginning to look at how to collaborate and provide trainings to teach CATCH to many organizations that currently serve youth to introduce best practice fitness activities that can occur across the tri-county area for little or no additional cost or equipment.

Data are beginning to be tracked around number of minutes youth are engaged in CATCH activities. Below is a sample from Tazewell County Health Department.

**2017-2018 School Year Number of physical fitness minutes offered per month/  
minimum of 3 day per week program in the After-school CATCH Kids Club Format.**

School	Sept	Oct	Nov	Dec	Jan	Feb
Altman	300	NR	360	240	NR	NR
Bethel (1hr in am)	390	426	409	0	1260	1440
CB Smith	510	540	570	300	450	330
DeeMack	570	450	510	360	420	450
Delavan	450	420	330	270	330	330
Dirksen	390	540	420	270	480	450
Good Shepherd	390	300	450	270	330	420
Jefferson	360	300	300	180	300	330
LaSalle	480	390	420	300	390	450
Marquette	390	390	330	240	330	360
Robein	390	360	360	300	330	450
Rogers/GT	390	360	540	390	570	600
South Pekin	420	420	540	390	360	330
Spring Lake	570	540	540	390	540	570
Starke	420	330	570	330	360	210
Washington	390	300	330	270	330	330
Willow	750	570	480	390	570	570
Wilson	360	570	540	390	570	570

CATCH students reached per month in the 2017-2018 School year through Tazewell County Health Department.

Month	Students Reached
August	225
September	234
October	237
November	225
December	217
January	225
February	200

## Fresh Food Access and Consumption - HEAL Partnerships



**PLEASE JOIN US!**

**SEPTEMBER 14<sup>TH</sup>, 2017**

**8:00-9:30 AM**

**WOODFORD COUNTY HEALTH DEPARTMENT**

Did you know that 65% of area residents report eating less than 2 fruits & vegetables per day? Or that obesity, poor eating habits and lack of exercise are the most prevalent unhealthy behaviors in the tri-county area?

*Are you in some way connected to the food system?*

The Woodford County Health Department would like to partner with local community members to improve the health of area residents. The purpose of this meeting is to start conversations around the food system and how the community can work together.

Join us and learn more about regional efforts for healthy food access and education that will support healthy people and a strong food economy.

**Woodford County**  
**Fresh Food Conversation**  
**Are you part of the local food system?**  
**You are if you:**  
 Grow and distribute produce  
 Host/volunteer at a food pantry  
 Educate others about the importance of healthy food  
 Are concerned about access to healthy food

**WOODFORD COUNTY HEALTH DEPARTMENT**  
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 @WoodfordHealth  
 www.woodfordhealth.org

Fresh food access has been discussed in many community meetings over this past year. The HEAL committee has been actively involved in many of these conversations and initiatives—working to link and support the various efforts. The Regional Fresh Food Council was started approximately 2 years ago by the gitm Foundation and over the past year has developed its own bylaws, officers, and county system. The Regional Fresh Food Council has now developed County Food Councils in Peoria, Tazewell, and Woodford that are beginning to have very local and centered conversations on each county’s needs. The Regional Fresh Food Council will act as the coordinating body for the county system and will promote regional conversation, knowledge and resources.

The Fresh Food Drive/Good Food Recovery Committee has been supported by partner HEAL organizations and staff. Organizations within the HEAL committee have sponsored local Fresh Food Drives that are assisting with the research study being conducted on behalf of gitm and Bradley University. Research is being conducted to see if fully supporting a food pantry with a selection of fresh produce each week, increases participating families adding the fresh

food into their diet.

HEAL members are making themselves available to clients at the food pantries to study and discuss access and consumption issues related to fresh produce. We look forward to learning the results of this study as it will have an impact on advancing other initiatives in the community.

The WIC Committee of HEAL has been working on several activities. Each year the three county health departments survey their WIC (Women, Infants and Children) program clients. This year the same questions are being asked in all three counties regarding food consumption and security. This will give a greater understanding of the needs of this population and how to better serve them.

In this next year, the WIC committee will be reaching out to local stores to discuss having ready-made, pre-priced produce bundles with recipes attached for clients on WIC, as well as the general public. This idea came out of the 500 in 5 community conversations survey as one of the major reasons that fresh foods were left out of diets. By working to have quick, healthy meal options available, the committee hopes to reduce stigma for clients who are afraid their WIC vouchers will not cover the cost of items, and increase the likelihood that clients will be use in meal preparation as recipes and shopping are made easier.