

ADVOCATE CHRIST MEDICAL CENTER 2024 COMMUNITY HEALTH PROGRESS REPORT

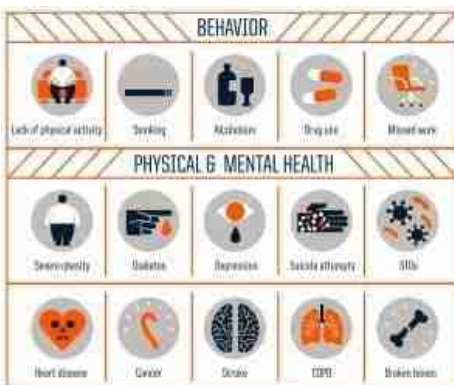
A PROGRESS REPORT ON OUR 2023-2025 IMPLEMENTATION STRATEGIES

Every three years, Advocate Christ Medical Center (Advocate Christ) completes a comprehensive Community Health Needs Assessment (CHNA). For the 2022 CHNA cycle, Advocate Christ convened a Community Health Council (CHC) to review the significant health issues impacting the primary service area (PSA). Collaboration and partnership are a crucial component of the hospital's CHNA process; therefore, the hospital is a member of the Alliance for Health Equity and the Southland Strategic Partnership Group. In addition, the hospital has a Community Health Council that provides oversight of the CHNA process, selects the hospital's priority health needs, and develops the 2023-2025 Implementation Plan.

The 2024 Community Health Progress Report is a reference to the hospital's Community Health Implementation Strategies; this 2024 progress report summarizes the selected priorities, annual program outcomes and additional accomplishments for Advocate Christ.

Priority: Mental/Behavioral Health

Program Outcomes for 2024



Partners Involved: Trauma Recovery Center, Faith and Health Partnerships, Southland Ministerial Health Network, UChicago

Advocate Christ Medical center, in partnership with local community organizations, our Faith and Health Partnerships and Trauma Recovery Center, participated in the following mental health activities:

- In 2024, the Trauma Recovery Center provided 5,352 individual therapy sessions, 8,276 Individual Counseling Sessions, and 1,239 inpatient behavioral health visits.
- The Trauma Recovery Center (TRC) was involved in 2 community trainings and offered 2 trainings to the community regarding TRC services.
- Advocate Christ partnered with team members from the AAH Faith and Health Partnerships to conduct 45 total events in the South Chicagoland area that focused on mental health education. The workshops and trainings in the community includes Mental Health First Aid Training, Companionship Training and Peer Support Group trainings which reached 343 people.
- The Community Health Workers (CHWs) at Advocate Christ provided 32 mental/behavioral health referrals to community members.

Priority: Obesity



Partners Involved: Cristina Foods, Top Box, Centers for Disease Control and Prevention and LKC Health & Wellness

Program Outcomes for 2024

Advocate Christ implemented the Food Farmacy and the National Diabetes Prevention program to address obesity in the South Chicagoland Region.

- Advocate Christ Food Farmacy partnered with Cristina Foods and Top Box Foods to provide access to fresh produce and protein for recipients who are experiencing food insecurity or cardiometabolic diseases. In 2024 the program distributed over 79,460 lbs. of food, serving 3,973 patients. The program's success was highlighted at the GATHER gala fundraising event where proceeds supported health equity in the communities that we serve. video testimonial that was highlighted at the gala: <https://youtu.be/hyjq6CmR3GY?si=5-kJ6yTzsq4T-Yxn>
- Food Farmacy participants also enrolled in the Diabetes Prevention program (DPP) which provides health education focused on healthy lifestyles and physical activity to reduce the incidence of type 2 diabetes. The DPP cohorts had a total of 33 active Food Farmacy participants in 2024.
- The Food Farmacy partnered with the LiveWell Mobile Health Van to provide 228 blood pressure, glucose and BMI screenings to 76 Food Farmacy Participants.

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A PROGRESS REPORT ON OUR 2023-2025 IMPLEMENTATION PLANS

Accomplishments in 2024

Program: AAH LiveWell Mobile Health Van

- The AAH LiveWell Mobile Health Van conducted screenings and education on diabetes, hyperlipidemia, and hypertension. They attended 17 events touching 320 lives in 2024. They also administered a total of 896 screenings in the Advocate Christ hospital services areas.
- The AAH LiveWell Mobile Health Van Team collaborated with the Food Farmacy to offer blood pressure, cholesterol, and glucose screenings to the participants.



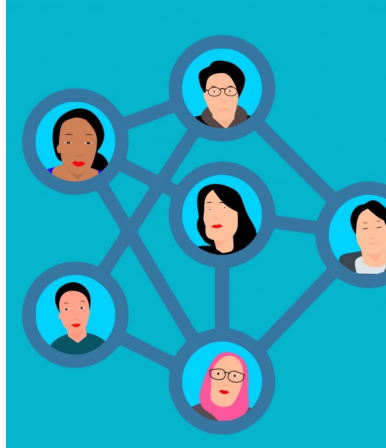
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Accomplishments in 2024

Access to Care

- The Community Health Worker (CHW) is responsible for creating connections between the hospital, the health care system and community resources and partners.
- CHWs provide patient outreach and resource navigation for individuals served, culturally appropriate health education and information, and give informal counseling and guidance on health behaviors.
- Advocate Christ CHWs provided outreach and resource navigation to 431 individuals, in 2024.
- Advocate Christ CHWs assisted 43 individuals with establishing Primary Care. In addition, 65 individuals were referred into temporary shelter.
- Advocate Christ CHWs facilitated 304 community based referrals in 2024.



Stories from the Community

A Food Farmacy participant stated that the food helps them to afford to pay for some medications because they are on a lot of meds. The patient was very thankful and grateful that we could get them access to healthy fresh produce contributing towards decreasing their A1C levels.

Diabetes Prevention Program

- There were 3 cohorts for the Diabetes Prevention Program (DPP), supporting a total of 64 participants enrolled, with 26 graduating in 2024.
- The participants spent an average of 224 average physical activity minutes for the entire cohort.
- A total of 8 participants met the 5% weight loss goals.
- A total of 23 participants lost or maintained their weight.
- Thirty-six percent of participants who enrolled in the program met their nutrition and weight loss goals.

Hospital CHNA Reports |
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Website:
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ADVOCATE CHRIST 2024 COMMUNITY HEALTH PROGRESS REPORT

A FORECAST INTO ADVOCATE CHRIST & ADVOCATE CHILDREN'S 2025 PROGRAM PLANS

Advocate hospitals in Illinois reserve the right to redirect resources to address emerging public health threats and issues as needed, which may impact the timeline for implementing key priorities identified through the CHNA process. The community health team remains committed to advancing these priorities but recognizes that capacity may change throughout the cycle based on evolving public health needs. The team will continue to focus on prevention efforts and programs that address critical health issues while adapting to changing circumstances. Advocate Christ Hospital is working in alignment with the Advocate Aurora Health Community Strategy. The AAH Community Strategy includes, but not limited to, the following six focus areas: access to primary medical homes, access to behavioral health services, workforce development, community safety, housing and food security.

Community Health Initiatives

Year: 2025

The South Region Community Health Department added a Housing Navigator to the team to assist those in the community and those experiencing homelessness who receive care at Advocate Christ Medical Center, Advocate South Suburban Hospital and Trinity Hospital. The Navigator addresses housing insecurity among the homeless by partnering with City of Chicago, Beds Plus and Respond Now, connecting them to supportive services and permanent housing when possible. The Community Health team will continue to provide fresh produce to food insecure patients through the Healthy Living Food Farmacy as well as continue efforts in reducing diabetes related health outcomes through the National Diabetes Prevention program.

Mental/Behavioral Health

Year: 2025

The Community Health Team will continue to partner with Trauma Recovery Center to improve access to behavioral health resources in the community.

Community Health, in partnership with Advocate Faith and Health program, will continue to offer Mental Health First Aide. They are also planning a Faith Based breakfast to educate the faith community on resources available in Advocate Health Care.

The Community Health team will continue to implement the Love Your Heart program in partnership with Body by Ivory fitness gym to offer a least two mental health workshops during the six-month fitness cohort to provide a broader spectrum on how exercise, hypertension and mental health impact each other.

Obesity

Year: 2025

Community Health Team will expand its partnership with Michuda Construction to address obesity in youth populations through the *Live Well Eat Well* program which targets children aged 10-14. This program teaches healthy eating habits, how to read food labels, the benefits of using the MyPlate tool for balanced meals, and how to prepare nutritious meals instead of opting for unhealthy snacks. Community Health will establish one additional program location.

We Help People Live Well.