



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

OSF SAINT CLARE MEDICAL CENTER

BUREAU COUNTY

Table of Contents

OSF Healthcare Overview	3
Community Health Needs Prioritization	4
Implementation Strategy.....	6
Our response to the Identified Significant Community Health Needs	7
Healthy Behaviors	7
Behavioral Health	12
Other Health Needs Identified but Not Addressed.....	17
Implementation Strategy Approvals –.....	17

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 Clare Medical Center

OSF HealthCare Saint Clare Medical Center is a 25-bed critical access hospital offering primary care, outpatient services and a variety of specialty services for more than 100 years to the 53,000 residents of Bureau, Marshall and Putnam counties. OSF Saint Clare is part of OSF HealthCare, a 17-hospital health system serving Illinois and the Upper Peninsula of Michigan, driven by a Mission to serve with the greatest care and love.

Community Health Needs Prioritization

The Bureau County Community Health Needs Assessment is a collaborative undertaking by OSF Saint Clare Medical Center to highlight the health needs and well-being of Bureau County residents. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Bureau County region. Several themes are prevalent in this health needs assessment – the demographic composition of the Bureau County region, the predictors for and prevalence of diseases, 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 Bureau 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; (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. Behavioral Health – including mental health and substance abuse**
- 2. Healthy Behaviors – Defined as nutrition and exercise**



BEHAVIORAL HEALTH

MENTAL HEALTH. The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 58% indicated they felt depressed in the last 30 days and 55% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher by younger people, those with less income, and those living in an unstable housing environment. Stress and anxiety tend to be rated higher for younger people, 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 45% indicated that they spoke to someone, the most common response was to a doctor/nurse (38%). In regard to self-assessment of overall mental health, 16% 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, 28% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men. Of survey respondents, 5% 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 and those living in an unstable living environment. Marijuana use tends to be rated higher by men and those living in an unstable living environment. Finally, of survey respondents, 2% indicated they use illegal drugs on a daily basis.

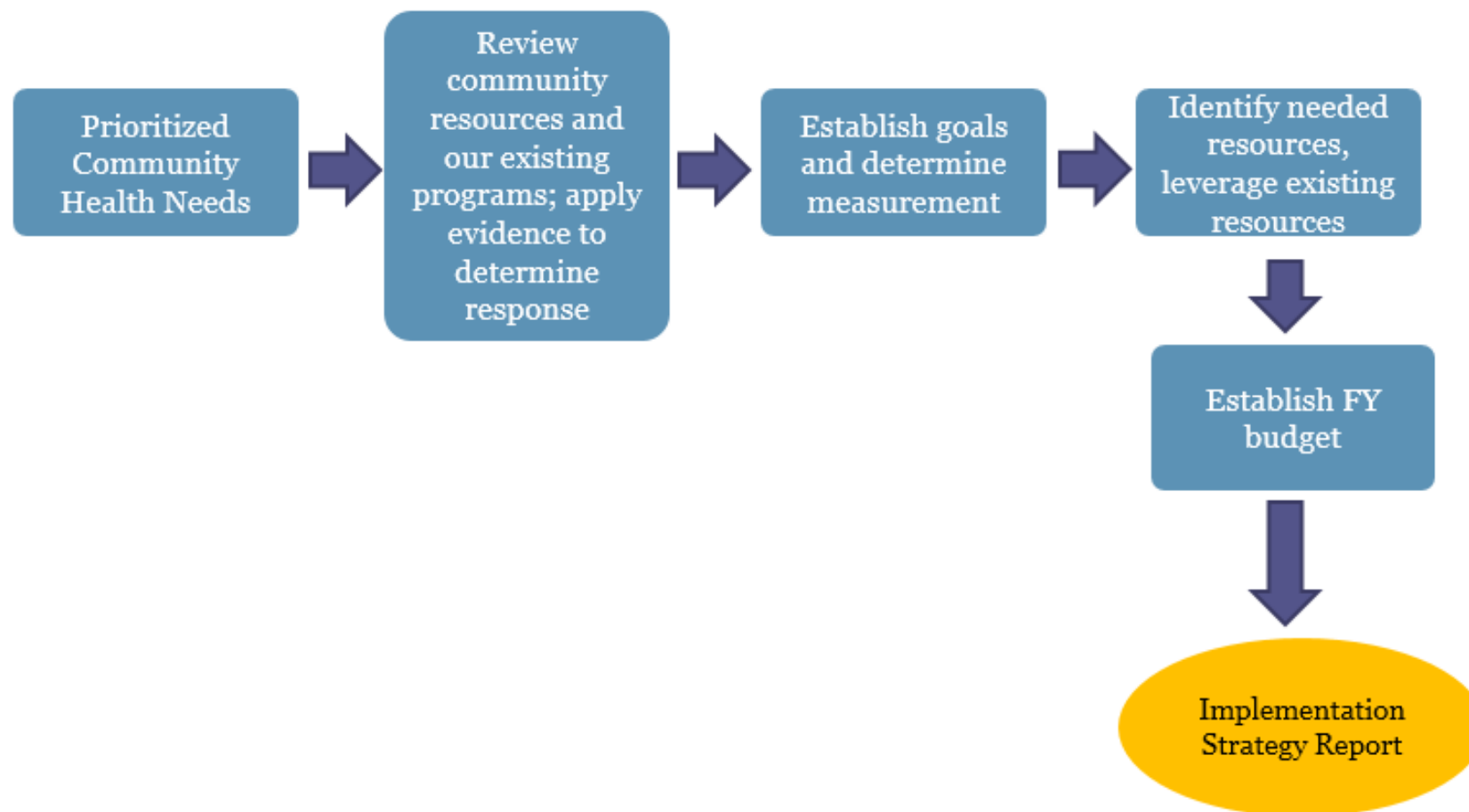
HEALTHY BEHAVIORS

NUTRITION. Over two-thirds (70%) of residents in Bureau 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 2%. The most prevalent reasons for failing to eat more fruits and vegetables were cost, the lack of desire, and lack of importance.

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 29% of respondents indicated that they do not exercise at all, while the majority (63%) of residents exercise 1-5 times per week. The most common reason for not exercising was not having enough energy (32%)

Implementation Strategy

The implementation strategy that follows was developed by the Bureau County collaborative team and specifically addresses the significant health needs identified in the Bureau 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. Over two-thirds (70%) of residents in bureau 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 2%. the most prevalent reasons for failing to eat more fruits and vegetables were cost, the lack of desire, and lack of importance.

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 29% of respondents indicated that they do not exercise at all, while the majority (63%) of residents exercise 1-5 times per week. The most common reason for not exercising was not having enough energy (32%).

Existing Community Resources	Existing OSF Programs with Description
- Bureau County Metro Center - Princeton Park District - Anytime Fitness - Bureau County Health Department/WIC - Bureau County Youth Services Bureau - Bureau County Food Pantry - Bureau County Senior Center - Cornerstone Wellness in Sheffield - Our Table - Perfectly Flawed 2nd Story Teen Center - Spring Valley Project Success - University of Illinois Extension - OSF Saint Clare Medical Center (Princeton) - OSF Prompt Care (Princeton) - OSF Medical Group (Princeton) - OSF Medical Group (Sheffield)	- Outpatient/Inpatient Nutrition Services: Our registered dietitians offer customized nutrition therapy services including Nutritional analysis of your diet. Diabetes nutrition education. Weight management education (overweight or obesity and unintentional weight loss or gain) Other special diets, including Heart-healthy eating (congestive heart failure, high cholesterol, high blood pressure) Digestive health (celiac disease, gluten intolerance, irritable bowel disease) Healthy lifestyle (adult food allergies and intolerance, active sports nutrition) - Diabetic Educator. Whether it help with managing your diabetes or assistance with obtaining diabetic supplies, our certified diabetes educator can provide support unique to your needs to control your diabetes. - Diabetic Support Group – Monthly support group offering education and support to those looking for help with their diabetic diagnosis. - Meals on Wheels- Offering low-cost nutritious meals to those who qualify for the program.

Existing Partnerships / Collaborations		
Description	Collaborative Partner	
Mobile Meals- Providing meals to anyone who is unable to shop for and prepare foods needed to remain in or to regain good health.	Mobile Meals- Debbie Rabe	
Stronger You Bureau County – Community collaboration developed to help meet the needs of the CHNA as well as to promote wellness education and promotion to Bureau CO Residents	Bureau Co Senior Center Tri County Opportunities Perfectly Flawed The Bike Shop Cornerstone Wellness Princeton Family Therapeutic Massage and Wellness Illinois Extension Office Any Time Fitness Bureau Putnam Marshall Health Dept	

Strategic Goal #1 - Promote Healthy Behaviors – Nutrition

Strategic Goal: Increase awareness of the importance of healthy eating in Bureau County.

Outcome Measure: Increase the percentage of residents who report eating fruits and vegetables by 3%

Baseline: Just over two-thirds (70%) of residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. (CHNA 2025)

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Increase nutritional Counseling referrals		2026- 53 visits 2027- 58 visits 2028- 63 visits	Increase number of referrals for nutritional counseling annually by 10% Baseline – 48 visits	OSF Medical Group
Distribute and promote articles and education on healthy eating through traditional and social media “Healthy Living Campaign”		2026 – baselines established 2027 – baseline + 1% increase in all metrics 2028 – 2027 + 1% increase in all metrics	Determine baseline for number of posts, post impressions (total users per quarter) and average post engagement. Increase each metric by 1% each year thereafter. Baseline to be determined in FY 2026	
Increase fruit and vegetable consumption by increasing community residents who accept produce offered by the TCOC Food Pantry.		2026 – establish baseline 2027 – baseline resident participation count + 10% increase 2028 – 2027 resident participation count + 10% increase	Increase the number of community residents utilizing the food pantry who accept fruits and vegetables by 10% each year. Baseline to be determined FY 2026	TCOC Hungry World Farm Dugosh Farms Coneflower Farms Mill Road Farms Hultine rms

Provide Educational Sessions to the Food Pantry on distribution days			2026 – 177 participants 2027 – 186 participants 2028 – 196 participants	Increase participation in the education sessions by 5% each year. Baseline 168 determined in 2024	
---	--	--	--	---	--

Strategic Goal #2 - Promote Healthy Behaviors – Exercise

Strategic Goal: Increase awareness of how an active lifestyle can benefit Bureau County residents' physical and emotional health.

Outcome Measure: Increase the percentage of residents who indicate that they do not exercise by 2%

Baseline: Note that 29% of respondents indicated that they do not exercise at all (CHNA 2025)

Actions		Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Host community based active living challenges		2026- 6 challenges 2027- 7 challenges 2028- 8 challenges	Increase number of active living challenges by 1 each year Baseline: 5 active living challenges	Stronger You Bureau County Collaboration
Sponsor events that encourage active living, i.e., 5K, targeting youth.		2026 – establish baseline 2027 – baseline event count + 1 event 2028 – 2027 event count +1 event	Sponsor events that promote active living and increase number of events by 1 per year. Baseline to be determined in FY26	Community organizations plan and host events that encourage active living in which we can help sponsor

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, 58% indicated they felt depressed in the last 30 days and 55% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher by younger people, those with less income, and those living in an unstable housing environment. Stress and anxiety tend to be rated higher for younger people, 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 45% indicated that they spoke to someone, the most common response was to a doctor/nurse (38%). In regard to self-assessment of overall mental health, 16% 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, 28% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by men. Of survey respondents, 5% 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 and those living in an unstable living environment. Marijuana use tends to be rated higher by men and those living in an unstable living environment. Finally, of survey respondents, 2% 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 (23%) in Bureau County, followed by alcohol use (18%).

Existing Community Resources	Existing OSF Programs with Description
- Alcoholics Anonymous - ARUKAH - Bureau County Youth Services Bureau - Bureau County Senior Center - Cornerstone Wellness in Sheffield - Freedom House - Gateway/Open Doors Services - Perfectly Flawed 2nd Story Teen Center - Spring Valley Project Success - University of Illinois Extension - OSF Saint Clare Medical Center (Princeton)	- Elementary and Jr High Student Coping Workshops – Students are presented with various strategies that they may use when faced with a stressful situation. Students rotate from station to station practicing these skills. - Mental Health 1st Aid Adults. Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. - Mental Health 1st Aid Youth: Mental Health First Aid helps adults assist adolescents experiencing a mental health or substance use-

▪ OSF Prompt Care (Princeton) ▪ OSF Medical Group (Princeton) ▪ OSF Medical Group (Sheffield) ▪ Princeton Police Department	related crisis. In the Youth Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. ▪ Grief and Loss Support Group – Monthly support group providing support and education to individuals of all ages. ▪ Pink Ribbon Club Support Group – Collaborative effort to provide education and support to survivors of cancer. These meetings are held on a monthly basis. ▪ Suboxone Clinic – OSF SCMC Medical Group ▪ Tele-Psych services for adults and youth ▪ Local Resource guide: This is maintained with the purpose of helping someone find professional support throughout the Illinois Valley area. ▪ Applied Suicide Intervention Skills Training- This training is a two-day training course which can provide invaluable intervention training to the attendees so that they may be able to help a person in distress and furthermore help them stay alive as they connect them with professional resources. Senior Behavioral Wellness: Life can have unexpected challenges that can be more difficult to handle in Senior years. Senior Behavioral Wellness (SBW) offers Medicare recipients age 65 and older, group counseling and/or individual counseling in a safe environment with a licensed therapist.
--	--

Existing Partnerships / Collaborations					
Description			Collaborative Partner		
Pink Ribbon Club – Cancer Support Group			Illinois Valley Cancer Center/ IVCH/St. Margaret’s		
Dementia Friendly Princeton – Community collaboration to provide information and support to those diagnosed with a memory condition.			Bureau County Senior Center		
Mental Health Crisis Worker for mental health concerns			Princeton Police Department		
Strategic Goal #1 - Behavioral Health- Mental Health					
Strategic Goal: To increase awareness of coping strategies and improve resiliency in Bureau County.					
Outcome Measure: To increase Bureau County Residents overall mental health by 1%					
Baseline: 16% of respondents stated they have poor overall mental health, 58% of respondents stated they felt depressed in the last 30 days, and 55% indicated they felt anxious or stressed. (CHNA 2025)					
Actions			Timeline / Milestone	Impact Measurement <i>(Process Indicator)</i>	Potential Collaborations / Partners
Increase Behavioral Health Navigation Services			2026 – 117 patients served 2027 – 118 patients served 2028 – 119 patients served	Increase number of patients served by Behavioral Health Navigators by 1 patient annually. Baseline: 116 patients served	OSF Multi-Specialty Group, non-OSF providers & community partners-Referrals
Increase Resource Link Navigation Services participation			2026 – 23 patients served 2027 – 24 patients served 2028 – 25 patients served	Increase number of patients served by Resource Link encounters annually by 1 patient. Baseline: 22 patients served	OSF Multi-Specialty Group, non-OSF providers & community partners-Referrals
Host a community wellness fair			2026 – establish baseline 2027 – baseline participation +10 participants	Increase number of community wellness fair participants by 10 per year Baseline to be determined in FY 2026	Stronger You Collaboration

			2028 – 2027 participation +10 participants		
Organize/host/participate in crisis intervention education and resource events			2026 – 2 events 2027 – 4 events 2028 – 6 events	Increase mental health education events by 2 annually.	ICAHN North Central Behavioral Systems
Strategic Goal #2 - Behavioral Health-Substance Use					
Strategic Goal: To decrease improper use of Prescription and Non-Prescription substances in Bureau County. Outcome Measure: To decrease the use of improper substance, use by 1% annually Baseline: Of survey respondents 28% indicate using some sort of substance to feel better. Of those 33%, 5% indicated they improperly use prescription medications each day to feel better, 18% indicated they drink daily, 8% indicated they use marijuana on a daily basis, and 2% indicated using illegal substances on a daily basis. (CHNA 2025)					
Actions			Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborators
Distribute and promote articles and education on substance abuse topics			2026 – establish baseline 2027 – baseline + 1% increase in all metrics 2028 – 2027 + 1% increase in all metrics	Determine baseline for number of posts, post impressions (total users per quarter) and average post engagement. Increase each metric by 1% each year thereafter. Baseline to be determined in FY 2026	
Provide education and information on dangers of tobacco and vaping			2026 - 240 community members 2027 – 265 community members 2028 – 290 community members	Increase number of community members who receive tobacco/vaping educational information by 25 each year. Baseline: 215 community members	Monico Nunez, Public Health Educator, Bureau Putnam and Marshall County

					Health Department	
Promote OSF RX Disposal Program @ OSF SCMC			2026 – 214.30 lbs. 2027 – 224.50 lbs. 2028 234.70 lbs.	Increase the annual number of pounds of unused drugs received through OSF RX Disposal Program by 5% each year. Baseline – 204.10 lbs.	Princeton Police Department Bureau County Sheriff's Office OSF Marketing - Sam Rux Perfectly Flawed	

*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 Clare Medical Center 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 Healthcare
3. Obesity
4. Diabetes
5. Cancer – Lung
6. Cancer Screening
7. Vaping

Implementation Strategy Approvals –

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the Bureau County area and OSF 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.