

2025

Community Health Needs Assessment:

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

LIVINGSTON COUNTY

Introduction

Community Health Needs Assessment

*Collaboration for
Sustaining Health Equity*

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 publicly available sources as well as private sources of data. Additionally, survey data from 393 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 drivers (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 Livingston 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:

- Behavioral Health** – mental health and substance use
- Healthy Behaviors** – nutrition and exercise

Behavioral Health

Healthy Behaviors

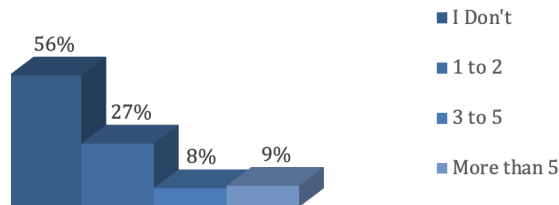
Behavioral Health

Self-perceptions of mental health can provide important insights to help manage population health. These perceptions not only provide benchmarks regarding health status but also offer insights into how accurately people perceive their own health.

MENTAL HEALTH

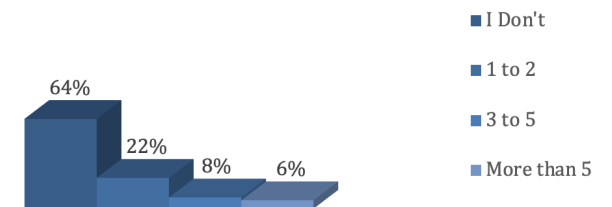
The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 44% indicated they felt depressed in the last 30 days and 36% indicated they felt anxious or stressed in the last 30 days. Depression tends to be rated higher for women, 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, also 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.

FELT DEPRESSED LAST 30 DAYS



Source: CHNA Survey

FELT ANXIOUS OR STRESSED LAST 30 DAYS



Source: CHNA Survey

Behavioral Health

Healthy Behaviors

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%).

Behavioral Health

Healthy Behaviors

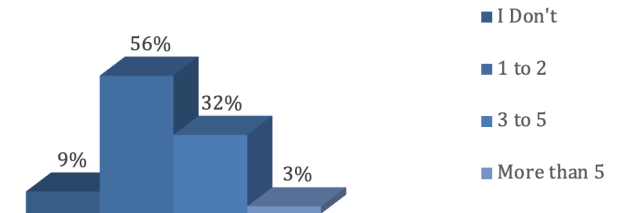
Healthy Behaviors

Healthy behaviors, such as a balanced whole-food diet and physical exercise, are critical for both physical, mental emotional well-being. Healthy behaviors can have substantial influence in reducing the risk of numerous health issues and these behaviors contribute to increased longevity and improved quality of life. Nationwide, poor nutrition and lack of physical exercise contribute to an estimated 300,000 preventable deaths per year.

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.

DAILY CONSUMPTION OF FRUITS AND VEGETABLES

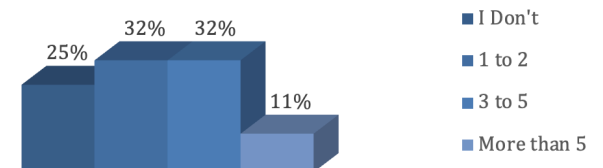


Source: CHNA Survey

EXERCISE

One quarter (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%).

DAYS OF EXERCISE IN LAST WEEK



Source: CHNA Survey

Collaborative Team

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