

2025

Community Health Needs Assessment:

Ottawa Regional Hospital & Healthcare Center

d/b/a OSF Saint Elizabeth Medical Center

Mendota Community Hospital

d/b/a OSF Saint Paul Medical Center

LASALLE COUNTY



Introduction

Community Health Needs Assessment

*Collaboration for
Sustaining Health Equity*

The LaSalle County Community Health-Needs Assessment is a collaborative undertaking by LaSalle County Health Department, OSF Saint Elizabeth and Saint Paul Medical Centers to highlight the health needs and well-being of residents in LaSalle County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the LaSalle County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the LaSalle 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 493 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 drivers (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 LaSalle 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 use
- **Healthy Aging**

Behavioral Health

Healthy Aging

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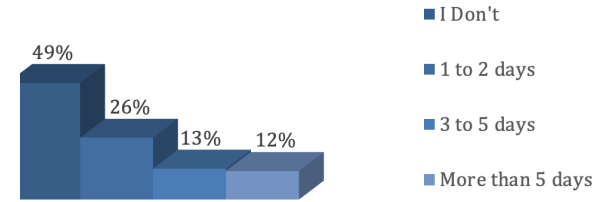
Behavioral Health

Self-perceptions of mental health can provide important insights to help manage population health. These perceptions not only provide benchmarks regarding health status but also offer insights into how accurately people perceive their own health.

MENTAL HEALTH

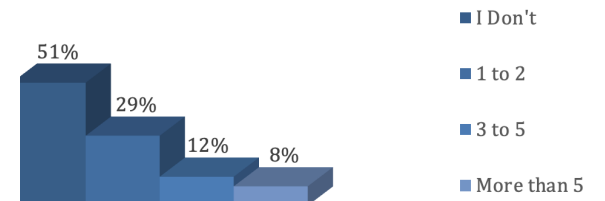
The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 51% indicated they felt depressed in the last 30 days and 49% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher by younger people, those with less income and those living in an unstable housing environment. Similarly, stress and anxiety tend to be rated higher for younger people, those with less income and those living in an unstable housing environment. Respondents were also asked if they spoke with anyone about their mental health in the last year. Of respondents, 47% indicated that they spoke to someone, the most common response was to family/friends (38%). In regard to self-assessment of overall mental health, 17% of respondents stated they have poor overall mental health. In the 2025 CHNA survey, respondents indicated that mental health was the most important health issue.

FELT DEPRESSED LAST 30 DAYS



Source: CHNA Survey

FELT ANXIOUS OR STRESSED LAST 30 DAYS



Source: CHNA Survey

Behavioral Health

Healthy Aging

SUBSTANCE USE

Of survey respondents, 18% 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, 3% indicated they improperly use prescription medications each day to feel better and 11% indicated they use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) does not have any significant correlates. Marijuana use tends to be rated higher by younger people, LatinX people and those in an unstable housing environment. Finally, of survey respondents, 1% indicated they use illegal drugs on a daily basis.

In the 2025 CHNA survey, respondents rated drug use (22%) and alcohol abuse (20%) as the most important unhealthy behaviors in LaSalle County.

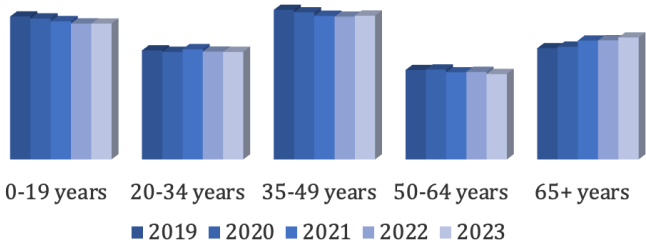
Behavioral
Health

Healthy Aging

Healthy Aging

The percentage of individuals aged 65 and older increased 9.6% between 2019 and 2023. In the CHNA survey, respondents rated aging issues (14%) as the second most important health issue in LaSalle County after mental health. Alzheimer’s disease was the 5th leading cause of death in LaSalle County in 2022. Illinois is projected to see a 13% increase in Alzheimer’s disease and dementia between 2020 and 2025. The estimated cost of Alzheimer’s disease and dementia in the U.S. is forecast to exceed \$1.5 trillion in 2025, up from \$592 billion in 2022.

AGE DISTRIBUTION 2019-2023



Source: United States Census Bureau

2025

LASALLE COUNTY

Collaborative Team

Community Health Needs Assessment

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COLLABORATIVE TEAM

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