

2022

Community Health Needs Assessment

Collaboration for Sustaining Health Equity

Saint Francis Hospital (known as OSF St. Francis Hospital and Medical Group)

Delta County



2022 CHNA Summary

Delta County
Community Health
Needs Assessment
2022

*Collaboration for
Sustaining Health Equity*

The Delta County Community Health-Needs Assessment is a collaborative undertaking by OSF St. Francis Hospital and Medical Group to highlight the health needs and well-being of residents in Delta County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Delta County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the Delta 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 501 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 (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 Delta 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:

- **Healthy Behaviors** - defined as exercise, obesity, and food insecurity
- **Behavioral Health** - including mental health, substance abuse, and access to mental-health counseling



Healthy Behaviors

Exercise
Obesity
Food Insecurity

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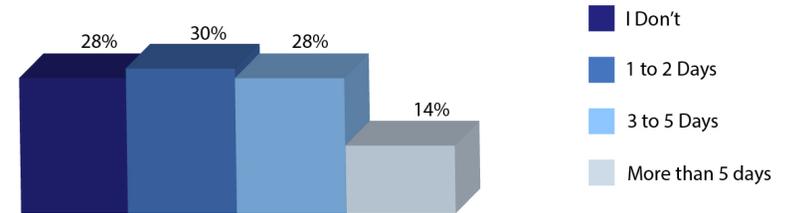
EXERCISE

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 28% of respondents indicated that they do not exercise at all, while the majority (58%) of residents exercise 1-5 times per week. The most common reasons for not exercising are not having enough energy (29%) or time (20%) and a dislike of exercise (18%). Frequency of exercise tends to be more likely for men. There has been a decrease in those that exercise compared to data from the 2019 CHNA. In 2019, 64% of residents indicated they exercise 1-5 times per week.

Days of Exercise in Last Week

Delta County 2022



Source: CHNA Survey

Healthy Behaviors

Exercise
Obesity
Food Insecurity

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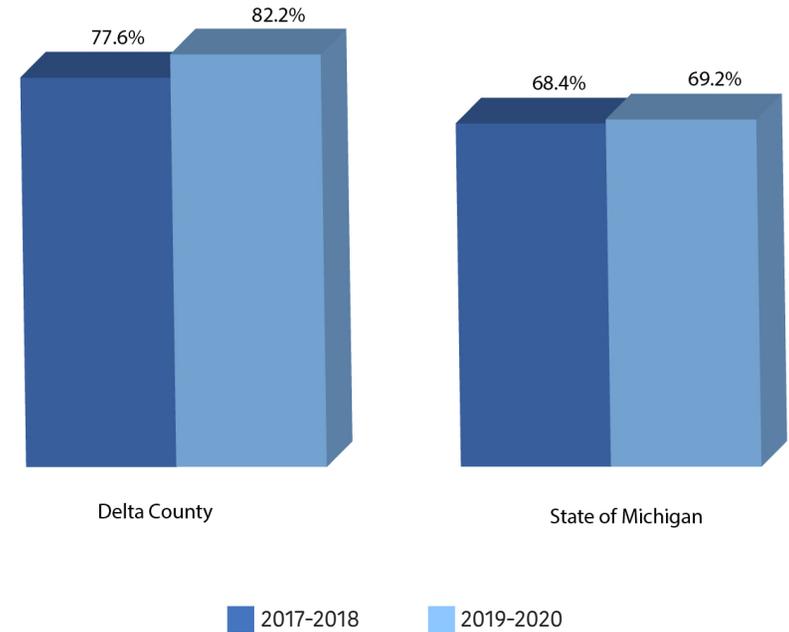
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OBESITY

In Delta County, 82.2% of residents were diagnosed with obesity and being overweight. This is an increase of nearly 5% from the previous assessment. Moreover, Delta County is significantly higher than the State of Michigan average of 69.2%. In the 2022 CHNA survey, respondents indicated that being overweight was the second 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 Michigan and within Delta County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.” 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 Michigan 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.

Overweight and Obese

Delta County 2017-2020



Source: Michigan Behavioral Risk Factor Surveillance System

Healthy Behaviors

Exercise
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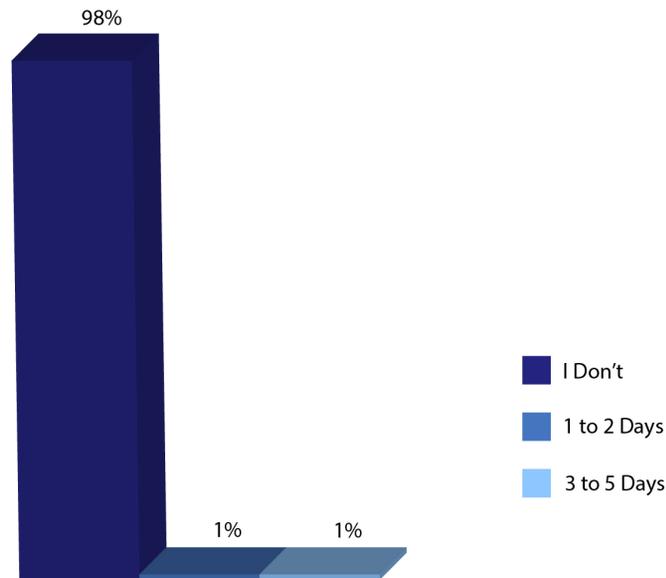
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FOOD INSECURITY

It is essential that everyone has access to food and drink necessary for living healthy lives. Food insecurity exists when people don't have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs for a healthy life. Respondents from the CHNA survey indicated that 2% of the population goes hungry at least once a week. Prevalence of hunger tends to be more likely for those with less education and less income.

Times Per Week People Go Hungry

Delta County 2022



Source: CHNA Survey

Another indicator of food insecurity is food landscape. Food landscape is a measure of the conditions that affect the ability of residents to access healthy, affordable nutrition. Key risk influencers include accessibility, affordability and literacy. For Delta County, 37% of the population is at elevated risk for food landscape. This is higher than the State of Michigan average of 27% (SocialScape® powered by SociallyDetermined®, 2022).

Behavioral Health

Mental Health and Substance Abuse

Delta County Community Health Needs Assessment 2022

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MENTAL HEALTH

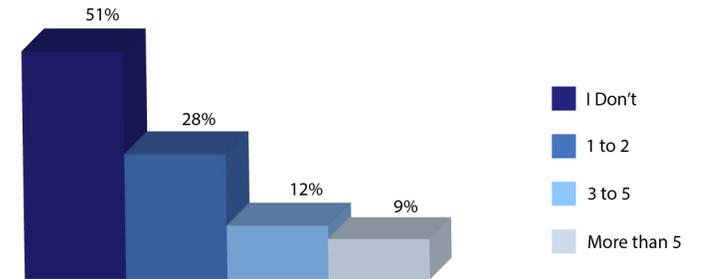
The CHNA survey asked respondents to indicate prevalence of mental-health issues, namely depression and stress/anxiety. Of respondents, 49% indicated they felt depressed in the last 30 days and 43% indicated they felt anxious or stressed.

Depression tends to be rated higher by younger people and for those with less income. Stress and anxiety tend to be rated higher for younger people and those with less income.

Respondents were also asked if they spoke with anyone about their mental health in the past year. Of respondents 31% indicated that they spoke to someone, the most common response was to a doctor/nurse (51%). In regard to self-assessment of overall mental health, 13% of respondents stated they have poor overall mental health. In the 2022 CHNA survey, respondents indicated that mental health was the most important health issue.

Felt Depressed Last 30 Days

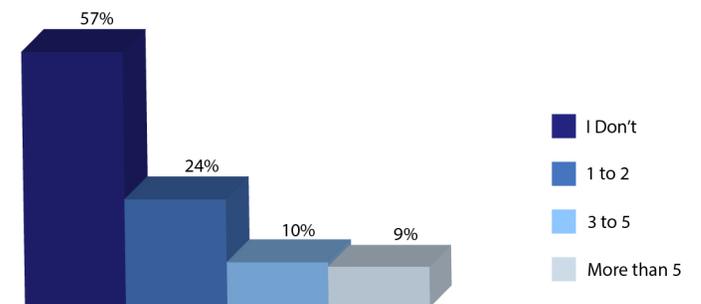
Delta County 2022



Source: CHNA Survey

Felt Anxious or Stressed Last 30 Days

Delta County 2022



Source: CHNA Survey

Behavioral Health

Mental Health and Substance Abuse

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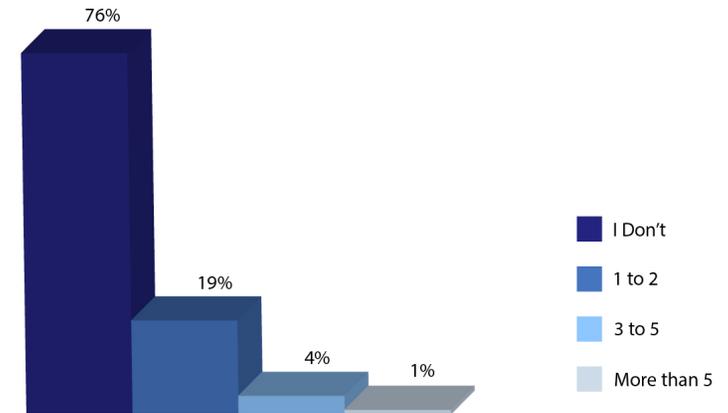
SUBSTANCE ABUSE

Of survey respondents, 24% indicated they consume at least one alcoholic drink each day. Alcohol consumption has no statistically significant correlations with social determinants of health. According to the 2019 County Health Rankings measures, 19% of Delta County residents engaged in excessive drinking in the past 30 days. Of survey respondents, 10% indicated they improperly use prescription medications each day to feel better and 7% indicated the use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by men, older people, those with a lower education and those with less income. Marijuana use tends to be rated higher by younger people. Finally, of survey respondents, less than 1% indicated they use illegal drugs on a daily basis.

In the 2022 CHNA survey, respondents rated drug abuse (illegal) as the most prevalent unhealthy behavior (28%) in Delta County, followed by alcohol abuse (22%).

Daily Alcohol Consumption

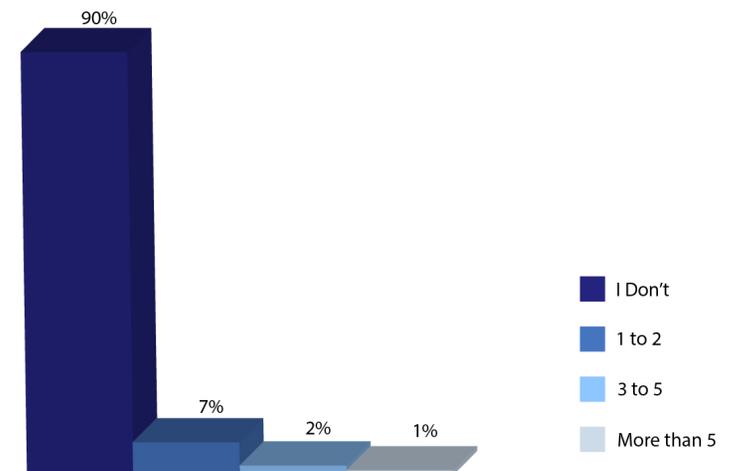
Delta County 2022



Source: CHNA Survey

Daily Improper Use of Prescription Medication

Delta County 2022



Source: CHNA Survey

Behavioral Health

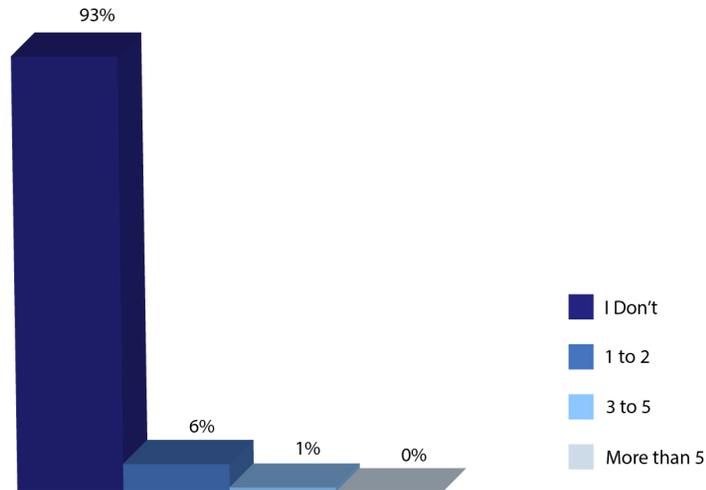
Mental Health and Substance Abuse

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Daily Marijuana Use

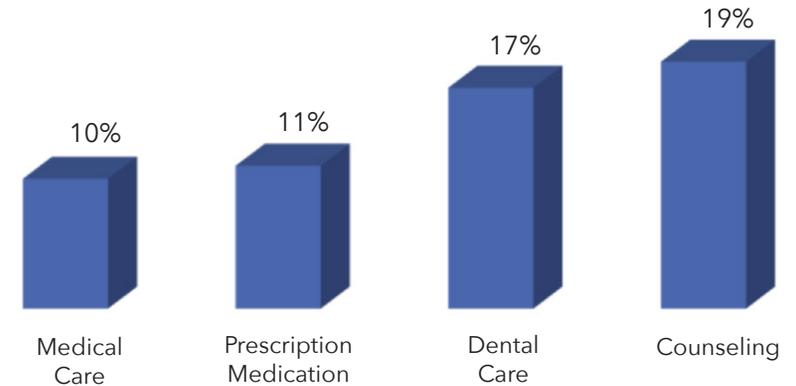
Delta County 2022



Source: CHNA Survey

Did Not Have Access to Care

Delta County 2022



Source: CHNA Survey

ACCESS TO MENTAL-HEALTH COUNSELING

In the CHNA survey, respondents were asked, "Was there a time when you needed counseling but were not able to get it?" Of survey respondents, 19% indicated they were not able to get mental-health counseling when needed. The two most prevalent reasons for not having access to counseling were the inability to find a counselor and the wait for an appointment was too long.

Collaborative Team

COLLABORATIVE TEAM

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