

# 2022

## Community Health Needs Assessment

*Collaboration for Sustaining Health Equity*

OSF St. Mary Medical Center

Knox County, Warren County



# 2022 CHNA Summary



Knox and Warren Counties  
Community Health  
Needs Assessment  
2022

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## 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 449 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 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, facilitated by OSF Healthcare, prioritized three significant health needs:

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

# Healthy Behaviors

Active Living  
Healthy Eating  
Obesity

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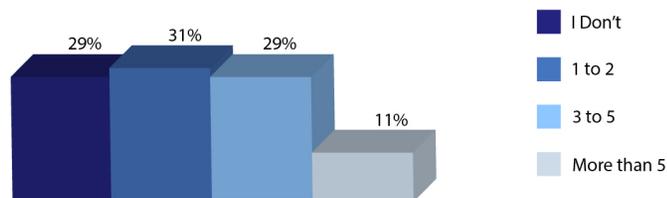
## ACTIVE LIVING

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 (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

*Knox and Warren Counties 2022*



Source: CHNA Survey

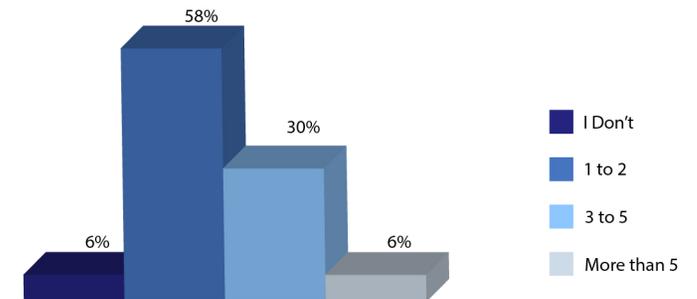
## HEALTHY EATING

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.

Almost two-thirds (64%) 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 reasons for failing to eat more fruits and vegetables were lack of importance, affordability, and the lack of desire.

### Daily Consumption of Fruits and Vegetables

*Knox and Warren Counties 2022*



Source: CHNA Survey

# Healthy Behaviors

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## OBESITY

In Knox County, nearly two-thirds (66.2%) of residents were diagnosed with obesity and being overweight. In Warren County, nearly three-quarters (72.4%) 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 Knox and Warren Counties. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.”

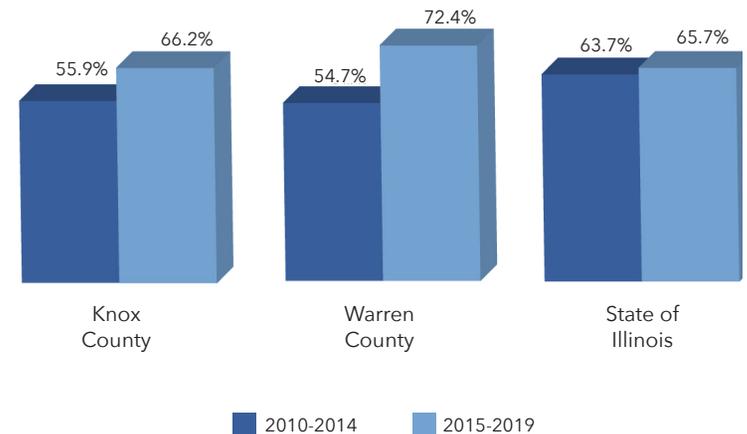
According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. With children, research has linked obesity to numerous chronic diseases including Type II diabetes, hypertension, high blood pressure and asthma. Adverse physical health side effects 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

## Overweight and Obese

*Knox and Warren Counties 2010-2019*



Source: Illinois Behavioral Risk Factor Surveillance System

# Behavioral Health

Mental Health and Substance Abuse

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## MENTAL HEALTH

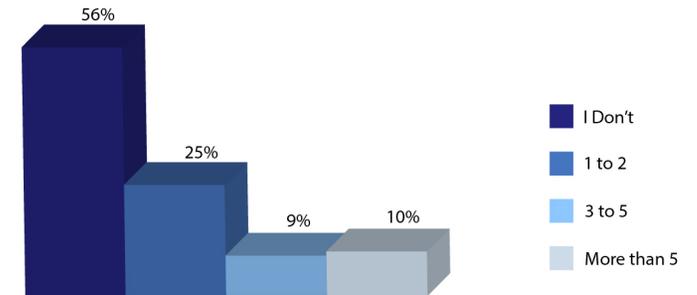
The CHNA survey asked respondents to indicate prevalence of mental-health issues, namely depression and stress/anxiety. Of respondents, 44% indicated they felt depressed in the last 30 days and 36% indicated they felt anxious or stressed.

Depression tends to be rated higher by younger people and those with less income. Similarly, stress and anxiety tend to be rated higher for younger people and those with less income.

Respondents were also asked if they spoke with anyone about their mental health in the past year. Of respondents 27% indicated that they spoke to someone, the most common response was to a doctor/nurse (37%). In regard to self-assessment of overall mental health, 10% 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.

## Felt Depressed Last 30 Days

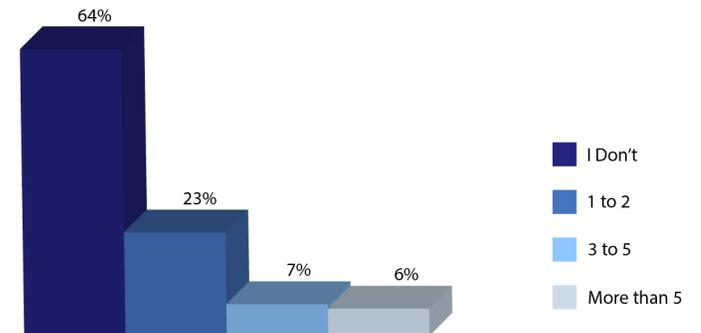
Knox and Warren Counties 2022



Source: CHNA Survey

## Felt Anxious or Stressed Last 30 Days

Knox and Warren Counties 2022



Source: CHNA Survey

# Behavioral Health

Mental Health and Substance Abuse

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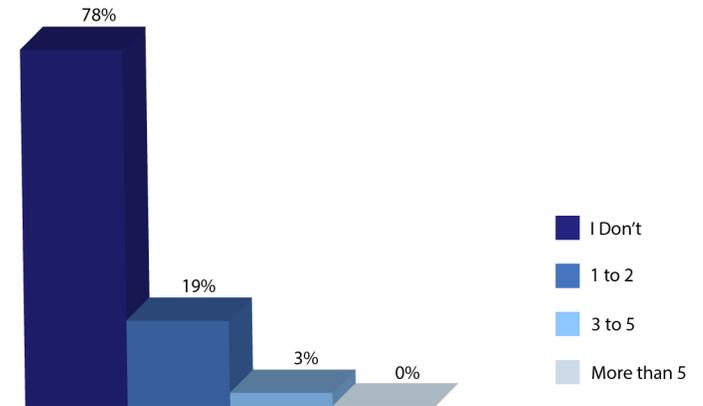
## SUBSTANCE ABUSE

Of survey respondents, 22% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men and those with higher income. Of survey respondents, 9% indicated they improperly use prescription medications each day to feel better and 4% indicated the use marijuana each day. Less than 1% of survey respondents indicated they use illegal drugs each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by older people, those with lower education, those with less income and those living in an unstable (e.g., homeless) living 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) living environment.

In the 2022 CHNA survey, respondents rated drug abuse (illegal) as the most prevalent unhealthy behavior (28%) in Knox and Warren Counties, followed by alcohol use (20%).

## Daily Alcohol Consumption

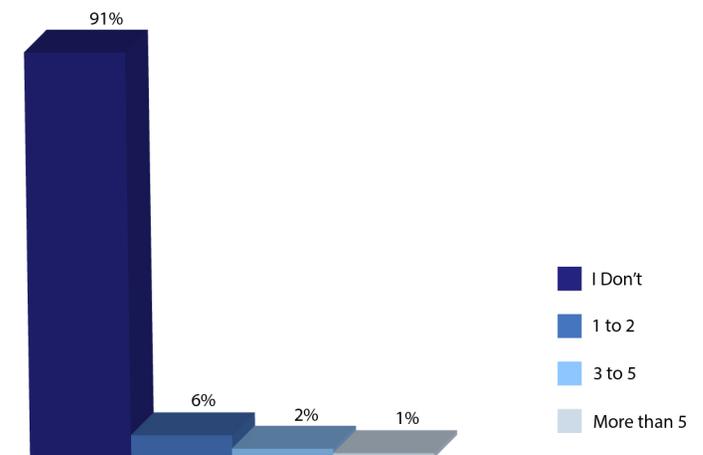
Knox and Warren Counties 2022



Source: CHNA Survey

## Daily Improper Use of Prescription Medication

Knox and Warren Counties 2022



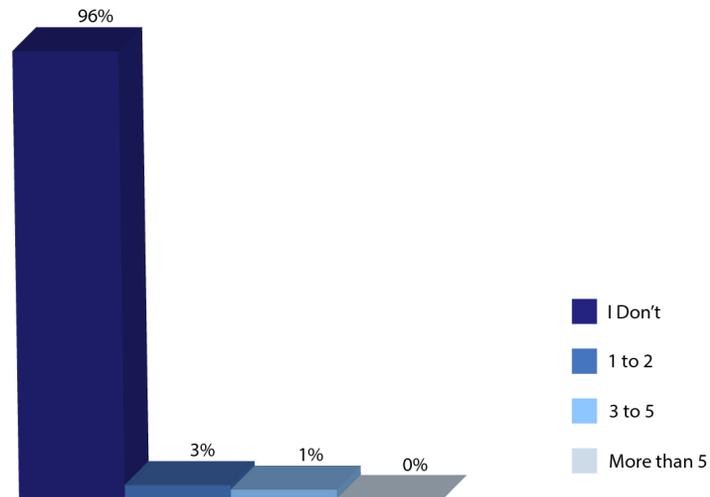
Source: CHNA Survey

# Behavioral Health

Mental Health and Substance Abuse

## Daily Marijuana Use

Knox and Warren Counties 2022



Source: CHNA Survey

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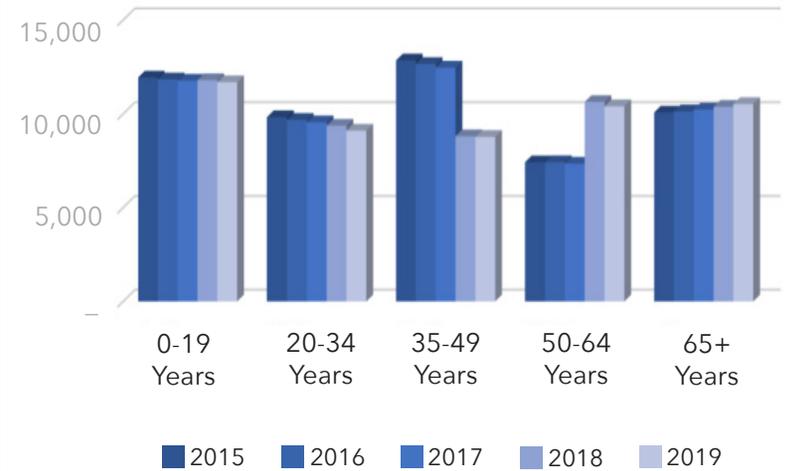
# Healthy Aging

## AGING ISSUES

In the CHNA survey, respondents rated aging issues (14%) as the third most important health issue. The percentage of individuals aged 50-64 increased 40.2% in Knox County between 2015 and 2019. The percentage of individuals aged 65 and older increased 4.5% in Knox County between 2015 and 2019. For these same age categories, Warren County was relatively unchanged. Alzheimer's disease was the 6th leading cause of death in Warren County and was also the 6th leading cause of death in Knox County in 2020. Illinois is projected to see an 18.2% increase in Alzheimer's disease incidence between 2018 and 2025. Alzheimer's and dementia care in the U.S. will cost an estimated \$277 billion. According to a 2015 study, the average cost of dementia care (over a five-year period) was \$287,038, compared to \$175,136 (heart disease) and \$173,383 (cancer).

## Age Distribution

*Knox County 2015-2019*



Source: U.S. Census

# Collaborative Team

## COLLABORATIVE TEAM

John Asplund | Galesburg CUSD #205

Dr. Harley Brooks | OSF Healthcare System

Randy Conlon | Office Specialists Inc.

Lisa DeKezel | OSF Healthcare System

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## FACILITATORS

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