

Community Health Needs Assessment 2016

OSF SAINT JAMES - JOHN W. ALBRECHT MEDICAL CENTER

LIVINGSTON COUNTY



*Collaboration for sustaining
health equity*

LIVINGSTON COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The Livingston County Health Needs Assessment (CHNA) is a collaborative undertaking by OSF Saint James – John W. Albrecht Medical Center to highlight the health needs and well-being of residents in the Livingston County region. In order to engage the entire community in the CHNA process, a collaborative team of health-professional experts and key community advocates was created. Members of the collaborative team were carefully selected to ensure representation of the broad interests of the community. Several themes are prevalent in this health-needs assessment – the demographic composition of the Livingston County region, the predictors for and prevalence of diseases, leading causes of mortality, accessibility to health services and healthy behaviors.



Results from this study can be used for strategic decision-making purposes as they directly relate to the health needs of the community. The study was designed to assess issues and trends impacting the communities served by the collaborative team, as well as perceptions of targeted stakeholder groups.

In order to perform these analyses, information was collected from numerous secondary sources, including publically available sources as well as private sources of data. Additionally, survey data from 714 respondents in the community were assessed with a special focus on the at-risk or economically disadvantaged population. Areas of investigation included perceptions of the community health issues, unhealthy behaviors, issues with quality of life, healthy behaviors, and access to medical care, dental care, prescription medications and mental-health counseling. Additionally, demographic characteristics of respondents were utilized to provide insights into why

certain segments of the population responded differently.

Ultimately, the identification and prioritization of the most important health-related issues in the Livingston County region were identified. The collaborative team considered health needs based on:

- (1) magnitude of the issue (i.e., what percentage of the population was impacted by the issue);
- (2) severity of the issue in terms of its relationship with morbidities and mortalities;
- (3) potential impact through collaboration.

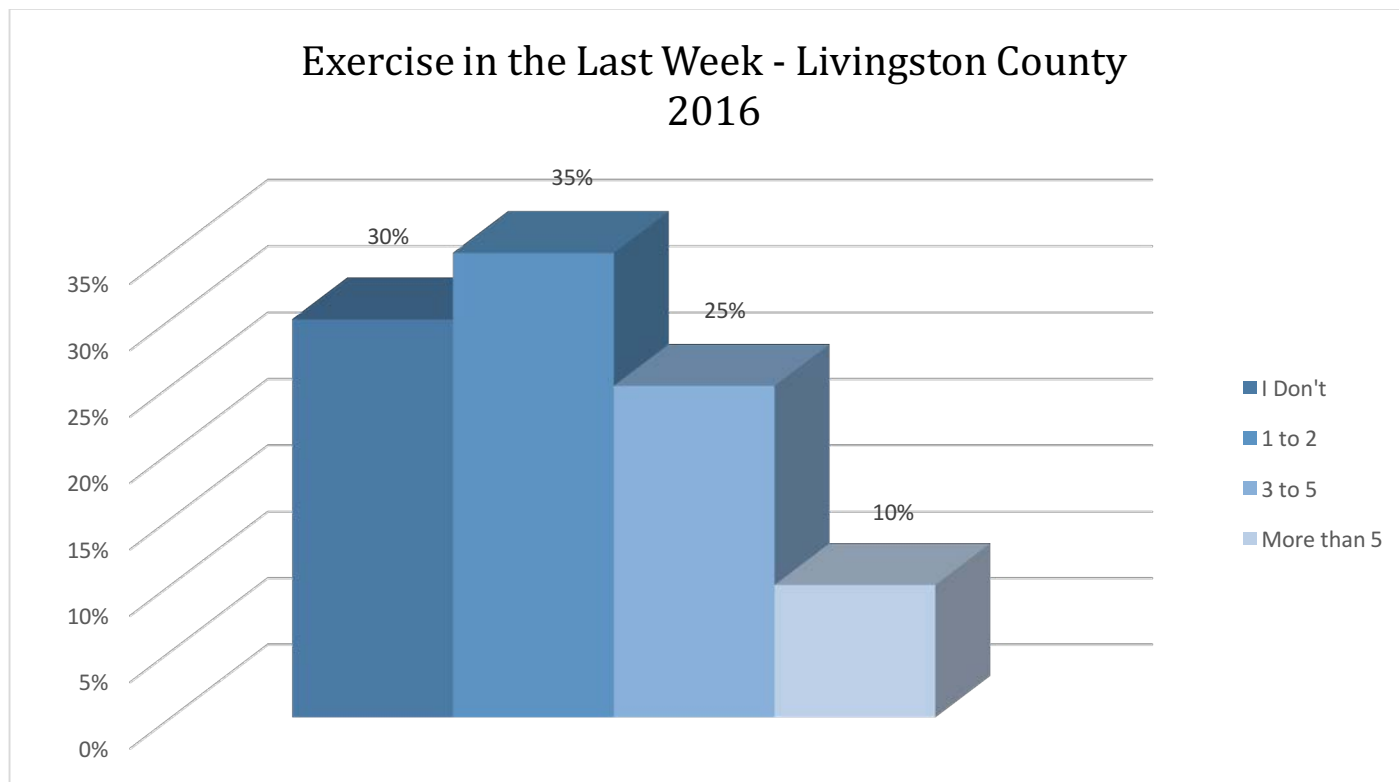
Using a modified version of the Hanlon Method, the collaborative team prioritized two significant health needs:

- **Healthy Behaviors**
- **Behavioral Health**

I. HEALTHY BEHAVIORS –ACTIVE LIVING, HEALTHY EATING AND SUBSEQUENT OBESITY

ACTIVE LIVING

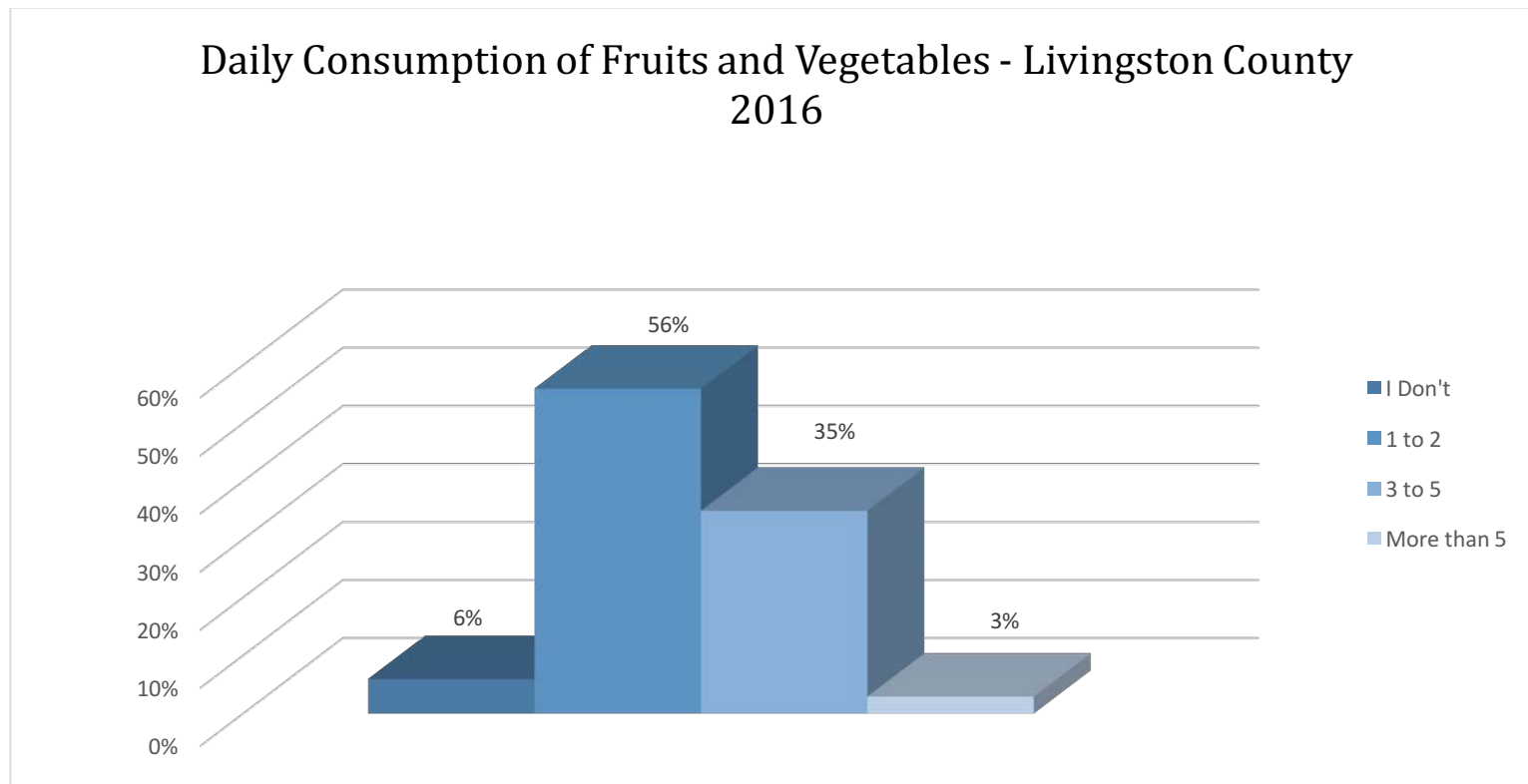
A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental, and emotional well-being. Note that 65% of respondents in Livingston County indicated they exercise 2 or fewer times per week.



Source: CHNA Survey

HEALTHY EATING

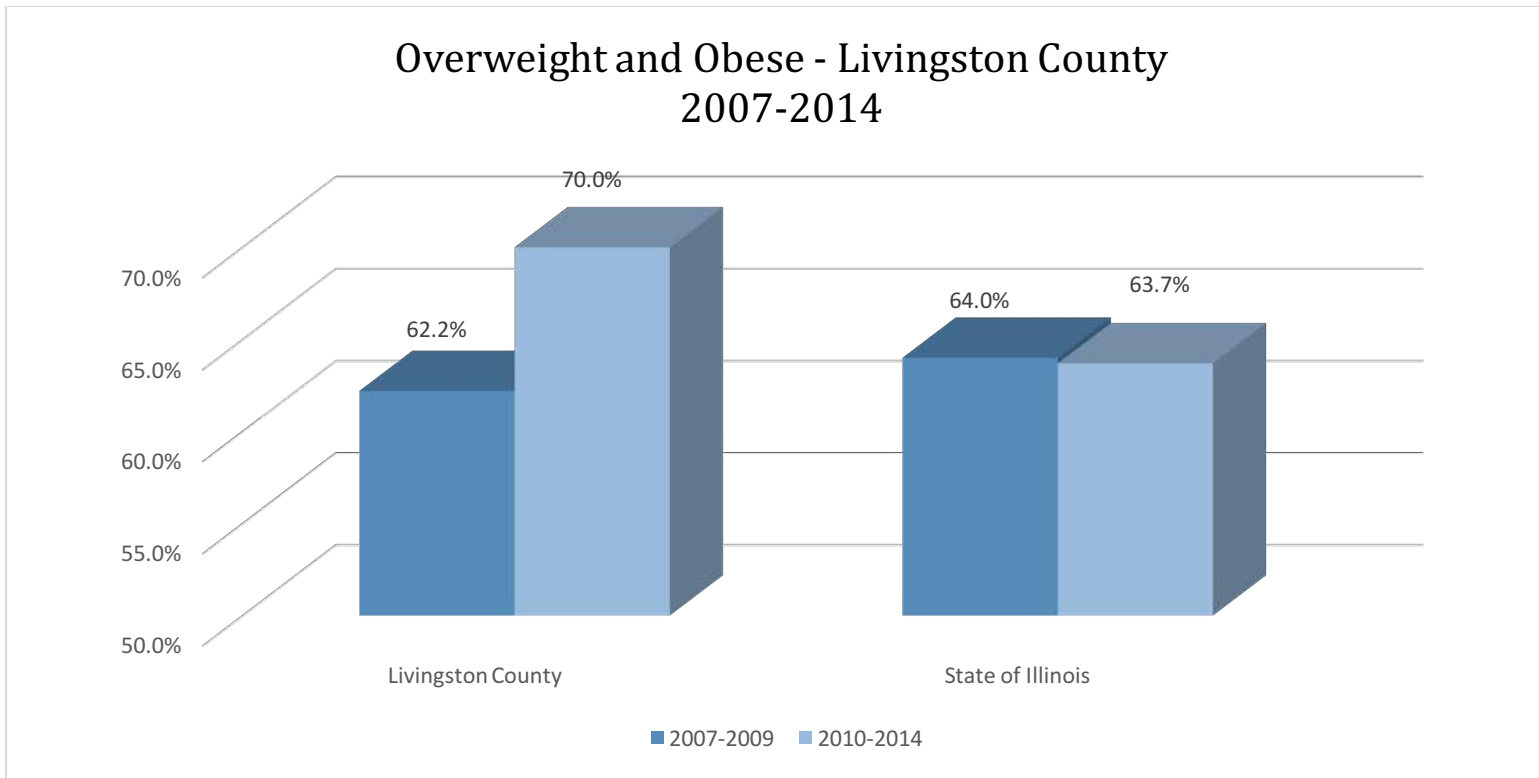
Additionally, well over half (62%) of Livingston County residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of Livingston County residents who consume five or more servings per day is only 3%.



Source: CHNA Survey

SUBSEQUENT OBESITY

Healthy behaviors are directly related to issues such as obesity. In Livingston County, the number of people diagnosed with obesity and being overweight has increased from 2009 to 2014. Note specifically that the percentage of overweight and obese people has increased from 62.2% to 70.0%. Overweight and obesity rates in Illinois have decreased slightly during the same time period from 64.0% to 63.7%.

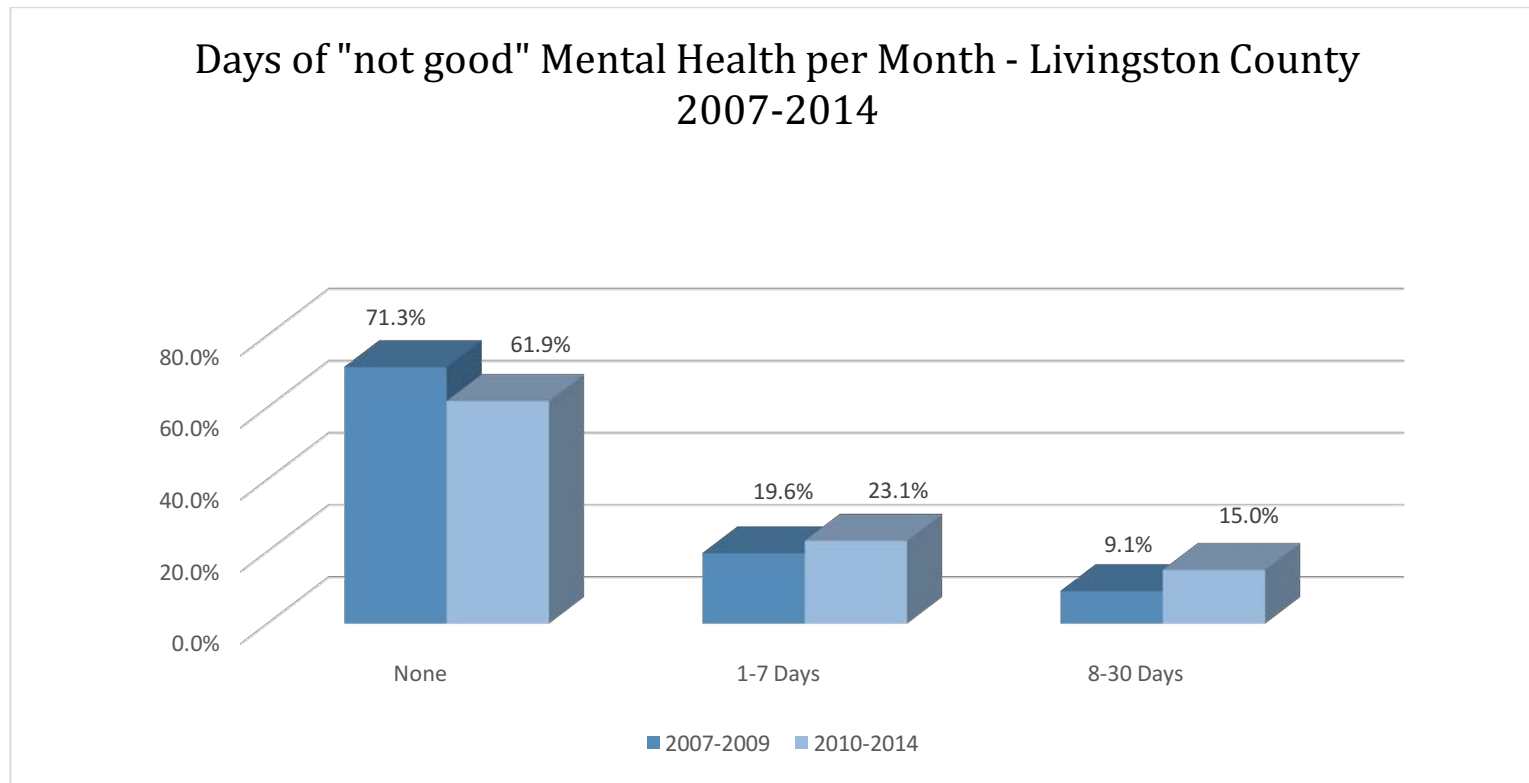


Source: Illinois Behavioral Risk Factor Surveillance System

II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

MENTAL HEALTH

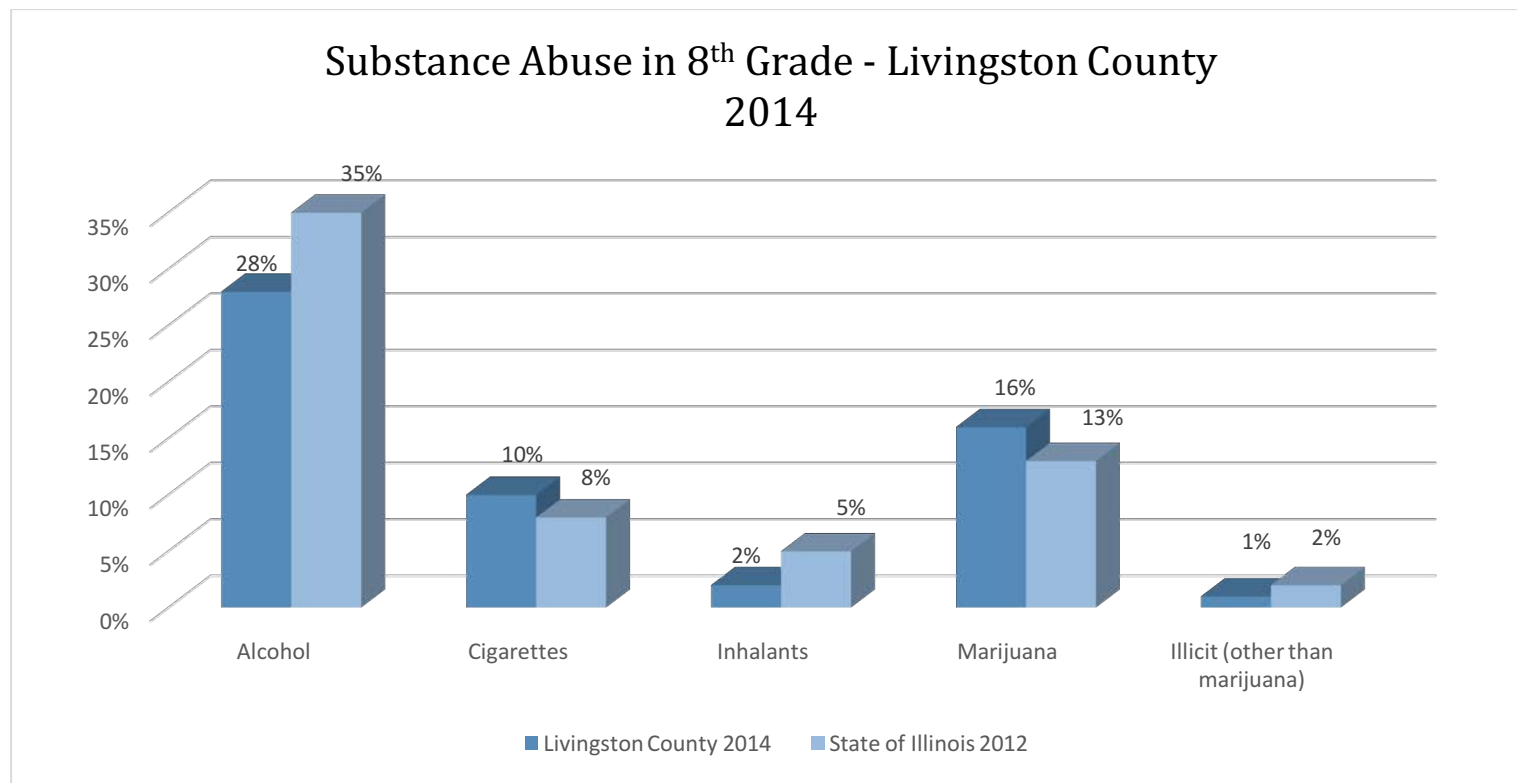
Almost 20% of residents in Livingston County reported they had experienced 1-7 days with poor mental health per month in 2007-2009, and 9.1% felt mentally unhealthy on 8 or more days per month for 2009. In 2010-2014, there was a moderate increase in the number of people who reported poor mental health for 1-7 days to 23.1% of the population and a significant increase in people who reported poor mental health 8 or more days per month to 15% of the population.



Source: CHNA Survey

SUBSTANCE ABUSE

Alcohol and drugs impair decision-making, often leading to adverse consequences and outcomes. Research suggests that alcohol is a gateway drug for youth, leading to increased usage of controlled substances in adult years. Accordingly, the substance abuse values and behaviors of high school students is a leading indicator of adult substance abuse in later years. Alcohol and drugs impair decision-making, often leading to adverse consequences and outcomes. Data from the 2014 Illinois Youth Survey measure illegal substance use (alcohol, cigarettes, and other drugs – mainly marijuana) among adolescents. While Livingston County is at or below State averages in all categories among 8th graders (except for cigarettes and marijuana), note that alcohol use is still at 28%.



Source: https://iys.cprd.illinois.edu/UserFiles/Servers/Server_178052/File/2014/cnty14_livingston.pdf

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