

2025

Community Health Needs Assessment:

OSF Little Company of Mary Medical Center

EVERGREEN PARK | COOK COUNTY

Introduction

Community Health Needs Assessment

*Collaboration for
Sustaining Health Equity*

The Evergreen Park Community Health-Needs Assessment is a collaborative undertaking by OSF Little Company of Mary Medical Center to highlight the health needs and well-being of residents in Evergreen Park.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in Evergreen Park. Several themes are prevalent in this health-needs assessment – the demographic composition of Evergreen Park, 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 387 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 Evergreen Park 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**
- **Access to Healthcare**

Healthy Behaviors

Access to Healthcare

Community Health Needs Assessment

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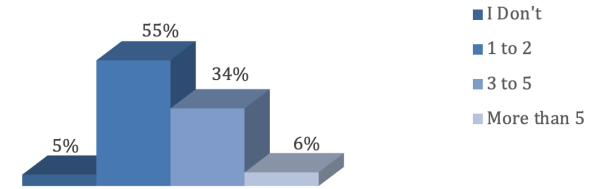
Healthy Behaviors

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

Almost two-thirds (60%) of residents in Evergreen Park 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 lack of importance and dislike.

DAILY CONSUMPTION OF FRUITS AND VEGETABLES

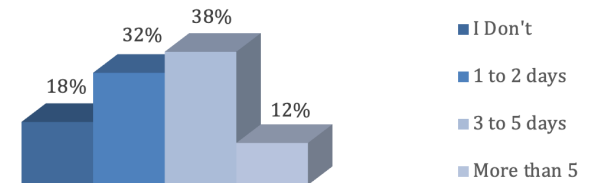


Source: CHNA Survey

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 18% of respondents indicated that they do not exercise at all, while the majority (70%) of residents exercise 1-5 times per week. The most common reasons for not exercising were not having enough energy (34%) and not enough time (24%).

DAYS OF EXERCISE IN LAST WEEK



Source: CHNA Survey

2025

EVERGREEN PARK

Healthy Behaviors

Access to Healthcare

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OBESITY

In Evergreen Park, the percentage of obese people has increased from 29% in 2019 to 31% in 2021. This is slightly lower than the State of Illinois average, where obesity rates have increased from 32% in 2019 to 34% in 2021. In the 2025 CHNA survey, respondents indicated that obesity was the third 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 Evergreen Park. 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.

Healthy Behaviors

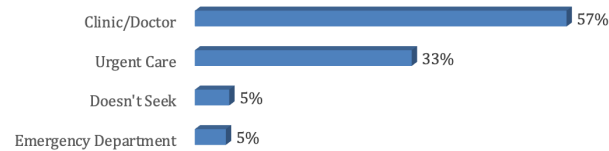
Access to Healthcare

Access to Healthcare

PRIMARY SOURCE OF HEALTHCARE

The CHNA survey asked respondents to identify their primary source of healthcare. While 57% of respondents identified clinic/doctor's office as the primary source of care and 33% of respondents identified urgent care as the primary source of care, 5% of respondents indicated they do not seek healthcare when needed and similarly 5% identified the emergency department as a primary source of healthcare. Note that not seeking healthcare had no significant correlates. Selection of an emergency department as the primary source of healthcare tends to be rated higher by those in an unstable housing environment.

CHOICE OF MEDICAL CARE - GENERAL POPULATION

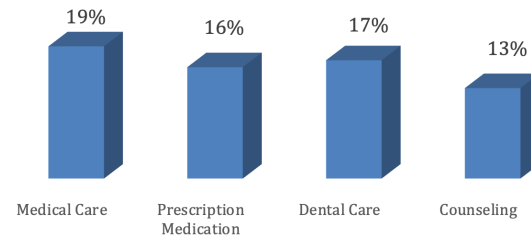


Source: CHNA Survey

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

Survey results show that 19% of the population did not have access to medical care when needed; 16% of the population did not have access to prescription medications when needed; 17% of the population did not have access to dental care when needed; and 13% of the population did not have access to counseling when needed. The leading causes of not getting access to care when needed were cost and too long of a wait.

DID NOT HAVE ACCESS TO CARE



Source: CHNA Survey

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EVERGREEN PARK

Collaborative Team

**Community Health
Needs Assessment**

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COLLABORATIVE TEAM

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