

# Community Health Needs Assessment 2019

ST. FRANCIS HOSPITAL

known as OSF ST. FRANCIS HOSPITAL & MEDICAL GROUP

DELTA COUNTY



*Collaboration for  
sustaining health equity*

# DELTA COUNTY COMMUNITY HEALTH-NEEDS ASSESSMENT

The Delta County Community Health-Needs Assessment is a collaborative undertaking by OSF Saint Francis Hospital and Medical Group to highlight the health needs and well-being of residents in Delta County. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the Delta County region. Several themes are prevalent in this health-needs assessment – the demographic composition of the Delta 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 507 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 determinants of health 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 Delta 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 three significant health needs:

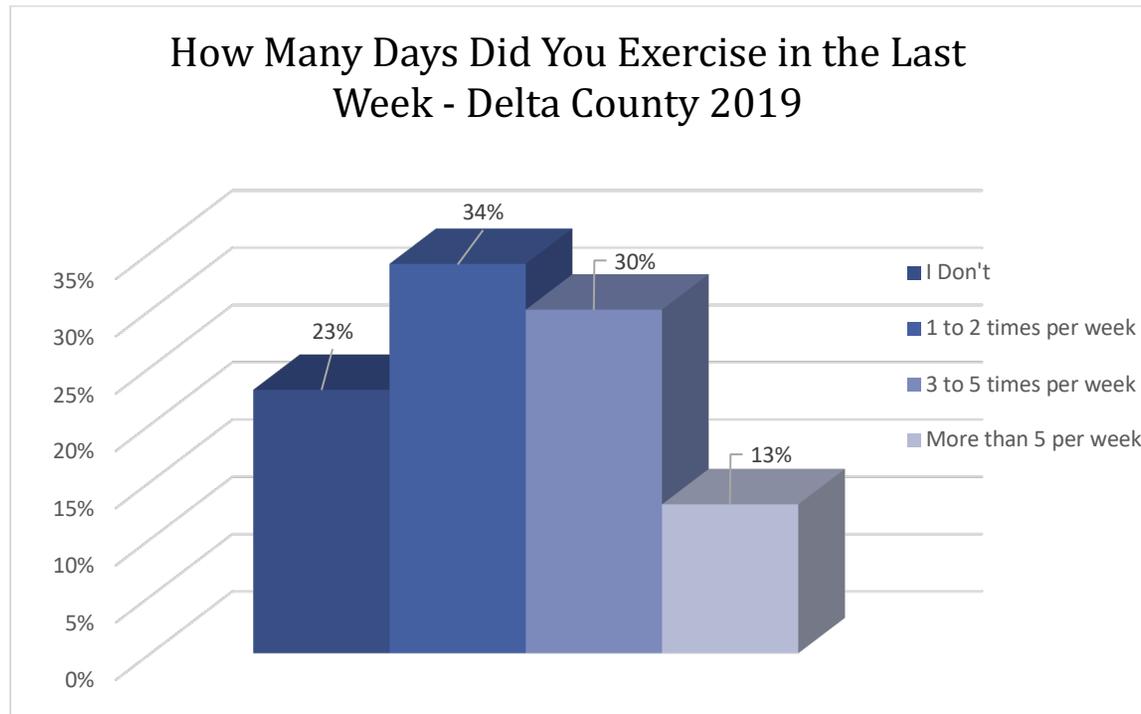
- **Healthy Behaviors** – *defined as active living and healthy eating, and their subsequent impact on obesity*
- **Behavioral Health** – *including mental health and substance abuse*
- **Aging Issues** – *defined as population over 65*

## I. HEALTHY BEHAVIORS – ACTIVE LIVING, HEALTHY EATING AND 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 23% 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 are not having enough time (31%) or energy (25%) and a dislike of exercise (20%). Frequency of exercise tends to be more likely for those with a higher level of education and higher income. There has been a moderate improvement compared to data from the 2016 CHNA. In 2016, 29% of residents indicated they did not exercise at all.

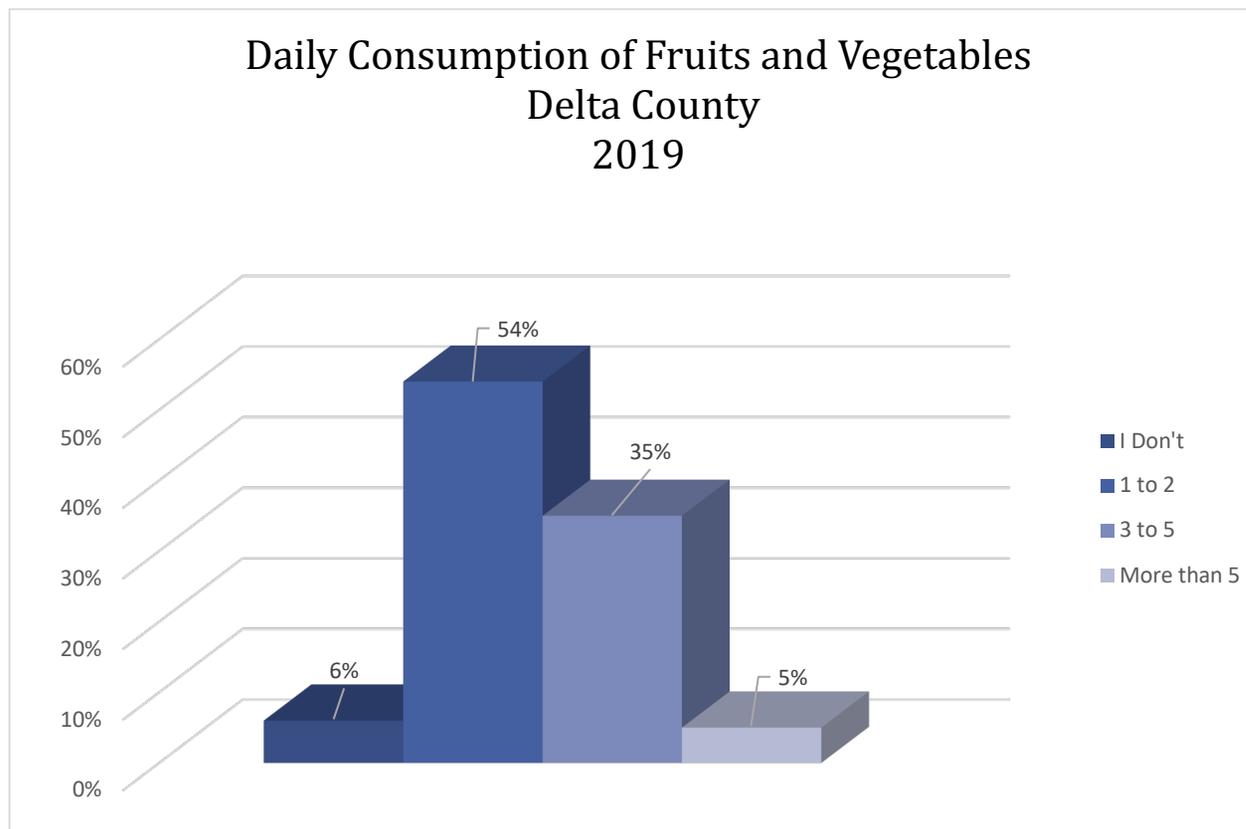


Source: CHNA Survey

## 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.

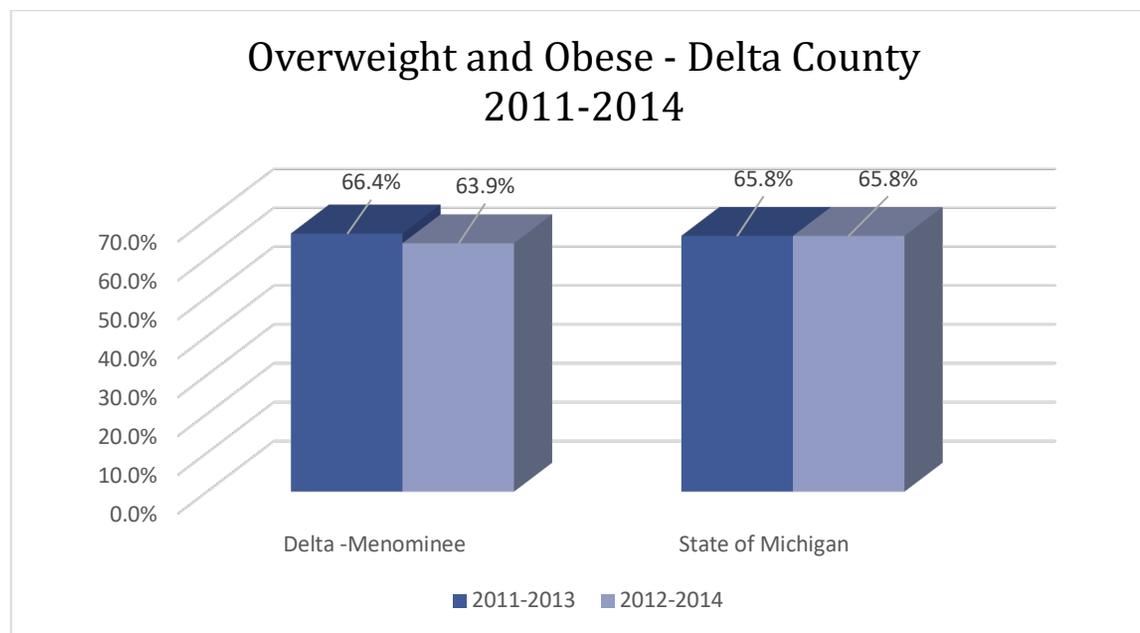
Almost two-thirds (60%) of residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of residents who consume five or more servings per day is only 5%. According to survey respondents, the most prevalent reason for failing to eat more fruits and vegetables was the expense involved.



Source: CHNA Survey

## SUBSEQUENT OBESITY

Healthy behaviors are directly related to issues such as obesity. In Delta County, nearly two-thirds (63.9%) of residents were diagnosed with obesity and being overweight (based on the most recent available data from 2014). In the 2019 CHNA survey, respondents indicated that being overweight was the second most important health issue and rated as the most prevalently diagnosed health condition. Research strongly suggests that obesity is a significant problem facing youth and adults nationally, in Michigan, and within Delta County. The U.S. Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.” 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 Michigan 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.

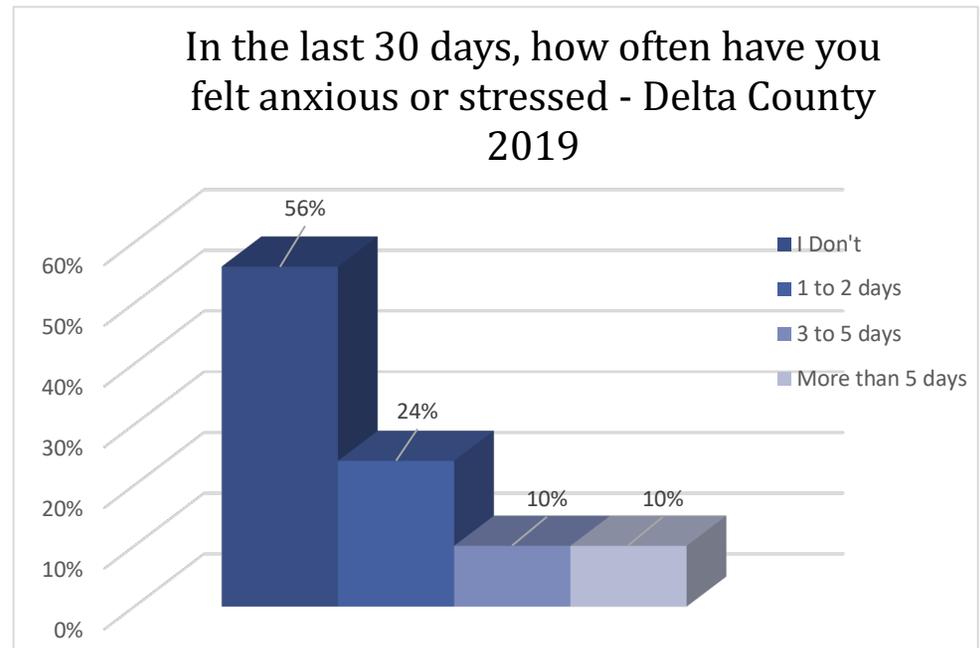
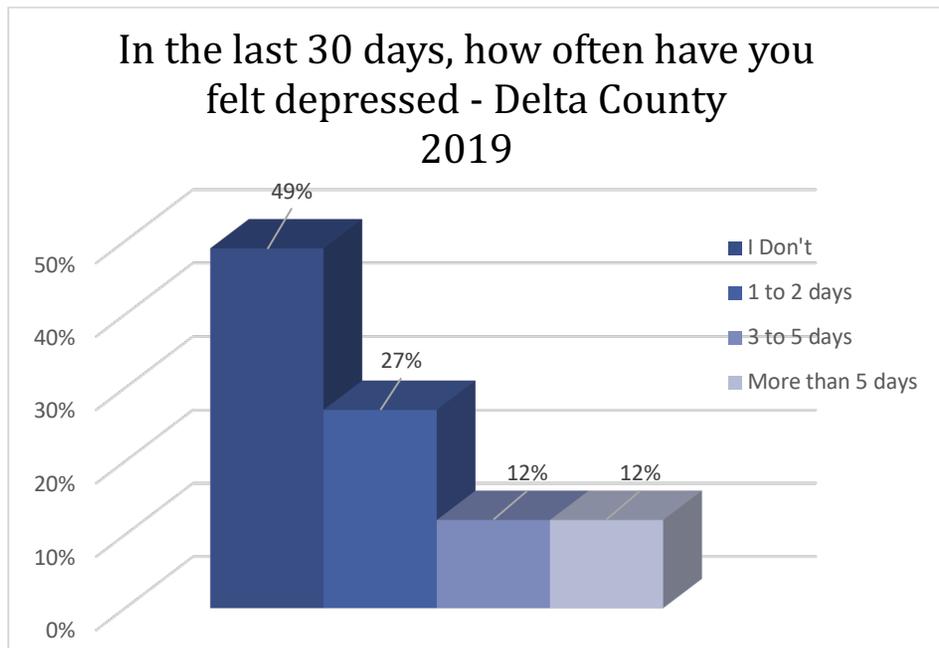


Source: Michigan Behavioral Risk Factor Surveillance System

## II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

### MENTAL HEALTH

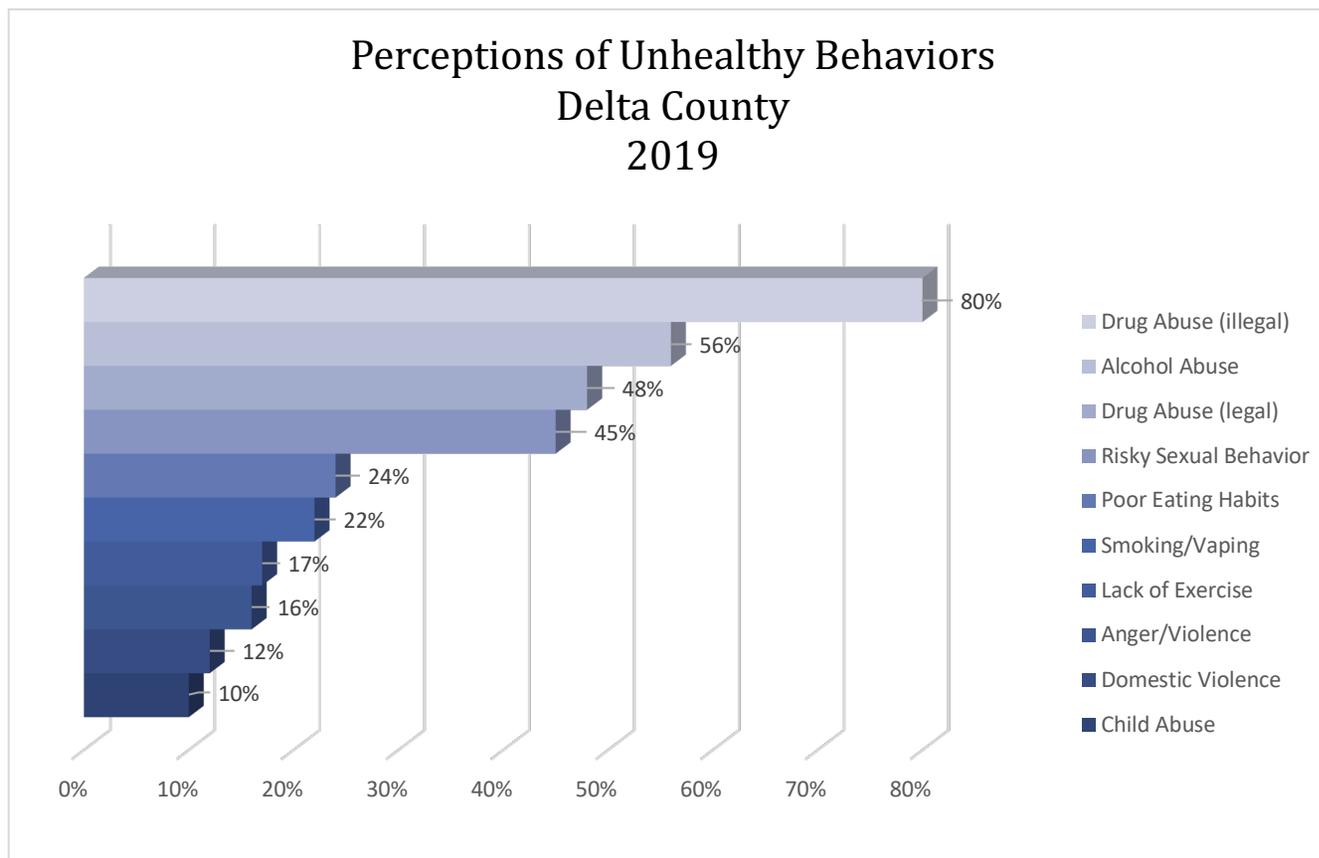
The CHNA survey asked respondents to indicate prevalence of specific mental-health issues, namely depression and stress/anxiety. Of respondents, 51% indicated they felt depressed in the last 30 days and 44% indicated they felt anxious or stressed. Depression tends to be rated higher for those with less income and those with less education. Stress and anxiety tend to be rated higher for younger people and those with less income. Respondents were also asked if they spoke with anyone about their mental health in the last 30 days. Of respondents 29% indicated that they spoke to someone, the most common response was to a doctor/nurse (43%). In regard to self-assessment of overall mental health, 13% of respondents stated they have poor overall mental health. Moreover, respondents indicated that mental health was the most important health issue in the community.



Source: CHNA Survey

## SUBSTANCE ABUSE

Survey respondents were asked “On a typical DAY, how often to do you use substances (either legal or illegal) to make yourself feel better?” Of respondents, 15% indicated they use substances to make themselves feel better. According to the 2016 County Health Rankings measures, 19% of Delta County residents engaged in binge or heavy drinking in the past 30 days. In the 2019 CHNA survey, respondents rated drug abuse (illegal) as the most prevalent unhealthy behavior in the community (80%), followed by alcohol abuse (56%). Note that drug abuse (legal) rated relatively high (48%) given the increase, in part, of opioid abuse.

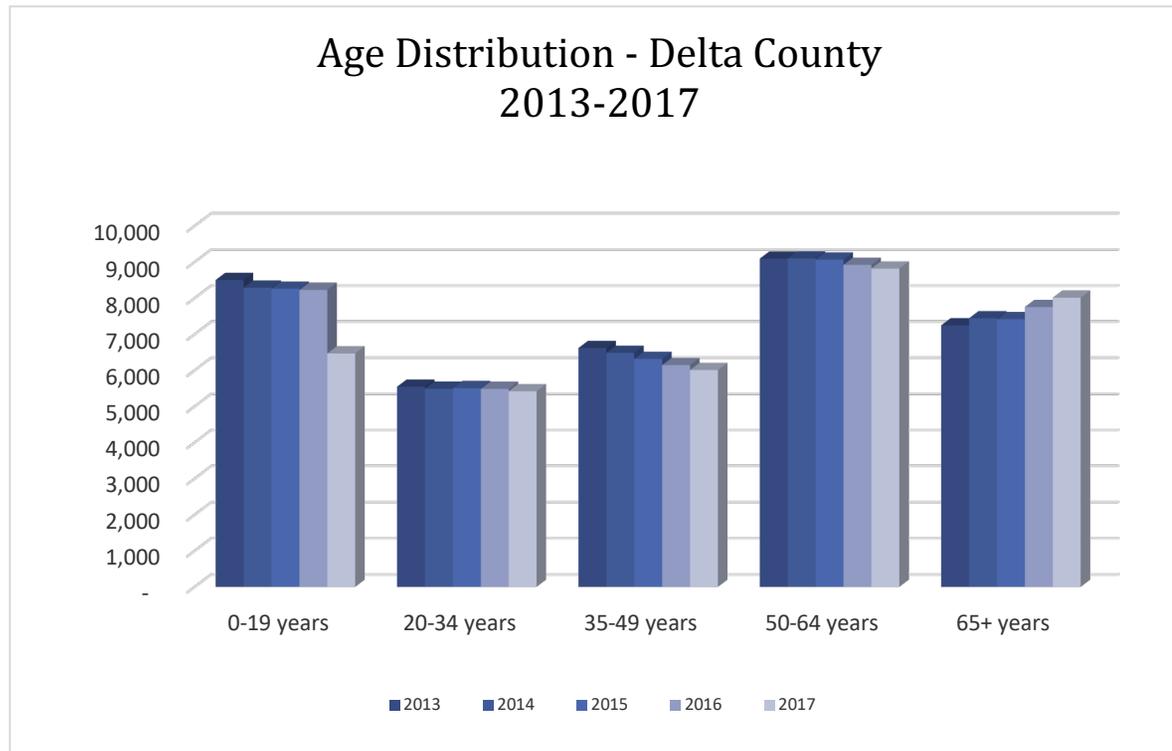


Source: CHNA Survey

### III. AGING ISSUE – DEFINED AS POPULATION OVER 65

#### POPULATION OVER 65

In the CHNA survey, respondents rated aging issues (38%) as the third most important health issue. The percentage of individuals aged 65 and older increased 10.6% between 2013 and 2017. Deaths related to Alzheimer’s in Michigan have recently surpassed the U.S. average. Delta County has the 4<sup>th</sup> highest Alzheimer’s death rate in Michigan in 2017.



Source: US Census

## Collaborative Team

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