

# PASSPORT TO HEALTH

REGIONAL HEALTH AND  
HUMAN SERVICES AGENDA FOR THE  
WESTERN SUBURBS



Community  
Memorial  
Foundation

# THE JOURNEY AHEAD

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Within the next 10 years, Community Memorial Foundation (CMF) aims to unite 27 communities under one agenda with one goal: to measurably improve the health of those who live and work in our region.

Since a healthier community is our destination, the Regional Health and Human Services Agenda for the Western Suburbs is our roadmap for the journey ahead. The Agenda is an extension of the Foundation's responsive grantmaking and strategic programming, and it is our intent that community members, businesses, nonprofit agencies, schools and congregations will develop their own unique strategies to address Agenda Priorities and achieve collective impact. Just as a map has mile markers, the Agenda has a series of indicators that will mark our progress on the road ahead.

As we take the next step toward becoming the healthiest region in the country, the Foundation would like to acknowledge the hard work and dedication of our grantee and community partners. These agencies, and those who support and sustain them, continually navigate the peaks and valleys of an ever-changing landscape to climb the summits of equality, access and care. We at the Foundation are fortunate to have been your traveling companions for more than twenty years, and look forward with anticipation toward all we can accomplish together on the road ahead.

With gratitude,



Michael Bruni  
Chair of the Board  
Community Memorial Foundation



Gregory DiDomenico  
President/CEO  
Community Memorial Foundation

# REGIONAL HEALTH AND HUMAN SERVICES AGENDA

## VALUES

OUR VALUES ARE THE OVER-ARCHING THEMES AND BELIEFS THAT GUIDE US TOWARD BECOMING A HEALTHIER REGION.

✳ **Coordinated, Person-Centered Health and Human Services Delivery Systems**

Coordinated health and human services ensure that all of our neighbors can stay healthy, safe and active.

✳ **Transformational Leadership in Health and Human Services**

Our region nurtures the development of leaders that are well-trained, service-oriented and reflect the diversity of our communities.

• **Community Self-Awareness, Knowledge and Equity**

We recognize and support our neighbors who encounter health, social and economic barriers.

• **Prevention, Quality and Active Living**

Our communities encourage and support an active and healthy lifestyle across all age groups.

• **Health Data Sharing and Information Systems**

Our health departments, hospitals and social service organizations readily, easily and securely share health data.

We, as a community, are committed to the VALUES and PRIORITIES listed on these pages which will define us as the healthiest region in the country.

✳ Over the next 18 months, the Foundation will primarily focus on these strategies to build a healthier region.

## PRIORITIES

OUR PRIORITIES DEFINE THE FOCUS FOR OUR REGION'S COLLECTIVE ACTION, USING OUR VALUES TO GUIDE THE IMPLEMENTATION OF EACH PRIORITY.

✳ **Communities with Accessible, High-Quality Health and Human Services for All**

Our region houses exceptional health and human services that all neighbors can obtain easily.

✳ **Stigma-Free Communities that Promote Good Mental and Behavioral Health and Treat Those in Need**

Our neighbors talk openly about mental health and wellness, identify signs and symptoms of mental illness and respond appropriately.

• **Well-Nourished and Active Residents, Free of Preventable Chronic Disease**

Everyone in our region is able to eat healthy and regularly engage in physical activity.

• **Safe, Accessible Communities Free from Violence and Preventable Injuries**

Every resident can enjoy our communities and all they have to offer, free from violence in our homes and on the street.

• **Communities with Better Incomes, Jobs, Education and Housing**

All our neighbors have access to jobs that pay a living wage, as well as good schools and affordable homes.

To view the Agenda in its entirety, along with corresponding indicators, visit: [cmfdn.org/regional-health-and-human-services-agenda](http://cmfdn.org/regional-health-and-human-services-agenda)

# THE INDICATORS

## OUR MILE MARKERS FOR THE ROAD AHEAD

Each Priority in the Agenda has corresponding short and long-term indicators that will track the progress toward achieving our vision over a ten-year time frame. Developed with assistance from the University of Illinois at Chicago School of Public Health, the indicators are benchmarked with baseline data from publicly available sources. Overall, regional results will include fewer ER visits and fewer hospital admissions for illnesses such as diabetes, heart disease, asthma and mental illness. An example of an indicator for each Priority is provided below.

While select indicators are listed here, the full list of indicators with corresponding priorities can be viewed at: [cmfdn.org/regional-health-and-human-services-agenda](http://cmfdn.org/regional-health-and-human-services-agenda)



**ACCESS:** Increase in cross-sector referrals between health and human services



**MENTAL HEALTH:** Increase in capacity of professionals and lay providers trained to provide mental and behavioral health services



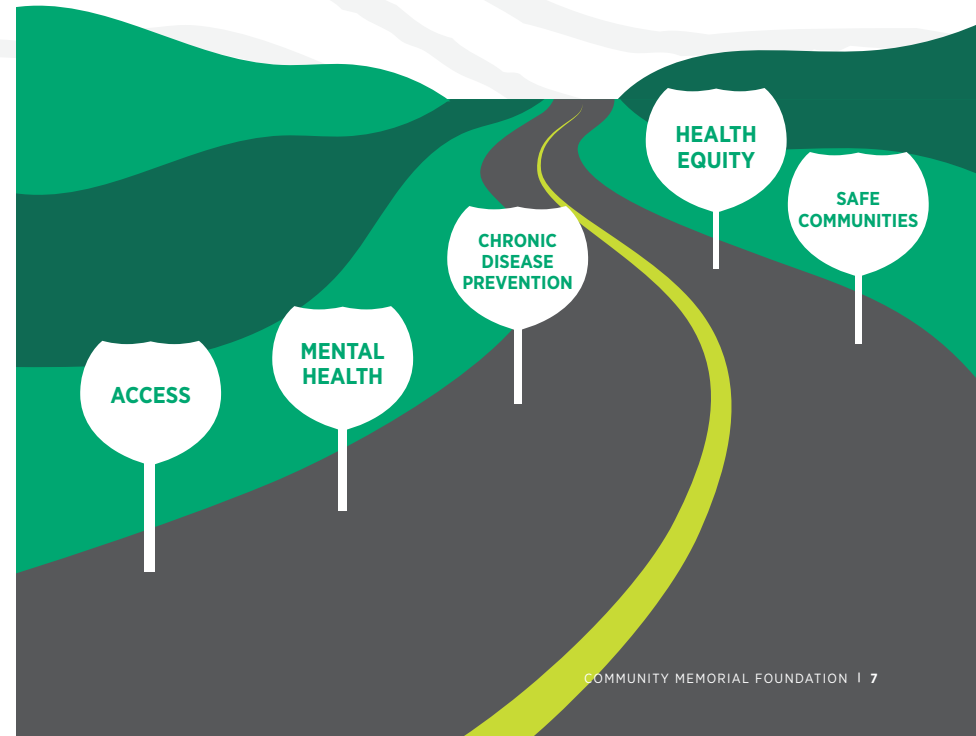
**CHRONIC DISEASE PREVENTION:** Increase number of providers, organizations, schools and employers providing programs supporting healthy weight and nutrition



**SAFE COMMUNITIES:** Sustained decrease in reported rates of domestic violence, sexual assault, and elder and child abuse



**HEALTH EQUITY:** Decrease in insurance coverage disparity by municipality



# THE DEVELOPMENT OF THE RHHS AGENDA AND OUR COMMUNITY'S COLLECTIVE CALL-TO-ACTION

## THE REGIONAL HEALTH AND HUMAN SERVICES AGENDA (RHHS) IS A COMMUNITY-GUIDED, COMMUNITY-OWNED INITIATIVE.

With strategic direction from the Board of Directors, and developed in consultation with McAlpine Consulting for Growth and the University of Illinois at Chicago School of Public Health, the Agenda was established with input from a multi-sector Advisory Council and focus groups comprised of grantees and community stakeholders. Participants were asked to consider whether these were the right set of priorities for our community; what the biggest challenges to addressing these priorities might be; and how they might participate in implementing the regional agenda. The discussions were illustrative and confirmed what the data supports; namely, the need for a collaborative, integrated approach to community health and well-being.

The following pages illustrate community data compiled from the DuPage Federation on Human Services Reform, Rob Paral and Associates and the Sargent Shriver National Center on Poverty Law. The Regional Health and Human Services Agenda aims to address the highlighted community needs with collective impact, in an effort to support and sustain our regional transformation.

FOR ADDITIONAL DATA RELATED TO OUR COMMUNITY HEALTH PROFILE, PLEASE VISIT: [CMFDN.ORG/DATA](http://CMFDN.ORG/DATA)

## REGIONAL HEALTH AND HUMAN SERVICES AGENDA ADVISORY COUNCIL

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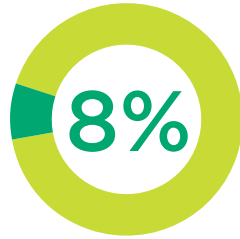
# WHO WE ARE



# 27

**COMMUNITIES**  
spanning western Cook and  
southeast DuPage Counties

(see map on page 13)



**337,000**  
residents

**27,000**

live below the poverty level

## THERE IS A NEED FOR HEALTH INSURANCE COVERAGE



The percentage of uninsured persons throughout the 27 municipalities served by CMF ranges from less than<sup>1</sup>

**2% to almost 30%**

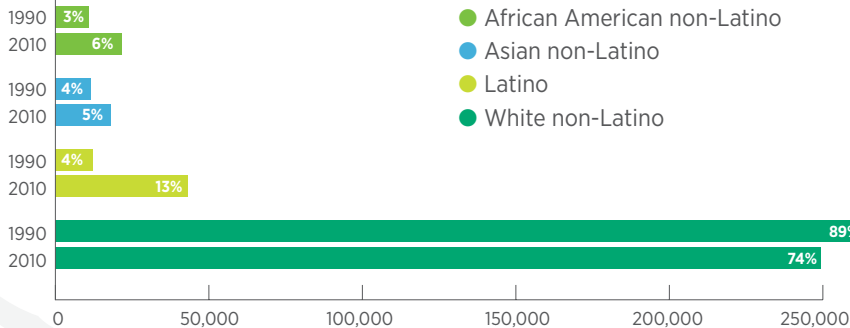
**35,719** people **lack health insurance** in CMF communities<sup>1</sup>



More than **1 in 6** people lacks health insurance in Broadview, Stickney & Summit<sup>2</sup>

<sup>1</sup> | 2009-2013 American Community Survey, Table B27001: Health Insurance  
<sup>2</sup> | Summary of Key Trends in the Service Area of the Community Memorial Foundation (Rob Paral and Associates, 2012)

### Our community is growing more diverse



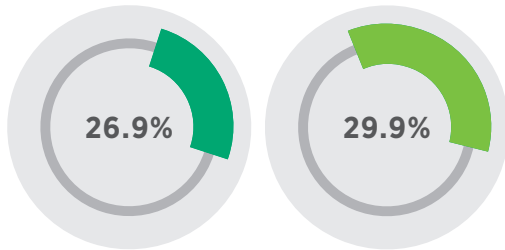
2009-2013 American Community Survey of the U.S. Census Bureau

# MENTAL HEALTH CONCERNS ARE A PRIORITY FOR OUR COMMUNITY



## 1 IN 4 ADULTS

(25%) is diagnosed with a mental disorder in a given year.  
National Average.<sup>3</sup>



■ Suburban Cook  
■ Suburban DuPage

Both Suburban Cook (26.9%) and DuPage (29.9%) county residents indicated their mental health was **not good** 1-7 days in the past 30 days<sup>4</sup>

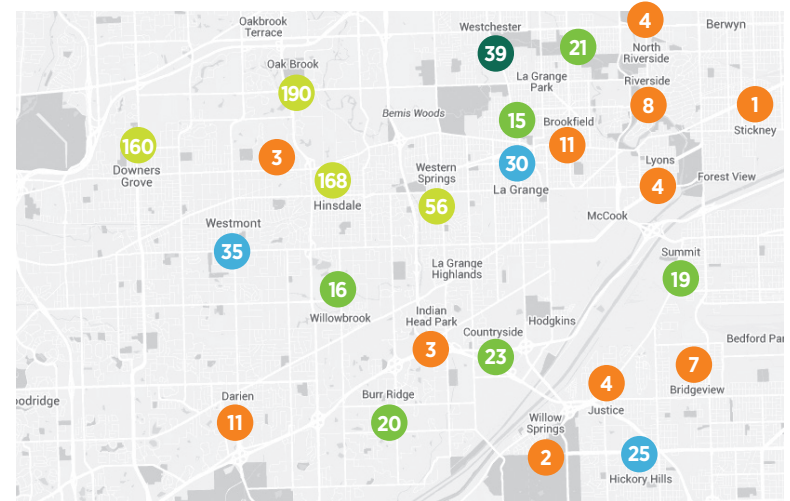
# ONLY 74 OF THE 875

private behavioral health providers in the CMF Service Area accepts Medicaid

This number does not include the local Federally Qualified Health Centers who provide stellar primary and behavioral health services throughout our community, regardless of one's ability to pay<sup>5</sup>

<sup>3</sup> | National Institute of Mental Health, 2013  
<sup>4</sup> | Illinois Behavioral Risk Factor Surveillance System  
<sup>5</sup> | Rob Paral and Associates, 2015

## NUMBER OF BEHAVIORAL HEALTH MEDICAL PROVIDERS IN THE COMMUNITY MEMORIAL FOUNDATION SERVICE AREA



Behavioral Health Providers

● 1-11 ● 12-23 ● 24-35 ● 36-47 ● 48-54 ● 55+

Bridgeview	7	Hinsdale	168	Stickney	1
Broadview	21	Indian Head Park	3	Summit	19
Brookfield	11	Justice	4	Westchester	39
Burr Ridge	20	La Grange	30	Western Springs	56
Clarendon Hills	3	La Grange Park	15	Westmont	35
Countryside	23	Lyons	4	Willowbrook	16
Darien	11	North Riverside	4	Willow Springs	2
Downers Grove	160	Oak Brook	190		
Hickory Hills	25	Riverside	8	<b>TOTAL</b>	<b>875</b>

Rob Paral and Associates 2015

# BECOME A PARTNER IN TRANSFORMATION

The Regional Health and Human Services Agenda has the potential to be a catalyst for change throughout our region, but this type of transformation is only possible through cross-sector collaboration. Community Memorial Foundation invites all our partners — non-profit leaders; funders; health providers; practitioners; business and civic leaders — to join us on our journey toward becoming the healthiest region in the country.

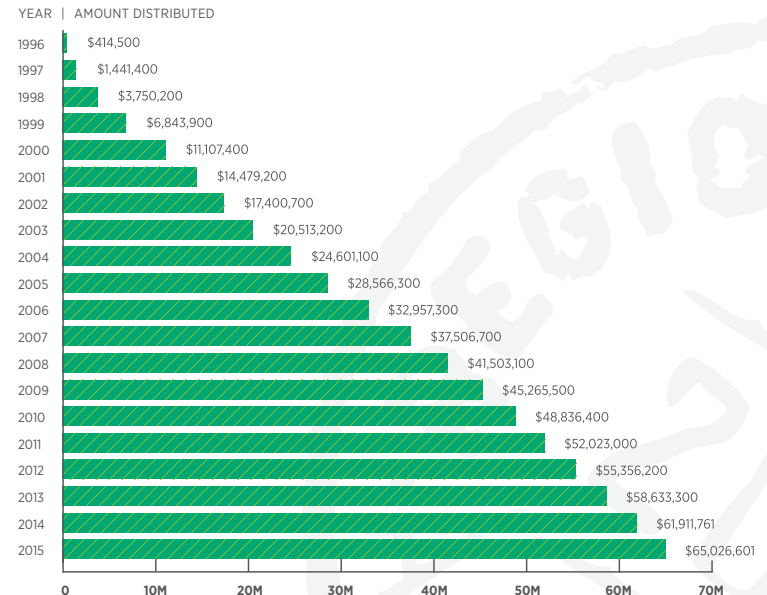
## IF YOU ARE INSPIRED BY THE AGENDA AND THOSE IT SERVES, WE ENCOURAGE YOU TO:

- Email [info@cmfdn.org](mailto:info@cmfdn.org) to indicate your interest in working toward the Agenda Priorities.
- Share the Agenda with your colleagues and help build support for its implementation.

## COMMUNITY MEMORIAL FOUNDATION

Community Memorial Foundation (CMF) is a private, independent foundation established in 1995. CMF's grantmaking and community work are guided by its mission — to measurably improve the health of those who live and work in the western suburbs of Chicago. Throughout 20 years of investing in the region, CMF has awarded more than \$65 million dollars to non-profit organizations in the western suburbs of Cook County and southeastern portion of DuPage County. [cmfdn.org](http://cmfdn.org)

### CUMULATIVE GRANTS DISTRIBUTED







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