

2022

Community Health Needs Assessment

Collaboration for Sustaining Health Equity

OSF Healthcare System dba
OSF Holy Family Medical Center

Warren County



2022 CHNA Summary

Warren County
Community Health
Needs Assessment
2022

*Collaboration for
Sustaining Health Equity*

The Warren County Community Health-Needs Assessment is a collaborative undertaking by OSF Holy Family Medical Center to highlight the health needs and well-being of residents in the Warren County region.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Warren County region. Several themes are prevalent in this health-needs assessment - the demographic composition of the Warren 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 317 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 Warren 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, facilitated by OSF Healthcare, prioritized two significant health needs:

- **Healthy Behaviors** - defined as active living and healthy eating, and their impact on obesity
- **Access to Care** - including primary source of healthcare, access to medical care, prescription medications, dental care and mental-health counseling.



Healthy Behaviors

Active Living
Healthy Eating
Subsequent Obesity

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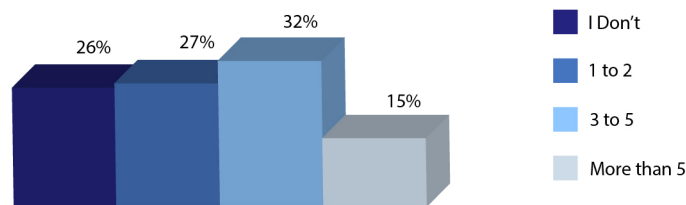
ACTIVE LIVING

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

Note that 26% of respondents indicated that they do not exercise at all, while the majority (59%) of residents exercise 1-5 times per week. The most common reasons for not exercising were too tired, not having enough time and a dislike of exercise.

Days of Exercise in Last Week

Warren County 2022



Source: CHNA Survey

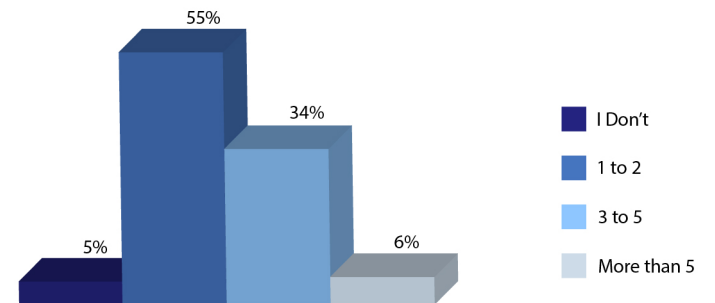
HEALTHY EATING

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.

Nearly two-thirds (60%) 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 6%. The most prevalent reasons for failing to eat more fruits and vegetables were the lack of desire and affordability.

Daily Consumption of Fruits and Vegetables

Warren County 2022



Source: CHNA Survey

Healthy Behaviors

Active Living
Healthy Eating
Subsequent Obesity

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SUBSEQUENT OBESITY

In Warren County, almost three-quarters (72.4%) of residents were diagnosed with obesity and being overweight. In the 2022 CHNA survey, respondents indicated that being overweight 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 Warren County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.”

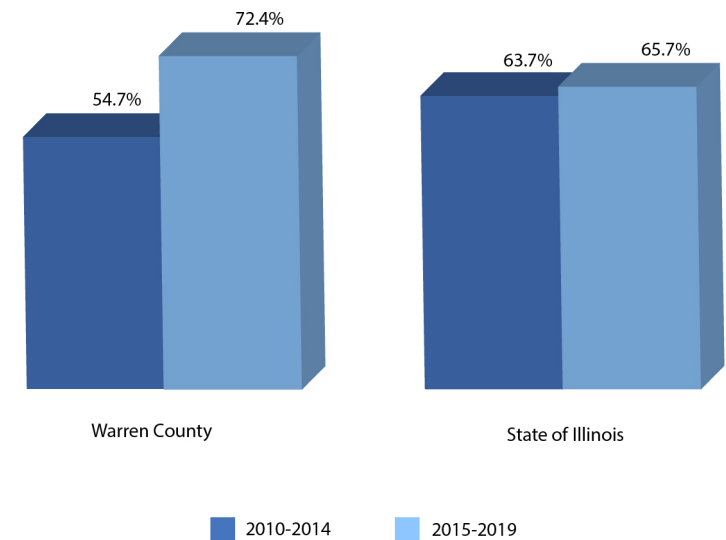
According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. With children, research has linked obesity to numerous chronic diseases including Type II diabetes, hypertension, high blood pressure and asthma. Adverse physical health side effects 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. Nationwide, lack of physical activity and poor nutrition contribute to an estimated 300,000 preventable deaths per year.

Overweight and Obese

Warren County 2010-2019



Source: Illinois Behavioral Risk Factor Surveillance System

Access To Care

Primary Source of Healthcare

Access to Medical Care, Prescription Medications, Dental Care and Mental-Health Counseling

Warren County Community Health Needs Assessment 2022

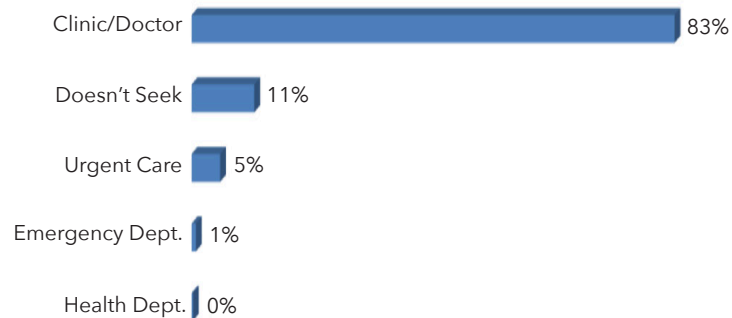
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PRIMARY SOURCE OF HEALTHCARE

The CHNA survey asked respondents to identify their primary source of healthcare. While 83% of respondents identified clinic/doctor's office as the primary source of care and 5% of respondents identified urgent care as the primary source of care, 11% of respondents indicated they do not seek healthcare when needed and 1% indicated the emergency department as the primary source of healthcare. Those choosing not to seek healthcare increased by 6% compared to results from the 2019 CHNA survey. Note that not seeking healthcare when needed is more likely to be selected by younger people and Black people. Selection of an emergency department as the primary source of healthcare did not have any statistically significant correlates.

Choice of Medical Care

Warren County 2022



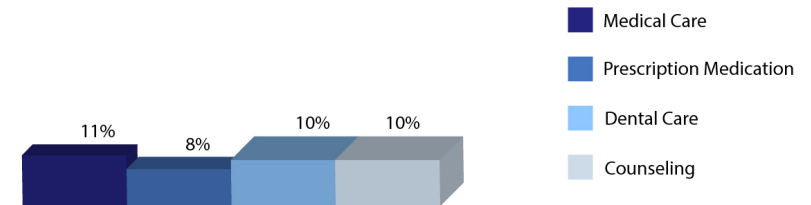
Source: CHNA Survey

ACCESS TO MEDICAL CARE, PRESCRIPTION MEDICATIONS, DENTAL CARE AND MENTAL-HEALTH COUNSELING

Additionally, survey results show that 11% of the population did not have access to medical care when needed; 8% of the population did not have access to prescription medication when needed; 10% of the population did not have access to dental care when needed; and 10% of the population did not have access to counseling when needed. The leading causes of not getting access to care when needed were no insurance, inability to afford a co-pay, the wait was too long, and inability to find a provider.

Did Not Have Access To Care

Warren County 2022



Source: CHNA Survey

Collaborative Team

COLLABORATIVE TEAM

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