

# 2022

## Community Health Needs Assessment

*Collaboration for Sustaining Health Equity*

Vermilion  
County



Vermilion County  
Health Department



Public Health  
Prevent. Promote. Protect.



# 2022 CHNA Summary

The Vermilion County Community Health Needs Assessment is a collaborative undertaking by the Vermilion County Executive Group, including Carle Hoopeston Regional Health Center, OSF Sacred Heart Medical Center, United Way of Danville Area, Vermilion County Mental Health Board, and Vermilion County Public Health Department.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Vermilion County region. Several themes are prevalent in this health-needs assessment - the demographic composition of the Vermilion 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, as well as perceptions of targeted stakeholder groups.

In order to perform these analyses, information was collected from numerous secondary sources, including publicly available sources as well as private sources of data. Additionally, survey data from 561 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, social determinants of health (SDOH) were analyzed to provide insights into why certain segments of the population behaved differently.

Ultimately, the identification and prioritization of the most important health-related issues in the Vermilion 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 four significant health needs:

- **Violence**
- **Income/Poverty**
- **Healthy Behaviors**
- **Behavioral Health**



# Violence

## VIOLENCE

Violent crimes are defined as offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, forcible rape, robbery and aggravated assault. The violent crime rate in Vermilion County (705 per 100,000 people) is higher than the State of Illinois average (426 per 100,000 people) and the national average (388 per 100,000 people). Of note, there have been significant increases in rape (+30.2%), theft (+5.4%) and motor vehicle theft (+16.9%) from 2018-2021.

Respondents in the 2022 CHNA survey ranked anger/violence as the fourth most important unhealthy behavior (11%) and less violence (16%). Moreover, safer neighborhoods (14%) and less violence (14%) were ranked as the two most important issues impacting well-being in Vermilion County.

## Violent Crimes Rate (per 100,000)

*Vermilion County 2016-2020*



Source: Illinois County Health Rankings 2021

# Income/ Poverty

## INCOME/POVERTY

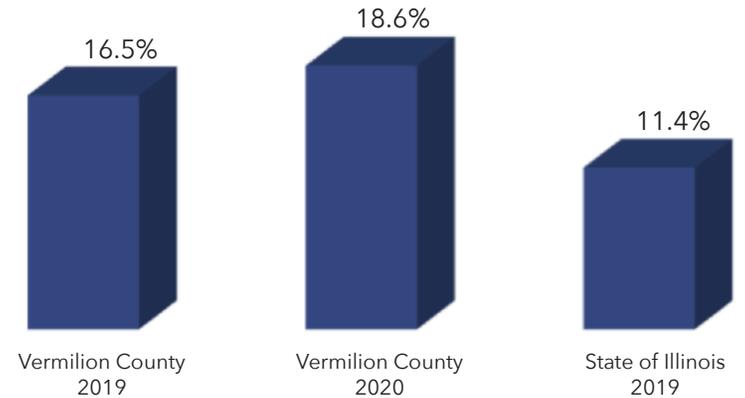
Vermilion County, the percentage of individuals living in poverty between 2019 and 2020 increased by 2.1%. Poverty has a significant impact on the development of children and youth. In 2020 the poverty rate for families living in Vermilion County (18.6%) was significantly higher than the State of Illinois family poverty rate (11.4%).

Note that income level was correlated to several key variables in the CHNA survey. Specifically, low income correlates with the following:

- More likely to use the emergency department as a primary source of healthcare
- More likely to go hungry
- More likely to experience depression
- More likely to experience stress/anxiety
- More likely to have a negative self-assessment of both physical and mental well-being
- More likely to consume alcohol, misuse prescription medication, use marijuana
- Less likely to have commercial/employer insurance
- Less likely to have access to prescription medications, dental care and counseling
- Less likely to get breast screening
- Less likely to exercise
- Less likely to consume fruits and vegetables

## Poverty Rate

Vermilion County 2019-2020



Source: U.S. Census

# Healthy Behaviors

Active Living  
Healthy Eating  
Obesity

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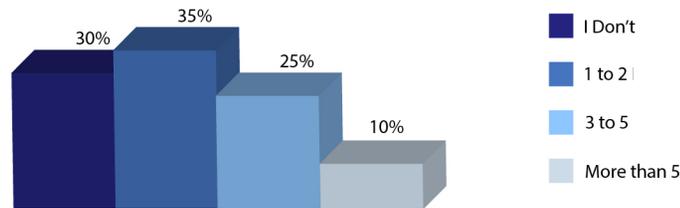
## ACTIVE LIVING

A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental and emotional well-being.

Note that 30% of respondents indicated that they do not exercise at all, while the majority (60%) of residents exercise 1-5 times per week. The most common reasons for not exercising are not having enough energy, no time or a dislike of exercise.

### Days of Exercise in Last Week

Vermilion County 2022



Source: CHNA Survey

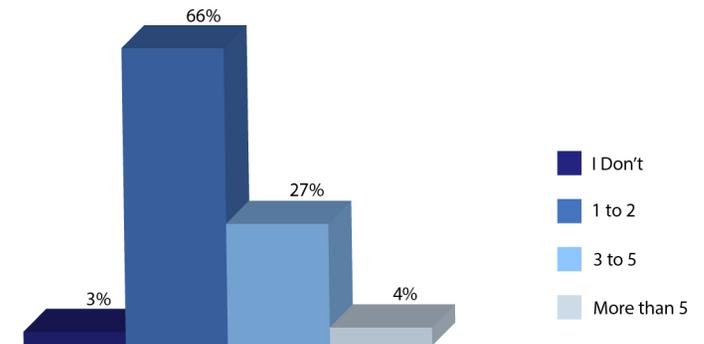
## HEALTHY EATING

A healthy lifestyle, comprised of a proper diet, has been shown to increase physical, mental, and emotional well-being. Consequently, nutrition and diet are critical to preventative care.

Over two-thirds (69%) of residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of residents who consume five or more servings per day is only 4%. The most prevalent reasons for failing to eat more fruits and vegetables were dislike and affordability.

### Daily Consumption of Fruits and Vegetables

Vermilion County 2022



Source: CHNA Survey

# Healthy Behaviors

Active Living  
Healthy Eating  
Obesity

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## OBESITY

In Vermilion County, almost three-quarters (72.9%) of residents were diagnosed with obesity and being overweight. In the 2022 CHNA survey, respondents indicated that being overweight was the second most important health issue and was rated as the most prevalently diagnosed health condition. Research strongly suggests that obesity is a significant problem facing youth and adults nationally, in Illinois, and within Vermilion County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.”

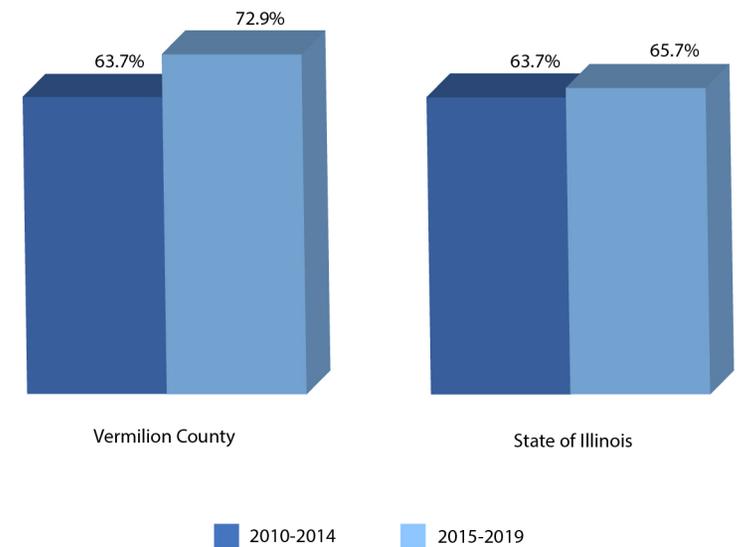
According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. With children, research has linked obesity to numerous chronic diseases including Type II diabetes, hypertension, high blood pressure and asthma. Adverse physical health side effects of obesity include orthopedic problems due to weakened joints and lower bone density. Detrimental mental health side effects include low self-esteem, poor body image, symptoms of depression and suicide ideation.

Obesity impacts educational performance as well; studies suggest school absenteeism of obese children is six times higher than that of non-obese children. With adults, obesity has far-reaching consequences. Testimony to the Illinois General Assembly indicated that obesity-related illnesses contribute to worker absenteeism, slow workflow, and high worker compensation rates. A Duke University study on the effects of obesity in the workforce noted 13 times

more missed workdays by obese employees than non-obese employees. Nationwide, lack of physical activity and poor nutrition contribute to an estimated 300,000 preventable deaths per year.

## Overweight and Obese

*Vermilion County 2010-2019*



Source: Illinois Behavioral Risk Factor Surveillance System

# Behavioral Health

Mental Health and Substance Abuse

Vermilion County Community Health Needs Assessment 2022

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## MENTAL HEALTH

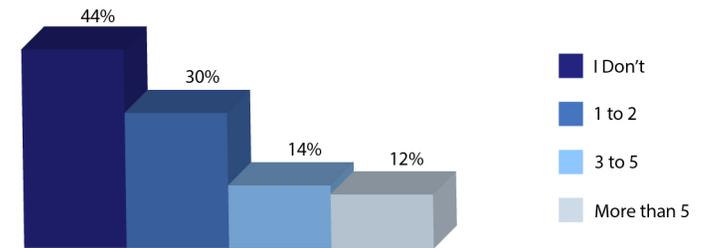
The CHNA survey asked respondents to indicate prevalence of mental-health issues, namely depression and stress/anxiety. Of respondents, 56% indicated they felt depressed in the last 30 days and 48% indicated they felt anxious or stressed.

Depression tends to be rated higher by younger people, those with less income and those in an unstable (e.g., homeless) housing environment. Stress and anxiety tend to be rated higher for younger people, those with less income, those with less education and those in an unstable (e.g., homeless) housing environment.

Respondents were also asked if they spoke with anyone about their mental health in the past year. Of respondents 37% indicated they spoke to someone; the most common response was to family and friends (33%). In regard to self-assessment of overall mental health, 15% of respondents stated they have poor overall mental health. In the 2022 CHNA survey, respondents indicated that mental health was the most important health issue (23%).

## Felt Depressed Last 30 Days

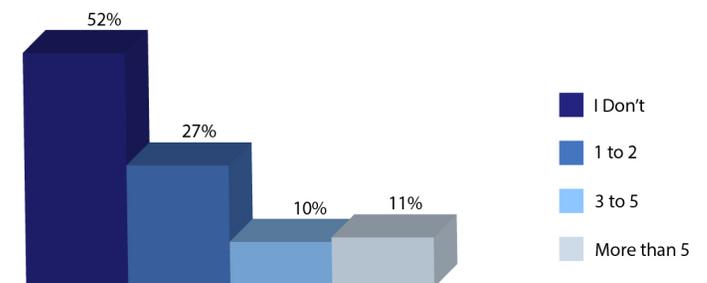
Vermilion County 2022



Source: CHNA Survey

## Felt Anxious or Stressed Last 30 Days

Vermilion County 2022



Source: CHNA Survey

# Behavioral Health

Mental Health and Substance Abuse

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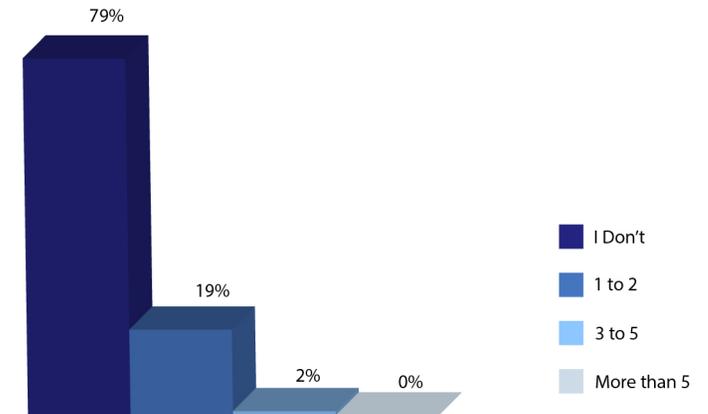
## SUBSTANCE ABUSE

Of survey respondents, 21% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men, Black people, LatinX people, those with less income and those with lower education. Of survey respondents, 6% indicated they improperly use prescription medications each day to feel better and 10% indicated the use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by older people, LatinX people, those with lower education, those with less income and those living in an unstable (e.g., homeless) housing environment. Marijuana use tends to be rated higher by younger people, Black people, those with lower education, those with less income and those living in an unstable (e.g., homeless) housing environment. Finally, of survey respondents, 2% indicated they use illegal drugs on a daily basis

In the 2022 CHNA survey, respondents rated drug abuse (illegal) as the most prevalent unhealthy behavior (24%) in Vermilion County, followed by alcohol abuse (14%).

## Daily Alcohol Consumption

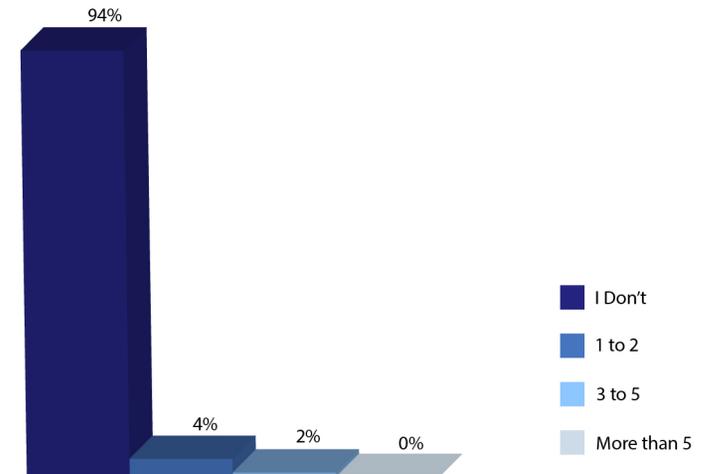
Vermilion County 2022



Source: CHNA Survey

## Daily Improper Use of Prescription Medication

Vermilion County 2022



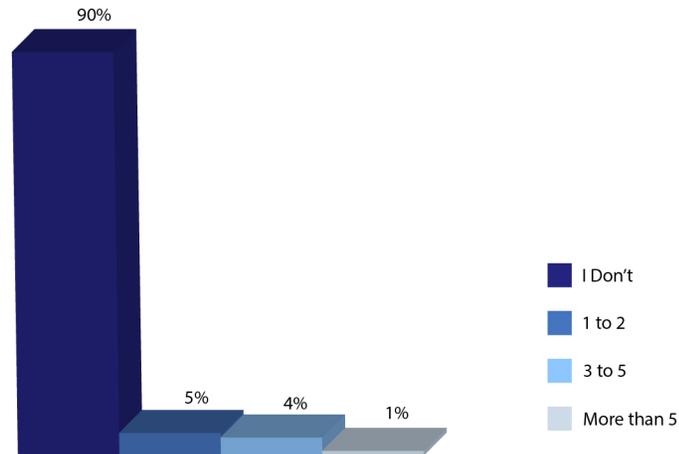
Source: CHNA Survey

# Behavioral Health

Mental Health and Substance Abuse

## Daily Marijuana Use

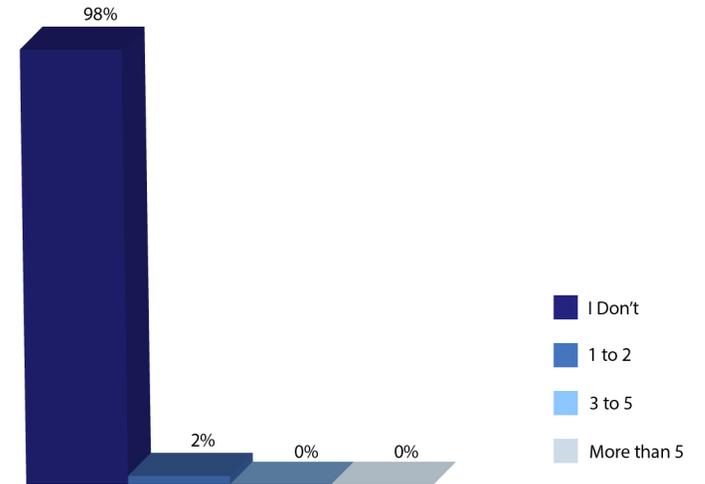
Vermilion County 2022



Source: CHNA Survey

## Daily Use of Illegal Substances

Vermilion County 2022



Source: CHNA Survey

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# Collaborative Team

## **COLLABORATIVE TEAM**

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## **FACILITATORS**

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