

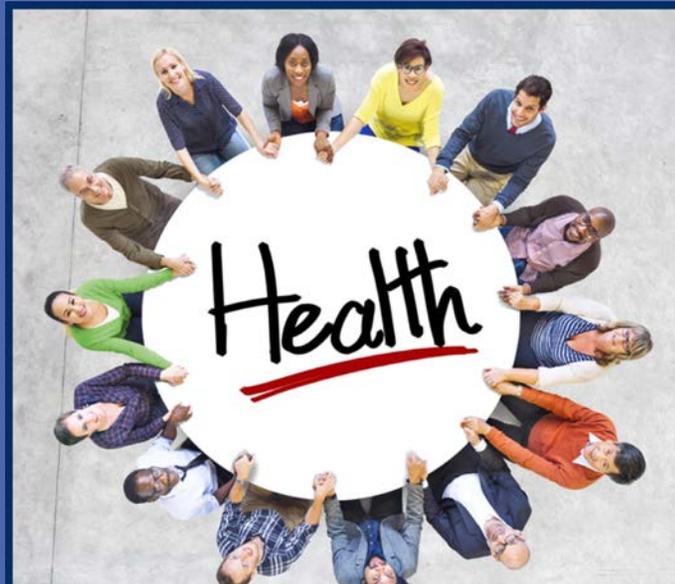
# Community Health Needs Assessment 2016

OSF Saint Francis Medical Center

PEORIA COUNTY

TAZEWELL COUNTY

WOODFORD COUNTY



*Collaboration for sustaining  
health equity*

## TRI-COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The Tri-County Community Health-Needs Assessment (CHNA) is a collaborative undertaking designed to highlight the health needs and well-being of residents in the Tri-County region. A team of healthcare professionals from OSF Saint Francis Medical Center and UnityPoint Health – Methodist | Proctor was created to ensure that requirements of the Patient Protection and Affordable Care Act (Affordable Care Act) were met. Additionally, the Central Illinois Community Health Collaborative (CICHC) was created to engage the entire community in improving population health. Members of the CICHC include: Peoria City/County Health Department, Tazewell County Health Department, Woodford County Health Department, Kindred Hospital, Advocate Eureka Hospital, Hopedale Medical Complex, Pekin Hospital, Heart of Illinois United Way, Heartland Community Health Clinic and Bradley University, as well as OSF Saint Francis Medical Center and UnityPoint Health – Methodist | Proctor. Several themes are prevalent in this health-needs assessment – the demographic composition of the Tri-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 region.

In order to perform these analyses, information was collected from publically available sources, as well as private sources of data. Additionally, survey data from 2,381 respondents in the community were assessed with a special focus on the at-risk or economically disadvantaged population. Areas of investigation included perceptions of 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, demographic characteristics of respondents were utilized to provide insights into why certain segments of the population responded differently. Ultimately, prioritization of the most significant health-related issues in the

Tri-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.

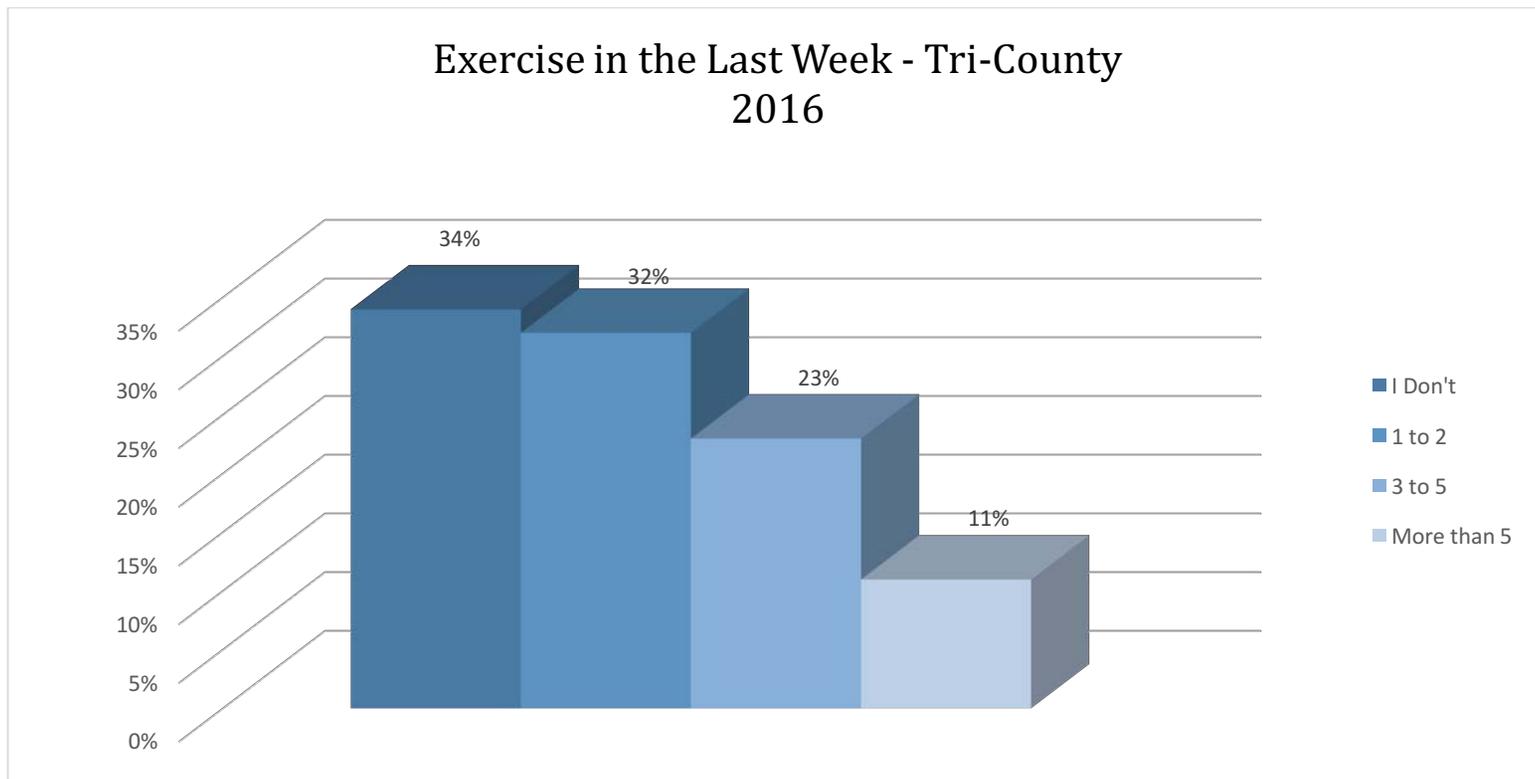
**Using a modified version of the Hanlon Method, the collaborative team prioritized two significant health needs:**

- **Healthy Behaviors**
- **Mental Health**

## I. HEALTHY BEHAVIORS –ACTIVE LIVING, HEALTHY EATING AND SUBSEQUENT OBESITY

### ACTIVE LIVING

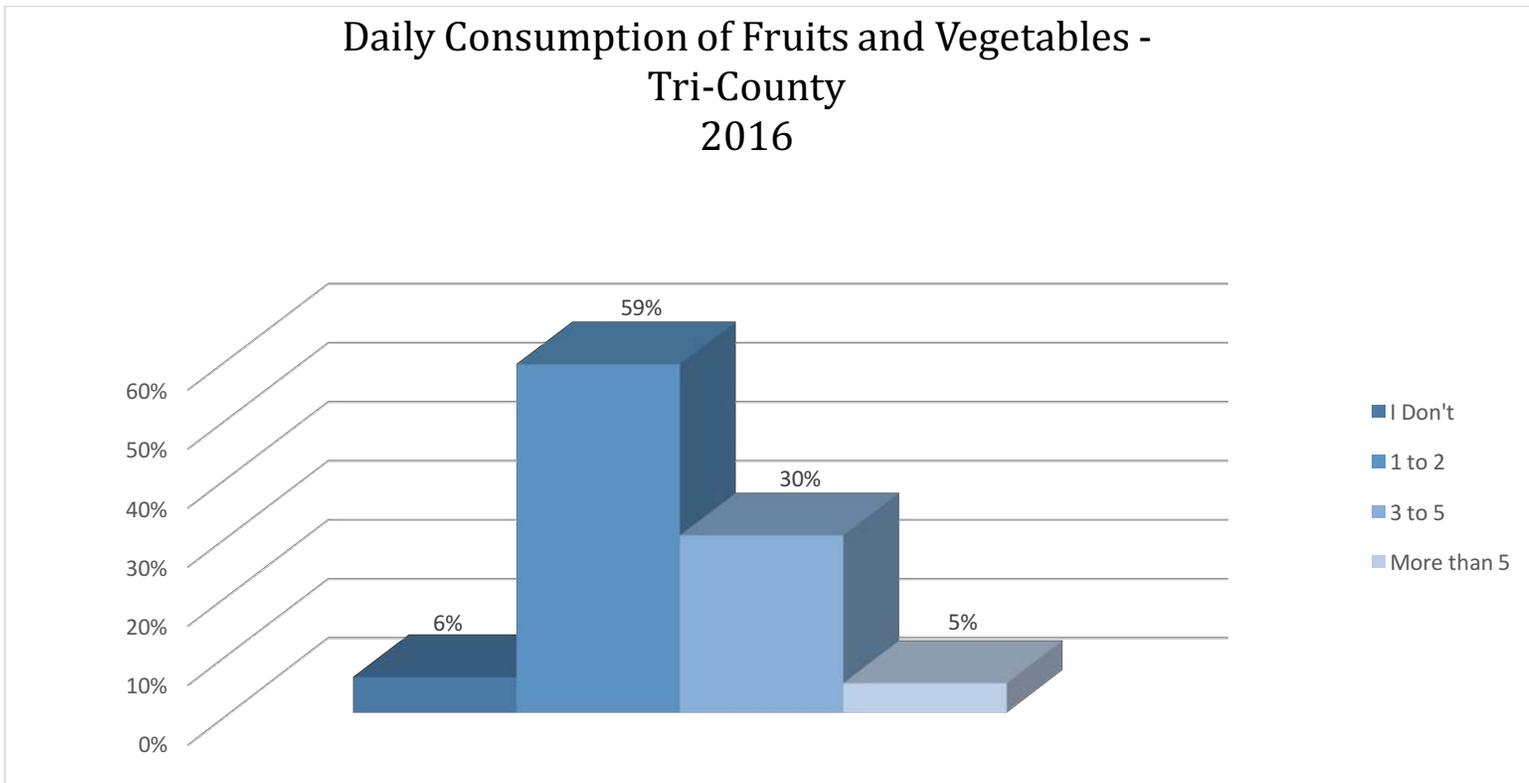
A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental, and emotional well-being. Note that 66% of respondents in the Tri-County region indicated they exercise 2 or fewer times per week.



Source: CHNA Survey

## HEALTHY EATING

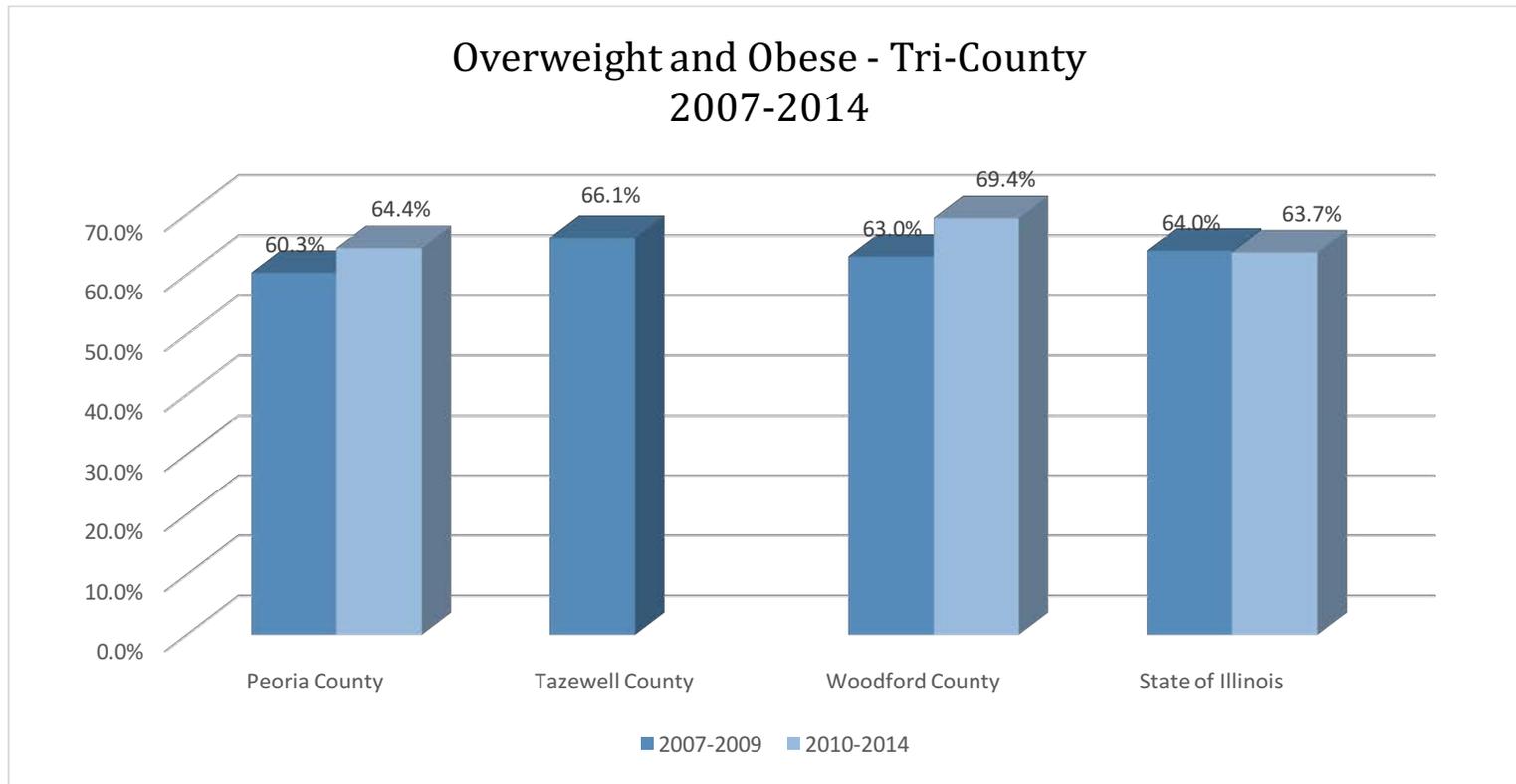
Almost two thirds (65%) of Tri-County residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of Tri-County residents who consume five or more servings per day is only 5%.



Source: CHNA Survey

## SUBSEQUENT OBESITY

Healthy behaviors are directly related to issues such as obesity. In Peoria County and Woodford County, the number of people diagnosed with obesity and being overweight has increased from 2009 to 2014. Note specifically that the percentage of obese and overweight people has increased from 60.3% to 64.4% in Peoria County and from 63% to 69.4% in Woodford County. Data are not available for Tazewell County in 2010-2014, but available percentages of overweight and obese residents are similar. Overweight and obesity rates in Illinois have decreased from 64.0% to 63.7% during the same time period.

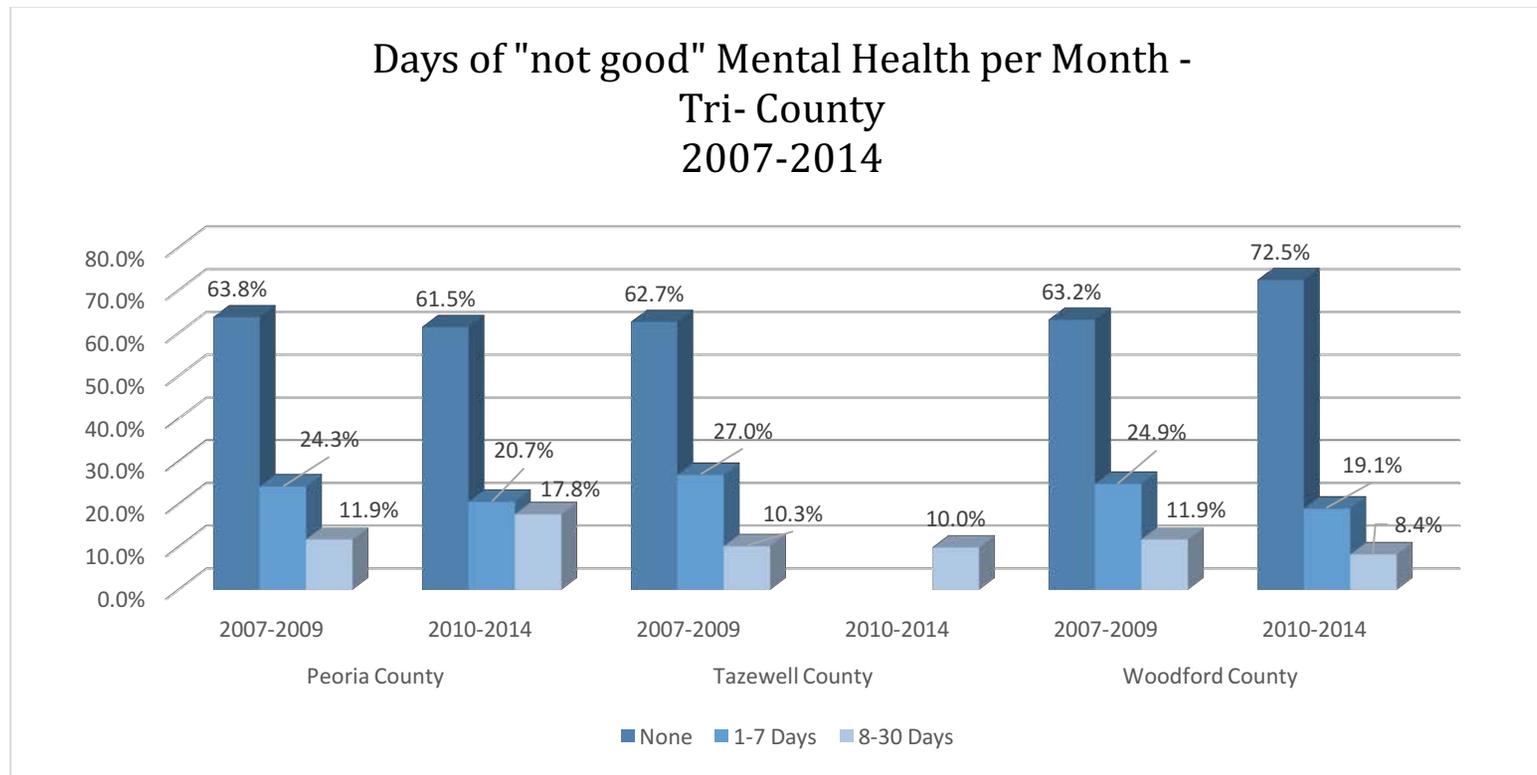


Source: Illinois Behavioral Risk Factor Surveillance System

## II. BEHAVIORAL HEALTH – MENTAL HEALTH

### MENTAL HEALTH

A majority of Peoria County respondents (61.5%) perceive they have good overall mental health for 2010-2014, a slight decrease from 2007-2009. Moreover, in Peoria County, more people report over 8 days of “not good” mental health in 2010-2014 (17.8%) than in 2007-2009 (11.9%). There was an increase of Woodford County residents reporting they felt good mentally in 2010-2014 (72.5 %) and a decrease of 3.5 points for over 8 days of “not good” mental health from 2007-2009. No data for “none” and “1-7 days” were available for Tazewell County 2013, and the number of people reporting more than 8 days of “not good” mental health decreased slightly.



Source: Illinois Behavioral Risk Factor Surveillance System

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