

2023 Annual Report



PARTNERSHIP FOR A HEALTHY COMMUNITY

www.healthyhoi.org

Partnership for a Healthy Community



On behalf of the Partnership for a Healthy Community, we are pleased to present the 2023 Annual Report.

In 2023, the Partnership for a Healthy Community (PFHC) started the first year of the three-year cycle. We thank board members, action team chairs, and members as we completed the previous three-year cycle.

The PFHC continued to see challenges within the priority areas that were chosen. With collaboration, there has been movement to find areas of focus to support and drive the initiatives forward.

PFHC will continue to support the initiatives within the partnership to address health priorities in Peoria, Tazewell and Woodford counties.

The PFHC Board is proud of the work that has been completed and will look forward to embracing opportunities and to address challenges ahead.

Amy Fox

Amy Fox
Co-Chair

Phil Baer

Phil Baer
Co-Chair

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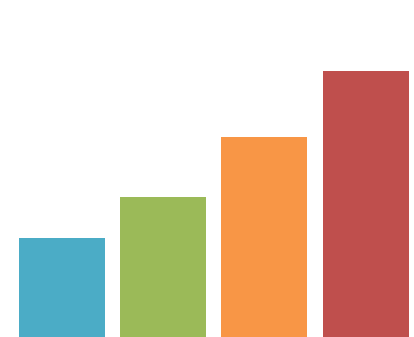
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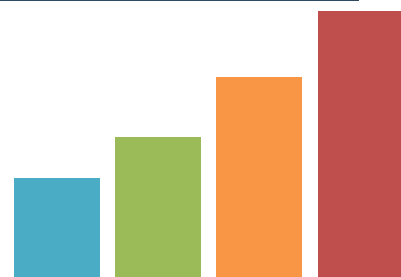
OSF Medical Group - Pediatrics

Larry Weinzimmer

Bradley University

Jennifer Zammuto

Heart of Illinois United Way





Mental Health

Goal: Improve mental health, specifically suicide, depression, and anxiety within the Tri-County Region.

The Mental Health Action Team strived to improve mental health through two evidence-based strategies outlined in the 2023-2025 Partnership for a Healthy Community Improvement Plan. During 2023, the Action Team continued to hold monthly meetings with 292 volunteer hours committed representing 18 partner agencies. Two sub-committees were formed to make further progress for each intervention: Culturally Adapted Health Care (CAHC) and Telemedicine. The Mental Health Action Team and sub-committees continue to meet monthly.

In 2023, two objectives were chosen:

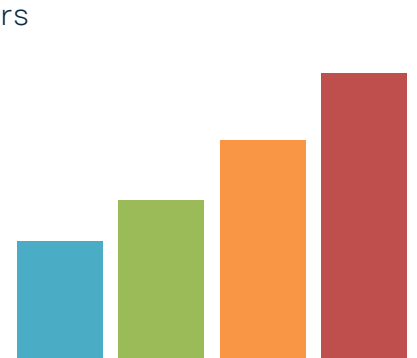
Culturally Adapted Health Care

- Promote awareness & education to improve cultural competence related to mental health care.
- Provide educational training to healthcare professionals.
- Create policies to support culturally-adapted healthcare
- Create culturally- and linguistically-adapted materials

Telemedicine

- Inventory telemedicine/telepsychiatry resources
- Disseminate information about telepsychiatry resources
- Support structured partnerships for telemedicine
- Expand locations providing telemedicine services
- Focus on underserved and rural areas

Active Organizations: Annie Malone Center for Development, Banyan Center, Trillium Place, Central Illinois Friends, Bob Michael VA, Peoria ROE, Phoenix, Peoria City/County Health Department, Children's Home Association of Illinois, Woodford County Health Department, Tazewell County Health Department, Carle Health, OSF Saint Francis Medical Center, Heartland Health Services, Home for All Continuum of Care, OSF Resource Link, OSF Strive, Hult Center for Healthy Living, NAMI Tri-County, and private counseling centers





Mental Health (continued)

2023 Successes:

- Trillium Place (ACES Are Not Destiny by the National Council for Mental Wellbeing) - 181 mental health team members trained and successfully established a supervision cohort to address organizational changes to improve best practices as it relates to trauma-informed care.
- Developed a telepsychiatry provider list (link to page)
- Promoted Carle Health’s Transgender Care Directory to increase awareness of inclusive healthcare
- The Mental Health Action Team participated in Safe Zone training provided by Central Illinois FRIENDS to improve LGBTQ+ awareness and inclusivity among members
- 2021-2023 Mental Health Performance Management committees (suicide prevention, Mental Health First Aid cadre, and trauma-informed schools) continued to support community mental health initiatives

Looking Ahead:

- Increase Social media messaging to promote CAHC and telepsychiatry services
- Increase promotion of 2-1-1 and 9-8-8
- Increased CAHC trainings for providers
- Continue certifying residents in Mental Health First Aid
- Increase engagement in CAHC and telepsychiatry subcommittees

2023 MHFA Cadre Training Breakdown

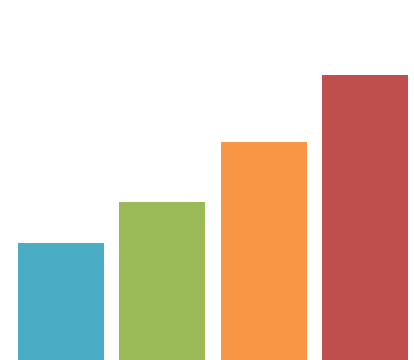
	Adult	Youth	Pop Specific	Total
Trainings	16	16	3	35
Attendees	268	234		502
Rural High Need Area	5	7		12

16 Youth Classes
16 Adult Classes

2 Fire/EMS Classes
1 Higher Education

2024 MHFA Cadre Goals

17 Youth Classes / 17 Adult Classes / 3 Pop Specific / 32 Total
552 Attendees (295 Adult / 257 Youth)





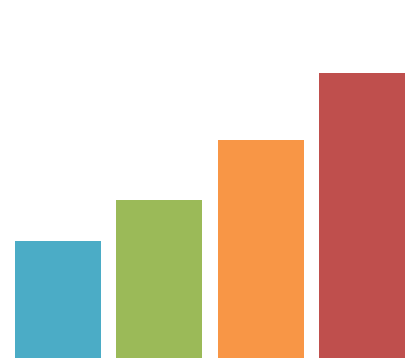
HEAL

Hunger Action Month was honored throughout the month of September with a bridge lighting ceremony, proclamations at Tazewell, Peoria, and Woodford Board meetings, Nourish Your Neighbor food drives in partnership with the local Krogers and an annual social media educational campaign.

To support the hunger and health needs in the Tri-County, the Partnership for a Healthy Community hosted the 2023 Tri-County Hunger Walk to raise awareness and offer a place for the public to donate healthy, shelf-stable food items to local pantries. There were 70 participants who donated 785 pounds of food to 3 local food pantries.

A new Hunger Action Month toolkit was developed by the HEAL team. This resource can be used by communities year-round to fight hunger. Within the toolkit you can find information about the importance of fighting hunger in your community, how to find food, and ways to fight hunger locally. You can also find a wealth of resources that can be used to support you in your fight against hunger in the community. If you are interested in using this toolkit in your community, it can now be accessed on the HEAL coalition website: healthyhoi.org/Tri-County-Hunger-Walk.

A full report from the month can be found online at: bit.ly/HAM2024.





HEAL (continued)

After collecting over 23,000 lbs of fresh produce for neighbors in need in 2022, the Grow A Row campaign had a goal of hitting 25,000 lbs in 2023. Thanks to hard work from 21 participating gardens, this goal was surpassed and in 2023 30,431 lbs of fresh, locally grown fruits and vegetables were donated to area food pantries. This wouldn't be possible without the participation of many community gardens, home growers and greenhouses. Each has made a tremendous impact on the charitable food system and positively impacted the health and well-being of our residents.

GROW A ROW 2023 PROJECT TOTALS

30,431 pounds

Thank You to all participating Gardens!

- Circle Shore
- Creve Coeur Public Library
- Creve Coeur Park District Community Garden
- Donna's Garden
- Goodness Garden
- Graham, That's Enough Water
- Holly's Happy Place
- Janine's Home Garden
- Mangiaplane Ranch
- Morton Giving Garden
- OSF Gardens of Hope
- Pasko Family Produce
- Peace Garden
- Pekin Giving Garden
- Pekin Park District - Parkside Learning Garden
- Rabbits' Chow Hall
- Rose Family Garden
- Scheerer Garden
- Tazewell County Health Department WIC Garden
- UICOMP Growing Together Garden
- Washington Food Pantry Garden

Partnership for a Healthy Community healthyhoi.org

11.2023

HEAL Educational Campaigns

The HEAL Healthy Eating & Physical Activity Workgroups have implemented social media campaigns highlighting the tips and benefits to support healthy eating & physical activity. A couple of these campaigns are highlighted below.

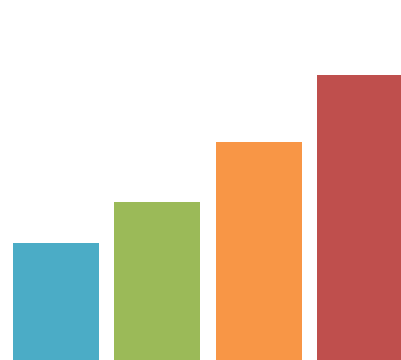
Take A Walk Wednesday. The campaign featured 8 separate social media posts on the Partnership For A Health Community (PFHC) Facebook page to highlight the benefit of walking with a link to learn more.

TAKE A WALK Wednesday

Join us for an 8-week challenge to enjoy the various benefits of walking. Today is the perfect time to take a walk.

WEEK 1: WALKING EASES JOINT PAIN

Partnership for a Healthy Community healthyhoi.org



HEAL (continued)

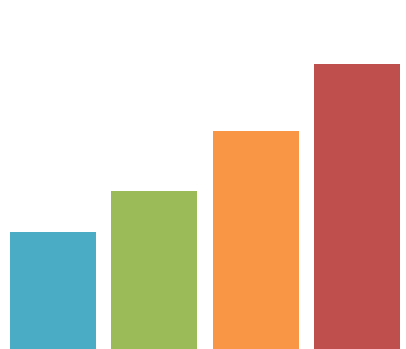
#**MOVEITMONDAYS** is a health campaign which offers helpful and encouraging tips for integrating healthy habits into our daily lives by adding 10-minute movement break throughout your day.



Happy **HEALTHY** Holidays

A new campaign around healthy eating during the Holiday Season was developed by the Healthy Eating Workgroup team. The campaign featured a series of 7 posts focusing on holiday favorite recipes with a healthy twist. Tip posts and videos went up weekly and can be found on the Partnership Facebook page: facebook.com/PartnershipforaHealthyCommunity/.

Pictured: Mike, Rebecca and Emily worked together to create the recipe videos in the Happy **HEALTHY** Holidays campaign. The three recipe videos created for the campaign included and pictured above are: leftover turkey casserole, quick fat-free eggnog, and buffalo cauliflower wings





HEAL

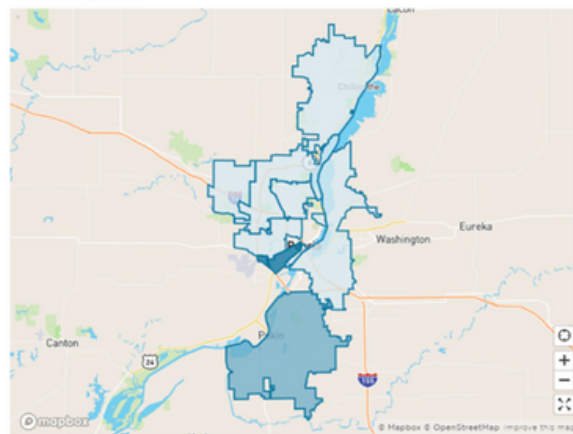
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HEAL FSP Grants

HEAL-Food System Partners continues to impact the local meal-gap as we finish year 5 of the Ending Hunger Together grant from Community Foundation of Central Illinois. This year the collaboration focused on sustainability of teams and reach of current efforts.

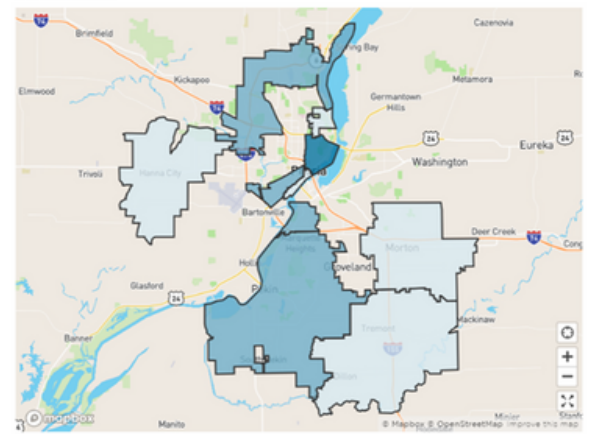
Grants that could help build capacity within the local charitable food systems, increase healthy food access for the community, enhance food safety operations for organizations and offer expansion opportunities were announced. In fall of 2023, these grants received 33 applications and between November 2023 to January 2024 HEAL-FSP was able to award 20 grants totaling \$9500 going directly to food pantries and community gardens across the Tri-County.

Food Pantry Grants



Count
1 - 13
14 - 16
17 - 19
Years 4 & 5

Garden Grants

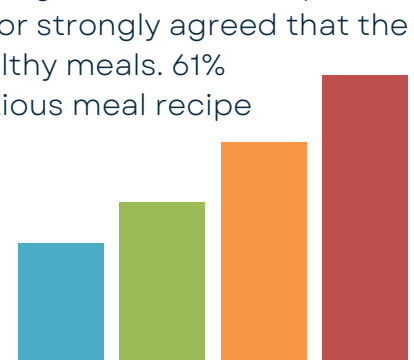


Count
1 - 2
3 - 4
5
Years 4 & 5

Hispanic Mobile Food Pantries

Six mobile food pantries served over 370 households (4.5 members/household on average) to whom outreach targeted the Hispanic community. 72% of these households comprised 2 or more children. Almost half of these households had someone with hypertension or diabetes.

Food options included Latin inspired staple items and recipes with nutrition education written in both Spanish and English. Spanish-fluent volunteers also offered health screenings and education. 61% of participants identified as Hispanic for whom 59% disclosed their country of origin was Mexico and the other 41% from Central or South America. 88% of pantry guests somewhat agreed or strongly agreed that food options matched their family's food culture. 86% somewhat agreed or strongly agreed that the food boxes had enough options to create balanced and healthy meals. 61% (100 guests) of those returning to the pantry used the nutritious meal recipe provided with meal bundles.





Obesity

Obesity Prevention and Control: Digital Health Interventions for Adolescents with Overweight or Obesity

- Goal: Reduce the proportion of residents with obesity in the Tri-County Region.
- Objective O1: By December 31, 2025, reduce the proportion of adolescents with obesity in the TriCounty Region by 1%.
- Intervention Strategy: Digital Health Interventions for Adolescents with Obesity (DHIAO)

Year 1 Adolescent Obesity Work



The Partnership for a Healthy Community team is focusing on digital interventions for adolescents with obesity with the goal of decreasing tri-county adolescent obesity by 1% through the end of 2025.



The team is working on developing an evidence based practice toolkit for tri-county use. The goal of this toolkit is to increase comfort, ease, and practice of adolescent obesity treatment in the primary care setting.



The team will also be exploring expanded utilization of MyChart for delivering interventions.



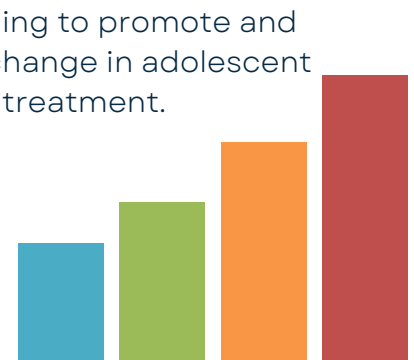
The team reviewed available digital interventions listed on DHIAO and independent apps currently on the market. They determined that these apps were not the best practice for obesity treatment with this age group, as strict oversight is needed by trained professionals.



There is a need to increase capacity and align messaging to promote the WELL Program (Hult Center, Carle Health) and Healthy Kids U (OSF Healthcare).



Additionally, the group is pursuing a grant opportunity with the goal of leveraging social media for health promotion in adolescents. The main strategy would involve using focused groups to study and leverage social media messaging to promote and affect change in adolescent obesity treatment.





Obesity (continued)

Local Trending Data

BMI data was reviewed for a large sample population of children (3-17 years) living in the Tri-County area from 2021 to 2023. Findings include:

- In 2023, 32.52% of children were classified as obese/overweight.
- Obesity/overweight decreased by 2.92% for children of all ages from 2021 to 2023
- Obesity/overweight decreased by 1.54% for adolescents (12-17) from 2021 to 2023



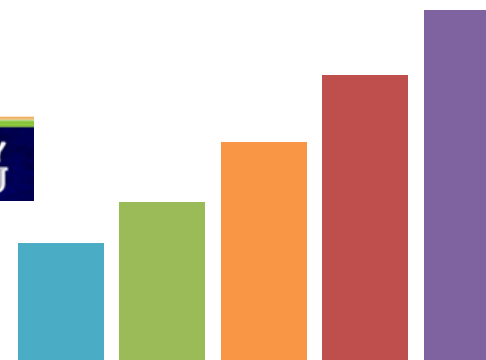
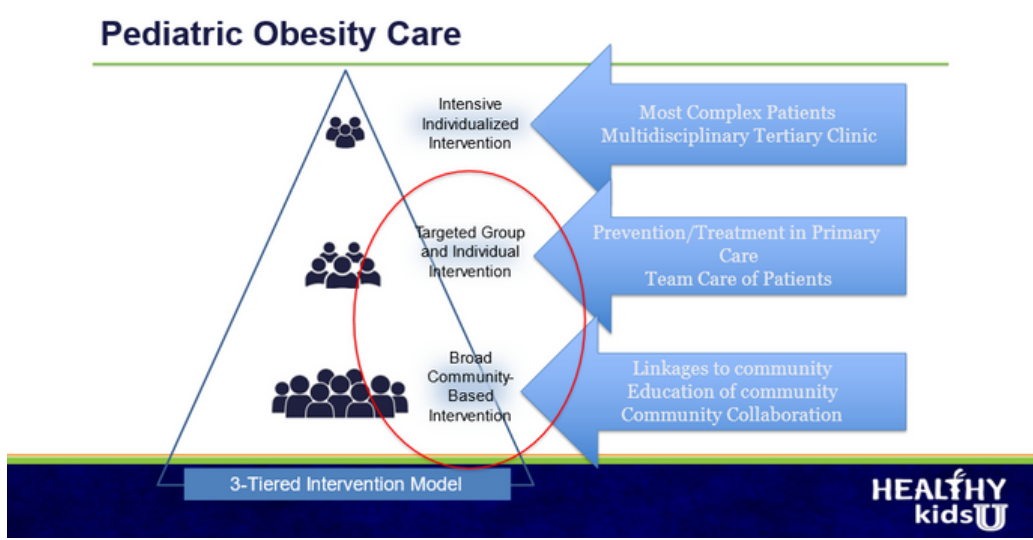
Healthy Kids U clinic teaches healthy eating habits, portion control, meal planning, and healthy levels of activity and exercise. Healthy Kids U is available for children and teens 2 to 8 years old who are referred by their primary care provider. Through early identification, education, and healthy lifestyle change, we help our patients and their families improve their overall health and wellness.

Healthy Kids U partners with the local YMCA as well as health professional learners, RD interns, and medical students to deliver group management weekly for 10 weeks, three times per year. This program is called In Motion and costs \$20 for all sessions which includes membership to the YMCA during those 10 weeks.

Healthy Kids U became a Saint Francis Medical Center- Hospital Outpatient Department on October 1, 2023. (Previously UICOMP)

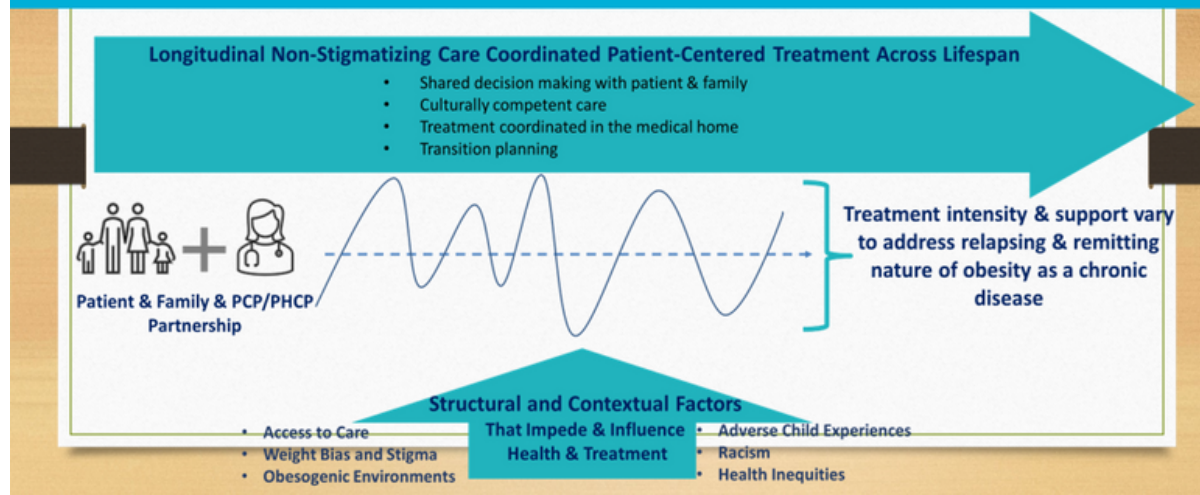
- In the 1st fiscal year, there were:
- 1656 patient encounters
 - 367 referrals

Chronic Care Model: Childhood Obesity - Presented to Carle and OSF By: Dr. Amy Christison

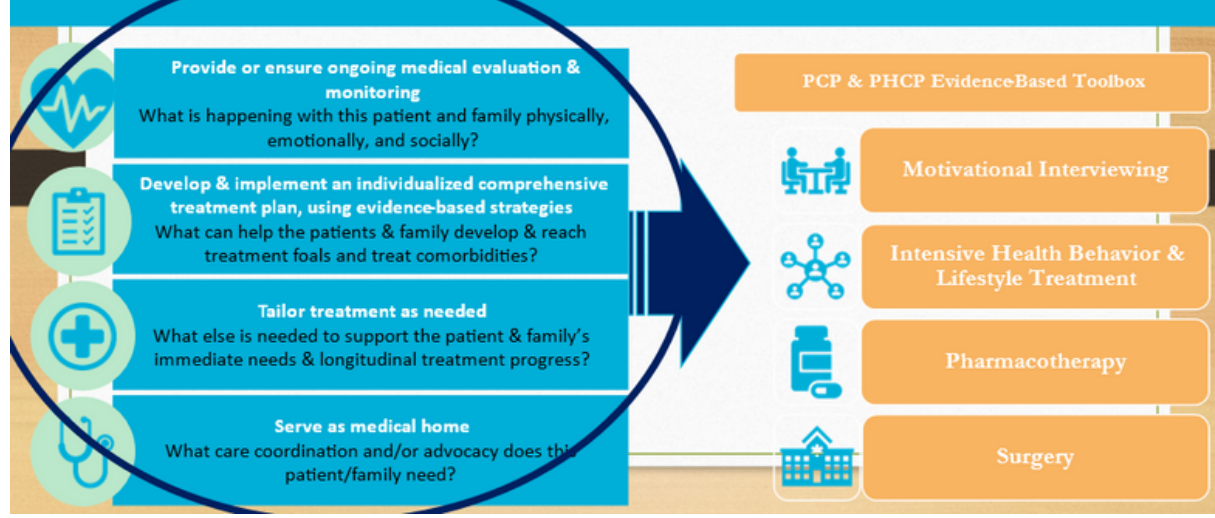


Obesity (continued)

Treatment Experience of Obesity as a Chronic Disease



Provide the most intensive longitudinal treatment in the medical home...





Obesity

(continued)



WELL Program Highlights

The WELL (Wellness Education and Lifestyle Learning) Program **Empowers Adolescents** (ages 8-17) to live a healthier life through one-on-one health coaching sessions provided in-person or virtually.

In 2022, the WELL Program had:

137	500	5
<i>Referrals from Pediatric Providers</i>	<i>Hours of Health Coaching with Youth</i>	<i>New schools served as locations for health coaching</i>

Through one-on-one health coaching, participants:

- ✓ Learn about the importance of a healthy lifestyle
- ✓ Set healthy, achievable goals
- ✓ Improve fitness & healthy eating
- ✓ Overcome barriers to success
- ✓ Manage stress

The WELL Program is made available at no cost to participants thanks to Heart of Illinois United Way and Illinois Department of Public Health.



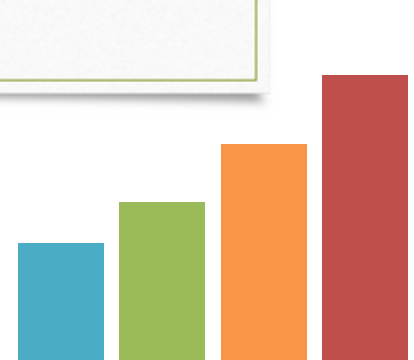
www.hulthealthy.org

The Wellness Education and Lifestyle Learning (WELL) Program is a health coaching program for youth and adolescents between the ages of 8 & 17 years who are overweight, obese, or morbidly obese, and at risk for developing type 2 diabetes.

- 150+ youth & adolescents referred.
- 500+ hours of health coaching completed.
- 5 new schools were established as health coaching locations.
- Community RD added to the program.

Grant Opportunity

Leveraging social media platforms to promote healthy eating and physical activity behaviors will lead to a decrease in the rates of overweight and obese adolescents in the tri-county area.





Cancer

2023 Cancer Performance Management

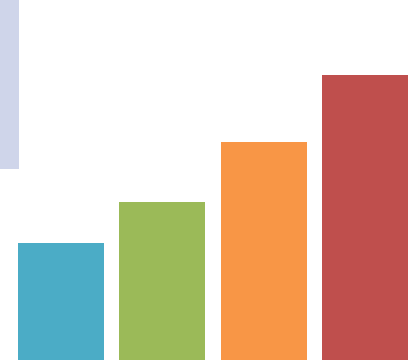
The objectives include reducing age-adjusted death rate by 1% for all three cancers, as well as an additional objective to increase genetic screening to identify high-risk patients. In 2023, the Cancer Action Performance Management team identified an opportunity to coordinate community-wide screening days which were held on May 19 and October 20. Both Carle Health and OSF also participated in National Lung Cancer Screening Day on November 11. In partnership with the American Cancer Society, grant funding was secured to reduce transportation and lodging barriers to care for patients in active treatment, and two evidence-based screening projects were implemented to increase lung and breast cancer screening rates among targeted patients in the tri-county area. Edwards Grant activities are ongoing. The final report will be released in June 2024.

2023-2025 Objectives

RECOMMENDATION:

Add Objective #4- Increase genetic screening to identify high risk patients
 Evaluation Plan: # cancer high risk assessments completed (consulted and completed)

PFHC Cancer Action Team	Healthy People 2030
<p>Long: Reduce female breast cancer death rate by 1%</p> <p>Short: Increase the number of breast cancer screenings in women over age 40</p>	<p>Target: 15.3 per 100,000</p> <p>Baseline: 19.7 per 100,000 females in 2018</p> <p>Age-adjusted death rate 2015-2019: Peoria: 20.6 Tazewell: 20.6 Woodford: 22.9</p>
<p>Long: Reduce colorectal cancer death rate by 1%</p> <p>Short: Increase the number of colorectal cancer screenings for men and women over age 45 (colonoscopy, Cologuard, FIT, FOBT)</p>	<p>Target: 8.9 per 100,000</p> <p>Baseline: 13.4 per 100,000 in 2018</p> <p>Age-adjusted death rate 2015-2019: Peoria: 11.6 Tazewell: 13.8 Woodford: 12.1</p>
<p>Long: Reduce lung cancer death rate by 1%</p> <p>Short: Increase the number of LDCTs completed by eligible patients ages 50-77</p>	<p>Target: 25.1 per 100,000</p> <p>Baseline: 34.8 per 100,000</p> <p>Age-adjusted death rate 2015-2019: Peoria: 39.2 Tazewell: 41.8 Woodford: 36.9</p>





Cancer (continued)

Events

Community-Wide Screening Days

2 events per year; spring + fall

- May 19, 2023- Carle Pekin, OSF SFMC
- October 20, 2023- Carle N. Allen FM, OSF Rt 91

National Lung Cancer Screening Day

- November 11, 2023
- OSF SFMC, Carle Proctor

PASSPORT
SCREENING TO YOUR HEALTH

CANCER SCREENING DAY

BREAST CANCER SCREENING
LUNG CANCER SCREENING
CERVICAL CANCER SCREENING
COLON CANCER SCREENING
SKIN CANCER SCREENING

May 19, 2023 • 8 a.m. to 5 p.m.

Receive your **NO COST** cancer screenings hosted by Carle Health.

Screenings include: Lung Cancer 50+ with smoking history*
 *Screenings are restricted to the first cancer screening. Call OSF or OSF Proctor for more information.
 Skin Cancer 20+*
 Colon Cancer 50+*
 Cervical Cancer 21-44*
 Breast Cancer 40+*

Questions? Call us! (309) 671-2194

Location: Carle Health Pekin Diagnostic Center
600 S 13th St. | Pekin, IL 61554

Provided by: Carle Health, OSF HealthCare, and local health departments.

PROOF

NO EXCUSES
It's time for your cancer screenings

Overlook for your cancer screenings?
Time for you to start cancer screenings?
Your busy schedule can make it hard to set up your screenings. Our No Excuses event makes it easy for you with a one-stop cancer screening opportunity.

Learn about cancer risks and prevention
Your lifestyle, habits and family history all play a role in determining your risk for cancer. The first step to preventing cancer is understanding your risk. Join us for education, screenings and give a wave.

For questions or to register, call (309) 308-0200.

Are you age 40-64 and uninsured or underinsured?
If yes, we invite you to come and receive a FREE screening mammogram. Medicare recipients are not eligible. Please provide the last two paychecks showing all household wages.
If you qualify, call (309) 821-0111, ext. 3324.

A one-stop cancer screening event
8 a.m. - 4 p.m.

May 19
OSF HealthCare
Saint Francis Medical Center
Pekin
Event 2 address by MailPak 2 off of Glen Oak avenue

October 20
OSF Center for Health - Route 91
Pekin
Walk-ins welcome!
Screening guidelines must be met for screenings to be completed. Some screenings are free of charge, while others will be billed to your insurance.

- Cervical screening
- Colon cancer screening
- Education on cancer prevention and screening
- Genetic cancer risk assessment
- Low-dose lung CT
- Mammography
- Oral cancer exam
- Skin cancer checks
- OSF Care & Van wellness screenings

Screenings are subject to change.

Data

Breast:

38,000+ screening mammograms
72.9% screening rate among women aged 50-74 (Tri-County)
Data from CDC Places: Local Data for Better Health

Colorectal:

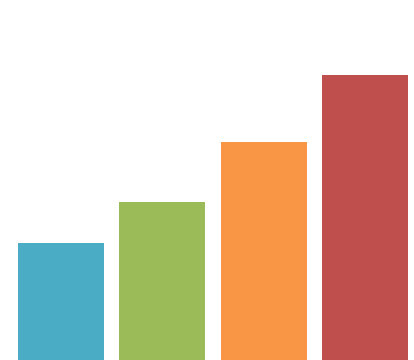
71% screening rate among adults aged 50-75 (Tri-County)
Data from CDC Places: Local Data for Better Health

Lung:

4700+ LDCTs
Edwards Grant: Final report to be released in June 2024

Genetics testing:

10,300+ screenings





Cancer (continued)

Reducing Barriers to Care

American Cancer Society Partnerships

Patient Transportation & Lodging Grants

- 4/1/23-3/30/24
- OSF SFMC = \$15K PLG, \$20K PTG
- Carle Methodist = \$7500 PLG, \$10K PTG

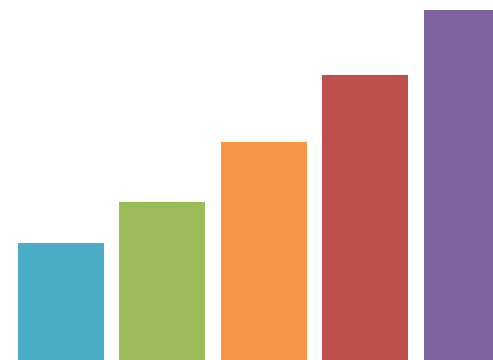
Screening Project

American Cancer Society Partnerships

- I&I Lung Cancer Screening Initiative
- Carle Methodist
- \$20K NFL Change Grant
- EBI-based collaborative project to increase lung cancer screening rate

Breast Health Task Force

- Heartland Health Services
- \$20K Merck
- EBI-based collaborative project to increase breast cancer screening rate





Substance Use

The Substance Use Action Team, now in Performance Management, continued previous efforts to reduce substance use and their associated harms in 2023. The team met monthly and reported progress towards their objectives.

The Substance Use Team worked to improve the following objectives:

Objective #1: By December 31, 2025, reduce drug overdose deaths by 5% resulting in a Tri-County overdose death rate of 22.12 per 100,000.

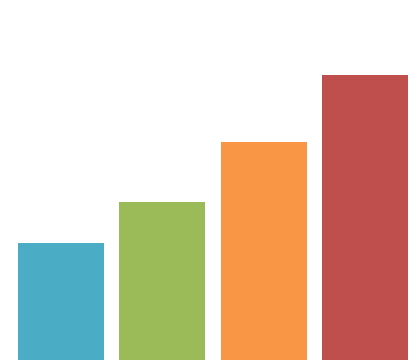
Objective #2: By December 31, 2025, reduce the proportion of adolescents reporting using substances in the Tri-County area by 5%.

Objective #3: By December 31, 2025, increase the proportion of people with a substance use disorder (SUD) in the Tri-County region who received treatment in the past year by 3%.

The Substance Use team met in 3 sub-groups to work towards meeting their objectives: Health Care Provider Education, School-Based Education, and Narcan Distribution/Outreach

Awareness & Education Campaign

In 2022, the Tazewell County Health Department in partnership with the Substance Use Team developed an awareness campaign to educate and reduce stigma associated with substance use disorder through sharing the message “addiction can impact anyone.” The campaign was shared through a digital advertisement that ran for 30 days and reached over 161,470 people in the Tri-County region ages 30-59 saw the public health message. A similar message was also placed on the back of CityLink buses in the fall of 2023.



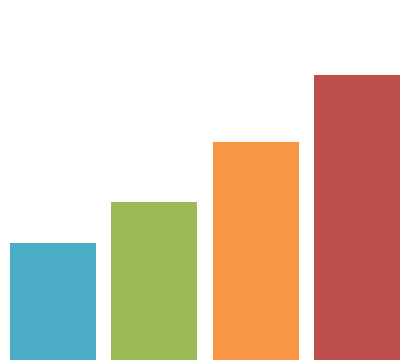


Substance Use (continued)

Narcan Distribution/Outreach

The Peoria City/County Health Department continues to make efforts to decrease overdose deaths and increase access to Narcan and other harm-reduction resources in the community. Harm reduction strategies have been shown to impact public health positively by reducing overdose mortality and morbidities, transmission of infectious disease among those with substance use disorder and the community, hospital costs, and also increasing opportunities for substance use treatment and other services.

One of our efforts was purchasing four Public Health Vending Machines (PHVM) to provide access to Narcan in communities where our data shows higher rates of overdoses. In 2023, PHVMs were placed at Phoenix Development Center on Madison, Heartland Health Services on Wisconsin, and 3300 Event Center on Willow Knolls. The fourth PHVM will be placed at a location on the South Side of Peoria in early 2024. The PHVMs are stocked with Narcan, fentanyl test strips, xylazine test strips, and other harm-reduction resources at no cost to the individuals accessing them. For more information on opioid awareness, please visit <https://opioid-awareness-peoriacountygis.hub.arcgis.com/>.





Executive Summary

The successful adoption of the 2023-2025 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 2023, the Partnership for a Healthy Community continued to address priority health concerns. The Partnership and its Action Teams will continue to expand the collaborative strategies in priority areas, and begin planning and conducting the Mobilizing Action through Planning and Partnership (MAPP) 2.0.

Highlights

Highlights 2023-2025 CHNA/CHIP

- The Partners for a Healthy Community (PFHC) continued to monitor and implement strategies identified in the 2023-2025 Community Health Improvement Plan (CHIP).
- Moving forward, the PFHC will strategically focus on Mental Health, Healthy Eating/Active Living, and Obesity. PFHC will continue to work on performance management programs to include substance use, cancer, and reproductive health.



Contact Us



www.healthyhoi.org



**Partnership for a
Healthy Community**

healthyhoi.org

