

# Healthy SI Delta Network

[www.hsidn.org](http://www.hsidn.org)

*MISSION: TRANSFORMING SOUTHERN ILLINOIS INTO A REGION THAT SUPPORTS AND ENHANCES HEALTHY LIVING.*

Fifteen counties partner to form the HSIDN.

Alexander	Pope
Franklin	Pulaski
Gallatin	Randolph
Hardin	Union
Jackson	Saline
Johnson	White
Massac	Williamson
Perry	

The Healthy Southern Illinois Delta Network (HSIDN) is a grassroots effort established to build consensus around the health needs of residents in southernmost Illinois.

The Network brings together local health departments, area health centers, hospitals and others interested in improving the health of their communities. Members work together to support healthy communities in the lower fifteen-counties in Illinois.

HSIDN members include Southern Illinois Healthcare, the Center for Rural Health and Social Service Development and the area's six health departments covering a fifteen-county region. Regional efforts are coordinated by the steering committee and implemented at the local level through healthy community coalitions. Coalition members and action teams engage their own communities to conduct activities and advance the overall mission of the HSIDN.

The Network has grown into a strong collaborative effort of community organizations successfully leveraging resources to improve health in the Illinois delta region. The success of the network is a direct result of the regional planning approach supported by active engagement of those representatives interested in improving the health of their communities. This collective effort is supported and facilitated by Southern Illinois Healthcare, a non-profit hospital system with the support of SIU School



- ◆ Create infrastructure leading to policy, systems & environmental changes for a healthy southern Illinois.
- ◆ Improve mental health through prevention.
- ◆ Reduce the number of cancer cases.
- ◆ Promote health and reduce chronic diseases
- ◆ Improve cardiovascular health and quality of life

For more information contact:  
Southern Illinois Healthcare, Community Benefits at:  
(618) 457-5200 Ext: 67834



## HSIDN Regional Plan 2020-2025 (Developed 1.22.2020)

<b>HSIDN Mission</b> <i>Transforming Southern Illinois into a region that supports and enhances healthy living.</i>
<b>Goals for 2020</b>
I. Improve mental health through prevention and by ensuring access to appropriate, quality mental health services in southern Illinois.
<b>Objectives for Southern Illinois</b>
<b>1. Decrease age-adjusted suicide deaths in southern Illinois by 10%.</b> Baseline: 16.4 per 100,000 <sup>1</sup> Goal: 10.2 per 100,000 <sup>2</sup>
<b>2. Increase the proportion of persons with co-occurring substance abuse and mental disorders who receive treatment for both disorders in southern Illinois by 10%.</b> Baseline: 3.3 % <sup>2</sup> Goal: 3.6 % <sup>2</sup>
<b>3. Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral in southern Illinois by 10 %.</b> Baseline: 79.0 % <sup>2</sup> Goal: 87.0 % <sup>2</sup>
<b>Regional Strategies</b>
<b>Behavioral Health Health Care</b> <ul style="list-style-type: none"><li>• Improve local access to mental health serviced, i.e. availability of local crisis care, intervention counseling, access to transfer, and addressing substance misuse issues</li></ul>
<b>Community and Faith Organizations</b> <ul style="list-style-type: none"><li>• Increase the number of individuals trained in Mental Health First Aid – Adults and Youth</li></ul>



**HSIDN Regional Plan 2020-2025  
(Developed 1.22.2020)**

<i>Goals for 2020</i>
II. Reduce the number of new cancer cases, as well as illness, disability, and death caused by cancer in southern Illinois.
<i>Objectives for Southern Illinois</i>
<p><b>1. Increase the proportion of adolescents in grades 9 through 12 who follow protective measures that may reduce the risk of skin cancer in southern Illinois.</b>            Baseline: 9.3 %<sup>2</sup>            Goal: 11.2 %<sup>2</sup></p> <p><b>2. Increase the proportion of adults who receive a cancer screening based on the most recent guidelines in southern Illinois.</b>  <b><i>Colorectal</i></b>            SIH CHNA Baseline-            26.4 -33.8% of adults age 50+ have not had a colonoscopy or sigmoidoscopy<sup>1</sup>,            52.1 % of adults aged 50 to 75 years received a colorectal cancer screening<sup>2</sup>            Goal: 70.5 %<sup>2</sup></p> <p><b><i>Cervical</i></b>            SIH CHNA Baseline-            4.3-12.2% of women 18 and older report never having had a pap smear<sup>1</sup>, 84.5 % of females aged 21 to 65 years received a cervical cancer screening<sup>2</sup>            Goal: 93.0 %<sup>2</sup></p> <p><b>3. Reduce the overall cancer death rate in southern Illinois by 10 %.</b>            Baseline: 179.3 deaths per 100,000 population<sup>2</sup>            Goal: 161.4 deaths per 100,000 population<sup>2</sup></p>
<i>Regional Strategies</i>
<p><b><i>Cancer (Lung and Bronchus, Colorectal, Oral Cavity and Pharynx, Breast, and Melanoma of the Skin)</i></b></p> <p><b>Schools/Child Care/After School</b></p> <ul style="list-style-type: none"> <li>• Provide evidence-based cancer prevention in schools (cigarettes, vaping, e-cigarettes and sun safety, etc.)</li> </ul> <p><b>Community and Faith Organizations</b></p> <ul style="list-style-type: none"> <li>• Utilize media (videos, letters, brochures or newsletters) to inform and motivate people to be screened</li> </ul> <p><b>Health Care</b></p> <ul style="list-style-type: none"> <li>• Simplify administrative procedures and other obstacles (e.g. scheduling assistance, patient navigators, transportation, dependent care, translation services, limiting the number of clinic visits, etc.)</li> </ul>



## HSIDN Regional Plan 2020-2025 (Developed 1.22.2020)

### *Goals for 2020*

III. Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights in southern Illinois.

### *Objectives for Southern Illinois*

**1. (Developmental) Increase the proportion of residents who have access to a food retail outlet that sells a variety of foods that are encouraged by the Dietary Guidelines for Americans in southern Illinois.**

Baseline: 25.11% of residents are living in areas designated as food deserts in southern IL <sup>1</sup>

Goal: TBD

**2. Reduce the proportion of adults who are obese in southern Illinois by 10 %.**

Baseline: 67.6% <sup>1</sup>

Goal: 30.5% <sup>2</sup>

**3. Increase contribution of fruits and vegetables to the diets of the population aged 2 years and older in southern Illinois.**

SIH CHNA Baseline: Over 80% of adults are not meeting recommended guidelines for daily fruit and vegetable intake. <sup>1</sup>

SIH CHNA Baseline:

over 80% of adults are not meeting recommended guidelines for daily fruit and vegetable intake <sup>1</sup>

*Fruit* Baseline:

0.53 cup equivalent of fruits per 1,000 calories was the mean daily intake by persons aged 2 years and over <sup>2</sup>

Goal: 0.93 cup equivalent per 1,000 calories <sup>2</sup>

*Vegetable* Baseline:

0.76 cup equivalent of total vegetables per 1,000 calories was the mean daily intake by persons aged 2 years and over

Goal: 1.16 cup equivalent per 1,000 calories

### *Regional Strategies*

#### ***Improving Health Behaviors (Reduce Overweight/Obesity and Tobacco Use)***

##### **Government**

- Improve local healthy food options (suggested to also include in promoting farmers markets, food pantries, increasing healthy food donations, summer meals, SNAP double value, and cooking classes, etc.)



## HSIDN Regional Plan 2020-2025 (Developed 1.22.2020)

### *Goals for 2020*

IV. Improve cardiovascular health and quality of life through prevention, detection, and treatment of risk factors for heart attack and stroke; early identification and treatment of heart attacks and strokes; prevention of repeat cardiovascular events; and reduction in deaths from cardiovascular disease southern Illinois.

### *Objectives for Southern Illinois*

**1. Increase the proportion of adults in southern Illinois who have had their blood pressure measured within the preceding 2 years by 2% and can state whether their blood pressure was normal or high.**

Baseline: 90.6 %<sup>2</sup>

Goal: 92.6 %

**2. Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years in southern Illinois by 10 %.**

Baseline: 74.6 %<sup>2</sup>

Goal: 82.1 %<sup>2</sup>

**3. Increase the proportion of adults with hypertension who meet the recommended guidelines in southern Illinois.**

*Body Mass Index (BMI):* Baseline: 18 %<sup>2</sup> Goal: 21.6 %<sup>2</sup>

*Saturated Fat Consumption:* Baseline: 30.5 % Goal: 35.7 %<sup>2</sup>

*Sodium Intake:* Baseline: .66 %<sup>2</sup> Goal: 1.19 %<sup>2</sup>

*Physical Activity:* Baseline: 28 %<sup>2</sup> Goal: 33.7 %<sup>2</sup>

### *Regional Strategies*

#### ***Cardiovascular/Heart Disease***

##### **Schools/Child Care/After School**

- Promote screenings and chronic disease and diabetes self-management

##### **Community and Faith Organizations:**

- Educate community about access to care and resources available
- Implement region-wide mass media campaign which promotes screening day and awareness of cardiovascular disease risk factors

##### **Worksite**

- Worksite Wellness strategies

##### **Health Care**

- Implement strategies to take health information to the community; i.e. telehealth, community health workers, mobile monitoring devices, etc.

**HSIDN Regional Plan 2020-2025  
(Developed 1.22.2020)**

