

2025

Community Health Needs Assessment:

OSF Saint Anthony Medical Center

WINNEBAGO COUNTY

Introduction

Community Health Needs Assessment

*Collaboration for
Sustaining Health Equity*

The Winnebago County Community Health-Needs Assessment is a collaborative undertaking by OSF Saint Anthony Medical Center to highlight the health needs and well-being of residents in Winnebago County.

Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Winnebago County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the Winnebago 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 423 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 Winnebago 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:

- **Mental Health** – including substance use
- **Healthy Behaviors** – preventative health

Mental
Health

Healthy
Behaviors

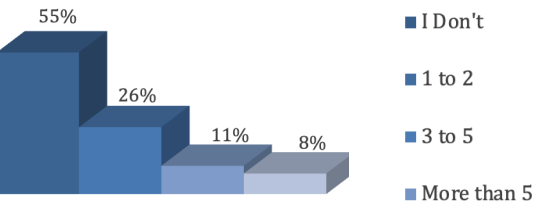
Mental Health

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.

DEPRESSION AND ANXIETY

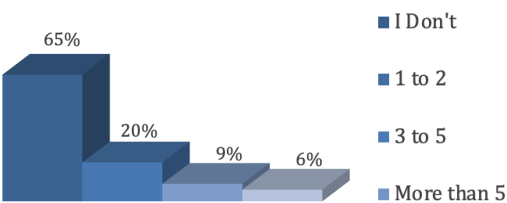
The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 45% indicated they felt depressed in the last 30 days and 35% indicated they felt anxious or stressed in the last 30 days. Compared to 2022 data, this shows a 16% decrease in depression and also a 16% decrease in anxiety and stress. Depression tends to be rated higher for those with lower education, those with lower income and those living in an unstable housing environment. Stress and anxiety tend to be rated higher for young people, those with lower education, those with lower income and those living in an unstable housing environment. Respondents were also asked if they spoke with anyone about their mental health in the past year. Of respondents 45% indicated that they spoke to someone. The most common response was to a family or friend, also 45%. In regard to self-assessment of overall mental health, 18% 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

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Mental Health

Healthy Behaviors

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SUBSTANCE USE

Of survey respondents, 23% indicated they consume at least one alcoholic drink each day. Alcohol consumption tends to be rated higher by those who are younger. Of survey respondents, 8% indicated they improperly use prescription medications each day to feel better and 11% indicated they use marijuana each day. Note that misuse of prescription medication (oftentimes opioid use) tends to be rated higher by Black people, those with lower education, those with lower income and those in an unstable housing environment. Marijuana use tends to be rated higher by younger people, LatinX people, those with lower education, those with less income, and those in an unstable living environment. Finally, of survey respondents, 3% 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 (16%) in Winnebago County and alcohol use (14%) as the third most prevalent unhealthy behavior.

Mental Health

Healthy Behaviors

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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. Additionally, those who proactively seek early detection of cancer may greatly improve the probability of successful treatment.

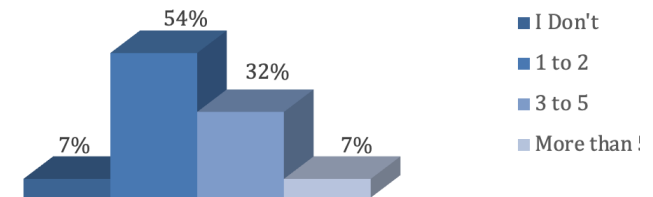
NUTRITION

Nearly two-thirds (61%) of residents in Winnebago 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 7%. The most prevalent reasons for failing to eat more fruits and vegetables were lack of importance and cost.

EXERCISE

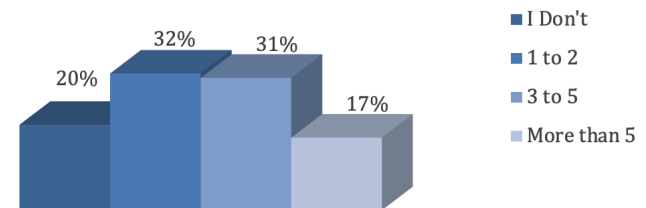
Of respondents, 20% indicated that they do not exercise at all, while the majority (63%) of residents exercise 1-5 times per week. The most common reason for not exercising was not having enough energy (31%).

DAILY CONSUMPTION OF FRUITS AND VEGETABLES



Source: CHNA Survey

DAYS OF EXERCISE IN LAST WEEK



Source: CHNA Survey

Mental Health

Healthy Behaviors

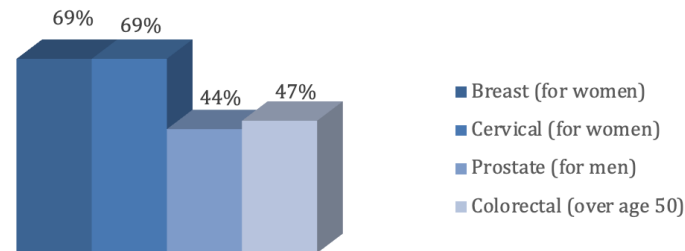
CANCER SCREENINGS

Results from the CHNA survey show that 69% of women had a breast screening in the past five years and 69% of women also had a cervical screening. Breast screening tends to be more likely for older women, White women, those with a higher level of education, and those with higher income. Those in an unstable housing environment are less likely to have a breast screening. Cervical screening tends to be more likely for White women, those with a higher level of education, and those with higher income. Those in an unstable housing environment are less likely to have a cervical screening.

For men, 44% had a prostate screening in the past five years. Prostate screening tends to be more likely for older men, those with a higher level of education, and those with higher income. Prostate screening tends to be less likely among LatinX men and those in an unstable housing environment.

Finally, for women and men over the age of 50, 47% had a colorectal screening in the last five years. Colorectal screening tends to be more likely for older people, White people, those with a higher level of education, and those with higher income. Those in an unstable housing environment and LatinX people are less likely to have a colorectal screening.

CANCER SCREENING IN THE PAST 5 YEARS



Source: CHNA Survey

2025

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Collaborative Team

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COLLABORATIVE TEAM

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