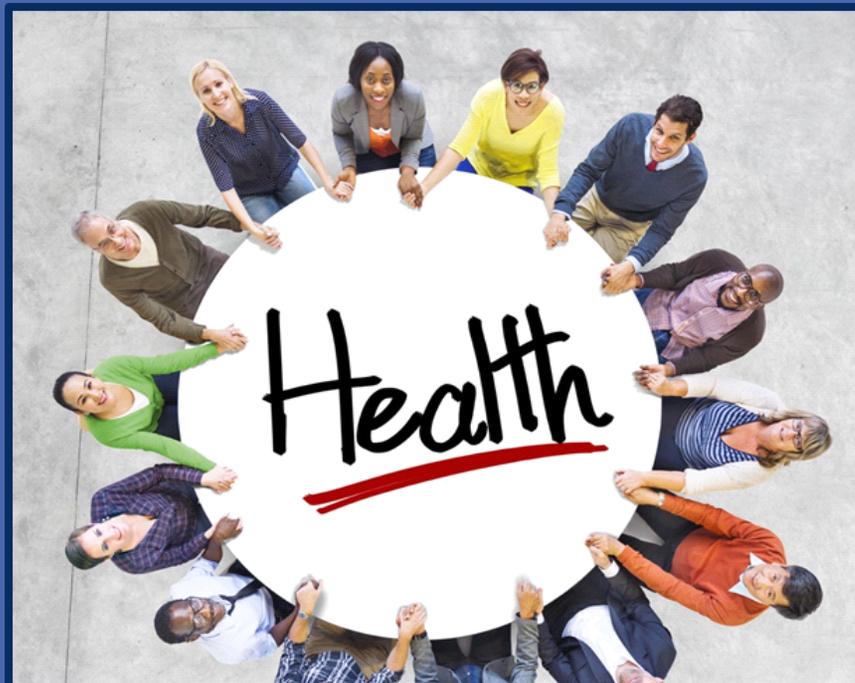


Community Health Needs Assessment 2019

OSF ST. MARY MEDICAL CENTER

KNOX COUNTY

WARREN COUNTY



*Collaboration for
sustaining health equity*

KNOX & WARREN COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The Knox County and Warren County Community Health-Needs Assessment is a collaborative undertaking by OSF St. Mary Medical Center to highlight the health needs and well-being of residents in Knox and Warren Counties. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Knox and Warren County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the Knox and Warren 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 785 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 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 Knox and Warren 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:

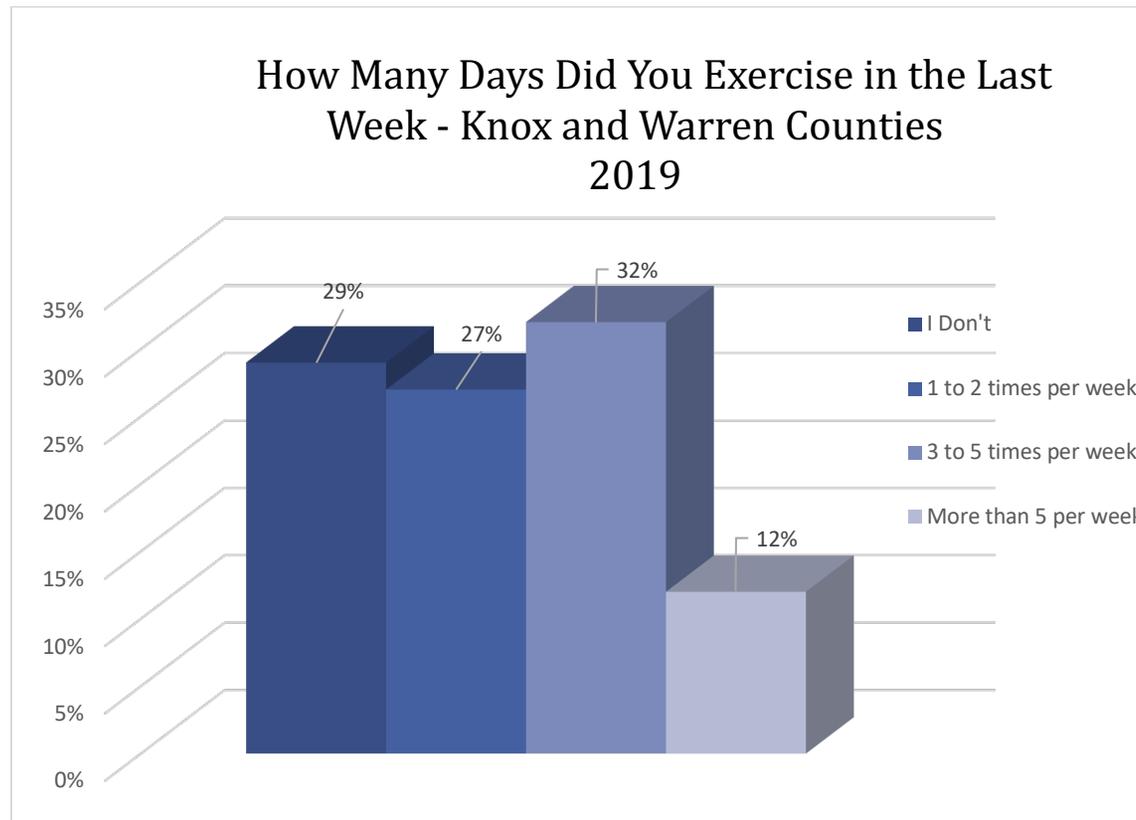
- **Healthy Behaviors** – *defined as active living and healthy eating, and their subsequent impact on obesity*
- **Behavioral Health** – *including mental health and substance abuse*

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

ACTIVE LIVING

A healthy lifestyle, comprised of regular physical activity, has been shown to increase physical, mental, and emotional well-being. Consequently, regular physical activity critical to preventative care.

Note that 29% of respondents indicated that they do not exercise at all, while the majority (59%) of residents exercise 1-5 times per week. The most common reasons for not exercising were dislike at 32% followed by not having enough energy at 24%.

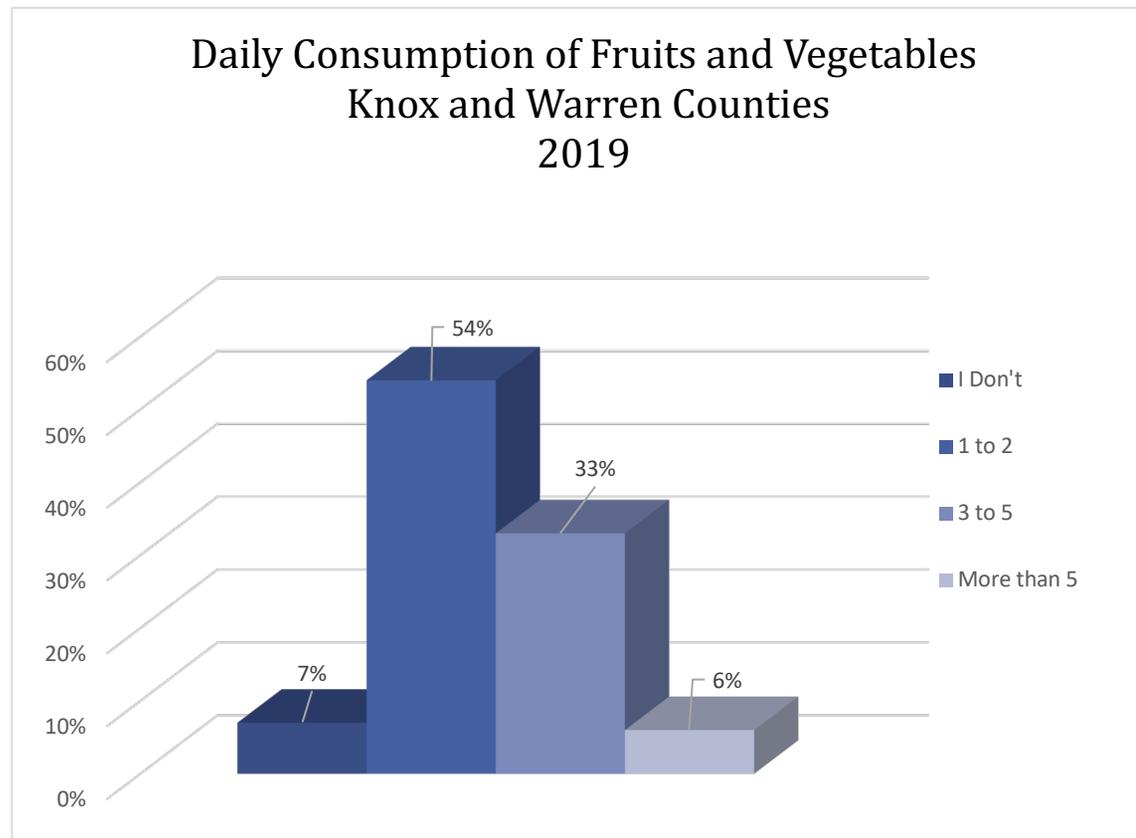


Source: CHNA Survey

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.

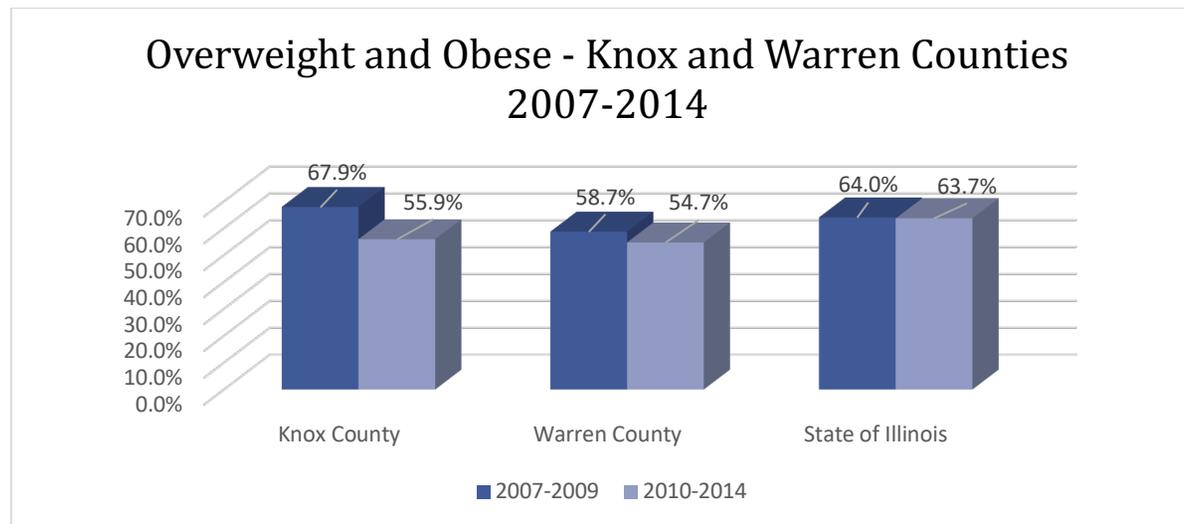
Almost two-thirds (61%) of residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of residents who consume five or more servings per day is only 6%. The most prevalent reason for failing to eat more fruits and vegetables was the lack of importance and expense involved according to survey respondents.



Source: CHNA Survey

SUBSEQUENT OBESITY

Over 1/2 of residents were diagnosed with obesity and being overweight in Knox County and Warren County (55.9% and 54.7% respectively, based on the most recent available data from 2014). In the 2019 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 Knox and Warren Counties. 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. The financial burden of overweight and obese individuals is staggering, as the estimated annual medical costs attributed to obesity in Illinois exceed \$3.4 billion, ranking Illinois 6th in the nation for obesity-attributed medical costs. 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.

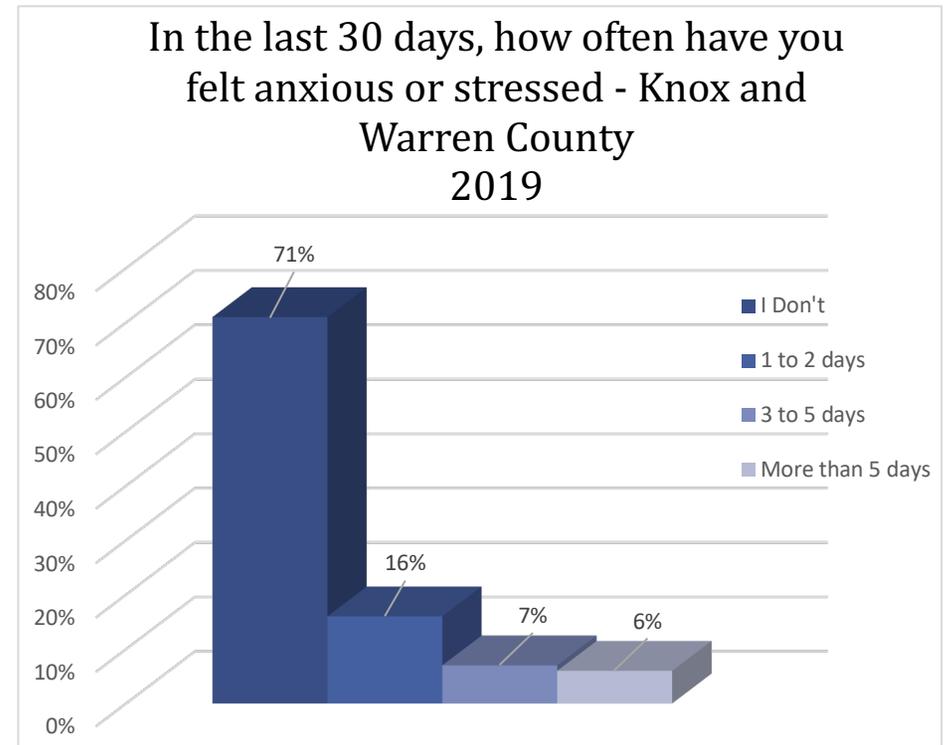
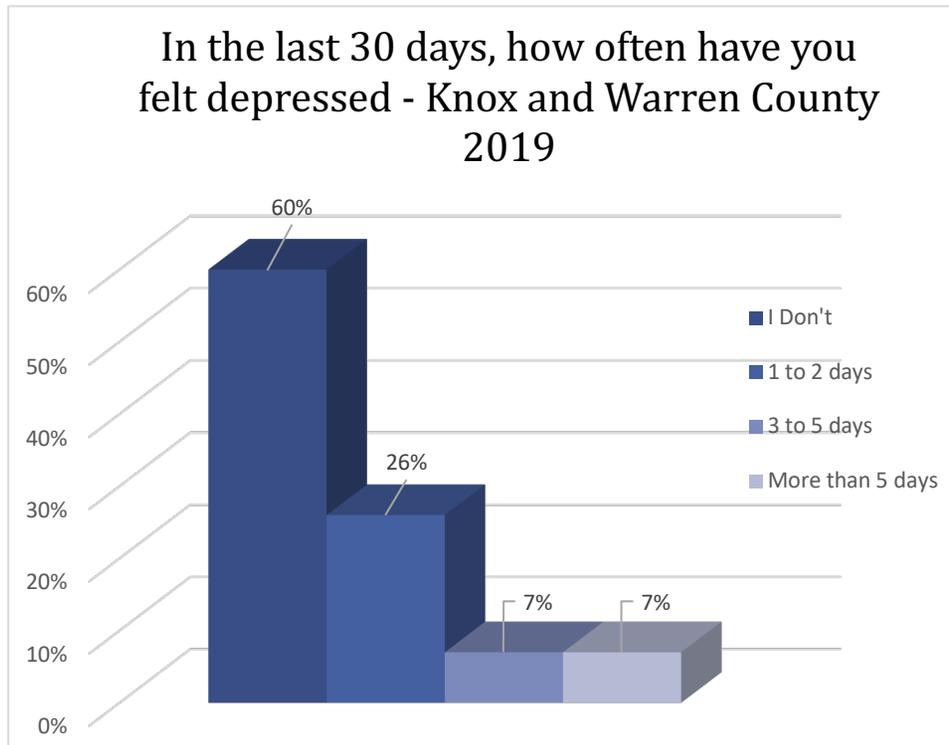


Source: Illinois Behavioral Risk Factor Surveillance System

II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

MENTAL HEALTH

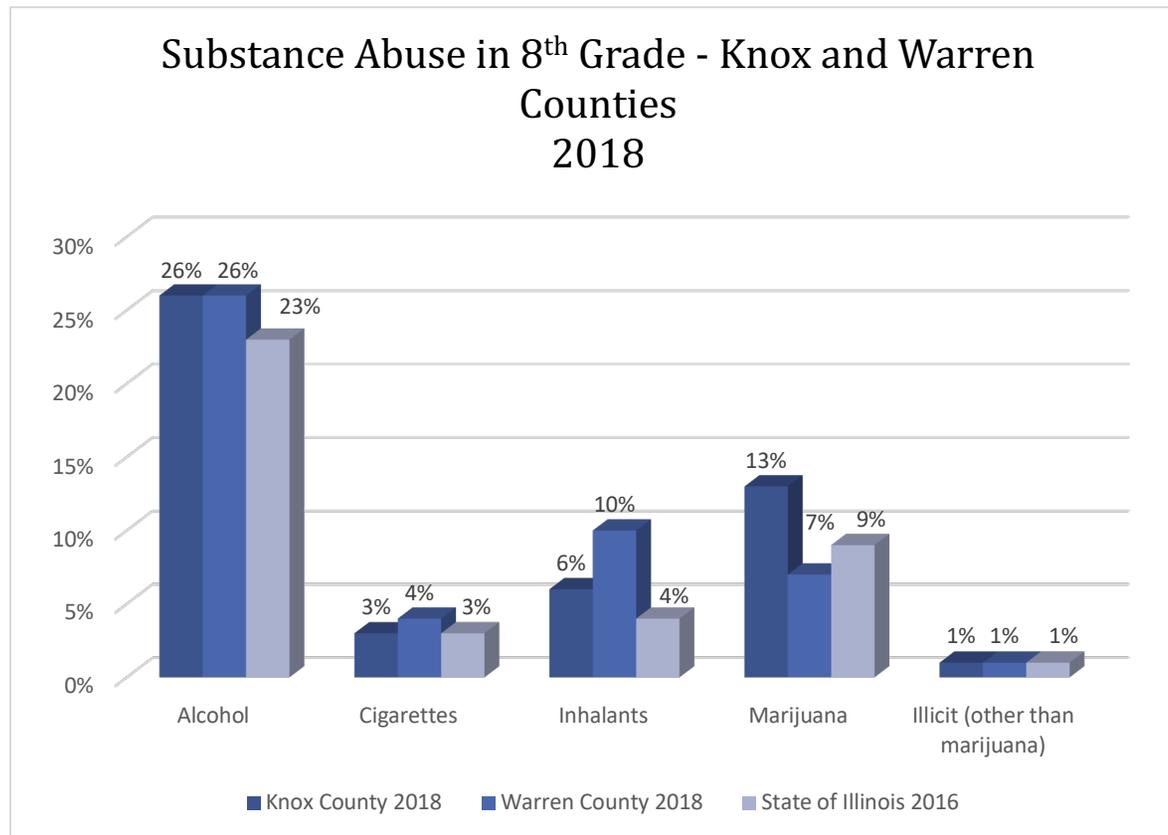
The CHNA survey asked respondents to indicate prevalence of specific mental-health issues, namely depression and stress/anxiety. Of respondents, 40% indicated they felt depressed in the last 30 days and 29% indicated they felt anxious or stressed. Respondents were also asked if they spoke with anyone about their mental health in the last 30 days. Of respondents 22% indicated that they spoke to someone, the most common response was to a doctor/nurse (55%). In regard to self-assessment of overall mental health, 8% of respondents stated they have poor overall mental health. Moreover, respondents indicated that mental health was the 3rd most important health issue in the community.



Source: CHNA Survey

SUBSTANCE ABUSE

Survey respondents were asked “On a typical DAY, how often do you use substances (either legal or illegal) to make yourself feel better?” Of respondents, 14% indicated they use substances to make themselves feel better. Data from the 2018 Illinois Youth Survey measures illegal substance use (alcohol, tobacco, and other drugs – mainly marijuana) among adolescents. Knox County and Warren County are both at and above State averages in all categories among 8th graders. Among 12th graders, Knox County is at or above State averages in all categories except for inhalants. Data are not available for 12th graders in Warren County. According to the CHNA survey, the unhealthy behavior that rated highest among survey respondents was drug abuse (illegal) at 58%, while alcohol abuse was rated third at 38%.



Source: University of Illinois Center for Prevention Research and Development

Collaborative Team

Dr. Teresa L. Amott, Knox College
John Asplund, Galesburg CUSD #205
Mary Mangieri Burgland, Knox College
Mike DeSutter, Aalter Farms
Keith Douglass, Tompkins
Denise Foote, Volunteer
Josh Gibb, Galesburg Community Foundation
Kristina Gray, Carl Sandburg College
Carl Hawkinson, Retired State Senator
Jody Herr, Carl Sandburg College
Jennifer Junis, OSF Healthcare St. Mary Medical Center
Julie King, National Railroad Hall of Fame
Steve Mathers, Retired Circuit Judge
Doug Moore, DCM Transport Inc.
William Nelson, Bridgeway
Todd Redington, BNSF Railway
Deb Rosenberg, Volunteer
Don Shadensack, OSF Healthcare St. Mary Medical Center
Tom Simkins, Galesburg Fire Department
Alice Snyder, OSF St. Mary Medical Center
Shelley Willett, OSF St. Mary Medical Center

Facilitators

Michelle A. Carrothers, OSF Healthcare System
Dawn Tuley, OSF Healthcare System
Laurence G. Weinzimmer (Principal Investigator), Bradley University

