

2025

*Community Health Needs Assessment:*

**OSF Saint Claire Medical Center**

BUREAU COUNTY

# Introduction

## Community Health Needs Assessment

*Collaboration for Sustaining Health Equity*

**The Bureau County Community Health-Needs Assessment is a collaborative undertaking by OSF Saint Claire Medical Center to highlight the health needs and well-being of residents in Bureau County**

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Bureau County region. Several themes are prevalent in this health-needs assessment - the demographic composition of the Bureau 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 436 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 drivers (determinants) of health (SDoH) 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 Bureau 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:

- **Behavioral Health** - including mental health and substance use
- **Healthy Behaviors** - including nutrition, exercise and impact on obesity

# Behavioral Health

# Healthy Behaviors

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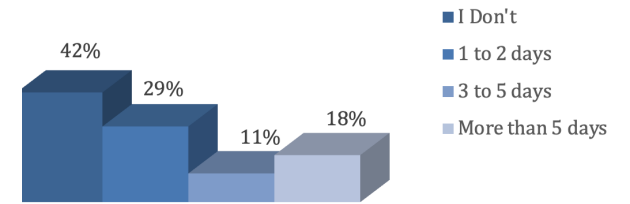
## Behavioral Health

Self-perceptions of mental health can provide important insights to help manage population health. These perceptions not only provide benchmarks regarding health status but also offer insights into how accurately people perceive their own health.

### MENTAL HEALTH

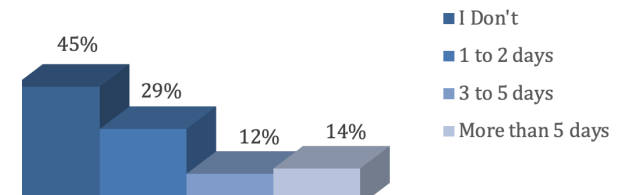
The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 58% indicated they felt depressed in the last 30 days and 55% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher by younger people, those with less income and those living in an unstable housing environment. Stress and anxiety 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 a doctor/nurse (38%). 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.

### FELT DEPRESSED LAST 30 DAYS



Source: CHNA Survey

### FELT ANXIOUS OR STRESSED LAST 30 DAYS



Source: CHNA Survey

# Behavioral Health

# Healthy Behaviors

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### **SUBSTANCE USE**

Of survey respondents, 28% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men. Of survey respondents, 5% indicated they improperly use prescription medications each day to feel better and 8% indicated they use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by men and those living in an unstable living environment. Marijuana use also tends to be rated higher by men and those with those living in an unstable living environment. Finally, of survey respondents, 2% indicated they use illegal drugs on a daily basis.

In the 2025 CHNA survey, respondents rated drug use (illegal) as the most prevalent unhealthy behavior (23%) in Bureau County, followed by alcohol use (18%).

## Behavioral Health

## Healthy Behaviors

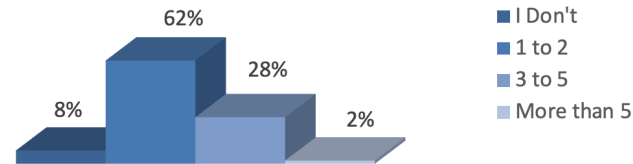
# Healthy Behaviors

Healthy behaviors, such as a balanced whole-food diet and physical exercise, are critical for both physical, mental emotional 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, poor nutrition and lack of physical exercise contribute to an estimated 300,000 preventable deaths per year.

### NUTRITION

Over two-thirds (70%) of residents in Bureau 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 2%. The most prevalent reasons for failing to eat more fruits and vegetables were cost, the lack of desire and lack of importance.

### DAILY CONSUMPTION OF FRUITS AND VEGETABLES



Source: CHNA Survey

# Behavioral Health

# Healthy Behaviors

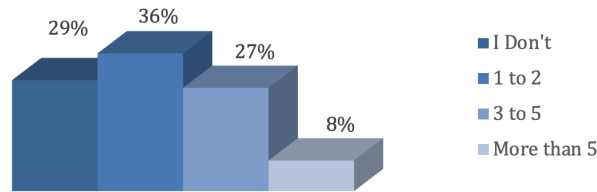
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### EXERCISE

Over one quarter (29%) 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 reason for not exercising was not having enough energy (32%).

### DAYS OF EXERCISE IN LAST WEEK



Source: CHNA Survey

### OBESITY

In Bureau County, the percentage of obese people has increased from 32% in 2021 to 38%. This is higher than the State of Illinois average, where obesity rates have increased from 30% in 2021 to 34%. In the 2025 CHNA survey, respondents indicated that obesity was the fourth 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 Bureau 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. 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.

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**BUREAU COUNTY**

# Collaborative Team

**Community Health  
Needs Assessment**

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## **COLLABORATIVE TEAM**

**John Bowser** | OSF Healthcare System

**Rick Brooks** | Midwest Partners

**Nancy Crowther** | Princeton Family Therapeutic Massage & Wellness

**Susan Glassman** | University of Illinois Extension

**Tess Heidenreich** | Cornerstone Community Wellness Inc.

**Vanessa Hoffeditz** | Tri-County Opportunities Council

**Denise Ihrig** | Bureau County Senior Center

**Levi Lamothe** | Anytime Fitness

**Stefanie Morris** | OSF Healthcare System

**Samantha Rux** | Anytime Fitness

## **FACILITATORS**

**Michelle A. Carrothers** | OSF Healthcare System

**Dawn Tuley** | OSF Healthcare System

**Dr. Laurence G. Weinzimmer (Principal Investigator)** | Bradley University

