

Community Health Needs Assessment 2019

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



*Collaboration for
sustaining health equity*

LASALLE COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The LaSalle County Community Health-Needs Assessment is a collaborative undertaking by OSF Saint Elizabeth and OSF 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 370 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 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:

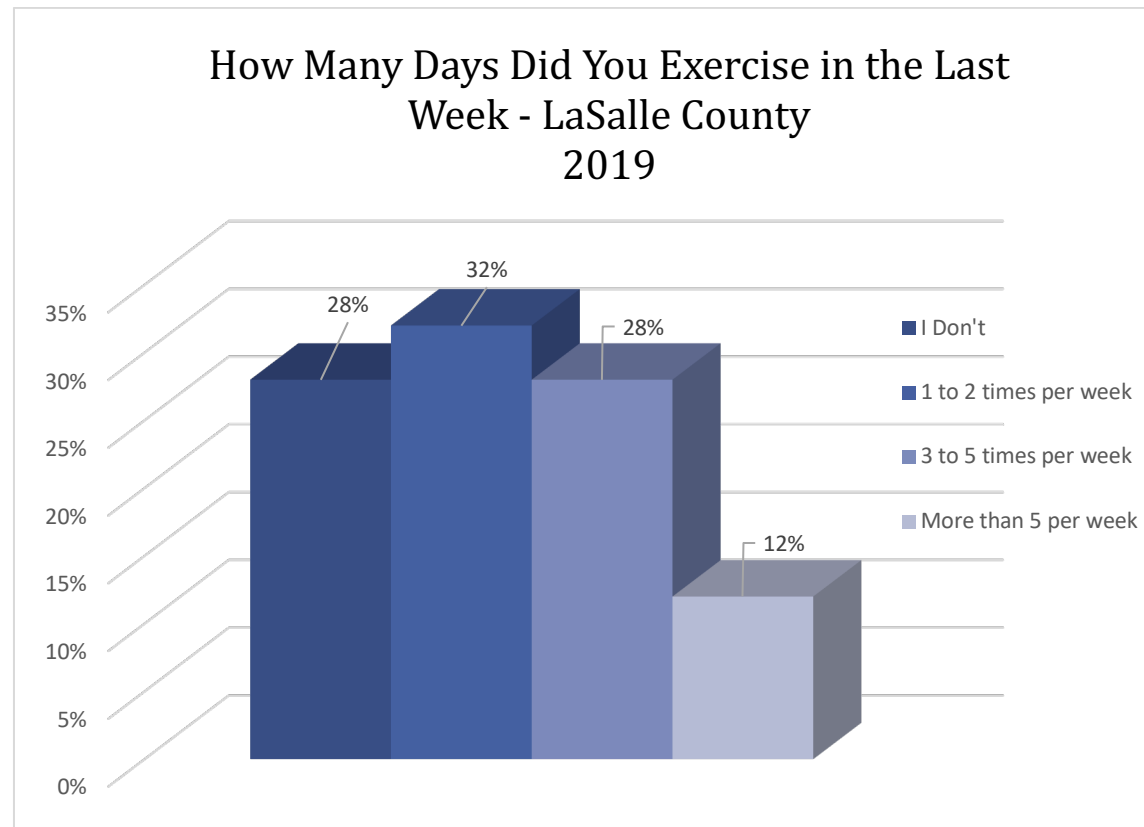
- **Healthy Behaviors** – *defined as active living and healthy eating, and their subsequent impact on obesity*
- **Behavioral Health** – *including mental health and substance abuse*

I. HEALTHY BEHAVIORS –ACTIVE LIVING, HEALTHY EATING AND SUBSEQUENT OBESITY

ACTIVE LIVING

A healthy lifestyle, comprised of regular physical activity, has been shown to increase physical, mental, and emotional well-being. Consequently, regular physical activity critical to preventative care.

Note that 28% of respondents indicated that they do not exercise at all, while the majority (60%) of residents exercise 1-5 times per week. The most common reason for not exercising was not having enough time (37%).

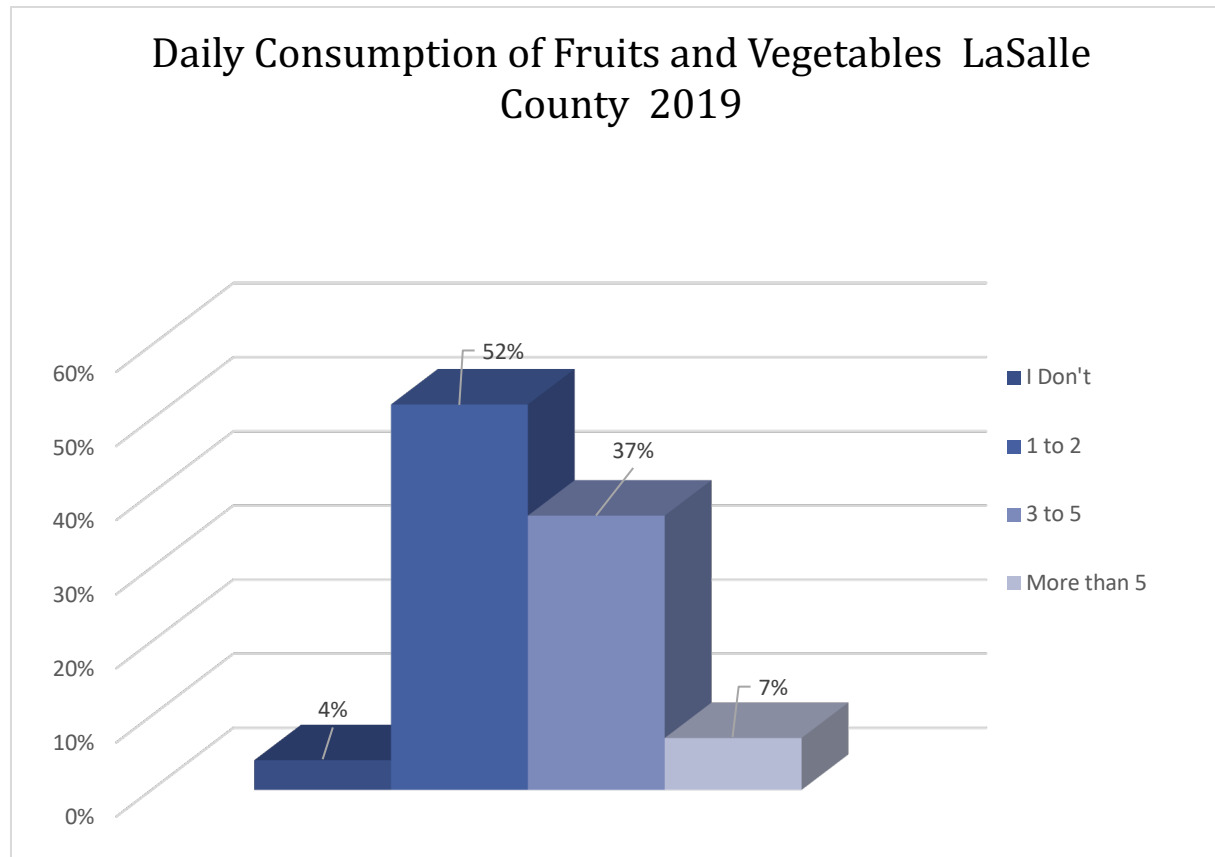


Source: CHNA Survey

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.

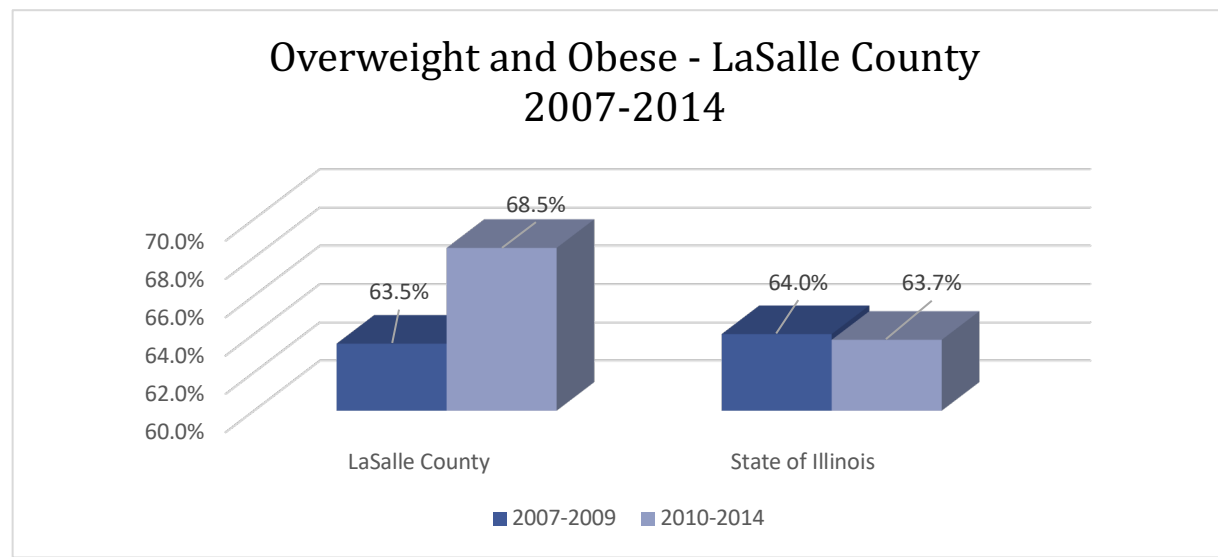
Over half (56%) of residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of residents who consume five or more servings per day is only 7%. The most prevalent reason for failing to eat more fruits and vegetables was the dislike and expense involved according to survey respondents.



Source: CHNA Survey

SUBSEQUENT OBESITY

In LaSalle County, over two-thirds (68.5%) of residents were diagnosed with obesity and being overweight (based on the most recent available data from 2014). In the 2019 CHNA survey, respondents indicated that being overweight was the 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 LaSalle 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. The financial burden of overweight and obese individuals is staggering, as the estimated annual medical costs attributed to obesity in Illinois exceed \$3.4 billion, ranking Illinois 6th in the nation for obesity-attributed medical costs. 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.

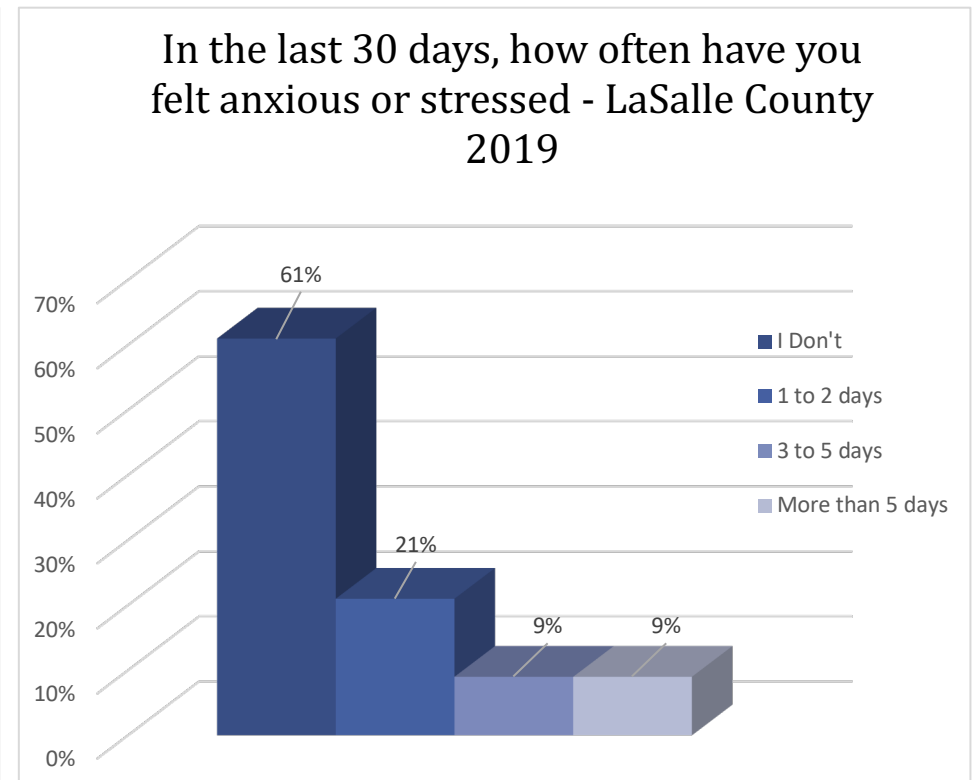
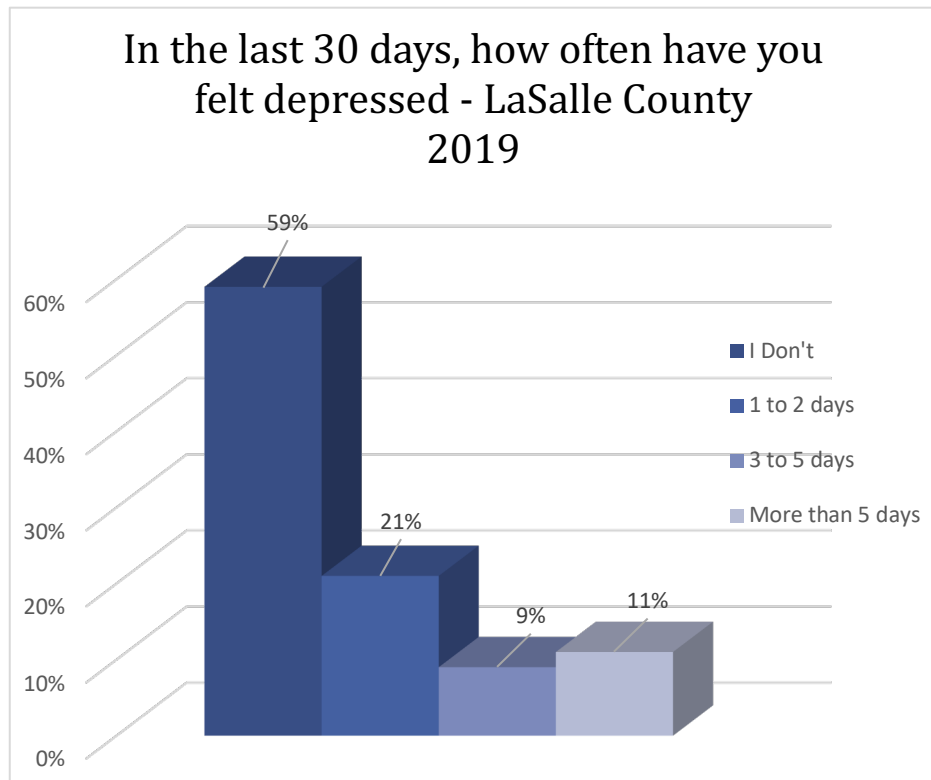


Source: Illinois Behavioral Risk Factor Surveillance System

II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

MENTAL HEALTH

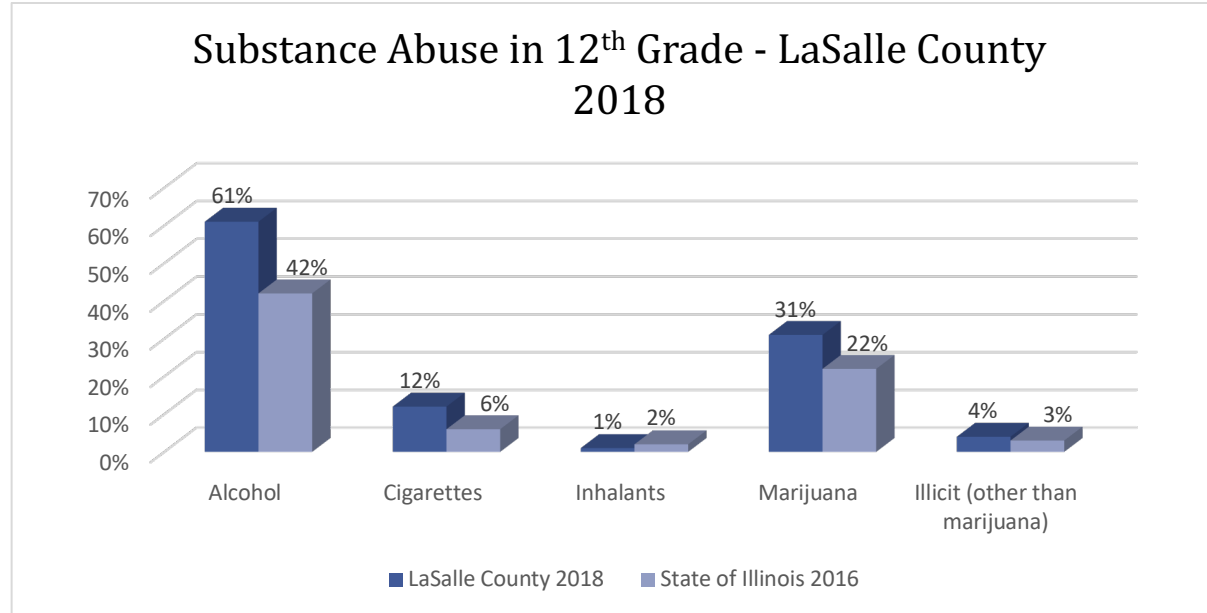
The CHNA survey asked respondents to indicate prevalence of specific mental-health issues, namely depression and stress/anxiety. Of respondents, 41% indicated they felt depressed in the last 30 days and 39% indicated they felt anxious or stressed. Respondents were also asked if they spoke with anyone about their mental health in the last 30 days. Of respondents 33% indicated that they spoke to someone, the most common response was to a doctor/nurse (38%). In regard to self-assessment of overall mental health, 10% of respondents stated they have poor overall mental health. In the 2019 CHNA survey, respondents indicated that mental health was the 3rd most important health issue.



Source: CHNA Survey

SUBSTANCE ABUSE

Survey respondents were asked “On a typical DAY, how often to do you use substances (either legal or illegal) to make yourself feel better?” Of respondents, 15% indicated they use substances to make themselves feel better. Substance abuse values and behaviors of students is a leading indicator of adult substance abuse in later years. Data from the 2018 Illinois Youth Survey measures illegal substance use (alcohol, tobacco, and other drugs – mainly marijuana) among adolescents. LaSalle County is at or above State averages in all categories among 8th graders except for one category: marijuana. Among 12th graders, LaSalle County is at or above State averages in all categories except for inhalants. Moreover, respondents indicated that mental health was the 5th most important health issue in the community.



Source: University of Illinois Center for Prevention Research and Development

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