

Executive Summary

St. Margaret's Health Needs Assessment is a collaborative undertaking by St. Margaret's Health to highlight the health needs and well-being of residents in Bureau, LaSalle, Marshall and Putnam Counties. Through this needs assessment, collaborative community partners have identified numerous health issues impacting individuals and families in the service area. Several themes are prevalent in this health needs assessment – the demographic composition of the service area, 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.

This study includes a detailed analysis of secondary data to assess information regarding the health status of the community. 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, primary data were collected for the general 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 service area were identified and remained consistent with the previous assessment completed in 2019. 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. The collaborative team prioritized two significant health needs:

- ***Healthy Lifestyles–nutrition, physical activity, and obesity***
- ***Substance abuse and mental health***

The Survey

In September of 2022 St. Margaret's Health (SMH) surveyed the community we serve to identify their health needs and concerns, as required by the Patient Protection and Affordable Care Act for tax-exempt hospitals to be conducted every 3 years. Hospitals are then required to analyze the community health needs and create a plan to meet those needs.

For the community health needs assessment survey, five specific sets of items were included:

Ratings of health issues in the community – to assess the importance of various community health concerns. Survey items included assessments of topics such as cancer, diabetes and obesity. In all, there were 16 choices provided for survey respondents.

Ratings of unhealthy behaviors in the community – to assess the importance of various unhealthy behaviors. Survey items included assessments of topics such as violence, drug abuse and smoking. In all, there were 13 choices provided for survey respondents.

Ratings of issues concerning well-being – to assess the importance of various issues relating to well-being in the community. Survey items included assessments of topics such as access to healthcare, safer neighborhoods and effective public transportation. In all, there were 12 choices provided for survey respondents.

Accessibility to healthcare – to assess the degree to which residents could access healthcare when needed. Survey items included assessments of topics such as access to medical, dental and mental healthcare, as well as access to prescription medications.

Healthy behaviors – to assess the degree to which residents exhibited healthy behaviors. The survey items included assessments of topics such as exercise and healthy eating habits. Finally, demographic information was collected to assess background information necessary to segment markets in terms of the five categories discussed above

Summary of SMH Survey

Surveys were made available to the public through paper mailings, in person paper surveys at community events and also on our website at www.aboutsmh.org for 6 months. 92 paper surveys were completed and 16 online surveys were completed for a total of 108 surveys.

Our survey participants were represented in all age and income and education levels. 86 participants were female and 22 were male.

93% of the surveys were completed by someone living in the SMH service area:

LaSalle county 61%
Bureau County 24%
Marshall county 3%
Putnam County 6%
Other County 7%

Survey participants listed the following Health Insurance coverage they had:

Medicare 57%
Medicaid 7%
Private/Commercial 44%
None 2%

92% of those that completed surveys listed themselves as White/Caucasian, 3% Black/African American, 3% Hispanic/Latino, 1% Asian and 1% other.

When asked about personal health choices 89% answered they could medical attention when they needed it. When they are sick they seek care at a doctor's office /clinic 67% of the time, Urgent Care 19%, ER 2%, Health Department 1%, and 11% of those responding don't seek medical care.

90% of participants have seen a doctor to get a well checkup within the last 2 years.

When asked was there a time when you needed care but were not able to get it, they responded no 89% and yes 11%. When they was there a time when you needed mental health counseling but not able to get it, 87% responded no and 13% yes.

88% of the surveys showed participants had been to the dentist within the last 2 years.

When asking about exercise and nutrition surveys showed:

Exercise 30 minutes or more/week?

Yes 54%
No 46%

How many servings of fruit/vegetables daily?

None 8%
1-2 65%
3-5 21%
5 + 1%

St. Margaret's Health Community Health Needs Assessment done in September 2022 shows the same concerns we saw in the 2019 survey:

The **three most important Health issues** in our community:

- Aging related issues, such as Alzheimer's, hearing loss, memory loss or arthritis (59%)
- Cancer (49%)
- Mental Health Issues such as depression, hopelessness, anger (45%)

The **three most important unhealthy behaviors** in our community:

- Drug abuse (68%)
- Alcohol abuse (62%)
- Lack of Exercise (35%)

The **three most important factors that impact your well-being** in our community:

- Lack of exercise (48%)
- Poor eating habits (46%)
- Alcohol abuse (35%)

When comparing statistical data from the Illinois Department Health and the Illinois census as well as other state and local agencies on population, age and race distribution, house hold types, adolescent births, income and unemployment there is no significant change in numbers since 2019.

When we look at opioid use and overdoses, fatal and non-fatal, we see rises in numbers both at the local county levels and the state level. During the Covid pandemic we saw overdose rates decrease as Covid rates increased but as soon as covid illnesses decreased there was increases in overdoses again.

Review of 2019 CHNA Action Plan Goals

SHM's **2019** Community Health Needs Assessment action plan included steps to provide education and programs to address the community's need for **healthier lifestyles**. Goals accomplished:

- Kids Camp provided health, nutrition and safety education to Kindergarten through 8th grade students.
- Kids Camp was organized by St. Margaret's Health in collaboration with Illinois Valley Community College and University of Illinois Extension Service.
- Developed the Chronic Care Management Program to assist patients with their chronic illnesses.
- Began diabetic prevention program called "Prevent Type 2 Diabetes"
- Provided Tai Chi classes to the public.
- Provided Nutrition classes taught by registered dieticians
- Real Results weight loss program offered twice a year for 12 weeks.

SMH's **2019** Community Health Needs Assessment action plan included steps to address **substance abuse** and also the need for more **behavior health services**. Goals accomplished:

- Two grants were applied for and received to create the Center for Holistic Health & Wellness in Princeton, Illinois
- Developed a partnership with Aruka Institute of Healing to provide behavior health services
- Developed satellite offices for Center for Holistic Health & Wellness in Peru and Spring Valley
- Assisted with random drug testing of high school students, to discourage substance abuse
- Continued working with the Perfectly Flawed Foundation to provide educational programs on opioid addiction and also to distribute Naloxone for reversal of opioid overdose.

2022 SMH Community Health Needs Assessment Action Plan Goals

The 2022 Community Health Needs Assessment action plan will continue to focus on developing programs and providing services to help the community meet its goal of a **healthier lifestyle** and **improved mental health**. We will also work to **decrease the number of opioid overdoses**.

- Partner with local health departments and hospitals to fully apply the data gathered in each of our CHNA surveys and create working teams to address identified community needs.

Healthy Behaviors Action Team to address improving physical health and nutrition

Healthy Aging Action Team to address improving health of our aging population

Behavior Health Action Team to address needs to improve mental health

- Increase number of behavior health providers at our Center for Holistic Health & Wellness including clinical counselors, psychiatrists and care coordinators.
- Provide public information on local support groups including the Depression and Bipolar Support Alliance, Grief Support, Parkinson's Support and Cancer Support.
- Continue working with local law enforcement and the Perfectly flawed Foundation to aid in the opioid crisis