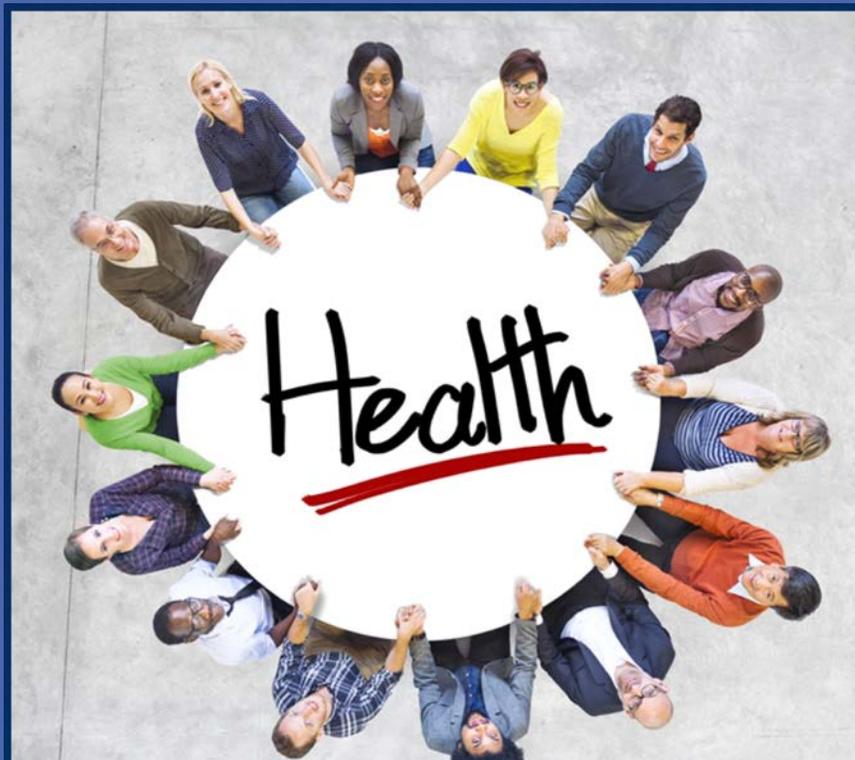


Community Health Needs Assessment 2016

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 team, as well as perceptions of targeted stakeholder groups.



In order to perform these analyses, information was collected from numerous secondary sources, including publically available sources as well as private sources of data. Additionally, survey data from 726 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, demographic characteristics of respondents were utilized to provide insights into why certain segments of the population responded 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.

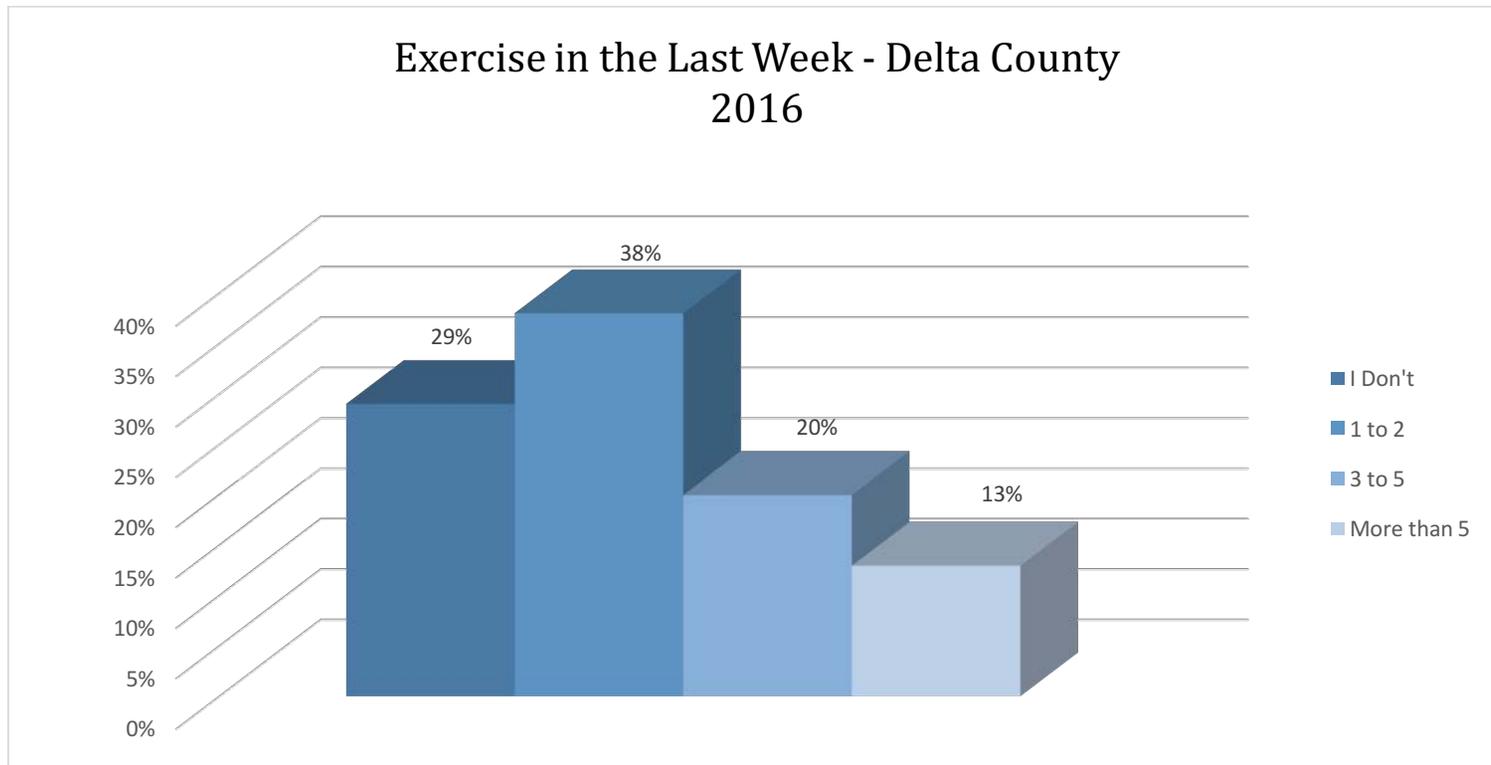
Using a modified version of the Hanlon Method, the collaborative team prioritized two significant health needs:

- **Healthy Behaviors**
- **Behavioral Health**

I. HEALTHY BEHAVIORS – ACTIVE LIVING, HEALTHY EATING AND SUBSEQUENT OBESITY

ACTIVE LIVING

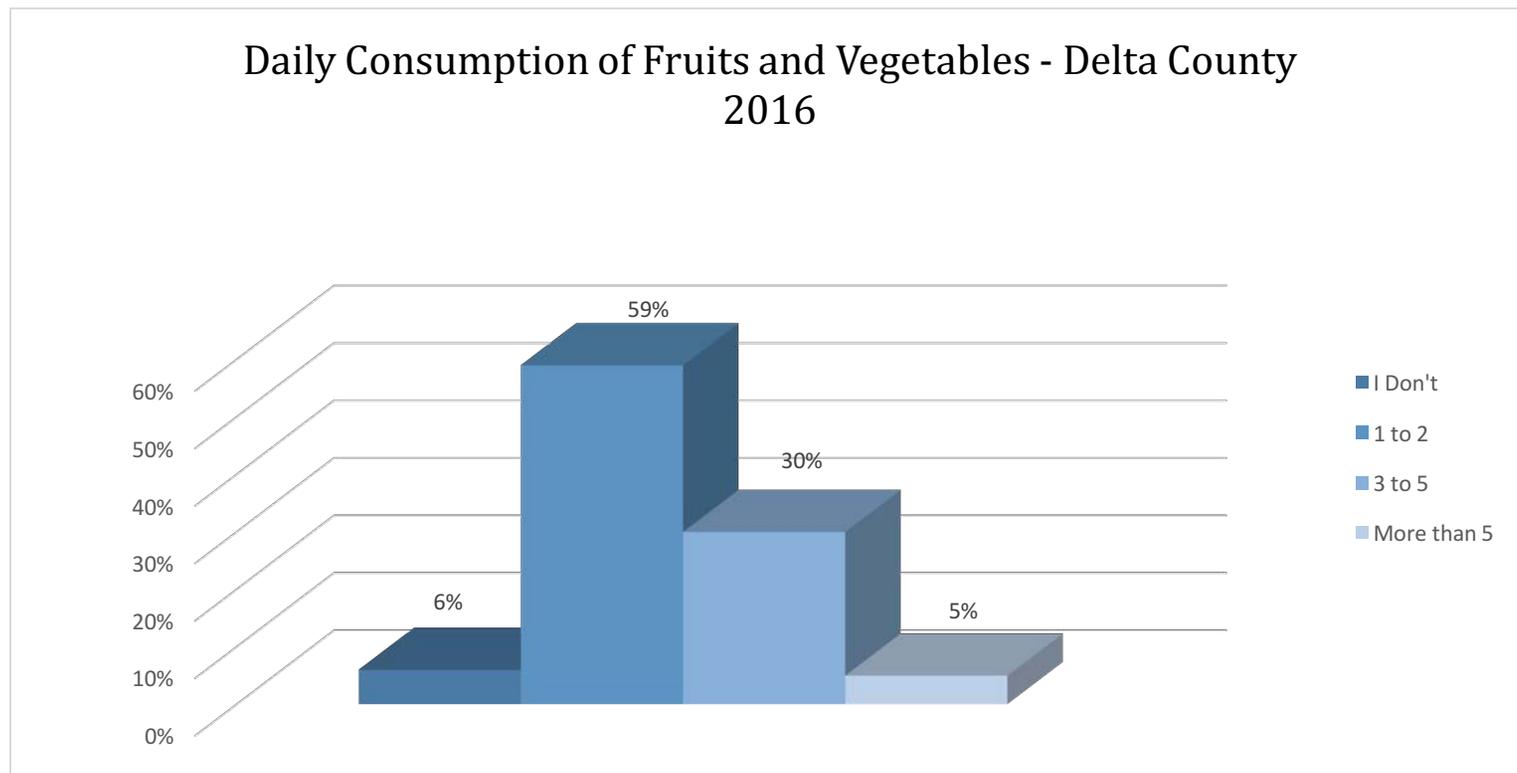
A healthy lifestyle, comprised of regular physical activity and balanced diet, has been shown to increase physical, mental, and emotional well-being. Approximately two-thirds (67%) of respondents in Delta County indicated they exercise two or fewer times per week.



Source: CHNA Survey

HEALTHY EATING

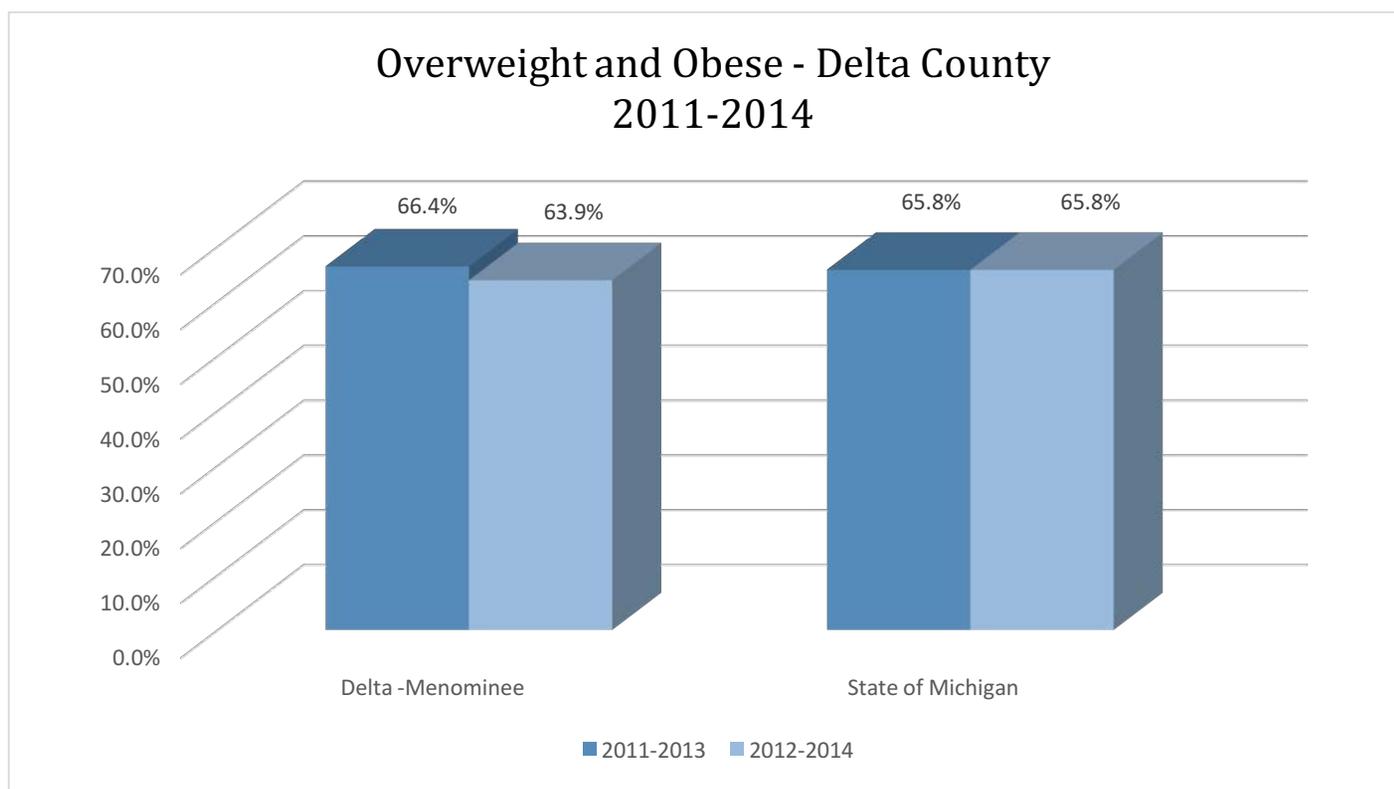
Almost two thirds (65%) of Delta County residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of Delta County residents who consume five or more servings per day is only 5%.



Source: CHNA Survey

SUBSEQUENT OBESITY

Healthy behaviors are directly related to issues such as obesity. In Delta County, the number of people diagnosed with obesity and being overweight has decreased from 2011-2013 to 2012-2014. Note specifically that the percentage of obese and overweight people has decreased from 66.4% to 63.9%. Overweight and obesity rates in Michigan have held steady at 65.8% during the same time period. Even though Delta County rates are now slightly lower than State averages, almost two thirds of the population is still overweight or obese.

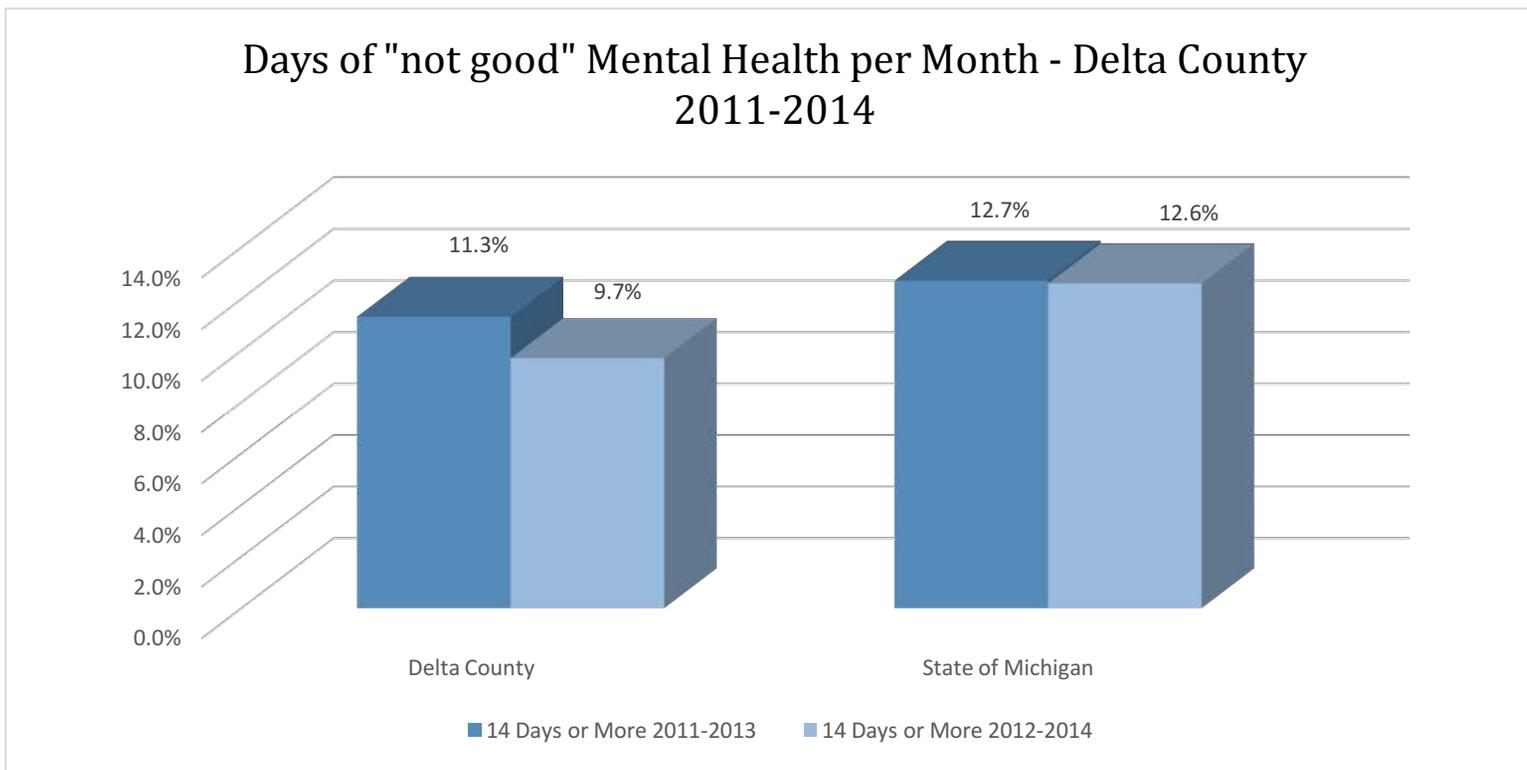


Source: Michigan Behavioral Risk Factor Surveillance System

II. BEHAVIORAL HEALTH – MENTAL HEALTH AND SUBSTANCE ABUSE

MENTAL HEALTH

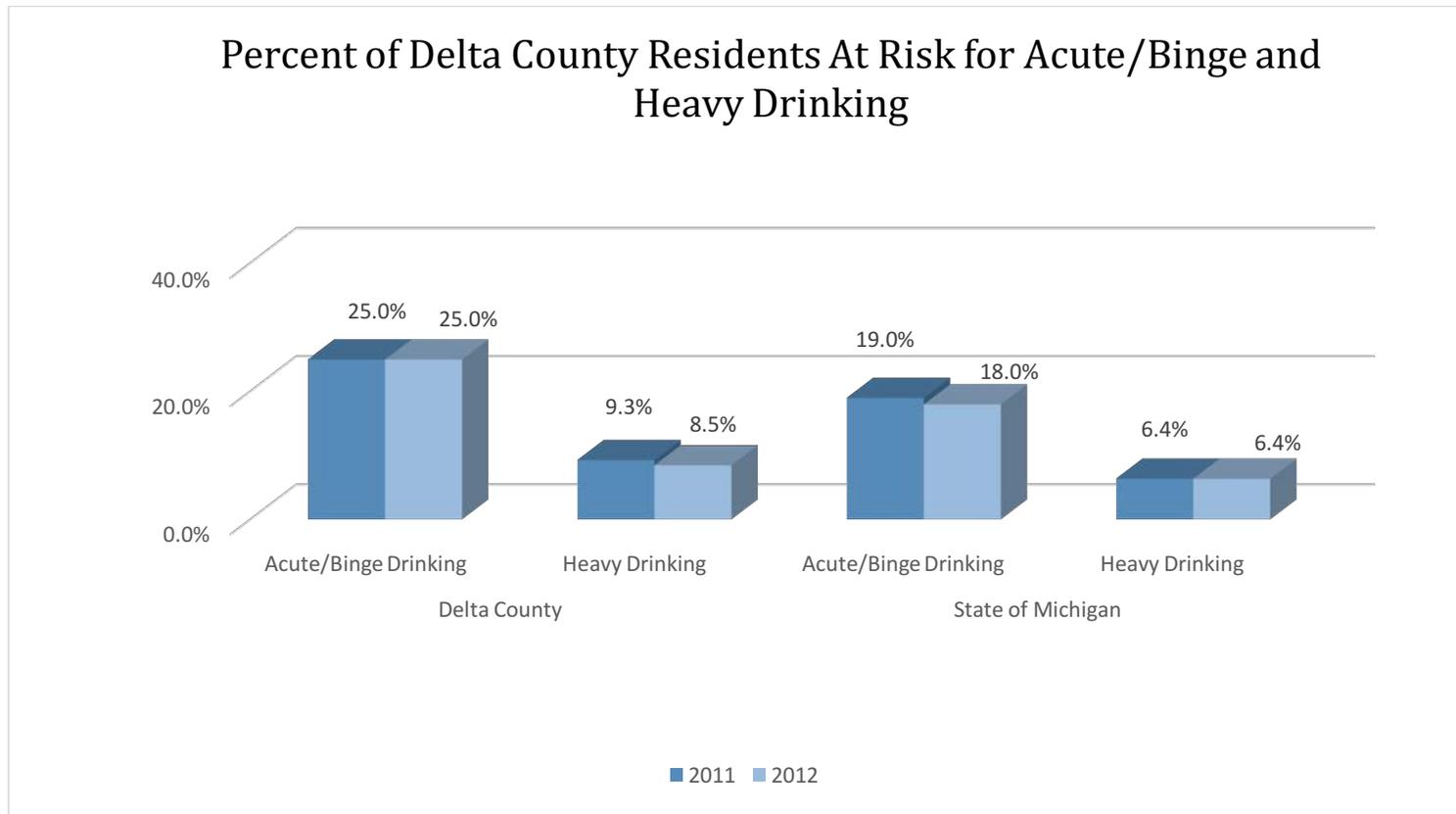
Approximately 11% of residents in Delta County reported they had experienced 14 or more days of “not good” mental health per month in 2011-2013. In 2012-2014, there was a moderate decrease in the number of people who reported “not good” mental health for 14 or more days to 9.7% of the population. Again, even though rates for “not good” mental health are below State averages, there is still a significant percentage of the population that suffers from poor mental health.



Source: Michigan Behavioral Risk Factor Surveillance System

SUBSTANCE ABUSE

Alcohol and drugs impair decision-making, often leading to adverse consequences and outcomes. Data from the Michigan Behavioral Risk Factor Surveillance System illustrate that residents of Delta County engage in binge and heavy drinking at a significantly higher level than State averages. While not depicted in the graph below, also note that tobacco use in Delta County (23.5%) is higher than State of Michigan averages (22.0%).



Source: Michigan Behavioral Risk Factor Surveillance System

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