

2025

Community Health Needs Assessment:

OSF Saint Luke Medical Center

HENRY COUNTY

Introduction

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 residents in Henry County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Henry County region. Several themes are prevalent in this health-needs assessment - the demographic composition of the Henry 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 391 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 Henry 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:

- Mental Health**
- Healthy Behaviors** - including nutrition and exercise

Mental Health

Healthy Behaviors

Community Health Needs Assessment

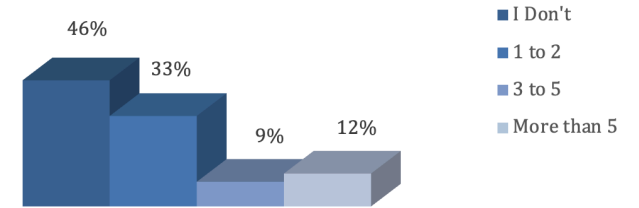
Collaboration for Sustaining Health Equity

Mental 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.

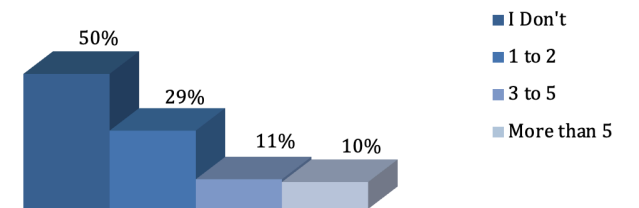
The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 54% indicated they felt depressed in the last 30 days and 50% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher by younger 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.

FELT DEPRESSED LAST 30 DAYS



Source: CHNA Survey

FELT ANXIOUS OR STRESSED LAST 30 DAYS



Source: CHNA Survey

Mental Health

Healthy Behaviors

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Collaboration for Sustaining Health Equity

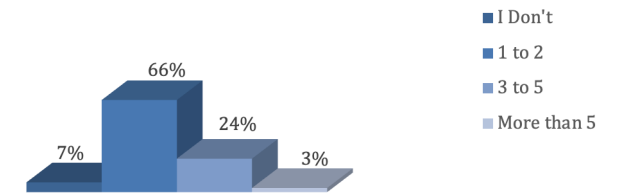
Healthy Behaviors - Nutrition & Exercise

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 (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 lack of importance.

DAILY CONSUMPTION OF FRUITS AND VEGETABLES

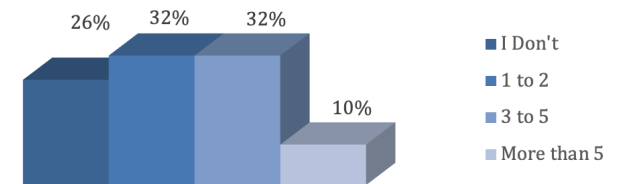


Source: CHNA Survey

EXERCISE

Approximately one-quarter (26%) of residents in Henry County 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%).

DAYS OF EXERCISE IN LAST WEEK



Source: CHNA Survey

Collaborative Team

COLLABORATIVE TEAM

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