

Community Health Needs Assessment 2019

OSF SAINT ANTHONY MEDICAL CENTER

WINNEBAGO COUNTY



*Collaboration for
sustaining health equity*

WINNEBAGO COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The Winnebago County Community Health-Needs Assessment is a collaborative undertaking by OSF Saint Anthony Medical Center to highlight the health needs and well-being of residents in Winnebago County. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in Winnebago County. Several themes are prevalent in this health-needs assessment – the demographic composition of Winnebago County, 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 publically available sources as well as private sources of data. Additionally, survey data from 557 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 Winnebago 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 three significant health needs:

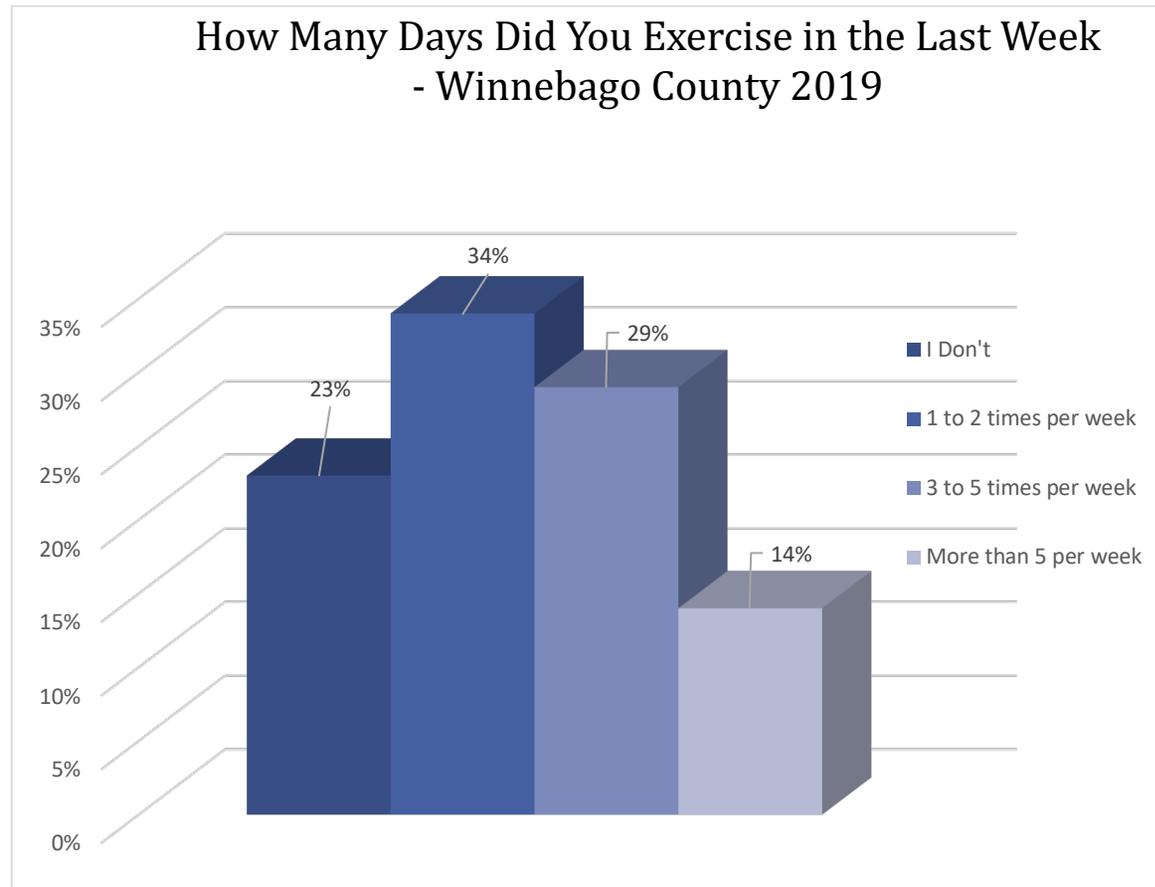
- **Healthy Behaviors** – *defined as active living and healthy eating, and their subsequent impact on obesity*
- **Behavioral Health** – *including mental health and substance abuse*
- **Lung Cancer** – *including prevention and screening*

I. HEALTHY BEHAVIORS – HEALTHY EATING, ACTIVE LIVING 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 is critical to preventative care.

Note that 23% of respondents indicated that they do not exercise at all, while the majority (63%) of residents exercise 1-5 times per week. The most common reasons for not exercising are not having enough energy (31%) or time (31%).

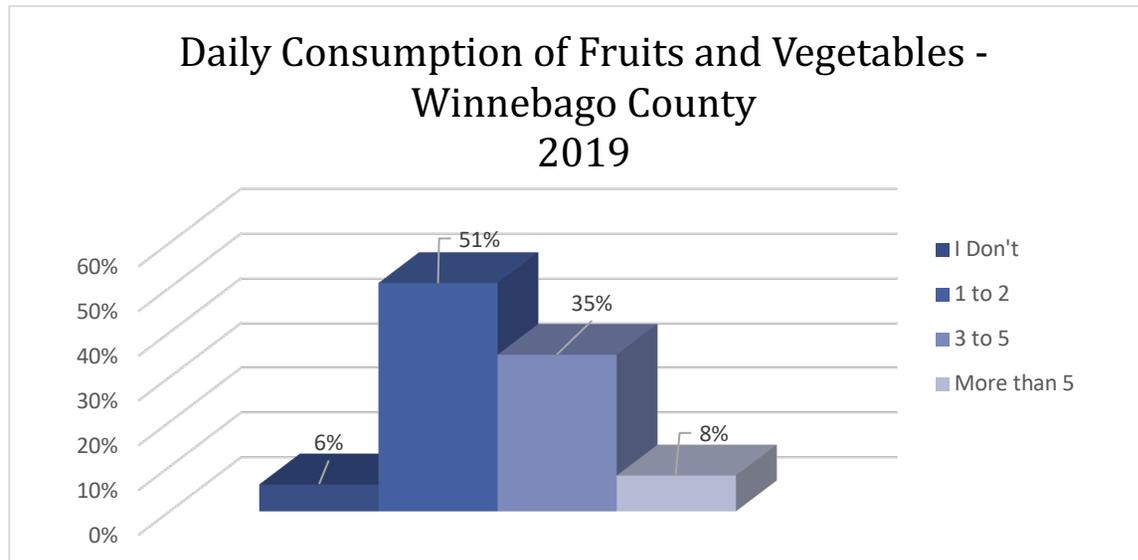


Source: CHNA Survey

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.

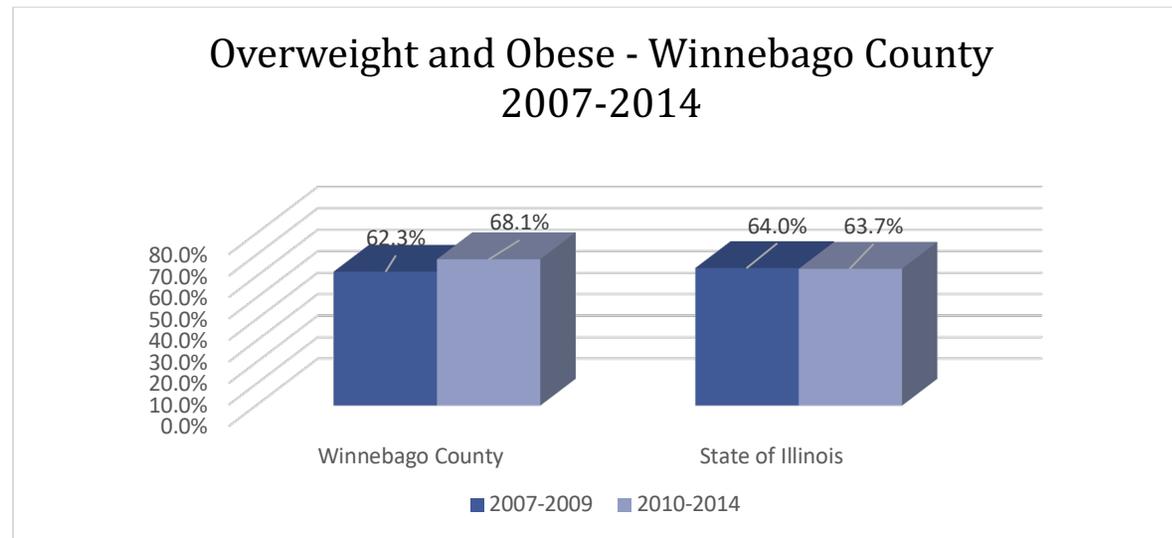
Almost two-thirds (57%) of residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of residents who consume five or more servings per day is only 8%. The most prevalent reason for failing to eat more fruits and vegetables was the lack of importance and expense involved according to survey respondents.



Source: CHNA Survey

SUBSEQUENT OBESITY

In Winnebago County, two-thirds (68.1%) of residents were diagnosed with obesity and being overweight (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 Winnebago County. The US 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.



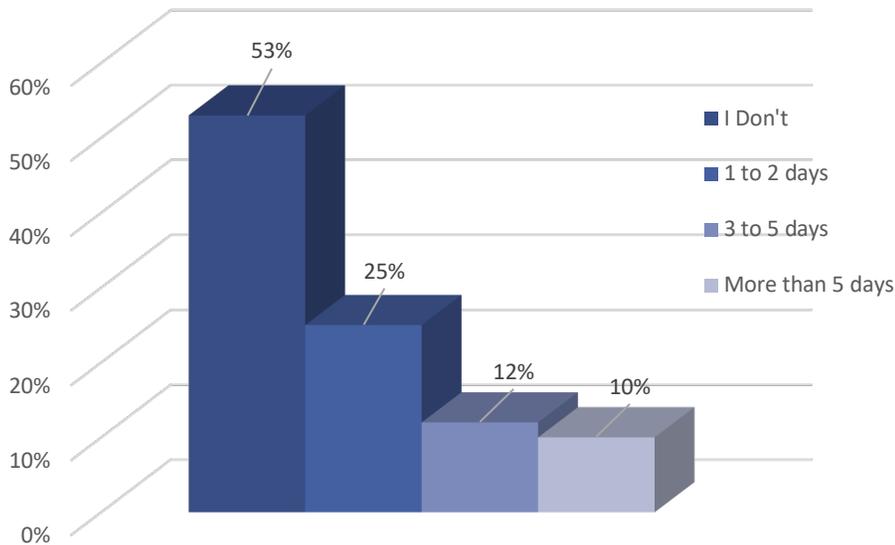
Source: Illinois Behavioral Risk Factor Surveillance System

II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

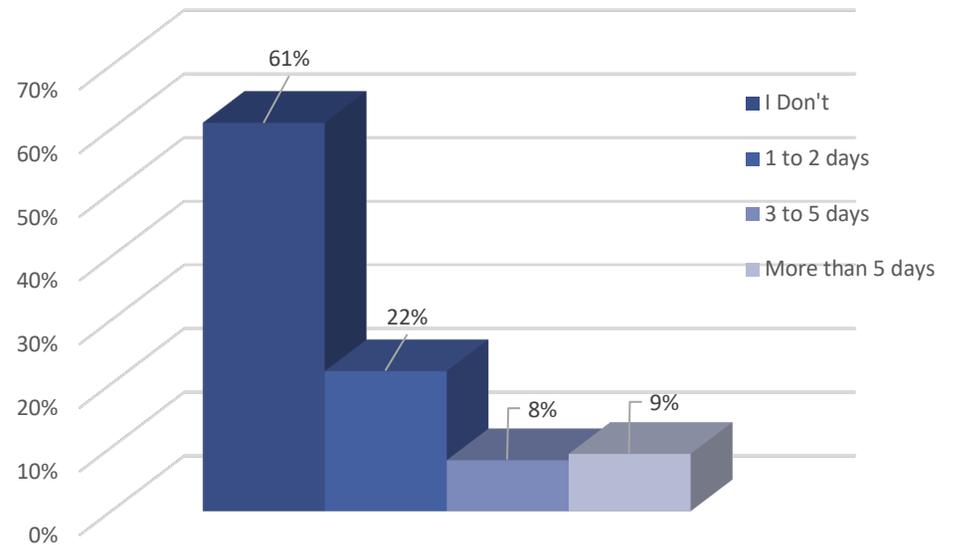
MENTAL HEALTH

The CHNA survey asked respondents to indicate prevalence of specific mental-health issues, namely depression and stress/anxiety. Of respondents, 47% indicated they felt depressed in the last 30 days and 39% 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 31% indicated that they spoke to someone, the most common response was to a doctor/nurse (36%). In regard to self-assessment of overall mental health, 5% of respondents stated they have poor overall mental health. Moreover, respondents indicated that mental health was the most important health issue in the community.

In the last 30 days, how often have you felt depressed - Winnebago County 2019



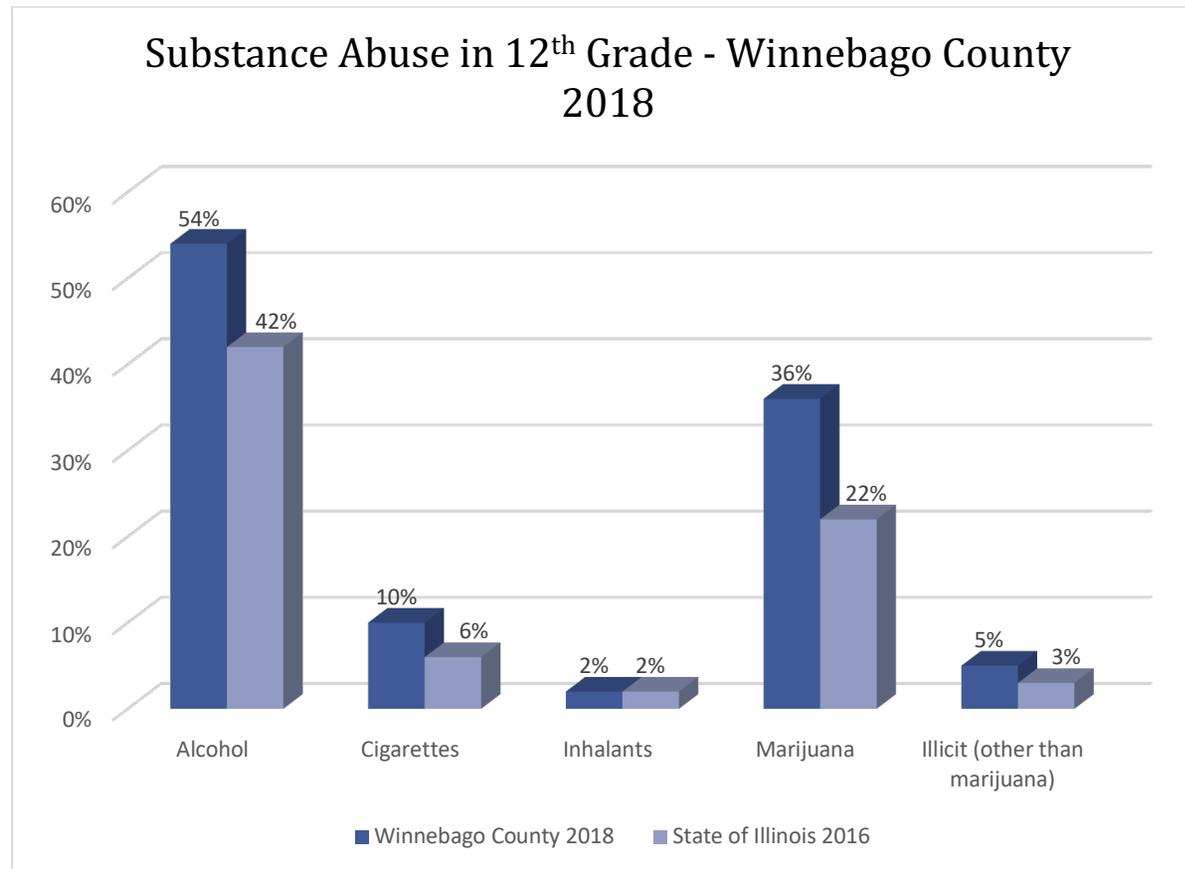
In the last 30 days, how often have you felt anxious or stressed - Winnebago County 2019



Source: CHNA Survey

SUBSTANCE ABUSE

Survey respondents were asked “On a typical DAY, how often to 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. Substance abuse values and behaviors of students is a leading indicator of adult substance abuse in later years. Data from the 2018 Illinois Youth Survey measures illegal substance use (alcohol, tobacco, and other drugs – mainly marijuana) among adolescents. Winnebago County is at or above State averages in all categories among 8th graders. Among 12th graders, Winnebago County is at or above State averages in all categories. CHNA survey data show 3% smoke or vape more than 12 times per day. Survey results show that drug abuse (illegal) was rated as the unhealthiest behavior in the community.

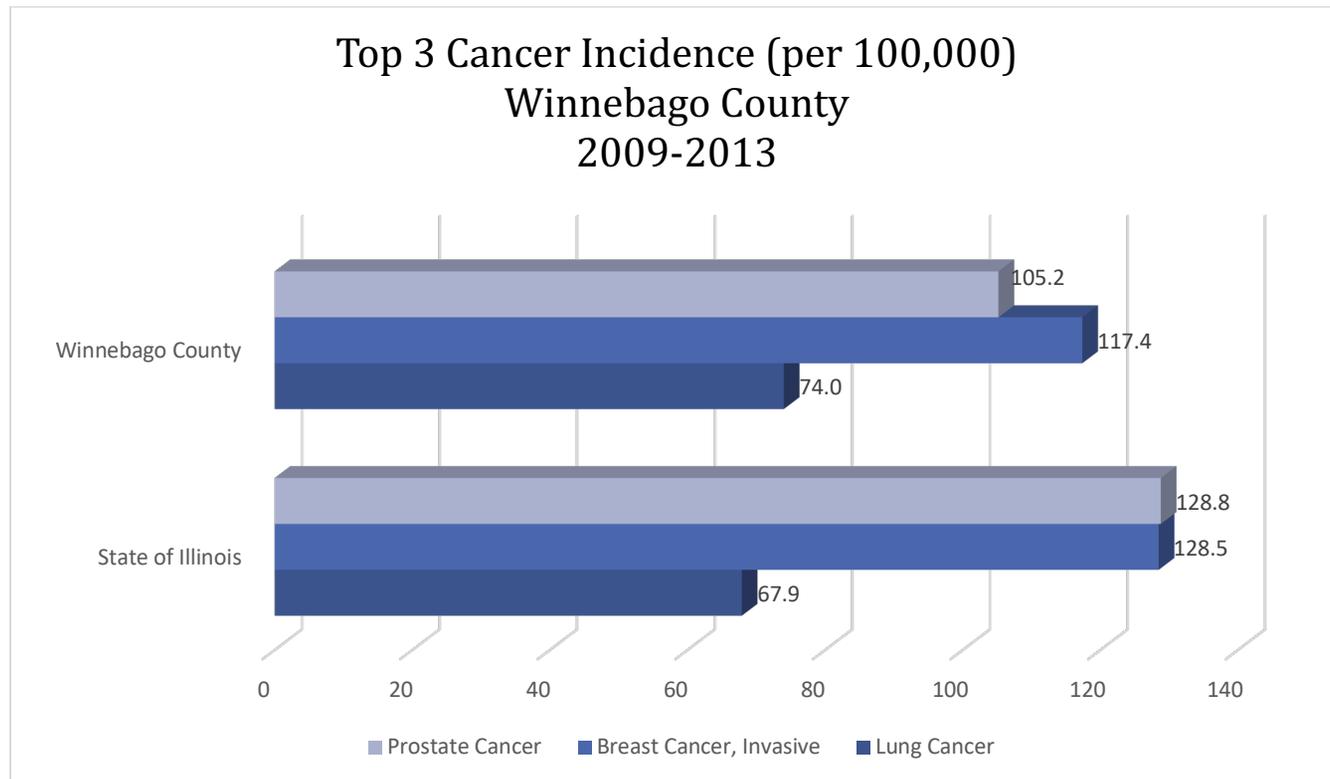


Source: University of Illinois Center for Prevention Research and Development

III. LUNG CANCER – INCLUDING PREVENTION AND SCREENING

LUNG CANCER

Cancer is caused by the abnormal growth of cells in the body and many causes of cancer have been identified. Generally, each type of cancer has its own symptoms, outlook for cure, and methods for treatment. Cancer is one of the leading causes of death in Winnebago County. While prostate cancer and breast cancer are lower than the State of Illinois, lung cancer rates are higher than the State of Illinois. Specifically, lung cancer rates in Winnebago County are 74.0 per 100,000 residents and the State of Illinois is 67.9 per 100,000 residents.



Source: <http://dph.illinois.gov/sites/default/files/publications/County-Sec1-Site-Specific-Cancer-Incidence-ers1605.pdf>

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