

SSM Health St. Mary's Hospital - Centralia

490 North Pleasant Avenue | Centralia, IL 62801

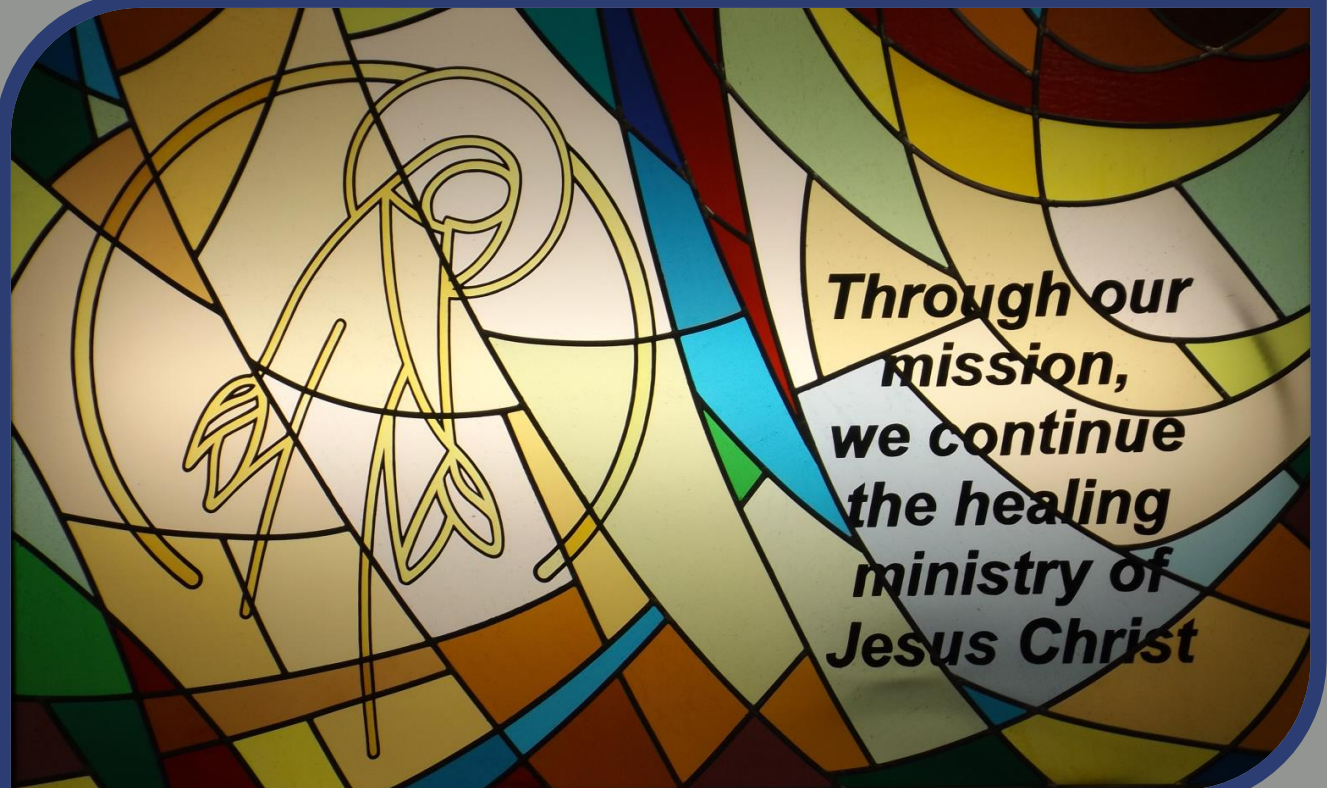


**SSM**Health

*In partnership with the Felician Sisters*

2016-2018

## Community Health Needs Assessment



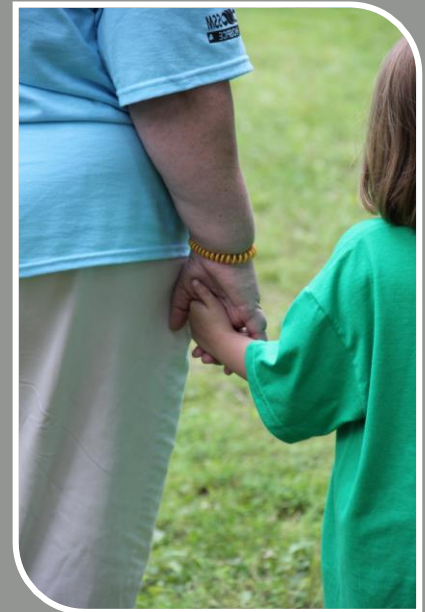
# Table of Contents

Message to Our Community .....	3
Executive Summary .....	4
About SSM Health and SSM Health St. Mary's Hospital – Centralia .....	5
About Our Community .....	6
The Health of Our Community .....	7
The Health Needs of Our Community .....	8
• Priority #1: Mental Health and Substance Abuse.....	9
• Priority #2: Heart Disease.....	10
• Priority #3: Obesity.....	11
Going Forward .....	12
Appendices .....	13
• Additional Demographics .....	14
• Healthy Communities Institute scorecard.....	15 - 18
• IRS Form 990, Schedule H Requirements.....	19 - 23
– <i>The tax year the hospital last conducted a Community Health Needs Assessment</i>	
– <i>Existing health care facilities and resources within the community that are available to respond to the health needs of the community</i>	
– <i>How the data was obtained</i>	
– <i>The health needs of the community</i>	
– <i>Primary and chronic disease needs and other health issues of uninsured persons, low-income persons, and minority groups</i>	
– <i>The process for identifying and prioritizing community health needs and services to meet the community health needs</i>	
– <i>Information gaps that limit the hospital facility's ability to assess all of the community's health needs</i>	
– <i>How the hospital took into account input from persons who represent the community, and identify the persons with whom the hospital consulted</i>	
– <i>Which needs the hospital will not address and the reasons</i>	
– <i>Other hospital facilities, participating in the hospital's Community Health Needs Assessment process</i>	
– <i>How SSM Health St. Mary's Hospital - Centralia will make its needs assessment widely available to the public</i>	



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## Message to Our Community

SSM Health St. Mary's Hospital - Centralia has delivered exceptional, compassionate care to Marion County and surrounding areas for many years. We are guided by our Mission - To continue the healing ministry of Jesus Christ by 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.

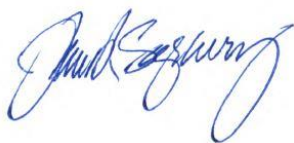
Over the last 12 months, in collaboration with our community partners, SSM Health St. Mary's Hospital - Centralia conducted a Community Health Needs Assessment (CHNA) by gathering health-related information from Healthy Communities Institute (HCI) specific to Marion County and the surrounding areas. We have 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:

- Mental Health and Substance Abuse
- Heart Disease
- Obesity

During this time, SSM Health St. Mary's Hospital - Centralia 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](http://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.



John Sigsbury, MHA

President at SSM Health St. Mary's Hospital - Centralia



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Contact us for more information or to take part in improving the health of our community by calling 1-877-241-5596 or visit our website at [ssmhealthillinois.com](http://ssmhealthillinois.com).

# Executive Summary

## Background

SSM Health St. Mary's Hospital - Centralia 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 persons with a deeper understanding of the health needs in their 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 St. Mary's Hospital - Centralia 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 St. Mary's Hospital - Centralia held a meeting with local, regional and corporate members to determine priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen were mental health, heart disease and obesity. Resources available to assist with these priority needs include:

- **Mental Health:** Resources include, but are not limited to, the psychiatry committee of SSM Health St. Mary's Hospital - Centralia, Choate Mental Health Facility, Community Resource Center, SSM Health Behavioral Health and other outpatient services in Marion County.
- **Heart Disease:** Resources include, but are not limited to, the SSM Health Medical Group, cardiology department of SSM Health St. Mary's Hospital - Centralia and American Heart Association.
- **Obesity:** Resources include, but are not limited to, the SSM Health Bariatric and Weight Loss program, Felician Wellness Center (including the NExT and CHAMPS programs), American Diabetes Association, nutrition and physical therapy departments of SSM Health St. Mary's Hospital - Centralia, and local fitness centers.

## Goals

### Mental Health and Substance Abuse

- Reduce the percentage of Marion County Medicare patients who experience depression from 16.4%, as reported in 2015, to the state average of 14.7%, by 2018
- Reduce the adult age-adjusted death rate due to suicide in Marion County from 18.5 deaths per 100,000 persons, as reported in 2015, to less than 16 deaths per 100,000 persons by 2018
- Increase the percentage of SSM Health Medical Group patients screened for clinical depression and participating in the development of a follow up plan from 18.18%, as reported in 2015, to the national average of 46.27%, by 2018

### Heart Disease

- Reduce the age-adjusted death rate due to coronary heart disease in Marion County from 148.3 deaths per 100,000 persons reported in 2015 to 137.65 deaths per 100,000 persons by 2018 (HCI) (i.e. reduce variance between county and national rate by 25%)
- Reduce the 30-day all-cause readmission rate for patients with congestive heart failure (CHF) at SSM Health St. Mary's Hospital - Centralia from 16.5% (June 2015 YTD) to at least 15.3% by 2018

### Obesity

- Reduce the percentage of Marion County adults who are considered overweight or obese from 69.7%, as reported in 2015, to the national average of 63.1% or better by 2018
- Reduce the percentage the Medicare population who have diabetes in Marion County from 28% to the national average of 27% by 2018 (HCI)
- Increase the percentage of SSM Health Medical Group diabetic patients with controlled hemoglobin A1C levels from 58.6%, reported in 2015, to 66.5% or better by 2018

# About SSM Health and SSM Health St. Mary's Hospital - Centralia



## 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 St. Mary's Hospital - Centralia

### Community partnerships

SSM Health St. Mary's Hospital - Centralia is proud to be a part of a community that assists one another to improve health outcomes in our area. Specifically, we work with SSM Health Good Samaritan Hospital - Mt Vernon, local physicians, nursing homes, the community resource center, Murray Center and other intermediate care facilities for developmental disabilities (ICD/DD); to provide a full continuity of services.



### Community benefit

In 2014, SSM Health St. Mary's Hospital - Centralia provided \$19.5 million in unreimbursed care and \$2.3 million in other community benefits for a total of over \$21.7 million.

### Additional affiliations and partnerships

SSM Health St. Mary's Hospital - Centralia is jointly sponsored by SSM Health, the managing partner of the joint operating agreement, and Felician Services, Inc. (FSI).

### Highlight of services

SSM Health St. Mary's Hospital - Centralia 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: 5,118

Outpatient Visits: 82,479

ER Visits: 23,150

Births: 369

Beds: 113

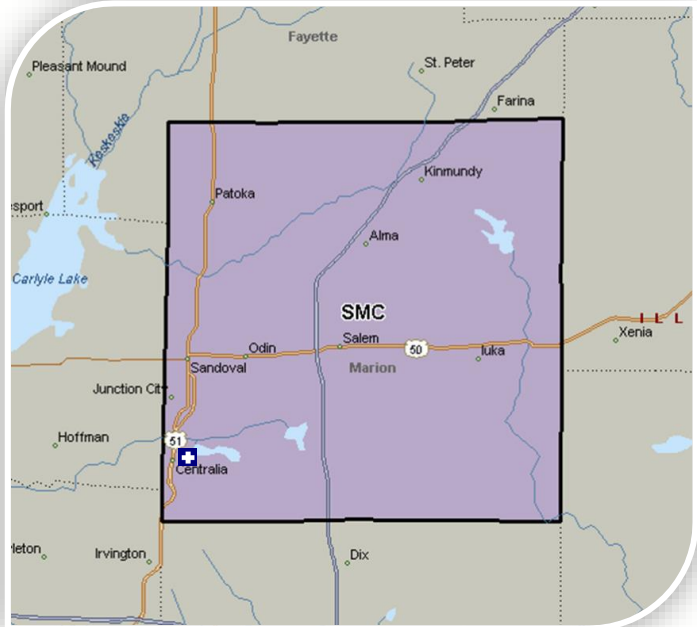
Employees: 756

Medical Staff: 150+

Volunteers: 101

# About our Community

SSM Health St. Mary's Hospital - Centralia defines its community as Marion County and adjacent areas. In 2015, this service area had an estimated population of 45,884 people. The following pages of information include demographic and health indicator statistics specific to this community.



 SSM Health St. Mary's Hospital - Centralia

## Our community by the numbers

### Race/Ethnicity



89.6% White/Non-Hispanic  
5.8% African American/Non-Hispanic  
4.6% All Others

### Education Levels

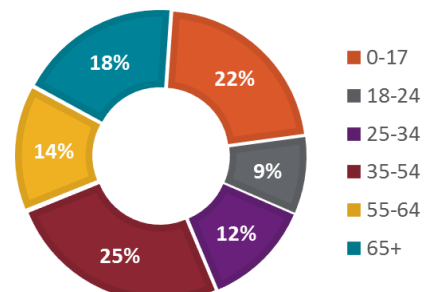


14.2% No High School Degree  
36.0% High School Degree  
36.6% Some College/Associates Degree  
13.2% Bachelor's Degree or Greater

### Income Levels



### Age Groups



## About the data

The 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*

	<p><b>Cancer</b></p> <p>Cancer incidence and associated death rates are significantly above both state and national averages. Specific areas of concern include lung, mouth, throat, prostate and rectal cancers</p>		<p><b>Heart Disease</b></p> <p>35% percent of the Medicare population in Marion County have ischemic (advanced) heart disease, which is above both state and national averages</p>
<p><b>Access to Primary Care</b></p> <p>The number of providers available per 100,000 individuals in Marion County is notably better than the state average</p>		<p><b>Child Abuse</b></p> <p>Child abuse in Marion County is 2.3 times greater than reported state incident rates</p>	
	<p><b>Responsible Alcohol Use</b></p> <p>Marion County adults are half as likely to drink excessively as compared to the rest of the state</p>		<p><b>Healthy Birth Weights</b></p> <p>The number of pre-term births and babies born with low birth weights are both below state and national averages</p>
<p><b>Mental Health</b></p> <p>Adults experiencing poor mental health days and depression among the Medicare population are both above state and national averages</p>		<p><b>Smoking and COPD</b></p> <p>The percentage of adults who smoke is well above the state average. Additionally, 17.5% of the Medicare population is affected by chronic obstructive pulmonary disease</p>	
	<p><b>Breast Health</b></p> <p>Breast cancer incidence rates and the associated age-adjusted death rate due to breast cancer are both notably below state and national averages</p>		<p><b>Obesity</b></p> <p>69.7% of Marion County is considered overweight or obese. The diabetes prevalence rate is also above both state and national averages</p>

# The Health Needs of Our Community



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## Voice of the community

SSM Health St. Mary's Hospital - Centralia considered the Healthy People 2020 categories and participants from the previous CHNA cycle to guide the invitation list of key community stakeholders. A community perception survey was administered via mail or discussed in person with 48 leaders within a four-county area who represent organizations that provide services for the community or live within Marion County (see page 21 for a list of participants). The 12 question survey covered topics including, but not limited to important health care needs, prevention, gaps in care and underserved populations.

23 surveys were completed for a response rate of 47.9%. Results were tabulated and analyzed, at which point the full report was provided to SSM Health local, regional and corporate staff. The top priorities were selected based upon supporting data, community feedback and the resources available for SSM Health St. Mary's Hospital - Centralia to make a significant impact.

## Issues identified and discussed include:

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

## Key priorities



### Mental Health & Substance Abuse

Multiple factors contribute to mental health and substance abuse including poor economic conditions, high poverty rates, unemployment, food insecurity, lower educational attainment levels, higher percentages of individuals living alone, easy access to alcohol and illegal substances.

It is for these reasons that community members and leaders identified substance abuse and mental health as one of the most important health care needs in the county.



### 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 a concern within the community 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.



# Mental Health and Substance Abuse



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The US Department of Health and Human Services defines mental health as “a state of well-being, in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”

Adversely, mental illness is defined as “collectively all diagnosable mental disorders” or “health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning.”<sup>1</sup> The unfavorable health effects of mental illness are often caused and/or compounded with substance abuse.

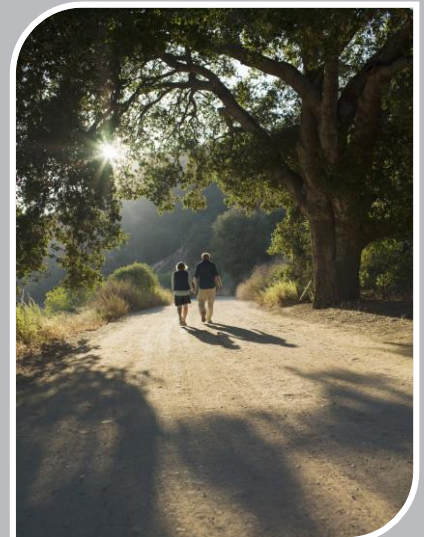
SSM Health and Felician Services, Inc. (FSI), are Mission-driven organizations with a special concern for the poor and vulnerable. Both serve high-risk populations that are likely to experience the adverse effects of poor mental health and substance abuse. SSM Health St. Mary’s Hospital - Centralia is the only facility in the region with inpatient and outpatient mental health services. In the tradition of St. Francis of Assisi, the hospital has committed itself to the alleviation of suffering.

## Additional facts and figures

- 13.5% of families in Marion County are living below the poverty level<sup>2</sup>
- 29.5% of children in Marion County are living below the poverty level<sup>2</sup>
- The death rate due to drug poisoning in Marion County is 17.3 deaths per 100,000 persons, which is notably higher than the state rate of 10.8 deaths per 100,000 persons<sup>2</sup>
- 16.4% of the Medicare population reported experiencing depression, which is above the state rate of 14.7%<sup>2</sup>
- Residents of Marion County reported having 4.1 days per year where they experienced poor mental health, which is notably higher than the state average of 3.3 days per year<sup>2</sup>
- The age-adjusted death rate due to suicide is 18.5 deaths per 100,000 persons, which is notably higher than both state and national rates of 9.7 and 12.5 deaths per 100,000 persons, respectively<sup>2</sup>

Priority

#1



To learn more about mental health services at SSM Health, please visit our website at [ssmhealthillinois.com](http://ssmhealthillinois.com) or call 1-800-426-2083.

Source: <sup>1</sup> Centers for Disease Control and Prevention. <sup>2</sup> Healthy Communities Institute

# Heart Disease



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Priority  
#2

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

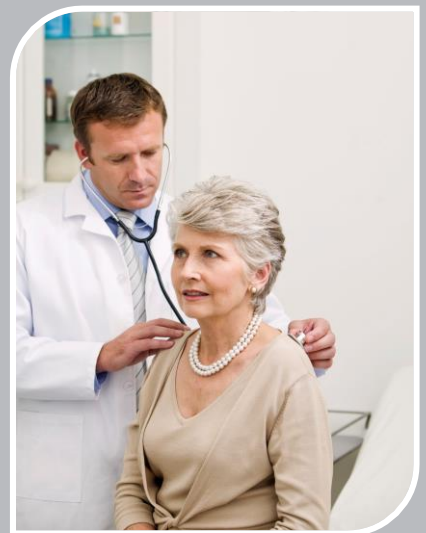
In some cases, minorities and those living under financial distress are often segments of the population who are most affected by factors contributing to heart disease.

SSM Health and SSM Health St. Mary's Hospital - Centralia 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 Marion County is 148.3 deaths per 100,000 persons, which is significantly higher than both state and national rates of 102.3 and 105.7 deaths per 100,000 persons, respectively
- The percentage of the Medicare population who have been diagnosed with heart failure is 17.8%, which is higher than both state and national rates of 15.8% and 14.6%, respectively
- 34.9% of the community has high blood pressure
- 41.4% of the community has high cholesterol, which is over 3 times the Healthy People 2020 goal of 13.5%
- 34.9% of the Medicare population was reported as having ischemic heart disease, which is higher than both state and national averages of 29% and 28.6%, respectively



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

Visit our website at  
[ssmhealthillinois.com](http://ssmhealthillinois.com).

Source: Healthy Communities Institute

# 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. The disease is also 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 having a body mass index (BMI) of 40 or higher, at which serious medical conditions occur. Obesity and unhealthy weight management can also contribute to the development of other diseases, such as diabetes and heart disease.

Lifestyle complications that lead to increased risk of obesity 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 Marion County. 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

- 69.7% of adults in Marion County are overweight <sup>1</sup>
- 34.1% of adults in Marion County are obese <sup>1</sup>
- 28% of the Medicare population in Marion County has diabetes, which is above both state and national averages <sup>1</sup>
- 9.9% of all adults in Marion County have diabetes, which is above the state average <sup>1</sup>
- 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%) <sup>2</sup>
- 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%) <sup>2</sup>
- Higher income women are less likely to suffer from obesity than low-income women <sup>2</sup>
- The prevalence of obesity among children, ages 2 - 5 years, decreased significantly from 13.9% in 2003-2004 to 8.4% in 2011-2012 <sup>2</sup>

Do you have a question  
about weight management  
at SSM Health? Visit our  
website at  
[ssmhealthillinois.com](http://ssmhealthillinois.com) or  
call 618-436-8300

Source: <sup>1</sup> Healthy Communities Institute. <sup>2</sup> Centers 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 St. Mary's Hospital - Centralia 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](http://ssmhealth.com/system) for more information.

### Explore Data



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
<b>Access to Health Services</b>				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 percent Target: 100.0 percent	Current Target		TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 percent Target: 100.0 percent	Current Target		TARGET NOT MET
<b>Adolescent Health</b>				
High School Graduation <small>MAP</small>	Current: 62.3 percent Target: 82.4 percent	Current Target		TARGET NOT MET

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

SSM Health St. Mary's Hospital - Centralia

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## Appendices

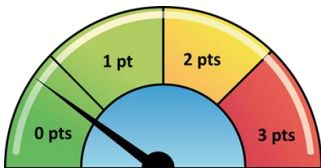


Additional demographic information

DEMOGRAPHIC CHARACTERISTICS											
		Selected Area		USA					2015	2020	% Change
2010 Total Population		47,119	308,745,538				Total Male Population		23,260	22,877	-1.6%
2015 Total Population		45,884	319,459,991				Total Female Population		22,624	22,175	-2.0%
2020 Total Population		45,052	330,689,365				Females, Child Bearing Age (15-44)		7,592	7,437	-2.0%
% Change 2015 - 2020		-1.8%	3.5%								
Average Household Income		\$56,960	\$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	8,216	17.9%	7,978	17.7%	19.1%	<\$15K	2,623	14.4%	12.7%		
15-17	1,758	3.8%	1,681	3.7%	4.0%	\$15-25K	2,828	15.5%	10.8%		
18-24	3,976	8.7%	3,907	8.7%	9.9%	\$25-50K	4,697	25.8%	23.9%		
25-34	5,577	12.2%	5,609	12.5%	13.3%	\$50-75K	3,240	17.8%	17.8%		
35-54	11,566	25.2%	10,463	23.2%	26.3%	\$75-100K	2,134	11.7%	12.0%		
55-64	6,432	14.0%	6,216	13.8%	12.7%	Over \$100K	2,703	14.8%	22.8%		
65+	8,359	18.2%	9,198	20.4%	14.7%						
<b>Total</b>	<b>45,884</b>	<b>100.0%</b>	<b>45,052</b>	<b>100.0%</b>	<b>100.0%</b>	<b>Total</b>	<b>18,225</b>	<b>100.0%</b>	<b>100.0%</b>		
EDUCATION LEVEL						RACE/ETHNICITY					
Education Level Distribution						Race/Ethnicity Distribution					
2015 Adult Education Level	Pop Age 25+		USA % of Total			Race/Ethnicity	2015 Pop	% of Total	USA % of Total		
Less than High School	1,860	5.8%	5.9%			White Non-Hispanic	41,102	89.6%	61.8%		
Some High School	2,668	8.4%	8.0%			Black Non-Hispanic	2,640	5.8%	12.3%		
High School Degree	11,503	36.0%	28.1%			Hispanic	1,069	2.3%	17.6%		
Some College/Assoc. Degree	11,674	36.6%	29.1%			Asian & Pacific Is. Non-Hispanic	275	0.6%	5.3%		
Bachelor's Degree or Greater	4,229	13.2%	28.9%			All Others	798	1.7%	3.1%		
<b>Total</b>	<b>31,934</b>	<b>100.0%</b>	<b>100.0%</b>			<b>Total</b>	<b>45,884</b>	<b>100.0%</b>	<b>100.0%</b>		

Source: Truven Health Analytics 2015

## Healthy Communities Institute scorecard – Marion County

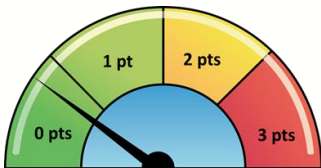


- SSM Health St. Mary’s Hospital - Centralia is pleased to make this source of community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community 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](http://ssmhealth.com/system)

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.83	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	deaths/100,000 population	48	37.7	37	34.8
2.83	All Cancer Incidence Rate	cases/100,000 population	535.8	482.4	459.8	
2.83	Lung and Bronchus Cancer Incidence Rate	cases/100,000 population	99.1	70.6	64.9	
2.78	Age-Adjusted Death Rate due to Cancer	deaths/100,000 population	218.2	181.1	173.8	161.4
2.67	Age-Adjusted Death Rate due to Coronary Heart Disease	deaths/100,000 population	148.3	102.3	105.7	103.4
2.67	Age-Adjusted Death Rate due to Lung Cancer	deaths/100,000 population	67.4	50.9	48.4	45.5
2.61	Age-Adjusted Death Rate due to Chronic Lower Respiratory Diseases	deaths/100,000 population	67	39.2	42.1	
2.61	Children Living Below Poverty Level	percent	29.5	19.9	21.6	
2.61	COPD: Medicare Population	percent	17.5	11.3	11.3	
2.61	Oral Cavity and Pharynx Cancer Incidence Rate	cases/100,000 population	15	11.6	11.2	
2.5	Child Food Insecurity Rate	percent	28.2	20.8	21.4	
2.5	Single-Parent Households	percent	41.1	32.1	33.3	
2.44	Age-Adjusted Death Rate due to Diabetes	deaths/100,000 population	30.5	19.5	21.3	
2.44	Chlamydia Incidence Rate	cases/100,000 population	529.6	495.5	446.6	
2.44	Families Living Below Poverty Level	percent	13.5	10.3	11.3	
2.44	People Living 200% Above Poverty Level	percent	58.3	68.5	65.8	
2.44	People Living Below Poverty Level	percent	18.1	14.1	15.4	
2.42	Adults who Smoke	percent	25.2	18.3		12
2.42	Age-Adjusted Death Rate due to Prostate Cancer	deaths/100,000 males	24.9	23.3	22.3	21.8
2.42	Infant Mortality Rate	deaths/1,000 live births	7.3	6.7	6.2	6
2.39	Age-Adjusted Death Rate due to Kidney Disease	deaths/100,000 population	28.5	17.1	13.3	
2.39	Heart Failure: Medicare Population	percent	17.8	15.5	14.6	
2.39	Stroke: Medicare Population	percent	5	4.1	3.8	
2.36	Students Eligible for the Free Lunch Program	percent	56.2	44.7		
2.33	Chronic Kidney Disease: Medicare Population	percent	16.2	15.8	15.5	
2.33	Depression: Medicare Population	percent	16.4	14.7	15.4	
2.33	Diabetes: Medicare Population	percent	28	27.2	27	
2.33	Young Children Living Below Poverty Level	percent	34.1	22.3	24.7	
2.31	Mothers who Smoked During Pregnancy	percent	27.6	7.9	9.7	1.4
2.28	Age-Adjusted Death Rate due to Alzheimer's Disease	deaths/100,000 population	28.8	20	24	
2.28	Child Abuse Rate	cases/1,000 children	17.9	7.6		8.5
2.28	Renters Spending 30% or More of Household Income on Rent	percent	55.1	51.4	52.3	
2.25	Age-Adjusted Death Rate due to Suicide	deaths/100,000 population	18.5	9.7	12.5	10.2
2.25	Death Rate due to Drug Poisoning	deaths/100,000 population	17.3	10.8		
2.22	Liquor Store Density	stores/100,000 population	15.5	10.4	10.4	
2.22	Median Household Income	dollars	41010	56797	53046	
2.22	People 25+ with a Bachelor's Degree or Higher	percent	13.9	31.4	28.8	
2.22	People 65+ Living Alone	percent	31.7	28.9	27	
2.22	Workers who Walk to Work	percent	2.1	3.2	2.8	3.1

Source: Healthy Communities Institute

## Healthy Communities Institute scorecard – Marion County (continued)



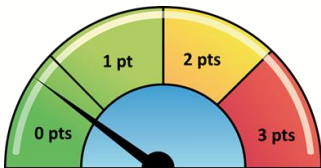
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- Indicators below are pre-sorted in order of decreasing severity
- Indicator HCI score correlates with severity gauge pictured
- Updated data can be found online at [ssmhealth.com/system](http://ssmhealth.com/system)

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.17	Adults who are Obese	percent	34.1		26.6	30.5
2.17	Food Insecurity Rate	percent	16.1	13.6	15.8	
2.17	Households with Cash Public Assistance Income	percent	2.7	2.5	2.8	
2.17	Ischemic Heart Disease: Medicare Population	percent	34.9	29	28.6	
2.17	Life Expectancy for Females	years	78.2	81	80.8	
2.14	Poor Mental Health Days	days	4.1	3.3		
2.14	Preventable Hospital Stays	discharges/1,000 Medicare enrollees	130	65		
2.08	Diabetic Screening: Medicare Population	percent	80.8	85		
2.08	Food Environment Index	(blank)	6.8	7.8		
2.06	Age-Adjusted Death Rate due to Colorectal Cancer	deaths/100,000 population	18.8	17.3	15.9	14.5
2.06	Age-Adjusted Death Rate due to Influenza and Pneumonia	deaths/100,000 population	19.7	16.8	15.4	
2.06	Life Expectancy for Males	years	72.4	76.3	76.1	
2	Adults who are Overweight or Obese	percent	69.7		63.1	
2	Adults with Asthma	percent	14.9		13.4	
2	Low-Income and Low Access to a Grocery Store	percent	11.2			
2	Per Capita Income	dollars	21887	29666	28155	
2	Workers Commuting by Public Transportation	percent	0.6	8.7	5	5.5
1.97	High School Graduation	percent	79.4	82.5	80	82.4
1.97	Premature Death	years/100,000 population	9015.4	6349		
1.97	Self-Reported General Health Assessment: Poor or Fair	percent	19.1	15.1		
1.94	Adults who are Sedentary	percent	32.6			32.6
1.94	Low-Income Preschool Obesity	percent	14.5			
1.94	Workers who Drive Alone to Work	percent	82.3	73.6	76.3	
1.92	Adults with Influenza Vaccination	percent	31.3			70
1.92	High Blood Pressure Prevalence	percent	34.9			26.9
1.92	High Cholesterol Prevalence	percent	41.4			13.5
1.83	Atrial Fibrillation: Medicare Population	percent	7.9	8.3	7.8	
1.83	Children with Low Access to a Grocery Store	percent	5.9			
1.83	Fast Food Restaurant Density	restaurants/1,000 population	0.7			
1.83	People 65+ with Low Access to a Grocery Store	percent	4.4			
1.75	Access to Exercise Opportunities	percent	65.9	89.4		
1.75	Adult Fruit and Vegetable Consumption	percent	11.2			
1.75	Adults who Visited a Dentist	percent	54.1			
1.75	Clinical Care Ranking	(blank)	96			
1.75	Dentist Rate	dentists/100,000 population	36	69		
1.75	Health Behaviors Ranking	(blank)	99			
1.75	Morbidity Ranking	(blank)	80			
1.75	Mortality Ranking	(blank)	87			
1.75	Pap Test History	percent	66.1			
1.75	Primary Care Provider Rate	providers/100,000 population	46	79		
1.75	Social and Economic Factors Ranking	(blank)	95			

Source: Healthy Communities Institute



**Healthy Communities Institute scorecard – Marion County (continued)**

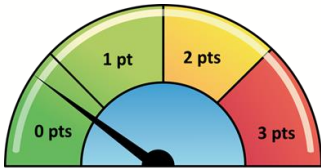


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.72	Cancer: Medicare Population	percent	8.4	8.6	7.9	
1.72	Hypertension: Medicare Population	percent	58	57.6	55.5	
1.67	Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions	deaths/100,000 population	17.8	8.8		12.4
1.67	Households with No Car and Low Access to a Grocery Store	percent	3			
1.67	Unemployed Workers in Civilian Labor Force	percent	6.7	6.3	5.6	
1.67	Voter Turnout	percent	48.9	49.2		
1.61	Recognized Carcinogens Released into Air	pounds	100000			
1.58	Colon Cancer Screening	percent	55.6			
1.58	Non-Physician Primary Care Provider Rate	providers/100,000 population	44	46		
1.58	Physical Environment Ranking	(blank)	52			
1.56	Grocery Store Density	stores/1,000 population	0.2			
1.5	Alzheimer’s Disease or Dementia: Medicare Population	percent	9.8	9.7	9.8	
1.5	Prostate Cancer Incidence Rate	cases/100,000 males	140.2	149.4	142.3	
1.47	Farmers Market Density	markets/1,000 population	0			0
1.47	Poor Physical Health Days	days	3.6	3.4		
1.47	Teen Births	percent	3.2	2.6	6.1	
1.42	Drinking Water Violations	percent	1	1.8		
1.39	HIV Diagnosed Cases	cases	0			
1.39	Tuberculosis Cases	cases	0			
1.33	Gonorrhea Incidence Rate	cases/100,000 population	69.4	127.9	106.1	
1.33	Houses Built Prior to 1950	percent	26.6	29.3	18.9	
1.33	Violent Crime Rate	crimes/100,000 population	313.7	429.6		
1.28	Homeownership	percent	65.5	60.9	56.9	
1.28	SNAP Certified Stores	stores/1,000 population	1			
1.25	Adults with Diabetes	percent	9.9	9.2		
1.25	Adults with Pneumonia Vaccination	percent	32.3			
1.25	Severe Housing Problems	percent	11.7	18.5		
1.22	Adults with Health Insurance	percent	84.3	81.5	79.7	100
1.22	Households without a Vehicle	percent	7.2	10.7	9.1	
1.17	Colorectal Cancer Incidence Rate	cases/100,000 population	47.1	48.6	43.3	38.6
1.17	People 25+ with a High School Degree or Higher	percent	86.7	87.3	86	
1.14	Children with Health Insurance	percent	96.3	95.6		100
1.14	Mammography Screening: Medicare Population	percent	64.4	64		
1.08	Solo Drivers with a Long Commute	percent	24.6	39.6		
1.06	Age-Adjusted Death Rate due to Unintentional Injuries	deaths/100,000 population	38.7	32.9	39.2	36.4
1.06	Osteoporosis: Medicare Population	percent	5.5	6.4	6.4	
1.06	People 65+ Living Below Poverty Level	percent	7.7	8.5	9.4	
1.06	Syphilis Incidence Rate	cases/100,000 population	0	6.2	5.5	
0.83	Hyperlipidemia: Medicare Population	percent	41.5	46.4	44.8	
0.75	Alcohol-Impaired Driving Deaths	percent	20.8	36.9		

Source: Healthy Communities Institute

## Healthy Communities Institute scorecard – Marion County (continued)



- SSM Health St. Mary’s Hospital - Centralia 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](http://ssmhealth.com/system)

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
0.75	Social Associations	membership associations/10,000 population	21.6	9.9		
0.75	Student-to-Teacher Ratio	students/teacher	12.3	14.7		
0.64	Recreation and Fitness Facilities	facilities/1,000 population	0.2		0.1	
0.56	Breast Cancer Incidence Rate	cases/100,000 females	107	127.4	122.7	
0.5	Mean Travel Time to Work	minutes	21.6	28	25.5	
0.5	Rheumatoid Arthritis or Osteoarthritis: Medicare Population	percent	24.5	31.3	29	
0.47	Preterm Births	percent	8.8	10.1	11.7	11.4
0.42	Babies with Low Birth Weight	percent	7	8.2	8.1	7.8
0.39	Asthma: Medicare Population	percent	3.2	5.1	4.9	
0.25	Adults who Drink Excessively	percent	10.3	20		25.4
0	Age-Adjusted Death Rate due to Breast Cancer	deaths/100,000 females	17.7	23.4	22.2	20.7

Source: Healthy Communities Institute

## The tax year the hospital last conducted a needs assessment

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SSM Health St. Mary's Hospital - Centralia 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

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SSM Health St. Mary's Hospital - Centralia held a meeting with local, regional and corporate members to determine priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen were mental health, heart disease and obesity. Resources available to assist with these priority needs include:

- Mental Health: Resources include, but are not limited to, the psychiatry committee of SSM Health St. Mary's Hospital - Centralia, Choate Mental Health Facility, Community Resource Center, SSM Health Behavioral Health and other outpatient services in Marion County.
- Heart Disease: Resources include, but are not limited to, the SSM Health Medical Group, cardiology department of SSM Health St. Mary's Hospital - Centralia and American Heart Association.
- Obesity: Resources include, but are not limited to, the SSM Health Bariatric and Weight Loss program, Felician Wellness Center (including the NExT and CHAMPS programs), American Diabetes Association, nutrition and physical therapy departments of SSM Health St. Mary's Hospital - Centralia, and local fitness centers.

## How the data were obtained

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SSM Health St. Mary's Hospital - Centralia considered the Healthy People 2020 categories and participants from the previous CHNA cycle to guide the invitation list of key community stakeholders. A community perception survey was administered via mail or discussed in person with 48 leaders in a four-county area that provide services for the community or live within Marion County (see page 21 for a list of participants). The 12-question survey covered topics including, but not limited to, important health care needs, prevention, gaps in care and underserved populations.

23 surveys were completed for a response rate of 47.9%. Results were tabulated and analyzed, at which point the full report was provided to SSM Health local, regional and corporate staff. The top priorities were selected based upon supporting data, community feedback and the resources available for SSM Health St. Mary's Hospital - Centralia to make a significant impact.

Health information 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, in addition to Marion County demographic profile, SSM Health St. Mary's Hospital - Centralia's cancer registrar and CHSI Summary Comparison Report.

## The health needs of the community

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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**

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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 is 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 St. Mary's Hospital - Centralia 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 compels 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**

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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/or 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 St. Mary's Hospital - Centralia 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 St. Mary's Hospital - Centralia 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. This information is available on our website [ssmhealthillinois.com](http://ssmhealthillinois.com) and in the County Health Rankings report.

## Persons representing the community with whom the hospital consulted

SSM Health St. Mary’s Hospital - Centralia 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 St. Mary’s Hospital - Centralia 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	Marion County Sherriff's Office	Surveys were anonymous to allow as much candid feedback as possible.
	Mailed surveys	Fire Chief or designee	Marion County Fire	
	Mailed surveys	Director	SO IL Case Coordination Services	
	Mailed Surveys	Director	Community Resource Center	
	Mailed Surveys	Executive Director	Marion County Health Dept.	
	Mailed surveys	NA	BCMw	
	Mailed surveys	Director	Senior Services	
	Mailed surveys	Director	Salvation Army	
	Mailed surveys	Supervisor	Centralia Township	
	Mailed surveys	Mayor	Village of Dix	
	Mailed surveys	Mayor	Village of Central City	
	Mailed surveys	Mayor	City of Centralia	
	Mailed surveys	Mayor	Village of Patoka	
	Mailed surveys	Mayor	City of Salem	
	Mailed surveys	Mayor	City of Sandoval	
	Mailed surveys	Mayor	Village of Odin	
	Mailed surveys	Mayor	Walnut Hill	
	Mailed surveys	Mayor	Wamac	
	Mailed surveys	Mayor	Village of Alma	
	Mailed surveys	Mayor	Village of Kell	
	Mailed surveys	Mayor	City of Kinmundy	
	Mailed surveys	Director	Centralia Recreation Complex	
	Mailed surveys	Director	Centralia Chamber of Commerce	
	Mailed surveys	Superintendent	Regional Office of Education (Salem)	
	Mailed surveys	Director	Midland Area Agency on Aging	
	Mailed surveys	Minister	Churches of each denomination	
	Mailed surveys	Doctors	Physicians practicing in Marion county	
	In person surveys	Varied	Hospital employees	
	In person surveys	Varied	Patients	

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

SSM Health St. Mary's Hospital - Centralia 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 heavy burdens on certain groups within the population. SSM Health St. Mary's Hospital - Centralia made a conscious effort to reveal and acknowledge these disparities when possible.

## Needs the hospital will not address and the reasons why

Because SSM Health St. Mary's Hospital - Centralia has limited resources, not every health indicator which has an identified need for improvement could be addressed. Additionally, some of the items identified are being address by other organizations within the community. Those community needs identified but not "prioritized" for improvement included the following:

- Diabetes is being addressed as a subcomponent of the obesity strategic implementation plan.
- Senior services, specifically referring to the Medicare population, is a subset that is especially affected by other priority issues 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. SSM Health St. Mary's Hospital - Centralia has a Coordinated Care Network (CCN) to assist senior patients with chronic disease management, medication assistance programs and other support services for seniors. Four other critical access hospitals in the secondary market also have senior renewal programs.
- Access to care is an ongoing priority at SSM Health St. Mary's Hospital - Centralia. SSM Health and the hospital are constantly assessing areas of physician need within our community and developing recruitment plans to increase access to primary care and other specialist providers in the region.
- Affordable health insurance is outside of the hospital's scope of services. However, SSM Health St. Mary's Hospital - Centralia has staff who will assist those in need by reviewing coverage options available from both public and private exchanges.
- Cancer is being addressed through ongoing focus of local medical staff, cancer committee and tumor board. SSM Health St. Mary's - Centralia is a Commission on Cancer® accredited program. Both SSM Health St. Mary's Hospital - Centralia and SSM Health Good Samaritan Hospital- Mt. Vernon offer complete cancer care programs and work together to improve cancer outcomes in Southern Illinois.
- Smoking is being address through patient education, prescriptions and other assistance to stop smoking is currently being provided by SSM Health St. Mary's Hospital - Centralia, as well as local area physicians, clinics, the Illinois Quit Smoking Hotline and the American Lung Association.
- Child abuse is currently a focus of the state and other governmental agencies. SSM Health St. Mary's Hospital - Centralia will continue to provide assistance in instances as requested.
- Infant mortality and the issue of mothers smoking during pregnancy are already the subject of review by medical staff and a variety of community agencies who work with pregnant women and newborns. This includes, but is not limited to, Women, Infants and Children (WIC); Marion County Public Health and the Pregnancy Crisis Center. The neonatal program at SSM St. Mary's - Centralia also receives oversight and collaborates with SSM Health St. Mary's Hospital - St. Louis and SSM Health Cardinal Glennon Children's Hospital for high-risk services and access to advanced pediatric specialty support.
- Chronic obstructive pulmonary disease is being addressed through readmission projects and by the CCN.
- Stroke is being addressed through core measures, stroke ready emergency room designation and other stroke and neurology services.
- Preventable hospital admissions are being addressed by the CCN, post-acute departments/organizations and through other readmission reduction initiatives.



## **Other hospital facilities who participated in SSM Health St. Mary's Hospital - Centralia CHNA process**

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The CHNA was conducted in partnership with SSM Health Good Samaritan Hospital – Mt. Vernon.

## **How SSM Health St. Mary's Hospital - Centralia makes its needs assessment widely available to the public**

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SSM Health St. Mary's Hospital - Centralia 2016 CHNA is available online at [ssmhealth.com/system](http://ssmhealth.com/system) and upon request from the hospital facility at 618-436-6000. See section on "Going Forward" for more information.

SSM Health St. Mary's Hospital - Centralia

490 North Pleasant Avenue | Centralia, IL 62801



**SSM**Health

*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 which disparities exist, and which put a greater burden on some population groups
- Health issues for which trends are worsening
- Poor rankings for health issues in Marion County as compared to the state average, other counties or Healthy People 2020 national health goals



The SSM Health St. Mary's Hospital - Centralia 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 Marion County demographic profile.

In addition, the SSM Health St. Mary's Hospital - Centralia 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 [ssmhealth.com/system](http://ssmhealth.com/system) and in the County Health Rankings Report for Marion County, Illinois.

*Priority #1 Mental Health & Substance Abuse*

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*Priority #2 Heart Disease*

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*Priority #3 Obesity*

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# Mental Health and Substance Abuse



**SSM**Health

*In partnership with the Felician Sisters*

The US Department of Health and Human Services defines mental health as “a state of well-being, in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.”

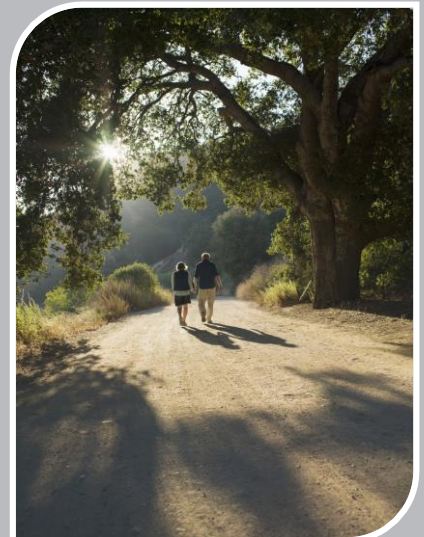
Adversely, mental illness is defined as “collectively all diagnosable mental disorders” or “health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning.”<sup>1</sup> The unfavorable health effects of mental illness are often caused and/or compounded with substance abuse.

SSM Health and Felician Services, Inc. (FSI), are Mission-driven organizations with a special concern for the poor and vulnerable. Both serve high-risk populations that are likely to experience the adverse effects of poor mental health and substance abuse. SSM Health St. Mary’s Hospital - Centralia is the only facility in the region with inpatient and outpatient mental health services. In the tradition of St. Francis of Assisi, the hospital has committed itself to the alleviation of suffering.

## Additional facts and figures

- 13.5% of families in Marion County are living below the poverty level<sup>2</sup>
- 29.5% of children in Marion County are living below the poverty level<sup>2</sup>
- The death rate due to drug poisoning in Marion County is 17.3 deaths per 100,000 persons, which is notably higher than the state rate of 10.8 deaths per 100,000 persons<sup>2</sup>
- 16.4% of the Medicare population reported experiencing depression, which is above the state rate of 14.7%<sup>2</sup>
- Residents of Marion County reported having 4.1 days per year where they experienced poor mental health, which is notably higher than the state average of 3.3 days per year<sup>2</sup>
- The age-adjusted death rate due to suicide is 18.5 deaths per 100,000 persons, which is notably higher than both state and national rates of 9.7 and 12.5 deaths per 100,000 persons, respectively<sup>2</sup>

Priority  
#1



To learn more about mental health services at SSM Health, please visit our website at [ssmhealthillinois.com](http://ssmhealthillinois.com) or call 1-800-426-2083.

Source: <sup>1</sup> Centers for Disease Control and Prevention. <sup>2</sup> Healthy Communities Institute

# Strategic Implementation Plan Mental Health and Substance Abuse

## Goals

- Reduce the percentage of Marion County Medicare patients who experience depression from 16.4%, as reported in 2015, to the state average of 14.7%, by 2018 (HCI)
- Reduce the adult age-adjusted death rate due to suicide in Marion County from 18.5 deaths per 100,000 persons, as reported in 2015, to less than 16 deaths per 100,000 persons by 2018 (HCI)
- Increase the percentage of SSM Health Medical Group patients screened for clinical depression and participating in the development of a follow up plan from 18.18%, as reported in 2015, to the national average of 46.27%, by 2018 (SSM Health Medical Group reporting)



## Action plan

- Improve access to care by recruiting and retaining at least two psychiatrists and other mental health professionals to Marion County by 2018
- Implement a patient-centered medical home that includes depression screening and treatment plans
- Implement a transitional care management program for patients discharged from inpatient behavioral health settings and/or partial hospitalization programs
- Educate primary care providers on the evaluation and treatment of mental health conditions
- SSM Health Medical Group to evaluate all patients for mental health and substance abuse during wellness/annual visits
- Expand the mental health inpatient program to include 12 additional inpatient gero-psych beds by 2016
- Develop a regional intake process to increase efficiency in placement and referral of mental health and/or substance abuse patients for care
- Provide ongoing community education on recognizing the signs/symptoms of substance abuse and suicidal ideation
- Develop a marketing plan to increase awareness of services available

## Community partners and supporting resources

- SSM Health Behavioral Health
- Local medical staff and other health care providers
- Crisis services
- Families of patients with mental health or substance abuse concerns
- Choate Mental Health Facility
- Intermediate Care Facilities for Developmental Disabilities (ICF/DD)
- Other state agencies

# Heart Disease



**SSM**Health

*In partnership with the Felician Sisters*

Priority  
#2

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

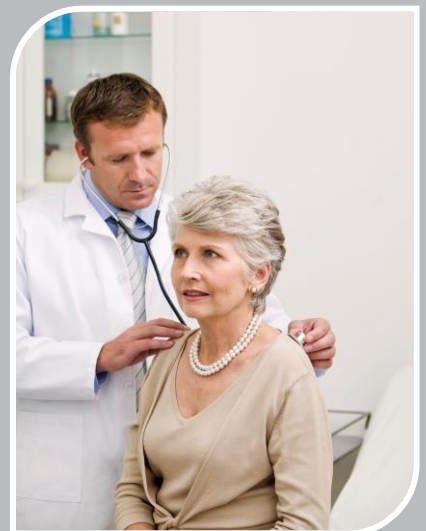
In some cases, minorities and those living under financial distress are often segments of the population who are most affected by factors contributing to heart disease.

SSM Health and SSM Health St. Mary's Hospital - Centralia 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 Marion County is 148.3 deaths per 100,000 persons, which is significantly higher than both state and national rates of 102.3 and 105.7 deaths per 100,000 persons, respectively
- The percentage of the Medicare population who have been diagnosed with heart failure is 17.8%, which is higher than both state and national rates of 15.8% and 14.6%, respectively
- 34.9% of the community has high blood pressure
- 41.4% of the community has high cholesterol, which is over 3 times the Healthy People 2020 goal of 13.5%
- 34.9% of the Medicare population was reported as having ischemic heart disease, which is higher than both state and national averages of 29% and 28.6%, respectively



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

Visit our website at  
[ssmhealthillinois.com](http://ssmhealthillinois.com).

Source: Healthy Communities Institute

# Strategic Implementation Plan

## Heart Disease

### Goals

- Reduce the age-adjusted death rate due to coronary heart disease in Marion County from 148.3 deaths per 100,000 persons reported in 2015 to 137.65 deaths per 100,000 persons by 2018 (HCI) (i.e. reduce variance between county and national rate by 25%)
- Reduce the 30-day all-cause readmission rate for patients with congestive heart failure (CHF) at SSM Health St. Mary's Hospital - Centralia from 16.5% (June 2015 YTD) to at least 15.3% by 2018 (Premier Quality Advisor)



### Action plan

- Implement a regional cardiovascular co-management council to align/integrate SSM Health St. Mary's Hospital – Centralia and SSM Health Good Samaritan Hospital– Mt Vernon cardiology programs, effectively increasing access to care and improving quality/safety
- Improve the access to care, prevention, identification and management of heart disease. Increase the percentage of Medicare patients in the SSM Health Medical Group who have an annual wellness visit with their primary care physician to better control contributing factors
- Develop a voucher program or other means to allow community members to receive cardiac screening and/or lab tests at a reduced price
- Implement a multidisciplinary heart failure clinic
- Develop a collaborative program to improve care for nursing home patients with chronic cardiac conditions
- 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
- Implement a post-discharge protocol to increase follow-up visit compliance (3 – 5 days post-discharge) with cardiologist and/or primary care provider
- Increase LDL assessment and treatment for patients at risk of coronary artery disease
- Implement LDL point-of-care testing within SSM Health Medical Group clinics

### Community partners and supporting resources

- SSM Health St. Mary's Hospital – Centralia cardiologists and medical staff
- SSM Health Medical Group
- Critical access hospitals
- American Heart Association
- SSM Health St. Mary's Hospital – Centralia cardiology department
- Centralia Recreation Center
- Local health and fitness providers

# 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. The disease is also 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 having a body mass index (BMI) of 40 or higher, at which serious medical conditions occur. Obesity and unhealthy weight management can also contribute to the development of other diseases, such as diabetes and heart disease.

Lifestyle complications that lead to increased risk of obesity 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 Marion County. 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

- 69.7% of adults in Marion County are overweight <sup>1</sup>
- 34.1% of adults in Marion County are obese <sup>1</sup>
- 28% of the Medicare population in Marion County has diabetes, which is above both state and national averages <sup>1</sup>
- 9.9% of all adults in Marion County have diabetes, which is above the state average <sup>1</sup>
- 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%) <sup>2</sup>
- 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%) <sup>2</sup>
- Higher income women are less likely to suffer from obesity than low-income women <sup>2</sup>
- The prevalence of obesity among children, ages 2 - 5 years, decreased significantly from 13.9% in 2003-2004 to 8.4% in 2011-2012 <sup>2</sup>

Do you have a question  
about weight management  
at SSM Health? Visit our  
website at  
[ssmhealthillinois.com](http://ssmhealthillinois.com) or  
call 618-436-8300

Source: <sup>1</sup> Healthy Communities Institute. <sup>2</sup> Centers for Disease Control and Prevention

# Strategic Implementation Plan

## Obesity



### Goals

- Reduce the percentage of Marion County adults who are considered overweight or obese from 69.7%, as reported in 2015, to the national average of 63.1% or better by 2018 (HCI)
- Reduce the percentage the Medicare population who have diabetes in Marion County from 28% to the national average of 27% by 2018 (HCI)
- Increase the percentage of SSM Health Medical Group diabetic patients with controlled hemoglobin A1C levels from 58.6%, reported in 2015, to 66.5% or better by 2018 (SSM Health Medical Group reporting)



### Action plan

- Engage SSM Health Weight Management Services to work with patients on establishing healthy lifestyles, proper nutrition and exercise
- Support SSM Health Weight Management services including bariatric surgery for those patients who were unable to achieve weight loss goals through diet and exercise alone
- Increase access to healthy/fresh foods for patients in the Coordinated Care Network (CCN) and educate individuals 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% by 2018
- Increase percentage of patients who receive nutritional and diabetic consults
- Increase enrollment in NExT, CHAMPS and Felician Wellness Center
- Offer vouchers for free blood sugar screening
- Collaborate with local fitness centers to offer employees low-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
- Independent medical staff members
- Felician Wellness Center
- Local fitness centers
- Local food pantries
- American Diabetes Association
- Local labs

# 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 St. Mary's Hospital - Centralia 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](http://ssmhealth.com/system) for more information.

### Explore Data



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
<b>Access to Health Services</b>				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 percent Target: 100.0 percent	78.1 100.0 Current Target		TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 percent Target: 100.0 percent	93.4 100.0 Current Target		TARGET NOT MET
<b>Adolescent Health</b>				
High School Graduation <small>MAP</small>	Current: 62.3 percent Target: 82.4 percent	62.3 82.4 Current Target		TARGET NOT MET

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