

# 2022

## Community Health Needs Assessment

*Collaboration for Sustaining Health Equity*

Champaign  
County



# 2022 CHNA Summary



Champaign County  
Community Health  
Needs Assessment  
2022

*Collaboration for  
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The 2022 Champaign County Community Health Needs Assessment is a collaborative undertaking by the Regional Executive Committee, consisting of Carle Foundation Hospital, Champaign County Mental Health Board, Champaign County Developmental Disabilities Board, Champaign-Urbana Public Health District, Champaign County United Way, and OSF Heart of Mary Medical Center to highlight the health needs and well-being of residents in Champaign County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Champaign County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the Champaign 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 384 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 Champaign 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 and Wellness**
- **Behavioral Health - including mental health and substance abuse**
- **Violence**

# Healthy Behaviors

Active Living  
Healthy Eating  
Subsequent Obesity

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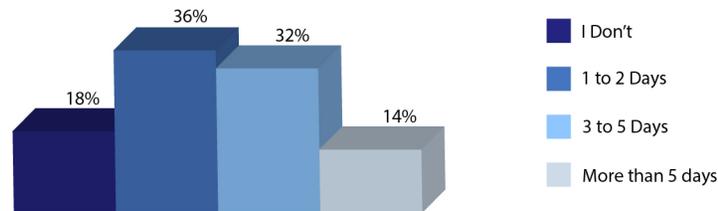
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## ACTIVE LIVING

A healthy lifestyle, comprised of regular physical activity, has been shown to increase physical, mental and emotional well-being. Note that 18% of respondents indicated that they do not exercise at all, while the majority (68%) 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

Champaign County 2022



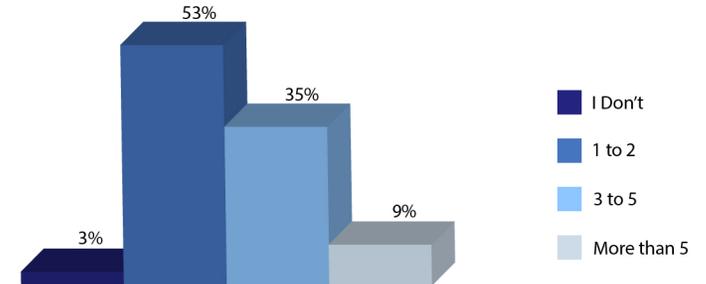
Source: CHNA Survey

## 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 half (56%) 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 9%. The most prevalent reasons for failing to eat more fruits and vegetables were affordability and accessibility.

### Daily Consumption of Fruits and Vegetables

Champaign County 2022



Source: CHNA Survey

# Healthy Behaviors

Active Living  
Healthy Eating  
Subsequent Obesity

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## SUBSEQUENT OBESITY

In Champaign County, almost two-thirds (60.9%) 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 Champaign County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.”

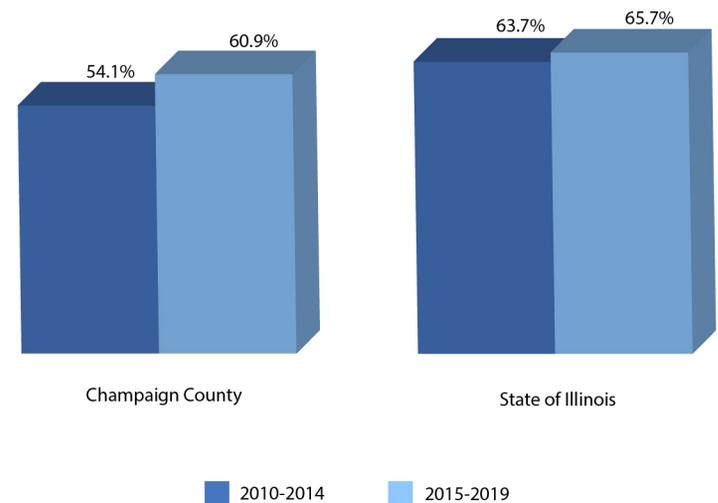
According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. With children, research has linked obesity to numerous chronic diseases including Type II diabetes, hypertension, high blood pressure and asthma. Adverse physical health side effects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

Champaign County 2010-2019



Source: Illinois Behavioral Risk Factor Surveillance System

# Behavioral Health

Mental Health and Substance Abuse

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## MENTAL HEALTH

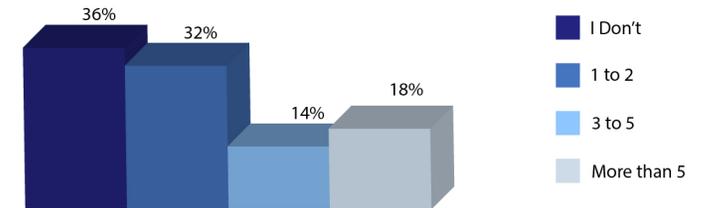
The CHNA survey asked respondents to indicate prevalence of mental-health issues, namely depression and stress/anxiety. Of respondents, 64% indicated they felt depressed in the last 30 days and 55% indicated they felt anxious or stressed.

Depression tends to be rated higher by women, younger people and those with less income. Stress and anxiety tend to be rated higher for women, younger people, those with less income and those with less education.

Respondents were also asked if they spoke with anyone about their mental health in the past year. Of respondents 50% indicated that they spoke to someone, the most common response was to a counselor (51%). In regard to self-assessment of overall mental health, 21% 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

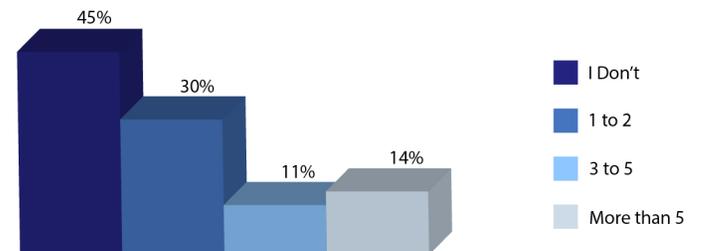
Champaign County 2022



Source: CHNA Survey

## Felt Anxious or Stressed Last 30 Days

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Source: CHNA Survey

# Behavioral Health

Mental Health and Substance Abuse

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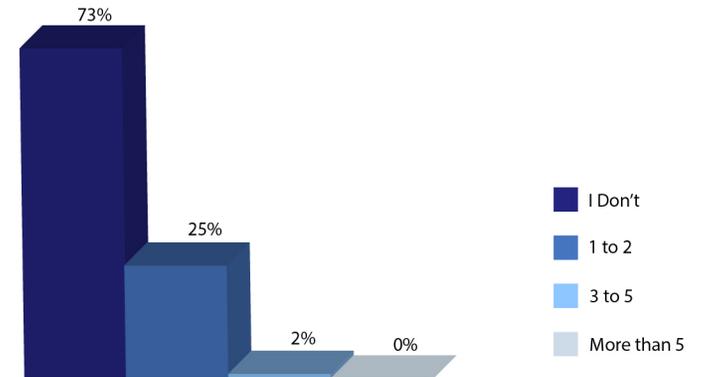
## SUBSTANCE ABUSE

Of survey respondents, 27% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men, older people and those with higher income. Of survey respondents, 6% indicated they improperly use prescription medications each day to feel better and 13% indicated the use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by Black people, those with lower education and those with less income. Marijuana use tends to be rated higher by younger people, those with lower education and those with less income. Finally, of survey respondents, 1% indicated they use illegal drugs on a daily basis

In the 2022 CHNA survey, respondents rated drug abuse (illegal) as the third most prevalent unhealthy behavior (14%) in Champaign County, followed by alcohol abuse (10%).

## Daily Alcohol Consumption

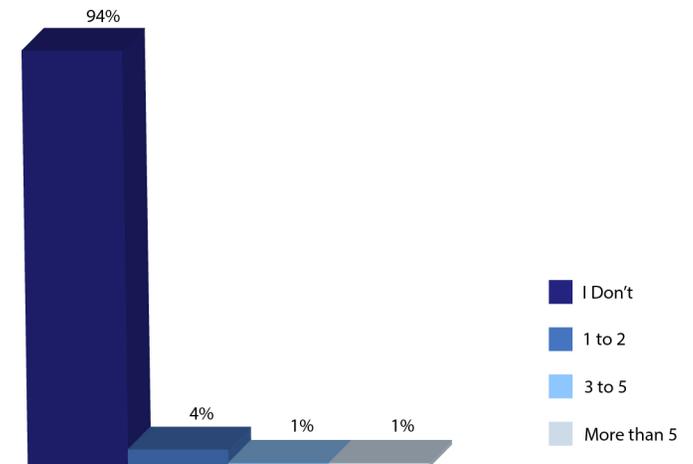
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Source: CHNA Survey

## Daily Improper Use of Prescription Medication

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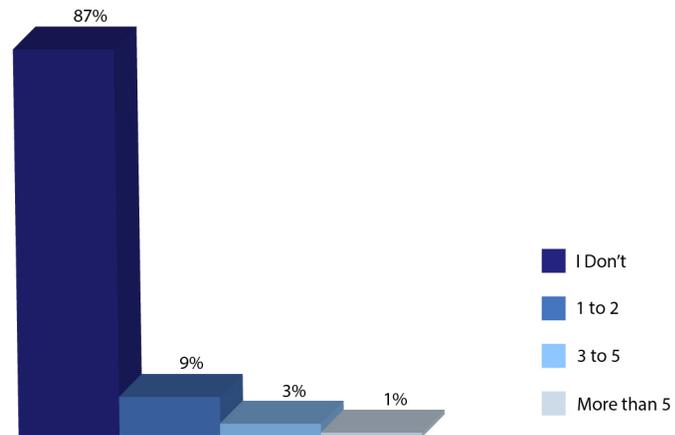
Source: CHNA Survey

# Behavioral Health

Mental Health and Substance Abuse

## Daily Marijuana Use

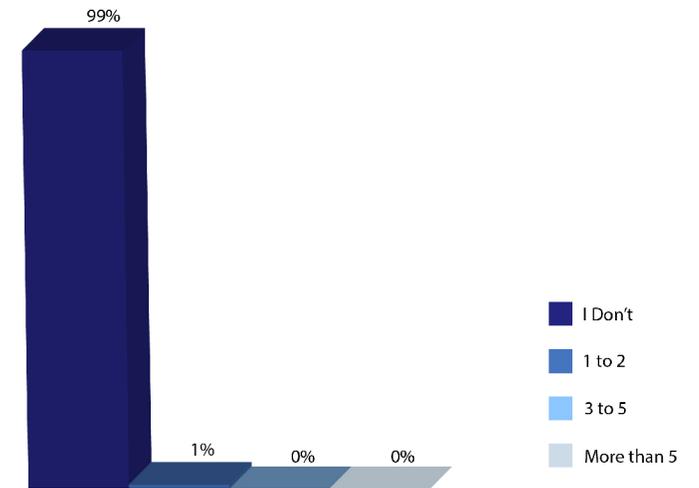
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Source: CHNA Survey

## Daily Use of Illegal Substances

Champaign County 2022



Source: CHNA Survey

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# Violence

## VIOLENCE

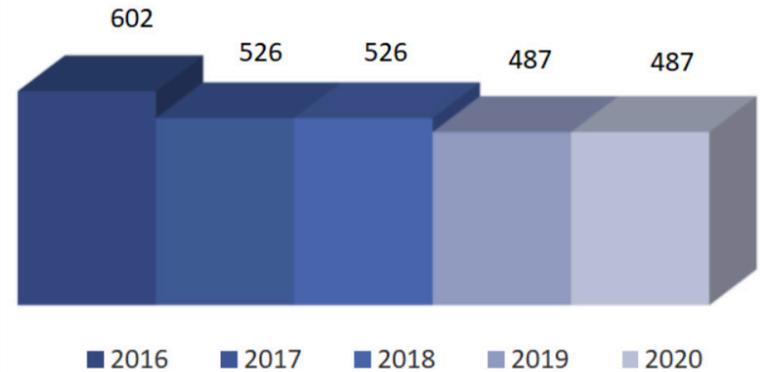
Violent crimes are defined as offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, forcible rape, robbery and aggravated assault. The violent crime rate in Champaign County (487 per 100,000 people) is higher than the State of Illinois average (426 per 100,000 people) and the national average (388 per 100,000 people). Respondents in the 2022 CHNA survey ranked anger/violence (25%) and domestic violence (16%) as the two most important unhealthy behaviors in the community.

From the Illinois State Police Crime Reports, between 2018-2020, Champaign County has seen an increase in criminal homicides from 10 to 12, an increase in aggravated assault/battery from 621 to 817, an increase in motor-vehicle thefts from 158 to 314 and an increase in arson from 22 to 30. At the same time, there has been a decrease in forcible rapes from 164 to 133, robbery from 158 to 145, burglary from 743 to 583 and theft from 3,545 to 2,393.

As part of the Community Health Needs Assessment Survey, community members were asked to assess factors impacting well-being. Based on survey results, survey respondents ranked less violence (14%) as the second most important community concern. Similarly, safer neighborhoods (13%) was ranked the third most important community concern impacting well-being.

## Violent Crimes Rate (per 100,000)

*Champaign County 2016-2020*



*Source: Illinois County Health Rankings and Roadmaps*

# Collaborative Team

## COLLABORATIVE TEAM

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*The Champaign Regional Executive Committee would like to acknowledge and thank the many individuals and organizations that contributed their valuable time and expertise to this report. Community organizations and individuals outside of the REC providing critical and experienced feedback include Carle Health, Champaign County Healthcare Consumers, Champaign Urbana Public Health District, City of Champaign, CU Mass Transit District, Eastern Illinois Foodbank, Illinois Department of Public Health, Land Connection, OSF Healthcare, Promise Healthcare Francis Nelson, University of Illinois, United Way of Champaign County, Urbana School District #116, and the Trauma and Resilience Initiative. Engagement occurred throughout the entire process, resulting in shared ownership of the assessment.*

