



# PARTNERSHIP FOR A HEALTHY COMMUNITY

2020 ANNUAL REPORT



Partnership for a  
Healthy Community  
[healthyhoi.org](http://healthyhoi.org)

[WWW.HEALTHYHOI.ORG](http://WWW.HEALTHYHOI.ORG)

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## Partnership for a Healthy Community

We are pleased to present the 2020 Partnership for a Healthy Community Annual Report.

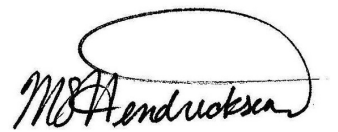
The Partnership for a Healthy Community (PFHC) began 2020 excited to start our new three-year cycle as a tri-county partnership with strong leadership and implementation plans in place. However, the past year was certainly not what we had expected or planned for. Before we knew it, our focus shifted to the COVID-19 pandemic, ensuring the safety and health of our communities. While 2020 had many challenges, we were no less encouraged that our priority groups were able to continue their work, never losing sight of the needs of our community. We were able to continue initiatives within our partnership to address the health priorities of Peoria, Tazewell, and Woodford counties.

Though we were unable to move the metrics as much as we had planned due to the pandemic, we still reflect on the first year of the 2020-2022 cycle inspired by the success of the Partnership and all involved. The PFHC continues to expand collaborations, increase shared funding, and create a culture between organizations towards our vision.

The PFHC Board is proud of the work of our Action Teams and looks forward to tackling the challenges ahead of us as a partnership.



Lisa Fuller, Co-Chair



Monica Hendrickson, Co-Chair



## Executive Summary

The successful adoption of the 2020-2022 Community Health Improvement Plan (CHIP) demonstrated the capacity and sustainability of the Partnership's multi-sector approach in addressing health within the tri-county. In 2020, the Partnership for a Healthy Community continued to address priority health concerns, despite the COVID-19 pandemic setbacks. The Partnership and its Action Teams will continue to expand the collaborative strategies in priority areas, and begin planning and conducting a new Community Health Needs Assessment (CHNA) and Improvement Plan (CHIP) beginning summer 2021.

### Highlight: 2020-2022 CHNA/CHIP

The Partnership for a Healthy Community (PFHC) continued to monitor and implement strategies identified in the 2020-2022 Community Health Improvement Plan (CHIP).

PFHC will continue to strategically focus on Mental Health, Substance Use, Healthy Eating/Active Living, and Cancer.

Additionally, Reproductive Health and Data Collaboration will be on-going projects in the new cycle.

The PFHC will begin conducting a new CHNA summer 2021.



# Mental Health

*Improve mental health among tri-county residents through preventative strategies and increased access to services.*

The Mental Health Action Team strived to improve mental health through a variety of evidence-based strategies outlined in the Implementation Plan. During 2020, the Action Team held meetings with the Substance Use Action Team, as many committee members work in both areas. The teams helped to improve trauma-informed practices throughout local schools, increase access to Mental Health First Aid trainings and suicide prevention education, and continued to increase the number of behavioral health providers throughout primary, specialty, and prompt care settings.

## Navigating the Virtual World

### COVID-19 INCREASED THE NEED FOR MENTAL HEALTH SERVICES

Our community hospitals responded to this increased demand by offering virtual mental health care visits and online mental health resources. Our hospitals are continuing to advocate for mental health telehealth services to be reimbursed by insurance plans in hopes to increase access for those who need it most.

## Suicide Prevention in Central Illinois

# 968

tri-county residents trained in suicide prevention in 2020

**Evidence-based suicide prevention education is available for Youth & Adults throughout the tri-county!**

- teachers
- parents & caregivers
- administrators
- businesses
- media representatives
- public health workers
- security guards
- healthcare workers
- ...everyone!

To learn about suicide prevention trainings and education for yourself or your team, please email  
Hult Center for Healthy Living  
[info@hulthealthy.org](mailto:info@hulthealthy.org) or  
call (309) 692-6650.

## Increasing Access to Mental Health Care

The Action Team has been working to increase the number of providers in the tri-county with behavioral health care integrated into the clinic setting. Incorporating behavioral health services into clinic settings helps improve access to mental health services and **produces better health outcomes** for our community members.

**MENTAL  
HEALTH  
SERVICES**



**Primary Care  
Specialized Care  
Prompt Care**



# Mental Health First Aid

Mental Health First Aid is a skills-based training course that teaches participants how to recognize a mental health crisis and properly refer someone to help. We can provide this training in-person or virtually at low- or no-cost. In 2020, the Mental Health Action Team formed a cadre of Mental Health First Aid Trainers who are able to train individuals throughout the tri-county. ALGEE, the Mental Health First Aid koala mascot, helps participants remember the 5-step action plan.

There are a variety of courses available:

- **Adult Mental Health First Aid** is appropriate for anyone age 18 and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. The adult course is available in both English and Spanish.
- **Youth Mental Health First Aid** is primarily intended for adults age 18 and older to learn how to help young people experiencing mental health challenges or crises. It reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18 and emphasizes the importance of early intervention.
- **Special trainings and certificates** are available for **older adults**, **EMT/fire**, and **higher education**.

## Do you want to be certified in Mental Health First Aid?

To inquire about a Mental Health First Aid Training  
for yourself or your team, please visit  
[www.healthyhoi.org](http://www.healthyhoi.org).

# 2,025

tri-county residents  
are certified in Mental  
Health First Aid



MENTAL  
HEALTH  
FIRST AID

Recognize the signs.

Know how to respond.

Be a lifeline.

A.L.G.E.E.



# Substance Use

***Reduce substance use to protect the health, safety, and quality of life for tri-county residents.***

The Substance Use Action Team has a variety of strategies designed to reduce substance use in the tri-county area. Efforts in criminal justice, harm reduction, youth education, and mass media campaigns are just a few of the ways the team is working to improve health.

The action team is using three strategies to ***reduce the proportion of tri-county adolescents never using substances:***

## #1 MASS MEDIA CAMPAIGNS

## #2 YOUTH LEADERSHIP PROGRAMS

## #3 TECHNOLOGY-ENHANCED CLASSROOM INSTRUCTION

### YOUTH LEADERSHIP PROGRAMS

Community partners are identifying high school students who are interested in becoming

#### **Certified Peer Educators!**

To learn about this opportunity, please email [info@hulthealthy.org](mailto:info@hulthealthy.org).



## MASS MEDIA CAMPAIGNS

The Mental Health Action Team selected Mass Media Campaigns as a strategy to help spread awareness of chemically-impaired driving, underage drinking, and binge drinking. Tazewell County Health Department took the lead on this initiative. The Illinois Youth Survey Data became available in late 2020. The team has created messaging based on this data and will focus on alcohol, marijuana, and prescription drugs. Check out the Tazewell Teen Initiative (TTI) Facebook Page to learn more about their efforts and help spread awareness.



**Find Tazewell Teen Initiative on Facebook  
@tazewellteeninitiative and help us  
promote safety and responsible behavior  
among teens.**

# Substance Use

THERE ARE THREE STRATEGIES TO HELP REDUCE THE RATE OF DRUG-INDUCED DEATHS IN THE TRI-COUNTY.

#1 **CRIMINAL JUSTICE**

#2 **HARM REDUCTION EFFORTS**

#3 **TECNOLOGY-ENHANCED CLASSROOM INSTRUCTION**

Narcan is saving approximately **8 people** each month in the tri-county area.

*Source: Opioid Hub, Peoria City/County Health Department*

## Overdose Data

**200+**

Number of ED visits in 2020 related to opioid overdose for Peoria, Tazewell, and Woodford Counties

**971**

In 2020, the number of Narcan administrations reported by the Narcan Advisory Group

There is now an online Opioid Hub where you can view the data that the Narcan Advisory group has collected over the past 3 years.

**Click here to visit the online Opioid Hub!**

## TECHNOLOGY-ENHANCED CLASSROOM INSTRUCTION

- The Action Team set a goal, outlined in the Implementation Plan, to have at least nine schools enroll in an online **Prescription Drug Safety Program**.
- In total, 11 schools participated in the program in 2020. 716 students throughout the tri-county region participated in the program.

All middle and high schools in the tri-county have access to the Prescription Drug Safety program at no cost, thanks to funding provided by UnityPoint Health. To enroll, please email [info@hulthealthy.org](mailto:info@hulthealthy.org).

**716**

STUDENTS PARTICIPATED IN VIRTUAL PRESCRIPTION DRUG SAFETY EDUCATION





# Healthy Eating Active Living

*Foster and promote healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area.*

## Addressing Food Insecurity with HEAL Food System Partners (FSP)

HEAL Food System Partners surveyed adequacy of the foods provided by the food banks and pantries as it relates to nutrition and cultural needs and preferences.

*Funding for the HEAL Food System Partners is provided, in part, by Community Foundation of Central Illinois.*

In 2020, HEAL FSP conducted a survey among food pantry guests and volunteers to increase advocacy and support for local and healthy procured foods.

### Survey Results:

Both food pantry guests and volunteers wanted:

### Healthy recipes

**Fruits** were the most requested support for food pantry guests and managers  
**Vegetables & Lean Meats**

## GROW A ROW

Farmers donate extra produce to pantries.

**5**

Gardens participated

**18,626**

Pounds of fresh foods distributed



Illinois Extension | Fulton-Mason-Peoria-Tazewell Unit

## Food Pantry Network

Led by University of Illinois Extension SNAP-Ed and Tazewell County Health Department, Food Pantry Network-HOI (FPN-HOI) consists of 80 members and counting and has led the charge in mobilizing local food, resources, and funds to support and broaden access of healthy foods to families in the community most in need.

## 12 Mobile Pantries

1,500+ USDA Farmer's to Families boxes distributed

Over 30,000 pounds of food



# Healthy Eating Active Living

## Addressing Youth Obesity with Interactive Education

### Time Away from Screens

University of Illinois Extension provided K -12 youth with STEAM (Science, Technology, Engineering, Agriculture and Mathematics) activity kits in effort engage in learning without a screen.

**University of Illinois Extension partnered with food pantries, schools and community organizations to distribute 826 kits in Woodford County.**



*Photo was taken prior to the COVID-19 pandemic.*

### Healthy Kids U in Motion

The family-based weight management program, Healthy Kids U in Motion, is a 10-week program that helps children ages 8 -15 and their families develop healthier habits through hands-on games, activities, and education.

### Healthy Cents

University of Illinois Extension collaborated with HEAL-Food System Partners (HEAL-FSP) to provide **virtual nutrition classes** reaching low-income adults in the tri-county.

### Illinois State Physical Activity and Nutrition program (ISPAN)

ISPAN has been continuing work on continuity of care in community support of breastfeeding. Our Region is focusing to support through CenteringPregnancy.

**22 certified lactation specialists were trained in 2020**

## Addressing Adult Obesity with the Diabetes Prevention Program

The Diabetes Prevention Program is a year-long evidence-based program that offers participants support and accountability as they strive to make lasting lifestyle changes to prevent/delay the onset of type 2 diabetes. To learn more about enrolling for this program, please email [info@hulthealthy.org](mailto:info@hulthealthy.org).

### A Certified Lifestyle Coach works with participants to:

- Increase exercise to 150+ minutes per week
- Reduce body weight by 5-7%

**56 adults enrolled in the Diabetes Prevention Program**

**407 pounds lost**



# Cancer

*Reduce the illness, disability and death caused by lung, breast, and colorectal cancer in the tri-county area.*

## OBJECTIVES:

By 2022, reduce the female breast cancer age-adjusted death rate by 1%.

By 2022, reduce the colorectal cancer age-adjusted death rate by 1%.

By 2022, reduce the lung cancer age-adjusted death rate by 1%.

## Screening by the Numbers

**Lung Cancer:** Increase the number of low-dose CT lung cancer screenings provided to qualifying individuals in the tri-county.

2,976 CT lung cancer  
screenings in 2020  
(2020 data)

Baseline = 2,203  
2020 = 2,976

**Breast Cancer:** Increase the percentage of women aged 50-74 who have had a mammogram in the past two years.

71.6% Peoria  
70.5% Tazewell  
72.6% Woodford  
(2018 data)

Healthy People  
2030 Target = 77.1

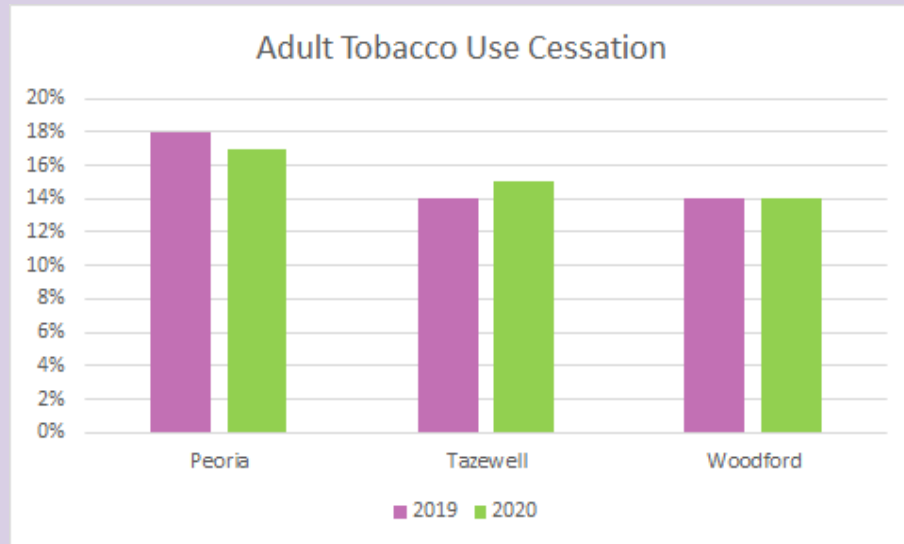
**Colorectal Cancer:** Increase percentage of respondents aged 50-75 who have had either a fecal occult blood test in the past year, a sigmoidoscopy in the past five years AND a fecal occult blood test in the past three years, or a colonoscopy exam in the past ten years.

63.8% Peoria  
66.0% Tazewell  
69.9% Woodford (2018 data)

Healthy People  
2030 Target = 74.4

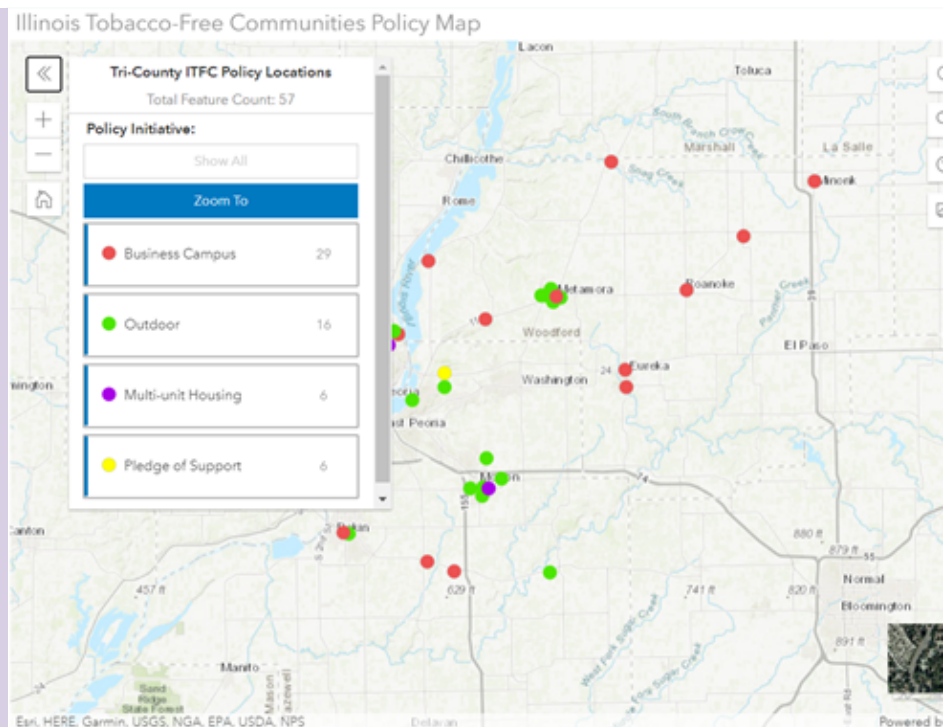


**Strategy: Reduce the percentage of adults in the tri-county who are current smokers**



Nationally, smoking is responsible for 1 in 5 deaths.

*Capture of interactive map  
from [healthyhoi.org](http://healthyhoi.org).  
showing the number of  
new tobacco-free spaces.  
Last year the tri-county  
team helped enact 19 more  
policies bringing the total  
from several years of  
advocacy to 57!*



# Reproductive Health

*To improve and promote reproductive and sexual health of adolescents and young adults.*

## Baseline Information:

- 851 cases of chlamydia in Peoria County, 562.7 in Illinois.
- 323.3 cases (per 100,000) of gonorrhea in Peoria, 165.2 in Illinois.
- 9.0% preterm birth in Peoria County, 6.0% in Tazewell and Woodford Counties.

#1

**Decrease chlamydia and gonorrhea among 15-24 year olds by December 31, 2022**

- Comprehensive sexual education offered in schools
- 5 P's
- Provider education and expedited partner therapy

#2

**Expand outreach, education and marketing efforts in alignment with Getting to Zero Illinois.**

- Behavioral interventions to prevent HIV and other STIs
- LGBTQ and PrEP education
- Outreach and engagement via GYT events

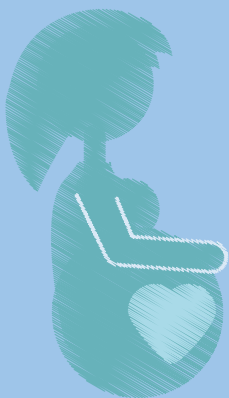
#3

**Decrease preterm birth among Peoria County infants from 9.0% to 8.0% by December 31, 2022**

- CenteringPregnancy
- Preconception
- Home visiting

## CenteringPregnancy

*Improved health outcomes for both mothers and infants.*



To address preterm birth rates as well as access to prenatal care, the Reproductive Health Action Team adopted CenteringPregnancy as an evidence-based program to address risk factors and improve birth outcomes. The program uses a cohort approach in which women due near the same time receive healthcare and wraparound support. The results are improved health outcomes for both mother and infant.

**52** Participants

**89.4%** Singleton births at fullterm births

CenteringPregnancy<sup>®</sup>  
Peoria

2020-2022

# ***Community Health Needs Assessment & Improvement Plan***

In 2019, the Partnership for a Healthy Community embarked on the planning of the 2020-2022 Community Health Improvement Plan (CHIP). The PFHC Board adopted a collaborative approach including a focus on identifying social determinants of health and their impact on health priorities.

The Community Health Needs Assessment (CHNA) was used to assist in identification of health concerns and included primary and secondary data from a variety of sectors and community survey on perception. The PFHC hosted a meeting with over 100 community members representing various sectors to prioritize four strategic health priorities.

## **Mental Health**

Improve mental health among tri-county residents through preventative strategies and increased access to services.

## **Substance Use**

Reduce substance use to protect the health, safety, and quality of life for tri-county residents.

## **Healthy Eating & Active Living**

Foster and promote healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area.

## **Cancer (Breast, Lung, & Colorectal)**

Reduce the illness, disability and death caused by breast, lung, and colorectal cancer in the tri-county area.



# TRANSPARENCY & ACCOUNTABILITY

## healthyhoi.org

The Partnership for a Healthy Community (PFHC) recognizes that to impact true change, the work of those involved needs to be open and available to the communities we serve. Our goal of transparency and accountability is to create an informed public, support collaborations, and provide a platform for engaging a variety of stakeholders.

Beginning in 2020, the new [WWW.HEALTHYHOI.ORG](http://WWW.HEALTHYHOI.ORG) website was launched and offers updated information on meetings, projects, and support innovation and partnerships. New features include discussion boards, centralized Action Team areas, and routine reporting.

The PFHC continues to seek additional partners agencies and those with lived experience to join the initiative to help create our vision for a thriving community that is inclusive, diverse, and sustainable to ensure health equity and opportunity for well-being for all.



[HOME](#) [ABOUT >](#) [PROCESS >](#) [PRIORITIES >](#) [PROGRAMS >](#) [PERFORMANCE MANAGEMENT >](#) [CALENDAR](#) [DISCUSSIONS](#) [CONTACT](#)

## Partnership for a Healthy Community

*"The connection between the health and the dwelling of the population is one of the most important that exists."*  
Florence Nightingale

Healthy HOI is a community-driven partnership to improve health and wellness in the Heart of Illinois (HOI).

