



Photo by Jonathan Hillenbrand/Evanston Northwestern Healthcare

Champions for Change

Evanston Northwestern Healthcare (ENH) cultivates partnerships with community groups as an integral part of its commitment to improve the lives of the community members it serves.

Here are examples of key ENH partnerships that enrich our community.

Improving Children's Health

A leading ENH Pediatric Physician Madeleine Shalowitz, M.D., MBA, is spearheading an innovative academic-community partnership designed both to develop better research methods and to empower the community with the right skills to inform public policy and bring about improved programs and services for children and families.

Joining forces with the Lake County Health Department Community Health Center, Dr. Shalowitz formed the Community Action for Child Health Equity (CACHE) in 2003 after receiving a major grant from the National Institute of Child Health and Human Development (NICHD).

Recently, a new \$3 million NICHD grant launched Phase 2 of CACHE, which involves a study of nearly 500 families in Lake County and the effects of stress on mothers' health and birth outcomes. "The hope is that once we understand the pathways to these health conditions, we will better understand the avenues for intervention," Dr. Shalowitz said. "For mothers, stress can get under the skin, and there's a higher likelihood of delivering preterm babies or those infants who have asthma, are prone to being overweight or not being ready for school."

Reconnecting Cancer Survivors to the Community

The first community cancer survivorship program in the Chicago metro region, Living in the Future (LIFE), is designed specifically with cancer survivorship guidelines from the Institute of Medicine. Initially launched with a Community Program grant from the Lance Armstrong Foundation, LIFE provides a bridge from patients' oncology treatment back to their communities, families and lives.

"Care that is by the community, for the community" is how Carol A. Rosenberg, M.D., describes the essence of the distinctive cancer survivorship program she directs at ENH.

The LIFE program at ENH recognizes survivorship as a distinct phase of care and offers each patient a customized survivorship care plan. Following their initial visit, LIFE patients are encouraged to participate in the program's Myra Rubinstein Weis Thrivership seminars on topics such as "Eat to Beat Malignancy and Walk Away from Cancer" and "Self Esteem and Sexual Intimacy After Cancer," which are facilitated by the LIFE expert medical team.

"We are providing survivors with education as a form of support," said Dr. Rosenberg, who teaches the LIFE health professional course and serves as a Clinical Assistant Professor at Northwestern University's Feinberg School of Medicine.

Recognizing and Educating Seniors

A nationwide nonprofit educational organization for seniors, OASIS, is designed to enhance the quality of life for mature adults in the arts, humanities and health awareness. Since its Chicago-area inception in 1989, first Highland Park Hospital and then ENH have served as the Health and Wellness Sponsor for the organization that now boasts 13,000 members.

In addition to financial assistance, ENH physicians present all the OASIS Health Awareness lectures on a broad range of topics, including "Healthier Eating for Healthier Lives" by Michael Rakotz, M.D.; "Hypertension and Cognitive Dysfunction" by Jonathan Brown, M.D.; and "Depression and Aging: Is There a Connection?" by Manu Chander, M.D.

"The partnership between OASIS and ENH adds to the quality and integrity of the program," said Linda Kimball, Director of OASIS. "The very high standards of healthcare at ENH increase the validity of what we offer to our members."

Enhancing Health Through Improved Nutrition

The Whole Foods grocery chain has carved a niche by offering its customers healthier food choices than traditional grocery stores. ENH has formed a partnership with the Whole Foods store in Northbrook, Ill., to provide monthly coupons for free meals if their customers, for example, sign up for specific heart and colon screenings at Glenbrook Hospital.



"ENH brings in the healthcare expertise that our customers seek," said Meg Bowman, Marketing and Community Relations Specialist for the Northbrook Whole Foods. "They want to hear about food from a medical standpoint and be educated to make healthier food choices."

Among the communities it serves, Evanston Northwestern Healthcare is improving the lives of children, cancer survivors, seniors and those committed to enhancing their health and wellness. ■