



# McHenry County Community Health Improvement Plan

IPLAN

*Illinois Project for Local  
Assessment of Needs*

January 2012



**MCDH**

McHenry County  
Department of Health

# Community Health Plan

## Requirements:

- 5 year Community Health Improvement Plan
- Address a minimum of 3 priority health issues
- Evidence based - Community Needs Assessment
- Measurable Outcomes linked to Healthy People 2020
- Community collaborative process





# Needs Assessment

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## 2010 McHenry County Healthy Community Study



- **Household Survey**
- **Focus Groups**
- **Key Informant Interviews**
- **Community Analysis**



# Needs Assessment

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## 2010 McHenry County Healthy Community Study

### **Primary Key Findings**

1. Obesity and Nutrition
2. Access to Mental Health and Substance Abuse Services
3. Information and Referral System
4. Access to Dental Care for low income population

### **Secondary Key Finding**

1. Cardiovascular Disease
2. Diversity of Population/Lack of Integration
3. Environment – Open Space and Groundwater Protection
4. Lack of Public Transportation



# Prioritization & Implementation

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## MAPP

### Mobilizing for Action through Planning & Partnerships

- Strategic Planning Process
- Developed by NACCHO & CDC
- Community Driven
- Implemented in 2006 by McHenry County





# Prioritization

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**MAPP**

*Mobilizing for Action Through Planning & Partnerships*

## Identified Priorities

1. Obesity and Nutrition
2. Access to Mental Health and Substance Abuse Services
3. Cancer

## Ongoing Priorities (2006)

1. Information & Referral
2. Access to Dental Care for Low Income Populations
3. Cardiovascular Disease





# Community Collaborations

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## **Obesity and Nutrition (9)**

Advocate Good Shepherd Hospital  
Centegra Health System  
McHenry County College  
McHenry County Conservation District  
McHenry County Department of Health  
Sherman Hospital

## **M H /Substance Abuse(13)**

Advocate Good Shepherd Hospital  
Centegra Health System  
Family Alliance  
McHenry County Crisis  
McHenry County Dept of Health  
Senior Services Assoc., Inc.  
Walden Oaks Apartments  
Woodstock School District 200

## **Cancer (6)**

Advocate Good Shepherd Hospital  
Centegra Health System  
Family Health Partnership Clinic  
Mercy Health System  
Sherman Hospital  
Village of Prairie Grove



# Community Collaborations

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## **Cardiovascular Disease(9)**

Advocate Good Shepherd Hospital  
Centegra Health System  
Illinois Migrant Council  
McHenry County Department of Health  
Senior Services Assoc., Inc  
Sherman Hospital

## **Information & Referral (9)**

McHenry County Crisis Program  
McHenry County Department of Health  
McHenry County Sheriff Dept  
Pioneer Center for Human Services  
United Way of Greater McHenry County  
Village of Prairie Grove

## **Access to Dental Health(3)**

McHenry Co. Cooperative Dental Clinic  
McHenry County Department of Health  
McHenry County Dental Society



# 2010 Healthy Community Study

## PARTNERS

- Advocate Good Shepherd
- Centegra Health System
- Crystal Lake Chamber of Commerce
- Environmental Defenders
- 1<sup>st</sup> Congregational Church of Crystal Lake
- Health Systems Research
- Leadership Greater McHenry County
- McHenry County College
- McHenry County Conservation District
- McHenry County Community Foundation
- McHenry County Department of Health
- McHenry County Mental Health Board
- League of United Latino American Citizens
- Senior Services
- Sherman Hospital
- United Way of McHenry County
- Village of Prairie Grove
- Woodstock School District 200

## HCS Assessments

- Community Analysis
- Household Survey
- Key Informant Interviews
- Focus Groups



## MAPP June 2011

### KEY FINDINGS

#### Primary

- Need for an Information & Referral System
- Access to Dental Care for Low-Income
- Access to Mental Health and Substance Abuse Services
- Obesity & Nutrition

#### Secondary

- Cardiovascular Disease
- Diversity of Population/Lack of Integration
- Environment – Open Space and Groundwater Protection
- Lack of Public Transportation



## IPLAN Jan 2012

### New Priorities

1. Cancer
2. Obesity & Nutrition
3. Access to Mental Health & Substance Abuse Services

### Ongoing Priorities

1. Information & Referral
2. Access to Dental Health Care
3. Cardiovascular Disease



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# Cancer



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## *Top Causes of Death in McHenry County*

### **2007**

1. Cancer (156.7/100,000)
2. Heart Disease (132.8/100,000)
3. Accidents (132.8/100,000)

**Source:** Center for Disease Control and Prevention, National Center for Health Statistics CDC, WONDER database  
Rates are not age adjusted

## *2003-2007 Site Specific Cancer Mortality Rates<sup>1</sup> in McHenry County*

### **Men**

1. Lung (63.8/100,000)
2. Prostate (24.8/100,000)
3. Colorectal (20.8/100,000)

### **Women**

1. Lung (46.2/100,000)
2. Breast (27.0/100,000)
3. Colorectal (15.3/100,000)

**Source:** Center for Disease Control and Prevention, National Center for Health Statistics CDC, WONDER database  
<sup>1</sup>Age-adjusted rate



# Cancer



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## ***Outcome Objectives***

### **Reduce the death rate from cancer**

## ***Impact Objectives***

### **1. Reduce the age adjusted colorectal cancer death rate to 32.5/100,000. (Healthy People 2020 target setting method of 10% improvement).**

\*Baseline: Baseline 36.1/100,000 CDC, National Center for Health Statistics (2003-2007).

### **2. Reduce the age adjusted female breast cancer death rate to 24.3/100,000 (Healthy People 2020 target setting method of 10% improvement).**

\*Baseline: 27.0/100,000 CDC, National Center for Health Statistics (2003-2007).

### **3. Reduce the age adjusted male prostate cancer death rate to 22.3/100,000. (Healthy People 2020 target setting method of 10% improvement).**

\*Baseline: 24.8/100,000 CDC, National Center for Health Statistics (2003-2007).

## ***Process Objectives***

Form a Cancer Awareness Workgroup that will develop and implement a plan that focuses on cancer awareness, education and screening for colorectal, breast and prostate cancers.



# Obesity & Nutrition

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- McHenry County Healthy Community Study Results:
  - 35.7% of McHenry County adults are overweight vs. national average of 36.2%.
  - 23.5% are obese vs. national average of 27.5%.
  - 6 in 10 of McHenry County adults are overweight or obese.

**Source:** 2010 Prevalence and Trends Data. Illinois Behavior Risk Surveillance Survey. Web. 6/1/12.

- Obesity is one of the leading risk factors for diabetes.
  - In 2007 Diabetes ranked 7th highest leading causes of death for McHenry County.

**Source:** National Diabetes Statistics, 2011. National Diabetes Information Clearinghouse. Web. 8/1/12.



# Obesity & Nutrition

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- Outcome Objectives
  - Increase the proportion of adults in McHenry County that are at a healthy weight.
  - Reduce the proportion of McHenry county adults who are obese.
- Impact Objectives
  - Reduce the proportion of McHenry County adults who engage in no leisure-time physical activity.
    - Healthy People 2020 target setting method of 10% improvement. Baseline: 23.1%
  - Increase Proportion of McHenry County adults who consume 5 or more servings/day of fruits and vegetables.
    - Healthy People 2020 target setting method of 5% improvement. Baseline: 12.8%

**Source:** Nutrition and Weight Status. Healthy People 200. Web. 8/1/11.



# Obesity & Nutrition

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- Process objectives
  1. Obesity prevention toolbox for community leaders.
  2. Develop a community wide physical activity campaign.
  3. Increase opportunities that educate the community on healthy and nutritious food choices.
  4. Establish a McHenry County Coalition to address obesity trends.



# Access to Mental Health and Substance Abuse Services



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Year 1 (2008)	Year 2 (2009-10)	Year 3 (2011)	Year 4 (2012)
<p><input checked="" type="checkbox"/></p> <p><b>Goal MHS1.1</b> Develop campaign to provide educational programs on the availability and importance of mental health screenings to County residents aged 55+.</p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>“Think Well, Feel Well” (TFWW) campaign</i></p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Implemented Nov 2008 Locations hosted by Family Alliance, Centegra at DelWebb, and Senior Services Associates</i></p>	<p><input checked="" type="checkbox"/></p> <p><b>Goal MHS2.1</b> Introduce “Think Well, Feel Well” campaign to 500 seniors.</p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Events held in Summer, Fall months</i></p>	<p><input checked="" type="checkbox"/></p> <p><b>Goal MHS3.1</b> Continue outreach of “Think Well, Feel Well” campaign to local organizations.</p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Utilize MRC volunteers for phone solicitation to community stakeholders</i></p> <p><input checked="" type="checkbox"/></p> <p><b>Goal MHS3.2</b> Promote “Think Well, Feel Well” at community health fairs, senior living facilities and MAPP Workgroup member locations</p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Locations hosted by Advocate Good Shepherd, Centegra, Family Alliance</i></p>	<p><input checked="" type="checkbox"/></p> <p><b>Goal MHSA 4.1</b> Expand “Think Well, Feel Well” program to include (1) substance abuse services (2) residents ages 18+.</p> <p><input checked="" type="checkbox"/></p> <p><b>Goal MHSA 4.2</b> Tactical plans include address resources, (existing, coordination, gaps), access to care and reducing barriers through education and outreach.</p>





# Access to Mental Health and Substance Abuse Services



- Outcome Objectives
  - By 2017, decrease the proportion of McHenry County adults that report poor mental health days to 12.3%, Baseline, 13.7%, IBRFS. Baseline: 10% improvement, MDMH-4, Healthy People 2020.
- Impact Objectives
  - By 2017, increase the proportion of adults who seek/receive treatment with mental health disorders to 60.6%, 2010 McHenry County Healthy Community Study – Household Survey. Baseline: 10% improvement, MHMD-9, Healthy People 2020.
- Process Objectives
  - Increase access to care for those adults seeking treatment for co-occurring mental health disorders and substance abuse.
  - Reduce barriers for those adults seeking treatment for mental health disorders and/or co-occurring substance abuse and mental health disorders.
  - Increase communication between providers and consumers.



# Information & Referral

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Year 1 (2008)	Year 2 (2009)	Year 3 (2010)	Year 4 (2011)
<p><input checked="" type="checkbox"/></p> <p><b>Goal IR1.1</b> Update information and encourage interagency links to Crisis Line. ↓ <i>Updated database and website with current referral information</i></p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR1.2</b> Explore Network of Care and 2-1-1 compatible sites. ↓ <i>2-1-1 requirements incorporated into website and secure database.</i></p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR1.3</b> Develop language barrier solutions for I&amp;R/Crisis website. ↓ <i>System chosen to ensure compatibility and chosen taxonomy</i></p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR1.4</b> Support crisis services in 2-1-1 application (RFP) for pilot site. ↓ <i>URL secured 2-1-1 application submitted</i></p>	<p><input checked="" type="checkbox"/></p> <p><b>Goal IR2.1</b> Centralize and update Information and Referral located on Crisis Services Website ↓ <i>Continue to keep database and website current</i></p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR2.1</b> Market Crisis Line number and website (future 2-1-1) to community to increase visibility. ↓ <i>Marketing plan developed with Centegra Health System introducing new media opportunities</i></p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR2.1</b> Collaborate with CMAP for future 2-1-1 re-application (RFP). ↓ <i>2-1-1 moved out of DHS and into its own governing body - collaborate with CMAP as 2-1-1 Illinois re-develops in Illinois</i></p>	<p><input checked="" type="checkbox"/></p> <p><b>Goal IR3.1</b> Centralize and update Information and Referral located on Crisis Services Website</p> <p><input type="checkbox"/></p> <p><b>Goal IR3.2</b> Market Crisis Line number and website (future 2-1-1) to community to increase visibility.</p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR3.3</b> 2-1-1 readiness and application submission when RFP is released. Collaborate with 2-1-1 Illinois</p>	<p><input checked="" type="checkbox"/></p> <p><b>Goal IR3.1</b> Ongoing update to Information and Referral located on Crisis Services Website</p> <p><input checked="" type="checkbox"/></p> <p><b>Goal IR3.2</b> Continuing efforts to move 2-1-1 forward at the State level. ↓ <i>Status meeting set for 2/9/12</i></p>

INFORMATION  
REFERRAL 24 HOUR  
**CRISIS SERVICES**  
800-892-8900

Illinois   
**2-1-1**™  
*Get Connected. Get Answers.*



# Access to Dental Care for Low Income Population



## ***Community Analysis, 2010 Healthy Community Survey***

- 26.5% of McHenry County adults have no dental insurance (IBRFS, 2007)
- 12.5% have not seen dentist in past two years(IBRFS, 2007)

## ***Household Survey, 2010 Healthy Community Survey***

- 27.6% rated dental care availability fair or poor
- 63.4% delayed dental care due to no dental insurance
- 6.1% reported untreated dental issues

## ***Focus Groups, 2010 Healthy Community Survey***

- Most challenging access issue
- Dental care is too expensive for those without dental insurance.



# Access to Dental Care for Low Income Population



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Year 1 (2008)	Year 2 (2009)	Year 3 (2010)	Year 4 (2011)
<p>✓</p> <p><b>Goal D1.1</b> Develop campaign to expand dental staff and volunteers at the Cooperative Dental Clinic (dentists &amp; hygienists).</p> <p>↓</p> <p><i>Increased grant funding to support 1 full-time &amp; 1 part-time dentists, 1 dental hygienists</i></p> <p>↓</p> <p><i>Increased staff allowed clinic operation to go from 3 days to 5 days/week</i></p>	<p>✓</p> <p><b>Goal D2.2</b> Explore additional grant opportunities for operational needs.</p> <p>↓</p> <p><i>Additional grant funding provided new phone system, computer network and bilingual receptionist.</i></p> <p>✓</p> <p><b>Goal D2.2</b> Develop education campaign on importance of dental hygiene in children, with one specific target being the Latino population.</p> <p>↓</p> <p><i>Bright Smile From Birth Campaign – Funding received to promote and educate McHenry County Health &amp; Human Service Organizations</i></p>	<p>✓</p> <p><b>Goal D3.1</b> Educate McHenry County Primary Care Providers &amp; Pediatricians with the Bright Smile From Birth Campaign.</p> <p>↓</p> <p><i>Implemented and presented to McHenry County Providers</i></p> <p>✓</p> <p><b>Goal D3.2</b> Explore funding sources for additional dentist to provide evening clinics.</p> <p>↓</p> <p><i>Additional full-time dentist added in December 2010. Evening clinics have not been implemented.</i></p>	<p>✓</p> <p><b>Goal D4.1</b> Explore facility expansion for future clinic growth.</p> <p>↓</p> <p><i>Ongoing goal for 2012</i></p> <p>✓</p> <p><b>Goal D4.2</b> Continue to explore additional grant opportunities for operational needs.</p> <p>↓</p> <p><i>Ongoing goal for 2012</i></p>





# Access to Dental Care for Low Income Population



## ***Outcome Objectives***

**Increase the proportion of children, adolescence, and adults who used the oral health care system (10% improvement, Healthy People 2020).**

\* Baseline: 23.1 % did not see a dentist 12 months or greater (IBRFS 2007-2009).

## ***Impact Objectives***

**Increase the proportion of children and adolescence who receive dental preventative service (10% improvement, Healthy People 2020).**

**Reduce the proportion of children, adolescence and adults with untreated dental decay in primary and permanent teeth (10% improvement, Healthy People 2020).**

\*Baseline: 6.1 % respondents reported untreated dental issues, up from 5.6% in 2006 (Household Survey, McHenry County Healthy Community Study, 2010, 2006)

## **Process Objectives (Intervention Strategies)**

- Development of a community outreach program to promote good oral health
- Maintain webpage with referral information
- Research dental discount programs for low income and uninsured population
  - NACo Dental Discount Program (by Careington International)



# Cardiovascular Disease



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## *Top Causes of Death in McHenry County*

### **2004**

1. Cancer (145.5/100,000)
2. Heart Disease (136.4/100,000)
3. Stroke (36.4/100,000)

**Source:** 2004 Illinois Department of Public Health  
Rates are not age-adjusted

### **2007**

1. Cancer (156.7/100,000)
2. Heart Disease (132.8/100,000)
3. Accidents (132.8/100,000)

**Source:** 2007 Center for Disease Control and Prevention, National Center for Health  
Statistics CDC, WONDER database  
Rates are not age-adjusted

## *Chronic Conditions in McHenry County*

### **2006**

1. High Blood Pressure (21.7%)
2. High Cholesterol (30.2%)

**Source:** 2004-2006 Illinois Behavior Risk Surveillance Survey

### **2009**

1. High Blood Pressure (28.1%)
2. High Cholesterol (31.2%)

**Source:** 2007-2009 Illinois Behavior Risk Surveillance Survey



# Cardiovascular Disease

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Year 1 (2008)	Year 2 (2009)	Year 3 (2010)	Year 4 (2011)
<p>✓</p> <p><b>Goal C1.1</b> Increase the cardio workgroup participants to include the business community and civic organizations.</p> <p>↓</p> <p><i>Added members (schools, migrant council, senior services) and created 2 subgroups (adults and youth)</i></p>	<p>✓</p> <p><b>Goal C2.1</b> Survey cardiovascular directory to gather detailed information and gaps on cardiovascular events and needs in McHenry County.</p> <p>↓</p> <p><i>Collected data of cardiovascular needs and potential cardiovascular screening sites</i></p>	<p>✓</p> <p><b>Goal C3.1</b> Implement “Know Your Heart Age” campaign.</p> <p>↓</p> <p><i>Campaign implemented by Advocate Good Shepherd Hospital and McHenry County Department of Health.</i> <b>18 events, 862 assessments</b></p>	<p>✓</p> <p><b>Goal C4.1</b> Continue “Know Your Heart Age” campaign with help of MRC nurses- goal of 2000 assessments</p> <p>↓</p> <p><i>Campaign continued with 28 events, 916 assessments</i></p> <p>↓</p> <p><i>MAPP Cardio Campaign received NACO award</i></p> <p>↓</p> <p><i>Received \$5000 grant from the American Heart Association to expand Cardio campaign into the Hispanic community</i></p>
<p>✓</p> <p><b>Goal C1.2</b> Inventory ongoing cardiovascular campaigns in the community.</p> <p>↓</p> <p><i>Developed Directory and organizations that provide cardiovascular screening</i></p>	<p>✓</p> <p><b>Goal c2.2</b> Develop a “know your numbers” campaign</p> <p>↓</p> <p><i>Developed a “Know Your Heart Age” tool with permission from the Framingham Heart Study</i></p> <p>↓</p> <p>✓</p> <p><b>Goal C2.2</b> Pilot the “Know Your Heart Age” tool.</p> <p>↓</p> <p><i>“Know Your Heart Age” tool piloted by Advocate Good Shepherd.</i></p>	<p>✓</p> <p><b>Goal C3.2</b> Train Medical Reserve Corps (MRC) nurses to administer the “Know Your Heart Age” tool at events throughout McHenry County.</p> <p>↓</p> <p><i>Training provided by Advocate Good Shepherd Hospital and Centegra. MRC nurses implemented Cardio tool in several events</i></p> <p>↓</p> <p><i>MRC gained national recognition for service in this program</i></p>	





# Cardiovascular Disease



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Department of Health

## ***Outcome Objectives***

**Reduce the death rate from heart disease to 106.2/100,000 (20% improvement, Healthy People 2020) .**

\*Baseline: 132.8/100,000, 2007 Center for Disease Control and Prevention, National Center for Health Statistics CDC WONDER database.

## ***Impact Objectives:***

**1. Reduce the proportion of adults with high total blood cholesterol levels to 28.1% (10% improvement, Healthy People 2020).**

\*Baseline: 32.1%, IBRFS 2007-2009.

**2. Reduce the proportion of McHenry County adults with high blood pressure to 25.3% (10% improvement, Healthy People 2020).**

\*Baseline: 28.1%, IBRFS 2007-2009.

## ***Process Objectives***

•Continue to utilize the “Heart Age Tool”, with a goal of conducting 1000 assessments per year through 2017.

*“Our community embraces the belief that health is more than merely the absence of disease. A healthy community includes those elements that encourage people to maintain a high quality of life and productivity while respecting diversity. A healthy McHenry County reflects the following values – pride, respect, involvement, accountability and wellness”.*

*2010 MAPP Vision Statement*

