



OSF HEALTHCARE

COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY

2026

OSF SAINT ANTHONY MEDICAL CENTER

WINNEBAGO COUNTY

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OSF Healthcare Overview

OSF HealthCare is an integrated health system founded by The Sisters of the Third Order of St. Francis. Headquartered in Peoria, Illinois, OSF HealthCare employs nearly 26,000 Mission Partners at more than 170 locations, including 17 hospitals – 11 acute care, five critical access and one transitional care – with 2,305 licensed beds, 41 urgent care locations and two colleges of nursing throughout Illinois and Michigan. The OSF HealthCare physician network employs more than 2,215 primary care, specialty and advanced practice providers.

OSF HealthCare, through OSF Home Care Services, operates an extensive network of home health and hospice services. It also owns Pointcore Inc., composed of health care-related businesses; OSF HealthCare Foundation, the philanthropic arm of the organization; and OSF Ventures, which provides investment capital for promising health care innovation startups. OSF OnCall, the digital health operating unit that provides a hospital-at-home program and remote digital care options, was established in 2020. OSF OnCall delivers care and services when, where and how patients need them.

OSF Saint Anthony Medical Center

OSF HealthCare Saint Anthony Medical Center in Rockford is a 241-bed tertiary care facility and Level I Trauma Center serving a 10-county area. The hospital is known for being the first and longest-certified comprehensive stroke center and is the only certified burn center in north central Illinois. It is the first medical center in the Rockford region to perform transcatheter aortic valve replacement (TAVR) surgery and Watchman implants for heart patients. It's home to OSF HealthCare Cardiovascular Institute, OSF Medical Group - Primary Care, OSF HealthCare Illinois Neurological Institute, OSF Medical Group – Surgery and the only cancer center in Rockford to be triple-accredited in oncology practice: overall cancer care, medical oncology and radiation oncology. In its 2023-24 Best Hospitals rankings, U.S. News & World Report named OSF HealthCare Saint Anthony Medical Center as high performing in two adult procedures/conditions. Leapfrog Group, a health care watchdog agency, gave OSF Saint Anthony the top score of any hospital in Rockford in 2024, showcasing the hospital's commitment to patient safety and quality. The hospital is the first in Illinois to earn Certified Blue Zones Worksite® status in 2021, signifying the hospital's workforce commitment. OSF Saint Anthony is part of OSF HealthCare, a 17-hospital Catholic health system serving Illinois and the Upper Peninsula of Michigan, driven by a Mission to serve with the greatest care and love.

Community Health Needs Prioritization

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 Winnebago County residents. This assessment, with the help of collaborative community partners, has identified numerous health issues impacting individuals and families in the Winnebago County region. Prevalent themes include demographic composition, disease predictors and prevalence, leading causes of mortality, accessibility to health services, and healthy behaviors. The results of this study can inform strategic decision-making, directly addressing the community's health needs. It was designed to assess issues and trends affecting the communities served by the collaborative and to understand the perceptions of targeted stakeholder groups. This study includes a detailed analysis of secondary data to assess the community's health status. Information was collected from numerous secondary sources, both publicly and privately available data. Additionally, primary data were collected for the general population and 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 medication, and mental-health counseling. Social drivers of health were also analyzed to understand why certain population segments responded 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:

- magnitude of the issue (i.e., what percentage of the population was impacted by the issue);
- severity of the issue in terms of its relationship with morbidities and mortalities;
- potential impact through collaboration.

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

1. **Healthy Behaviors** – preventative health
2. **Mental Health**



Healthy Behaviors – Preventative Health

HEALTHY EATING. 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. A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental and emotional well-being. Note that 20% of respondents 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%).

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.

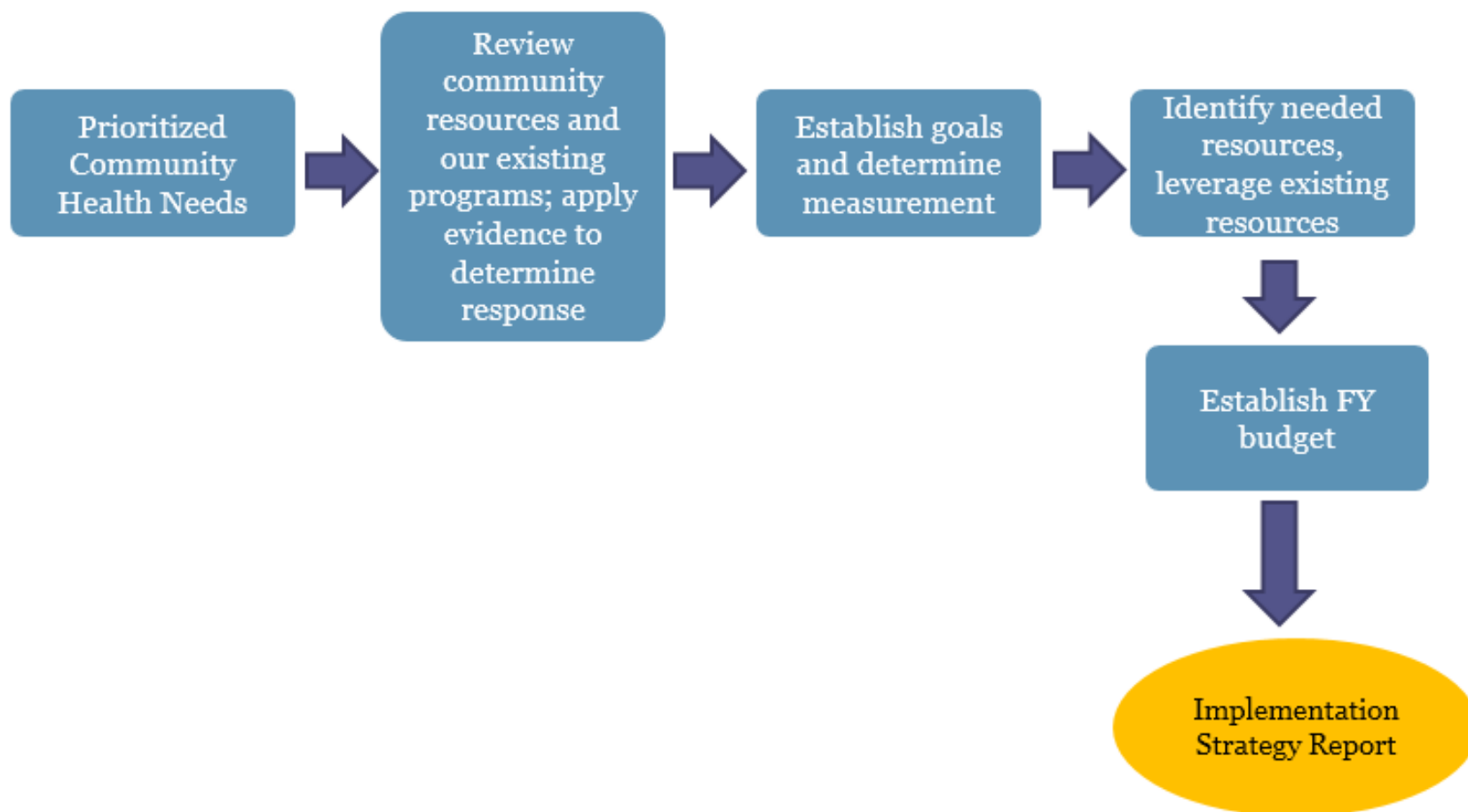
Mental Health

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 AND ANXIETY. 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 (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.

Implementation Strategy

The implementation strategy that follows was developed by the Winnebago County collaborative team and specifically addresses the significant health needs identified in the Winnebago County Community Health Needs Assessment and planned responses to those needs. The diagram below depicts the high-level process used to develop the implementation strategy that follows:



Our response to the Identified Significant Community Health Needs

Healthy Behaviors – Preventative Health

Prioritized Health Need / Purpose as Defined in the full Community Health Needs Assessment (CHNA):

NUTRITION AND EXERCISE: 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 (61%) 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 7% (Figure 28 in CHNA). A healthy lifestyle, comprised of regular physical activity, has been shown to increase physical, mental, and emotional well-being. Specifically, 20% of respondents indicated that they do not exercise at all, while the majority (63%) of residents, exercise 1-5 times per week (Figure 26 in CHNA).

CANCER SCREENINGS: Early detection of cancer may greatly improve the probability of successful treatment. In the case of colorectal cancer, early detection of precancerous polyps can prevent cancer. Specifically, four types of cancer screening were measured: breast, cervical, prostate and colorectal. Results from the CHNA survey show that 69% of women had a breast screening in the past five years and 69% of women had a cervical screening. For men, 44% had a prostate screening in the past five years. For women and men over the age of 50, 47% had a colorectal screening in the last five years (Figure 25 in CHNA).

Existing Community Resources	Existing OSF Programs with Description
- American Cancer Society - Booker T. Washington Community Center - Boys & Girls Club of Rockford - Northwest Community Center - Rockford Park District - YMCA of Rock River Valley - YWCA of Rockford - Winnebago County Health Department - Circles of Learning - City of Rockford Human Services Department - Cornucopia Food Pantry - Easter Seals of Children's Development Center - God's Glory Food Pantry	Blue Zones Project provides a framework and certification for customized worksite and community blueprints to increase well-being and longevity Parish Nurses outreach providing education and physical activity classes with health care prevention services

▪ Goodwill Industries of Northern IL ▪ Grounds for Life Soup Kitchen ▪ Lifescape Community Services, Inc. ▪ Northern IL Food Bank ▪ Rockford Rescue Mission ▪ St. Elizabeth Catholic Community Center ▪ YWCA – La Voz Latina ▪ Crusader Community Health ▪ OSF Healthcare Saint Anthony Medical Center ▪ Mercy Health System ▪ UW Health Rockford	
Existing Partnerships / Collaborations	
Description	Collaborative Partner
Healing and Wellness Community Garden – provides fresh produce to local food pantries, surrounding neighborhood, Trauma Resource Center clients, and Mission Partners.	Family Peace Center and Boys and Girls Club
“Matter of Balance” – a class that includes disease prevention information and exercises to church members and the local community.	Lifescape
Factor Meals – nutritious pre-packaged meals provided to cancer patients who face food insecurities.	American Cancer Society and Factor

Strategic Goal #1 - Promote Healthy Behaviors – Nutrition and Exercise

Strategic Goal: Decrease the percentage of survey respondents who indicate they exercise less than 2 times per week and consume 2 or fewer servings of fruit and vegetables per day in Winnebago County.

Outcome Measure: By 2028, decrease the percentage of adults who exercise less than 2 times per week and consume 2 or fewer servings of fruit and vegetables per day in Winnebago County by 10%.

Baseline: Per 2025 CHNA Survey, almost two-thirds (61%) of residents report no consumption or low consumption of fruits and vegetables per day and 52% of residents report exercising less than 2 days per week.

Actions	Responsible OSF Party	OSF Resources * Budgeted FTE's / \$	Timeline / Milestone	Impact Measurement (<i>Process Indicator</i>)	Potential Collaborations / Partners
Increase pounds of produce donated from the community garden	Therasa Yehling	0.1 FTE	2026 – 225 lbs. 2027 - 232 lbs. 2028 – 239 lbs.	Increase total pounds of produce donated by 3% annually. <i>Baseline: 218 pounds of produce donated per year</i>	Family Peace Center / Boys and Girls Club
Provide “Matter of Balance”; a class that includes prevention, exercises and access to care information	SAMC Parish Nurses	0.2 FTE	2026 – 752 participants 2027 – 790 participants 2028 - 829 participants	Increase the number of participants in the Matter of Balance class annually by 5% Baseline: 716 participants per year	Life Scape
Participate in health fairs and community events that promote healthy behaviors	SAMC Parish Nurses	0.2 FTE	2026 – 165 participants 2027 – 182 participants 2028 - 200 participants	Increase the number of participants in health fairs annually by 10% Baseline: 150 participants per year	

Strategic Goal #2 - Promote Healthy Behaviors – Cancer Screenings					
Strategic Goal: Early detection of cancer may greatly improve the probability of successful treatment. Increase the number of survey respondents who had cancer screenings in Winnebago County. Outcome Measure: By 2028, the percentage of adults who have cancer screenings in Winnebago County <i>Baseline:</i> Per 2025 survey respondents, 69% of women had a breast screening in the past five years and 69% of women had a cervical screening. For men, 44% had a prostate screening in the past five years. For women and men over the age of 50, 47% had a colorectal screening in the last five years (Figure 25 in CHNA).					
Actions	Responsible OSF Party	OSF Resources * Budgeted FTE's / \$	Timeline / Milestone	Impact Measurement <i>(Process Indicator)</i>	Potential Collaborations / Partners
Provide education and access to information to promote breast cancer screenings	Brenda Milne	0.1 FTE	2026 – Baseline + 3% 2027 – ≥ 3% screenings 2028 – ≥ 3% screenings	Increase the number of breast cancer screenings annually by 3% <i>Baseline: Determine baseline in 2026</i>	
Provide education and access to information to promote cervical cancer screenings	Crystal Southerland	0.1 FTE	2026 – Baseline 2027 – ≥ 3% screenings 2028 – ≥ 3% screenings	Increase the number of cervical cancer screenings annually by 3% <i>Baseline: Determine baseline</i>	

Provide education and access to information to prostate and colorectal cancer screenings.	Pam Solverson	0.1 FTE	2026 – Baseline 2027 – $\geq 3\%$ screenings 2028 – $\geq 3\%$ screenings	Increase the number of prostate and colorectal cancer screenings annually by 3% <i>Baseline: Determine baseline</i>	Rockford Gastroenterology Associates
Provide education and access to information to promote lung cancer screenings	Diane Scoville	0.1 FTE	2026 – Baseline 2027 – $\geq 3\%$ screenings 2028 – $\geq 3\%$ screenings	Increase the number of lung cancer screenings annually by 3% <i>Baseline: Determine baseline</i>	American Cancer Society

Behavioral Health

Prioritized Health Need / Purpose as Defined in the full Community Health Needs Assessment:

Mental Health: The survey asked respondents to indicate specific issues, such as depression and stress/anxiety. Of respondents, 55% indicated they did not feel depressed in the last 30 days (Figure 32 in CHNA) and 65% indicated they did not feel anxious or stressed (Figure 33 in CHNA).

Existing Community Resources	Existing OSF Programs with Description
▪ Carpenter's Place ▪ Catholic Charities – Diocese of Rockford ▪ Center for Community Reentry ▪ Children's Advocacy Center ▪ Children's Home + Aid – Motherhouse Crisis Nursery ▪ Circles of Learning ▪ Christian Union ▪ City of Rockford Human Services Department ▪ Comprehensive Community Solutions ▪ Family Counseling Center ▪ Family Matters – PACT ▪ Family Peace Center ▪ Group Hope ▪ Haven Network ▪ IL Crisis Prevention Center ▪ Jeremiah Development / Love Rockford ▪ Lutheran Social Services ▪ Lydia Home Association ▪ NAMI ▪ Regional Access to Care Project (RAMP) ▪ Remedies Renewing Lives ▪ Rockford Area Pregnancy Care Centers ▪ Rockford Housing Authority ▪ Rockford Rescue Mission	▪ OSF STRIVE Trauma Recovery Center – Provides free community based mental health services and case management for victims of trauma. ▪ OSF Behavioral Health Navigators - Provide oversight and education activities to help educate individuals on their condition and provide coordination of care. ▪ OSF Drug Take Back Program – secured bins located at the hospital to allow for free, safe drop off of medications by the community. ▪ OSF Resource Link- provides services to help in the identification, diagnosis and treatment of pediatric mental health issues. A team of care coordinators is located throughout central and northern Illinois. ▪ ED staffing 24/7 ▪ OSF sitters – provide 1:1 supervision at bedside for high-risk patients. ▪ Blue Zones Project provides a framework and certification for customized worksite and community blueprints to increase well-being and longevity ▪ SilverCloud – a free, secure, anonymous interactive platform to help manage depression, anxiety or stress.

▪ Rockford Sexual Assault Counseling ▪ Rockford VET Center ▪ Rosecrance Health Network ▪ Salvation Army of Winnebago County ▪ Stepping Stones ▪ TASC Inc. Northwest IL ▪ Youth Services Network ▪ Crusader Community Health					
Existing Partnerships / Collaborations					
Description	Collaborative Partner				
OSF contracts with Rosecrance who provides Behavioral Health assessment and Substance Abuse intervention for patients who present to the Emergency Department in a crisis.	Rosecrance Health Network				
Blue Zones Project supports making healthy choices easier in vending machines and café, purpose workshops and (walking, potluck, purpose) moais create sense of community well-being and connection to purpose	Blue Zones Project				
Multi-agency, multi-disciplinary co-located service center that provides services to victims of inter-personal violence in collaboration with our OSF STRIVE Trauma Recovery Center Family Peace Center	Family Peace Center				
Strategic Goal #1 - Mental Health					
Strategic Goal: Reduce the number of respondents who indicate they felt depressed in the last 30 days in Winnebago County.					
Outcome Measure: Reduce the number of adults who state they felt depressed in the last 30 days by 10%.					
Baseline: Per 2025 CHNA survey 45% of respondents indicated they felt depressed in the last 30 days.					
Actions	Responsible OSF Party	OSF Resources * Budgeted FTE's / \$	Timeline / Milestone	Impact Measurement <i>(Process Indicator)</i>	Potential Collaborations / Partners

All patients 12 years of age and older who are seen in the ED who are being evaluated or treated for a behavioral health condition will be screened for suicide risk.	SAMC ED Nursing staff.	0.08 FTE	2026 - > 98% screened 2027 - > 99% screened 2028 - >100% screened	Increase ED patients screened for suicide using the Columbia Suicide Severity Rating Scale (C-SSRS) by 5% annually Baseline: 2024 - 97% screened	
All patients with C-SSRS screening resulting in a moderate to high score, require a provider assessment.	SAMC physicians/A PN providers.	0.1 FTE	2026 - > 90% assessed 2027 - > 95% assessed 2028 - > 100% assessed	Increase the Suicide assessment completed for patients scoring moderate or high risk on the C-SSRS tool by 5% annually Baseline: 2024 - 86% assessed	
Provide mental health evaluations and referrals or placement to at-risk ED patients	Deb Anderson	0.2 FTE	2026 - > 404 referrals 2027 - > 444 referrals 2028 - > 488 referrals	Increase the # of referrals of at-risk ED patients to Rosecrance by 10% annually Baseline: 2024 - 367 referrals	Rosecrance
Increase Behavioral Health Navigation Services	Ministry Behavioral Health OnCall	0.25 FTE	2026- Baseline to be established 2027 - Baseline + 3% 2028 - + 3%	Increase the number of participants served by Behavioral Health Navigators annually by 3% Baseline: 513 Baseline to be established based on 2026 referrals.	

*Note: Resources included are noted annually with incremental adjustments for subsequent fiscal years.

Other Health Needs Identified but Not Addressed

The health needs listed below were also identified in the CHNA. However, OSF Saint Anthony Medical Center does not intend to address these health needs as such needs were determined to be relatively low priority based on the prioritization criteria utilized – (1) magnitude in the community, (2) severity in the community, (3) potential for impact to the community. A more detailed discussion of the prioritization process utilized to identify the significant health needs addressed in this Implementation Strategy is set forth in the CHNA (see Chapter 5 and corresponding appendices).

1. Aging Issues
2. Smoking and vaping
3. Behavioral Health
4. Substance use
5. Opioid Use
6. Cancer - Lung

Implementation Strategy Approvals –

The OSF Board of Directors accepted and approved the Community Health Needs Assessment Implementation Strategy targeting the Winnebago County area and OSF Saint Anthony Medical Center on **September 29, 2025**. The Hospital reserves the right to amend this Implementation Plan as needed. Certain significant health needs may become even more significant and require amendments to the strategies developed in order to address those health needs. Other entities or organizations in the community may develop programs to address the same health needs. In addition, joint programs may be adopted, which may refocus the Hospital with its limited resources to best serve the community.