



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

OTTAWA REGIONAL HOSPITAL & HEALTHCARE CENTER

d/b/a OSF SAINT ELIZABETH MEDICAL CENTER AND

MENDOTA COMMUNITY HOSPITAL

d/b/a OSF SAINT PAUL MEDICAL CENTER

LASALLE 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 Saint Elizabeth Medical Center

With two campuses in Peru and Ottawa, OSF HealthCare Saint Elizabeth Medical Center has the resources of a connected health system combined with the comfort and convenience of care close to home. Together, the campuses offer a birthing center, emergency services, intensive care, outpatient services, diagnostic imaging and inpatient behavioral health care. Our staff provides state-of-the-art therapeutic, diagnostic, medical, surgical and support services in Ottawa, with additional staff providing care at OSF Center for Health in Streator, a robust outpatient facility that also features a freestanding emergency center. OSF HealthCare is a Catholic, 17-hospital health system serving Illinois and the Upper Peninsula of Michigan, driven by our Mission to “serve with the greatest care and love.”

OSF Saint Paul Medical Center

OSF HealthCare Saint Paul Medical Center, a 25-bed critical access hospital, has been dedicated to providing quality health care to Mendota and the communities we serve since 1951. Relocated to its new state-of-the-art facility at 1401 E. 12th St. in Mendota in 2011, OSF Saint Paul became the 11th OSF HealthCare hospital on April 1, 2015. OSF HealthCare is a Catholic, 17-hospital health system serving Illinois and the Upper Peninsula of Michigan, driven by our Mission to “serve with the greatest care and love.”

Community Health Needs Prioritization -

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 LaSalle County residents. This assessment, with the help of collaborative community partners, has identified numerous health issues impacting individuals and families in the LaSalle 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 the 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 LaSalle County region. They 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; and,
3. potential impact through collaboration.

Using a modified version of the Hanlon Method, the collaborative team, facilitated by OSF Healthcare, prioritized three significant health needs:

- **Healthy Aging**
- **Behavioral Health – including mental health and substance use**



HEALTHY AGING

In the CHNA survey, respondents rated aging issues (14%) as the second most important health issue in LaSalle County after mental health. The percentage of individuals aged 65 and older increased 9.6% between 2019 and 2023. 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.

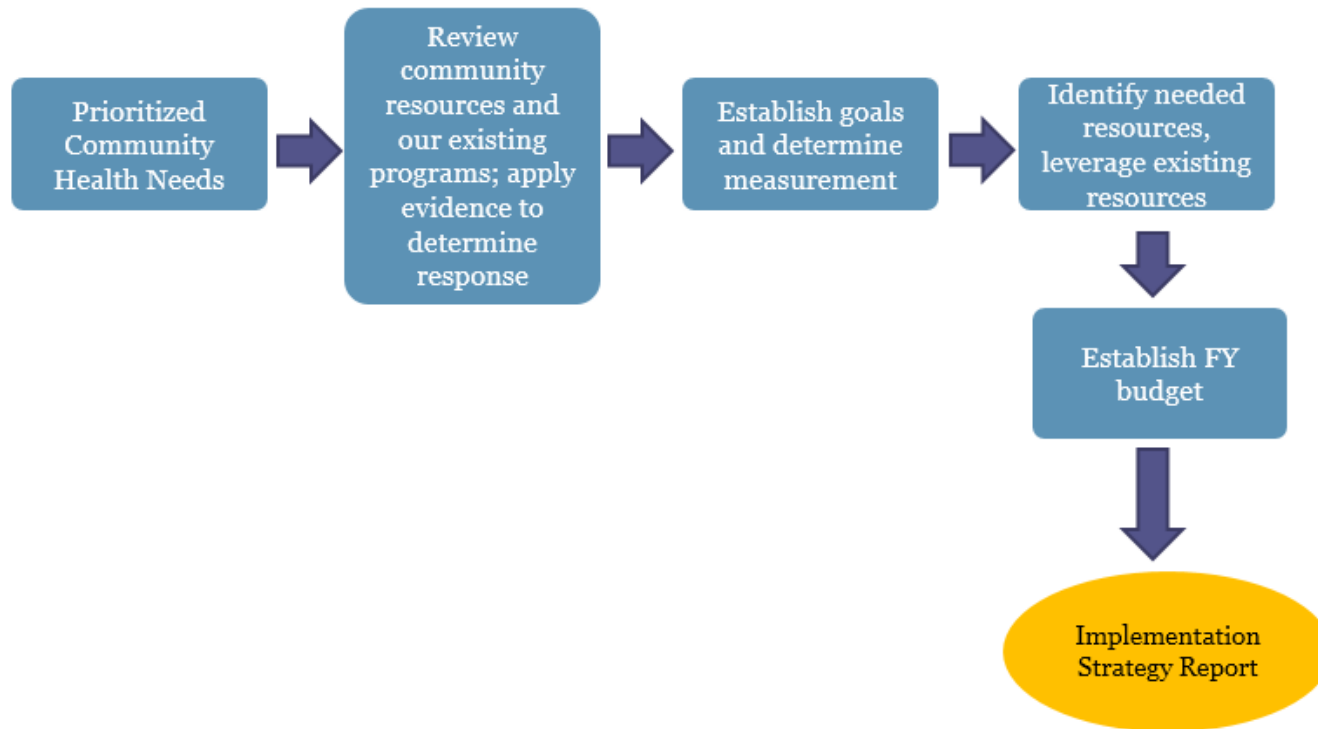
BEHAVIORAL HEALTH

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 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.

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 daily. Use of illegal drugs tends to be rated higher by younger people, and those in an unstable housing environment.

Joint Implementation Strategy

The joint implementation strategy that follows was developed by the LaSalle County collaborative team and specifically addresses the significant health needs identified in the LaSalle County CHNA and planned responses to those needs. The plan applies to both OSF Saint Elizabeth Medical Center and OSF Saint Paul Medical Center. Because of the close proximity of these two OSF facilities and the shared employees who work together on these initiatives, all of the newly identified goals, objectives and actions are shared initiatives to be undertaken by both OSF entities.¹ The diagram below depicts the high-level process used to develop the implementation strategy that follows:



¹ Some "Existing OSF Programs" are not shared initiatives and these have been noted as such throughout the report.

Our response to the Identified Significant Community Health Needs

Healthy Aging

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

In the CHNA survey, respondents rated aging issues (14%) as the second most important health issue in LaSalle County after mental health. The percentage of individuals aged 65 and older increased 9.6% between 2019 and 2023. 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.

Existing Community Resources	Existing OSF Programs with Description
- LaSalle County Health Department - Ottawa YMCA - Illinois Valley YMCA - Streator YMCA - University of Illinois Extension - Alternatives for the Older Adults/Bridges - North Central Area Transit (NCAT) - Mendota Area Senior Services (MASS) - U of I Extension Office	OSF Grief Support Groups (SEMC & SPMC)- The OSF Hospice Pastoral Care and Bereavement Services offers patients and their family's companionship and individual grief counseling. OSF Diabetes Support Group (SEMC & SPMC)- Meets monthly to allow diabetics to talk about how to handle a lifestyle with diabetes. OSF Home Care (SEMC & SPMC)-Allows terminally ill patients to receive 24-hour comfort care in a peaceful setting or patients requiring at home services to support their healing and recovery.
Existing Partnerships / Collaborations	
Description	Collaborative Partner
Live Well Streator Volunteers and community leaders from Streator and surrounding areas created the Live Well Streator initiative in January 2018 with collaboration from OSF HealthCare. Together, they are partnering	Streator Township High School, Streator YMCA, Streator Chamber of Commerce & Industry, Central Church of Christ, City of Streator, LaSalle County Health Department, University of Illinois Extension, OSF HealthCare, Society of St. Vincent de Paul, Streator Salvation Army, Streator Fire Department, Streator Police Department, The

to create a sustainable movement that will support the improvement of the health, wellness and strength of the community. ▪ The Live Well Streator steering committee is focusing on building awareness about community resources and creating new partnerships that support healthy living. While healthy living could mean a number of things, the steering team worked to determine which areas of focus could enact the greatest amount of positive change for the community. ▪ Mission: Partnering to create a sustainable movement that will support the improvement of the health, wellness and strength of the community. ▪ Vision: To inspire a strong, coordinated and engaged community that empowers residents to live a healthier lifestyle by Creating partnerships for healthy living, building awareness & providing resources, and coordinating healthy choice initiatives.	Perfectly Flawed Foundation, North Central Behavioral Health Systems, Tri County Opportunities Council, Youth Service Bureau, Safe Journeys, Alternatives for Older Adults, Streator Overdose Awareness
Healthier LaSalle County In 2021, OSF HealthCare partnered with the LaSalle County Health Department and LaSalle County Community Leaders to create the Healthier LaSalle County initiative to improve the health and wellness of the county.	OSF HealthCare, LaSalle County Health Department, LaSalle County Regional Office of Education #35, Illinois Valley Community College, North Central Behavioral Health Systems, 708 Board, Ottawa Area Chamber of Commerce, University of Illinois Extension, Tri-County Opportunities Council, Streator Salvation Army, Housing Authority of LaSalle County, Illinois Valley PADS, United Way of Eastern LaSalle County, North Central Area Transit, Alternatives for the Older Adult, Business Employment Skills Team, Community Health Partnerships of Illinois, Safe Journeys, Ottawa YMCA, LaSalle County Veterans Assistance Commission, The Perfectly Flawed Foundation, Live Well Mendota

Strategic Goal # 1 - Caregiver Support and Education

Strategic Goal: Enhance health outcomes and independence for older adults in LaSalle County through community education.

Outcome Measure: Decrease the percentage of population that has concerns on aging by 2%.

Baseline - According to CHNA 2025 survey 14% of the population had concerns about aging, an increase of 2% from 2022 CHNA Survey.

SEMC/SPMC Joint Actions		Timeline / Milestone	Impact Measurement (Process Indicator)	Potential Collaborations / Partners
Provide education and information on caregiver resources and support around Alzheimer's Disease.		2026 – 2 communities 2027 – 3-4 communities 2028 – 5 communities	Increase the number of communities that receive education and information each year. Total of 5 communities by 2028.	LaSalle County Health Department; Healthier LaSalle County and Live Well Streator; Alternatives for Older Adults; EMS Services; OSF Hospice Care; LaSalle County 708 Board; North Central Area Transportation; Mendota Area Senior Services, Streator YMCA; Ottawa YMCA, IL Valley YMCA, Live Well Mendota

Strategic Goal #2 - Wellness and Chronic Illness Programs

Strategic Goal: Promote independence and improve quality of life for older adults in LaSalle County

Outcome Measure: Increase the number of evidence-based activities to the community.

Baseline: According to CHNA 2025 survey 14% of the population has concerns on aging, an increase of 2% from 2022 CHNA Survey.

SEMC/SPMC Joint Actions	Timeline / Milestone	Impact Measurement (Process Indicator)	Potential Collaborations / Partners
Provide evidence-based activities to the community to promote independence and quality of life improvement for older adults.	2026 – Establish Baseline 2027 – Increase the number activities provided in 2026 by 1% 2028 – Increase the number activities provided in 2027 by 1%	Increase the number of activities provided to the community by 1 per year Baseline: Establish baseline in 2026	LaSalle County Health Department; Healthier LaSalle County and Live Well Streator; Alternatives for Older Adults; EMS Services; OSF Hospice Care; LaSalle County 708 Board; North Central Area Transportation; Mendota Area Senior Services; Streator YMCA; Ottawa YMCA, IL Valley YMCA, Live Well Mendota

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 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.

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 correlations. 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 daily. Use of illegal drugs tends to be rated higher by younger people, and those in an unstable housing environment. In the 2025 CHNA survey, respondents rated drug use (22%) and alcohol abuse (20%) as the most important unhealthy behaviors in LaSalle County

Existing Community Resources	Existing OSF Programs with Description
- North Central Behavioral Health System - Youth Service Bureau - Center for Youth & Family Services (f/n/a Catholic Charities) - Safe Journeys (ADV/SAS) - The Perfectly Flawed Foundation - Matri Path to Wellness (Peru) - Al-Anon - Narcotics Anonymous - Illinois Valley Counseling Services (Ottawa) 7th Fire Alcohol & Drug Counseling (Ottawa) - Ottawa Salvation Army Pathway of Hope - Streator, Ottawa, IL Valley Salvation Army - Streator, Ottawa, IL Valley YMCA	OSF Resource Link (SEMC & SPMC) – Resource Link provides services to equip primary care physician practices to identify, diagnose, and treat pediatric mental health issues. SilverCloud Application (SEMC & SPMC) - A free service to anyone who would like to utilize it for stress, anxiety and other behavioral health advantages. Behavior Health Navigators/Care Management (SEMC & SPMC)- Provide oversight and education activities to help educate individuals on their condition and provide coordination of care. Embedded Therapist (SEMC) - A Licensed Clinical Social Worker (LCSW) is embedded as a therapist within the OSF HealthCare primary care setting in Ottawa, Streator, Mendota and Peru.

▪ U of I Extension Office	▪ Tele Behavioral Health (SEMC) connects people with a psychiatrist using videoconferencing technology. ▪ Behavioral Health Inpatient Department (SEMC) -Inpatient care helps to stabilize individuals and prepare them for continued treatment in an outpatient setting. A secure, 22-bed psychiatric unit is staffed 24 hours a day, 7 days a week and is located on the third floor at OSF SEMC. ▪ Behavioral Health Outpatient Department (SEMC)-If therapy or medication needs are required for patient treatment; outpatient Behavioral Health services are in Ottawa and Streator offering access to therapists and psychiatrists.
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Existing Partnerships/ Collaborations

Description	Collaborative Partner
Live Well Streator	
Live Well Streator ▪ Volunteers and community leaders from Streator and surrounding areas created the Live Well Streator initiative in January 2018 with collaboration from OSF HealthCare. Together, they are partnering to create a sustainable movement that will support the improvement of the health, wellness and strength of the community. ▪ The Live Well Streator steering committee is focusing on building awareness about community resources and creating new partnerships that support healthy living. While healthy living could mean a number of things, the steering team worked to determine which areas of focus could enact the greatest amount of positive change for the community. ▪ Mission: Partnering to create a sustainable movement that will support the improvement of the health, wellness and strength of the community. ▪ Vision: To inspire a strong, coordinated and engaged community that empowers residents to live a healthier lifestyle by Creating partnerships for healthy living, building awareness & providing resources, and coordinating healthy choice initiatives.	Streator Township High School, Streator YMCA, Streator Chamber of Commerce & Industry, Central Church of Christ, City of Streator, LaSalle County Health Department, University of Illinois Extension, OSF HealthCare, Society of St. Vincent de Paul, Streator Salvation Army, Streator Fire Department, Streator Police Department, The Perfectly Flawed Foundation, North Central Behavioral Health Systems Tri County Opportunities Council, Youth Service Bureau, Safe Journeys, Alternatives for Older Adults, Streator Overdose Awareness

Healthier LaSalle County - In 2021, OSF HealthCare partnered with the LaSalle County Health Department and LaSalle County Community Leaders to create the Healthier LaSalle County initiative to improve the health and wellness of the county.	OSF HealthCare, LaSalle County Health Department, LaSalle County Regional Office of Education #35, Illinois Valley Community College, North Central Behavioral Health Systems, 708 Board, Ottawa Area Chamber of Commerce, University of Illinois Extension, Tri-County Opportunities Council, Streator Salvation Army, Housing Authority of LaSalle County, Illinois Valley PADS, United Way of Eastern LaSalle County, North Central Area Transit, Alternatives for the Older Adult, Business Employment Skills Team, Community Health Partnerships of Illinois, Safe Journeys, Ottawa YMCA, LaSalle County Veterans Assistance Commission, The Perfectly Flawed Foundation Live Well Mendota
Mental Health in the workplace seminars offer complimentary educational sessions highlighting applicable topics requested by workplaces to address high priority workplace needs presented by subject matter experts from OSF HealthCare. These sessions can be held virtually or in person.	OSF SEMC & OSF SPMC, Mendota Chamber of Commerce, Ottawa Chamber of Commerce, Streator Chamber of Commerce, Illinois Valley Chamber of Commerce, OSF HealthCare Business Development, Employer Relations.

Strategic Goal #2 - Behavioral Health-Mental Health & Substance Use

Strategic Goal: Increase community awareness, reduce stigma, and improve access to resources related to mental health and substance use disorders by 2028.

Outcome Measure: Decrease the number of residents reporting poor mental health by 2%.

Baseline: According to the 2025 CHNA survey, 17% of respondents reported poor mental health, which is a 3% increase from 2022 CHNA.

SEMC/SPMC Joint Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Launch public educational opportunities and awareness campaign events to reduce stigma associated with mental health and substance use disorders		2026 – 2 events 2027 – 4 events 2028 – 6 events	Increase educational opportunities and awareness campaign events by 2 each year Baseline = 0 events each year	LaSalle County Health Department; LaSalle County 708 Board; Healthier LaSalle County and Live Well Streator; Alternatives for Older Adults; EMS Services; OSF Hospice Care; LaSalle County 708 Board; North Central Area Transportation; Mendota Area Senior Services, Streator YMCA; Ottawa; IL Valley YMCA Live Well Mendota North Central Behavioral Health System; Youth Service Bureau Center for Youth & Family Services (f/n/a Catholic Charities) Safe Journeys (ADV/SAS) The Perfectly Flawed Foundation Matri Path to Wellness (Peru)
Organize/host/participate in crisis intervention education and resource events		2026 – 2 events 2027 – 4 events 2028 – 6 events	Increase educational events by 2 each year Baseline = 0 events each year	LaSalle County Health Department; LaSalle County 708 Board; Healthier LaSalle County and Live Well Streator; Alternatives for Older Adults; EMS Services; OSF Hospice Care; LaSalle County 708 Board; North Central Area Transportation; Mendota Area Senior

					Services, Streator YMCA; Ottawa; IL Valley YMCA Live Well Mendota North Central Behavioral Health System: Youth Service Bureau Center for Youth & Family Services (f/n/a Catholic Charities) Safe Journeys (ADV/SAS) The Perfectly Flawed Foundation Matri Path to Wellness (Peru)	
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*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 Saint Elizabeth Medical Center and OSF Saint Paul Medical Center do 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. Access to medical care
3. Healthy Behaviors – Nutrition and Exercise
4. Obesity
5. Vaping
6. Cancer Screening
7. Cancer Lung

Implementation Strategy Approvals –

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the LaSalle County area for OSF Saint Elizabeth Medical Center and OSF Saint Paul 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.