



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

SAINT JAMES HOSPITAL

KNOWN AS OSF SAINT JAMES-JOHN W. ALBRECHT MEDICAL CENTER

LIVINGSTON COUNTY

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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 nearly 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 James-John W. Albrecht Medical Center

OSF HealthCare Saint James – John W. Albrecht Medical Center is a 38-bed acute care facility, fully accredited by The Joint Commission. Founded near the town center in 1907, the current modern facility opened in 2002 on the west edge of Pontiac, near the intersection of Interstate 55 and Illinois Route 116. OSF Saint James serves patients throughout Livingston County and beyond and provides services at primary care clinics in Pontiac and six area towns. Over the past decade, OSF Saint James has received state and national recognition for patient safety, clinical quality, patient experience and financial stewardship. OSF HealthCare is a Catholic, 17-hospital health system serving Illinois and the Upper Peninsula of Michigan, driven by our Mission to serve with the greatest care and love.

Community Health Needs Prioritization

The Livingston County Community Health Needs Assessment is a collaborative undertaking by OSF Saint James – John W. Albrecht Medical Center to highlight the health needs and well-being of Livingston County residents. This assessment, with the help of collaborative community partners, has identified numerous health issues impacting individuals and families in the Livingston 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 the 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 collaborative team identified and prioritized the most important health-related issues in the Livingston County region. They 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; and (3) potential impact through collaboration. Using a modified version of the Hanlon Method, two significant health needs were identified and determined to have equal priority:

1. **Healthy Behaviors** - defined as nutrition and exercise
2. **Behavioral Health** - defined as mental health and substance use



HEALTHY BEHAVIORS

NUTRITION. Nearly two-thirds (65%) of residents in Livingston 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 cost and the lack of desire.

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 25% 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 reasons for not exercising were lack of desire (30%), not having enough energy (25%), and no time (19%).

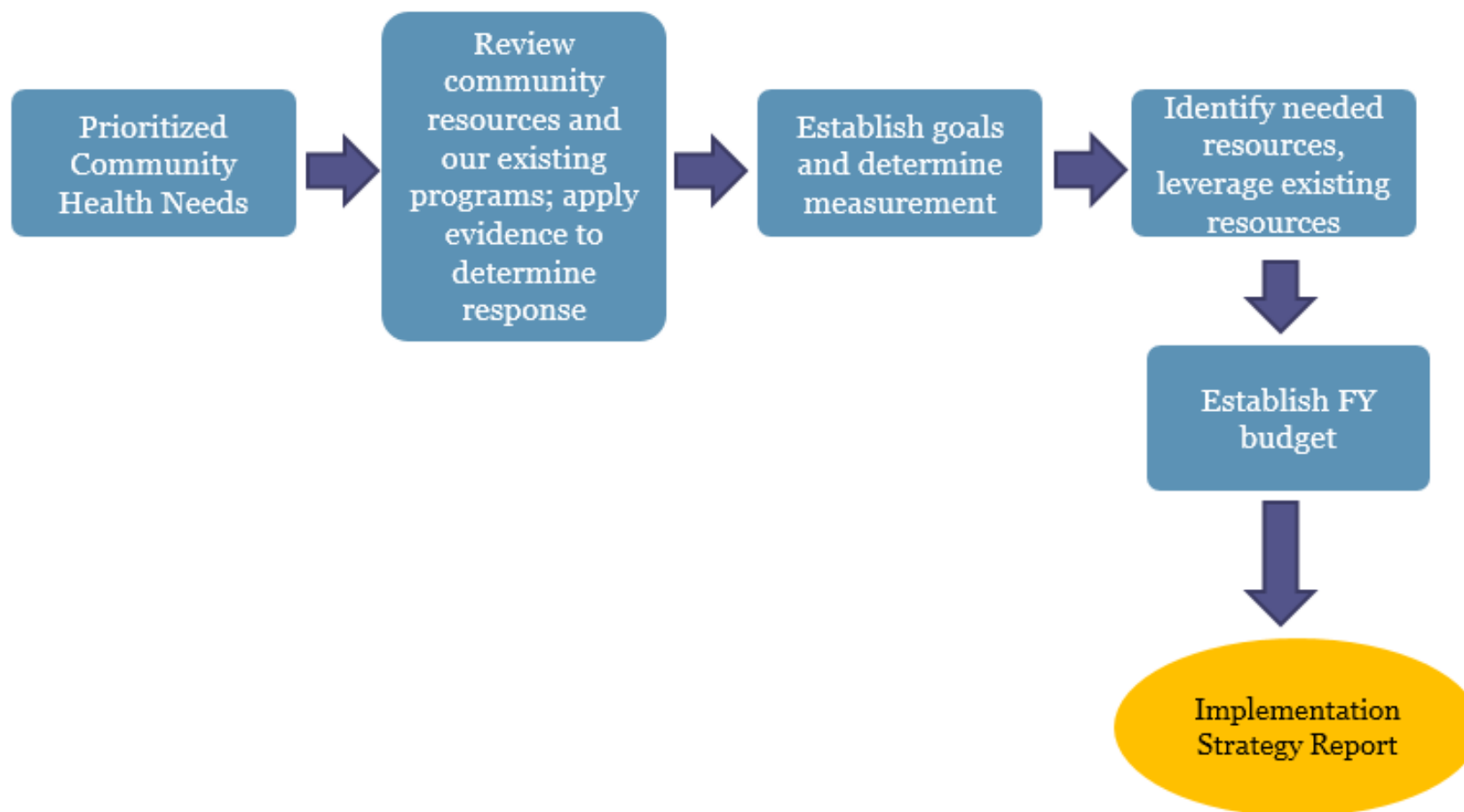
BEHAVIORAL HEALTH

MENTAL HEALTH. The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 44% indicated they felt depressed in the last 30 days and 36% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher for women, younger people, Black people, those with lower income, and those living in an unstable housing environment. Stress and anxiety tend to be rated higher for 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 41% indicated that they spoke to someone, the most common response was to family/friends (41%). In regard to self-assessment of overall mental health, 10% 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.

SUBSTANCE USE. Of survey respondents, 21% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men. Of survey respondents, 4% 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. Marijuana use tends to be rated higher by younger people, Black people, those with lower education, those with lower income, and those in an unstable housing environment. Finally, of survey respondents, 1% 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 (20%) in Livingston County, followed by alcohol use (17%).

Implementation Strategy

The implementation strategy that follows was developed by the Livingston County collaborative team and specifically addresses the significant health needs identified in the Livingston 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 (CHNA):

NUTRITION: 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. Almost two-thirds (65%) 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 3% (Figure 28 in CHNA).

EXERCISE: A healthy lifestyle, comprised of regular physical activity, has been shown to increase physical, mental, and emotional well-being. CHNA survey data allow for a more detailed assessment of exercise. Specifically, 25% of respondents indicated that they do not exercise at all, while the majority (75%) of resident's exercise 1 or more times per week (Figure 26 in CHNA).

Existing Community Resources	Existing OSF Programs with Description
▪ Pontiac and other community recreation centers ▪ Livingston County Public Health Department ▪ Livingston County Boys and Girls Club ▪ University of Illinois Extension Office ▪ Children's Hospital of Illinois (CHOI) ▪ OSF Fit4Life Wellness Program ▪ SmartMeals Program ▪ OSF Saint James Community Garden ▪ Salvation Army- Pontiac ▪ OSF Peace Meals ▪ Futures Unlimited ▪ Heartland Head Start ▪ United Way of Livingston County ▪ CCSI Case Coordination ▪ Life Center for Independent Living (Life CIL)	▪ OSF Fit4Life Program is a community-accessible gym staffed by trained therapists dedicated to helping members achieve their fitness goals. ▪ SmartMeals program educates community members about buying affordable, healthy foods that can be prepared at home. Anyone in the community can pick up one free SmartMeals package per month. Each package includes ingredients for one meal, the recipe, instructions, a shopping list to make it again, and health education materials. ▪ OSF Saint James Community Garden provides fresh produce to three different food pantries around Pontiac, giving those in need access to fresh, healthy food choices. ▪ OSF Peace Meals provides healthy meals five days per week to eligible senior citizens in Livingston County and our congregate locations. These meals promote healthy nutritional choices and aids in preventing food insecurity.

	▪ WE Live: provides fun educational healthy lifestyle programs to women of Livingston County. The program promotes women's health and champions women's services at OSF St. James.
Existing Partnerships / Collaborations	
Description	Collaborative Partner
Diabetes Clinic – Monthly information programs designed especially for those living with diabetes	University of Illinois extension office & Livingston County Public Health Department
Wits Workout- Interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory.	University of Illinois extension office
WE Live Events- Educational events to inform community members	We Live Board

Strategic Goal #1 - Promote Healthy Behaviors – Nutrition

Strategic Goal: Support, promote, and educate the community about the availability and accessibility of fruits and vegetables in Livingston County.

Outcome Measure: By 2028, increase opportunities for healthy eating.

Baseline: Consumption of fruits and vegetables has slightly decreased. In 2025, 65% of residents consume 0 -2 servings of fruits and vegetables per day, compared to 66% in 2022.

Actions		Timeline / Milestone	Impact Measurement (Process Indicator)	Potential Collaborations / Partners
Increase pounds produced in the community garden		2026 – 241.29 lbs. 2027 – 253.35 lbs. 2028 – 266.01 lbs.	Increase the total pounds produced by 5% each year. <i>Baseline: 229.8 pounds per year</i>	United Way of Livingston County
Participate in health fairs and community events that promote healthy eating and wellness		2026- 5 events 2027- 6 events 2028- 7 events	Increase events attended/hosted by 1 event a year <i>Baseline: 4 events per year</i>	University of Illinois Extension, Livingston County Public Health Department
Promote awareness of local food resources for healthy eating and access to healthy foods		2026- 1,519 meals 2027- 1,595 meals 2028- 1,675 meals	Increase number of meals provided to community members served by Smart Meals and Peace Meals by 5% yearly <i>Baseline: 1,447 meals served per year</i>	Peace Meals Smart Meals United Way of Livingston County

Strategic Goal #2 - Promote Healthy Behaviors – Exercise

Strategic Goal: Increase awareness in the importance of exercise for overall health and well-being within Livingston County

Outcome Measure: Reduce the number of Livingston County residents who report that they do not exercise by 3%

Baseline: Frequency of exercise has increased. In 2025, 75% of residents exercised at least one time per week, compared to 72% in 2022

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Provide educational active lifestyle programs to community members through collaboration with community partners		2026- 11 progs. 2027- 12 progs. 2028- 13 progs.	Increase number of programs attended/hosted by OSF <i>Baseline: 10 programs per year</i>	University of Illinois Extension, Livingston County Public Health Department
Distribute and promote education on active living through social media		2026- 8 materials distributed 2027-9 materials distributed 2028-10 materials distributed	Increase the number of educational materials distributed by 10% annually. <i>Baseline: 7 educational materials distributed per year</i>	
Participate in health fairs and community events that promote healthy eating and wellness		2026- 5 events 2027- 6 events 2028- 7 events	Increase events attended/hosted by 1 event a year <i>Baseline: 4 events per year</i>	University of Illinois Extension, Livingston County Public Health Department

Behavioral Health

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

MENTAL HEALTH: The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 44% indicated they felt depressed in the last 30 days and 36% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher for women, younger people, Black people, those with lower income, and those living in an unstable housing environment. Stress and anxiety tend to be rated higher for those with less income and those living in an unstable housing environment.

SUBSTANCE USE: The CHNA survey asked respondents to indicate usage of several substances. Of respondents, 79% indicated they did not consume alcohol on a typical day (Figure 42 in CHNA), 96% indicated they do not improperly take prescription medication, including opioids, on a typical day (Figure 43 in CHNA), 92% indicated they do not use marijuana on a typical day (Figure 44 in CHNA) and 99% indicated they do not use illegal substances on a typical day (Figure 45 in CHNA).

Existing Community Resources	Existing OSF Programs with Description
- Pontiac and other community recreation centers - Livingston County Public Health Department - University of Illinois Extension Office - OSF Fit4Life Wellness Program - Salvation Army- Pontiac - Futures Unlimited - United Way of Livingston County - CCSI Case Coordination - Life Center for Independent Living (Life CIL) - IHR Counseling Services - Recovery Oriented Systems of Care (ROSC)	Silvercloud – is a secure and anonymous platform to help patients and community members manage the feelings and causes of depression, anxiety or stress. Drug Disposal Program- located on the hospital campus of SJJWAMC for community members to help reduce the misuse of prescription medications. Behavioral Health Navigation- experienced professionals who work to connect patients with the service or provider they need.
Existing Joint Implementation Plans / Collaborations	
Description	Collaborative Partner
Crisis Intervention & Outpatient Counseling- The Institute for Human Resources (IHR) team evaluates and treats individuals who present to the Emergency Room in crisis. IHR works closely with	Institute for Human Resources (IHR)

partner organizations to ensure continuity of care by coordinating outpatient counseling and support services following the initial intervention.	
Recovery Oriented Systems of Care (ROSC) - Provides counseling, outpatient support groups, and monthly meetings provide data and updates for the community.	Recovery Oriented Systems of Care (ROSC)

Strategic Goal #1 - Behavioral Health- Mental Health

Strategic Goal: Support educational program and media campaigns aimed at reducing behavioral health stigma, increase mental health awareness and/or improve mental health status.

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

Baseline: In 2025, 44% of respondents indicated they felt depressed in the last 30 days, compared to 46% in 2022. In 2025, 36% of respondents indicated they felt anxious or stressed in the last 30 days, compared to 42% in 2022.

Actions		Timeline / Milestone	Impact Measurement (Process Indicator)	
Distribute and promote education on mental health resources, tools, and community partners on social media		2026- 6 posts 2027- 7 posts 2028- 8 posts	Increase the number of educational materials distributed by 10% annually <i>Baseline: 5 social media posts per year</i>	
Increase the number of patients utilizing behavioral health navigation services		2026- 214 referrals 2027- 220 referrals 2028- 227 referrals	Increase the number of referrals to behavioral health navigation services by 3% annually <i>Baseline: 208 referrals</i>	

Strategic Goal #2 - Behavioral Health-Substance Use

Strategic Goal: Decrease the percentage of residents in Livingston County who responded using substances daily to make themselves feel better.

Outcome Measure: Decrease the percentage of residents that indicate daily use of substances by 1%.

Baseline: The CHNA survey asked respondents to indicate usage of several substances. Of respondents, 79% indicated they did not consume alcohol on a typical day (Figure 42 in CHNA), 96% indicated they do not improperly take prescription medication, including opioids, on a typical day (Figure 43 in CHNA), 92% indicated they do not use marijuana on a typical day (Figure 44 in CHNA) and 99% indicated they do not use illegal substances on a typical day (Figure 45 in CHNA).

Tactics		Timeline / Milestone	Impact Measurement (Process Indicator)	Potential Collaborations / Partners
Partner with local social service agencies to promote, educate, and reduce stigma of substance abuse within Livingston County		2026-5 events 2027-6 events 2028-7 events	Increase number of events and meetings attended and/or hosted by OSF by 10% annually. <i>Baseline: 4 events/meetings per year</i>	Recovery Oriented Systems of Care (ROSC) Institute for Human Resources (IHR)
Develop tools, screenings, and educational materials to serve the members of the community with resources pertinent to substance abuse		2026-Baseline 2027-Baseline + 10% 2028- 2027 + 10%	Develop tools, screenings, and educational materials and increase the number of community members by 10% annually <i>Develop baseline in 2026</i>	Recovery Oriented Systems of Care (ROSC) Institute for Human Resources (IHR)

*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 Saint James Hospital 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 Health
3. Obesity
4. Diabetes
5. Opioid use
6. Cancer Screening and Rates

Implementation Strategy Approvals

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the Livingston County area and OSF Saint James-John W. Albrecht 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.