

2022

Community Health Needs Assessment

Collaboration for Sustaining Health Equity

OSF Healthcare System dba
OSF Saint Luke Medical Center

Henry County



2022 CHNA Summary

Henry County
Community Health
Needs Assessment
2022

*Collaboration for
Sustaining Health Equity*

The Henry County Community Health-Needs Assessment is a collaborative undertaking by OSF Saint Luke Medical Center to highlight the health needs and well-being of residents in Henry County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Henry County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the Henry 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 409 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 Henry 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:

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



Healthy Behaviors

Active Living
Healthy Eating
Subsequent Obesity

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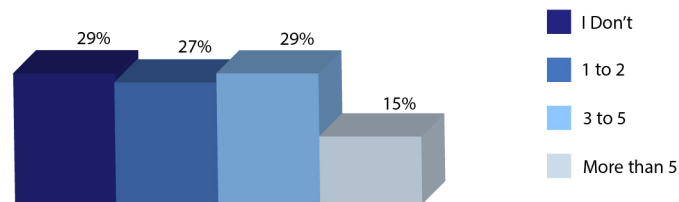
ACTIVE LIVING

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

Note that 29% of respondents indicated that they do not exercise at all, while the majority (56%) of residents exercise 1-5 times per week. The most common reasons for not exercising are not having enough energy or a dislike of exercise.

Days of Exercise in Last Week

Henry County 2022



Source: CHNA Survey

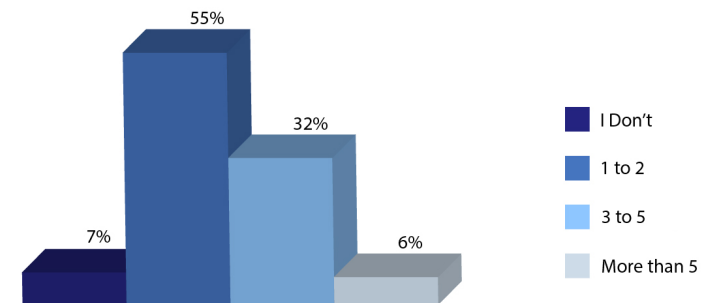
HEALTHY EATING

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.

Almost two-thirds (62%) 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 the lack of desire and lack of importance.

Daily Consumption of Fruits and Vegetables

Henry County 2022



Source: CHNA Survey

Healthy Behaviors

Active Living
Healthy Eating
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SUBSEQUENT OBESITY

Healthy behaviors are directly related to issues such as obesity. In Henry County, over two-thirds (67.5%) of residents were diagnosed with obesity and being overweight. In the 2022 CHNA survey, respondents indicated that being overweight was the third 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 Henry County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.”

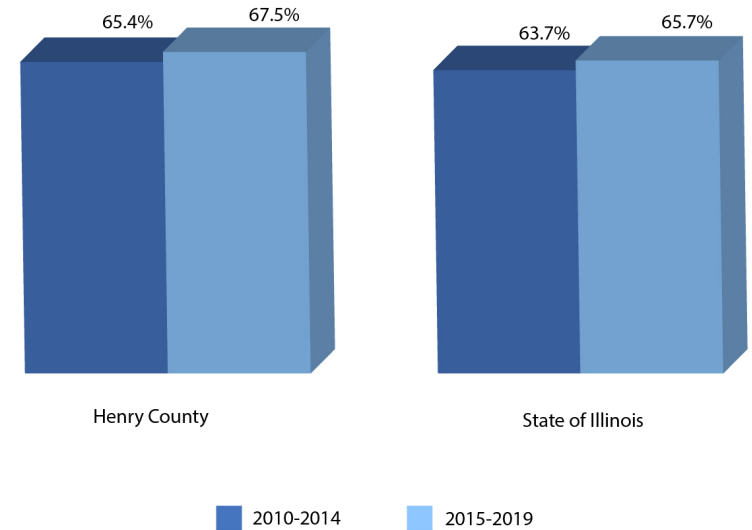
According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. With children, research has linked obesity to numerous chronic diseases including Type II diabetes, hypertension, high blood pressure and asthma. Adverse physical health side effects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

Henry County 2010-2019



Source: Illinois Behavioral Risk Factor Surveillance System

Behavioral Health

Mental Health and Substance Abuse

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MENTAL HEALTH

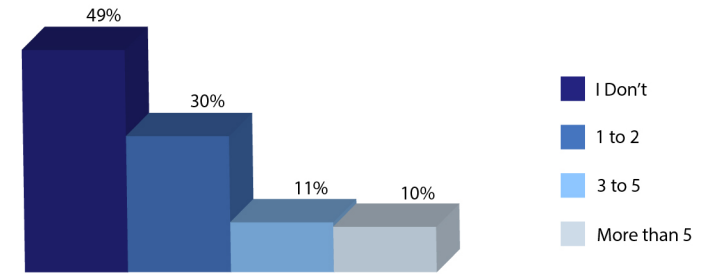
The CHNA survey asked respondents to indicate prevalence of mental-health issues, namely depression and stress/anxiety. Of respondents, 51% indicated they felt depressed in the last 30 days and 40% indicated they felt anxious or stressed.

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

Respondents were also asked if they spoke with anyone about their mental health in the last year. Of respondents 30% indicated that they spoke to someone, the most common response was to a doctor/nurse (47%). 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

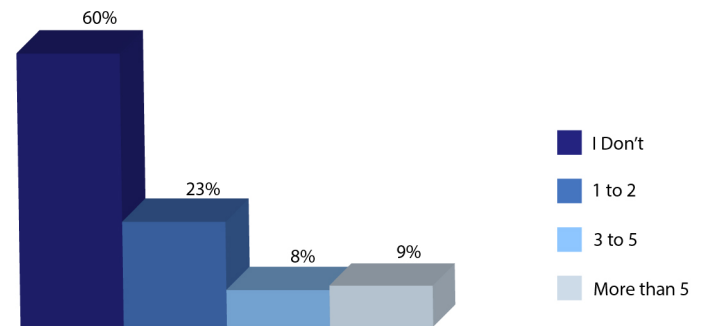
Henry County 2022



Source: CHNA Survey

Felt Anxious or Stressed Last 30 Days

Henry County 2022



Source: CHNA Survey

Behavioral Health

Mental Health and Substance Abuse

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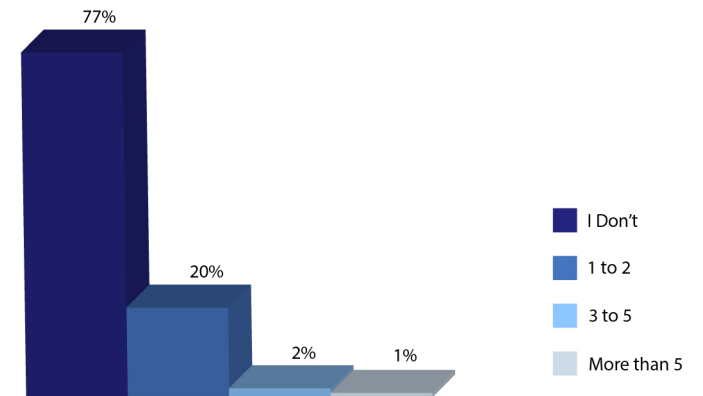
SUBSTANCE ABUSE

Of survey respondents, 23% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by Black people, those lower income and those lower education. Of survey respondents, 6% indicated they improperly use prescription medications each day to feel better and 4% indicated the use of marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by men. Marijuana use had no significant correlations. 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 most prevalent unhealthy behavior (20%) in Henry County, followed by alcohol use (15%).

Daily Alcohol Consumption

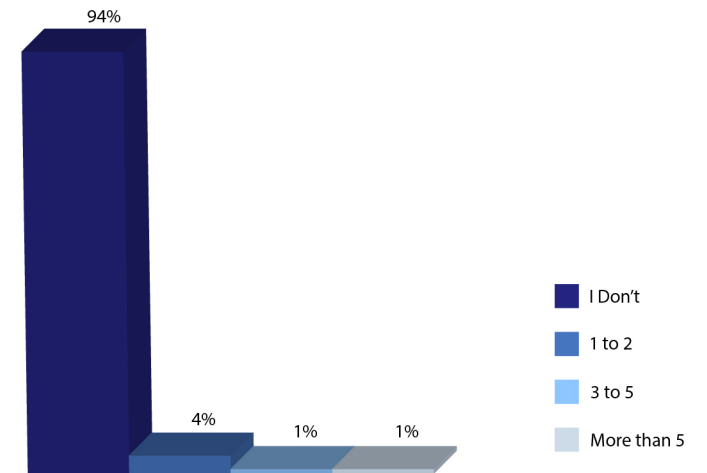
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Source: CHNA Survey

Daily Improper Use of Prescription Medication

Henry County 2022



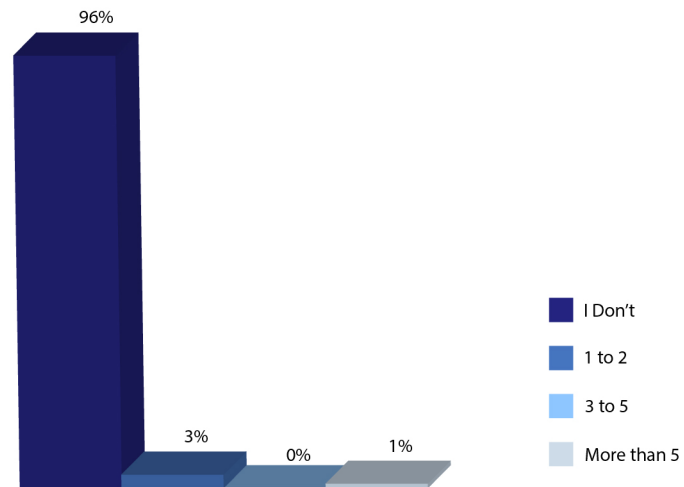
Source: CHNA Survey

Behavioral Health

Mental Health and Substance Abuse

Daily Marijuana Use

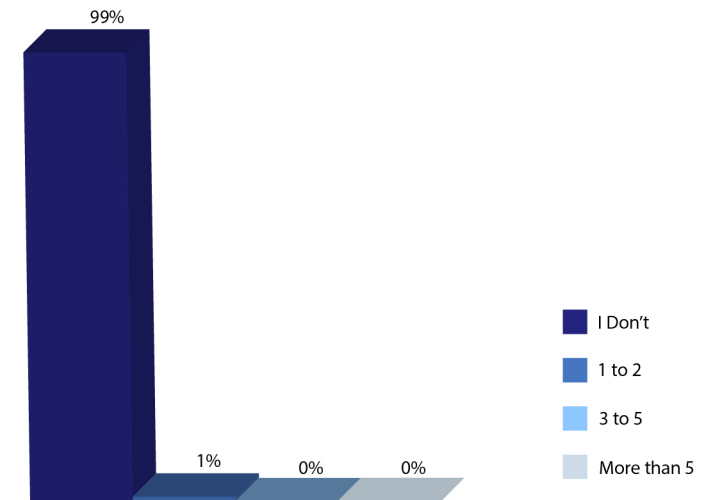
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Source: CHNA Survey

Daily Use of Illegal Substances

Henry County 2022



Source: CHNA Survey

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Collaborative Team

COLLABORATIVE TEAM

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