

Healthy SI Delta Network

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 of Medicine. The regional plan is summarized on the back of this document.



- ◆ Create infrastructure leading to policy, systems & environmental changes for a healthy southern Illinois.
- ◆ Prevent and control overweight/obesity related chronic disease.
- ◆ Reduce tobacco use and eliminate exposure to second hand smoke.
- ◆ Promote high impact clinical preventive services.

For more information contact:
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HSIDN Regional Plan 2015-2020 (Updated 2/15)

Goals for 2020	Objectives for southern Illinois	Regional Strategies
I. Prevent and control overweight/ obesity related chronic disease in southern Illinois.	<p>1. Decrease the prevalence of obesity among adults.</p> <p>Baseline: 1 in 3 Goal: 1 in 4</p>	<p style="text-align: center;">Physical Activity</p> <p>Schools/Child Care/After School Increase the number of schools and Pre-K's trained to implement the CATCH program to increase moderate-to-vigorous physical activity to more than 50 percent of class time and provide PE daily.</p> <p>Increase the number of schools and Pre-K's with CSH programs and updated wellness policies.</p> <p>Worksites Increase the number of businesses that reward employees for physical activity or provide gym discounts.</p> <p>Enhance access to physical activity through worksites. (e.g. providing venues, classes or information.)</p> <p>Health Care Encourage healthcare providers to educate all patients about the role/ benefits of daily physical activity in the prevention of CVD, diabetes & obesity.</p> <p>Government Make improvements in the infrastructure for walking and biking.</p>
	<p>2. Increase the number of pre-K's and schools trained in CATCH program.</p> <p>Pre-K Goal: 50% School Goal: 95%</p>	
	<p>3. Increase the number of pre-K's and schools with CSH programs and wellness policies.</p> <p>Pre-K Goal: 50% School Goal: 95%</p> <p>Waiting on baselines</p>	
	<p>1. Decrease the prevalence of overweight and obesity among youth.</p> <p>Overweight Baseline: 16.9% Goal: 15%</p> <p>Obese Baseline: 13.3% Goal: 12%</p>	<p style="text-align: center;">Nutrition</p> <p>Schools/Child Care/After School Assist schools with providing healthful vending and concession options and adopting policies related to options.</p> <p>Establish school gardens to expose students to fresh produce while teaching them about how food is grown.</p> <p>Community and Faith Organizations Promote Farmer's Markets and advocate for expansion and use of SNAP, WIC, and senior benefits.</p> <p>Increase the number of farmer's markets that accept SNAP, WIC, and senior benefits.</p> <p>Health Care Promote consistent messaging using 5-2-1-0.</p> <p>Increase the number of medical practices receiving and using 5-2-1-0 toolkit.</p> <p>Increase the number of healthcare practices generating patient (parental) education information about obesity.</p> <p>Increase the number of healthcare practices incorporating obesity education in an electronic health record.</p>
	<p>2. Increase the prevalence of adults consuming at least 5 fruits/vegetables per day.</p> <p>Baseline: 19.1% Goal: 25%</p>	
	<p>3. Increase the number of healthcare practices receiving and using 5-2-1-0 obesity toolkit information.</p> <p>Baseline: 0 Goal: 10</p>	

Goals for 2020	Objectives for southern Illinois	Regional Strategies
<p>II. Reduce tobacco use and eliminate exposure to second hand smoke in southern Illinois.</p>	<p>1. Decrease the prevalence of youth who smoke.</p> <p>Baseline: 11.9% Goal: ≤ 10%</p> <hr/> <p>2. Decrease the prevalence of adults who smoke.</p> <p>Baseline: 27.08% Goal: 20%</p> <hr/> <p>3. Increase use of the Quitline.</p> <p>Baseline: 4832 calls Goal: 6000 calls (avg/year) *ITQ data</p>	<p style="text-align: center;"><i>Tobacco</i></p> <p>Community and Faith Organizations Encourage public places to post signage and adopt smoke-free policies.</p> <p>Health Care Encourage Healthcare providers to use reminder systems to discuss smoking cessation with patients and refer to community cessation programs or Quitline.</p> <p>Government Strengthen enforcement of Smoke Free Illinois law.</p>
<p>III. Increase awareness of prevention and management of chronic disease related conditions in southern Illinois.</p>	<p>1. Increase the number of CDSM classes offered</p> <p>Baseline: 3 Goal: 25</p> <hr/> <p>2. Increase the number of people completing a CDSM program.</p> <p>Baseline: 27 Goal: 250</p> <hr/> <p>3. Increase the number of people screened through community events/ programming for cholesterol, blood pressure, and diabetes.</p> <p>Baseline: unknown Goal: 800 (avg/year)</p> <hr/> <p>4. Increase the number of cancer screenings based on current guidelines.*</p> <p>Colonoscopy/Sigmoidoscopy (50+ yrs old) CRC Baseline: 74.2% Goal: 80%</p> <p>Had Mammogram (women 40+ yrs old) Breast Baseline: 91.6% Goal: 95%</p> <p>Ever had a Pap Smear Cervical Baseline: 91% Goal: 95%</p>	<p style="text-align: center;"><i>Chronic Disease Management & Prevention</i></p> <p>Schools/Child Care/After School Promote screenings and chronic disease management through schools.</p> <p>Community and Faith Organizations Develop new and continue existing action teams focused on chronic disease screening and management.</p> <p>Hold community screenings and education for diabetes, CVD, stroke and cancers.</p> <p>Identify high risk groups and implement programming to reduce chronic disease risk.</p> <p>Health Care Develop and promote referral system for community chronic disease management programs.</p> <p>Promote and offer chronic disease management.</p> <p>Encourage cancer screening based on current guidelines.</p>

Data: *2012 BRFSS, unless noted.