

2025

Community Health Needs Assessment:

OSF St. Francis Hospital and Medical Group

DELTA COUNTY

Introduction

The Delta County Community Health-Needs Assessment is a collaborative undertaking by OSF St. 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 391 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 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 two significant health needs:

- **Healthy Behaviors**
- **Behavioral Health** – including mental health, substance use and access to counseling

Healthy Behaviors

Behavioral Health

Healthy Behaviors

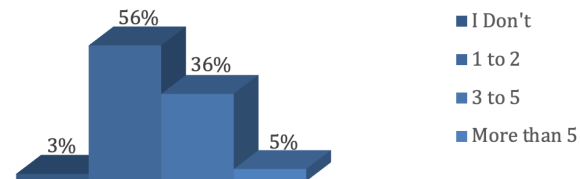
Healthy behaviors, such as a balanced whole-food diet and physical exercise, are critical for both physical, mental emotional well-being. Healthy behaviors can have substantial influence in reducing the risk of numerous health issues and these behaviors contribute to increased longevity and improved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

NUTRITION

Over half (59%) 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%. The most prevalent reasons for failing to eat more fruits and vegetables was the lack of desire. There has been an increase in those who consume fruits and vegetables compared to data from the 2022 CHNA. In 2022, 36% of respondents indicated they had three or more servings of fruits and vegetables per day, compared to 41% in 2025.

While it is essential that everyone has access to food and drink needed for living healthy lives, in Delta County not everyone has access to healthy foods. Food insecurity exists when people don't have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs for a healthy life. Respondents from the CHNA survey indicated that 3% of the population goes hungry at least one a week. Prevalence of hunger tends to be more likely for those with less education, less income and those in an unstable housing environment.

DAILY CONSUMPTION OF FRUITS AND VEGETABLES



Source: CHNA Survey

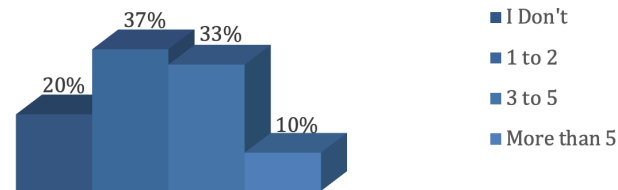
Healthy Behaviors

Behavioral Health

EXERCISE

Of respondents, 20% indicated they do not exercise at all (down from 28% in 2022), while the majority (70%) of residents exercise 1-5 times per week. The most common reasons for not exercising are not having enough energy (31%), no time (19%) and a dislike of exercise (19%). Frequency of exercise tends to be more likely for those with a higher level of education.

DAYS OF EXERCISE IN LAST WEEK



Source: CHNA Survey

Healthy
Behaviors

Behavioral
Health

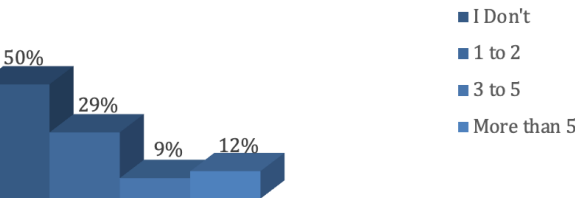
Behavioral Health

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

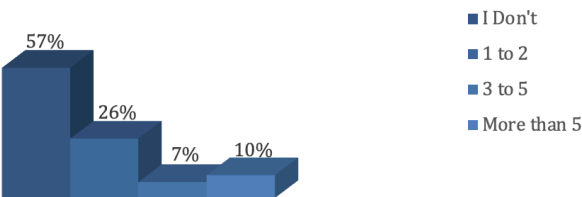
The CHNA survey asked respondents to indicate prevalence of specific issues, namely depression and stress/anxiety. Of respondents, 50% indicated they felt depressed in the last 30 days and 43% indicated they felt anxious or stressed. Depression tends to be rated higher by younger people, those with less income and those in an unstable housing environment. Stress and anxiety tend to be rated higher for younger people, those with less income, those with less education and those 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 family and friends (42%). In regard to self-assessment of overall mental health, 14% 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

Healthy Behaviors

Behavioral Health

SUBSTANCE USE

Of survey respondents, 17% 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, those with less income, and those living in an unstable housing environment. Marijuana use tends to be rated higher by younger people and those living in an unstable housing environment.

In the 2025 CHNA survey, respondents rated drug use (illegal) as the most prevalent unhealthy behavior (26%) in Delta County, followed by alcohol use (23%).

ACCESS TO COUNSELING

In the CHNA survey, respondents were asked, “Was there a time when you needed counseling but were not able to get it?” Of survey respondents, 21% indicated they were not able to get mental-health counseling when needed. The two most prevalent reasons for not having access to counseling were the wait for an appointment was too long and affordability. Access to counseling tends to be rated higher by older people and those with higher income. Access to counseling tends to be lower for people in an unstable housing environment.

Collaborative Team

COLLABORATIVE TEAM

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