

2022

Community Health Needs Assessment

Collaboration for Sustaining Health Equity

Saint James Hospital (known as OSF Saint James - John W. Albrecht Medical Center)

Livingston County



2022 CHNA Summary

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 residents in Livingston County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Livingston County region. Several themes are prevalent in this health-needs assessment - the demographic composition of the Livingston 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 publically available sources as well as private sources of data. Additionally, survey data from 534 respondents in the community were assessed with a special focus on the at-risk or economically disadvantaged population. Areas of investigation included percep-

tions 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, prioritization of the most significant health-related issues in the Livingston County region were identified. Health needs were 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 subsequent impact on obesity
- **Healthy Aging**



Healthy Behaviors

Active Living
Healthy Eating
Subsequent Obesity

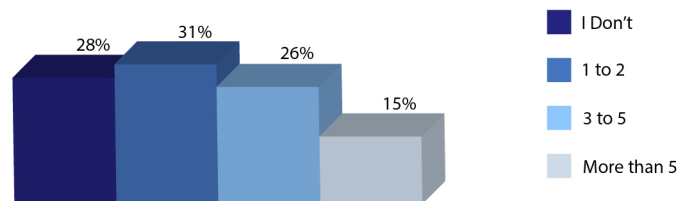
ACTIVE LIVING

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 28% of respondents indicated that they do not exercise at all, while the majority (57%) of residents exercise 1-5 times per week. The most common reasons for not exercising are not having enough energy, dislike of exercise, or no time.

Days of Exercise in Last Week

Livingston County 2022



Source: CHNA Survey

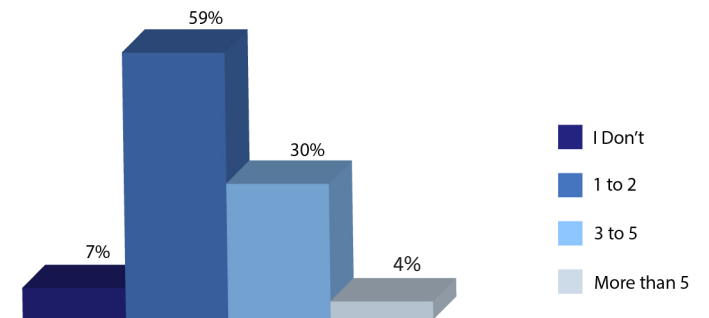
HEALTHY EATING

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.

Almost two-thirds (66%) 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 4%. The most prevalent reason for failing to eat more fruits and vegetables was a perceived lack of importance.

Daily Consumption of Fruits and Vegetables

Livingston County 2022



Source: CHNA Survey

Healthy Behaviors

Active Living
Healthy Eating
Subsequent Obesity

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SUBSEQUENT OBESITY

In Livingston County, almost three-quarters (71%) of residents were diagnosed with obesity and being overweight. 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 Illinois, and within Livingston County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.”

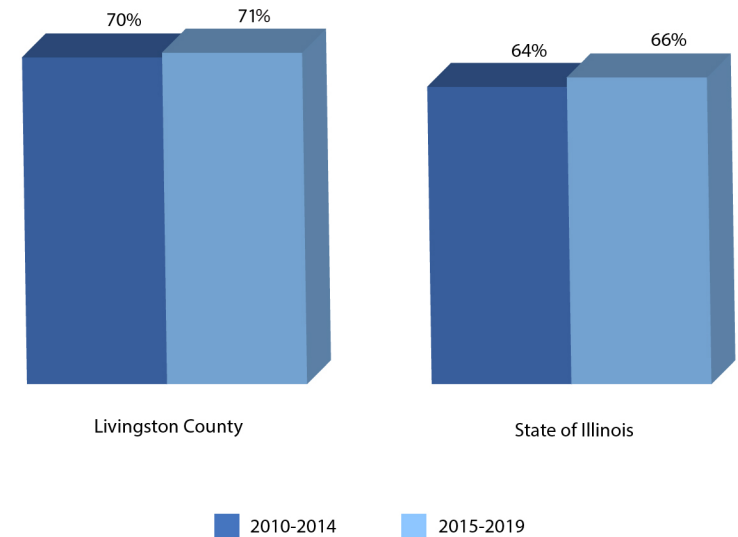
According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. With children, research has linked obesity to numerous chronic diseases including Type II diabetes, hypertension, high blood pressure and asthma. Adverse physical health side effects 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

Livingston County 2010-2019



Source: Illinois Behavioral Risk Factor Surveillance System

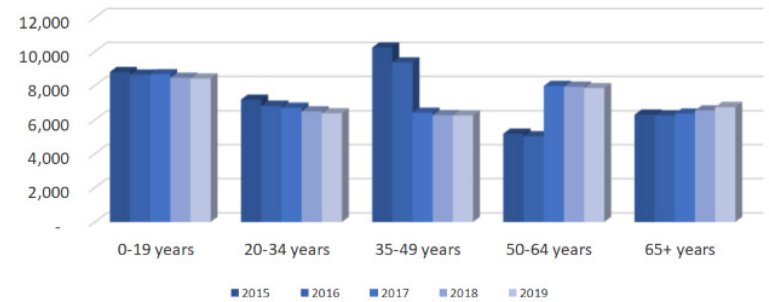
Healthy Aging

HEALTHY AGING

In the CHNA survey, respondents rated aging issues (6%) as the eighth most important health issue. The percentage of individuals aged 50 to 64 increased by 51.5% and the percentage of individuals 65 and older increased by 7.0% between 2015 and 2019. In Livingston County, 6% of survey respondents indicated being diagnosed with memory problems. Alzheimer's disease was the 8th leading cause of death in Livingston County in 2020. Illinois is projected to see an 18.2% increase in Alzheimer's disease incidence between 2018 and 2025. Alzheimer's and dementia care in the U.S. will cost an estimated \$277 billion. According to a 2015 study, the average cost of dementia care (over a five-year period) was \$287,038, compared to \$175,136 (heart disease) and \$173,383 (cancer).

Age Distribution

Livingston County 2015-2019



Source: U.S. Census

Collaborative Team

COLLABORATIVE TEAM

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