



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

OSF ST. LUKE MEDICAL CENTER

HENRY COUNTY

Table of Contents

OSF Healthcare Overview	3
Community Health Needs Prioritization	4
Implementation Strategy.....	6
Our response to the Identified Significant Community Health Needs	7
Healthy Behaviors	7
Mental Health	11
Other Health Needs Identified but Not Addressed.....	14
Implementation Strategy Approvals –	15

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 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 Luke Medical Center

Founded in 1919, OSF HealthCare St. Luke Medical Center is a 25-bed critical access hospital in Kewanee, Illinois, serving the rural residents of Henry and Stark counties. It is 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.” OSF St. Luke provides a broad range of acute care and outpatient services, including a variety of specialist, emergency, rehabilitation, and diagnostic imaging services. In 2024, OSF St. Luke earned a four-star rating from the National Rural Rating System.

Community Health Needs Prioritization

The Henry County Community Health Needs Assessment is a collaborative undertaking by OSF Saint Luke Medical Center to highlight the health needs and well-being of Henry County residents. This assessment, with the help of collaborative community partners, has identified numerous health issues impacting individuals and families in the Henry 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 Henry County region were identified. The collaborative team 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;
- potential impact through collaboration

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

- 1. Mental Health**
- 2. Healthy Behaviors – including nutrition and exercise**



MENTAL HEALTH

The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 54% indicated they felt depressed in the last 30 days and 50% 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. Respondents were also asked if they spoke with anyone about their mental health in the last year. Of respondents, 45% indicated that they spoke to someone. The most common response was to family/friends (43%). 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.

HEALTHY BEHAVIORS

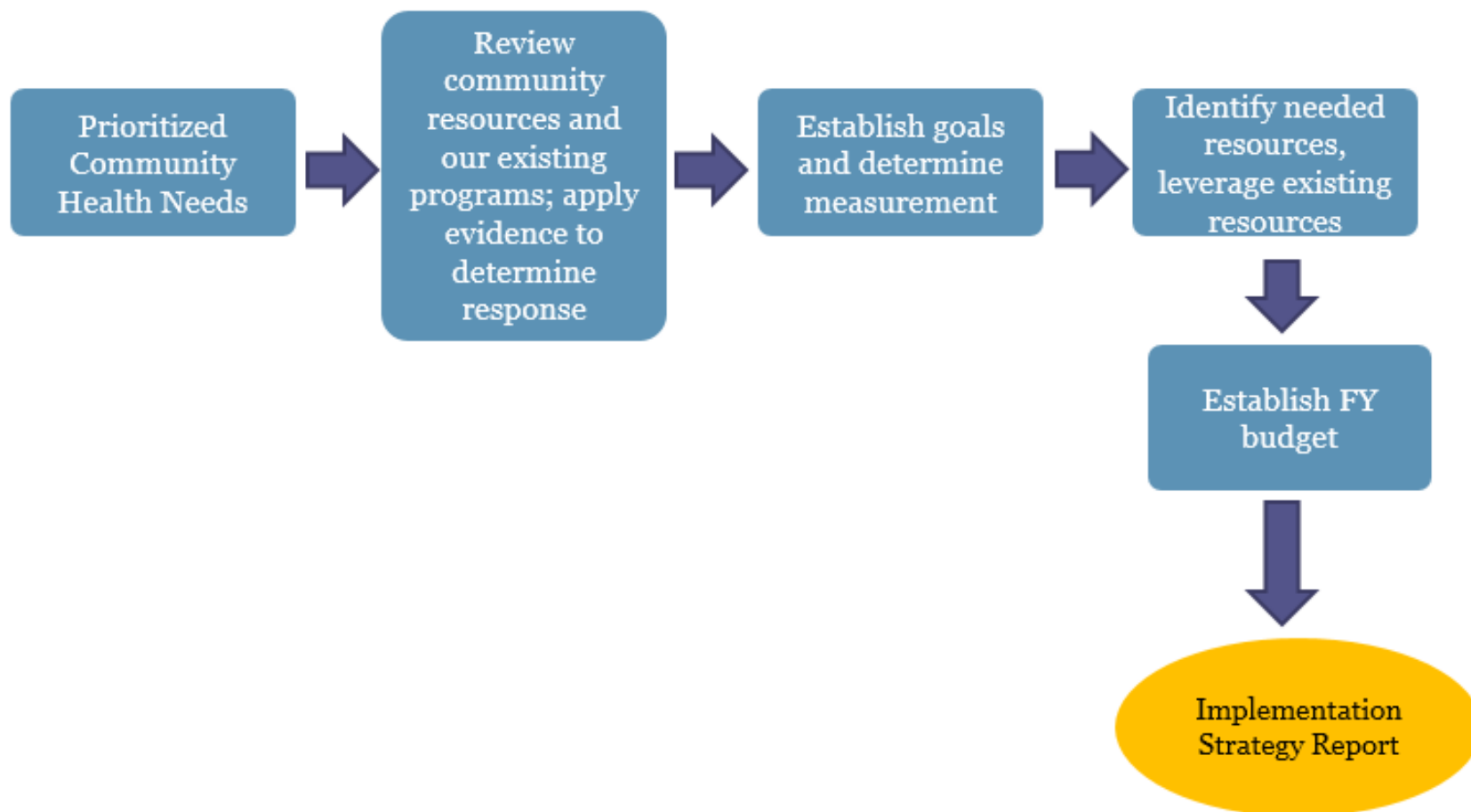
Healthy behaviors, such as a balanced diet consisting of whole foods and physical exercise, are critical for both physical and mental well-being. Healthy behaviors can have substantial influence in reducing the risk of numerous health issues and these behaviors contribute to increased longevity and improved quality of life. Nationwide, lack of physical exercise and poor nutrition contribute to an estimated 300,000 preventable deaths per year.

NUTRITION. Over two-thirds (73%) of residents in Henry 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 3%. The most prevalent reasons for failing to eat more fruits and vegetables were lack of desire, cost, and importance.

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 26% of respondents indicated that they do not exercise at all, while the majority (64%) of residents' exercise 1-5 times per week. The most common reason for not exercising was not enough time (32%).

Implementation Strategy

The implementation strategy that follows was developed by the Henry County collaborative team and specifically addresses the significant health needs identified in the Henry County Community Health Needs Assessment 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:

NUTRITION: Over two-thirds (73%) of residents in Henry 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 3%. The most prevalent reasons for failing to eat more fruits and vegetables were lack of desire, cost, and importance.

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 26% of respondents indicated that they do not exercise at all, while the majority (64%) of residents' exercise 1-5 times per week. The most common reason for not exercising was not enough time (32%).

Existing Community Resources	Existing OSF Programs with Description
▪ OSF St. Luke Medical Center/OSF Medical Group ▪ YMCA of Kewanee ▪ Senior Citizen Center ▪ Housing Authority of Henry County ▪ Henry County Health Department ▪ University of Illinois Extension ▪ Henry County School Districts ▪ Kewanee Park District ▪ Geneseo Park District	▪ Child Immunization Program – Educate and provide free flu vaccinations for all school aged students in Kewanee. ▪ OSF St. Luke Medical Center Garden – Facility Garden maintained by hospital Mission Partners providing fresh vegetables to our patients and visitors. ▪ OSF Recipe Database – A free online recipe resource created and analyzed by dietitians. (https://www.osfhealthcare.org/recipes/) ▪ Walk in Wednesdays – Promotes preventative care by making available walk-in Mammogram appointments. ▪ Outpatient Nutrition Services - Provides dietitian consults and support to patients for Diabetes Management, obesity, food allergies, and other health conditions.

Existing Partnerships / Collaborations					
Description			Collaborative Partner		
Child Immunization Program - Educate and provide free flu vaccinations for all school aged students in Kewanee.			Kewanee and Wethersfield School Districts		
Commit 2 Fit - A community challenge to commit to living a healthy lifestyle and tracks weight loss.			Kewanee YMCA Local media		
Strategic Goal #1 - Promote Healthy Behaviors – Nutrition					
Strategic Goal: Increase awareness of the importance of healthy eating within Henry County.					
Outcome Measure: Decrease the percentage of residents who report no or low consumption of fruits and vegetables per day.					
Baseline: Henry County Residents reported no consumption or low consumption (1-2 servings per day) of fruits and vegetables.					
Actions			Timeline / Milestone	Impact Measurement <i>(Process Indicator)</i>	Potential Collaborations / Partners
Provide healthy movement and nutrition education to youth.			2026 – 3 educational sessions annually 2027 – +3 educational sessions annually 2028 – +3 educational sessions annually	Provide education to students in three different classes each year with a goal of reaching students in nine different classes by the end of year 2028.	School Districts Kewanee YMCA
Provide diabetes education to the community.			2026 – 4 events 2027 – 5 events 2028 – 6 events	Gradually increase community participation in diabetes education through connection at health fairs and other community events.	Henry County Senior Center

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 2027 – Baseline + 2% recipe cards 2028 – 2027 + 2% recipe cards	Provide recipe cards and once a month be on site to connect people with resources and explain recipe options. Baseline: TBD in 2026	Henry-Stark County Health Department Food Pantries
---	--	---	--	---

Strategic Goal #2 - Promote Healthy Behaviors – Exercise

Strategic Goal: Increase awareness of the importance of exercise and overall health and well-being in Henry County.

Outcome Measure: Reduce the number of Henry County residents who report that they do not exercise by 2%.

Baseline: 26% of respondents in the CHNA survey reported that they do not exercise at all.

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Partner with youth organizations that promote healthy eating, movement, and/or exercise.		2026 – Baseline established 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 in 2026	OSF Children’s Hospital of Illinois Kewanee YMCA Henry County School Districts
Participate in health fairs and community events that promote healthy eating and wellness.		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	Henry County Health Department Kewanee YMCA OSF Children’s Hospital of Illinois

Launch Moms on the Move in Henry County to promote physical activity and healthy behaviors.			2026 – TBD 2027 – TBD 2028 - TBD	Partner with YMCA to expand Moms on the Move to Henry County. Baseline: TBD in 2026	Kewanee YMCA ROE #33	
---	--	--	--	--	-----------------------------	--

Mental Health

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

The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 54% indicated they felt depressed in the last 30 days and 50% 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. Respondents were also asked if they spoke with anyone about their mental health in the last year. Of respondents, 45% indicated that they spoke to someone. The most common response was to family/friends (43%). 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.

Existing Community Resources	Existing OSF Programs with Description
▪ OSF Saint Luke Medical Center and OSF Medical Group ▪ Bridgeway Mental Health & Family Services ▪ Henry County Health Department ▪ Henry County Mental Health Alliance	▪ 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 free service that provides bins for the safe disposal of expired, unwanted or unused medications.

Strategic Goal #1

Strategic Goal: Provide educational programs and promote resources available in Henry County to increase mental health awareness.

Outcome Measure: Increase the percentage of Henry County residents by 2% reporting good mental health and feeling less sad, depressed, stressed, or anxious.

Baseline: 16% of respondents stated they have poor overall mental health.

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Implement mental health first aid (MHFA) training in Henry 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 St. Mary Medical Center OSF Holy Family Medical Center Mental Health Alliance Bridgeway
Increase the number of patients utilizing behavioral health navigation services		2026 – Baseline of educational materials distributed	Increase the number of behavioral health navigation educational materials distributed by 3% annually. Baseline: TBD in 2026	Henry County Mental Health Alliance Committee

		2027 – Baseline + 3% educational materials distributed		Henry County Health Department
		2028 – 2027 + 3% educational materials distributed		
Strategic Goal #2				
Strategic Goal: Decrease the number of youths in Henry County who report using substances daily.				
Outcome Measure: Decrease the number of youths in Henry County that are using substances by 1%.				
<i>Baseline:</i> Illinois Youth Survey indicated that Henry County levels are higher or at in all categories except vaping products and illicit drugs.				
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		2026 – Baseline of participants 2027 – Baseline +1% participants 2028 – 2027 +1% participants	Increase the number of residents that seek help with substance abuse by 1% each year. Baseline: To be established in 2026	Bridgeway OSF OnCall Henry-Stark County Health department
Provide education to youth about substance use and vaping		2026 – Baseline 2027 – Baseline +1% education materials distributed 2028 – 2027 + 1% education materials distributed	Increase the number of educational materials and educational programming, specifically for vaping education, hosted each year by 1%. Baseline: To be established in 2026.	CHOI Henry County School Districts

Implement and promote pop-up take back drug days to facilitate the disposal of not needed medications with community partners each year.	2026 – 2 programs	Host 2 daily pop-up drug takeback programs per year	Henry County Health Department
	2027 – 2 programs		
	2028 – 2 programs		

*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. Luke 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. Access to Healthcare
3. Healthy Behaviors – Nutrition and Exercise
4. Obesity
5. Misuse of Prescription Medication
6. Cancer - Lung Obesity

Implementation Strategy Approvals –

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the Henry County area and OSF Saint Luke 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.