



PARTNERSHIP FOR A HEALTHY COMMUNITY

2021 ANNUAL REPORT



Partnership for a
Healthy Community
healthyhoi.org

WWW.HEALTHYHOI.ORG

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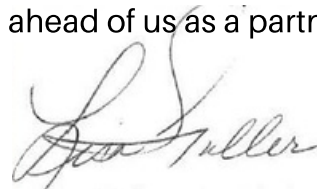
Partnership for a Healthy Community

On behalf of the Partnership for a Healthy Community, we are pleased to present the 2021 Annual Report.

The Partnership for a Healthy Community (PFHC) began 2021 not only starting our second year of the three-year cycle, but seeing introduction of vaccinations to address COVID-19. While many of our partner agencies were focused on providing vaccination campaigns and continued mitigations to keep our residents healthy and safe, we were still able to address health priorities. In fact, our four health priorities saw changes in the lens we viewed them through. Mental Health and Substance Use saw universal discussion and need for services as outcomes from the long pandemic response. Cancer preventative services which were either postponed or cancelled were now back and aggressively re-engaging patients. And lastly, food security was seen in some households for the first time.

The PFHC saw the challenges in 2021 as opportunities to bring new partners and areas of focus to our priorities. We were able to continue initiatives within our partnership to address the health priorities of Peoria, Tazewell, and Woodford counties.

The PFHC Board is proud of the work of our Action Teams and looks forward to tackling the challenges ahead of us as a partnership.



Lisa Fuller, Co-Chair



Monica Hendrickson, Co-Chair



Executive Summary

The successful adoption of the 2020-2022 Community Health Improvement Plan (CHIP) demonstrated the capacity and sustainability of the Partnership's multi-sector approach in addressing health within the tri-county. In 2020, the Partnership for a Healthy Community continued to address priority health concerns, despite the COVID-19 pandemic setbacks.

The Partnership and its Action Teams continue to expand the collaborative strategies in priority areas, and began planning and conducting a new Community Health Needs Assessment (CHNA) and Improvement Plan (CHIP) in summer 2021.

Highlight: 2020-2022 CHNA/CHIP

The Partnership for a Healthy Community (PFHC) continued to monitor and implement strategies identified in the 2020-2022 Community Health Improvement Plan (CHIP).

PFHC will continue to strategically focus on Mental Health, Substance Use, Healthy Eating/Active Living, and Cancer. Additionally, Reproductive Health and Data Collaboration are on-going projects in the new cycle.

The PFHC began conducting a new CHNA summer 2021.

Mental Health

Improve mental health among tri-county residents through preventative strategies and increased access to services.

The Mental Health Action Team strived to improve mental health through a variety of evidence-based strategies outlined in the Implementation Plan. During 2021, the Action Team continued to hold bi-monthly meetings with the Substance Use Action Team. Priority Action Teams were formed in an effort to make further progress towards meeting objectives. Priority Action Teams met monthly, and as needed, reported progress on a regular basis to the Board.

The Mental Health Action Team worked to improve the following mental health objectives:

Objective #1: (HP2020) By December 31, 2022, decrease the number of suicides in the tri-county area by 10%.

Objective #2: (HP2020) By December 31, 2022, decrease the number of residents in the tri-county areas who reported feeling depressed or anxious in the past 30 days by 10%.

In 2021, four Priority Action Teams formed in an effort to further progress towards meeting objectives:



* **Active Organizations:**

AMT
 Bob Michel Community-Based Clinic
 Carle Health
 Gateway Foundation
 Heart of Illinois United Way
 Heartland Health Services
 Home for All Continuum of Care
 Hult Center for Healthy Living
 Methodist College
 NAMI Tri-County Illinois
 Peoria City/County Health Department
 Peoria County Sheriff's Office
 Peoria Police Department
 Prairie State Legal
 Tazewell County Health Department
 Woodford County Health Department
 Peoria Public Schools
 Peoria Regional Office of Education
 OSF Resource Link
 OSF Healthcare, St Francis Medical Center
 UnityPlace
 UnityPoint Health - Central Illinois

*This list continues to change

Priority Action Team: Mental Health First Aid

Mental Health First Aid is a skills-based training course that teaches participants how to recognize a mental health crisis and properly refer someone to help. We can provide this training in-person or virtually at low- or no-cost. In 2020, the Mental Health Action Team formed a cadre of Mental Health First Aid Trainers who are able to train individuals throughout the tri-county. ALGEE, the Mental Health First Aid koala mascot, helps participants remember the 5-step action plan.

There are a variety of courses available:

- **Adult Mental Health First Aid** is appropriate for anyone age 18 and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. The adult course is available in both English and Spanish.
- **Youth Mental Health First Aid** is primarily intended for adults age 18 and older to learn how to help young people experiencing mental health challenges or crises. It reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18 and emphasizes the importance of early intervention.
- **Special trainings and certificates** are available for **older adults, EMT/fire, and higher education.**

Let's make MENTAL HEALTH FIRST AID as common as CPR.

To inquire about a Mental Health First Aid Training for yourself or your team, please visit www.healthyhoi.org.

The Mental Health Action Team was highly successful in 2021 through the efforts of the newly-formed **Mental Health First Aid (MHFA) Cadre.**

The cadre was established in October 2020 in an effort to:

- **Increase the number of community members who are certified in Mental Health and Youth Mental Health First Aid**
- **Increase the number of MHFA trainers in our tri-county area**
- **Increase the number of free and low-cost trainings available**
- **Provide a pool of MHFA trainers to learn and assist each other**

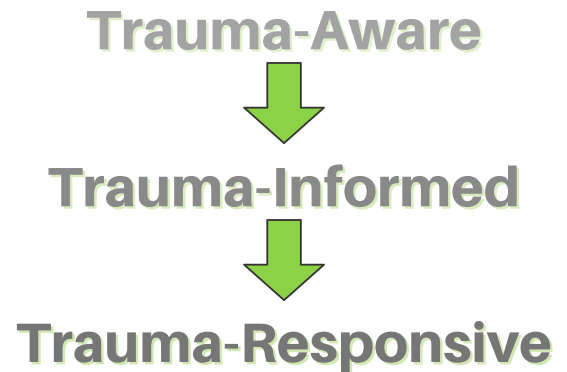
2,100
tri-county residents
are certified in Mental
Health First Aid

1/1/21-12/31/21 data

Priority Action Team: Trauma-Informed Schools

The Trauma-Informed Schools Priority Action Team has been designing a matrix for schools to move from "trauma-aware" to "trauma-responsive" using the Substance Abuse and Mental Health Services Administration (SAMHSA) Trauma Responsive Schools Implementation Assessment (TRS-IA). The matrix will help schools to advance from "trauma-aware" to "trauma-responsive" in the following categories:

Safety Planning
Prevention Planning
Trauma Programming
Classroom Strategies
Prevention/Early Intervention
Targeted Trauma-Informed Programming
Staff Self Care
Community Context



Schools have access to free online trauma training through the Illinois State Board of Education and Lurie Children's Hospital's [Virtual Learning Community](#).

2021 accomplishments included finalizing the matrix that will be implemented by schools, and the team kicked off the pilot phase for local schools identified as high need for social emotional resources. These schools were identified through Heart of Illinois United Way's S3 (Support Student Success), Peoria Public Schools Office of Social Emotional Learning, and each county's Regional Office of Education.

The team is also working on developing a recognition award for schools that become trauma-responsive.

Priority Action Team: Suicide Prevention

The Suicide Prevention Priority Action team met monthly throughout 2021 to look through data and make recommendations for the larger committee.

982 tri-county students received suicide prevention education in 2021 from community partner agencies

117 tri-county residents participated in suicide prevention education provided by the Suicide Prevention Priority Action Team

99 tri-county medical residents, nurses, teachers, and community members received evidence-based QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Training in 2021

To inquire about suicide prevention trainings for your school, business, or staff please email info@hulthealthy.org.

Substance Use

Reduce substance use to protect the health, safety, and quality of life for tri-county residents.

The Substance Use Action Team strived to reduce substance use through a variety of evidence-based strategies outlined in the Implementation Plan. During 2021, the Action Team continued to hold bi-monthly meetings with the Mental Health Action Team. Priority Action Teams were formed in an effort to make further progress towards meeting the objectives. Priority Action Teams met monthly, and as needed, and reported progress on a regular basis.

The Substance Use Action Team worked to improve the following objectives:

Objective #1: (HP2020) By December 31, 2022, reduce the rate of drug-induced deaths within the tri-county region by 10%.

Objective #2: (HP2020) By December 31, 2022, increase the proportion of adolescents reporting never using substances in the tri-county area by 5%.

In 2021, four Priority Action Teams formed in an effort to further progress towards meeting objectives:



Priority Action Team: Peer Educator Trainings

A plan is in place to increase the number of high school students who become

Certified Peer Educators

through NASPA's Certified Peer Educator training. This training provides education and training for high school students to provide campus-wide health initiatives to promote health knowledge and behaviors among their peers.

To learn more about this program, please email info@hulthealthy.org.

Priority Action Team: Mass Media Campaigns

Mass Media Campaigns were created to help spread awareness of chemically-impaired driving. Tazewell County Health Department took the lead on this initiative.

2021 campaigns focused on *drugged driving* versus *drunk driving* as local data from the Illinois Youth Survey measured alcohol, tobacco/vaping, cigarettes, inhalants, and marijuana.



Find Tazewell Teen Initiative on Facebook @tazewellteeninitiative and help us promote safety and responsible behavior among teens.

Priority Action Team: Narcan Distribution and Stable Housing

Stable Housing: In 2021, approval from Illinois Housing Development Authority for Madison III - a 16-unit development for youth who are experiencing homelessness.

All applications have been submitted for the development of a 55-unit building which will have capacity to eliminate the current waitlist for families experiencing homelessness.

Narcan: There is now an online Opioid Hub where you can view the data that the Narcan Advisory group has collected over the past 4 years.

<https://bit.ly/3MxTwUS>

Healthy Eating Active Living

Foster and promote healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area.

Funding for the HEAL Food System Partners is provided, in part, by Community Foundation of Central Illinois.



6682 Facebook reaches
 220 Facebook engagements
 19 Facebook posts

Integrated Referral and Intake System (IRIS)

93 Referrals in IRIS during 2021
 19 Food Delivery & 74 Food Resource Referrals
 41 Additional Food Delivery & 2 Food Resource Referrals

Hunger Action Month & Food Pantry Network - HOI

September is deemed as Hunger Action Month® (HAM) by Feeding America in effort to mobilize action around hunger nationally. To bring recognition and awareness to the issue of hunger and food insecurity in our local communities, the Food Pantry Network - HOI (Heart of Illinois) recognized September as Hunger Action Month.

Online Campaign - local data from the Community Health Needs Assessment, HEAL Team 4 Survey, and other national data points to create 61 daily awareness posts.

Hunger Proclamations - City of Peoria and Tazewell County
 Fresh Food Drives - 17 fresh food drives



Kaitlyn Streitmatter listens to David Zimmerman, Tazewell County Board Chair, read the Hunger Proclamation.

Healthy Eating Active Living

ISPAN Breastfeeding

Approximately 100 people were in attendance for the Central Illinois Breastfeeding Taskforce Black Breastfeeding Week event at Glen Oak Park on August 28th, 2021. The event had local vendors and community resources to support nursing parents and their families.

Additional ISPAN work consisted of the creation of breastfeeding spaces in the community. One space was created at Manual High School, as well as mobile space for the Central Illinois Breastfeeding Taskforce to set up at any community events, fairs, etc.



America Rescue Plan Act Increases WIC Fruits & Vegetables

During June 2021 through September 2021, The American Rescue Plan Act allowed for Illinois WIC agencies to temporarily increase the dollar amount for the Cash Value Benefit for fruits and vegetables. All women and children participants received \$35.00 per month to spend on fruits and vegetables. We were very excited about this increase and hope to show both the need for and desire for increased healthy foods.

University of Illinois Extension collaborated with HEAL- Food System Partners (HEAL-FSP) to provide nutrition classes in the tri-county.

**Healthy
Cents**

113 individual Sessions
237 Adult Participants

HEAL Food System Partners \$25,000 Awarded from Community Foundation of Central Illinois

"We are grateful for the opportunity to continue building the HEAL partnership into its third year by working on Ending Hunger Together with the Community Foundation of Central Illinois. Our greatest success from our first year was building trust between dedicated organizations working to improve healthy food access to our most vulnerable. This partnership tests the alignment of programming through four community-based projects. Our hope is for these projects to continue producing wonderful outcomes, generate new and innovative ideas and foster healthy collaborative relationships between partners."

Complete Streets Pop Up Demonstration

On September 24 and 25, 2021, Peoria hosted its first Complete Streets Pop-Up Demonstration to show community members what complete streets could mean for their community. Complete Streets is a "transportation policy and design approach that requires streets to be planned, designed, operated and maintained to enable safe, convenient and comfortable travel and access for users of all ages and abilities regardless of their mode of transportation."

Cancer

Reduce the illness, disability and death caused by lung, breast, and colorectal cancer in the tri-county area.

The overall goal of the cancer action team this year was to promote screenings through a variety of avenues, promoting individual member events but also prompting screenings as a group. This was accomplished by publishing monthly articles in Health Cells magazine. Additionally, the cancer action team created a screening statement that was distributed to local media in March 2022. This statement encouraged residents to schedule cancer screenings that they may have postponed due to the global COVID-19 pandemic. The statement included general information about breast, colorectal and lung cancer screenings as well as information regarding screening providers.

Breast Cancer

- Both UnityPoint Health and OSF Healthcare, Saint Francis Medical Center have seen an increase in patients at high-risk breast clinic.
- IBCCP partnered with UnityPoint Health in October 2021 for the 20th Mammogram Day. Free mammograms were provided at 3 locations, with 43 women served and 1 breast cancer detected.
- The Komen More than Pink Walk resumed in October 2021.
- American Cancer Society provided Rapid Impact Grants to reduce barriers for patients and caregivers while receiving treatment.

Lung Cancer

Peoria Area Realtors Association provides space in monthly newsletter for public awareness and policy change.

Radon

- January is Radon Action Month; radon test kits are sold for a reduce price through the health departments and are available for free year-round for those zip codes that are part of the Edwards grant. A multimedia awareness campaign highlighted the importance of radon testing which included an interview was with local media.
- The IEMA radon hotline is promoted in a variety of ways, on hand sanitizer bottles given away at COVID-19 immunization clinics and as a QR code on pizza boxes on local franchise.
- A Washington, IL middle school student was the winner of the IEMA radon poster contest prompting the importance of radon testing.
- A brochure was created promoting awareness about the Illinois passive mitigation systems law, as well as a survey for code inspectors to report systems installed to create a baseline for data reporting.

Passive Radon Reduction Systems

In New Residential Construction

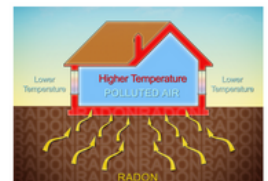
Radon is a colorless, odorless, radioactive gas. You can't see it, feel it, smell it, or taste it. Radon comes from the radioactive decay of naturally occurring uranium in the soil. Inhalation of radon is the primary reason for lung cell damage that may cause lung cancer.



The Surgeon General has warned that radon is the second leading cause of lung cancer in the U.S.

How Radon Enters A House

Radon can enter a house because of air and temperature differences between the home and the outside air. When air is vented from a building by natural or powered ventilation, radon is drawn in from the surrounding soil through openings between the house and the soil. In addition, other soil gases and moisture enter the home through the openings (this is what leads to that "basement smell").



Cancer

Edwards Grant

- 66 applications received for home mitigation in the affected zip codes of 61554, 61610, 61611 61605, and 61607 with 10 homes completed this past year.
- Hult Center for Healthy Living created a school-based asthma awareness program.

Colorectal Cancer

- Baseline data was collected.
- March is Colorectal Cancer Month-interview with WMBD prompting screenings and City of Peoria lit the Murray Baker Bridge blue March 2nd-6th, 2022.
- Action Team member agencies participated Dress in Blue Day Match 4th with group pictures on social media; additional social media posts throughout the month promoted different options for colorectal screenings.
- Collaborated with OSF Healthcare to increase access to non -invasive screenings to underserved community by offering FIT Kits to OSF Care-A Van[AI1] .



Murray Baker Bridge lit blue for awareness of Colorectal Cancer Month in March.

Tobacco

- The Illinois Tobacco Free Communities grant continues to promote new or updated polices in the tri-county area. An addition to the grant this past year was reaching out to businesses and restaurants covered under the 2008 Smoke Free Illinois Act, encouraging owners to add e-cigarettes, and vaping to their policies. A rack card was designed and distributed to promote this new grant deliverable.
- Events, outdoor spaces, campuses, and multi-unit housing continue to be the focus of the ITFC grant with 9 new polices since July 2021. In total 52 tobacco-free policies have been created in 70 locations, including 5 events for the tri-county ITFC grant.
- Continued working with local law enforcement to completed 448 Smoke-Free Illinois Compliance checks so far this grant year. Law enforcement partners are Peoria County Sheriff's Office, Woodford County Sherriff's Office, Creve Coeur, Mackinaw and Pekin Police Departments.



ILLINOIS TOBACCO-FREE COMMUNITIES

Live, Work, and Play
Tobacco-Free in
Peoria, Tazewell &
Woodford counties



Illinois Tobacco-Free Communities
Live, Work, and Play
Tobacco-Free

Enhance your smoke-free policy!

- Strengthen your current policy to include all tobacco products like e-cigarettes and vaping
- Include outdoor patios and dining areas in your tobacco-free space

We Can Help You!

- Free signage
- Help with policy creation
- Free promotion of your business and policy

Give Us a Call!

Hult Center for Healthy Living
309-692-6650
Peoria City/County Health Department
309-679-6603
Tazewell County Health Department
309-929-0304
Woodford County Health Department
309-467-3064

This project was made possible by funds received from the Illinois Department of Public Health

2020-2022

Community Health Needs Assessment & Improvement Plan

In 2019, the Partnership for a Healthy Community embarked on the planning of the 2020-2022 Community Health Improvement Plan (CHIP). The PFHC Board adopted a collaborative approach including a focus on identifying social determinants of health and their impact on health priorities.

The Community Health Needs Assessment (CHNA) was used to assist in identification of health concerns and included primary and secondary data from a variety of sectors and community survey on perception. The PFHC hosted a meeting with over 100 community members representing various sectors to prioritize four strategic health priorities.

Mental Health

Improve mental health among tri-county residents through preventative strategies and increased access to services.

Substance Use

Reduce substance use to protect the health, safety, and quality of life for tri-county residents.

Healthy Eating & Active Living

Foster and promote healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area.

Cancer (Breast, Lung, & Colorectal)

Reduce the illness, disability and death caused by breast, lung, and colorectal cancer in the tri-county area.

The Partnership for a Healthy Community (PFHC) recognizes that to impact true change, the work of those involved needs to be open and available to the communities we serve. Our goal of transparency and accountability is to create an informed public, support collaborations, and provide a platform for engaging a variety of stakeholders.

The WWW.HEALTHYHOI.ORG website offers updated information on meetings, projects, and support innovation and partnerships. Features include discussion boards, centralized Action Team areas, and routine reporting.

The PFHC continues to seek additional partners agencies and those with lived experience to join the initiative to help create our vision for a thriving community that is inclusive, diverse, and sustainable to ensure health equity and opportunity for well-being for all.

