

HEALTHY SOUTHERN ILLINOIS DELTA NETWORK OVERVIEW



The Healthy Southern Illinois Delta Network, which was formed in 2008, is a collaboration between the health departments and health coalitions covering 15 southern Illinois counties, Southern Illinois Healthcare (SIH), and Southern Illinois University—School of Medicine. The overarching goal for this network is to transform Southern Illinois into a region that supports and enhances healthy living. This regional network provides the grassroots support and strategic infrastructure for improving health with a focus on sustainability through policy, system, and environmental changes. Since the Healthy Southern Illinois Delta Network (HSIDN) was formed there have been many successes on the path to transforming the region.

The Healthy Southern Illinois Delta Network serves approximately 376,000 residents in 15 counties in the southern tip of Illinois. This region has significantly higher rates of heart disease and some cancers than the rest of Illinois. Each of the counties in this region has a greater percentage of residents living in poverty than the state average. The adults in these counties, as compared to residents statewide, are more likely to smoke and have diabetes and less likely to be physically active or eat fruits and vegetables. Because of these and other disparities, these fifteen counties are a part of the Delta Regional Authority, a federal-state partnership created to bring resources to the underserved areas of the Mississippi Delta.

HSIDN REPRESENTS THE SOUTHERNMOST FIFTEEN COUNTIES OF ILLINOIS

**ALEXANDER, FRANKLIN, GALLATIN,
HARDIN, JACKSON, JOHNSON, MASSAC,
PERRY, POPE, PULASKI, RANDOLPH, UNION,
SALINE, WHITE, WILLIAMSON**



STRONG INFRASTRUCTURE



The steering committee has effectively led the process and meets regularly. It is coordinated by SIH staff and includes each local health department administrator and their designees, and staff from Southern Illinois University - School of Medicine.

A regional five year plan has been developed and updated. This became the implementation framework for each local coalition and includes evidence based strategies for each focus area.

Each health department in the region implements programming related to the regional plan by working with their healthy communities coalition.

OVER 400 COMMUNITY BASED AGENCIES & COMMUNITY MEMBERS ARE ENGAGED

in the six healthy communities coalitions representing all sectors of the community including hospitals, public health, schools, universities, colleges, mental health agencies, parks, governmental agencies, business and faith communities.

FOCUS OF PROGRAMMING



Increased Physical Activity



Improved Nutrition



Smoke Free Public Places



Chronic Disease Prevention & Management



SHARED RESOURCES

OVER A
MILLION
DOLLARS
IN GRANT
FUNDS
RECEIVED



\$75,000

USDA Rural Health Development

\$749,970

CDC Community Health
Transformation – We Choose Health

\$187,500

Delta Regional Authority grants
for schools and worksites

\$120,000

Plan4Health - Jackson County
Health Department

TOOLKITS

focused on evidence based approaches were developed and shared with coalition members to provide guidance for programming with schools, worksites, smoke free housing, smoke free public places, healthcare providers and convenience stores.

RESOURCE GUIDES

were developed and updated for mental health and diabetes services.

CANCER DISPARITY FACT SHEETS

were developed in collaboration with the SIU School of Medicine and shared with each health department.

REGIONAL TRAININGS

were held on worksite wellness, built environment, health impact assessments, and school health.

THESE MATERIALS ARE AVAILABLE AT

WWW.HSIDN.ORG

REACH INTO COMMUNITY



BUILT ENVIRONMENT

Signage placed designating over 50 walking paths, training provided for community leaders, Complete Street resolution adopted in Carbondale, and input provided to ensure IDOT 40 year Transportation Plan addressed needs of bicyclists and pedestrians. Shop Healthy Southern Illinois toolkit and materials are available.



FAITH COMMUNITIES

Nine faith communities have implemented diabetes prevention and education programs and 50+ have formed health ministries or parish nurse programs.

SCHOOLS

Introduced schools to coordinated school health approach, conducted assessments and developed health improvement plans and assisted 29 schools in strengthening their wellness committees and adopting wellness policies. 80+ schools have adopted CATCH (Coordinated Approach to Child Health). Provided annual School Lunch Rocks training for school cafeteria staff, and annual PE teacher trainings.

SMOKE FREE ENVIRONMENTS

Thirty public places have adopted smoke free policies. Over 200 smoke free signs have been posted in public sites throughout the region including parks, ball fields, businesses and government agencies. Two public housing authorities have adopted smokefree polices, impacting 386 housing units.

WORKSITE WELLNESS

Wellness training and support has been provided for over 32 worksites impacting over 11,000 employees.

HEALTH CARE

Memorial Hospital of Carbondale has been recognized as a Baby Friendly Hospital, this is a regional birthing center delivering over 2,000 babies annually.

Diabetes and chronic disease self-management classes are now available throughout the region with:

- 50+ Trained leaders
- 15 Classes held in 2015



For more information visit the HSIDN website at www.hsidn.org or contact Southern Illinois Healthcare: Angie Bailey, Community Benefits Manager, angie.bailey@sih.net, 618-457-5200, ext. 67834 or Greg Smith, Community Health Coordinator, greg.smith@sih.net, 618-457-5200, ext. 67837