



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

OSF ST. MARY MEDICAL CENTER

KNOX COUNTY

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OSF Healthcare Overview

OSF HealthCare is an integrated health system founded by The Sisters of the Third Order of St. Francis. Headquartered in Peoria, Illinois, OSF HealthCare employs nearly 26,000 Mission Partners at more than 170 locations, including 17 hospitals – 11 acute care, five critical access and one transitional care – with 2,305 licensed beds, 41 urgent care locations and two colleges of nursing throughout Illinois and Michigan. The OSF HealthCare physician network employs more than 2,215 primary care, specialty and advanced practice providers. OSF HealthCare, through OSF Home Care Services, operates an extensive network of home health and hospice services. It also owns Pointcore Inc., composed of health care-related businesses; OSF HealthCare Foundation, the philanthropic arm of the organization; and OSF Ventures, which provides investment capital for promising health care innovation startups. OSF OnCall, the digital health operating unit that provides a hospital-at-home program and remote digital care options, was established in 2020. OSF OnCall delivers care and services when, where and how patients need them.

OSF St. Mary Medical Center

Founded in 1909, OSF HealthCare St. Mary Medical Center is an 83-bed acute care hospital located in Galesburg, Illinois, and serves seven counties in west-central Illinois. OSF St. Mary is a part of OSF HealthCare, a 17-hospital Catholic health system serving Illinois and the Upper Peninsula of Michigan, driven by a Mission to “serve with the greatest care and love.” Blue Cross and Blue Shield of Illinois has recognized OSF St. Mary as part of the Blue Distinction Specialty Care program and Women’s Distinction Award for obstetric care.

Community Health Needs Prioritization

The Knox 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 County. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Knox County region. Prevalent themes include demographic composition, disease predictors and prevalence, leading causes of mortality, accessibility to health services, and healthy behaviors. The results of this study can inform strategic decision-making, directly addressing the community's health needs. It was designed to assess issues and trends affecting the communities served by the collaborative and to understand the perceptions of targeted stakeholder groups. This study includes a detailed analysis of secondary data to assess the community's health status. Information was collected from numerous secondary sources, both publicly and privately available data. Additionally, primary data were collected for the general population and the at-risk or economically disadvantaged population. Areas of investigation included perceptions of community health issues, unhealthy behaviors, issues with quality of life, healthy behaviors and access to medical care, dental care, prescription medication, and mental-health counseling. Social drivers of health were also analyzed to understand why certain population segments responded differently. Ultimately, the identification and prioritization of the most important health-related issues in the Knox 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, three significant health needs were identified and determined to have equal priority:

1. **Behavioral Health** – including mental health and substance abuse
2. **Healthy Behaviors** – defined as healthy eating and active living
3. **Access to HealthCare**



BEHAVIORAL 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 45% 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. Stress and anxiety also tend to be rated higher for younger people, those with less income and those living in an unstable housing environment.

SUBSTANCE USE. Of survey respondents, 17% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men, those with less education, and those in an unstable housing environment. Of survey respondents, 12% indicated they improperly use prescription medications each day to feel better and 13% indicated they use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by those with less education, those with lower income and those living in an unstable living environment.

HEALTHY BEHAVIORS

HEALTHY EATING. Over two-thirds (70%) of residents in Knox County 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 4%. The most prevalent reason for failing to eat more fruits and vegetables was cost.

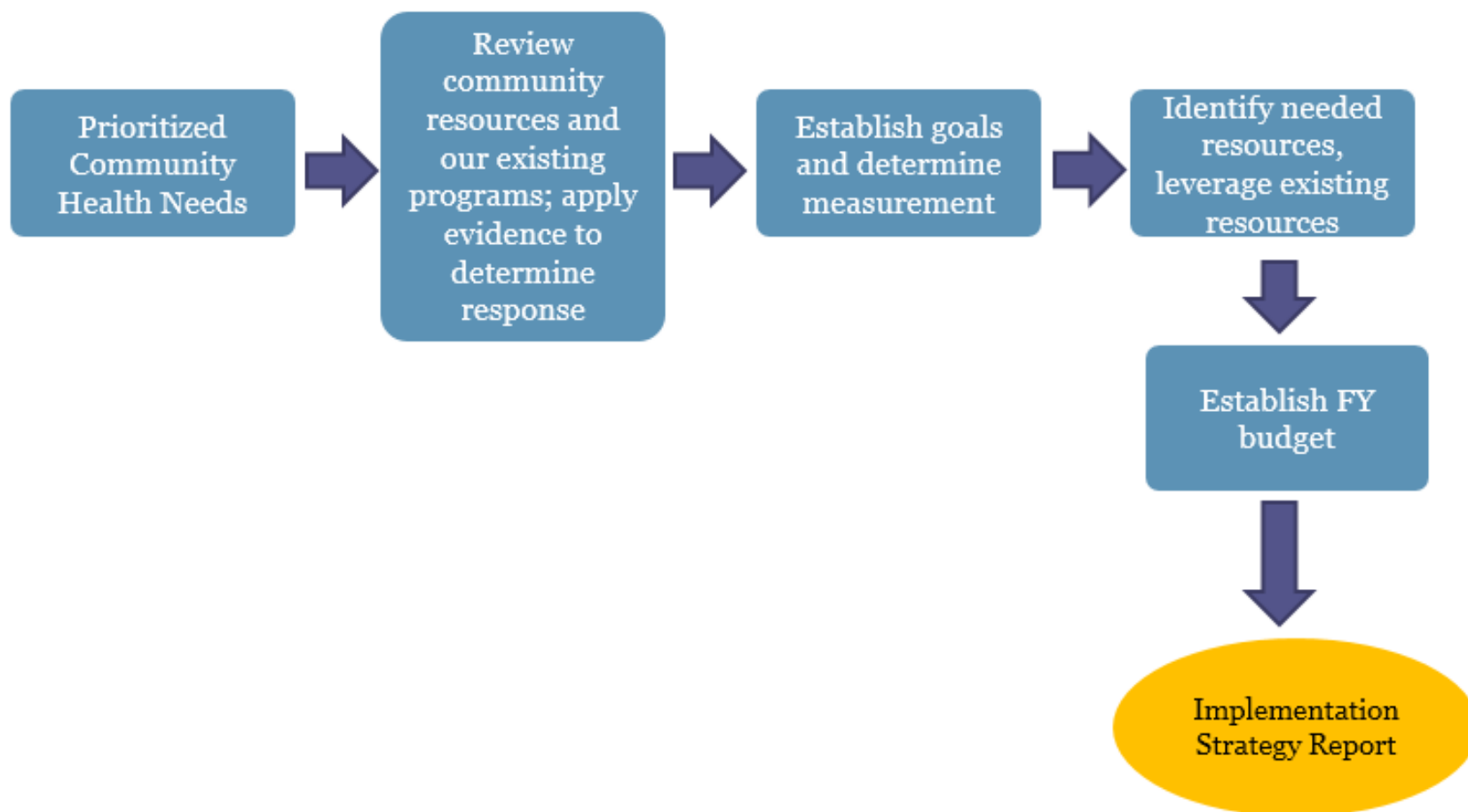
ACTIVE LIVING. A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental, and emotional well-being. Note that 22% of respondents indicated that they do not exercise at all, while the majority (63%) of residents' exercise 1-5 times per week. The most common reasons for not exercising were not having enough energy (27%) and dislike of exercise (25%).

ACCESS TO CARE

The CHNA survey asked respondents to identify their primary source of healthcare. While 52% of respondents identified clinic/doctor's office as the primary source of care and 26% of respondents identified urgent care as the primary source of care, 11% of respondents indicated they do not seek healthcare when needed and similarly 11% identified the emergency department as a primary source of healthcare.

Implementation Strategy

The implementation strategy that follows was developed by the Knox County collaborative team and specifically addresses the significant health needs identified in the Knox County's CHNA and planned responses to those needs. The diagram below depicts the high-level process used to develop the implementation strategy that follows:



Our response to the Identified Significant Community Health Needs

Healthy Behaviors

Prioritized Health Need / Purpose as Defined in the full Community Health Needs Assessment (CHNA):

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 22% 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 were not having enough energy (27%) and dislike of exercise (25%).

HEALTHY EATING: Over two-thirds (70%) of residents in Knox County 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 4%. The most prevalent reason for failing to eat more fruits and vegetables was cost.

Existing Community Resources	Existing OSF Programs with Description
▪ OSF Healthcare ▪ Knox County Public Health Department ▪ Women, Infants, & Children's Nutrition Program • Bridgeway ▪ University of Illinois Extension Office ▪ Children's Hospital of Illinois (CHOI) ▪ Knox County YMCA ▪ United Way ▪ Local Food Pantries ▪ Salvation Army ▪ VNA Community Services ▪ Knox County Housing Authority ▪ Knox County Schools ▪ Regional Office of Education #33 ▪ Galesburg CUSD #205	▪ OSF St. Mary Nutrition Services provides education to patients/families on Diabetes management, obesity, failure to thrive and other health conditions. ▪ OSF Rehab Services includes Physical Therapists, RN's and Exercise specialists that oversee patients with acute and chronic health conditions as well as those who want to improve their overall physical and mental health through exercise. ▪ OSF Recipe Database is a free online recipe resource created and analyzed by dietitians, most of which can be made gluten free. (https://www.osfhealthcare.org/recipes/) ▪ Stroke Support group meets monthly with patients and family members to discuss healthy behaviors and activities after stroke.

Existing Joint Implementation Plans / Collaborations				
Description			Collaborative Partner	
Chair Exercise Class – Low impact exercise designed for seniors to work on balance and brain health. This class allows seniors to stay active.			VNA Knox County Housing Authority	

Strategic Goal #1 - Promote Healthy Behaviors – Healthy Eating					
Strategic Goal: Increase the support, promotion, and education to the Knox Community about the resources available to get more fruits and vegetables in Knox County.					
Outcome Measure: Reduce the percentage of CHNA survey respondents who report they were unable to access or afford healthy foods by 1%.					
Baseline: Over two-thirds (70%) of residents report no or low consumption (1-2 servings per day) of fruits and vegetables per day.					
Actions			Timeline / Milestone	Impact Measurement <i>(Process Indicator)</i>	Potential Collaborations / Partners
Provide healthy movement and nutrition education to youth.			2026 – Establish baseline 2027 – Baseline + 2% education materials distributed 2028 – 2027 + 2% education materials distributed	Increase the number of educational materials distributed pertaining to healthy movement and nutrition. Baseline: TBD in 2026	OSF Children’s Hospital of Illinois Knox County School Districts Knox County YMCA

Provide area food pantries and other community-based organizations with recipe cards using ingredients that are affordable, easy to find, and provide nutrition.		2026 – Baseline established 2027 – Baseline +2% recipe cards distributed 2028 – 2027 +2% recipe cards distributed	Increase number of recipe cards being distributed by 2% annually. Baseline: TBD in 2026	Fish Food Pantry other area food pantries Knox County Health Department Knox County Housing Authority Galesburg Rescue Mission
Participate in health fairs and community events to promote nutrition and wellness. Focus being diabetes education.		2026 – 4 events 2027 – 5 events 2028 – 6 events	Gradually increase OSF participation in community events per year. Connect at health fairs and other community events. Baseline: N/A	Knox County Health Department Fish Food Pantry & other area food pantries

Strategic Goal #2 - Promote Healthy Behaviors – Active Living

Strategic Goal: Increase awareness of exercise programs and resources available in Knox County.

Outcome Measure: Reduce the number of Knox County CHNA survey respondents who report they do not exercise or cannot afford it by 2%.

Baseline: 22% of respondents indicated they do not exercise at all. 10% stated they cannot afford a gym membership.

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Participate in Health Fairs and community events that promote active living/exercise.		2026 – Baseline event count +1 event 2027 – <u>2026 event count</u> + 1 event 2028 – 2027 event count + 1 event	Increase the number of events and health fairs we participate in each year by +1 Baseline: TBD after 2025	Knox County YMCA Knox County Health Department Bridgeway OSF Holy Family Medical Center OSF Saint Luke Medical Center
Partner with Youth Organizations that promote movement/exercise.		2026 – Baseline event count + 2 events 2027 – 2026 event count + 2 events 2028 – 2027 event count + 2 events	Increase the number of events we participate in with youth organizations by 2 events annually. Baseline: TBD after 2025	Knox County YMCA OSF Children's Hospital of Illinois Knox County Health Department Bridgeway

				Galesburg CUSD #205 Knoxville CUSD #202	
Launch Moms on the Move in Knox County to promote physical activity and healthy behaviors.			2026 – Baseline participation established 2027 – Baseline + 2 participants 2028 – 2027 + 2 participants	Partner with YMCA to expand Moms on the Move to Knox County and increase participation by 2 participants each year. Baseline: TBD in 2026	Knox County YMCA ROE #33 Birth to Five Illinois

Behavioral Health

Prioritized Health Need / Purpose as Defined in the full Community Health Needs Assessment:

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 45% 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. Stress and anxiety also tend to be rated higher for younger people, those with less income and those living in an unstable housing environment.

SUBSTANCE USE: Of survey respondents, 17% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men, those with less education, and those in an unstable housing environment. Of survey respondents, 12% indicated they improperly use prescription medications each day to feel better and 13% indicated they use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by those with less education, those with lower income and those living in an unstable living environment.

Existing Community Resources	Existing OSF Programs with Description
▪ Knox County Public Health Department ▪ Bridgeway Mental Health and Family Services ▪ OSF HealthCare ▪ ROE #33	▪ Behavior Health Navigators/Care Management – Provide oversight and education activities to help educate individuals on their condition and provide coordination of care. ▪ OSF Resource Link – Resource Link provides services to equip primary care physician practices to identify, diagnose, and treat pediatric mental health issues. ▪ Rx Disposal Program – A public safe and secure disposal box for collection of both prescription and non-prescription drugs. ▪ Silvercloud ▪ OSF OnCall
Existing Joint Implementation Plans / Collaborations	
Description	Collaborative Partner
Commit 2 Fit - A community challenge to commit to living a healthy lifestyle and tracks weight loss.	Knox County YMCA Galesburg Broadcasting

Strategic Goal #1 - Behavioral Health- Mental Health

Strategic Goal: Increase the education and awareness of mental health services available in Knox County.

Outcome Measure: Reduce the number of CHNA survey respondents that report feeling anxious and depressed by 2%.

Baseline: The CHNA survey indicated that 51% of respondents felt depressed in the last 30 days and 45% indicated that they felt anxious or stressed.

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Implement mental health first aid (MHFA) training in Knox County for businesses, organizations, & Mission Partners.		2026 – Provide 1 MHFA Training 2027 – Provide 2 MHFA Trainings 2028 – Provide 3 MHFA Trainings	Increase the number of businesses and organizations that participate in MHFA training by increasing each year by 1 session. Regional goal to provide 4-6 MHFA trainings by 2028.	OSF Holy Family Medical Center OSF St. Luke Medical Center OSF OnCall Bridgeway Knox County Health Department United Way of Warren, Knox, Henderson, & Mercer counties ROE #33

Increase the number of patients utilizing behavioral health navigation services through mental health fairs and other marketing resources.		2026 – Baseline established 2027 – 2% increase in educational materials distributed in 2026 2028 – 2% increase in educational materials distributed in 2027	Increase the number of behavioral health navigation educational materials being distributed by 2% annually. Baseline: TBD in 2026	OSF OnCall Bridgeway Knox County Health Department
Strategic Goal #2 - Behavioral Health-Substance Use				
Strategic Goal: Reduce the percentage of residents in Knox County that state they use some kind of substance 1 to 2 times a day. Outcome Measure: Decrease the percentage of CHNA survey respondents in Knox County that state they use some kind of substance 1 to 2 times a day by 1%. <i>Baseline:</i> 17% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men, those with less education, and those in an unstable housing environment. Of survey respondents, 12% indicated they improperly use prescription medications each day to feel better and 13% indicated they use marijuana each day.				
Actions		Timeline / Milestone	Impact Measurement (Process Indicator)	Potential Collaborations / Partners
Partner with local social service agencies to promote, educate, and reduce the stigma of substance abuse in Knox County		2026 – Establish baseline # of residents seeking help 2027 – Baseline resident # + 1% increase 2028 – 2027 resident # + 1% increase	Increase the number of residents in Knox County that seek help with substance abuse by 1% each year. Baseline: TBD in 2026	Bridgeway OSF OnCall Knox County Health Department
Provide education to youth about substance use and vaping		2026 – Education materials baseline established	Increase the number of vaping-related educational materials distributed by 1%. Baseline: TBD in 2026	OSF Children's Hospital of Illinois

		2027 – 1% increase in education materials distributed in 2026 2028 – 1% increase in education materials distributed in 2027		Bridgeway OSF OnCall Knox County Health Department
Implement and promote pop-up take back drug days to facilitate the disposal of not needed medications, needles, etc. with community partners in April/October each year.		2026 – 2 programs per facility 2027 – 2 programs per facility 2028 – 2 programs per facility	Host 2 daily pop-up drug takeback programs per year/per facility. St. Mary Medical Center, Holy Family Medical Center & Saint Luke Medical Center. Baseline: N/A	Bridgeway OSF OnCall Knox County Health Department Local Pharmacies

Access to Healthcare

The CHNA survey asked respondents to identify their primary source of healthcare. While 52% of respondents identified clinic/doctor's office as the primary source of care and 26% of respondents identified urgent care as the primary source of care, 11% of respondents indicated they do not seek healthcare when needed and similarly 11% identified the emergency department as a primary source of healthcare.

Existing Community Resources	Existing OSF Programs with Description
- OSF Healthcare St. Mary Medical Center - OSF Healthcare-Medical Group - OSF Prompt Care-Galesburg - OSF On Call Urgent Care-Galesburg - OSF Home Care and Hospice-Galesburg - OSF OnCall - OSF Children's Hospital of Illinois	- Chair Exercise Class – Low impact class for seniors - Volunteer Network on Aging (VNA) – Galesburg - Blood Pressure Checks – OSF Mission Partners go to local senior centers to check BPs monthly. - Knox County YMCA - Volunteer Network on Aging (VNA) – Galesburg - Cuba Community Center

▪ Illinois Cancer Care-Galesburg ▪ Lane Evans VA Community Clinic ▪ Fresenius Kidney Care-Galesburg ▪ OSF Children’s Hospital, Resource Link ▪ Graham Health System ▪ Hospice Compassus-Galesburg ▪ Western Illinois Home Health Care ▪ Knox County Health Department	○ Galesburg Public Library ▪ Diabetes Education – Our diabetes educators go to local organizations to present diabetes education and provide resources about diabetes to individuals.
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Strategic Goal #1 - Access to Healthcare

Strategic Goal: Increase awareness in Knox County about the resources available to help with healthcare options.

Outcome Measure: Reduce the number of residents who responded in the CHNA survey that they did not have access to healthcare by 2%.

Baseline: Per survey respondents, 22% of the population did not have access to healthcare, 6% did not have health insurance, 25% were on Medicaid, and 37% were on Medicare.

Actions	Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Participate in community health fairs and events to provide information around access points and available providers	2026 – 1 event per quarter, per facility 2027 – 1 event per quarter, per facility 2028 – 1 event per quarter, per facility	By the end of 2028, each facility – St. Mary Medical Center, Holy Family Medical Center, & Saint Luke Medical Center - should have participated in at least 1 community event per quarter, (around 4 events per facility per year) to provide resources of healthcare options at OSF for the community.	Bridgeway OSF Holy Family Medical Center OSF Saint Luke Medical Center Knox County Health Department

				Fish Food Pantry & other local food pantries Knox County Housing Authority Volunteer Network on Aging (VNA)
Partner with OnCall to provide offered services at community health events, monthly BP checks, etc.		<i>2026 – TBD after start date</i> <i>2027 – Create baseline</i> <i>2028 – Baseline + 1 mobile/pop-up event</i>	Increase access to services for community members via mobile/pop-up units by 1 mobile/pop-up event annually. Baseline: TBD in first year of launch (FY 2026 tentative start date)	OSF OnCall Galesburg Public Library Rescue Mission Fish Food Pantry & other local food pantries Knox County Housing Authority Volunteer Network on Aging (VNA)

*Note: Resources included are noted annually with incremental adjustments for subsequent fiscal years.

Other Health Needs Identified but Not Addressed

The health needs listed below were also identified in the CHNA. However, OSF St. Mary Medical Center does not intend to address these health needs as such needs were determined to be relatively low priority based on the prioritization criteria utilized – (1) magnitude in the community, (2) severity in the community, (3) potential for impact to the community. A more detailed discussion of the prioritization process utilized to identify the significant health needs addressed in this Implementation Strategy is set forth in the CHNA (see Chapter 5 and corresponding appendices).

1. Aging Issues
2. Obesity
3. Cancer
4. Diabetes
5. Access to Counseling

Implementation Strategy Approvals –

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the Knox County area and OSF St. Mary Medical Center on September 29, 2025. The Hospital reserves the right to amend this Implementation Plan as needed. Certain significant health needs may become even more significant and require amendments to the strategies developed in order to address those health needs. Other entities or organizations in the community may develop programs to address the same health needs. In addition, joint programs may be adopted, which may refocus the Hospital with its limited resources to best serve the community.