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February 23, 2017

Tom Szpyrka  
IPLAN Administrator  
Division of Health Policy  
Illinois Department of Public Health  
525-535 West Jefferson St.  
Springfield, IL 62761

Dear Mr. Szpyrka,

Please accept this letter confirming that the official Community Health Improvement Plan 2016 to 2021 as required through the Illinois Project for Local Assessment of Needs (IPLAN) has been completed based on the Mobilizing for Action through Planning and Partnership (MAPP) framework. The Kankakee County Board of Health has reviewed and approved the IPLAN on February 23, 2017.

Sincerely,

Olatunji Akintilo, MD  
President  
Kankakee County Board of Health

# Kankakee County Health Department

## Community Health Improvement Plan 2016 to 2021



We Are

Public



Health

Submitted to the Illinois Department of Public Health on March 1, 2017

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## **Mission Statement**

The Kankakee County Health Department believes that it is the right of all citizens to have access to a broad continuum of community-based services that protect, maintain and promote the bio-psycho-social health and well-being of the community, and provide a safe and healthy environment.

The department continually assesses the health needs and resources available, promotes development of appropriate needed programs and assures that quality services are acceptable, available, accessible and accountable. These services are delivered in a manner that respects individual and community dignity, values and rights as well as established federal, state and local standards.





## **Executive Summary**

The Kankakee County Community Health Improvement Plan (CHIP) is a written plan to describe the assessment and implementation to improve the health and quality of life for the residents of Kankakee County. The purpose of the CHIP is for the Kankakee County Health Department (KCHD) to serve the health needs of the residents of Kankakee County and to meet the requirement of the Certified Local Health Department Code. This CHIP also serves as the organizational capacity assessment that was completed through the Mobilizing for Action through Planning and Partnership (MAPP) assessment process, described below.

This is the fifth written plan for KCHD. This is the second plan to be written in partnership with Partnership for a Healthy Community (PHC), a group of public health stakeholders from various organizations that serve Kankakee County. This Partnership conducts routine community assessments every three years using the MAPP assessment process. The MAPP process consists of four assessments: the Community Health Status Assessment, the Community Themes and Strengths Assessment, the Local Public Health System Assessment, and the Forces of Change Assessment. The first MAPP assessment cycle was conducted in 2012, and identified five priority issues: Access to Care, Mental Health, Chronic Disease, Violence and Safety/Substance Abuse, and Employment and Education. The second MAPP assessment cycle was conducted in 2015. Through this assessment and health need prioritization, Teen Pregnancy/Infant Mortality/Sexually Transmitted Diseases were identified as a priority issues, and Education/Employment was determined to no longer be a health priority of focus going forward in the MAPP process. The health issues of Access to Care, Mental Health, Chronic Disease and Violence and Safety remained priority issues for the PHC. The issue of substance abuse was moved from Violence and Safety, and was placed under the umbrella of Mental Health.

## **Acknowledgements**

A special thank you to Laurie Call from the Illinois Public Health Institute (IPHI), who facilitated many components of the MAPP process. A special thank you to Shannon Morgan-Jermal, Presence Health for all of her contributions, and the Presence Health interns that collected and analyzed data: Marissa Townes Jenkins, Molly Paul, and Christine Rapp. Finally, a special thank you to Torrie Carter, Presence St Mary's Hospital, for coordinating the MAPP process and keeping everything on track.

## Partnership for a Healthy Community Steering Committee

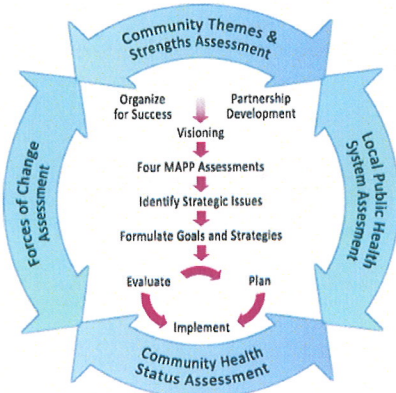
<b>Torrie Carter</b>	Presence St. Mary's Hospital
<b>Dr. John Avendano</b>	Kankakee Community College
<b>Debra Caise</b>	Presence St. Mary's Hospital
<b>Carole Frankie</b>	Iroquois & Kankakee Regional Office of Education
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<b>Pastor Larry Garcia</b>	Hispanic Partnership
<b>Pam Gulczynski</b>	Presence Home Health Care
<b>Jackie Haas</b>	The Helen Wheeler Center for Community Mental Health
<b>Dr. John Jurica</b>	Riverside Medical Center
<b>Dr. Carl Leth</b>	Olivet Nazarene University
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<b>Greg Murphy</b>	Iroquois & Kankakee Regional Office of Education
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<b>Laura Sztuba</b>	Kankakee County Health Department
<b>Dr. Jim Upchurch</b>	Olivet Nazarene University





## MAPP Assessments

The MAPP process is a community process that involves partnerships with other public health



agencies to identify health needs within the community and work together to improve health outcomes. The MAPP process uses four assessments to evaluate the health of the community and identify areas of need. The assessments include the Community Health Status Assessment, Community Themes and Strengths Assessment, the Local Public Health Systems Assessment, and the Forces of Change Assessment. Through evaluation of the four assessments, strategic

health issues are identified, and goals/strategies are developed to address the strategic issues.

Action cycles are completed to plan, implement, and evaluate the strategies that are implemented to address the strategic issues within the community. The Partnership for a Healthy Community has collaborated on three MAPP assessments within the MAPP framework. The most recent MAPP assessments were completed in 2015.

## Community Health Status Assessment

The Community Health Status Assessment (CHSA) is a process to gather and analyze data from existing data bases and sources to assess the health status of Kankakee County. Through use of the MAPP Framework, data was collected and summarized by student interns during the summer of 2014. Comprehensive data collection was guided by over 100 health indicators based on major themes (see box to the right). The Kankakee County data was compared to the state and national data, and compared to national benchmarks, including Healthy People 2020, when available. The data collection was reviewed by the PHC, and a finalized report was written by IPHI. See Appendix A, Community Health Status Assessment, for report.

- Demographics
- Socioeconomics
- Health Resource Availability
- Quality of Life
- Behavioral Risk Factors
- Environmental Health
- Social and Mental Health
- Maternal and Child Health
- Death, Illness, and Injury
- Communicable Diseases
- Sentinel Events
- Senior Health

**Data  
Indicators**

## Overview

- The population is growing at a higher percentage than the Illinois percentage, but the median household income is much lower than the state average.
- Kankakee County residents have less access to grocery stores, and are eating less fruits and vegetables than the state as a whole.
- There is a shortage of primary care providers and mental health providers in Kankakee County.
- Infant mortality and teen birth rates are higher in Kankakee County than in Illinois or the United States
- Heart disease is the number one cause of death for Kankakee County residents
- The percentage of smokers living in Kankakee County is significantly higher than the state and National percentages.
- Homicide and violent crime rates are lower in this county than in Illinois or the United States.
- In general, the rate of communicable disease is lower than the national average, but chlamydia rates are higher than the state and national average.

## Community Themes and Strengths Assessment

The Community Themes and Strengths Assessment (CSTA) is an assessment within the MAPP framework that aims to understand the Kankakee County residents' perceptions of health. This assessment uses survey methodology to determine what the residents of Kankakee County feel are important to our county, how they perceive quality of life, and what assets are available to improve the community. A total of 493 residents completed this 45 question survey in 2015. The survey results were collected and analyzed, and a final report was completed by IPHI. Please see Appendix B, Community Themes and Strengths Assessment, for report. There are noted limitations of this survey; the demographic data of the survey respondents were not representative of the residents of Kankakee County. However, these survey results in combination with the other MAPP assessments can provide important information on the health status and needs of the community.

## Overview

The primary *social* issues of concern raised in this assessment include:

- Finding good jobs and living in a healthy economy
- Living in a safe neighborhood
- Ability to participate in arts and cultural events
- Finding importance in racial/ethnic diversity

The primary *health* issues of concern include:

- Drug Abuse
- Violence
- Underage Drinking and Excessive Drinking
- At Home: Depression/Anxiety Disorder

What is  
important  
to our  
community?

How is quality  
of life  
perceived  
in our  
community?

What assets do  
we have that  
can be used to  
improve our  
community?

Overall, the issues of safety and violence, limited access to resources, and quality of the environment are variable based on where the resident lives, but are important concerns for the Kankakee County residents.

## Local Public Health System Assessment

The Local Public Health Assessment (LPHA) is an assessment of the MAPP framework, and is conducted using the National Public Health Performance Standards (NPHPS) assessment model. This model involves assessment of the 10 Essential Public Health Services, which collectively lead to the three core public health functions of assurance, assessment, and policy development. The Local Public Health Assessment was held on March 27, 2015, and was led by IPHI staff. This meeting involved 42 public health stakeholders from local public health organizations, health care systems, local businesses, and local government agencies. The meeting began with an overview of the assessment process using the NPHPS Model. The stakeholders were then broken into five work groups, and were tasked with evaluating and scoring each of the 10 Essential Public Health Services. These were then rank ordered to determine Kankakee County's public health system's overall performance of the 10 Essential Public Health Services. Limitations of this assessment include a



limited number of participants in each workgroup, with poor representation from key community stakeholders. See Appendix C, Local Public Health Assessment, for complete report.

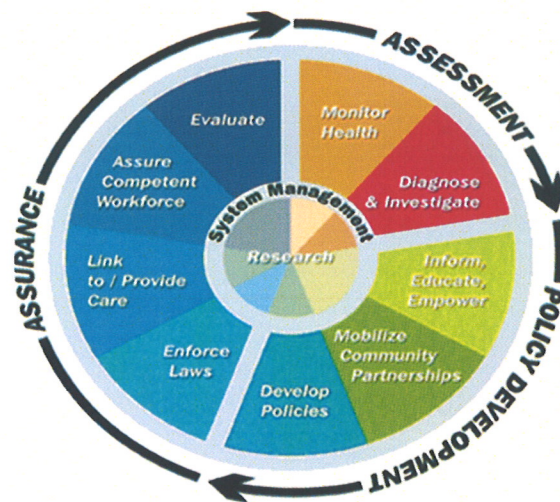
## Overview

### Key Strengths:

- Partnerships
- Robust assessment and planning activities
- Willingness to align and share resources to achieve goals

### Areas for Improvement:

- Greater data sharing among agencies
- Better system-wide communication
- Increased outreach to nontraditional partners
- Increased emphasis on collective implementation of the shared Community Health Improvement Plan



## Forces of Change Assessment

The Forces of Change Assessment is one of the four assessments within the MAPP framework. This assessment identifies the trends, factors, and events that are currently or will be influencing the health and quality of life for the residents of Kankakee County. This assessment was completed by the PHC on October 14, 2014 facilitated by IPHI staff. The group convened as a large group, and then broke into smaller workgroups to identify influential factors, cross-cutting themes, and to specifically answer these specific questions:

1. What is occurring or might occur that affects the health of our community or the local public health system?
2. What specific threats or opportunities are generated by these occurrences?

## Overview

The following were identified as the Forces of Change for Kankakee County:

Local and State Fiscal Challenges  
Education and Workforce Development  
Sustainable Energy Development  
Low Homeownership Rates  
Transportation Expansion  
Changing Demographics  
Mental Health and Substance Abuse  
Legalization of Marijuana  
Increased Connectivity  
Chicago Bears Training Camp  
Establishment of the 211 Human Services Resource Line  
Affordable Care Act and Changing Health Care Landscape

Forces of Change

- 
- Social
  - Economic
  - Political
  - Legal
  - Environmental
  - Technological
  - Ethical
  - Scientific

See Appendix C, Forces of Change Assessment, for the full report.

### **Strategic Issue Prioritization**

On July 21, 2015, the PHC convened to review the four MAPP assessments and identify strategic issues within Kankakee County. Facilitation of this meeting was conducted by IPHI staff. Each of the four MAPP assessments were reviewed at length, and each existing action team provided an update on their progress. Cross-cutting issues and themes were identified and evaluated based on prioritization criteria. A final list of strategic health issues was developed based on the following: the PHC vision, the consequences of not addressing it, if a multi-sector/faceted approach was needed, if the issue was the root cause of a larger issue, and if it was possible for PHC to leverage assets to address the issue. The group then broke into action teams for each of the strategic issues. Each action team established leadership within the action team, and identified other potential members to invite to the team. The action teams also developed plans for regular meetings, and identified potential strategies to address these issues. The following are the identified strategic issues to focus on for this MAPP Action Cycle:



- Violence and Safety
- Mental Health and Substance Abuse
- Chronic Disease
- Access to Care
- Teen Pregnancy, Infant Mortality, Sexually Transmitted Diseases

This meeting adjourned with each action team tasked with completing several next steps for the MAPP action cycle. This included identifying specific strategies and develop objectives for addressing the strategic issues. The PEARL (propriety, economics, acceptability, resources, and legality) was applied to each identified strategy within the action team.

Each Action Team conducted several meetings after the July 21<sup>st</sup> meeting to identify specific purpose, outcome objectives, impact objectives, and intervention strategies for the identified health issue. Each team identified risk factors, and direct and indirect contributing factors using the *Health Problem Analysis Worksheet*. The outcome objectives for each strategic issue align with the national health indicators as outlined in Healthy People 2020, found at <https://www.healthypeople.gov/2020/Leading-Health-Indicators>. The Action Teams used the CDC Community Guide to identify evidence-based strategies as needed, found at <https://www.thecommunityguide.org/>.

## **Violence and Safety**

**Description of the Problem:** Although the homicide and violent crimes rates are lower in Kankakee County than in the state or nation, the Community Themes and Strengths report identifies a perception of a less safe community, and a concern for youth violence. Forty eight percent of those surveyed believe safety in Kankakee County is fair or poor. Overall, a majority of those surveyed responded as ‘rarely’ or ‘never’ when asked if they are able to live in a safe neighborhoods. Thirty four percent of those surveyed feel youth violence is an issue in the county. This issue remains a priority issue for this MAPP cycle, with minimal funding required (i.e. school based antibullying program) and achievable goals. Existing grants and in-kind stakeholder time will be provided to complete many of the proposed strategies.

**Goal:** To reduce bullying, reduce violence and abuse among disparate populations, and improve the perception of safety.

**Target population:** All Kankakee County residents

**Outcome Objective #1:**

Reduce bullying among children and adolescents living in Kankakee County

**Impact Objectives:**

- By the end of 2016, the committee will identify an evidence-based bullying prevention program, and financial resources to support this program.
- By the end of 2017, at least 6 bullying prevention presentations will be conducted in Kankakee County schools.



**Strategies:** Evidence-based school education program implementation

**Outcome Objective #2:**

Reduce the incidents of domestic violence, sexual violence, elder abuse, abuse against persons with disabilities, and child abuse

**Impact Objectives:**

By the end of 2016, complete domestic violence and elder abuse training to all law enforcement, judges, and prosecutors in Kankakee County.

By the end of 2016, provide at least 4 separate 9-week Love & Logic classes to parents living in Kankakee County.

By the end of 2017, create a network of parent education resources involving the judicial system, community organizations, hospitals, and the faith-based community.

**Strategies:** Evidenced-based trainings, evidenced-based parent-program, and community collaboration.

**Outcome Objective #3:**

Improve local communities' perceptions of safety related to social determinants of health

**Impact Objective:**







**Outcome Objective #1:** Ensure that all individuals seeking behavioral health services are aware of service availability, and that those seeking services have access to the care necessary to meet their needs regardless of their economic situation.

**Impact Objectives:**

- By the end of 2017, increase by 5% the number of referrals for behavioral health services from schools and faith community leaders.
- By 2020, increase by 10% annually the number of calls to 211, the local social services database.
- By 2026, increase funding to adequately meet the need for behavioral health services within Kankakee County.

**Strategies:** Policy changes to increase referrals, community database-211, grant funding.

**Outcome Objective #2:**

Increase education and awareness related to behavioral health among residents of Kankakee County.

**Impact Objectives:**

- By the end of 2017, conduct at least two 'Say it out Loud' community awareness presentations each year.
- By the end of 2017, increase by 10% the attendance at local hospital support group, and 5% at the local NAMI.
- By the end of 2019, conduct of a minimum of four annual presentation within the community related to behavioral health.
- By the end of 2019, increase by three the number of medical outlets used for behavioral health education.

**Strategies:** Evidenced-based Say it Out Loud program in schools, use of media, support groups, community education programs.

**Organizational Assets:** Narcan program grant holder, client referrals for substance abuse and mental health, Kankakee School District Mental Health Roundtable member, Pledge for Life Board Member.

**Community Assets:** Helen Wheeler Center, Kankakee County Health Department, Riverside Medical Center, Presence St Mary's Hospital, Thresholds, early child education centers, Olivet Nazarene University, Say it Out Loud, Love & Logic, Mental Health First Aid training, Success by Six, local probation, Aunt Martha's Youth Service Center, Kankakee Regional Office of Education, Duane Dean Behavioral Health Center, Kankakee County Sheriff.

## Chronic Disease



**Description of the Problem:** High rates of chronic disease and obesity continue to be important health issues for this county. The percentage of adults who are obese is 20% higher than both the state and national percentages. The percentage of residents that are inactive is over 25% greater than the percentage of Illinois residents. There is more access to fast food restaurants and less access to grocery stores. The percentage of adults that smoke is 35% higher in Kankakee County than in Illinois. Heart disease is the leading cause of health in Kankakee County, and cancer is the second leading cause of death. Two thousand dollars was identified for purchase of education materials related to 5210. The Kankakee County Health Department was able to purchase these materials in addition to 5210 and Rethink your Drink billboards through Illinois Department of Public Health grant funding.

**Goal:** Reduce the incidence and prevalence of chronic disease among residents in Kankakee County.

**Target Population:** All individuals living in Kankakee County.

**Outcome Objective #1:** By 2025, reduce the percentage of children living in Kankakee County who are obese (from 11.5% to 8.5%) or overweight (from 18% to 15%).

### Impact Objectives:

- By 2020, increase by 5% the percentage of children that consume four or more fruit and vegetables by 2020.
- By 2020, reduce by 5% the percentage of children that watch three hours of TV per day.
- By 2020, increase by 5% the percentage of children that are physically active at least sixty minutes per day.

**Strategies:** Evidence-based 5210 Childhood obesity prevention program

**Outcome Objective #2:** By 2025, reduce by 5% the prevalence of heart disease and stroke among Kankakee County residents.

**Impact Objectives:**

- By 2020, reduce by 5% the percentage of 12<sup>th</sup> graders that have used cigarettes in the past year.
- By 2020, decrease by 5% the percentage of adults that have inadequate fruit and vegetable consumption.

**Strategies:** Promotion of tobacco cessation, Million Hearts campaign.

**Organizational Assets:** Illinois Tobacco Free Communities program, Chronic Disease and School Health program, WIC and Family Case Management programs, Pledge for Life Board Member, Success by Six Committee participant.

**Community Assets:** Kankakee County Health Department, Riverside Medical Center, Presence St Mary's Hospital, University of Illinois Extension, YMCA, local provider offices, local schools, local early child education centers, Pledge for Life.

## **Access to Care**

**Description of the Problem:** Access to care is an essential component of overall health in a community. Needed healthcare services must be available to individuals, and these individuals must be able to access these available services. Although the Affordable Care Act has improved access to healthcare services, access to care remains a priority issue in Kankakee County. There is a much lower number of primary care physicians in Kankakee County (51.9 per 100,000) than the state (996 per 100,000) or the nation (85.8 per 100,000). The percentage of residents with Medicaid is 20% higher than the state percentage. The percentage of individuals with a disability living in Kankakee County (13.9%) is higher than the state (10.3%) and national percentages (12%). This continues to be a priority issue for the PHC, and minimal funding needs were identified for outreach materials related to a social media campaign.

**Purpose:** Collaborate to maximize and expand resources that will increase access to and awareness of primary and specialty health care that is affordable, geographically accessible, and culturally sensitive.

**Target population:** All residents living in Kankakee County

**Outcome Objective #1:** By 2020, decrease by 5% the admission rate for ambulatory sensitive conditions and the percentage of admissions for chronic diseases.

- By 2017, Identify primary care providers accepting Medicaid and MCOs, and identify gaps in services.
- By 2018, increase by 10% the number of Primary care providers who accept Medicaid insurance.
- By 2018, provide at least two educational social media campaigns related to access to care.
- By 2018, increase by 10% utilization of transportation services for healthcare services.

**Strategies:** Evidenced-based social media, increase physician to individual ratio.

**Organizational Assets:** Referral source for Medicaid applications, referral source for primary care.

**Community Assets:** Riverside Medical Center, Presence St Mary's Hospital, Azzarelli Free Clinic, local providers, Hispanic Partnership, Options, River Valley Metro, United Way.

## **Teen Pregnancy, Infant Mortality, and Sexually Transmitted Diseases**

**Description of the Problem:** The health indicators of teen pregnancy, STDs, and infant mortality are significant indicators that were newly identified as one collective priority health issue during this MAPP cycle. The teen pregnancy rate is higher in Kankakee County (40) than in Illinois (35) and the United States (36.6). The Chlamydia rate is higher in the county (592.8) than the state (526.1) and the nation (456.7). Infant mortality rate in Kankakee County (8.1) is higher than the state (6.9) and nation (6.5). As a new health issue for the PHC in this MAPP cycle, PHC will plan to seek funding opportunities and use funds available through current grants.

**Purpose:** To improve the reproductive and sexual health of the residents in Kankakee County.

**Target Population:** All residents of Kankakee County, with specialized focus on women of childbearing age.



**Note:** Due to staff changes within several organizations, this Action Team did not fully develop after the 2015 MAPP prioritization meeting. The following are implementation and evaluation components developed by the Kankakee County Health Department administrative staff. This organization continues to monitor this priority issue, and community activities that impact this issue.

**Outcome Objective #1:** By 2025, reduce by 5% the infant mortality rate in Kankakee County.

**Impact Objectives:**

By 2018, increase the number of pregnant women that seek prenatal care in their first trimester by 5%.

By 2018, increase the number of women's health providers in Kankakee by at least three providers.

**Strategies:** Provider services for prenatal and women's health

**Outcome Objective #2:** By 2025, reduce by 5% the rate of teen pregnancy in Kankakee County.

**Impact Objectives:**

- By 2018, increase the amount of teen pregnancy prevention education within the county by hosting at least four community education events each year.
- By 2018, increase the number of women's health providers in Kankakee by at least three providers.
- Ensure teens have access to free/reduced condoms and prescription birth control.
- By 2018, provide at least one social media campaign annually each to target teen pregnancy prevention.

**Strategies:** Evidenced-based social media, evidenced-based school based prevention programs, distribution of free condoms, teen-based reproductive health provider.

**Outcome Objective #3:** By 2025, reduce by 5% the rate of reportable sexually transmitted diseases (STD) among Kankakee County residents.

**Impact Objectives:**

- By 2018, implement an STD coalition that meets at least quarterly each year.
- Ensure residents have access to free condoms





- By 2018, increase the amount of STD testing sites that offer expedited partner therapy by at least two.

**Strategies:** Expedited partner therapy, free access to condoms, community collaboration to reduce and prevent STDs.

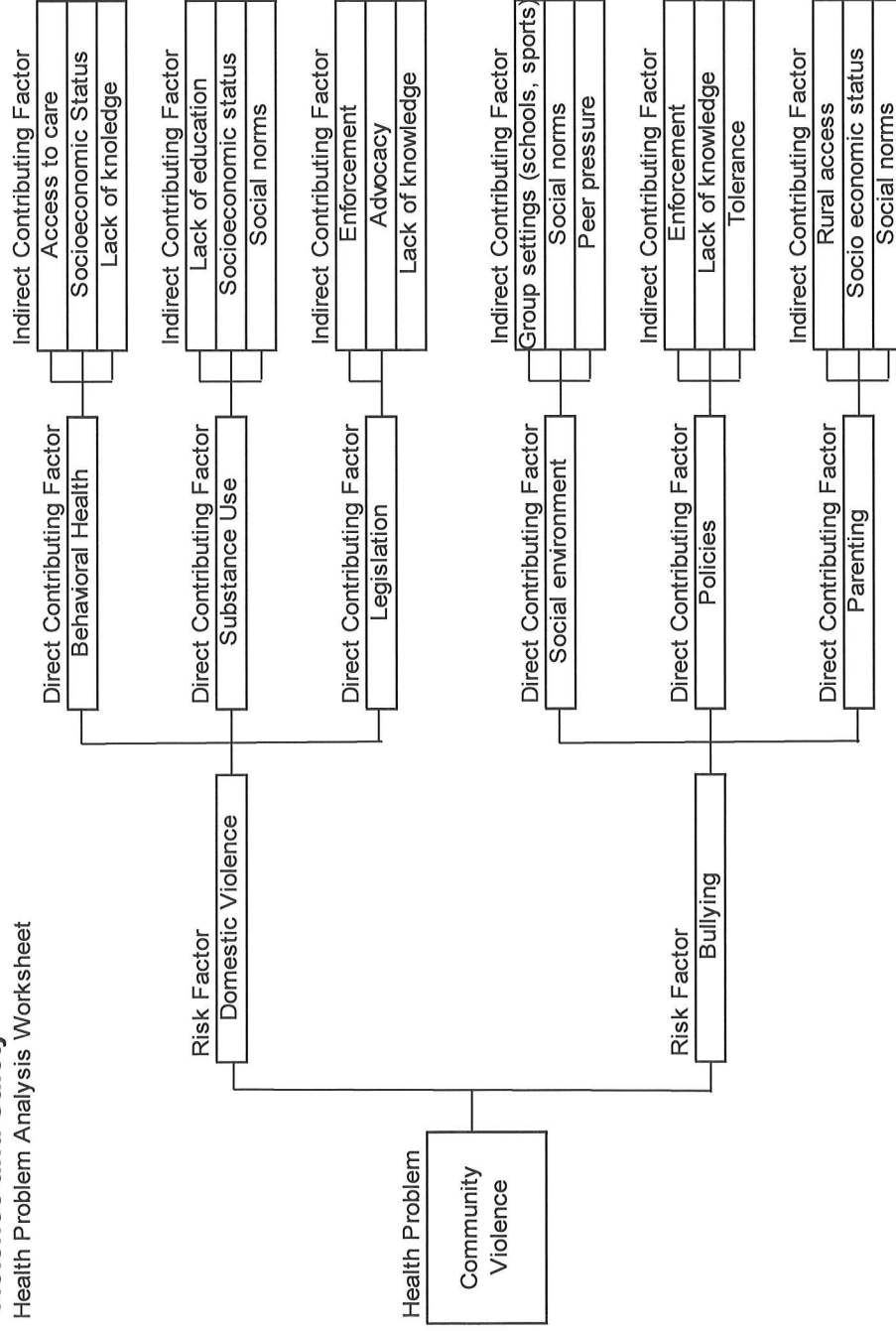
**Organizational Assets:** Teen Pregnancy Prevention program, entry point for low-income pregnant women, WIC/ Family Case Management programs, STD clinic, free condom distribution, Medicaid Presumptive Eligibility (MPE) application site.

**Community Assets:** Aunt Martha's, Kankakee County Health Department, Riverside Medical Center, Presence St Mary's Hospital, Azzarelli Free Clinic, Hippocrates Free Clinic, KSD 111 school-based health clinic, Sisters and Brothers Helping Each Other.

## **Evaluation**

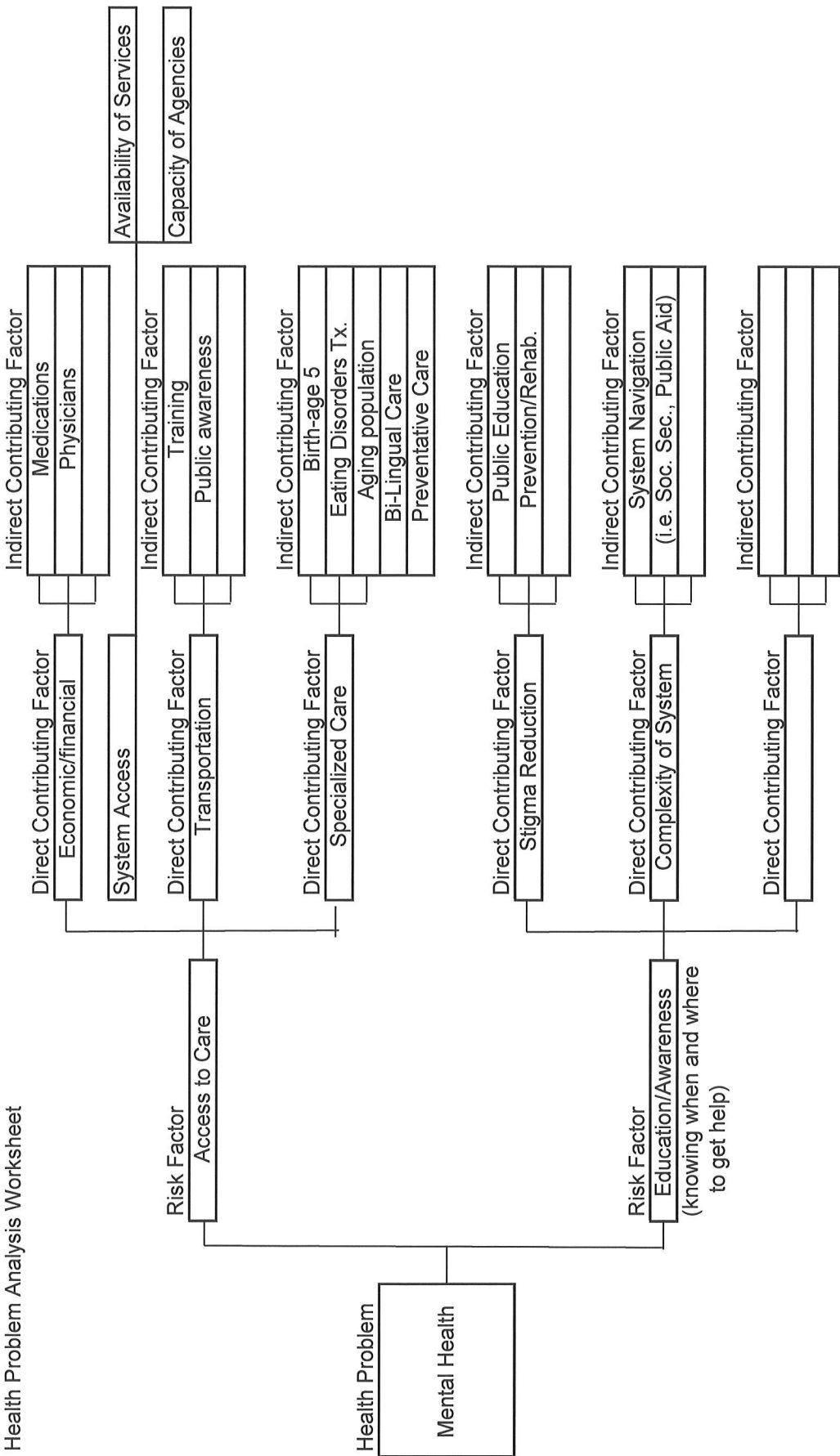
The Kankakee County Health Department is committed to the promotion and assurance of health in this county. A priority of KCHD is to have representation on each of action teams to be able to contribute to implementation of the chosen strategies, and evaluate the progress of objective implementation. Evaluation is conducted on a continual basis throughout the action cycle of the MAPP process to identify successes and update or change strategies as needed to ensure impact and outcome objectives are met. As the fiscal agent for the PHC, KCHD seeks grant opportunities on a continuous basis to fund identified strategies as needed.

# **Violence and Safety** Health Problem Analysis Worksheet



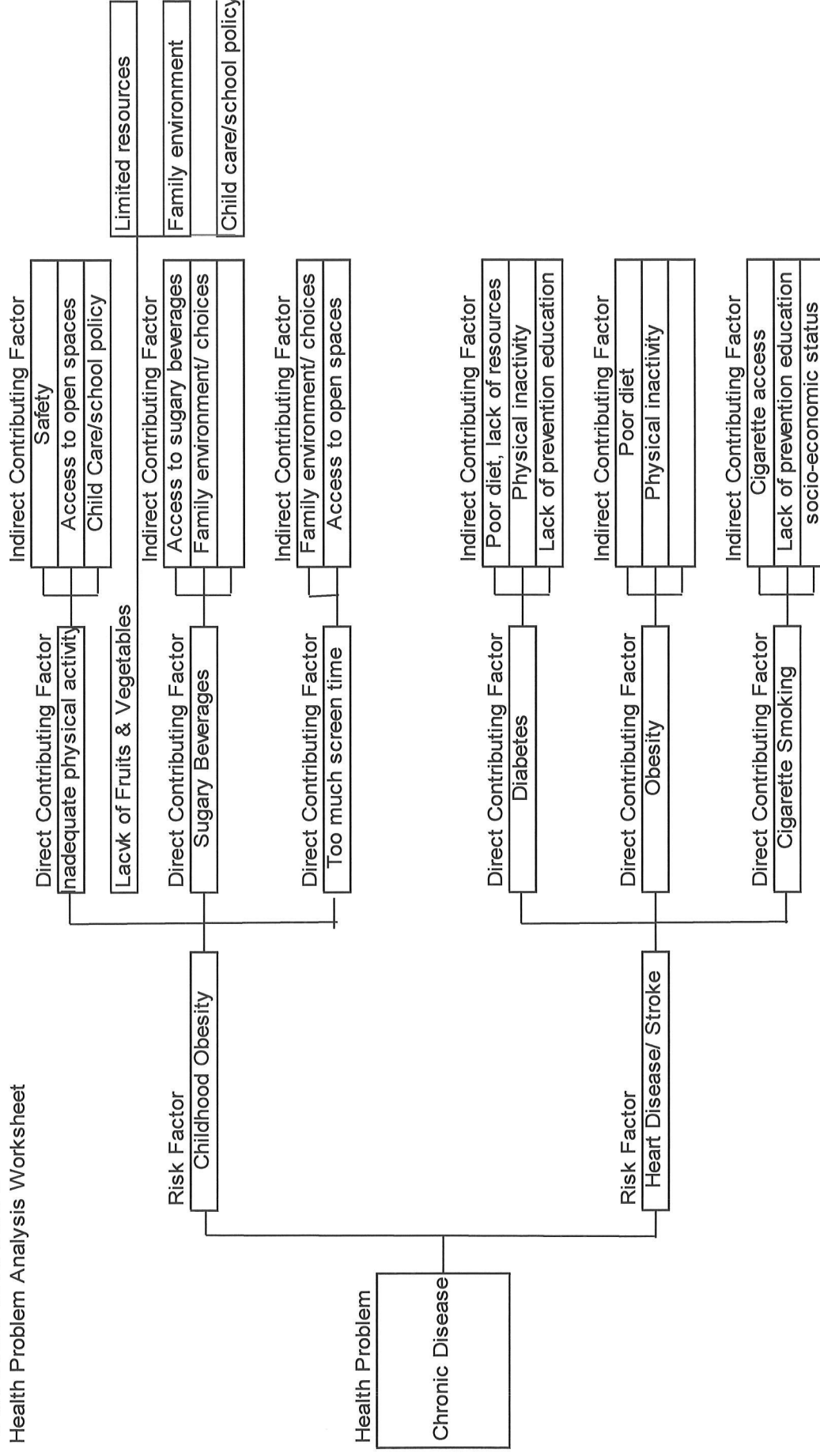
# Mental Health

Health Problem Analysis Worksheet

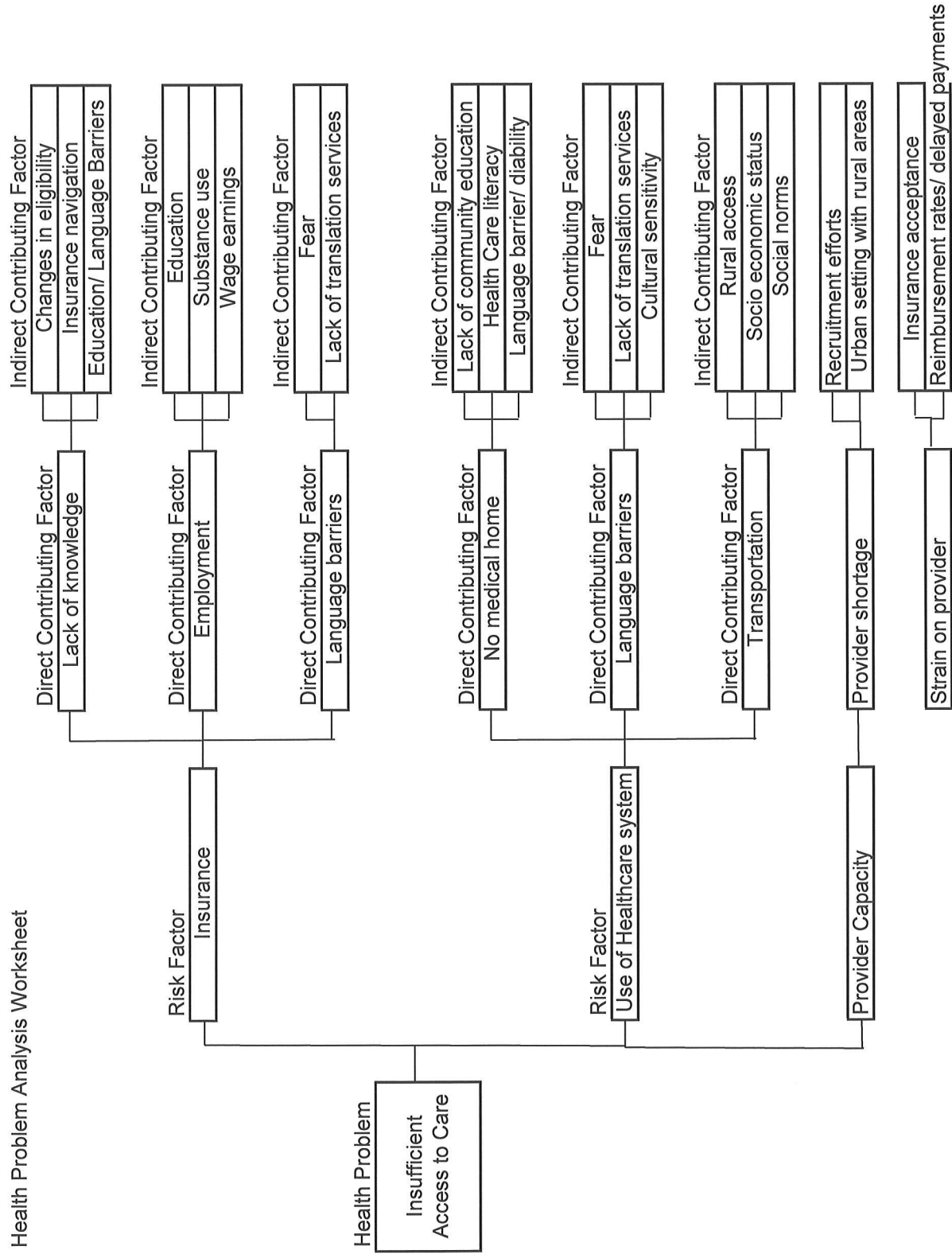


# Chronic Disease

## Health Problem Analysis Worksheet



# **Access to Care** Health Problem Analysis Worksheet





# Teen Pregnancy/STDs/Infant Mortality

Health Problem Analysis Worksheet

