



COOK COUNTY
HEALTH

SYSTEM NEWS

March 2020

Letter from the CEO

Dear Cook County Health Friends and Partners,

On February 19, Cook County Health held its fourth research and innovation summit. The focus of the summit was on health equity and the social determinants of health.

I was honored to speak about CCH's work in closing the health equity gap in the communities we serve. For more than 185 years, CCH has been dedicated to providing care regardless of a patient's income, insurance or immigration status.

There are so many factors that go into determining a person's health, and as a health care provider, CCH is committed to extending our reach outside the walls of our facilities. Among the initiatives:



- Expanding services to address medical needs of children who have experienced adverse childhood experiences,
- Expanding our "Food as Medicine" work to all outpatient health centers through the Fresh Truck, summer meals program and fresh food markets,
- Aligning Women, Infants and Children (WIC), a supplemental nutrition program, with health center locations,
- Partnering with suburban Cook County and Chicago housing organizations to address homelessness for our most vulnerable patients,
- Creating new community health center advisory boards, and
- Establishing a comprehensive care coordination program in bond court to link justice-involved individuals with much-needed services.

Programs such as these are key in helping to reduce the health equity gap in Cook County and in ensuring every person has the opportunity to live a healthy and long life.

However, federal funding is essential to keep these critically important programs, as well as Medicaid and the Supplemental Nutrition Assistance Program (SNAP), going. Data collected from the 2020 Census determines where these financial resources go. Cook County residents deserve to be counted and continue to have access to programs that improve their well-being.

That is why I am reminding you to please take part in the 2020 Census.

The 2020 Census questionnaire, which households should receive by April 1, can be taken online, by mail or by phone and will not have a question about immigration status. Information gathered is not shared with outside organizations.

I want to thank you for your unwavering commitment and willingness to support CCH in addressing the health disparities in our communities. Our role in helping our patients get better and stay healthy goes beyond entering a physician order or prescribing medication. Providing “whole person” care means understanding the personal circumstances of every individual and working to address issues such as food insecurity, social justice, housing and access to care that impact their health status.

Sincerely,



Debra D. Carey
Interim CEO

Update on COVID-19 from Cook County Health



In response to the growing spread of the Novel Coronavirus (COVID-19) across the world, Cook County Health has been working to educate the public and prevent the spread of the virus in Cook County. The public risk from COVID-19 remains low.

The **World Health Organization reports** about 80 percent of COVID-19 cases result in mild symptoms, including fever, cough and occasionally shortness of breath. People with mild cases are expected to recover without issue, and some may not be aware they are ever sick.

The Illinois Department of Public Health recently answered **frequently asked questions** about COVID-19, and they, along with clinicians from the Cook County Department of Public Health, the Chicago Department of Public Health and the Centers for Disease Control and Prevention have been educating the public through the media about how the virus is spread, precautions residents should take and what is being done to ensure minimal spread.

To avoid contracting COVID-19, individuals and families should take the same everyday precautions that they do to prevent the flu or the common cold, including:

- Avoiding close contact with people who are sick;
- Avoiding touching your eyes, nose and mouth;
- Washing hands with soap and warm water for at least 20 seconds;
- Cleaning and disinfecting frequently touched objects and surfaces.

In addition, the CCDPH always recommends that individuals who are sick stay home to prevent the spread of any illness. For COVID-19, if you meet the conditional criteria of fever and respiratory issues and have traveled to the countries listed by the CDC or have been in close

contact with someone who has, contact your physician and make them aware before you go in to see them. Your physician will contact the proper health agency, which will conduct further evaluation, and if needed, testing.

For information about how you, your school, your workplace, and your community can prepare, please visit: <https://www.cookcountypublichealth.org/communicable-diseases/novel-coronavirus/>.

Coronavirus Disease 2019 (COVID-19) in Illinois Test Results

Positive (confirmed)	19
Negative	244

* Information as of March 10, 2020. Updates regarding the number of persons under investigation is updated by the Illinois Department of Public Health on Mondays, Wednesday and Fridays. Visit their website <http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus> for more information.

Cook County Health Goes Red for Women's Heart Health

This month, Cook County Health recognized Wear Red Day, which brings attention to heart disease in women. Employees donned red to raise awareness about cardiovascular disease, which is the cause of death in 1 in 3 women each year.





Cook County Health Trauma to Participate in National Trial to Determine Best Approach to Manage Airways in Emergencies

Beginning this summer, Cook County Health will join select hospitals and emergency medical service (EMS) agencies from eight cities around the country to participate in a Department of Defense-funded clinical trial aimed at improving the survival rates of people who have suffered a trauma that makes breathing difficult.

The [Prehospital Airway Control Trial \(PACT\)](#) is a four-year, \$8.8 million study to determine the most safe and effective strategy for securing a patient's airway at the scene of a trauma.

“Close to 20 percent of traumatically injured people die because their airways are compromised and they need help breathing,” said Dr. Leah Tatebe, trauma surgeon at Cook County Health and the Chicago site principal investigator on the study. “PACT will enable us to determine which strategy EMS personnel should use first when securing a patient's airway.”

Currently, there are two methods to help an injured person receive oxygen – endotracheal and supraglottic intubation. Both consist of tubes inserted through a person's mouth into their airway and are then connected to a ventilation device – either a machine or a bag that can be pumped with the hand – to deliver oxygen to the lungs.

Endotracheal intubation requires the clinician to move the patient's tongue aside, see the vocal cords and thread a tube between the vocal cords into the patient's windpipe.

Supraglottic intubation uses a flexible tube that is inserted through the mouth, but instead of having to be threaded through the vocal cords, it sits at the far back of the throat, above the windpipe.

For the trial, participating EMS services will secure the airway using both methods and collect data on patient outcomes.

This is an Exception from Informed Consent trial, with guidelines laid out by the Food and Drug Administration. Since the trial requires performing a potentially life-saving procedure in people who are too injured to consent, patients who meet the criteria will be automatically enrolled. Patients or their family members are consented for further participation as soon as possible

Spreading the Word about Census Day on April 1



BE COUNTED.

CookCountyIL.gov/Census



@cookcountygov

#CookCountyCensus



By Census Day, which is April 1, 2020, households around the country will be invited to participate in the 2020 Census with multiple options for responding. You can be counted by mail, online or phone. Census workers will also be out in the communities to assist residents.

Ensuring that every citizen is counted by the census is critically important to the well-being and future of Cook County, particularly in areas on the city's west and south sides that are often underreported.

The data gathered by the census is used to distribute billions in federal funds to assist local communities for important things like transportation, Medicaid, the Supplemental Nutrition Assistance Program (SNAP) and more.

Information gathered by the census will not be shared with immigration or law enforcement agencies, employers, landlords, etc., which means participating does not put residents at risk for potential retribution. The census will not have a question about immigration status and information is only used for statistical purposes.

For more census information and news about outreach efforts, visit CookCountyIL.gov/Census.

Community Forum on Substance Use Disorder Treatment Capacity Coming in March

COMMUNITY FORUMS

Gathering Input on Substance Use Disorder Treatment Capacity for Illinois Medicaid Members



Share your experiences!

Illinois wants to improve substance use disorder treatment for Medicaid recipients.
Help us strategize to build treatment capacity where it is most needed.

Wednesday

March 18
1:30 - 3:30 pm

Matteson Public Library
801 School Avenue
Matteson, IL 60443

Wednesday

March 25
2:30 - 4:30 pm

Maywood Public Library
121 S 5th Avenue
Maywood, IL 60153

Thursday

March 26
4:00 - 6:00 pm

South Shore Cultural Center
7053 S South Shore Drive
Chicago, IL 60649

Tuesday

March 31
2:00 - 4:00 pm

Garfield Park Field House
100 N Central Park Avenue
Chicago, IL 60624

The sessions are open to all, especially people with lived experience, advocates, treatment and recovery support providers, and stakeholders familiar with criminal justice and housing-related challenges.

For questions or to let us know you're coming, please contact:

Christie Edwards: credwards@cookcountyhhs.org or 312-864-4446



**COOK COUNTY
HEALTH**



**HEALTHY
CHICAGO**

CHICAGO DEPARTMENT OF PUBLIC HEALTH

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Cook County
Public Health

Final Version: 03/04/2020

Cook County Health Foundation Releases Healthy Cookbook to Raise Awareness about Nutrition Gap

In 2018, Cook County Health logged more than 100,000 appointments for patients with heart disease and diabetes. The first step to managing these diseases is a healthy diet. However, there is a knowledge gap and many people don't understand what constitutes a healthy diet - what foods to eat, in what quantities, and how to best prepare them.

To provide nutrition education and help patients

learn healthy eating habits, Cook County Health's Lifestyle Centers began offering meal planning and exercise classes to community members as well as several programs to help the 15 percent of adult CCH patients (who completed a screening) who lack access and resources to food to be able to eat a healthy diet on a consistent basis.

Third paragraph: Working with the CCH team, the Cook County Health Foundation developed a healthy cookbook with recipes from some of Chicago's top community chefs to create simple, healthy recipes made from accessible ingredients. Download the digital cookbook [here](#).

[Support Cook County Health Lifestyle Centers program with a donation today](#) and help patients living with diabetes and heart disease build healthier lives.

Feed the Gap

Recipes to fill the Nutrition Gap



Cook County Health Oncologist Answers Questions about Blood Cancers at Community Panel

Last month, [Dr. Paul Rubinstein](#) participated in a panel organized by The Leukemia Research Foundation.

The free town hall event invited patients, survivors and caregivers to ask questions of experts about blood cancers. More than 150 people attended the event in Skokie.



Cook County Department of Public Health Seeks Community Input

The Cook County Department of Public Health and its partners are currently engaging in a community health planning process called We Plan 2025, which will outline community health improvement issues for suburban Cook County.

To date, CCDPH and its partners have formalized vision and values and identified a list of community health improvement topic areas including: Education, Employment, Justice, Natural and Built Environment, Access to Health Care and Community Resources, and Behavioral Health.

A key component of the plan is ensuring communities and populations that are most affected by inequities have input. CCDPH is engaging with power building organizations, grassroots coalitions and community-based agencies that work with those whose voices are often forgotten and invisible.

CCDPH is looking for community-based organizations serving suburban Cook County to:

- Allow CCDPH time on the agenda for their upcoming meetings in March for CCDPH to share this information and obtain feedback.
- Work with CCDPH to organize community level listening sessions, roundtable discussions, or chats for residents to provide input and feedback.

Interested in getting involved? For more information, contact CCDPH at healthycook@cookcountyhhs.org.

Cook County Health's Work to Improve Men's Health

Cook County Health's Englewood Health Center holds a monthly Men's Health Initiative Program designed to target the social determinants of health that affect the holistic wellness of African American men in the Englewood community.

Following a formal discussion presented by a health care provider on a specific topic, [Dr. Brian Humphrey](#), CCH clinical psychologist, leads an informal discussion on the topic

Each topic embodies three critical pillars of health that affect the overall wellness of men: physical health, mental health and community health.

Fourth paragraph (deleting Dr. Humphrey's phone number): The Men's Health Initiative meets on the fourth Tuesday of every month at Englewood Health Center from 2 – 4 p.m.

Support Cook County Health at Trivia Night

Join the Cook County Health Foundation Associate Board on Thursday, April 16 at Hopsmith, 15 W. Division St., Chicago, for its [Third Annual Trivia Night](#).

Funds raised will support Cook County Health's work with the Greater Chicago Food Depository to combat food insecurity in Cook County. Tickets are \$35 in advance and \$40 at the door, and include two drinks and trivia entry. Click [here](#) to purchase tickets. For questions, contact the Cook County Health Foundation Associate Board at associateboard.cchf@gmail.com.

The Cook County Health Foundation
Associate Board invites you to
our third annual

TRIVIA NIGHT

Tickets:
\$35 in advance
\$40 at the door

Includes two drinks
and trivia

**THURSDAY
APRIL
16TH
6PM-8PM**

HOPSMITH

15 West Division Street
Chicago, IL 60610

Funds raised will go toward
programs and services that
improve the health of Cook
County Health patients.



FOR MORE INFORMATION, CONTACT US AT
ASSOCIATEBOARD.CCHF@GMAIL.COM

Physician Profile:

Dr. Nimmi Rajagopal
Associate Chair of Family and Community Medicine

Dr. Nimmi Rajagopal is associate chair of family and community medicine for Cook County Health.

Dr. Rajagopal focuses her efforts on direct patient care with a strong physician-to-patient relationship, as well as

on educating tomorrow's future physicians while serving as an Assistant Professor of Clinical Family Medicine at the University of Illinois College of Medicine. She has special clinical interests in primary care, performance improvement, patient-centered medical homes, and providing care to underserved patient populations.

Before joining CCH, Dr. Rajagopal served in a number of leadership roles at University of Illinois Health and the University of Illinois at Chicago College of Medicine, including serving as the medical site director for the Mile Square Health Center, one of the country's oldest federally qualified health centers.

Dr. Rajagopal is a graduate of the Ross University School of Medicine, and completed her internship and residency at Presence Saint Francis Hospital Evanston and the University of Illinois at Chicago, respectively.



Cook County Health in the News

BECKER'S

HOSPITAL REVIEW

[Health disparities among Chicago hospitals' most pressing public health concerns](#)

YAHOO!
NEWS

[Flu season is bad this year, so if you're sick stay home](#)

THE HILL

[Who's hungry: Erasing food insecurity](#)

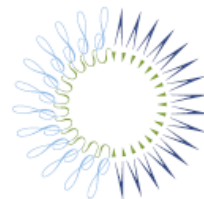


ABC 7 CHICAGO

[Data shows childbirth-related deaths remain high in Illinois, especially in minority communities](#)

WCIU
THE U

[Cook County Department of Public Health Chief Operating Officer Dr. Terry Mason on the Coronavirus](#)



THE
PEW
CHARITABLE TRUSTS

[Some Nonprofit Hospitals Aren't Earning Their Tax Breaks, Critics Say](#)

Watch us on
CAN TV

Every month, Cook County Health features a

Cook County Health in
the Community:
Upcoming Events

guest expert on CAN TV to offer viewers information on various health topics, such as heart disease and breast cancer, and to discuss prevention and treatment strategies. Be sure to tune in to CAN TV on the second Tuesday of each month at 5 p.m. to catch CCH's monthly segment, and call in with your health questions at 312-738-1060. To find archived episodes, visit YouTube and look for the [Community Health Hotline](#). The next show will air on Tuesday, March 10 at 5 p.m.

CCH's outreach team participates in a variety of community events throughout Cook County. Whether it is a health fair, festival, job fair or community picnic, CCH's outreach workers make sure that Cook County residents know about the full portfolio of services the system provides. If you would like to know where CCH will be this month, please check our [calendar of events](#).

Visit our website at cookcountyhealth.org

If you would like to invite a representative from CCH to attend a community event, please send an email to events@cookcountyhhs.org.

To provide feedback on CCH Community News, update your contact information, or unsubscribe, please email Marcelino Garcia, Director of Community Affairs, at mgarcia6@cookcountyhhs.org.