



HUMBOLDT PARK
HEALTH
ADVANCING HEALTH EQUITY

BOLSTERING **OUR COMMUNITY**

Wellness Center
2021

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Jose Sanchez
President and CEO

Letter from Executive | October 2021

How Humboldt Park Health Wellness Center Bolsters Our Community

Everyone deserves a place to be active, have fun, and reduce stress. Everyone deserves access to a center that allows them to boost their self-esteem, while improving their fitness and reducing their health risk factors. Unfortunately, not everyone has access to such a place. Especially in Chicago.

But when The Humboldt Park Wellness Center opens in 2022, more than 50,000 residents will have the opportunity to improve their health and connect with their fellow neighbors. The focus of the Wellness Center will be on the health, wellness, and illness prevention for this underserved community.

As the shift of healthcare changes from “sick care” to “well care,” Humboldt Park Health believes prevention is essential. Our goal is to make our community healthy, while removing unnecessary costs from ER visits, readmissions, redundant testing, or unnecessary physician visits.

Healthy communities aren't just built on physical or mental health — they're also built on social health. Members of the Humboldt Park community are looking for a way to socialize and connect with their neighbors. The social bonds created at the Wellness Center will foster a strong, safe, and inclusive community, as well as promote social interaction, volunteerism, and civic pride. Its programs, services, and spaces will deter at-risk youths by providing a constructive, inviting, and encouraging environment.

In this report, you'll learn how the Wellness Center will be the hub of community education, information, wellness, and preventative coordinated care in Humboldt Park. Our goal is to improve the health and wellness of the community by offering:

- Overall fitness training
- Nutritional education and learning
- Access to wellness resource tools
- Community engagement

We continue to work hard every day to be a place of healing, caring, and connection for patients and families in the community we call home. After reading this report, we hope you support and utilize this important community benefit.

Jose Sanchez
President and CEO
Humboldt Park Health

Contributors

José R. Sanchez, President and CEO, Humboldt Park Health

Juan Moreno, AIA, President, JGMA

Debra Siena, Executive Director, Client Services, HealthFitness | Midtown Health

Consultants/Supporters

Omar Aquino, Illinois State Senator

Humboldt Park Community Focus Groups

Roberto Maldonado, 26th Ward Chicago Alderman

Cristina Pacione-Zayas, Illinois State Senator

The Puerto Rican Agenda

Delia Ramirez, Illinois State Representative

Project Funding

\$19M


State of Illinois

\$1.0M

Discretionary funding allocated by
Illinois Senator Omar Aquino

\$300K

Discretionary funding
allocated by Illinois Senator
Cristina Pacione-Zayas



Overview of the Community



Bienvenido a Humboldt Park

A brief history of Humboldt Park

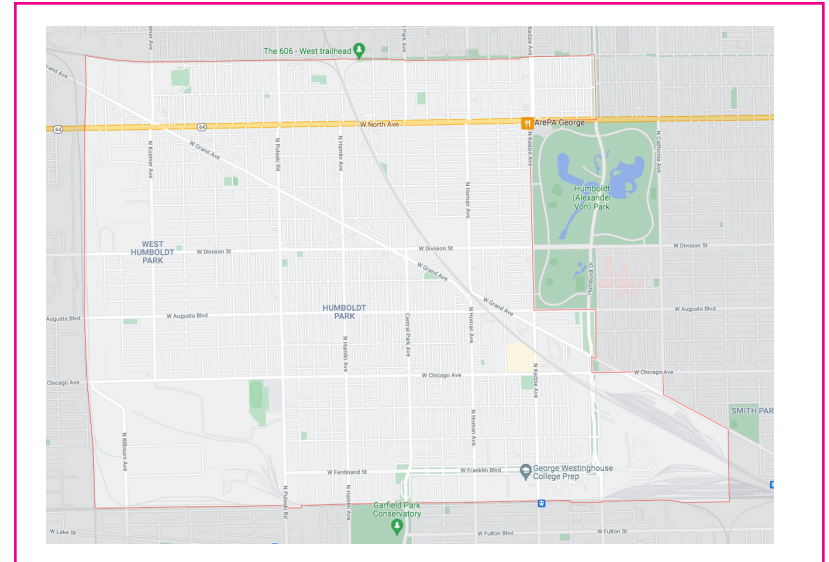
Humboldt Park is a neighborhood and community on the West side of Chicago. Officially becoming a part of the city in 1869, Humboldt Park has an interesting history that shares insight into the diverse, active, and artistic community it is today. Initially attracting many German, Scandinavian, Italian, Polish, and Russian immigrants to the neighborhood, its community developed as an international melting pot, welcoming Puerto Ricans in the 1950s.

Today, the Humboldt Park neighborhood borders Western Avenue to the East; Pulaski Road to the West; North Avenue to the North; and the Union Pacific tracks to the South. With a population of 51,527 residents, 50% are Hispanic or Latino, and 23% are African American.



Known as *Paseo Boricua*, Division Street in Humboldt Park has been the heart and soul of Chicago's Puerto Rican community for decades. Humboldt Park Health is a landmark of this community. Our mission for the Wellness Center is to provide a place of health, fitness, and wellbeing for the underserved families that have called the neighborhood home for generations.

Unfortunately, Humboldt Park residents are currently deprived of a financially accessible wellness center in their neighborhood. Although there are 20 health clubs within a three-mile radius of the hospital, they are priced and programmed for the more affluent clientele in the surrounding neighborhoods.



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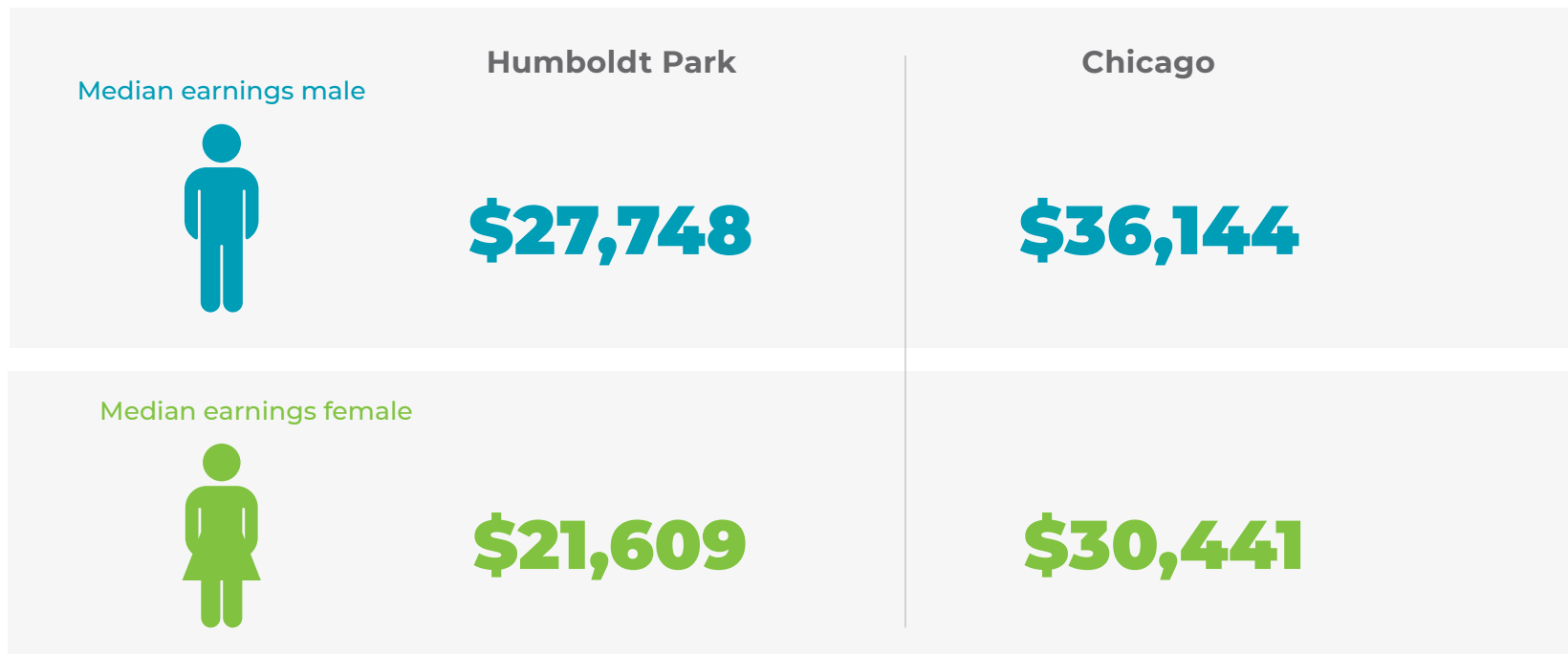
Learn about the INVEST South/West commercial corridor improvement strategy

Humboldt Park is one of 10 priority communities selected as a part of the initial phase of Chicago's Mayor Lori Lightfoot's INVEST South/West commercial corridor improvement strategy. Launched in October 2019, INVEST South/West's goal is to re-activate neighborhood cores that have historically served as focal points for:

- Pedestrian activity
- Shopping
- Community Services
- Transportation
- Public spaces
- Quality-of-life amenities for residents
- Family destination

Finances

Humboldt Park's financial state vs. the rest of Chicago:



Within the three-mile radius of Humboldt Park Health, the median household earnings by race or ethnicity are:



Exploring the Structure and Design of the Wellness Center

The transformation and investment of the Humboldt Park community started with a \$5 million renovation of our 100-year-old hospital, formerly known as Norwegian American Hospital. Our renovation transformed nearby the public spaces around the hospital and created a sense of welcoming and dignity for the community. The project won multiple awards and was recognized nationally as “Best of Design” by *The Architect’s Newspaper*.

The Wellness Center is the next phase in the development of the Wellness District. The Wellness Center is located on the northern edges of the Wellness District, bordered by Richmond Street to the East and Division Street to the North. This location was chosen because it’s on the Division Street corridor, linking the *Paseo Boricua* along Division and reinforcing the Puerto Rican and Latino culture in the area. The site is contiguous with the historic Jensen Formal Garden in Humboldt Park.

Here’s a look at the layout of the Wellness Center:

- **Lobby:** The lobby provides ample space for the community to socialize and gather, plus a coffee shop.
- **Ground floor:** This includes a pool, locker room, and other office facilities.
- **Second floor:** Features fitness areas, an indoor track, and education rooms that provide an opportunity for nutrition and wellness education classes.
- **Third floor:** Showcasing a community space and a community room that overlooks Humboldt Park.
- **Deck:** An outdoor open-air deck that provides ample community space for events and gatherings.



The design speaks to wellness

Juan Moreno
Project Architect



“The design speaks to wellness,” Juan Moreno, architect, says. “The architecture provides a sense of movement so that the building’s location is a gateway to the hospital’s Wellness District, but also a continuum of the district along Division. In addition, the building design intentionally frames the corner of Richmond Street and Division Street, marking a prominent entry for the Wellness District.”

Hospital History



As a community-based hospital serving a predominantly disadvantaged, ethnic community with little to no income, Humboldt Park Health reinvests back into the community through programs to help our patients manage chronic conditions, health education, and outreach for the elderly.

Established in 1894, the hospital is deeply committed to serving the community. Humboldt Park Health is a 200-bed, acute care facility. We provide patient-centered healthcare focused on quality of care, ranging from everyday care to treatment for critical needs.

Humboldt Park Health is the healthcare provider of choice for our community and caregivers. We provide outstanding clinical care, service excellence, and employee engagement by following our guiding principle, "Equity Begins at Home."

About HPH

The hospital is accredited by DNV-GL Healthcare and has achieved Primary Stroke Certification from the Healthcare Facilities Accreditation Program (HFAP). Humboldt Park Health has an extensive, talented medical staff, featuring specialists in:



Family Practice



Pediatrics



Obstetrics



General Surgery



Neurology



Behavioral Health



Emergency Medicine



Podiatry



Gastroenterology



Internal Medicine



Ophthalmology

Also, we have an ACGME-accredited Family Medicine Residency Training Program training the next generation of physicians committed to providing health care services in underserved communities.

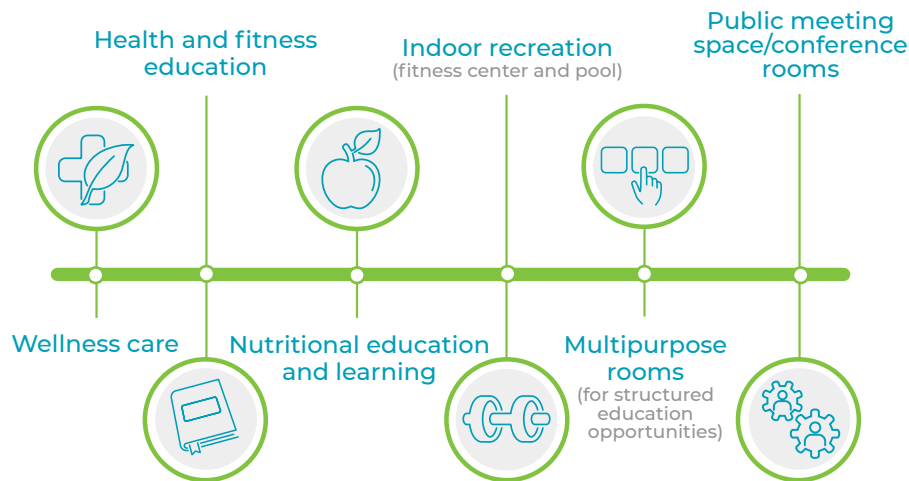
The Wellness Center



Achievement of The Wellness Center

The Wellness Center project is Phase 1 of our Wellness District Master Plan. It's part of our strategic plan to address health inequities by offering concrete solutions that we know our community needs. The Wellness Center will serve as a place to improve the health of community members by extending our hospital's continuum of care.

Our scope of services include:



An inside look at what we offer

The Wellness Center blends the best of emerging health, wellness, and fitness trends with traditional modes of exercise and recreation. It's designed and programmed to be medically integrated, which means we'll attract patient referrals from physicians who prescribe exercise as a medicine.

With strong programming that emphasizes children, culture, and community, the Wellness Center will be a destination for underserved local families. Our facility will improve the health of the community by offering:

- **Natatorium with a pool** that will be programmed to include swim lessons, teams, water fitness classes, and recreation.
- **Cardiovascular and strength training area** to accommodate all movement levels.

- **Fitness and wellness** assessments, orientations, ongoing supervision, and coaching.
- **Exercise classes**, including: yoga, cycling, dance, conditioning, flexibility, and boot camps, as well as specialty classes for the unconditioned, children, teens, and seniors.
- **Mental health support** and other mind-body programming, such as: tai chi, meditation, mindfulness, and stress management.
- **Open area** for functional training, patient rehab, training, and free weights.
- **Track** designed for walking, running, and conditioning.
- **Community Center Room and classrooms** for lifelong learning, cultural events, family events, workshops, and wellness classes.
- **Café** to encourage member interaction and social wellbeing.
- **Childcare area** with programming that engages children in activities, play, arts and crafts; and instills the value of physical activity and wellness at an early age.
- **Sports Medicine** area for physical therapy to enhance patient outcomes and encourage ongoing movement.
- **Medically integrated programming** to improve patient outcomes, such as medical fitness, nutritional counseling, first aid/CPR, disease management and prevention, and rehabilitative exercise.
- **Support focused on the addressing social determinants of health**, including improving access to specialty care in the hospital, eliminating food insecurities, providing client/patient transportation and legal referral services.

Lifting the local economy

The Wellness Center will boost the local economy from the capital investment itself, to creating jobs, and drawing other businesses into the neighborhood. Local purchases made by the Wellness Center members and employees generate a financial "ripple effect" in the community. Finally, by placing a special emphasis on serving families, this community will be kept engaged in Humboldt Park.

The Community



Connecting to the community

Being able to provide patients access to a health system at the right time allows for the best possible health outcomes. This is vitally important in today's healthcare market. To achieve this, a health system must develop a relationship with a person before they need medical intervention.

"A medically integrated wellness center that gives community members the chance to engage in education, wellbeing activities, and exercise can nurture a positive relationship between the health system and the individual," says XYZ. "When that person reaches a point where they need medical care, they will be more comfortable choosing a health system that has already built a trusted relationship with them."

We believe the Wellness Center has the opportunity to be the health system's premier consumer-facing asset and a major contributor to the health system's ability to effectively reach patients.

"Hospitals that understand the future are beginning to talk about the wellness center being the new front door to their health system," says Robert D. Boone, former president and chief executive officer at the Medical Fitness Association.

Hospitals that have successfully developed medically integrated health and wellness centers agree that wellness centers can:

- Enhance the organization's image
- Assist with the delivery of trusted coordinated care
- Improve the health status of the communities that they serve
- Provide a "hub" or center for community health education
- Develop an integrated delivery system
- Serve as an essential wellness benefit for hospital employees

The stronger the health system, the more positive the impact it can have on the community that it serves.



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