

**SSM Health Good Samaritan Hospital
- Mt. Vernon**

1 Good Samaritan Way | Mt. Vernon, IL 62864



SSMHealth

In partnership with the Felician Sisters

2016-2018

Community Health Needs Assessment



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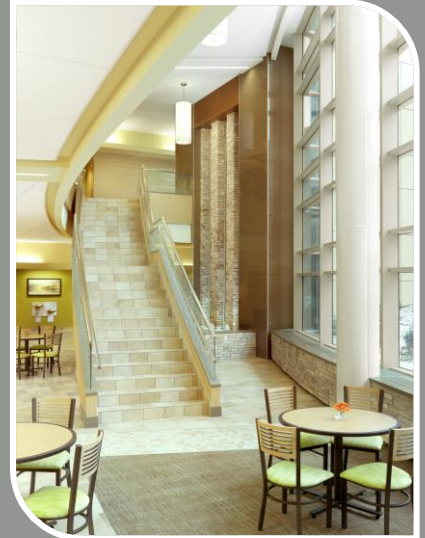
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Message to Our Community



SSMHealth

In partnership with the Felician Sisters

SSM Health Good Samaritan Hospital - Mt. Vernon has delivered exceptional, compassionate care to Jefferson County and surrounding areas for many years. We are guided by our Mission – to continue the healing ministry of Jesus Christ by improving and providing regional, cost effective, quality health services for everyone with a special concern for the poor and vulnerable.

Our Vision is to be the provider of choice by providing a comprehensive regional network of quality health care services that will allow the patients within the area to receive a broader spectrum of services closer to home. Consistent with our Mission, we will provide these services in collaboration with our medical staff, employees and organizations within our communities. We rely on these relationships to help us identify and develop plans in order to address high-priority population health needs. We are grateful for the opportunity to partner with local organizations in our efforts to improve the health of our communities.

Over the last 12 months, in collaboration with our community partners, SSM Health Good Samaritan Hospital - Mt. Vernon conducted a Community Health Needs Assessment (CHNA) by gathering health-related information from Healthy Communities Institute (HCI) specific to Jefferson County and the surrounding areas. We have also interviewed key health officials and conducted community health surveys to identify concerns about the health of these communities, while assessing the number of area-based programs and organizations that exist to address the community's needs. The identified needs were prioritized based on the level of importance to community members and the hospital's ability to make a significant impact.

The priorities we will address over the next three years include:

- Cancer
- Heart Disease
- Obesity

During this time, SSM Health Good Samaritan Hospital - Mt. Vernon will further develop its community partnerships and deliver an exceptional experience through high-quality, accessible, and affordable care. Please visit our website at ssmhealthillinois.com to learn more about how we will continue to make a difference in our community.

I welcome your thoughts on how we can create a healthier Southern Illinois together.

Sincerely,

A handwritten signature in black ink that reads "Michael Warren".

Michael Warren, FACHE

President at SSM Health Good Samaritan Hospital - Mt. Vernon



Contact us for more information or to take part in improving the health of our community by calling **618-242-4600** or visit our website at ssmhealthillinois.com

Executive Summary



In partnership with the Felician Sisters

Background

SSM Health Good Samaritan Hospital - Mt. Vernon is pleased to present the 2016 - 2018 (2016 Tax Year) Community Health Needs Assessment (CHNA). This CHNA report provides an overview of the health needs and priorities associated with our service area. The goal of this report is to provide individuals with a deeper understanding of the health needs in our community, as well as help guide the hospital in its community benefit planning efforts and development of an implementation strategy to address evaluated needs. The SSM Health Illinois Regional Board approved this CHNA on Dec. 17, 2015. SSM Health Good Samaritan Hospital - Mt. Vernon last conducted a CHNA in 2012.

The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three tax years and adopt a strategic implementation plan for addressing identified needs.



Priorities

SSM Health Good Samaritan Hospital - Mt. Vernon held a meeting with local, regional, and corporate members to determine priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen included cancer, heart disease and obesity. Resources available each priority include:

- **Cancer:** Resources include the Cancer Committee of SSM Health Good Samaritan Hospital - Mt. Vernon, the Center for Comprehensive Cancer Care, the American Cancer Society and associated members of SSM Health Good Samaritan Hospital - Mt. Vernon's medical staff
- **Heart Disease:** Resources include SSM Health Cardiologists, SSM Health Primary Care, the Cardiology Department of SSM Health Good Samaritan Hospital - Mt. Vernon and the American Heart Association
- **Obesity:** Resources include the SSM Health Bariatric and Weight Loss program, the Felician Wellness Center, the American Diabetes Association, the Nutrition and Physical Therapy departments of SSM Health Good Samaritan Hospital - Mt. Vernon and local fitness programs

Goals

Cancer

- Reduce the Jefferson County age-adjusted death rate due to cancer from 203.1 deaths per 100,000 persons reported in 2015 to 195.8 deaths per 100,000 persons by 2018 (close the gap between county and national rate by 25%)
- Reduce the percentage of initial cancer diagnoses that are late stage (III and IV) for lung, prostate and colorectal cancer, from 58% in 2014 to \leq 48% by 2018 (breast cancer has late stage rate of less than 15%)

Heart Disease

- Reduce the age-adjusted death rate due to coronary heart disease in Jefferson County from 115.7 deaths per 100,000 persons reported in 2015 to 105.7 death per 100,000 persons (the national rate) by 2018
- Reduce the 30-day all-cause readmission rate for SSM Health Good Samaritan Hospital - Mt. Vernon for patients with congestive heart failure (CHF), heart attack and open heart surgery to top quartile or better

Obesity

- Reduce the percentage of adults in Jefferson County who are considered overweight or obese from 64.9% reported in 2015 to \leq 63.1%, the national norm, by 2018
- Reduce the gap between the state and Jefferson County average of adults with diabetes by 50% to 10.35 per 100,000 by 2018
- Improve hemoglobin A1C control among SSM Health Medical Group patients with diabetes from 58.6% in 2014 to greater than 66.5% by 2018

About SSM Health and SSM Health Good Samaritan Hospital - Mt. Vernon



SSM Health

SSM Health is a Catholic, not-for-profit health system that has provided exceptional care to community members regardless of their ability to pay for more than 140 years. Guided by its Mission and Values, SSM Health is one of the largest integrated care delivery systems in the nation, serving the comprehensive health needs of communities across the Midwest.

SSM Health strives to provide a consistently exceptional experience through excellent service and high-quality, accessible and affordable care.

The SSM Health system spans four states, with care delivery sites in Illinois, Missouri, Oklahoma and Wisconsin. SSM Health includes 20 hospitals, more than 60 outpatient care sites, a pharmacy benefit company, an insurance company, two nursing homes, comprehensive home care and hospice services, a telehealth and technology company and two Accountable Care Organizations. With more than 31,000 employees, 1,100 employed physicians and 8,500 medical staff physicians, SSM Health is one of the largest employers in every community it serves



Through our exceptional health care services, we reveal the healing presence of God.

SSM Health Good Samaritan Hospital - Mt. Vernon

Community partnerships

SSM Health Good Samaritan Hospital - Mt. Vernon is proud to be a part of a community that assists one another to improve health outcomes in our area. Specifically, we work with area schools, the local Chamber of Commerce, Jefferson County Economic Development Commission, the Jefferson County Health Department, Rend Lake College as well as critical access hospitals across a nine county region.



Community benefit

In 2014, SSM Health Good Samaritan Hospital - Mt. Vernon provided \$40.5 million in unreimbursed care and \$3.6 million in other community benefits for a total of over \$44.5 million.

Additional affiliations and partnerships

SSM Health Good Samaritan Hospital - Mt. Vernon is jointly sponsored by SSM Health the managing partner of the joint operating agreement and Felician Services, Inc. (FSI).

Highlight of services

SSM Health Good Samaritan Hospital - Mt. Vernon offers a comprehensive array of acute inpatient services, along with an ambulatory network consisting of convenient care, primary care, and specialist providers.

2014 Hospital at a Glance

Admissions: 7,366

Outpatient Visits: 61,627

ER Visits: 23,042

Births: 1,079

Beds: 134

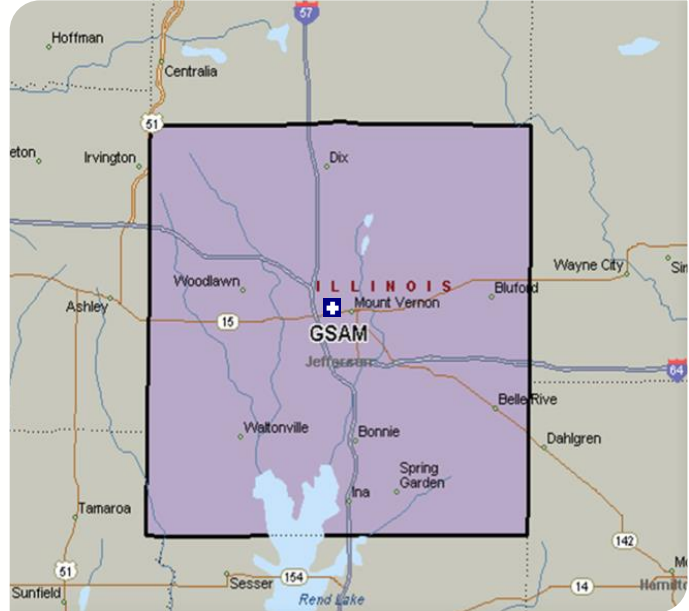
Employees: 1,101

Medical Staff: 220+

Volunteers: 142

About our Community

SSM Health Good Samaritan Hospital - Mt. Vernon is defines its community as Jefferson County and adjacent communities. In 2015, this service area had an estimated population of 38,000 people. The following pages of information include demographic and health indicator statistics specific to this community.

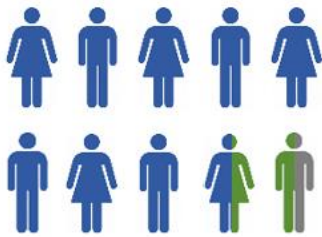


 SSM Health Good Samaritan Hospital - Mt. Vernon



Our community by the numbers

Race/Ethnicity



85.9% White/Non-Hispanic
8.70% African American/Non-Hispanic
5.40% Hispanic and All Others

Education Levels

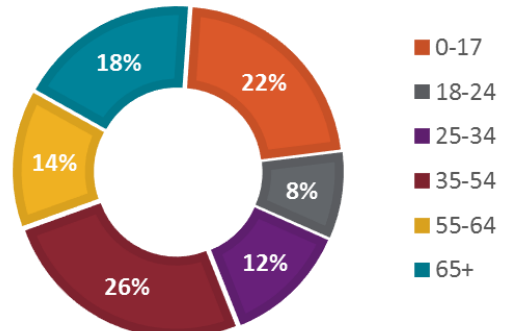


12.7% No High School Degree
34.6% High School Degree
36.3% Some College/Associate Degree
16.4% Bachelor's Degree or Greater

Income Levels



Age Groups



About the data

Health statistics were derived from a variety of sources including the Healthy Communities Institute (HCI) analytics platform. The website includes the most up-to-date publicly available data for approximately 140 community indicators from over 20 sources and covering 20 topics in the areas of population health, determinants of health, and quality of life. Below is a statistical overview of strengths and weaknesses within the community that factored into our discussions with local stakeholders regarding the priority health needs of the population within our service area.

Our community by the numbers



The Health Needs of Our Community



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Voice of the community

The community feedback consisted of a perception survey distributed to 48 leaders in a four-county area who provide services or live in Jefferson County, Illinois (see page 21 for a list of participants). The survey was conducted during the second quarter of 2015. The surveys were distributed by the Director of Community Health Services covering topics including, but not limited to the potential needs initially identified in the statistical data.

Of those surveyed, 52.1% responded. The results were tabulated, analyzed and a full report was provided to SSM Health local, regional and System teams. The top priorities were selected based upon the data, community feedback and the resources available for SSM Health Good Samaritan Hospital - Mt. Vernon to make a significant impact.

Issues identified and discussed include:

- Obesity
- Diabetes
- Tobacco use
- Child abuse
- Access to dental care
- Cancer
- Mental health
- Substance abuse
- Heart disease
- Allergies
- Access to providers
- Senior care
- Prevention

Key priorities



Cancer

Cancer was a significant issue expressed in the community feedback and was verified by data research.

Not only is our service area severely afflicted in terms of the number of people diagnosed with cancer on a yearly basis, but the death rate due to the disease is among the highest in the nation.

Specific sites of concern included the cancer sites of lung, oral, prostate and colorectal.



Heart Disease

Heart disease was a common issue expressed in the community feedback and was verified by data research.

Specific areas of concern included the death rate due to coronary heart disease, instances of heart failure with advanced ischemia, and the percentage of the population struggling with unmanaged blood pressure.



Obesity

Obesity was expressed as an issue in the community feedback and was verified by data research.

The disease is also a contributing factor of cancer, heart disease and the root cause for numerous other health concerns within the region.

Obesity is an issue within Southern Illinois as well as other service areas where SSM Health provides care. As a result, SSM Health has developed a comprehensive weight management program to address the issue.



Priority #1



Do you have a question about oncology services at SSM Health?

Visit our website at ssmhealthillinois.com.

Cancer is a significant barrier to an exceptional quality of life within our community. Not only is our service area one of the most afflicted in terms of the number of people diagnosed with cancer on an annual basis, but the death rate due to the associated diagnosis is among the highest in the nation.

There are a number of economic, environmental and lifestyle factors that contribute to this disparity. The local economy is one that is heavily reliant on industrial and agricultural processes that can potentially introduce harmful byproducts into the human system, which can lead to the development of cancer. The data also illustrate that use of tobacco products is significantly greater in our service area than most communities. While SSM Health Good Samaritan Hospital - Mt. Vernon is not equipped to address all of these influencing factors, we are able to assist our community in providing cancer treatment options and promoting healthy lifestyle practices that are highly conducive to preventing the development of cancer. These include:

- Regular medical exams and screenings. By increasing the chances of discovering cancer early, the success rate of treating and ultimately overcoming a cancer diagnosis also increases
- Creation of a healthy diet and promoting physically active lifestyles
- The provision of smoking cessation programs
- Immunization to protect against viral infections that lead to the development of cancer

Additional facts and figures

- The age-adjusted death rate due to cancer is 203.1 deaths per 100,000 persons, which is higher than both state and national rates of 181.1 and 173.8 deaths per 100,000 persons, respectively
- The all-cancer incidence rate is 523.7 cases per 100,000 persons, which is higher than both state and national rates of 482.2 and 459.8 cases per 100,000 persons, respectively
- The lung and bronchus cancer incident rate is 97.2 cases per 100,000 persons, which is higher than both state and national rates of 70.6 and 64.9 cases per 100,000 persons, respectively
- The age-adjusted death rate due to lung cancer is 50% higher than both state and national rates
- The prostate cancer incidence rate is 175.4 cases per 100,000 persons, which is higher than both state and national rates of 149.4 and 142.3 cases per 100,000 persons, respectively

Source: Healthy Communities Institute

Heart Disease



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Heart disease includes a range of conditions that affect the health of one's heart. There are a number of deficiencies within our community that correlate to poor heart health. Some of these lifestyle behaviors that increase the risk of heart disease include:

- Smoking
- Uncontrolled blood pressure
- High cholesterol levels
- Uncontrolled diabetes
- Stress and depression
- Unhealthy food choices
- Lack of exercise

In some cases, minorities and those living under financial distress are often segments of the population who are most affected by factors contributing to heart disease.

SSM Health and SSM Health Good Samaritan Hospital - Mt. Vernon offer a wide scope of programs with the goal of creating healthy lifestyle behaviors and reducing the risk of heart disease in our communities.

Additional facts and figures

- The age-adjusted death rate due to heart disease in Jefferson County is 115.7 deaths per 100,000 persons, which is higher than both state and national rates of 102.3 and 105.7 deaths per 100,000 persons, respectively
- 60.5% of the Medicare population have hypertension, which is higher than both state and national rates of 57.6% and 55.5%, respectively
- 57.8% of persons in Jefferson County have access to exercise opportunities, which was below the state rate of 89.4%
- 37.9% of the community has high blood pressure
- 36.5% of the community has high cholesterol, which is significantly higher than the Healthy People 2020 goal of 13.5%
- 31.2% of the Medicare population has been diagnosed with ischemic heart disease, which is higher than both state and national rates of 29% and 28.6%, respectively
- 15.4% of the Medicare population has been diagnosed with heart failure

Source: Healthy Communities Institute

Priority
#2



Do you have a question about heart and vascular services at SSM Health?

Visit our website at ssmhealthillinois.com.

Obesity



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Priority
#3

Obesity is defined as a life-long, progressive, life-threatening, genetically-related, and costly disease of excess fat storage. This disorder is associated with illnesses directly caused or worsened by significant weight. Morbid obesity (or clinically severe obesity) is defined as being over 200% of ideal weight, more than 100 pounds overweight, or a body mass index (BMI) of 40 or higher, at which serious medical conditions occur as a direct result of the obesity. Obesity and unhealthy weight management can also contribute to the development of other diseases such as diabetes and heart disease.

Lifestyles that can lead to increased risk of obesity mainly include physical inactivity combined with unhealthy diet and eating habits. In some cases, minorities and those living under financial distress are often segments of the population most affected by factors contributing to obesity.

Overall weight management is an identified need for Jefferson County, Illinois. As efforts continue to not yield the desired outcomes, SSM Health has engaged in a partnership for a comprehensive weight management program. While the program does include the use of bariatric surgery, the weight management program places a high importance on the development of a healthy lifestyle.



Additional facts and figures

- 64.9% of adults in Jefferson County are overweight ¹
- 27.9% of adults in Jefferson County are obese ¹
- 28.9% of the Medicare population in Jefferson County has diabetes, which is higher than both state and national averages ¹
- 11.5% of all adults in Jefferson County have diabetes, which is higher than the state average ¹
- Non-Hispanic African Americans have the highest age adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%) and non-Hispanic Asians (10.8%) ²
- Obesity is higher among middle-age adults, 40-59 years old (39.5%) than among younger adults, ages 20-39 (30.3%), or adults over 60 (35.4%) ²
- Higher income women are less likely to suffer from obesity than low-income women ²
- The prevalence of obesity among children between the ages of 2 and 5 years decreased significantly from 13.9% in 2003-2004 to 8.4% in 2011-2012 ²

Do you have a question
about obesity services
at SSM Health?

Visit our website at
ssmhealthillinois.com.

Source: ¹ Healthy Communities Institute, ² Center for Disease Control and Prevention

Going Forward



Achieving our Goals, Now and in the Future

SSM Health is committed to improving the health of our communities through collaborative efforts to address unmet needs.

SSM Health

SSM Health Good Samaritan Hospital - Mt. Vernon is pleased to make this source of reliable, current community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues, and plan strategies for improvement.

Please visit ssmhealth.com/system for more information.



FIND HEALTH DATA



FIND DEMOGRAPHIC DATA



FIND HEALTH DISPARITIES

Healthy People 2020 Progress Tracker

The Healthy People 2020 progress tracker provides a platform for measuring improvement of population health metrics associated with the US Healthy People 2020 objectives. The health objectives and 2020 goals allow communities to assess their health status through a comprehensive set of key disease indicators and create action plans relative to key priorities.

Indicator	Current and Target	Data	Since Prior Period	Status
Access to Health Services				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 percent Target: 100.0	78.1 100.0 Current Target	↓	TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 percent Target: 100.0	93.4 100.0 Current Target	↓	TARGET NOT MET
Adolescent Health				
High School Graduation <small>MAP</small>	Current: 82.3 percent Target: 82.4	82.3 82.4 Current Target	↑	TARGET NOT MET

Contact us to learn more at 1-877-241-5596.

**SSM Health Good Samaritan Hospital
- Mt. Vernon**

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2016-2018

Appendices

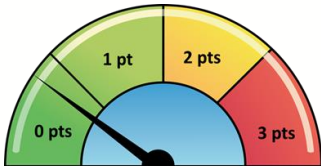


Additional demographic information

DEMOGRAPHIC CHARACTERISTICS										
		Selected Area		USA						
								2015	2020	% Change
2010 Total Population		38,241		308,745,538		Total Male Population		19,512	19,490	-0.1%
2015 Total Population		38,001		319,459,991		Total Female Population		18,489	18,422	-0.4%
2020 Total Population		37,912		330,689,365		Females, Child Bearing Age (15-44)		6,323	6,224	-1.6%
% Change 2015 - 2020		-0.2%		3.5%						
Average Household Income		\$61,386		\$74,165						
POPULATION DISTRIBUTION						HOUSEHOLD INCOME DISTRIBUTION				
Age Distribution						Income Distribution				
Age Group		2015	% of Total	2020	% of Total	USA 2015 % of Total	2015 Household Income	HH Count	% of Total	USA % of Total
0-14		6,926	18.2%	6,869	18.1%	19.1%	<\$15K	2,119	14.0%	12.7%
15-17		1,412	3.7%	1,414	3.7%	4.0%	\$15-25K	1,976	13.1%	10.8%
18-24		3,255	8.6%	3,287	8.7%	9.9%	\$25-50K	4,062	26.8%	23.9%
25-34		4,685	12.3%	4,655	12.3%	13.3%	\$50-75K	2,887	19.1%	17.8%
35-54		9,716	25.6%	9,072	23.9%	26.3%	\$75-100K	1,671	11.0%	12.0%
55-64		5,164	13.6%	5,005	13.2%	12.7%	Over \$100K	2,422	16.0%	22.8%
65+		6,843	18.0%	7,610	20.1%	14.7%				
Total		38,001	100.0%	37,912	100.0%	100.0%	Total	15,137	100.0%	100.0%
EDUCATION LEVEL						RACE/ETHNICITY				
Education Level Distribution						Race/Ethnicity Distribution				
2015 Adult Education Level		Pop Age 25+	% of Total	USA % of Total		Race/Ethnicity	2015 Pop	% of Total	USA % of Total	
Less than High School		1,232	4.7%	5.9%		White Non-Hispanic	32,641	85.9%	61.8%	
Some High School		2,132	8.1%	8.0%		Black Non-Hispanic	3,324	8.7%	12.3%	
High School Degree		9,142	34.6%	28.1%		Hispanic	970	2.6%	17.6%	
Some College/Assoc. Degree		9,584	36.3%	29.1%		Asian & Pacific Is. Non-Hispanic	312	0.8%	5.3%	
Bachelor's Degree or Greater		4,318	16.4%	28.9%		All Others	754	2.0%	3.1%	
Total		26,408	100.0%	100.0%		Total	38,001	100.0%	100.0%	

Source: Truven Health Analytics 2015

Healthy Communities Institute scorecard

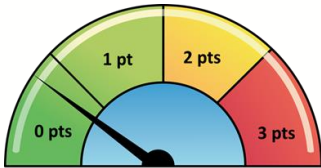


- SSM Health Good Samaritan Hospital - Mt. Vernon is pleased to make this source of community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues and plan strategies for improvement
- Indicators below are pre-sorted in order of decreasing severity
- Indicator HCI score correlates with severity gauge pictured
- Updated data can be found online at ssmhealth.com/system

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
3	Age-Adjusted Death Rate due to Cancer	deaths/100,000 population	203.1	181.1	173.8	161.4
2.83	Age-Adjusted Death Rate due to Kidney Disease	deaths/100,000 population	36	17.1	13.3	
2.83	Age-Adjusted Death Rate due to Unintentional Injuries	deaths/100,000 population	55.4	32.9	39.2	36.4
2.83	Lung and Bronchus Cancer Incidence Rate	cases/100,000 population	97.2	70.6	64.9	
2.83	Oral Cavity and Pharynx Cancer Incidence Rate	cases/100,000 population	15.2	11.6	11.2	
2.78	Age-Adjusted Death Rate due to Lung Cancer	deaths/100,000 population	74.2	50.9	48.4	45.5
2.75	Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions	deaths/100,000 population	25.8	8	10.7	12.4
2.67	All Cancer Incidence Rate	cases/100,000 population	523.7	482.4	459.8	
2.61	Alzheimer's Disease or Dementia: Medicare Population	percent	12.2	9.7	9.8	
2.61	COPD: Medicare Population	percent	17	11.3	11.3	
2.61	Prostate Cancer Incidence Rate	cases/100,000 males	175.4	149.4	142.3	
2.56	Colorectal Cancer Incidence Rate	cases/100,000 population	57	48.6	43.3	38.6
2.53	Babies with Low Birth Weight	percent	11.7	8.2	8.1	7.8
2.53	Infant Mortality Rate	deaths/1,000 live births	9.1	6.7	6.2	6
2.53	Preterm Births	percent	13.3	10.1	11.7	11.4
2.5	Chronic Kidney Disease: Medicare Population	percent	16.6	15.8	15.5	
2.5	Stroke: Medicare Population	percent	4.7	4.1	3.8	
2.39	Age-Adjusted Death Rate due to Alzheimer's Disease	deaths/100,000 population	38.1	20	24	
2.36	Age-Adjusted Death Rate due to Prostate Cancer	deaths/100,000 males	26.4	23.3	22.3	21.8
2.33	Diabetes: Medicare Population	percent	28.9	27.2	27	
2.33	Workers who Drive Alone to Work	percent	82.9	73.6	76.3	
2.28	Age-Adjusted Death Rate due to Coronary Heart Disease	deaths/100,000 population	115.7	102.3	105.7	103.4
2.28	Hypertension: Medicare Population	percent	60.5	57.6	55.5	
2.28	People Living 200% Above Poverty Level	percent	61.6	68.5	65.8	
2.28	Single-Parent Households	percent	36	32.1	33.3	
2.25	Farmers Market Density	markets/1,000 population	0		0	
2.22	Age-Adjusted Death Rate due to Chronic Lower Respiratory Diseases	deaths/100,000 population	58.2	39.2	42.1	
2.22	Workers who Walk to Work	percent	2.1	3.2	2.8	3.1
2.19	Premature Death	years/100,000 population	9084.5	6349		
2.19	Students Eligible for the Free Lunch Program	percent	51.6	44.7		
2.17	Age-Adjusted Death Rate due to Influenza and Pneumonia	deaths/100,000 population	25.1	16.8	15.4	
2.17	Child Abuse Rate	cases/1,000 children	27.6	7.6		8.5
2.17	Child Food Insecurity Rate	percent	24.2	20.8	21.4	
2.17	People 65+ Living Alone	percent	30.3	28.9	27	
2.14	Mothers who Smoked During Pregnancy	percent	22.9	7.9	9.7	1.4
2.11	Age-Adjusted Death Rate due to Colorectal Cancer	deaths/100,000 population	17.8	17.3	15.9	14.5
2.11	Workers Commuting by Public Transportation	percent	0.6	8.7	5	5.5
2.08	Adults who Smoke	percent	23.6	18.3		12
2.08	Adults with Diabetes	percent	11.5	9.2		
2.06	Children Living Below Poverty Level	percent	24.1	19.9	21.6	

Source: Healthy Communities Institute

Healthy Communities Institute scorecard, continued

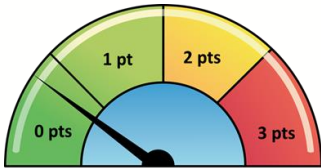


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.06	Families Living Below Poverty Level	percent	11.7	10.3	11.3	
2.06	Liquor Store Density	stores/100,000 population	12.9	10.4	10.4	
2.06	Median Household Income	dollars	42981	56797	53046	
2.06	People 25+ with a Bachelor's Degree or Higher	percent	15.9	31.4	28.8	
2.06	People 65+ Living Below Poverty Level	percent	9.5	8.5	9.4	
2.06	Young Children Living Below Poverty Level	percent	29.8	22.3	24.7	
2	Adults with Asthma	percent	19.5		13.4	
2	Households with No Car and Low Access to a Grocery Store	percent	4.3			
2	Violent Crime Rate	crimes/100,000 population	669.5	429.6		
1.97	Poor Physical Health Days	days	4.3	3.4		
1.94	Depression: Medicare Population	percent	16.2	14.7	15.4	
1.92	Access to Exercise Opportunities	percent	57.8	89.4		
1.92	Food Environment Index	(blank)	7.3	7.8		
1.92	High Blood Pressure Prevalence	percent	37.9			26.9
1.89	Grocery Store Density	stores/1,000 population	0.1			
1.89	Life Expectancy for Females	years	78.9	81	80.8	
1.89	People Living Below Poverty Level	percent	16.5	14.1	15.4	
1.86	Teen Births	percent	4.7	2.6	6.1	
1.83	Age-Adjusted Death Rate due to Diabetes	deaths/100,000 population	22.8	19.5	21.3	
1.83	Food Insecurity Rate	percent	14.9	13.6	15.8	
1.83	Low-Income and Low Access to a Grocery Store	percent	8.5			
1.83	Per Capita Income	dollars	22620	29666	28155	
1.81	Preventable Hospital Stays	discharges/1,000 Medicare enrollees	80	65		
1.78	Chlamydia Incidence Rate	cases/100,000 population	444.2	495.5	446.6	
1.78	Households without a Vehicle	percent	9.1	10.7	9.1	
1.75	Adults who Visited a Dentist	percent	58.9			
1.75	Colon Cancer Screening	percent	51.4			
1.75	Health Behaviors Ranking	(blank)	93			
1.75	High Cholesterol Prevalence	percent	36.5			13.5
1.75	Morbidity Ranking	(blank)	97			
1.75	Mortality Ranking	(blank)	89			
1.75	Self-Reported General Health Assessment: Poor or Fair	percent	20.2	15.1		
1.72	Ischemic Heart Disease: Medicare Population	percent	31.2	29	28.6	
1.72	Unemployed Workers in Civilian Labor Force	percent	6.2	6.3	5.6	
1.67	Adults who are Overweight or Obese	percent	64.9		63.1	
1.67	Children with Low Access to a Grocery Store	percent	4.8			
1.67	Fast Food Restaurant Density	restaurants/1,000 population	0.6			
1.67	Life Expectancy for Males	years	74	76.3	76.1	
1.67	People 65+ with Low Access to a Grocery Store	percent	3.5			
1.61	HIV Diagnosed Cases	cases	3			

Source: Healthy Communities Institute

Healthy Communities Institute scorecard, continued

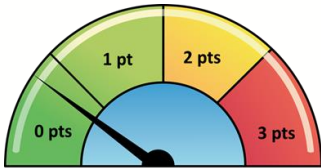


- SSM Health Good Samaritan Hospital - Mt. Vernon is pleased to make this source of community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues and plan strategies for improvement
- Indicators below are pre-sorted in order of decreasing severity
- Indicator HCI score correlates with severity gauge pictured
- Updated data can be found online at ssmhealth.com/system

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.61	PBT Released	pounds	5			
1.61	Recognized Carcinogens Released into Air	pounds	22091			
1.61	Syphilis Incidence Rate	cases/100,000 population	2.6	6.2	5.5	
1.61	Tuberculosis Cases	cases	2			
1.58	Adult Fruit and Vegetable Consumption	percent	13			
1.58	Dentist Rate	dentists/100,000 population	44	69		
1.58	Pap Test History	percent	68.5			
1.58	Physical Environment Ranking	(blank)	55			
1.58	Social and Economic Factors Ranking	(blank)	73			
1.58	Student-to-Teacher Ratio	students/teacher	15.1	16.3		
1.5	Osteoporosis: Medicare Population	percent	6.2	6.4	6.4	
1.47	Teens who Use Marijuana	percent	20			
1.44	Adults who are Obese	percent	27.9		26.6	30.5
1.42	Adults with Influenza Vaccination	percent	42.9			70
1.42	Adults with Pneumonia Vaccination	percent	29.2			
1.42	Severe Housing Problems	percent	13.3	18.5		
1.42	Teens who Smoke	percent	23			
1.39	Households with Cash Public Assistance Income	percent	2.5	2.5	2.8	
1.39	People 25+ with a High School Degree or Higher	percent	86.8	87.3	86	
1.36	High School Graduation	percent	83.1	82.5	80	82.4
1.33	Adults who are Sedentary	percent	26.5			32.6
1.33	Heart Failure: Medicare Population	percent	15.4	15.5	14.6	
1.33	Houses Built Prior to 1950	percent	23.1	29.3	18.9	
1.33	Low-Income Preschool Obesity	percent	11			
1.33	SNAP Certified Stores	stores/1,000 population	0.9			
1.31	Poor Mental Health Days	days	3.1	3.3		
1.28	Hyperlipidemia: Medicare Population	percent	43.4	46.4	44.8	
1.25	Clinical Care Ranking	(blank)	25			
1.25	Death Rate due to Drug Poisoning	deaths/100,000 population	10.2	10.8		
1.22	Adults with Health Insurance	percent	84.1	81.5	79.7	100
1.22	Cancer: Medicare Population	percent	7.9	8.6	7.9	
1.22	Gonorrhea Incidence Rate	cases/100,000 population	74.9	127.9	106.1	
1.19	Children with Health Insurance	percent	95.9	95.6		100
1.11	Breast Cancer Incidence Rate	cases/100,000 females	113.8	127.4	122.7	
1.11	Homeownership	percent	65.9	60.9	56.9	
1.11	Rheumatoid Arthritis or Osteoarthritis: Medicare Population	percent	28.1	31.3	29	
1.08	Drinking Water Violations	percent	0	1.8		
1.08	Primary Care Provider Rate	providers/100,000 population	78	79		
1.08	Teens who Use Alcohol	percent	36			
1	Adults who Drink Excessively	percent	11.3			25.4

Source: Healthy Communities Institute

Healthy Communities Institute scorecard, continued



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- Indicators below are pre-sorted in order of decreasing severity
- Indicator HCI score correlates with severity gauge pictured
- Updated data can be found online at ssmhealth.com/system

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1	Voter Turnout	percent	55.1	49.2		
0.92	Diabetic Screening: Medicare Population	percent	87.7	85		
0.92	Non-Physician Primary Care Provider Rate	providers/100,000 population	67	46		
0.89	Age-Adjusted Death Rate due to Breast Cancer	deaths/100,000 females	21.9	23.4	22.2	20.7
0.86	Recreation and Fitness Facilities	facilities/1,000 population	0.2		0.1	
0.75	Alcohol-Impaired Driving Deaths	percent	19.1	36.9		
0.75	Social Associations	membership associations/10,000 population	20.9	9.9		
0.75	Solo Drivers with a Long Commute	percent	17.8	39.6		
0.72	Atrial Fibrillation: Medicare Population	percent	7.3	8.3	7.8	
0.72	Renters Spending 30% or More of Household Income on Rent	percent	43.5	51.4	52.3	
0.64	Mammography Screening: Medicare Population	percent	70.4	64		
0.44	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	deaths/100,000 population	33.1	37.7	37	34.8
0.39	Asthma: Medicare Population	percent	3.2	5.1	4.9	
0.33	Mean Travel Time to Work	minutes	19.6	28	25.5	

Source: Healthy Communities Institute

The tax year the hospital last conducted a needs assessment

SSM Health Good Samaritan Hospital - Mt. Vernon last conducted a CHNA in 2012.

Existing health care facilities and resources within the community that are available to respond to the health needs of the community

SSM Health Good Samaritan Hospital - Mt. Vernon held a meeting with local, regional, and corporate members to determine priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen included cancer, heart disease and obesity. Resources available each priority include:

- Cancer: Resources include the Cancer Committee of SSM Health Good Samaritan Hospital - Mt. Vernon, the Center for Comprehensive Cancer Care, the American Cancer Society and associated members of SSM Health Good Samaritan Hospital - Mt. Vernon's medical staff
- Heart Disease: Resources include SSM Health Cardiologists, SSM Health Primary Care, the Cardiology Department of SSM Health Good Samaritan Hospital - Mt. Vernon and the American Heart Association
- Obesity: Resources include the SSM Health Bariatric and Weight Loss program, the Felician Wellness Center, the American Diabetes Association, the Nutrition and Physical Therapy departments of SSM Health Good Samaritan Hospital - Mt. Vernon and local fitness programs

How the data were obtained

Feedback from the community consisted of a perception survey distributed to 48 leaders in a four county area that provide services or live in Jefferson County Illinois (see page 20 for list of organizations/participants). The survey was conducted during the second quarter of 2015. Surveys were distributed primarily by mail by the Director of Community Health Services. The survey consisted of closed and open-ended questions and covered topics including but not limited to important health care needs, prevention, gaps in care, the underserved, etc. 25 surveys were completed for a response rate of 52.1%. A full report was provided to local, regional and SSM Health staff.

Health data was derived from a variety of sources including Healthy Communities Institute (HCI). The website platform includes the most up-to-date publicly available data for approximately 140 community indicators from over 20 sources and covering 20 topics in the areas of health, determinants of health, and quality of life.

Additional demographic and health impact factors were collected through SSM Health's data analytics platforms and included but were not limited to Jefferson County demographic profile, cancer registry, CHSI Summary Comparison Report, population, education, literacy rates and disparities.

The health needs of the community

Please see "The Health of Our Community" and "The Health Needs of Our Community" sections for analysis of health indicators specific to the health of our community and the identified priorities to be addressed going forward.

Primary and chronic disease needs and other health issues of uninsured persons, low-income persons and minority groups

The Mission of SSM Health Illinois is to continue the healing ministry of Jesus Christ by providing regional, cost-effective, high-quality health services for everyone with a special concern for the poor and vulnerable. The strongest cultural influences ensuring constancy of purpose and goal achievement are reflected in this Mission, Vision and Values. Our Vision is to be the provider of choice by providing a comprehensive regional network of quality health care services that will allow the patients within the area to receive a broader spectrum of services closer to home. Consistent with our Mission, we will provide these services in collaboration with our medical staff, employees and organizations within our communities. As partners with the Felician Sisters we are committed to providing compassionate and competent service, acting justly, respecting the dignity of all and fostering a spirit of community.

Toward that end and to be maximally effective, health programs must meet a tangible need of the community. They must be presented to and accessible by the very people who need them most. The previous study of demographics, community health indicators and community feedback are necessary to assist the hospital in the planning, development, implementation and evaluation of population health programs in order to reduce disease burden within the community. SSM Health Good Samaritan Hospital - Mt. Vernon acknowledges the populations for which disparities exist and the unique burdens associated with their demographic status.

Our sponsors, SSM Health and Felician Services, have proud heritages which are Franciscan by nature. It is the Franciscan tradition that urges us to give voice to the voiceless, peace to the anxious, comfort to the distraught, and to act in a loving and respectful relationship with one another and all of God's creation. It is because of this Franciscan tradition that our Mission impels us to continue the healing ministry of Jesus with special concern for the poor and vulnerable.

The process for identifying and prioritizing community health needs and services to meet the community health needs

Prior to review of the data, a list of criteria was developed to aid in the selection of priority needs. During the data review process, attention was directed to health issues that met any of these criteria:

- Health issues that impact a significant portion of the population, or for which disparities exist, and which put a greater burden on some population groups
- Poor rankings for health issues within the service area as compared to other counties, state average, national average or Healthy People 2020 national health goals
- Health issues for which trends are worsening

The SSM Health Good Samaritan Hospital - Mt. Vernon CHNA team also considered indicators that relate to problems the Centers for Disease Control and other state agencies have identified through their own assessments.

In addition, the SSM Health Good Samaritan Hospital - Mt. Vernon team examined "social determinants of health," or factors in the community that can either contribute to poor health outcomes or, conversely, support a healthy community. These data are available on our website www.ssmhealthillinois.com and in the County Health Rankings Report.

Persons representing the community with whom the hospital consulted

SSM Health Good Samaritan Hospital - Mt. Vernon benefited from input derived through consultation of numerous community leaders representing diverse constituencies. The leaders associated with primary data collection are listed with their affiliations below. Additionally, SSM Health Good Samaritan Hospital - Mt. Vernon benefited from guidance and input from individuals with expertise in public/population health.

Date	Solicitation Type	Panel Member Title	Panel Member Organization	Panel Member Name (Optional)
May - June 2015	Mailed surveys	Sheriff or designee	Jefferson County Law Enforcement	Surveys were anonymous to allow as much candid feedback as possible.
	Mailed surveys	Fire Chief or designee	Jefferson County Fire	
	Mailed surveys	Superintendent	Jefferson County ROE (preschool and up)	
	Mailed Surveys	Director	Jefferson County Senior Services	
	In person surveys	Director and staff present	Jefferson County Social Services Group - JCCN	
	Mailed surveys	Director	Jefferson County Public Health Department	
	Mailed surveys	Director	City Parks and Recreation	
	Mailed surveys	Director	DHS Family Community Resource Center	
	Mailed surveys	Director	Project Child	
	Mailed surveys	Director	Comprehensive Services	
	Mailed surveys	Director	Illinois Department of Employment Services	
	Mailed surveys	Director	Housing Authority	
	Mailed surveys	Mayor	Dix	
	Mailed surveys	Mayor	Bonnie	
	Mailed surveys	Mayor	Belle Rive	
	Mailed surveys	Mayor	Bluford	
	Mailed surveys	Mayor	Woodlawn	
	Mailed surveys	Director	Opportunities for Access	
	Mailed surveys	Director	IL Department of Human Services	
	Mailed surveys	Supervisor	Mt. Vernon Township	
	Mailed surveys	NA	Sunshine Center	
	Mailed surveys	Executive Director	South Central Transit	
	Mailed surveys	Executive Director	Chamber of Commerce	
	Mailed surveys	President	Jefferson County NAACP	
	Mailed surveys	County Board	Jefferson County government	
	In person surveys	Volunteers present	Food Pantries	
	Mailed surveys	Executive Director	BCMw Community Services	
	Mailed surveys	Minister	Churches of each denomination	
Mailed surveys	Doctors	Physicians practicing in Jefferson county		
In person surveys	Varied	Hospital employees		
In person surveys	Varied	Patients		

Needs the hospital will not address and the reasons why

Because SSM Health Good Samaritan Hospital - Mt. Vernon has limited resources, not every health indicator which has an identified need for improvement could be addressed. Those community needs identified but not “prioritized” for improvement included the following:

- Child abuse is currently a focus of the State and other governmental agencies. SSM Health Good Samaritan will continue to provide assistance in instances as requested
- Access to care is an ongoing priority at SSM Health Good Samaritan Hospital - Mt. Vernon. The SSM Health System and the hospital are constantly assessing areas of physician need within our service areas and developing recruitment plans to increase access to primary care and other specialist providers in the region
- Senior care, specifically the Medicare population, is a subset that is especially afflicted by the priorities already identified within this report. While these priorities and associated action plans will promote the health of all persons within our service area, specific programs and core measures will be put in place to address the health of the senior population
- Infant mortality is currently being assessed by SSM Health Good Samaritan Hospital - Mt. Vernon and the SSM Health Medical Group. While it was not identified as a “top priority” in this report, due to its focus on a small percentage of the population, the issue is certainly one that SSM Health has and will continue to address moving forward. Likewise, our partners at Heartland Women’s health care and Asberry & Associates are committed to improving infant survival. Together with SSM Health Cardinal Glennon Children’s Hospital and SSM Health St. Mary’s – St. Louis, we are evaluating our outcomes and process improvement efforts to improve the health of women and their infants.
- Motor vehicle accidents. While SSM Health Good Samaritan Hospital - Mt. Vernon provides care to those injured in motor vehicle accidents, the Illinois Department of Motor Vehicles, as well as state and local law enforcement agencies are best equipped to monitor and decrease the likelihood of accidents associated with unsafe driving practices. SSM Health Good Samaritan Hospital - Mt. Vernon sits at the crossroads of two federal highways and accidents often involve individuals from outside the service area
- Vaccination. Regular vaccination and immunization practices are already being addressed by SSM Health Good Samaritan Hospital - Mt. Vernon and the SSM Health Medical Group
- Dental services. The SSM Health Medical Group, at this point in time, is not equipped to provide dental services, but relies on and collaborates with other independent dental care providers within the community to provide associated services
- Child food insecurity rates. While food insecurity was not identified within the primary data discussions, it was somewhat notable within the secondary data. The child food insecurity rate has improved from 40% to 24.2% (Jefferson County Demographic Profile (ACHI), 2015) and there has been tremendous effort by the schools, United Way and others to increase the number of free breakfasts and lunches available during the school year, including the summer months. SSM Health Good Samaritan Hospital - Mt. Vernon staff and physicians have been involved in many of these efforts



Information gaps that limit the hospital facility's ability to assess all of the community's health needs

SSM Health Good Samaritan Hospital - Mt. Vernon observes that, while many health status indicators for its service area might score above average, they may still represent problems that are above the medically preferable prevalence rate (i.e. nonexistent), place a heavy burden on our population, trends might be worsening and/or fall short of acceptable benchmarks. In addition, aggregate health data for the entire population often masks the unfair, heavy burdens on certain groups within the population. SSM Health Good Samaritan Hospital - Mt. Vernon made a conscious effort to reveal and acknowledge these disparities when possible.

Other hospital facilities who participated in SSM Health Good Samaritan Hospital – Mt. Vernon's CHNA process

The CHNA was conducted in partnership with SSM Health St. Mary's Hospital - Centralia.

How SSM Health Good Samaritan – Mt. Vernon makes its needs assessment widely available to the public

SSM Health Good Samaritan Hospital - Mt. Vernon 2016 CHNA is available online at ssmhealth.com/system and upon request from the hospital facility at 1-877-241-5596. See section on "Going Forward" for more information.

**SSM Health Good Samaritan Hospital
- Mt. Vernon**

1 Good Samaritan Way | Mt. Vernon, IL 62864



SSMHealth

In partnership with the Felician Sisters

2016-2018

Strategic Implementation Plan



Prior to review of the data, a list of criteria was developed to aid in the selection of priority areas. During the data review process, attention was directed to health issues that met any of these criteria:

- Health issues that impact many people or for whom disparities exist and/or these populations or groups with a greater disease burden
- Health issues for which trends are worsening
- Poor rankings for health issues in Jefferson County as compared to the state average, other counties or Healthy People 2020 national health goals



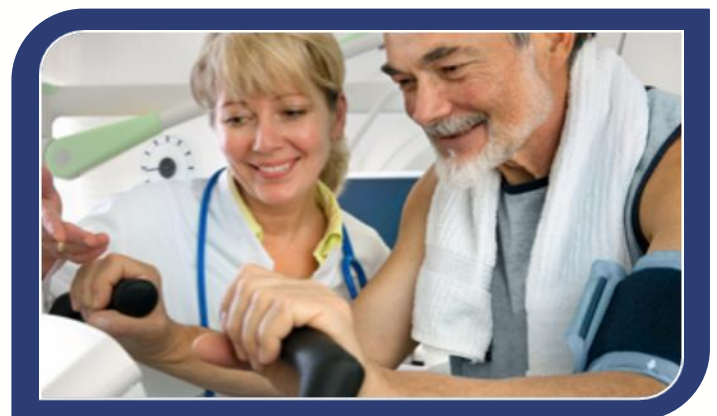
The SSM Health Good Samaritan Hospital – Mt Vernon CHNA Team also considered indicators that relate to problems the Centers for Disease Control and other state agencies have identified through their own assessments, such as child abuse rates in the Jefferson County demographic profile.

In addition, the SSM Health Good Samaritan Hospital – Mt Vernon team examined “social determinants of health,” or factors in the community that can either contribute to poor health outcomes or support a healthy community. These data elements are available on our website www.smsgi.com and in the County Health Rankings Report for Jefferson County, Illinois.

Priority #1 Cancer

Priority #2 Heart Disease

Priority #3 Obesity





Priority

#1



Do you have a question about oncology services at SSM Health?

Visit our website at ssmhealthillinois.com.

Cancer is a significant barrier to an exceptional quality of life within our community. Not only is our service area one of the most afflicted in terms of the number of people diagnosed with cancer on an annual basis, but the death rate due to the associated diagnosis is among the highest in the nation.

There are a number of economic, environmental and lifestyle factors that contribute to this disparity. The local economy is one that is heavily reliant on industrial and agricultural processes that can potentially introduce harmful byproducts into the human system, which can lead to the development of cancer. The data also illustrate that use of tobacco products is significantly greater in our service area than most communities. While SSM Health Good Samaritan Hospital - Mt. Vernon is not equipped to address all of these influencing factors, we are able to assist our community in providing cancer treatment options and promoting healthy lifestyle practices that are highly conducive to preventing the development of cancer. These include:

- Regular medical exams and screenings. By increasing the chances of discovering cancer early, the success rate of treating and ultimately overcoming a cancer diagnosis also increases
- Creation of a healthy diet and promoting physically active lifestyles
- The provision of smoking cessation programs
- Immunization to protect against viral infections that lead to the development of cancer

Additional facts and figures

- The age-adjusted death rate due to cancer is 203.1 deaths per 100,000 persons, which is higher than both state and national rates of 181.1 and 173.8 deaths per 100,000 persons, respectively
- The all-cancer incidence rate is 523.7 cases per 100,000 persons, which is higher than both state and national rates of 482.2 and 459.8 cases per 100,000 persons, respectively
- The lung and bronchus cancer incident rate is 97.2 cases per 100,000 persons, which is higher than both state and national rates of 70.6 and 64.9 cases per 100,000 persons, respectively
- The age-adjusted death rate due to lung cancer is 50% higher than both state and national rates
- The prostate cancer incidence rate is 175.4 cases per 100,000 persons, which is higher than both state and national rates of 149.4 and 142.3 cases per 100,000 persons, respectively

Source: Healthy Communities Institute

Strategic Implementation Plan Cancer

Goals

- Reduce the Jefferson County age-adjusted death rate due to cancer from 203.1 deaths per 100,000 persons reported in 2015 to 195.8 deaths per 100,000 persons by 2018 (close the gap between county and national rate by 25%) (HCI)
- Reduce the percentage of initial cancer diagnoses that are late stage (III and IV) for lung, prostate and colorectal cancer, from 58% in 2014 to \leq 48% by 2018 (breast cancer has late stage rate of less than 15%) (Cancer Registry)



Action plan

- Recruitment of additional medical oncologists
- Launch practices of a new urologist, colorectal surgeon, and gastroenterologist (screening partners)
- Retain new specialist within the community
- Expand thoracic surgery program at SSM Health Good Samaritan Hospital - Mt. Vernon so patients can receive a full range of services closer to home
- Participate in the American Cancer Society's 80% by 2018 initiative to screen for colorectal cancer
- Increase the number of Medicare wellness visits performed by the SSM Health Medical Group.
- Implement the CareScreen™ software system to prompt primary care physicians and others to complete screening and preventative care needs
- Implement STAR program for physical rehabilitation of cancer patients
- Roll out online scheduling feature for mammogram screenings
- Transition from fecal occult blood screening to fecal immunochemical testing and offer free kits to patients who are unable or unwilling to undergo a screening colonoscopy
- Host an annual community education program specific to a cancer topic

Community partners and supporting resources

- Center for Comprehensive Cancer Care
- American Cancer Society
- SSM Health Medical Group
- SSM Health Southern Illinois Foundation
- SSM Health Good Samaritan Oncology Committee and Tumor Conference

Heart Disease



SSMHealth

In partnership with the Felician Sisters

Heart disease includes a range of conditions that affect the health of one's heart. There are a number of deficiencies within our community that correlate to poor heart health. Some of these lifestyle behaviors that increase the risk of heart disease include:

- Smoking
- Uncontrolled blood pressure
- High cholesterol levels
- Uncontrolled diabetes
- Stress and depression
- Unhealthy food choices
- Lack of exercise

In some cases, minorities and those living under financial distress are often segments of the population who are most affected by factors contributing to heart disease.

SSM Health and SSM Health Good Samaritan Hospital - Mt. Vernon offer a wide scope of programs with the goal of creating healthy lifestyle behaviors and reducing the risk of heart disease in our communities.

Additional facts and figures

- The age-adjusted death rate due to heart disease in Jefferson County is 115.7 deaths per 100,000 persons, which is higher than both state and national rates of 102.3 and 105.7 deaths per 100,000 persons, respectively
- 60.5% of the Medicare population have hypertension, which is higher than both state and national rates of 57.6% and 55.5%, respectively
- 57.8% of persons in Jefferson County have access to exercise opportunities, which was below the state rate of 89.4%
- 37.9% of the community has high blood pressure
- 36.5% of the community has high cholesterol, which is significantly higher than the Healthy People 2020 goal of 13.5%
- 31.2% of the Medicare population has been diagnosed with ischemic heart disease, which is higher than both state and national rates of 29% and 28.6%, respectively
- 15.4% of the Medicare population has been diagnosed with heart failure

Source: Healthy Communities Institute

Priority
#2



Do you have a question about heart and vascular services at SSM Health?

Visit our website at ssmhealthillinois.com.

Strategic Implementation Plan

Heart Disease

Goals

- Reduce the age-adjusted death rate due to coronary heart disease in Jefferson County from 115.7 deaths per 100,000 persons reported in 2015 to 105.7 death per 100,000 persons (the national rate) by 2018 (HCI)
- Reduce the 30-day all-cause readmission rate for SSM Health Good Samaritan Hospital – Mt. Vernon for patients with congestive heart failure (CHF), heart attack and open heart surgery to top quartile or better (PIR)



Action plan

- Increase the number of Medicare patients in the SSM Health Medical Group who have a wellness/annual visit with their primary care physician
- Implement Care Screen™ in the primary care and specialist offices of SSM Health Medical Group so that recommended testing or examinations are prompted and addressed. Cardiac screening programs will be developed with the inclusion of general cardiologists, interventional cardiologists and pulmonologists
- Develop a voucher program to allow patients to receive cardiac lab work at a reduced price
- Provide physician education (CME) related to cardiac care, evidence based medicine and other approaches
- Increase patient access to cardiologist(s) by providing outreach clinics in the communities around Mt. Vernon and Jefferson County
- Expand capacity in the Coordinated Care Network (CCN) and care management within the SSM Health Medical Group through process redesign to be able to increase the number of patients receiving transitional care management and chronic care management post-discharge
- Increase access to care by implementing a post discharge follow up visit with cardiology and/or primary care provider within 3 – 5 days and offer free CHF clinic
- Increase LDL assessment and treatment for patients at risk of coronary artery disease
- Implement point-of-care testing for LDL in the SSM Health Medical Group

Community partners and supporting resources

- SSM Health Medical Group
- PACS (ACO partner)
- Critical Access Hospitals

Obesity



SSM Health

In partnership with the Felician Sisters

Priority
#3

Obesity is defined as a life-long, progressive, life-threatening, genetically-related, and costly disease of excess fat storage. This disorder is associated with illnesses directly caused or worsened by significant weight. Morbid obesity (or clinically severe obesity) is defined as being over 200% of ideal weight, more than 100 pounds overweight, or a body mass index (BMI) of 40 or higher, at which serious medical conditions occur as a direct result of the obesity. Obesity and unhealthy weight management can also contribute to the development of other diseases such as diabetes and heart disease.

Lifestyles that can lead to increased risk of obesity mainly include physical inactivity combined with unhealthy diet and eating habits. In some cases, minorities and those living under financial distress are often segments of the population most affected by factors contributing to obesity.

Overall weight management is an identified need for Jefferson County, Illinois. As efforts continue to not yield the desired outcomes, SSM Health has engaged in a partnership for a comprehensive weight management program. While the program does include the use of bariatric surgery, the weight management program places a high importance on the development of a healthy lifestyle.



Additional facts and figures

- 64.9% of adults in Jefferson County are overweight ¹
- 27.9% of adults in Jefferson County are obese ¹
- 28.9% of the Medicare population in Jefferson County has diabetes, which is higher than both state and national averages ¹
- 11.5% of all adults in Jefferson County have diabetes, which is higher than the state average ¹
- Non-Hispanic African Americans have the highest age adjusted rates of obesity (47.8%) followed by Hispanics (42.5%), non-Hispanic whites (32.6%) and non-Hispanic Asians (10.8%) ²
- Obesity is higher among middle-age adults, 40-59 years old (39.5%) than among younger adults, ages 20-39 (30.3%), or adults over 60 (35.4%) ²
- Higher income women are less likely to suffer from obesity than low-income women ²
- The prevalence of obesity among children between the ages of 2 and 5 years decreased significantly from 13.9% in 2003-2004 to 8.4% in 2011-2012 ²

Do you have a question
about obesity services
at SSM Health?

Visit our website at
ssmhealthillinois.com.

Source: ¹ Healthy Communities Institute, ² Center for Disease Control and Prevention

Strategic Implementation Plan

Obesity



Goals

- Reduce the percentage of adults in Jefferson County who are considered overweight or obese from 64.9% reported in 2015 to \leq 63.1%, the national norm, by 2018 (HCI)
- Reduce the gap between the state and Jefferson County average of adults with diabetes by 50% to 10.35 per 100,000 by 2018 (HCI)
- Improve hemoglobin A1C control among SSM Health Medical Group patients with diabetes from 58.6% in 2014 to greater than 66.5% by 2018 (SSM Health Medical Group reporting)



Action plan

- Refer patients in Jefferson County to the SSM Health Weight Management services at SSM Health St. Mary's – Centralia to educate them on healthy lifestyles, such as nutrition and exercise
- Support SSM Health Weight Management services including bariatric surgery for those patients who were unable to achieve weight loss goals with diet and exercise alone
- Increase access to healthy/fresh foods for patients in the Coordinated Care Network (CCN) and educate patients and community on healthier food choices
- Collaborate with local food banks to offer healthier food choices
- Improve SSM Health Medical Group hemoglobin A1C screening for diabetic patients from 83.8% in 2014 to 91.9% in 2018
- Increase number of nutritional and diabetic consults
- Offer vouchers for free blood sugar screening
- Collaborate with local fitness center(s) to offer employees lower cost access to exercise facilities and equipment
- Evaluate implementation of BariMD online support software (includes newsletters, recipes and weekly health tips)
- Develop a partnership with one or more grocery stores to support weight management clients with their selection of foods and other nutritional products/services
- Develop an approach to increase community involvement in wellness activities and outreach events, such as sponsoring a 5K run/walk during Obesity Week

Community partners and supporting resources

- SSM Health Weight Management Services
- SSM Health Medical Group
- Local fitness centers
- Local food pantries
- American Diabetes Association

Going Forward



Achieving our Goals, Now and in the Future

SSM Health is committed to improving the health of our communities through collaborative efforts to address unmet needs.



SSM Health

SSM Health Good Samaritan Hospital - Mt. Vernon is pleased to make this source of reliable, current community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues, and plan strategies for improvement.

Please visit ssmhealth.com/system for more information.



FIND HEALTH DATA



FIND DEMOGRAPHIC DATA



FIND HEALTH DISPARITIES

Healthy People 2020 Progress Tracker

The Healthy People 2020 progress tracker provides a platform for measuring improvement of population health metrics associated with the US Healthy People 2020 objectives. The health objectives and 2020 goals allow communities to assess their health status through a comprehensive set of key disease indicators and create action plans relative to key priorities.

Indicator	Current and Target	Data	Since Prior Period	Status
Access to Health Services				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 percent Target: 100.0	78.1 100.0 Current Target	↓	TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 percent Target: 100.0	93.4 100.0 Current Target	↓	TARGET NOT MET
Adolescent Health				
High School Graduation <small>MAP</small>	Current: 82.3 percent Target: 82.4	82.3 82.4 Current Target	↑	TARGET NOT MET

Contact us to learn more at 1-877-241-5596.