



UnityPoint Health
Trinity

Community Health Improvement Plan 2022-2024

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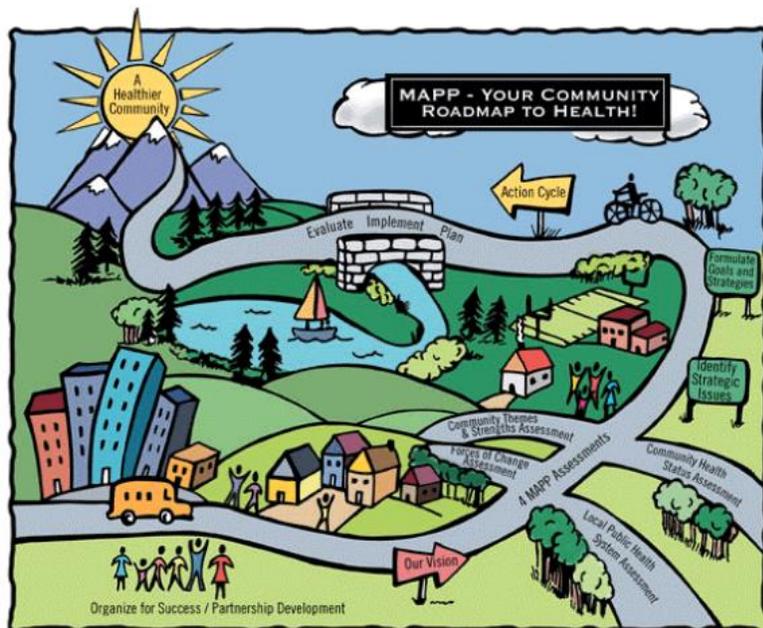
Part 1: Introduction

Introduction

How We Got There

The Community Health Needs Assessment (CHNA) was conducted by UnityPoint Health – Trinity and its six partner organizations to identify the greatest health needs in the community and to create and operationalize a strategy to best meet these needs. Trinity’s strategy development is known as the Community Health Improvement Plan (CHIP). Trinity has been involved in the assessment of its community’s health priorities for the past 20 years through its efforts in the establishment of a CHNA for the Quad Cities area beginning in 2002. In 2010, the Patient Protection and Affordable Care Act was enacted by Congress with the goal of improving access to healthcare services for Americans. As part of the Affordable Care Act, non-profit hospitals are required to submit a Community Health Needs Assessment and Improvement Plan every three years. In addition to our commitment to serving the needs of the community, Trinity’s CHIP also fulfills these regulatory requirements.

In late 2020, UnityPoint Health - Trinity partnered with the Quad City Health Initiative and other community partners to begin the process of collecting data and planning the operationalization of the Community Health Improvement Plan for 2022-2024. For the 2021 Community Health Needs Assessment, UnityPoint Health – Trinity implemented the MAPP process - Mobilization for Action through Planning and Partnerships - a best practice process that allows community stakeholders to collect more qualitative data on the needs of the community.

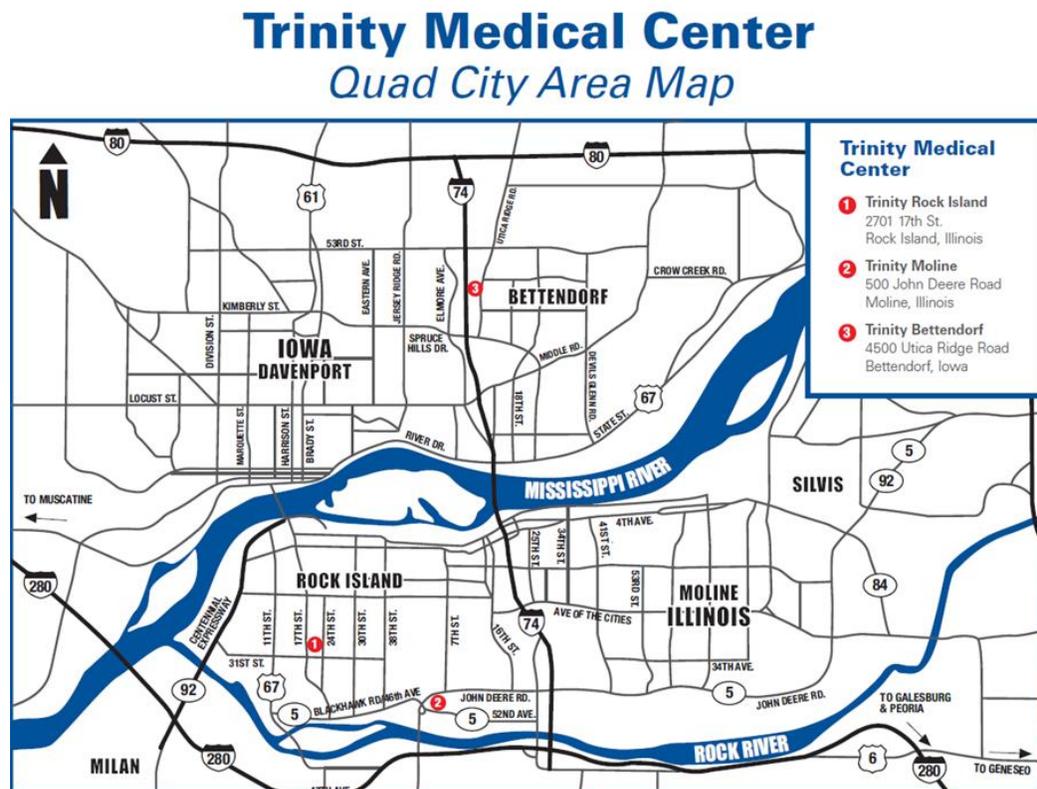


Our coordinated approach included primary and secondary data collection and analysis, and qualitative data from inpatient hospitalizations, readmissions and emergency department data, mental health data, and focus groups. Twenty-one focus groups were held with 12 subpopulations reaching 147 individuals. The study sponsors engaged Professional Research Consultants, Inc. (PRC) to collect secondary data and implement a community health survey.

Service Area

UnityPoint Health - Trinity primarily serves the Quad Cities region, (comprised of Rock Island and Moline, Illinois, and Bettendorf and Davenport, Iowa) and its surrounding area, spanning 885.9 square miles. As illustrated by the graphic below, Trinity operates three full-service hospitals in Rock Island and Moline, Illinois, and Bettendorf, Iowa. To the west in Muscatine, Iowa, is a fourth full-service hospital that operates as part of our regional health system. Throughout the Quad Cities region, Trinity also manages a number of primary care clinics, as well as clinics for specialty services and urgent care. A number of major roadways ensure easy and convenient access to all of Trinity’s sites for those within the community as well as individuals and families travelling from the Quad Cities’ outer regions.

Service Area Map



About Trinity

UnityPoint Health - Trinity is in the Quad Cities region on the borders of Western Illinois and Eastern Iowa. UnityPoint Health - Trinity operates four full-service hospitals in two states. These include Moline and Rock Island, Illinois, and Bettendorf and Muscatine, Iowa, combining for a total of 584 licensed inpatient hospital beds. The regional health system also includes Trinity affiliates, comprised of a college of nursing and health sciences and a community mental health center that serves the needs of the surrounding community in several other ways.

Trinity College of Nursing & Health Sciences provides excellent education in a variety of health care fields and maintains a local pipeline of students who want to provide healthcare and support services for the community.

The Robert Young Center for Community Mental Health provides mental health and substance use services to the region while championing mental healthcare advocacy. The center offers a full spectrum of behavioral health services including inpatient psychiatric services, outpatient therapy, partial hospitalization, and chemical/substance dependence treatment. The Robert Young Center operates 24/7 crisis intervention services for individuals with psychiatric emergencies within the community as well.

Trinity's Mission, Vision, and Values

Mission: To improve the health of the people and the communities we serve.

Vision: Best outcome, every patient, every time.

Statement of Values

Foster Unity

- Use the skills and abilities of each person to enable great teams.
- Collaborate across departments, facilities, business units and regions.
- Seek to understand and be open to diverse thoughts and perspectives.

Own the Moment

- Connect with each person treating them with courtesy, compassion, empathy, and respect.
- Enthusiastically engage in our work.
- Be accountable for our individual actions and our team performance.
- Take responsibility for solving problems, regardless of origin.

Champion Excellence

- Commit to the best outcomes and highest quality.
- Have a relentless focus on exceeding expectations.
- Believe in sharing our results, learning from our mistakes, and celebrating our successes.

UnityPoint Health

We will be the place where leaders want to lead, physicians want to practice, staff want a career, and patients must have their care.

Seize Opportunities

- Embrace and promote innovation and transformation.
- Create partnerships that improve care delivery in our communities.
- Have the courage to challenge the status quo.

Unitypoint Health - Trinity Roadmap

CARE EXPERIENCE

Care Experience focuses on patient experience and team member engagement. This is the work we do to bring our Brand Promise of “Know How Much You Matter to This World” to life.

CARE INNOVATION

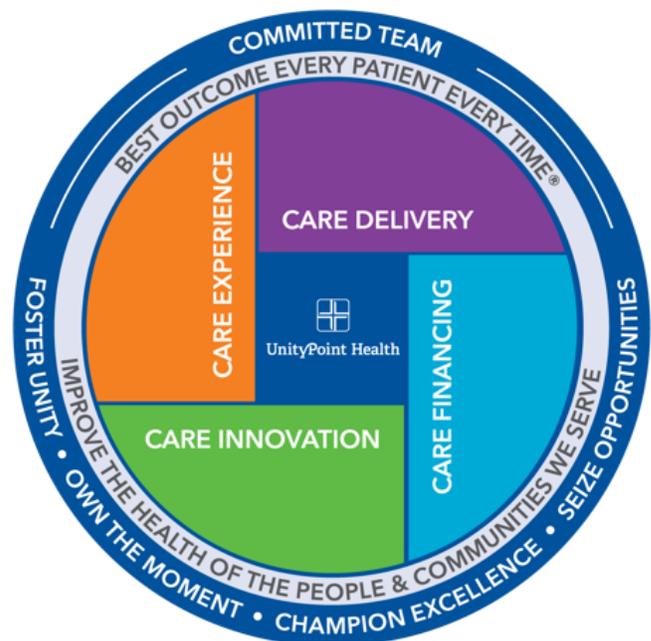
Care Innovation focuses on investing in new ideas, businesses, or partnerships. This is the work we do to bring enhanced value to our consumers, team members and organization.

CARE DELIVERY

Care Delivery focuses on quality, safety, and patient outcomes. This is the work we do to deliver on our vision of *Best Outcome Every Patient Every Time*.

CARE FINANCING

Care Financing focuses on creating a financially strong future for our organization. This is the work we do to support the mission of *Improving the health of the people and communities we serve*.



Mission Effectiveness Committee and CHIP Team

At UnityPoint Health - Trinity our community involvement and mission are both priorities for the leadership team. This commitment served as the motivation behind the creation of our Mission Effectiveness Committee (MEC). The MEC brings together employees, senior members of the organization, community members and members of our Board to discuss the effectiveness with which Trinity is serving its community. These meetings serve as a think-tank for the organization to vet ideas, review initiatives, and combine efforts to ensure that Trinity remains a foundation within the community. The MEC meets every three months, in addition to the ongoing efforts by our team members.

In addition to the MEC, the work and dedication of Trinity's health improvement team and volunteers have been vital. The CHIP draws on multiple disciplines with individuals across the organization going to great lengths to aid in this effort. Members ranging from executives to parish nurses and student volunteers have all been integral in staffing and contributing to community events and outreach. They have invested time, not only during the work week, but their personal time on weekends, as well. Without their continued support, dedication, and interest, Trinity would not be able to make the impact it continues to make daily.

Quad City Health Initiative

The Quad City Health Initiative was established as a joint effort between UnityPoint Health - Trinity and Genesis Health System in 1999 after the two organizations came to realize the community needed an organization that was fully dedicated to its health needs. Because of QCHI, entities throughout the Quad Cities community with similar goals can work in conjunction with one another, despite their organizational differences and geographic barriers, to achieve the same overarching goal. The organization was founded on the core values of coordination, collaboration, and creativity, operating across two states and counties, as well as five urban cities. It is a community partnership seeking to create a healthy community. QCHI's efforts have resulted in the organization reaching out to over 1,900 community members, as well as serving as a liaison between community organizations and charities. Task forces such as *Be Healthy QC* and *Tobacco-Free Quad Cities* have been created to assess, plan, promote, and monitor the health of the community. These task forces bring together members from city councils, as well as other local organizations throughout the Quad Cities region that are looking to better their community and collaborate for the common good. With Trinity's continued support and backing of the program, we hope to continue collaborating with other organizations to improve and serve our community outside of what is accomplished within the walls of our hospital.

Quad City Demographic Information

Total Population (Estimated Population)

	Total Population	Total Land Area (Square Miles)	Population Density (Square Miles)
Scott County, IA	174,669	458.09	373.54
Muscatine County, IA	43,235	427.46	98.18
Rock Island County, IL	144,672	427.46	342.81
Quad Cities Area	315,572*	885.55	358.71
Total Area	358,811**	1,322.99	272.56
Iowa	3,190,369	55,856.49	55.62
Illinois	12,812,508	55,517.13	231.49
United States	331,449,281	3,532,068.58	90.19

● Source: US Census Bureau County and State Estimates April 2020.
<https://www.census.gov/quickfacts/fact/table/>

* Quad Cities Area reflects a combination of Scott and Rock Island counties.

** Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

According to the United States Census Bureau, the estimated population in the Quad Cities increased 0.09% from the 2010 census to the 2020 census. The population in Rock Island County, Illinois, decreased by -1.95%. Scott County, Iowa, experienced a 5.71% increase. This trend continues as more individuals and families continue to transition from Illinois to Iowa due to numerous factors, including job availability, high property tax burden, and political climate. Additionally, in 2017, Illinois lawmakers passed the largest permanent income tax hike in the state’s history. The same phenomenon is occurring across Illinois as the state population has decreased by 0.14%. Iowa’s population has increased by 4.7%.

Race and Ethnicity

The chart below illustrates the racial makeup of the Quad Cities region by county. The Total Area’s racial makeup is predominately white at 84.2%. The second most represented racial group is African Americans at 8.4%

Population by Race – Scott County, IA

2020 Decennial Census

How many people live in Scott County, Iowa

Detail

Population by Race/Ethnicity

		2020		2010		Change
		#	%	#	%	
Total		174,669		165,224		5.7% ↑
Race	White	138,752	79.4%	142,267	86.1%	-2.5% ↓
	Black	14,117	8.1%	11,728	7.1%	20.4% ↑
	American Indian	585	0.3%	496	0.3%	17.9% ↑
	Asian	4,858	2.8%	3,332	2.0%	45.8% ↑
	Pacific Islander	61	0.0%	68	0.0%	-10.3% ↓
	Other	3,384	1.9%	2,428	1.5%	39.4% ↑
	Two or More	12,912	7.4%	4,905	3.0%	163.2% ↑
Ethnicity	Hispanic or Latino	12,092	6.9%	9,197	5.6%	31.5% ↑

Population by Race – Rock Island, County, IL

2020 Decennial Census

How many people live in Rock Island County, Illinois

Detail

Population by Race/Ethnicity

		2020		2010		Change
		#	%	#	%	
Total		144,672		147,546		-1.9% ↓
Race	White	102,939	71.2%	120,382	81.6%	-14.5% ↓
	Black	16,607	11.5%	13,289	9.0%	25.0% ↑
	American Indian	748	0.5%	395	0.3%	89.4% ↑
	Asian	4,089	2.8%	2,419	1.6%	69.0% ↑
	Pacific Islander	45	0.0%	48	0.0%	-6.2% ↓
	Other	7,552	5.2%	6,555	4.4%	15.2% ↑
	Two or More	12,692	8.8%	4,458	3.0%	184.7% ↑
Ethnicity	Hispanic or Latino	19,842	13.7%	17,118	11.6%	15.9% ↑

Population by Race – Muscatine County, IA

2020 Decennial Census

How many people live in Muscatine County, Iowa

Detail

Population by Race/Ethnicity						
		2020		2010		Change
		#	%	#	%	
Total		43,235		42,745		1.1% ↑
Race	White	34,598	80.0%	38,061	89.0%	-9.1% ↓
	Black	1,141	2.6%	606	1.4%	88.3% ↑
	American Indian	214	0.5%	133	0.3%	60.9% ↑
	Asian	406	0.9%	350	0.8%	16.0% ↑
	Pacific Islander	0	0.0%	13	0.0%	-100.0% ↓
	Other	3,469	8.0%	2,769	6.5%	25.3% ↑
	Two or More	3,407	7.9%	813	1.9%	319.1% ↑
Ethnicity	Hispanic or Latino	7,769	18.0%	6,803	15.9%	14.2% ↑

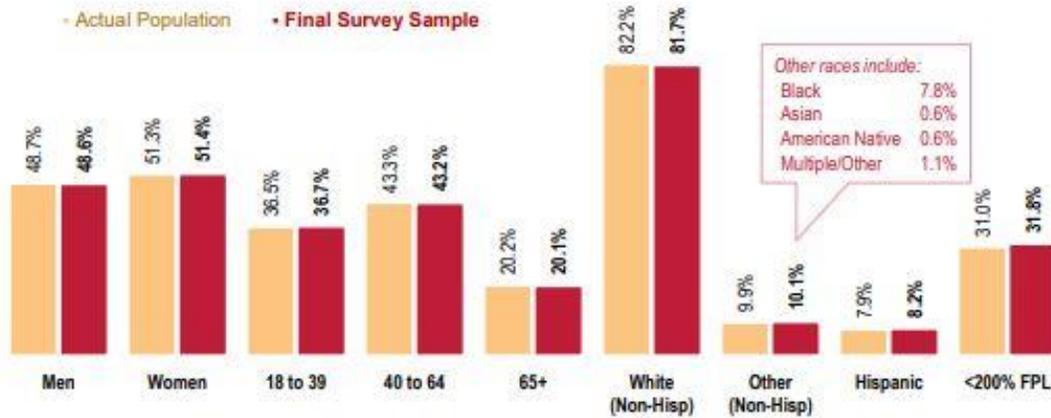
The White population in the Total Area went down 8.12% since the 2010 census. The Black population grew 24.4% in the Total Area with the most growth in Muscatine County, where it grew by 88%.

The U.S. Hispanic or Latino population, which includes people of any race, was 62.1 million in 2020. The Hispanic or Latino population grew 23%, while the population that was not of Hispanic or Latino origin grew 4.3% since 2010. In the Total Area, the Hispanic or Latino population grew by 20%.*

*Note: It is important to note that these data comparisons between the 2020 Census and 2010 Census race data should be made with caution, taking into account the improvements made to the Hispanic origin and race questions and the ways they are coded.

The population characteristics within the Quad Cities area are as follows. The CHNA was completed so that the sample sized examined resembled the true population of the QCA as closely as possible.

Population & Survey Sample Characteristics (Total Area, 2021)



Sources: • US Census Bureau, 2011-2015 American Community Survey.
 • 2021 PRC Community Health Survey, PRC, Inc.

Notes: • FPL is federal poverty level, based on guidelines established by the US Department of Health & Human Services.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total population of community members in the defined area with a high degree of confidence.

Health Needs and Focus

To best serve the needs of our community, Trinity will be narrowing its focus to four key health areas that will allow for the greatest impact on the largest number of individuals.

The key areas of focus for Trinity's CHIP include:

- **Healthy Lifestyle (Heart Disease & Stroke, Diabetes, Nutrition, Physical Activity and Weight)** Improve cardiovascular health, wellness, and quality of life; increase early identification and treatment of heart attacks and strokes; and reduce deaths from cardiovascular disease
- **Mental/Behavioral Health and Substance Use** - Improve mental health through expanding the behavioral health services continuum to address community needs AND reduce substance use to safeguard the wellbeing of children and adults in the Quad Cities/Muscatine region
- **Cancer** - Decrease the number of poor lifestyle behaviors that lead to cancer and cancer deaths and increase prevention and early detection activities
- **Access to Healthcare Services** - Improve access to comprehensive, quality health care services

For decades, Trinity has taken an active role in meeting the needs of its community. By expanding our pre-established programs and utilizing the resources we have in some of our strongest performing departments, we are confident that we can provide a marked impact on the community within these primary focus areas.

CHIP Project Team

- Daniel Joiner, Chief Diversity Officer, UnityPoint Health
- Sherri Behr DeVrieze, Community Health Program Coordinator
- Kathy Pulley, Director, Cardiovascular Services & Pain Clinics
- Teresa Pangan, Community Outreach Coord. – Cancer & Cardiovascular
- Mary Petersen, Chief Operating Officer, Robert Young Center
- Linaka Kain, Regional Manager Marketplace Exchange
- Linda Guebert, Manager, Parish Nursing
- Paula Maddox, Stroke Coordinator
- Tricia Fisher, Director of Clinic Operations
- Matt Behrens, Regional Vice President, Clinic Operations
- Kate O'Brien-Ham, Director, Clinic Operations Quad Cities
- Alison Beardsley, Director Oncology Program
- Pam Samuelson, Director Business Planning and Development

Part 2: Community Health Improvement Plan (CHIP)

The Community Health Needs Assessment provided valuable information regarding the health challenges impacting the Quad Cities region. UnityPoint Health – Trinity understands the difficulty in prioritizing the health needs of the community because all needs identified through the assessment are important to improving the overall health of the communities we serve. However, we also realize that with the resources available within our organization and our partners in our region, we are better equipped to manage certain health risks acknowledged in the assessment. Our goal is to focus on the following areas of opportunity recognized in the health needs assessment:

UnityPoint Health – Trinity’s Main Areas of Focus for the Community Health Improvement Plan

- Healthy Lifestyle (Heart Disease and Stroke; Diabetes; Nutrition, Physical Activity and Weight)
- Mental Health/Behavioral Health and Substance Use
- Cancer
- Access to Healthcare Services

UnityPoint Health – Trinity’s hope is to bring awareness to these health risks and provide education and services to the members of our community, with the end goal of living our mission of *improving the health of the people and the communities we serve*. Through partnerships and collaborations with groups both inside the hospital and out in the community, UnityPoint Health – Trinity has developed strategies to improve the needs identified in the Community Health Needs Assessment.

Of the challenges identified in the Community Health Needs Assessment that are not within UnityPoint Health – Trinity’s focus areas, we are still committed to supporting the community’s work in addressing those challenges. Many of the needs identified are being focused on by our partners, non-profit organizations, and social service agencies within our communities.

Health Priority 1: Healthy Lifestyles (Heart Disease & Stroke; Diabetes; & Nutrition, Physical Activity & Weight)

Heart disease is the leading cause of death in the Total Area, accounting for 24% of all deaths. Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

Challenges Identified:

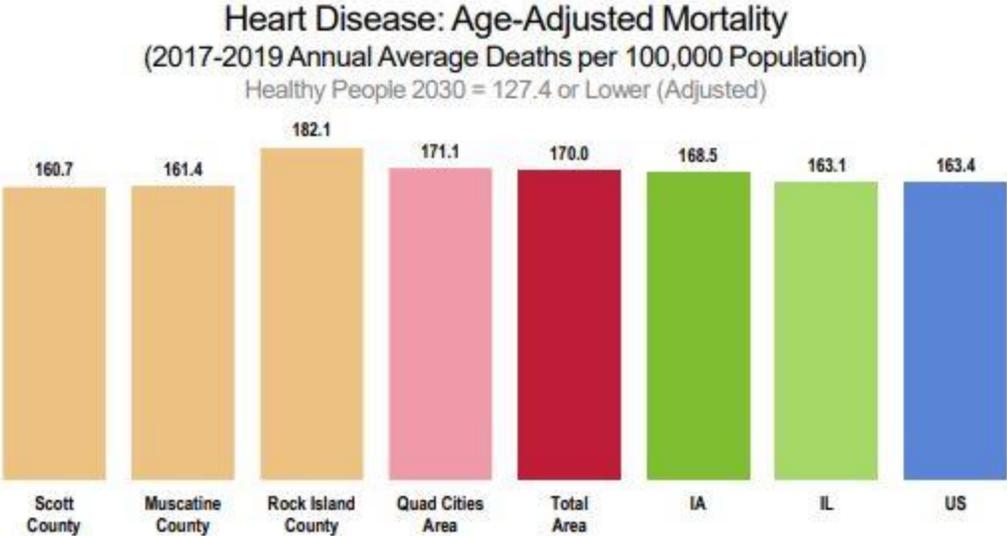
- Heart Disease & Stroke Prevalence
- Prevalence of High Blood Pressure and High Cholesterol
- Diabetes Prevalence
- Two or more chronic conditions
- Fruit/Vegetable Consumption (adults & children)
- Low physical activity levels
- Overweight & Obesity (adults)

Age-Adjusted Heart Disease & Stroke Deaths

Heart Disease Deaths

Between 2017 and 2019, there was an annual average age-adjusted heart disease mortality rate of 170.0 deaths per 100,000 population in the Total Area.

BENCHMARK ► Far from satisfying the Healthy People 2030 objective.



Sources:

- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2021.
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- The Healthy People 2030 Heart Disease target is adjusted to account for all diseases of the heart.
- Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Prevalence of Heart Disease & Stroke

Prevalence of Heart Disease

A total of 8.2% of surveyed adults report that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina, or heart attack.

BENCHMARK ▶ Well above the state percentages.

DISPARITY ▶ Increases sharply with age among Total Area respondents.

Prevalence of Heart Disease



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 114]
• Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2019 Iowa and Illinois data.
• 2020 PRC National Health Survey, PRC, Inc.

Notes:
• Asked of all respondents.
• Includes diagnoses of heart attack, angina, or coronary heart disease.
• Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Cardiovascular Risk Factors

Blood Pressure & Cholesterol

A total of 37.7% of Total Area adults have been told by a health professional at some point that their blood pressure was high.

BENCHMARK ▶ Worse than the state percentages. Fails to satisfy the Healthy People 2030 objective.

TREND ▶ Increasing significantly since 2002 in the Quad Cities Area.

DISPARITY ▶ Lowest in Scott County (not shown).

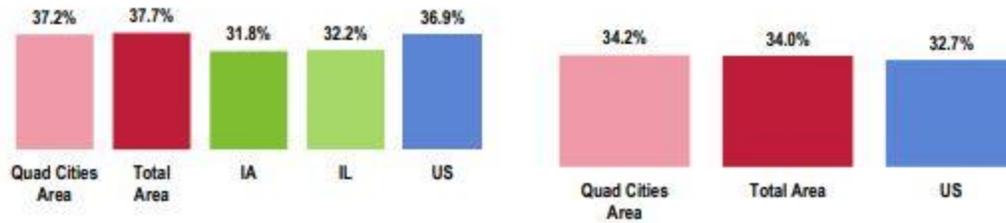
A total of 34.0% of Total Area adults have been told by a health professional that their cholesterol level was high.

TREND ▶ Increasing from 2002 survey findings in the Quad Cities Area.

Prevalence of High Blood Pressure

Healthy People 2030 = 27.7% or Lower

Prevalence of High Blood Cholesterol



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Items 35, 36]
 • Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2019 Iowa and Illinois data.
 • 2020 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services, Healthy People 2030, August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents.
 • Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Prevalence of High Blood Pressure

Healthy People 2030 = 27.4% or Lower



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 35]
 • US Department of Health and Human Services, Healthy People 2030, August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Prevalence of Diabetes

A total of 13.0% of Total Area adults report having been diagnosed with diabetes.

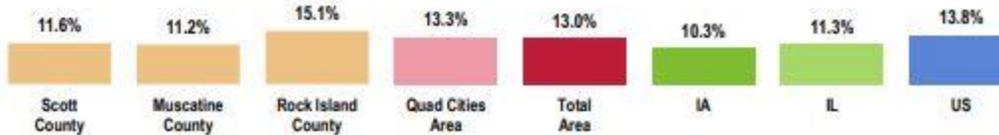
BENCHMARK ▶ Worse than the Iowa prevalence.

TREND ▶ Increasing significantly since 2002 in the Quad Cities Area.

DISPARITY ▶ The diabetes prevalence increases with age and decreases with income level among Total Area respondents.

Prevalence of Diabetes

Another 10.3% of Total Area adults have been diagnosed with "pre-diabetes" or "borderline" diabetes.



- Sources:
- 2021 PRC Community Health Survey, PRC, Inc. [Item 121]
 - Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2019 Iowa and Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

POTENTIALLY DISABLING CONDITIONS

Multiple Chronic Conditions

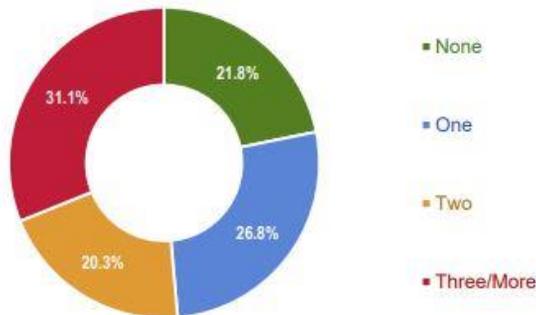
For the purposes of this assessment, chronic conditions include:

- Asthma
- Diabetes
- Diagnosed depression
- Heart attack/angina
- Stroke
- High blood cholesterol
- High blood pressure
- Obesity

Multiple chronic conditions are concurrent conditions.

Among Total Area survey respondents, most report currently having at least one chronic health condition.

Number of Current Chronic Conditions
(Total Area, 2021)



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 123]
 Notes: • Asked of all respondents.
 • In this case, chronic conditions include asthma, diabetes, diagnosed depression, heart attack/angina, stroke, high blood pressure, high blood cholesterol, and/or obesity.

In fact, 31.1% of Total Area adults report having three or more chronic conditions.

DISPARITY ► Reported more often among adults age 40+ and those living on lower incomes.

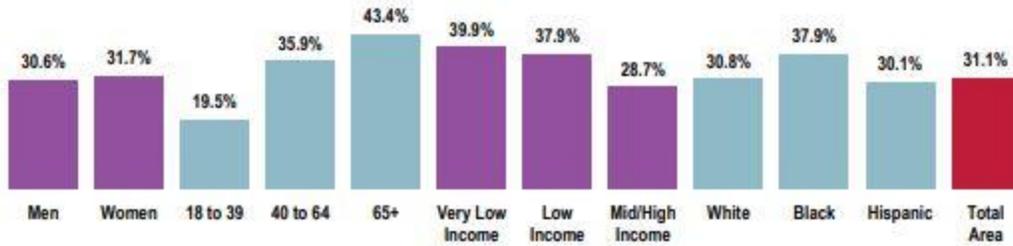
Currently Have Three or More Chronic Conditions



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 123]
 • 2020 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • In this case, chronic conditions include asthma, diabetes, diagnosed depression, heart attack/angina, stroke, high blood pressure, high blood cholesterol, and/or obesity.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.



Currently Have Three or More Chronic Conditions (Total Area, 2021)



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 123]

Notes: • Asked of all respondents.

• In this case, chronic conditions include asthma, diabetes, diagnosed depression, heart attack/angina, stroke, high blood pressure, high blood cholesterol, and/or obesity.

NUTRITION

ABOUT NUTRITION & HEALTHY EATING

Many people in the United States don't eat a healthy diet. ...People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.

Some people don't have the information they need to choose healthy foods. Other people don't have access to healthy foods or can't afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity and hunger and improving health.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Daily Recommendation of Fruits/Vegetables

Adults

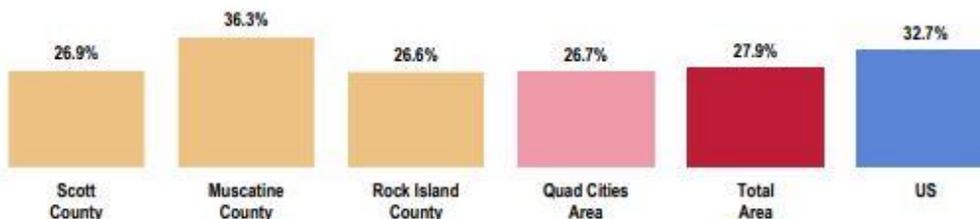
A total of 27.9% of Total Area adults report eating five or more servings of fruits and/or vegetables per day.

BENCHMARK ▶ Lower than the national prevalence.

TREND ▶ Decreasing significantly since 2012 in the Quad Cities Area.

DISPARITY ▶ Most favorable in Muscatine County. Reported less often among men and residents living in low-income households.

Consume Five or More Servings of Fruits/Vegetables Per Day



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 125]

• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents

• For this issue, respondents were asked to recall their food intake on the previous day.

• Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Child Consumes 5+ Servings of Fruits/Vegetables Per Day (Among Total Area Parents of Children Age 2-17)



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 370]

- Notes:
- Asked of all respondents.
 - For this issue, respondents were asked to recall their child's food intake on the previous day.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Activity Levels

Meets Physical Activity Recommendations (Total Area, 2021) Healthy People 2030 = 28.4% or Higher



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 126]

- Notes:
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
 - Asked of all respondents.
 - Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week.

Overweight Status

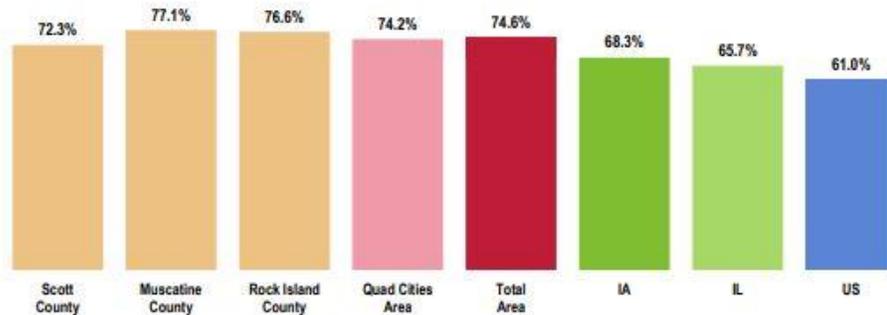
Here, "overweight" includes those respondents with a BMI value ≥ 25 .

A total of three in four Total Area adults (74.6%) are overweight.

BENCHMARK ▶ Well above the state and national figures.

TREND ▶ Increasing significantly since 2002 among Quad Cities Area respondents.

Prevalence of Total Overweight (Overweight and Obese)



- Sources:
- 2021 PRC Community Health Survey, PRC, Inc. (Item 128)
 - Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), 2019 Iowa and Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Based on reported heights and weights, asked of all respondents.
 - The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

"Obese" (also included in overweight prevalence discussed previously) includes respondents with a BMI value ≥ 30 .

The overweight prevalence above includes 41.1% of Total Area adults who are obese.

BENCHMARK ▶ Well above the state and national percentages and fails to satisfy the Healthy People 2030 objective.

TREND ▶ Marks a statistically significant increase since 2002 in the Quad Cities Area.

DISPARITY ▶ Higher among women, adults age 40 to 64, and adults in the lowest income breakout.

Prevalence of Obesity

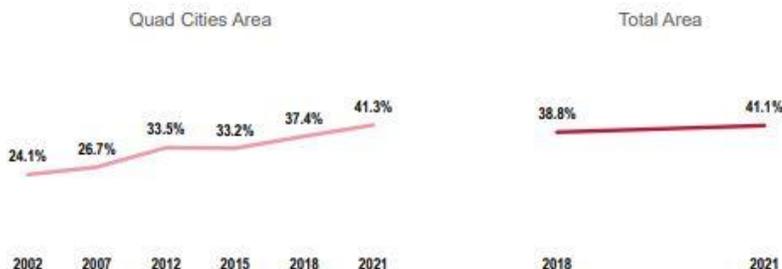
Healthy People 2030 = 36.0% or Lower



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 130]
 • Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), 2019 Iowa and Illinois data
 • 2020 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services, Healthy People 2030, August 2020, <http://www.healthypeople.gov>
 Notes: • Based on reported heights and weights, asked of all respondents.
 • The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Prevalence of Obesity

Healthy People 2030 = 36.0% or Lower



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 130]
 Notes: • Based on reported heights and weights, asked of all respondents.
 • The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.



Healthy Lifestyles (Heart Disease & Stroke; Diabetes; & Nutrition, Physical Activity & Weight)

Goals: to be achieved by 2024

1. Improve cardiovascular health, wellness, and quality of life
2. Detect early identification and treatment of heart attacks and strokes and reduce deaths from cardiovascular disease.

Objectives

- Utilize prevention, detection, and treatment of risk factors for heart attack and stroke
- Expand prevention program

Strategies for Health Priority 1 – Healthy Lifestyles

- Continue community education presentations
- Continue community cooking classes that emphasize nutrition
- Educate the community about behaviors that lead to a healthy lifestyle
- Increase the number of adults aged 18 years and older who are aware of the symptoms of and how to respond to a heart attack
- Prevent repeat cardiovascular events through education and behavior modification
- Community screenings and education around blood pressure and medication management, and signs & symptoms of heart disease and stroke
- Refer patients to medical care who have been screened and found to be at high risk for controllable risk factors: high blood pressure, high cholesterol, cigarette smoking, diabetes, poor diet, overweight/obese.
- Create better access for community members to attend educational activities related to a healthy lifestyle
- Collaborate with community organizations to promote healthy behaviors and lifestyle for both children and adults.
- Increase prevention behaviors in persons identified as high risk for chronic diseases related to an unhealthy lifestyle.
- Target communities at higher risk for heart disease and stroke (men, seniors, low income)

Performance Indicators:

- Average death rate 170 per 100,000 – for the total area. HP 2030 goal is 127.4 or lower per 100,000. Especially high in Rock Island County at 182.
- High blood pressure prevalence = 37.7% in the Total Area – Healthy People 2030 is 27.7% or lower

2021 Results:

- Sponsored the American Heart Association Heart Walk and Heart Ball.
- The Trinity Health Foundation raised more than \$140,000 for cardiovascular services at the UnityPoint Health Cup golf benefit.
- 5 Heart to Heart community education presentations with five cardiologists were conducted with 200 participants.
- Cooking with Heart, evidence-based, plant-focused cooking class - 6 class series (34 classes), 29 scholarships, 64 participants, 276 staff hours.
- Cooking with Heart for Cancer – 3 class series (12 classes), 100 participants, 82.5 staff hours.
- Cooking with Heart for Diabetes – 4 class series (16 classes), 99 participants, 110 staff hours.
- 3 Blood drives were hosted with 126 units collected.
- Healthy Eating video for Big Brothers Big Sisters was created by wellness coaches.
- Nutrition presentation given at De'Mar's Health & Wellness Community event with 353 people
- NAACP Resource Fair - 40 BPs, 1 low; 17 normal; 11 elevated; 6 high, stage 1; 5 high, stage 2. Follow-up suggested to those with elevated BP along with handout on blood pressure and sodium. 15 diabetes risk assessments done, 4 of which were 5 or above.
- Community Home Partners Health & Wellness Fair – education on eating healthy (plate chart) for 25 people, 15 BPs, 8 BPs out of range.
- 3 community educational events with 58 people.
- Health Fair – 50 people provided healthy lifestyle education.
- HeartAware screening nurse consultations with 16 people.
- Planning for African American men heart event in 2022.

Health Priority 2: Mental/Behavioral Health and Substance Use

Challenges Identified:

- Depressive disorder prevalence
- Symptoms of chronic depression
- Suicide Deaths
- Child's mental health
- Access to mental health providers in Muscatine
- Perceived Ease of obtaining mental health services
- Perceived ease of obtaining substance use services

Have Been Diagnosed With a Depressive Disorder



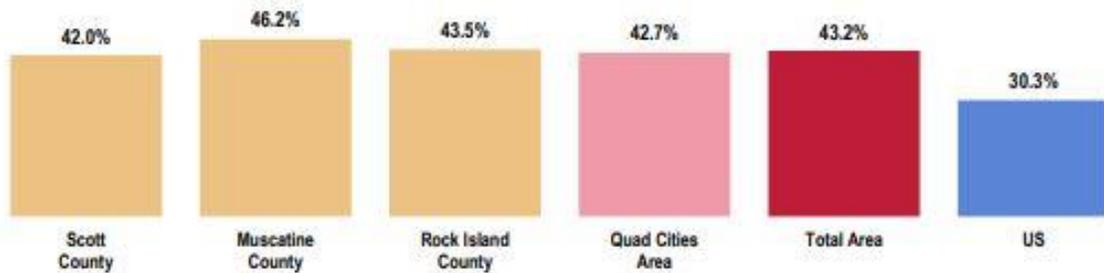
- Sources:
- 2021 PRC Community Health Survey, PRC, Inc. [Item 93]
 - Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2019 Iowa and Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.
 - Depressive disorders include depression, major depression, dysthymia, or minor depression.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Have Been Diagnosed With a Depressive Disorder



- Sources:
- 2021 PRC Community Health Survey, PRC, Inc. [Item 93]
- Notes:
- Asked of all respondents.
 - Depressive disorders include depression, major depression, dysthymia, or minor depression.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Have Experienced Symptoms of Chronic Depression



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 91]

• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.

• Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Have Experienced Symptoms of Chronic Depression



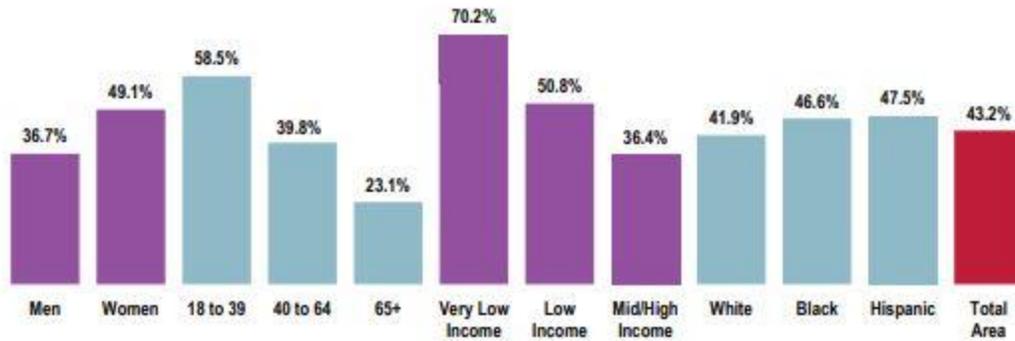
Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 91]

Notes: • Asked of all respondents.

• Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.

• Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Have Experienced Symptoms of Chronic Depression (Total Area, 2021)



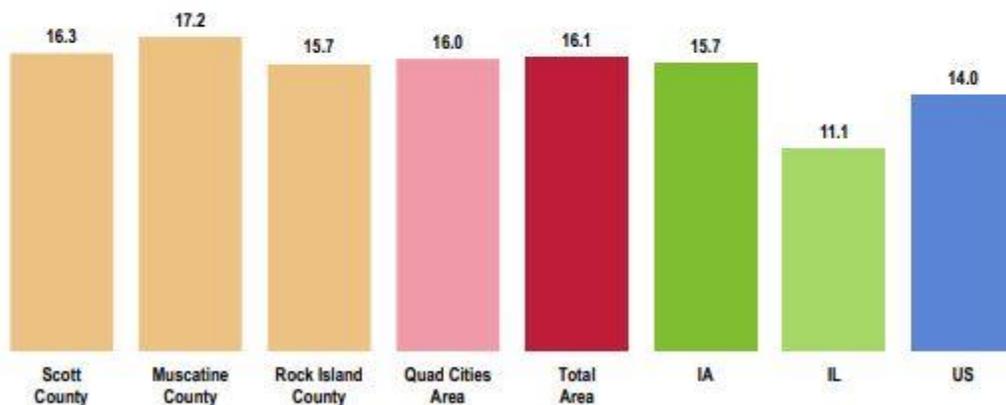
Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 91]
 Notes: • Asked of all respondents.
 • Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.

Suicide

In the Total Area, there were 16.1 suicides per 100,000 population (2017-2019 annual average age-adjusted rate).

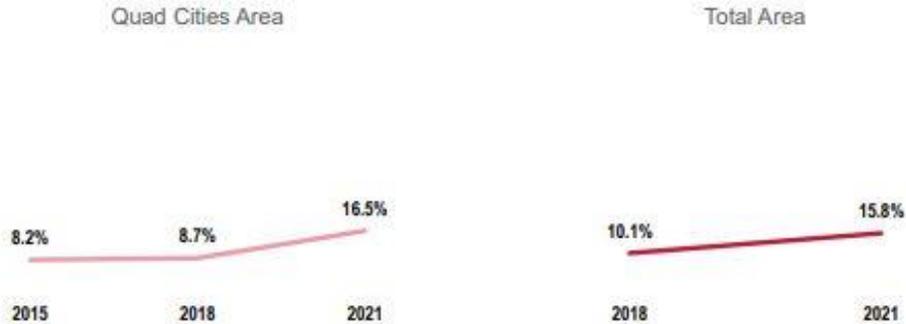
BENCHMARK ► Worse than the Illinois rate and failing to meet the Healthy People 2030 objective.

Suicide: Age-Adjusted Mortality (2017-2019 Annual Average Deaths per 100,000 Population) Healthy People 2030 = 12.8 or Lower



Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2021.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Child's Mental Health is "Fair/Poor" (Parents of a Child Age 5-17)



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 355]
 Notes: • Asked of all respondents about a child age 5-17 at home.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Mental Health Treatment

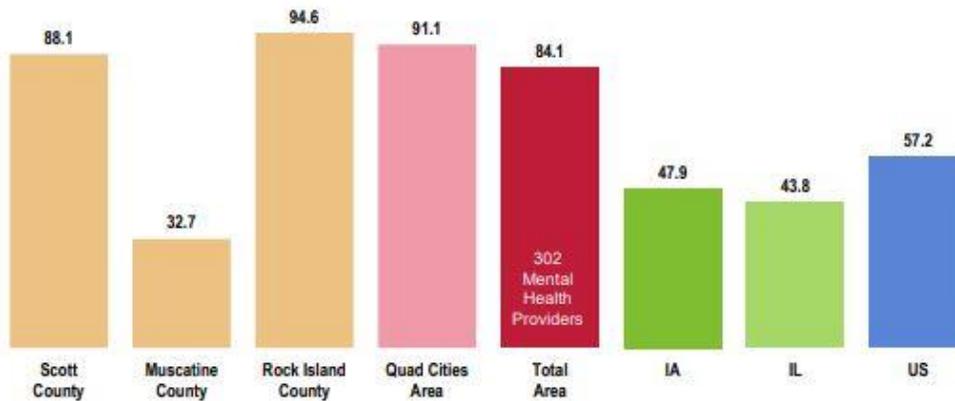
Mental Health Providers

In the Total Area in 2021, there were 84.1 mental health providers for every 100,000 population.

BENCHMARK ▶ Well above the state and national ratios.

DISPARITY ▶ Unfavorably low in Muscatine County.

Access to Mental Health Providers (Number of Mental Health Providers per 100,000 Population, 2021)



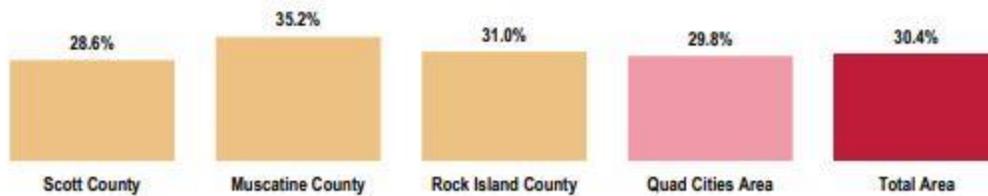
Sources: • University of Wisconsin Population Health Institute, County Health Rankings.
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2021 via SparkMap (sparkmap.org).
 Notes: • This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

In contrast, 30.4% of the respondents gave “fair/poor” ratings of the ease of obtaining local mental health services.

TREND ▶ Denotes an overall worsening trend since 2002 in the Quad Cities Area.

DISPARITY ▶ Reported more often among women, young adults, those at lower income levels, and Hispanics.

Ease of Obtaining Local Mental Health Services is “Fair/Poor”



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 313]
 Notes: • Asked of all respondents; excludes those who have not needed such services.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Ease of Obtaining Local Mental Health Services is “Fair/Poor”



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 313]
 Notes: • Asked of all respondents.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Priority 2: Mental/Behavioral Health & Substance Use Goals: To be achieved by 2024

- 1) Improve mental health through expanding behavioral health service continuum to address community needs in the Quad Cities/Muscatine Region
- 2) Reduce substance abuse to safeguard the wellbeing of children and adults in the Quad Cities/Muscatine Region

Objectives:

- Reduce the annual average rate of suicide
- Obtain Community Mental Health Center (CMHC) designation in Muscatine County from State of Iowa
- Improve the perception of accessing community mental health and substance abuse services through education and awareness
- Increase access to Medication Assisted Treatment (MAT) for substance abuse in Quad Cities/Muscatine region

Strategies:

- Bring mental health and substance services together in one location in Muscatine Co.
- Expand walk-in clinic opportunities to increase access to mental health and substance services in Quad Cities/Muscatine region.
- Create physical and virtual MAT hub for assessment and treatment, including individual and group counseling, as well as physician-led medication therapy to allow patients to be served in their own community
- Increase number of children served through Muscatine school district integrated mental health therapist pilot program
- Collaborate with community partners to provide education on how to access behavioral health and suicide prevention services
- Develop public/private partnerships to address community mental health challenges
- Work together with military community to identify and address gaps in services for active duty and veteran services

Performance indicators:

- Reduction in the number of suicide deaths per 100,000
 - Currently: 16.1 in Total Area per 100,000 population - HP 2030 goal: 12.8 or lower
- Increase in mental health providers in Muscatine
 - Unfavorably low in Muscatine County – 32.7 mental health providers per 100,000 population 2021 - US average is 57.2

2021 Results:

- Working with the State of Iowa to obtain Chapter 24 accreditation which is a precursor to applying for designation as community mental health center for Muscatine RYC clinic.
- Staff participated in the Quad Cities Behavioral Health Coalition
- Military Advisory Committee (CVEB) revised the three-year strategic plan to also include Social Determinants of Health resources, sharing the work of the CVEB, and plans for sustainability of the collaborative
- The Military Advisory Committee (CVEB) received a grant from the Riverboat Development Authority to provide military culture training to healthcare and mental health providers in 2022
- Robert Young Center (RYC) \$6.7 million dollar proposed FY22 Eastern Iowa Region Crisis System Contract was approved by the Region Governing Board. The expansion of crisis services for Cedar, Muscatine, Scott, Jackson, and Clinton counties includes Crisis stabilization residential and community- based services for children and adults, peer support, jail-based services, care coordination, medication bridge appointments, training, and other mental health services
- RYC was one of three agencies in the State of Iowa selected by DHS Division of Community Mental Health and Disability Services to become one of Iowa's early adopters of Individual Placement and Support (IPS) Supported Employment Services
- The Substance Abuse and Mental Health Services Administration awarded \$2,000,000 in grants for 2021 to expand access to mental health and substance use disorder treatment services through Certified Community Behavioral Health Clinics (CCBHC)
- Robert Young Center provides in person services inside the RICO jail, prescriber services via telehealth to the jail, staff attend and supports drug court and mental health court all through a contract with the RICO 708 Board
- \$398,205 grant to RYC from RICO Mental Health Board for joint project with the sheriff and police to do a mental health co-responder model for 2022 rollout

- A self-care Mental Health for Parents class was presented at the Born Learning Academy 2.0. Jefferson Early Education Center to 11 participants
- CADS presented 3 virtual training classes with Quad Cities Trauma-Informed Consortium on Alcohol Awareness, Generation RX, and Gambling: The Hidden Addiction. The focus was on teen and adult use of alcohol, problem adult use of prescription drugs, and adult problem gambling
- Jen's Highway to Healing Grief Support Group, a clinician-led; peer support group open to all adults dealing with grief from the loss of a loved one, miscarriage, empty nesters, loss of a friend, job, or pet was begun and held weekly
- The Eastern Iowa Mental Health Board amended its contract with Robert Young Center to include children's coordinator of behavioral health services, allocating \$200,000
- A grief and suicide prevention presentation given to 35 people at De'Mar's Health & Wellness Community event, Davenport
- RYC's CCBHC participated in NAACP Resource Fair in September with 200 people
- RYC provided first aid at the NAMI Walk
- The Quad-Cities Substance Abuse Prevention Coalition hosted a Red Ribbon Week Virtual Event, with RYC staff speaking on the Opioid Crisis in America: The Cost of Abuse
- Dr. Sam Moreno, RYC clinical psychologist, spoke on WHBF's Living Local during their feature special on Battling PTSD, about mental health services available to local military members and veterans
- 84 hours of instructions were provided by CADS prevention staff to 10 participants in the Strong African American Families program
- 6.5 hours of instruction was provided to 74 people during Your Life Iowa presentations
- 16 hours of instruction provided to 227 people during Drug-Free Workplace trainings
- 4 hours of instruction was provided to 24 people during Generation RX Presentations
- 49 hours of time was given to distributing Prescription Drug Toolkits to 112 businesses
- 48 hours of instruction was provided to 56 people during the Stacked Deck Curriculum
- 28 hours of time was given to 167 people during Casio Booth education
- 446 hours of instruction was provided to 922 participants during the Too Good for Drugs Curriculum. \$2,800 was spent on workbooks and program kits
- 13.5 hours of time was given to 183 people on Tobacco presentations
- 38 hours of instruction was provided to 406 participants during alcohol presentations
- 23 hours instruction given to 46 people during 5 skills lessons for indicated populations
- 39 hours instruction was given to 59 people during 5 skills lessons for at-risk population
- 13.5 hours staff time to serve 223 people at a Stop the Violence community health fair
- 38.5 hours of training was provided to 240 people during Strategic Initiatives for Preventing Drug Overdose training

Health Priority 3: Cancer

Challenges Identified:

- Cancer is a leading cause of death
- Lung cancer deaths
- Breast cancer prevalence
- Prostate cancer prevalence
- Decrease in mammogram screening over past 2 years (still above Healthy People 2030 goal of 77.1 or higher – Total Area is currently 80.4%)

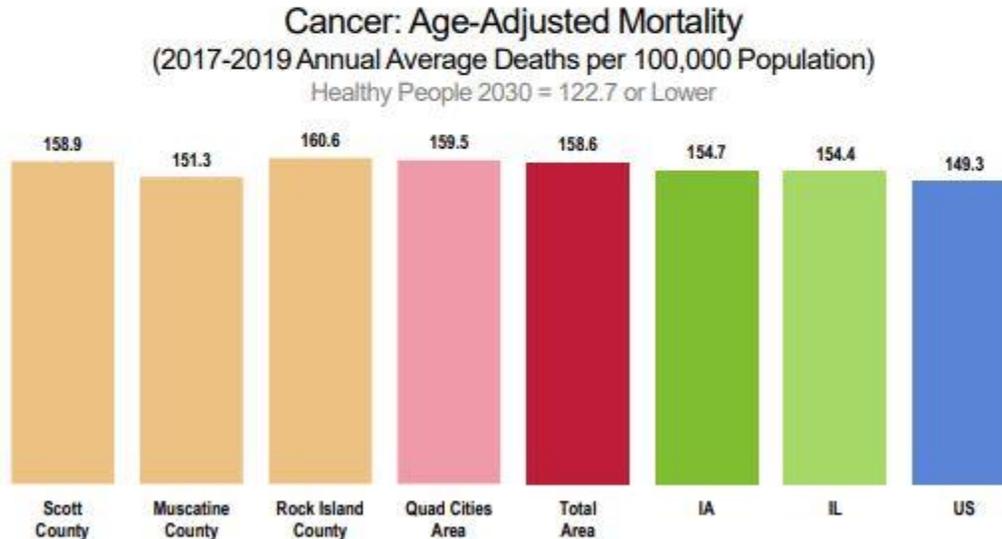
Age-Adjusted Cancer Deaths

All Cancer Deaths

Between 2017 and 2019, there was an annual average age-adjusted cancer mortality rate of 158.6 deaths per 100,000 population in the Total Area.

BENCHMARK ▶ Fails to satisfy the Healthy People 2030 objective.

TREND ▶ Note the decreasing trend over the past decade, following state and national trends.



Sources:

- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2021.
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
- Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Cancer Deaths by Site

Lung cancer is by far the leading cause of cancer deaths in the Total Area.

Other leading sites include prostate cancer, female breast cancer, and colorectal cancer (both sexes).

BENCHMARK

Lung Cancer ► Higher than the national rate. Fails to satisfy the Healthy People 2030 objective.

Prostate Cancer ► Similar to all related benchmarks.

Female Breast Cancer ► Fails to satisfy the Healthy People 2030 objective.

Colorectal Cancer ► Fails to satisfy the Healthy People 2030 objective. (Higher in Muscatine County, not shown.)

Age-Adjusted Cancer Death Rates by Site
(2017-2019 Annual Average Deaths per 100,000 Population)

	Quad Cities Area	Total Area	IA	IL	US	HP2030
ALL CANCERS	159.5	158.6	154.7	154.4	149.3	122.7
Lung Cancer	42.6	42.1	37.8	37.1	34.9	25.1
Prostate Cancer	19.8	19.1	20.5	19.2	20.5	16.9
Female Breast Cancer	19.0	18.7	18.1	20.6	19.7	15.3
Colorectal Cancer	13.0	13.4	14.0	14.3	13.4	8.9

Sources: ● CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted August 2021.
● US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Prostate cancer is the most commonly diagnosed cancer in Black men. Incidence rates are 73% higher than in White men whereas death rates are more than twice as high.

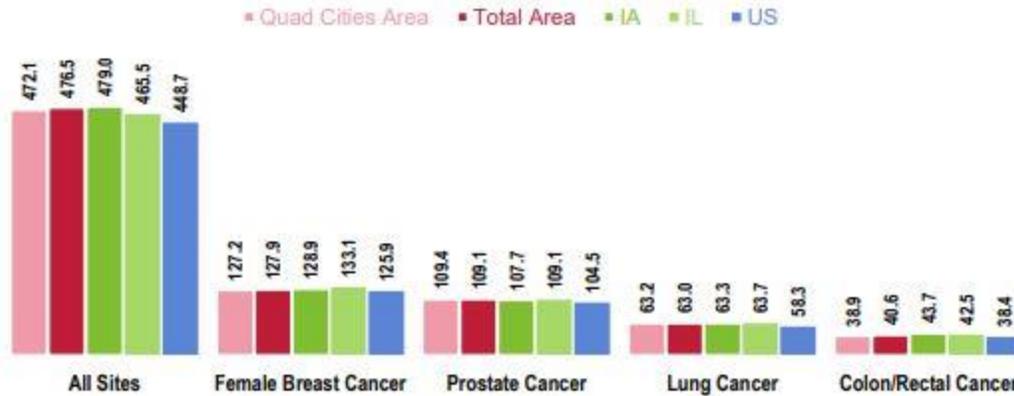
African American/Black people have a disproportionately high cancer burden compared to other population groups. According to the report, the risk of cancer death for Black individuals remains 19% higher for men and 12% higher for women compared to White individuals. The gap for breast cancer is more alarming; Black women are 41% more likely to die from breast cancer than White women despite a lower risk of being diagnosed with the disease.

Cancer Incidence

The highest cancer incidence rates are for female breast cancer and prostate cancer.

DISPARITY ▶ Incidence for colorectal cancer is higher in Muscatine County (not shown). All other inter-county comparisons are similar.

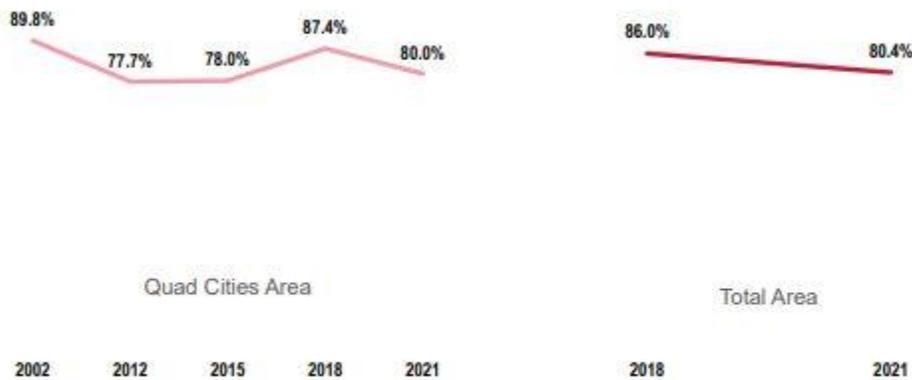
Cancer Incidence Rates by Site
(Annual Average Age-Adjusted Incidence per 100,000 Population, 2013-2017)



- Sources:
- State Cancer Profiles.
 - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2021 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the age adjusted incidence rate (cases per 100,000 population per year) of cancers, adjusted to 2000 US standard population age groups (under age 1, 1-4, 5-9, ..., 80-84, 85 and older). This indicator is relevant because cancer is a leading cause of death and it is important to identify cancers separately to better target interventions.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Mammogram in the Past Two Years (Women Age 50-74)

Healthy People 2030 = 77.1% or Higher



- Sources:
- 2021 PRC Community Health Survey, PRC, Inc. [Item 115]
 - US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
- Notes:
- Reflects female respondents age 50 to 74.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Health Priority 3: Cancer Goals: To be achieved by 2024:

- 1) Decrease the number of poor lifestyle behaviors that lead to cancer and cancer deaths
- 2) Increase prevention and early detection activities

Objectives:

- Increase number of women who receive breast cancer screening based on current guidelines
- Increase the number of colon cancer screenings based on current guidelines
- Increase the number of lung screenings based on current guidelines

Strategies:

- Partner with Black and Hispanic communities to spread awareness of high-risk cancers specific to their population
- Continue to encourage mammograms, especially for underserved and underinsured populations
- Provide education to Black men on prostate cancer risk

Performance Indicators:

- 1) Age-adjusted cancer deaths
 - Total area = 158.6 per 100,000. HP 2023 goal is 122.7 per 100,000
- 2) Mammogram
 - Total area = 80.4%, which is greater than the Healthy People 2030 goal of 77.1% but our Total Area has seen a steady decline since 2002 from 86% to 80.4%.

2021 Results:

- Susan G. Komen Breast Cancer Foundation, after restructuring, provided Trinity Health Foundation with \$50,000 for Breast Health Services for patient services, technology, access to care, and future innovations.
- Three Free Cooking with Heart for Cancer class series (12 classes), 100 participants, 82.5 staff hours was provided
- A video on vaping facts was created for two age groups at Big Brothers Big Sisters
- Education on nutrition and cancer was provided at De'Mar's Health & Wellness Community event about how cancer develops, and screening for breast, lung, and colorectal cancers.
- Education about black women and breast cancer was provided at NAACP Resource Fair
- Virtual oncology event "Take Charge of Your Health" was held to provide black men with current and accurate information and resources to help improve their lung health
- Provided education on cancer screenings at Community Home Partners Health & Wellness Fair to 35 people
- Trinity and Gilda's Club provided free, in-home colon cancer screening tests, thanks to a grant from Iowa Cancer Consortium. 575 kits were distributed, 68 were returned, a 12% return rate, and 5 were positive. Coordinated the follow-up care with either their primary care provider or with specialty providers. Partners with 8 organizations, numerous parish nurses, local barber shops and churches.
- UPC Thoracic Surgeon Dr. Nicholas Yerkes presented educational information on KWQC discussing the national disparity of lung cancer between black men and others.
- Participated in the Tobacco-Free Quad Cities Coalition
- Hosted 3 colon cancer screening workshops and trained staff at Community Health Care on the colon cancer screening kits
- Breast Cancer Awareness presentation to 15 people
- The Superpowers in Foods for Fighting Cancer presentation given to 10 people in Moline

Health Priority 4: Access to Healthcare Services

Challenges Identified:

- Lack of health care insurance coverage in Rock Island County, especially among low income and Hispanic residents
- Barriers to Access
 - Inconvenient Office Hours
 - Appointment availability
 - Finding a physician
 - Lack of transportation
- Perceived Ease of Obtaining Medical Care (Children)
- Outmigration for care, especially in Muscatine County
- Access to primary care, especially in Rock Island and Muscatine Counties
- Emergency room utilization, especially among very low income

Lack of Health Care Insurance Coverage (Adults Age 18-64; Total Area, 2021) Healthy People 2030 = 7.9% or Lower



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 137]
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents under the age of 65.

Barriers to Health Care Access

Of the tested barriers, appointment availability impacted the greatest share of Total Area adults.

BENCHMARK ▶ These barriers affect Total Area residents more often than adults across the US: **appointment availability**, inconvenient office **hours**, and difficulty **finding a physician**.

TREND ▶ In the Quad Cities Area, these barriers have worsened significantly since 2002: **appointment availability**, inconvenient **office hours**, **finding a physician**, and lack of **transportation**. Among Total Area respondents, the barriers of **cost** (physician visit) and **language/culture** have improved significantly since 2018.

DISPARITY ▶ Difficulty finding a physician is considerably higher in Rock Island County (not shown).

Barriers to Access Have Prevented Medical Care in the Past Year



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Items 7-13]
 • 2020 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Trend in Barriers to Access (Quad Cities Area)

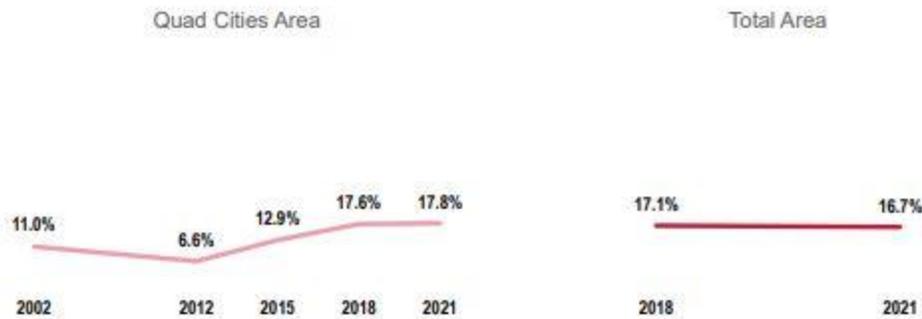
■ 2002 ■ 2012 ■ 2015 ■ 2018 ■ 2021

Ease of Obtaining Children’s Health Care Services is “Fair/Poor”



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 315]
 Notes: • Asked of all respondents with a child under age 18 at home.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Ease of Obtaining Children’s Health Care Services is “Fair/Poor”



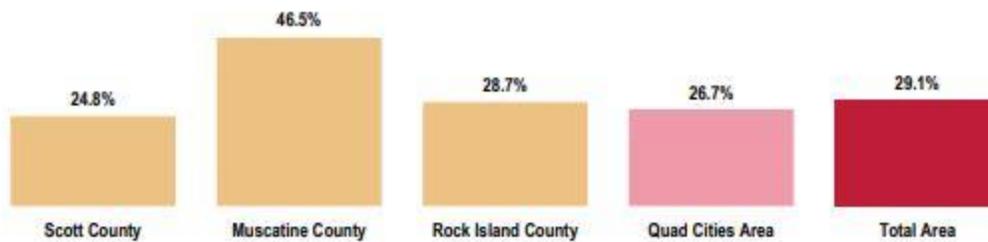
Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 315]
 Notes: • Asked of all respondents with a child under age 18 at home.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Outmigration for Care

Among survey respondents, 29.1% report that they leave the area for at least some of their health care needs.

DISPARITY ► Highest in Muscatine County.

Outmigration for Health Services



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 318]
 Notes: • Asked of all respondents.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Outmigration for Health Services



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 318]
 Notes: • Asked of all respondents.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

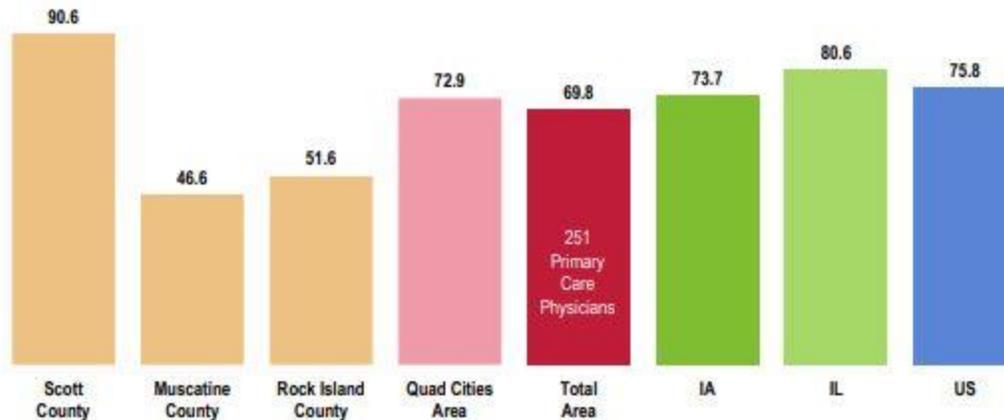
Access to Primary Care

In 2017, there were 251 primary care physicians in the Total Area, translating to a rate of 69.8 primary care physicians per 100,000 population.

BENCHMARK ▶ Lower than the Illinois rate.

DISPARITY ▶ Much lower in Muscatine and Rock Island counties.

Access to Primary Care
(Number of Primary Care Physicians per 100,000 Population, 2017)



- Sources:
- US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File.
 - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved August 2021 via SparkMap (sparkmap.org).
- Notes:
- Doctors classified as "primary care physicians" by the AMA include: General Family Medicine MDs and DOs, General Practice MDs and DOs, General Internal Medicine MDs, and General Pediatrics MDs. Physicians age 75 and over and physicians practicing sub-specialties within the listed specialties are excluded. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.
 - Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

EMERGENCY ROOM UTILIZATION

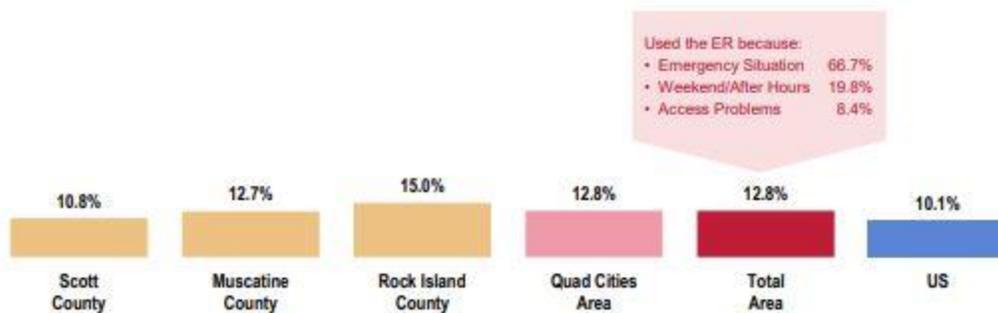
A total of 12.8% of Total Area adults have gone to a hospital emergency room more than once in the past year for their own health.

BENCHMARK ▶ Higher than the national prevalence.

TREND ▶ Increasing significantly since 2012 in the Quad Cities Area.

DISPARITY ▶ Reported more often among young adults, respondents living in low-income households, and communities of color.

Have Used a Hospital Emergency Room More Than Once in the Past Year



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Items 22, 324]
 • 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
 • Quad Cities Area reflects a combination of Scott and Rock Island counties. Total Area is a combination of the three counties of Scott, Muscatine, and Rock Island.

Have Used a Hospital Emergency Room More Than Once in the Past Year (Total Area, 2021)



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item22]
Notes: • Asked of all respondents.

Health Priority 4: Access to Healthcare Goals: To be achieved by 2024

1) Improve access to comprehensive, quality health care services (HP 2030)

Objectives:

- Expand UPC Express Strategy
- Decrease the number of uninsured adults
- Remove barriers to access to care
- Recruit and retain high quality primary care providers

Strategies:

- Increase Express Care locations
- Support initiatives that reduce barriers to access
- Identify and solve barriers to care for military service men, women, and veterans
- Expand additional Safe Zones training throughout Express Care and specialty clinics
- Expand on telehealth medicine to help with transportation barrier

- Build and strengthen community partnerships to provide education, improve access, and health literacy in the region
- Expand specialty outreach into Illinois and Iowa
- Increase data collection for services and referrals for Social Determinants of Health
- Decrease the number of uninsured adults to 0
- Reduce the amount of non-urgent hospital emergency dept. visits

Performance Indicators:

- Uninsured adults (18-64) target = 0% - currently 7.1% in Total Area but 17.3% in Hispanic population and 12.9% with low-income population.
- Number of individuals reported to have had two or more ER visits in the past year = 12.8% Total Area (Scott Co. 10.8, Muscatine 12.7, Rock Island Co. 15), U.S. average is 10.1

2021 Results:

- Reduced Total Area no-show rate in clinics by 3% since 2019.
- Increased new patient primary care visits by 902 since 2019.
- Provided \$40,573 in free medications to 662 patients.
- Military Advisory Committee (CVEB) revised the 3-year strategic plan to address resource development, service provider training, education and awareness, engagement, and sustainability.
- Received grant funding for dedicated military program coordinator to help move strategic plan forward and hired the coordinator
- The Quad Cities Regional Services for Veterans Project was held virtually from October 1 to November 19 to provide veterans the means to resolve pending or new concerns by providing a one-stop shop to access VA and community resources. Forty veterans were served, 17 VA and community partners were involved, and 17 sponsors provided funding. \$30,850 was raised for Trinity Health Foundation's Military & Veteran Services Fund, with \$16,550 of that raised in 2021 (the rest was carried over from previous year when event was postponed.)
- Collaborated with the Rock Island Arsenal on 6 educational programs for 605 military and civilian staff.
- Staff member served on the River Bend Foodbank board.

- Continued to provide educational materials and support for Medicine in the Barbershop outreach in African American community.
- Staff member participated on the steering committee of the African American Leadership Society through United Way to advance awareness of the disparities in our region's African American community.
- Outreach coordinator provided education to 55 persons on 5 occasions at Christian Care Men's Homeless Shelter.
- Parish nurses provided 58 hours of health screenings in Illinois Quad Cities.
- Parish nurses provided 31 hours of health screenings in Iowa Quad Cities.
- Parish nurses provided 349 hours of transportation services to 335 persons in Illinois Quad Cities.
- Parish nurses provided 188 hours of transportation services to 181 persons in Iowa Quad Cities.
- 9 flu shots given at Christian Care Men's Homeless Shelter
- HealthPartners UnityPoint Health started offering full health insurance plans to small businesses with less than 50 employees in Scott and Muscatine counties with 27 plan options.
- UnityPoint Clinic® Mulberry - Internal Medicine added Hamid R. Sagha, MD to its team of physicians.
- New outpatient lab services location opened in Rock Island
- UnityPoint Clinic® opened a new sports medicine clinic at SouthPark Pointe in Moline. Tom Bollaert, MD, CAQSM joined the clinic's team.
- \$6 Million project serving the Muscatine Community prioritizes facility upgrades to allow local medical providers more of the resources they need to provide high-quality, personal care closer to home.
- Broke ground on the Encompass Health and UnityPoint Health - Trinity inpatient rehabilitation hospital in Moline, Illinois, called The Quad Cities Rehabilitation Institute
- Trinity partnered with The PROJECT of the QC to ensure all members of our community have safe and equitable access to healthcare with plans for LGBTQ Safe Zones in all UnityPoint Clinics and training to all staff members
- Launched a new social services resource called "Together We Care" to help individuals find assistance with food, housing, transportation, employment and more.