

# Community Health Needs Assessment 2019

PEORIA COUNTY

TAZEWELL COUNTY

WOODFORD COUNTY



*Collaboration for  
sustaining health equity*

## COMMUNITY HEALTH-NEEDS ASSESSMENT

The Partnership for a Healthy Community spearheaded a collaborative approach in conducting a Community Health-Needs Assessment (CHNA) for the Tri-county region. The Partnership for a Healthy Community (hereafter referred to as PFHC) is a multi-sector community partnership working to improve population health. The PFHC formed an ad-hoc committee creating a collaborative team to facilitate the CHNA. This collaborative team included members from: Advocate Eureka Hospital, Bradley University, Heart of Illinois United Way, Heartland Health Services, Hopedale Medical Complex, OSF Saint Francis Medical Center (OSF), Peoria City/County Health Department, Tazewell County Health Department, UnityPoint Health – Central IL (UnityPoint), and Woodford County Health Department. They conducted the Tri-County Community Health-Needs Assessment (CHNA) to highlight the health needs and well-being of residents in the Tri-County region.



Several themes are prevalent in the collaborative CHNA – the demographic composition of the Tri-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 PFHC stakeholders, as well as perceptions of targeted stakeholder groups.

In order to perform these analyses, information was collected from publicly available sources, as well as private sources of data. Additionally, survey data from 1,376 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, prioritization of the most significant health-related issues in the Tri-County region were identified. Health needs were 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 four significant health needs:

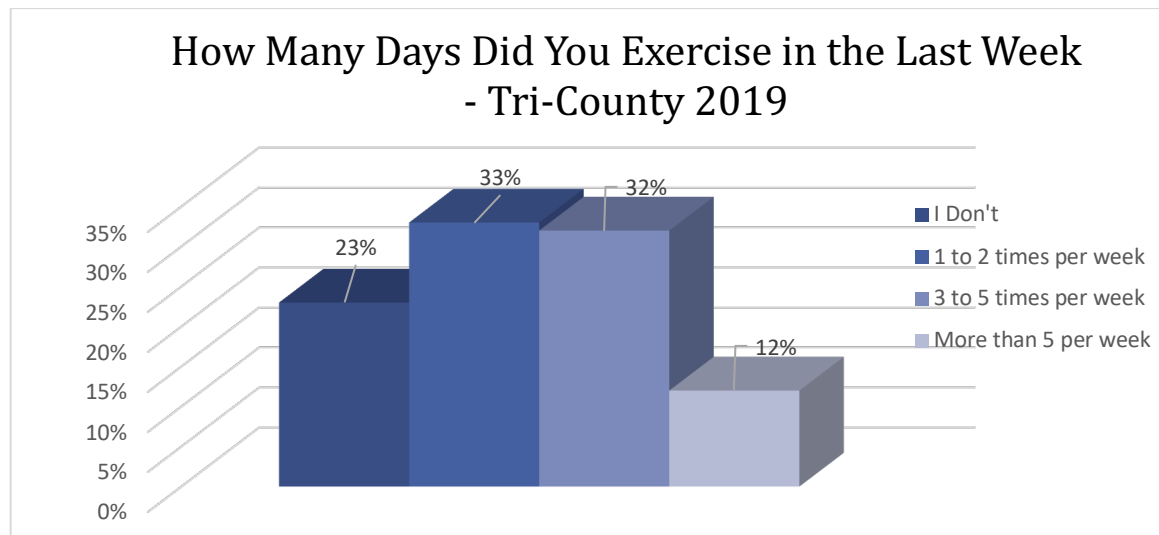
- **Healthy Eating/Active Living** – defined as active living and healthy eating, and their subsequent impact on obesity, access to food, and food insecurity
- **Cancer** - defined as incidence of breast, lung, and colorectal cancer and cancer screenings
- **Mental Health** - defined as depression, anxiety, and suicide
- **Substance Use** - defined as abuse of illegal and legal drugs, alcohol, and tobacco/vaping use

## I. HEALTHY BEHAVIORS –ACTIVE LIVING, HEALTHY EATING AND THEIR IMPACT ON OBESITY, ACCESS TO FOOD, AND FOOD INSECURITY

### 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 56% of respondents in the Tri-County region indicated they exercise 2 or fewer times per week. Note that 23% of respondents in the Tri-County region indicated that they do not exercise at all, and 33% of residents exercise only 1-2 times per week.

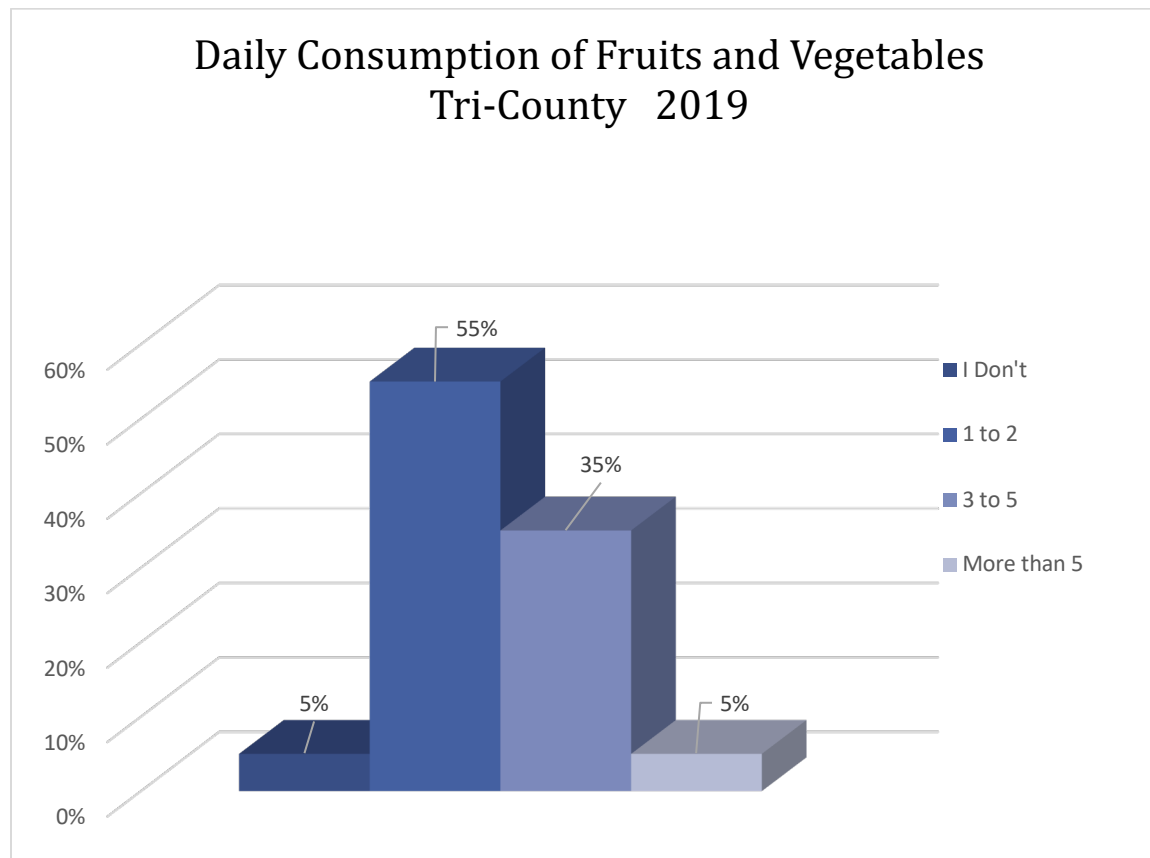


Source: CHNA Survey

## 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.

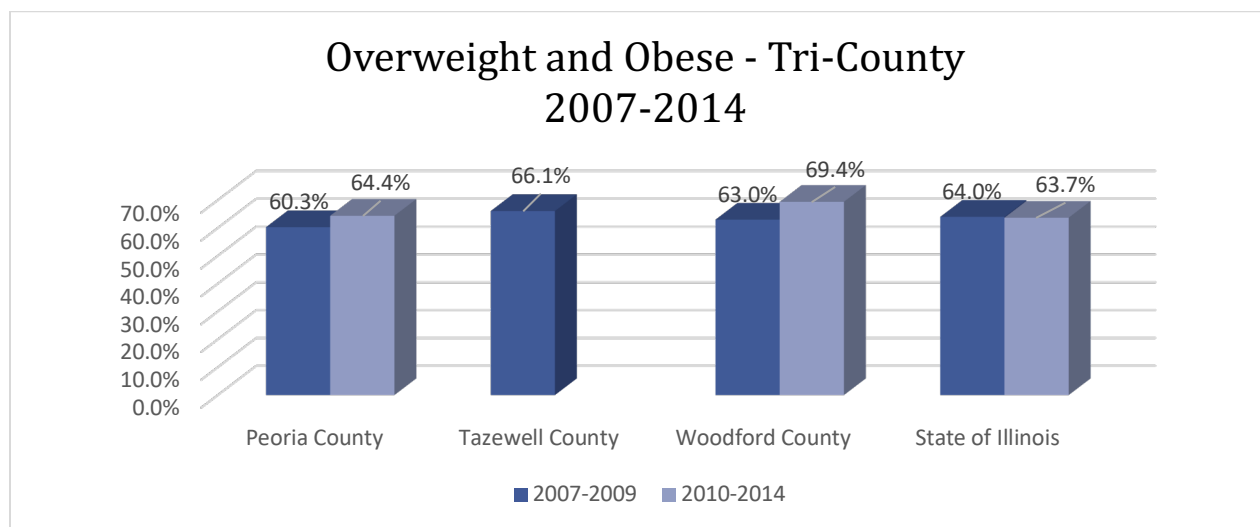
Almost two-thirds (60%) of Tri-County residents report no consumption or low consumption (1-2 servings per day) of fruits and vegetables per day. Note that the percentage of Tri-County residents who consume five or more servings per day is only 5%.



Source: CHNA Survey

## SUBSEQUENT OBESITY

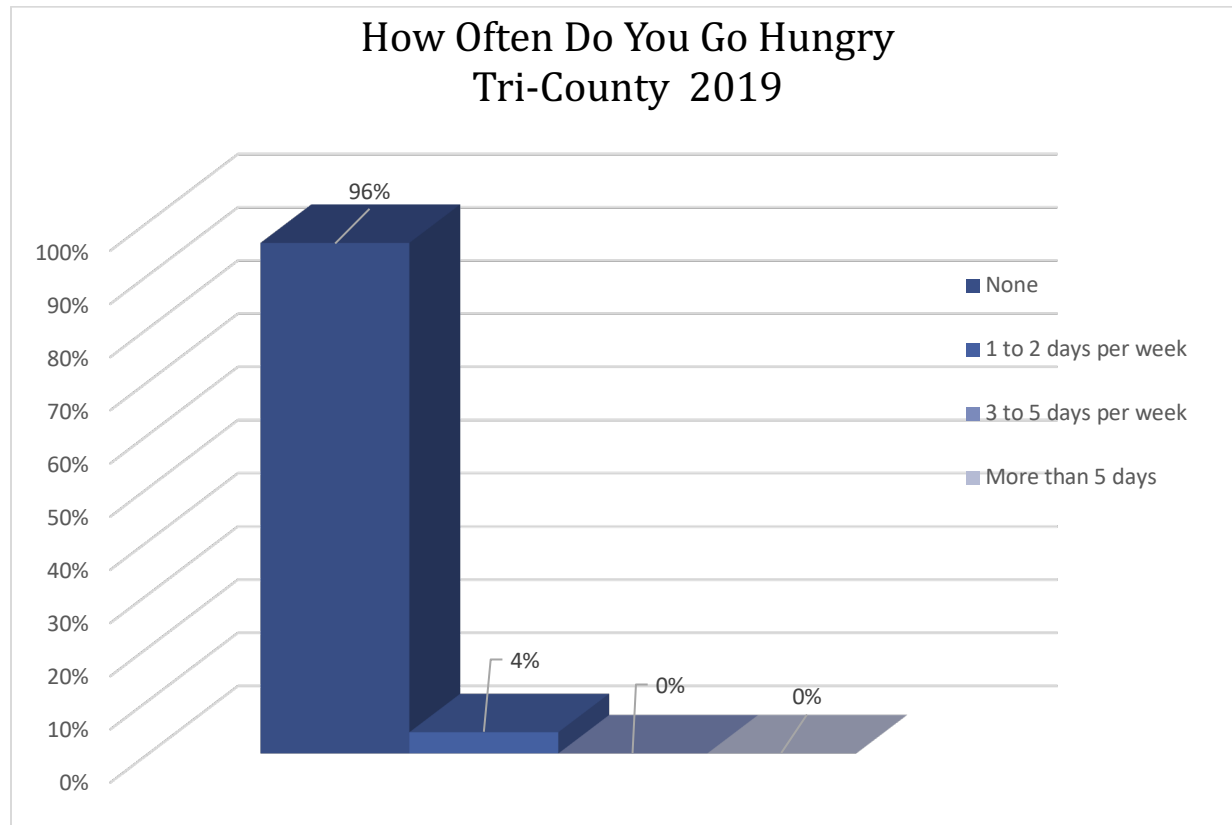
Healthy behaviors are directly related to issues such as obesity. In the Tri-County region, the number of people diagnosed with obesity and being overweight has increased from 2009 to 2014 (based on the most recent available data from 2014). Note specifically that the percentage of obese and overweight people is higher than State averages in all counties, ranging from 64.4% to 69.4%. Overweight and obesity rates in Illinois have decreased from 64% in 2009 to 63.7% in 2014. Moreover, survey respondents were asked to self-identify any health conditions. Note that being overweight (39%) was significantly higher than any other health conditions. The US Surgeon General has characterized obesity as “the fastest-growing, most threatening disease in America today.” According to the Obesity Prevention Initiative from the Illinois General Assembly, 20% of Illinois children are obese. The financial burden of overweight and obese individuals is staggering, as the estimated annual medical costs attributed to obesity in Illinois exceed \$3.4 billion, ranking Illinois 6<sup>th</sup> in the nation for obesity-attributed medical costs. 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 Illinois 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: Illinois Behavioral Risk Factor Surveillance System

### ACCESS TO FOOD AND FOOD INSECURITY

It is essential that everyone has access to food and drink necessary for living healthy lives. 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. In the Tri-County region, approximately 4% of residents go hungry at 1-2 times per week.



Source: CHNA Survey

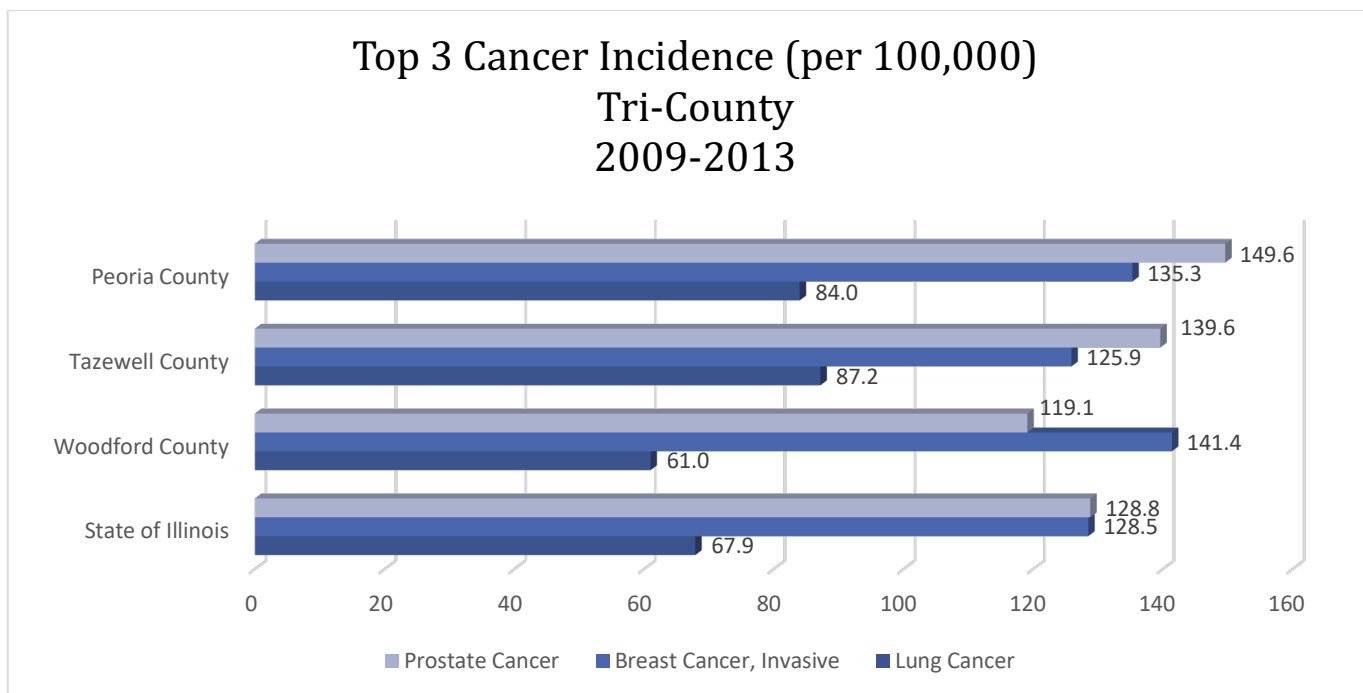
## II. CANCER – INCIDENCE OF BREAST, LUNG, AND COLORECTAL CANCER AND CANCER SCREENINGS

### BREAST CANCER

Cancer is the first or second leading cause of mortality in all three counties in the Tri-County region. Breast, lung, and colorectal cancer are more prevalent in the Tri-County region when compared with the State of Illinois. Breast cancer is the most common cancer in women in Illinois. The incidence of breast cancer per 100,000 residents in the Tri-County region is 134.2 people per 100,000 compared to Illinois State average of 128.5.

### LUNG CANCER

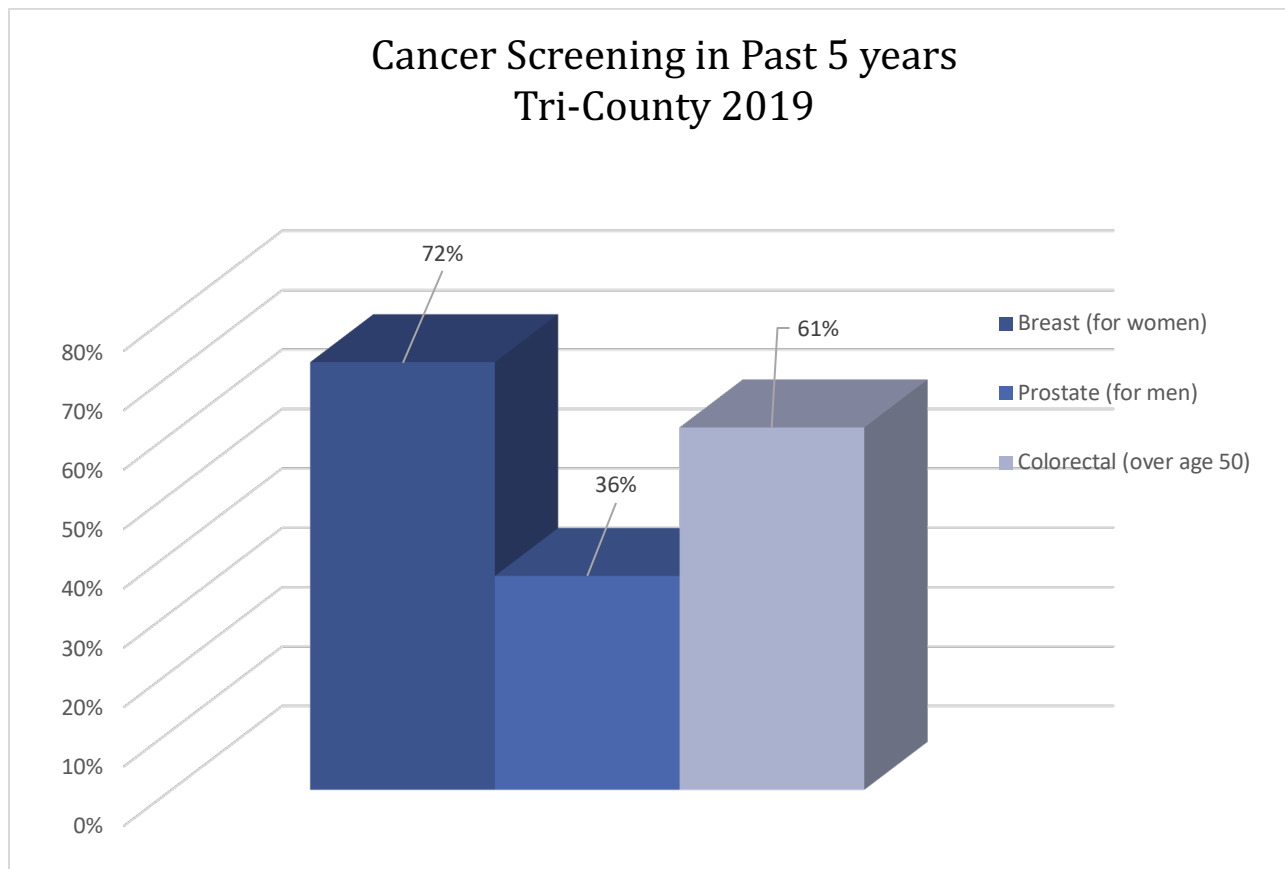
Lung cancer is second most common cancer among men and women in Illinois. The incidence of lung cancer per 100,000 residents in the Tri-County region is 79.7 people per 100,000 compared to Illinois State average of 67.9. Incidence of smoking in the Tri-County area (19.1%), is higher than State of Illinois averages (18.4%). Moreover, in 2018, 10% of the Tri-County population smoked and/or vaped 5 or more time per day.



Source: <http://dph.illinois.gov/sites/default/files/publications/County-Sec1-Site-Specific-Cancer-Incidence-ers1605.pdf>

### COLORECTAL CANCER

Colorectal cancer is the third most common cancer among men and women in Illinois. All three counties in the Tri-County area report higher incident and age-adjusted death rates for colorectal cancer compared to the State of Illinois, the U.S. and are above the are 3-6% higher than the HP2020 target. While early detection of precancerous polyps can prevent colorectal cancer, 39% of the population over 50 years old in the Tri-County area has not had a colorectal screening in the past five years.

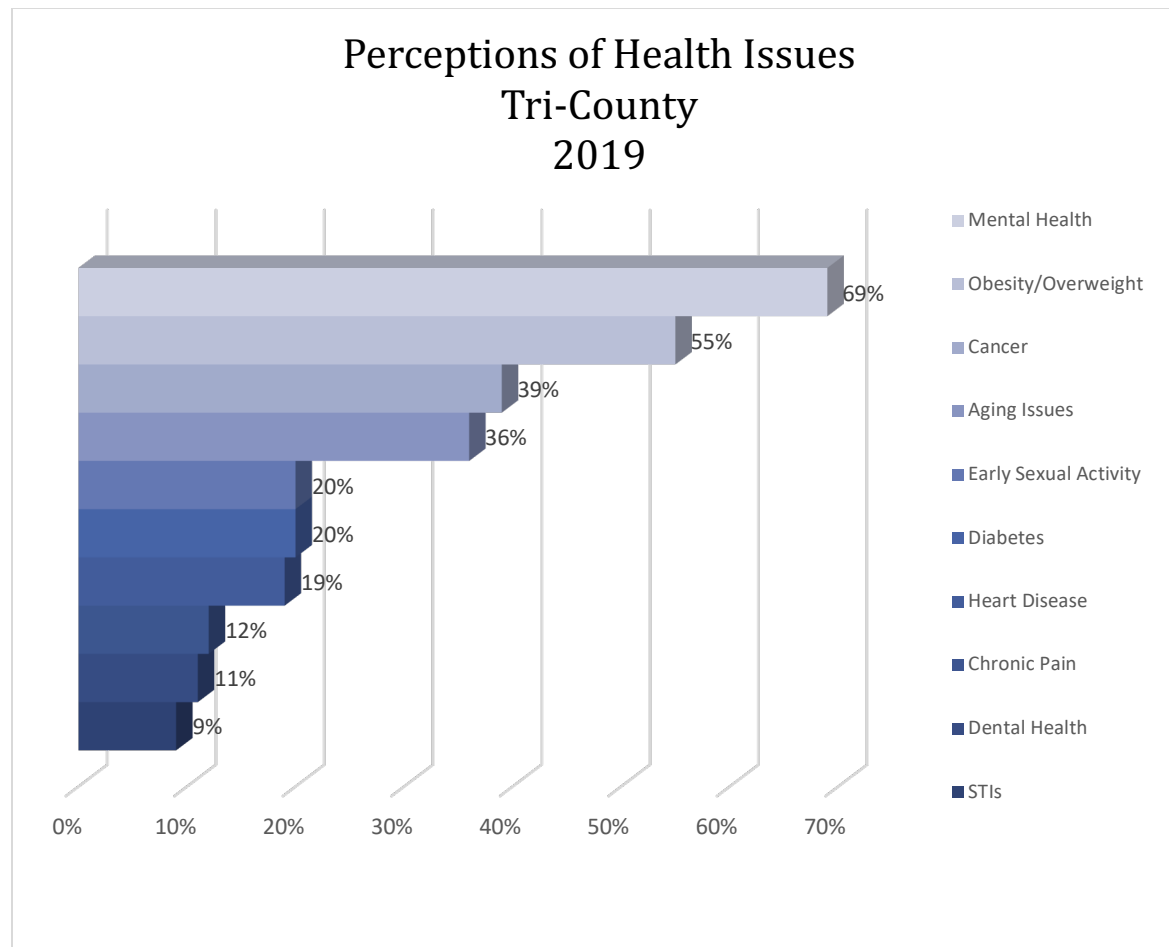


Source: CHNA Survey



### III. MENTAL HEALTH – DEPRESSION, ANXIETY, AND SUICIDE

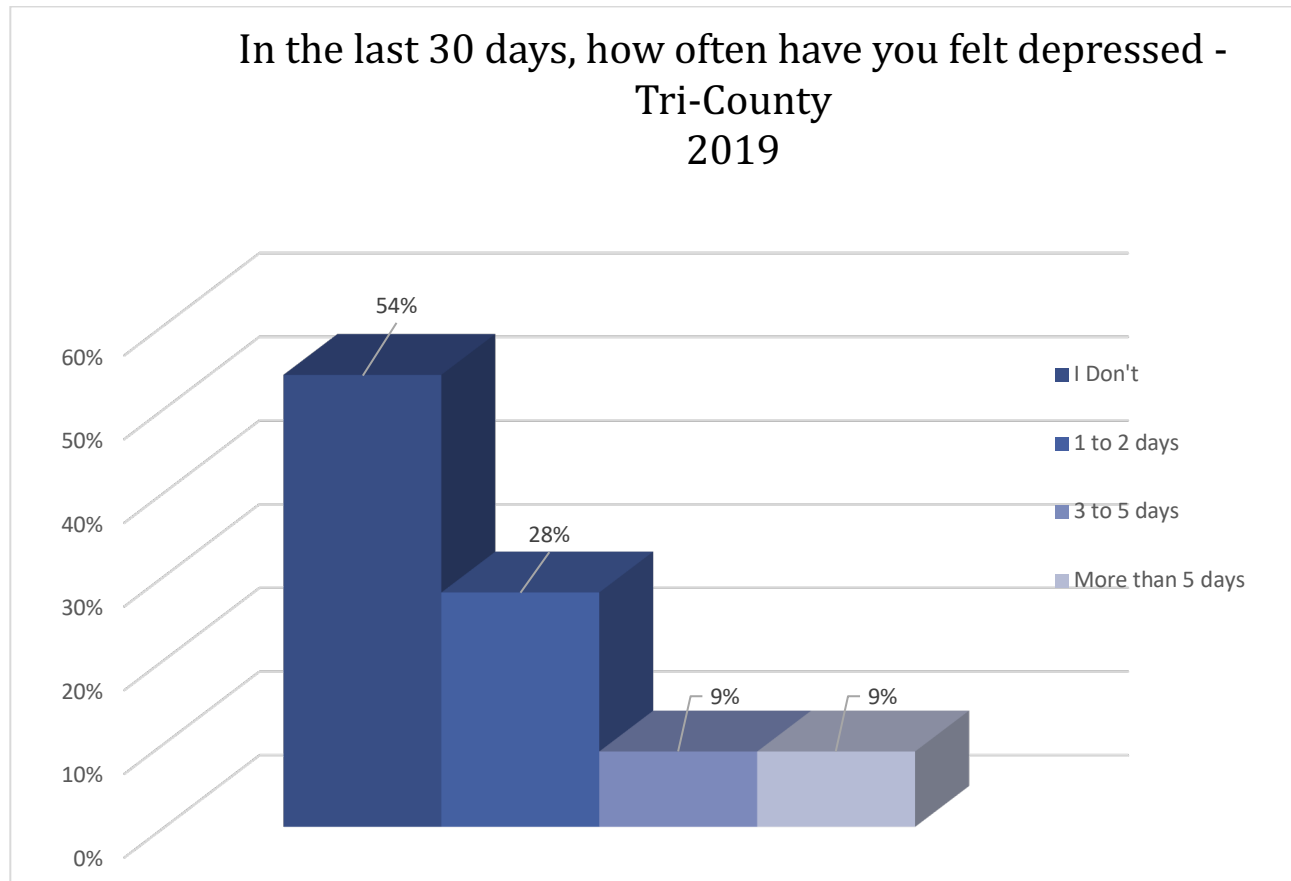
According to the CHNA survey, 33% of respondents talked to someone about their mental health in the last 30 days. In the Tri-County area, almost 1/3 (31.3%) of 10<sup>th</sup> grade students indicated that in the past 12 months they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped some usual activities. Mental health was rated as the most important health issue in the community by 69% of survey respondents.



Source: CHNA Survey

## DEPRESSION

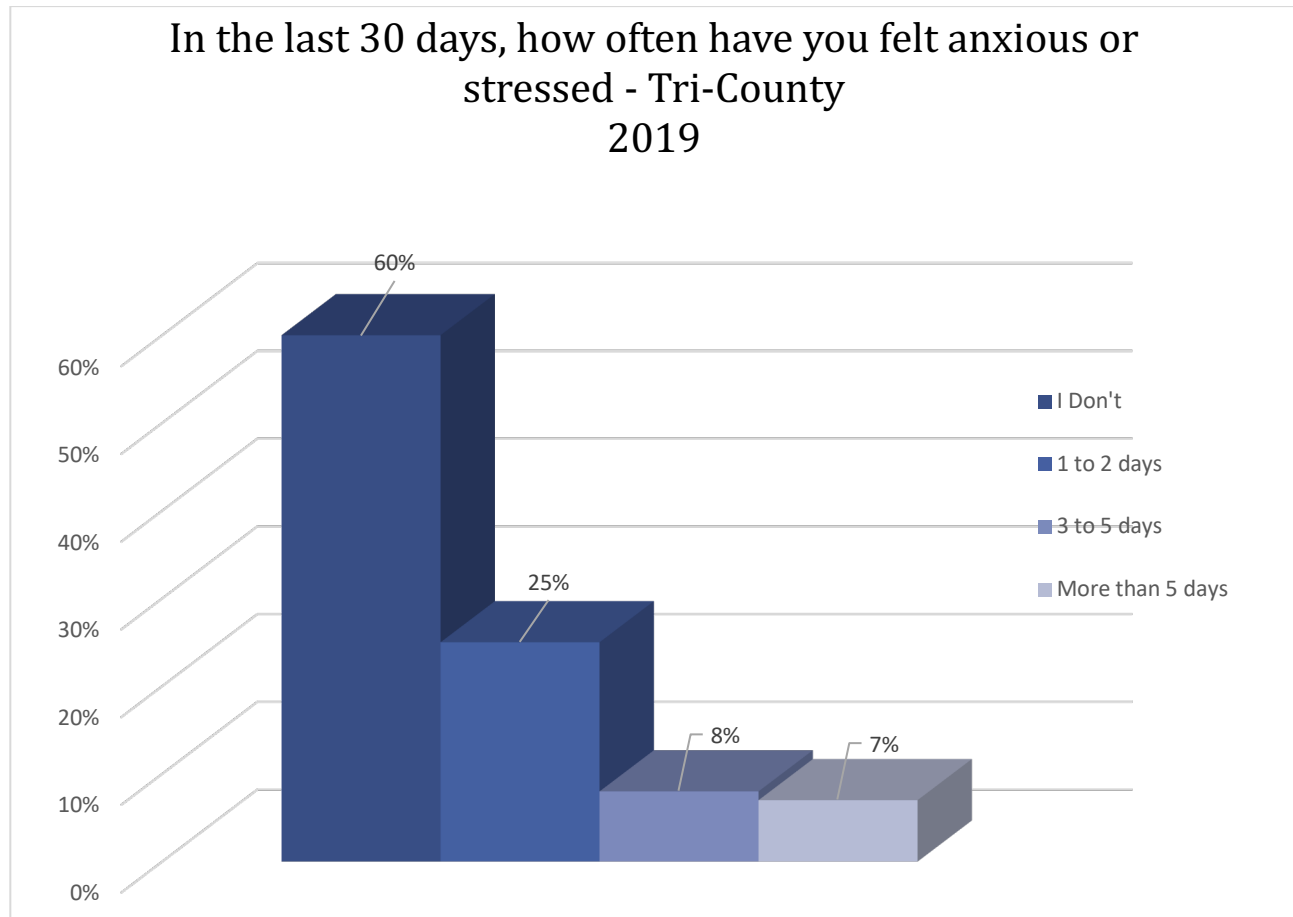
According to the CHNA survey, 46% of respondents felt depressed in the last 30 days. Specifically, 28% of respondents felt depressed 1-2 days and 18% felt depressed 3 or more days in the last 30 days.



Source: CHNA Survey

## ANXIETY

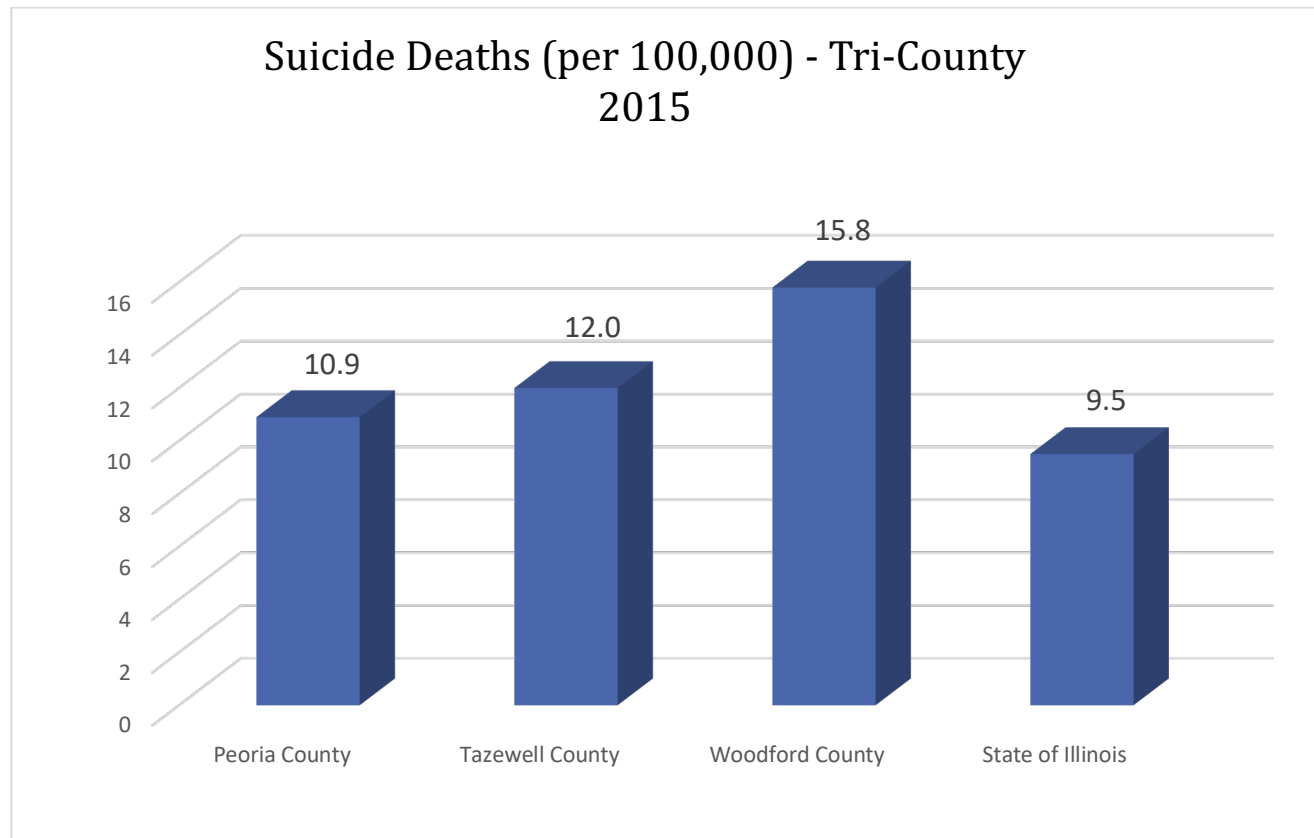
According to the CHNA survey, 40% of respondents felt anxious in the last 30 days. Specifically, 25% of respondents felt anxious 1-2 days and 15% felt anxious 3 or more days in the last 30 days.



Source: CHNA Survey

## SUICIDE

In the Tri-County region, all three counties had higher suicide rates than State of Illinois averages (based on the most recent available data from 2015). Specifically, suicide rates per 100,000 residents were 10.9 in Peoria County, 12.0 in Tazewell County and 15.8 in Woodford County. The State of Illinois average was 9.5 suicide deaths per 100,000 residents. In the Tri-County area, 16.7% of 10<sup>th</sup> graders indicated they seriously considered attempting suicide in the past 12 months.

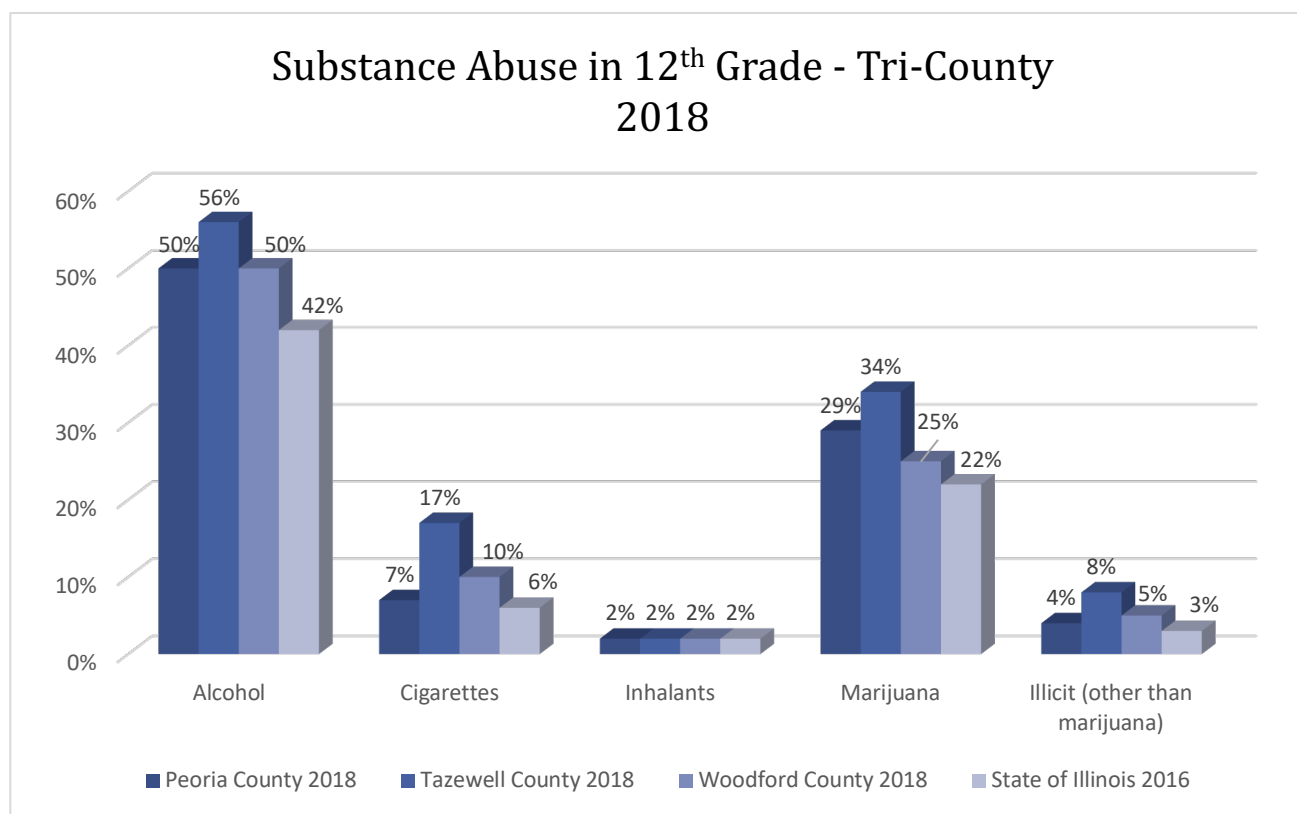


Source: Illinois Department of Public Health

## IV. SUBSTANCE USE – ABUSE OF ILLEGAL AND LEGAL DRUGS, ALCOHOL, AND TOBACCO/VAPING USE

### SUBSTANCE USE

Alcohol and drugs impair decision-making, often leading to adverse consequences and outcomes. Research suggests substance use values and behaviors of students is a leading indicator of adult substance use in later years. Data from the 2018 Illinois Youth Survey measures illegal substance use for alcohol, cigarettes, inhalants, marijuana and other illicit drugs among adolescents. For all three counties, 12<sup>th</sup> graders are at or above State averages in all categories. Moreover, CHNA survey results show that 16% of the Tri-County population uses substances (either legal or illegal) on a typical day to make themselves feel better.



Source: University of Illinois Center for Prevention Research and Development

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