

# Healthy SI Delta Network

[www.hsidn.org](http://www.hsidn.org)

*MISSION: TRANSFORMING SOUTHERN ILLINOIS INTO A REGION THAT SUPPORTS AND ENHANCES HEALTHY LIVING.*

Sixteen counties partner to form the HSIDN.

Alexander	Perry
Franklin	Pope
Gallatin	Pulaski
Hamilton	Randolph
Hardin	Union
Jackson	Saline
Johnson	White
Massac	Williamson

The Healthy Southern Illinois Delta Network (HSIDN) is a grassroots effort established to build consensus around the health needs of residents in southernmost Illinois.

The Network brings together local health departments, area health centers, hospitals and others interested in improving the health of their communities. Members work together to support healthy communities in the lower sixteen counties in Illinois.

HSIDN members include Southern Illinois Healthcare, the Center for Rural Health and Social Service Development and the area's seven health departments covering a sixteen county region. Regional efforts are coordinated by the steering committee and implemented at the local level through healthy community coalitions. Coalition members and action teams engage their own communities to conduct activities and advance the overall mission of the HSIDN.

The Network has grown into a strong collaborative effort of community organizations successfully leveraging resources to improve health in the Illinois delta region. The success of the network is a direct result of the regional planning approach supported by active engagement of those representatives interested in improving the health of their communities. This collective effort is supported and facilitated by Southern Illinois Healthcare, a non-profit hospital system with the support of SIU School of Medicine. The regional plan is summarized on the back of this document.



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

For more information contact:  
Southern Illinois Healthcare, Community Benefits at (618) 457-5200

**HSIDN REGIONAL PLAN**

**MISSION** — Transforming Southern Illinois into a region that supports and enhances healthy living.

Goals for 2015	Objectives for southern Illinois	Regional Strategies
<p>I. Prevent and control overweight/ obesity related chronic disease in southern Illinois.</p>	<p>1. Decrease the prevalence of obesity among adults to 25%. <i>Baseline: 27.1%</i></p>	<p align="center"><b>Physical Activity and Nutrition</b></p> <p><b>Schools</b></p> <ul style="list-style-type: none"> <li>◆ Increase the number of schools that implement the CATCH program with a special focus on the physical education and nutrition components including training for school food service staff.</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>◆ Implement walking programs and paths in non-traditional places.</li> <li>◆ Hold community wide mass media campaigns to increase physical activity and improve nutrition for both children and adults.</li> <li>◆ Promote farmer’s markets.</li> </ul> <p><b>Worksites</b></p> <ul style="list-style-type: none"> <li>◆ Develop partnerships with the business community to advance worksite wellness programs.</li> <li>◆ Increase the number of businesses that provide rewards for employees for physical activity and that display signage for walking or biking paths.</li> <li>◆ Offer worksite wellness programs and events.</li> </ul>
	<p>2. Increase the prevalence of adults who meet or exceed the moderate activity standards to 50%. <i>Baseline: 43.5%</i></p>	
	<p>3. Increase the number of schools with at least 50% of PE class time with moderate-to-vigorous physical activity to 106. <i>Baseline: 26 CATCH schools</i></p>	
	<p>4. Increase the prevalence of adults consuming more than five servings of fruits and vegetables per day to 25%. <i>Baseline: 17.1%</i></p>	
<p>II. Reduce tobacco use and eliminate exposure to second hand smoke in southern Illinois.</p>	<p>1. Reduce the prevalence of smoking in adults to 18% and in high school students to 18%. <i>Baseline: 23.2% adults</i> <i>Student data not available</i></p>	<p align="center"><b>Tobacco</b></p> <p><b>Schools</b></p> <ul style="list-style-type: none"> <li>◆ Provide evidence-based tobacco prevention education.</li> </ul> <p><b>Community</b></p> <ul style="list-style-type: none"> <li>◆ Increase compliance with and counter efforts to weaken the Smoke Free Illinois law.</li> <li>◆ Promote Illinois Tobacco Quitline.</li> </ul> <p><b>Worksites</b></p> <ul style="list-style-type: none"> <li>◆ Increase compliance with Smoke Free Illinois law.</li> </ul>
	<p>2. Eliminate exposure to secondhand smoke.</p>	
	<p>3. Promote tobacco use cessation among adults and youth through use of the Quitline. <i>Baseline: 2331 calls in FY08</i></p>	
<p>III. Increase awareness of conditions related to the development of cardiovascular disease in southern Illinois.</p>	<p>1. Conduct media campaigns increasing awareness of cardiovascular risk factors</p>	<p align="center"><b>CVD Health Promotion</b></p> <ul style="list-style-type: none"> <li>◆ Implement region-wide mass media campaign which promotes screening day and awareness of cardiovascular risk factors.</li> <li>◆ Annually coordinate region-wide screening day.</li> </ul>
	<p>2. Increase the number of individuals being screened for elevated cholesterol, elevated blood pressure, and diabetes.</p>	

Baseline data sources: BRFSS, 2004–2006; Illinois Tobacco Quitline FY08; Illinois’ *CATCH on to Health!* Consortium

Goals and objectives were selected through a strategic planning process and adapted from Illinois’ Strategic Plans for Obesity & Tobacco Control.