



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

OSF HOLY FAMILY MEDICAL CENTER

WARREN & HENDERSON 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 Holy Family Medical Center

Founded in 1897, OSF HealthCare Holy Family Medical Center is a 23-bed critical access hospital located in Monmouth, Illinois, and serves the people of Warren, Henderson and Mercer counties. OSF Holy Family 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.” Our goal is to improve the lives of those we serve by providing quality health care that is affordable, leads to the best patient experience and promotes the overall health of our community. We are committed to providing care in new and innovative ways that allow people to stay in their hometown – removing the barriers to care, and bringing more services to those with fewer resources.

Community Health Needs Prioritization

The Warren and Henderson Counties Community Health Needs Assessment is a collaborative undertaking by OSF Holy Family Medical Center to highlight the health needs and well-being of Warren County and Henderson County residents. This assessment, with the help of collaborative community partners, has identified numerous health issues impacting individuals and families in the Warren and Henderson Counties regions. 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 was 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 collaborative team identified and prioritized the most important health-related issues in the Warren County and Henderson County regions. They considered health needs based on:

- magnitude of the issue (i.e., what percentage of the population was impacted by the issue);
- severity of the issue in terms of its relationship with morbidities and mortalities; and,
- 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** – defined as mental health and substance use
2. **Healthy Behaviors** – defined as nutrition and exercise
3. **Access to Care**



BEHAVIORAL HEALTH

MENTAL HEALTH. The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 36% indicated they felt depressed in the last 30 days and 31% indicated they felt anxious or stressed in the last 30 days. Respondents were also asked if they spoke with anyone about their mental health in the last year. Of respondents, 39% indicated that they spoke to someone, the most common response was to family/friends (60%). In regard to self-assessment of overall mental health, 16% 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.

SUBSTANCE USE. Of survey respondents, 18% indicated they consume at least one alcoholic drink each day. Of survey respondents, 13% indicated they improperly use prescription medications each day to feel better and 6% indicated they use marijuana each day. Marijuana use tends to be rated higher by younger people, those with lower education, those with lower income, residents of Henderson County, and those in an unstable housing environment. Finally, of survey respondents, 1% indicated they use illegal drugs on a daily basis. Use of illegal drugs tends to be rated higher by men, younger people, LatinX people, those with lower education, and those in an unstable housing environment.

HEALTHY BEHAVIORS

NUTRITION. Approximately two-thirds (65%) of residents in Warren and Henderson Counties 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 5%. The most prevalent reason for failing to eat more fruits and vegetables was lack of transportation.

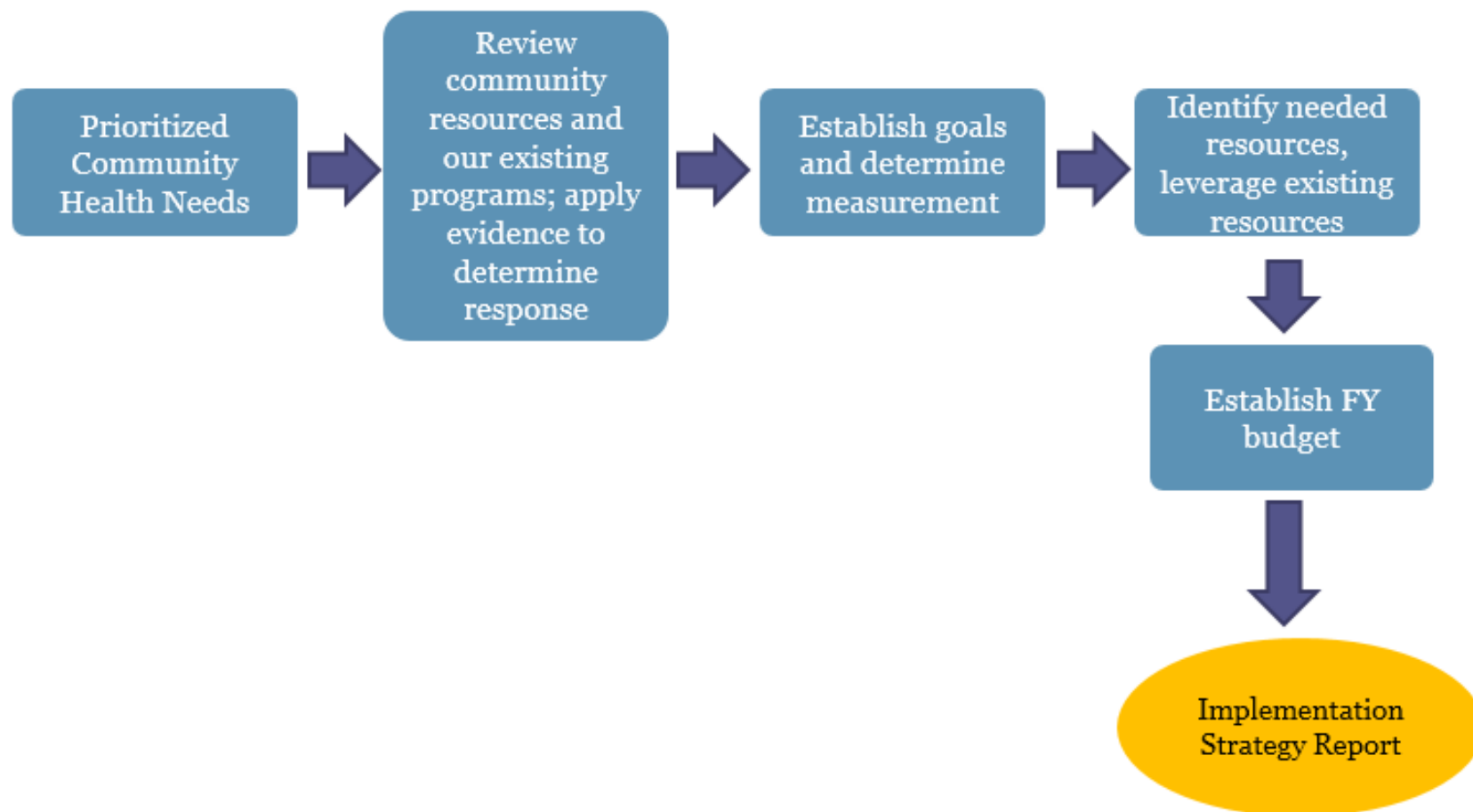
EXERCISE. A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental and emotional well-being. Note that 28% of respondents indicated that they do not exercise at all, while the majority (58%) of residents exercise 1-5 times per week. The most common reasons for not exercising were dislike of exercise (30%) and not having enough energy (27%).

ACCESS TO CARE

The CHNA survey asked respondents to identify their primary source of healthcare. Of respondents, 76% identified clinic/doctor's office as the primary source of care and 10% of respondents identified urgent care as the primary source of care. Of respondents, 10% indicated they do not seek healthcare when needed and 4% identified the emergency department as a primary source of healthcare. Note that not seeking healthcare when needed is more likely to be selected by younger people, Black people and those living in an unstable housing environment. Selection of an emergency department as the primary source of healthcare tends to be rated higher by those with lower income.

Implementation Strategy

The implementation strategy that follows was developed by the Warren and Henderson County collaborative team and specifically addresses the significant health needs identified in the Warren and Henderson County 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):

EXERCISE: Approximately two-thirds (65%) of residents in Warren and Henderson Counties 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 5%. The most prevalent reason for failing to eat more fruits and vegetables was lack of transportation.

NUTRITION: Almost two-thirds (65%) 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 5%. The most prevalent reasons for failing to eat more fruits and vegetables were transportation, cannot afford, and cannot prepare.

Existing Community Resources	Existing OSF Programs with Description
- OSF Holy Family Medical Center and OSF Medical Group/Clinics - Warren County Health Department - Warren County YMCA - Helping Hands Food Pantry - STROM – Senior Center - Jamieson Center - Warren County Housing Authority - Regional Office of Education #33 - Women Infant Children program - Henderson County Health Department - Eagleview - Family Outreach Community Center (F.O.C.C.) - United Way of Warren, Henderson, Mercer & Knox Counties	Diabetes Education – Patients/families are counseled on Diabetes Management. OSF Recipe Database – A free online recipe resource created and analyzed by dietitians, most of which can be made gluten free. (https://www.osfhealthcare.org/recipes/) Walk-in Wednesdays – Promotes preventive care by making available walk-in Mammogram appointments. Diabetes Support Group – A monthly education program held for patients and their families. Outpatient Nutrition Services – Provides dietitian consults and support to patients/families for Diabetes management, obesity, food allergies and other health conditions. Eatable Alphabet– Provides a cookbook for student's Pre-K-2nd Grade and teaches them how to make one of the recipes out of the cookbook. Along with the cookbook, students learn some exercise movements as well.

Existing Partnerships / Collaborations				
Description			Collaborative Partner	
Moms on the Move – Promote exercise and a healthy lifestyle through weekly walks.			Warren County YMCA ROE #33 Birth to Five in Illinois Monmouth-Roseville School District United School District West Central School District Immaculate Conception School	

Strategic Goal #1 - Nutrition				
Strategic Goal: Increase the support, promotion, and education to the Warren/Henderson Counties about the resources available to them to receive healthy meals and groceries.				
Outcome Measure: Reduce the percentage of CHNA survey respondents who report that they were unable to access or afford healthy foods by 1%.				
<i>Baseline:</i> 11 individuals responded in the CHNA survey that transportation was a factor preventing them from obtaining fruits and vegetables, 8 could not afford such foods, and 7 could not prepare such foods. 7% of respondents indicated that they go hungry one or two more days per week.				

Actions			Timeline / Milestone	Impact Measurement <i>(Process Indicator)</i>	Potential Collaborations / Partners
Provide healthy movement and nutrition education to youth.			2026 – Baseline established 2027 – Baseline + 2% education materials 2028 – 2027 + 2% education materials	Increase the number of educational materials distributed pertaining to healthy movement and nutrition by 1% each year. Baseline: TBD in 2026	United School District West Central School District Monmouth-Roseville School District

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 2028 – 2027 + 2% recipe cards	Increase number of recipe cards being distributed by 2% annually. Baseline: TBD in 2026	Warren County Health Department Henderson County Health Department STROM Center Jamieson Community Center Warren County Housing Authority
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.	Warren County Health Department Henderson County Health Department STROM Center Jamieson Community Center Warren County Housing Authority

Strategic Goal #2 - Exercise

Strategic Goal: Increase the number of residents participating in regular fitness classes or physical activities.

Outcome Measure: Reduce the number of Warren/Henderson County CHNA survey respondents who state they don't exercise at all by 2%.

Baseline: 28% of respondents indicated they do not exercise at all. 9% stated they cannot afford 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 – 2025 event count +1 event 2027 – 2026 event count + 1 event 2028 – 2027 event count + 1 event	Increase the number of events and health fairs we participate in each year. Baseline: TBD after 2025	Warren County YMCA Warren County Health Department Henderson County Health Department Jamieson Center STROM Center

Partner with Youth Organizations that promote movement/exercise.		2026 – 2025 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. Baseline: TBD after 2025	Warren County YMCA Warren County Health Department Henderson County Health Department Eagleview School Districts
Continue Moms on the Move in Warren County to promote physical activity and healthy behaviors.		2026 – Baseline + 2 participants 2027 – 2026 + 2 participants 2028 – 2027 + 2 participants	Increase participation each year through Moms on the Move program. Baseline: TBD after 2025	Warren County YMCA ROE #33 Birth to Five of 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, 36% indicated they felt depressed in the last 30 days and 31% indicated they felt anxious or stressed in the last 30 days. Respondents were also asked if they spoke with anyone about their mental health in the last year. Of respondents, 39% indicated that they spoke to someone, the most common response was to family/friends (60%). In regard to self-assessment of overall mental health, 16% 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.

SUBSTANCE ABUSE: Of survey respondents, 18% indicated they consume at least one alcoholic drink each day. Of survey respondents, 13% indicated they improperly use prescription medications each day to feel better and 6% indicated they use marijuana each day. Marijuana use tends to be rated higher by younger people, those with lower education, those with lower income, residents of Henderson County, and those in an unstable housing environment. Finally, of survey respondents, 1% indicated they use illegal drugs on a daily basis. Use of illegal drugs tends to be rated higher by men, younger people, LatinX people, those with lower education, and those in an unstable housing environment.

Existing Community Resources	Existing OSF Programs with Description
- OSF Holy Family Medical Center and OSF Medical Group/Clinics - Bridgeway Mental Health & Family Services - Warren County Health Department - Henderson County Health Department - ROE # 33 - Eagle View Health System	Wellness screenings - Offered to businesses and organizations: BP checks, Glucose checks, & Cholesterol checks. OSF Behavioral Health Navigation – OSF OnCall – Provides connections and resources to those in need of mental health services while getting scheduled with a counselor.

Strategic Goal #1 - Behavioral Health- Mental Health

Strategic Goal: Increase partnerships with local organizations and businesses to help promote awareness of mental health resources in the Warren/Henderson County area and decrease the stigma around mental health.

Outcome Measure: Decrease the number of CHNA survey respondents in Warren/Henderson County stating they felt depressed & anxious by 2%.

Baseline: The CHNA survey indicated that 64% of respondents felt depressed in the last 30 days and 69% 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 Warren/Henderson Counties 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 St. Mary Medical Center OSF St. Luke Medical Center OSF OnCall Bridgeway Warren County Health Department Henderson County Health Department
Increase the number of patients utilizing behavioral health navigation services through mental health fairs and other marketing resources.		2026 – Baseline	Increase the number of behavioral health navigation educational materials being distributed by 2% annually.	OSF OnCall Bridgeway

		2027 – +2% increase in educational materials distributed in 2026 2028 – +2% increase in educational materials distributed in 2027	Baseline: TBD in 2026	Warren County Health Department Henderson County Health Department
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Strategic Goal #2 - Behavioral Health-Substance Use

Strategic Goal: Increase the number of educational resources available to residents in Warren/Henderson County about the risk substances have on their health.

Outcome Measure: Decrease the number of residents in Warren/Henderson County using substances by 1%, focusing on youth as a priority.

Baseline: 14% of respondents in the CHNA survey stated they drink alcohol 1 to 2 times a day. 50%-55% of 12th graders drink alcohol daily, and 36% of 12th graders in Warren County use marijuana daily.

Action		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Partner with local social service agencies to promote, educate, and reduce the stigma of substance abuse in Warren and Henderson Counties		2026 – Baseline # of residents seeking help 2027 – Baseline resident # +1% increase 2028 – 2027 resident # + 1% increase	Increase the number of residents in Warren and Henderson Counties that seek help with substance abuse by 1% each year. Baseline: TBD in 2026	Bridgeway OSF OnCall Warren County Health Department Henderson County Health Department
Provide education to youth about substance use and vaping		2026 – Baseline educational materials established 2027 –1% increase in educational materials distributed in 2026 2028 – 2% increase in education materials distributed in 2027	Increase the number vaping-related educational materials distributed by 1% annually. Baseline: TBD in 2026	OSF Children's Hospital of Illinois Bridgeway OSF OnCall Warren County Health Department Henderson 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, St. Luke Medical Center Baseline: N/A	Bridgeway OSF OnCall Warren County Health Department Henderson County Health Department Local Pharmacies
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Access to Healthcare

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

The CHNA survey asked respondents to identify their primary source of healthcare. Of respondents, 76% identified clinic/doctor's office as the primary source of care and 10% of respondents identified urgent care as the primary source of care. Of respondents, 10% indicated they do not seek healthcare when needed and 4% identified the emergency department as a primary source of healthcare. Note that not seeking healthcare when needed is more likely to be selected by younger people, Black people and those living in an unstable housing environment. Selection of an emergency department as the primary source of healthcare tends to be rated higher by those with lower income.

Existing Community Resources	Existing OSF Programs with Description
• OSF Healthcare Holy Family Medical Center • OSF Medical Group Clinic Monmouth/Roseville • OSF Cardiovascular Institute • OSF Home Care and Hospice • OSF Multi-Specialty Group • OSF Children's Hospital, Resource Link • OSF OnCall • Family Planning Service • Eagle View Community Health System • McDonough District Hospital Clinic • Western Illinois Home Health Care • Warren County Transportation • Warren County Health Department • Henderson County Health Department	• Chair Exercise Classes - Low impact exercise class for seniors. • Moms on the Move – Weekly Walk with moms & children in strollers. We have the moms walk 2 miles and meet for one hour. • Blood Pressure Checks – OSF Mission Partners go to local senior centers to check BP's monthly

Strategic Goal #1 - Access to Healthcare

Strategic Goal: Increase awareness of all healthcare resources available for residents in Warren/Henderson County.

Outcome Measure: Decrease the number of residents in Warren/Henderson County who report they were unable to receive care for their health because of lack of resources by 2%.

Baseline: A significant number of people indicated in the CHNA survey did not have access to healthcare when needed, including medical care (23%), prescription medication (25%), dental care (18%), and counseling (14%).

Action		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Participate in community health fairs and events to provide information about 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 – SMMC, HFMC, & SLMC - 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. Baseline: N/A	Bridgeway OSF HealthCare Warren County Health Department Henderson County Health Department
Partner with OnCall to provide offered services at community health events, monthly BP checks, etc.		2026 – <i>TBD after start date</i> 2027 – <i>Create baseline</i> 2028 – <i>Baseline +1 mobile/pop-up</i>	Increase access to services for community members via mobile/pop-up units by 1 mobile/pop-up annually. Baseline: TBD in first year of launch (FY 2026 tentative start date)	OSF OnCall Public Libraries Strom Center JCC Food Pantry WCHA

*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 Holy Family 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. Obesity
2. Access to Healthcare
3. Cancer – Lung
4. Heart Disease
5. Aging Issues

Implementation Strategy Approvals –

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the Warren and Henderson Counties and OSF Holy Family 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.