

# 2022



## Community Health Needs Assessment

*Collaboration for Sustaining Health Equity*

Peoria County  
Tazewell County  
Woodford County



# 2022 CHNA Summary



Tri-County  
Community Health  
Needs Assessment  
2022

*Collaboration for  
Sustaining Health Equity*

2

## The Partnership for a Healthy Community lead a collaborative approach in conducting a Community Health Needs Assessment for the Tri-County region. The Partnership for a Healthy Community is a multi-sector community partnership working to improve population health.

The Partnership for a Healthy Community (PFHC) formed an ad-hoc committee creating a collaborative team to facilitate the community health needs assessment. This collaborative team included members from: Bradley University, Carle Eureka Hospital, Heart of Illinois United Way, Heartland Health Services, Hopedale Medical Complex, OSF Saint Francis Medical Center, Peoria City/County Health Department, Tazewell County Health Department, UnityPoint Health - Central IL (including Methodist Medical Center of Illinois, Pekin Memorial Hospital and Proctor Hospital) and Woodford County Health Department. They conducted the Tri-County community health needs assessment to highlight the health needs and well-being of residents in the Tri-County region. Several themes are prevalent in the collaborative community health needs assessment - 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 1,286 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. Social determinants of health (SDOH) were analyzed to provide insights into why certain segments of the population behaved differently. Given the size and diversity of the Tri-County area, 13 regions were identified to provide more detailed analyses. Based on zip codes, there were six regions identified in Peoria County, four regions identified in Tazewell County and three regions identified in Woodford County.

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 three significant health needs:

- **Healthy Eating/Active Living** - defined as healthy eating and active living, access to food and food insecurity
- **Mental Health** - defined as depression, anxiety, and suicide
- **Obesity** - defined as overweight and obese

# Healthy Eating and Active Living

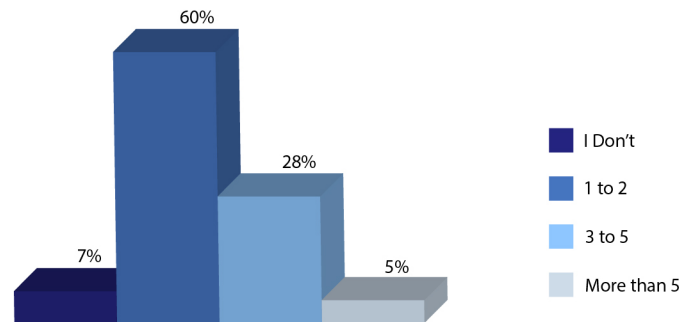
## HEALTHY EATING

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.

Two-thirds (67%) 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%. According to survey results, for those respondents who do not consume fruits and vegetables, the leading causes are lack of importance and dislike of fruits and vegetables. Consumption of fruits and vegetables tends to be rated lower for residents who live in the Peoria/West Peoria region.

### Daily Consumption of Fruits and Vegetables

Tri-County 2022



Source: CHNA Survey

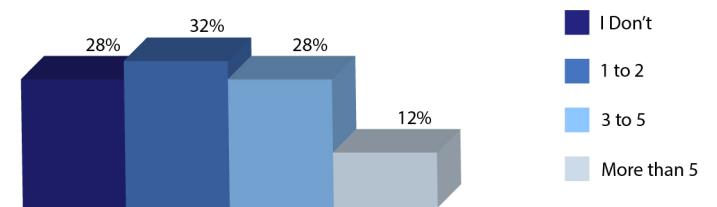
## ACTIVE LIVING

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 28% of respondents in the Tri-County region indicated that they do not exercise at all, and 32% of residents exercise only 1-2 times per week. Note the Healthy People 2030 target for adults that do not exercise is 21.2%. According to survey results, for those respondents that do not exercise, the leading causes for not exercising are too tired, no time and dislike for exercise. Frequency of exercise tends to be rated lower for residents who live in the Eastern Woodford County region.

### Days of Exercise in Last Week

Tri-County 2022



Source: CHNA Survey

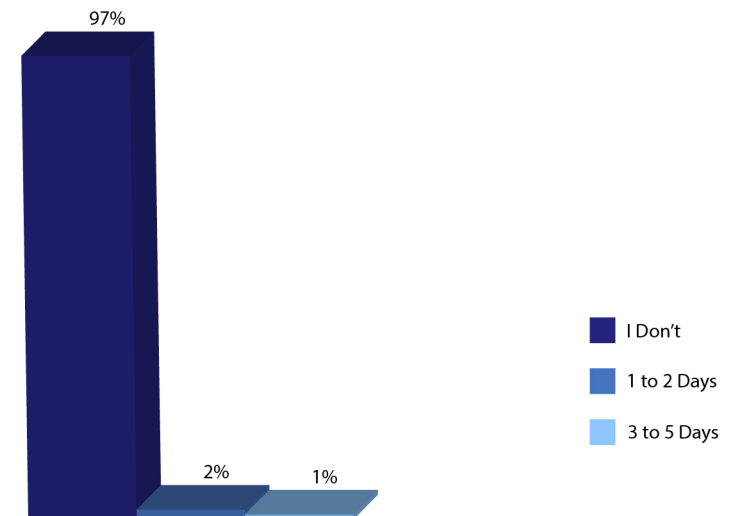
# Healthy Eating and Active Living

## 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 3% of residents go hungry. Prevalence of hunger tends to be rated higher for residents who live in the Peoria/West Peoria region and residents who live in the Eastern Woodford County region.

## How Often People Go Hungry

Tri-County 2022



Source: CHNA Survey

# Mental Health

Depression and Anxiety, Suicide

Tri-County Community Health Needs Assessment 2022

Collaboration for Sustaining Health Equity

## DEPRESSION AND ANXIETY

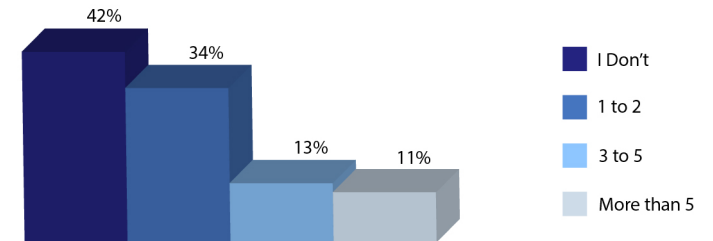
The CHNA survey asked respondents to indicate prevalence of mental health issues, namely depression and stress/anxiety. Of respondents, 58% indicated they felt depressed in the last 30 days and 52% indicated they felt anxious or stressed. Results from the 2022 CHNA show a 12% increase in the number of people experiencing depression, compared to 2019. Similarly, results from the 2022 CHNA show a 12% increase in the number of people experiencing stress / anxiety, compared to 2019. Respondents were also asked if they spoke with anyone about their mental health in the past year. Of respondents 41% indicated that they spoke to someone, the most common response was to a counselor (43%). In regard to self-assessment of overall mental health, 16% of respondents stated they have poor overall mental health. In the 2022 CHNA survey, respondents indicated that mental health was the most important health issue (23%).

Depression tends to be rated higher by women, younger people, and those with lower income. Additionally, depression tends to be rated higher for residents who live in the Peoria/West Peoria region and Northern, Southern and Eastern Tazewell County. In general, depression is rated lower for residents who live in Woodford County.

Anxiety tends to be rated higher by women, Black people, and younger people. Additionally, anxiety tends to be rated higher for residents who live in the Northern Peoria/Peoria Heights region.

## Felt Depressed Last 30 Days

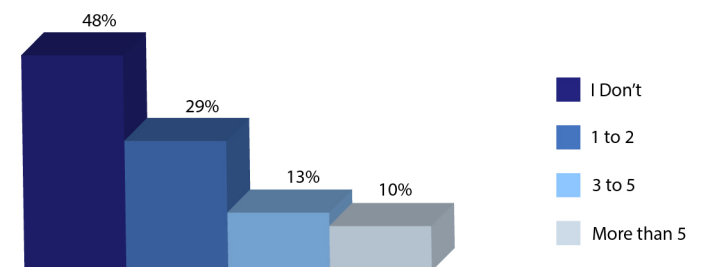
Tri-County 2022



Source: CHNA Survey

## Felt Anxious or Stressed Last 30 Days

Tri-County 2022



Source: CHNA Survey

# Mental Health

*Depression and Anxiety, Suicide*

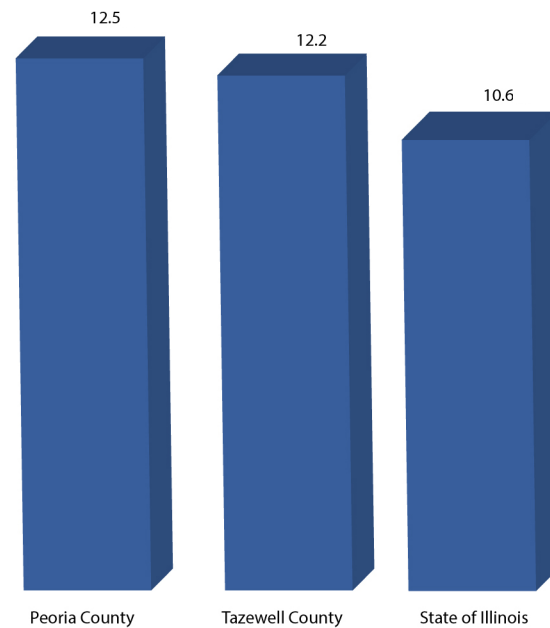
Tri-County  
Community Health  
Needs Assessment  
2022

*Collaboration for  
Sustaining Health Equity*

## **SUICIDE**

The number of suicides in Peoria and Tazewell Counties indicate higher incidence than State of Illinois averages for 2020. Note that IDPH data for Woodford County is not reported, as IDPH does not report the number of suicides in a county if 11 or less.

**Suicide Deaths (per 100,000)**  
*Tri-County 2020*



*Source: Illinois Department of Public Health*

# Obesity

## OBESITY

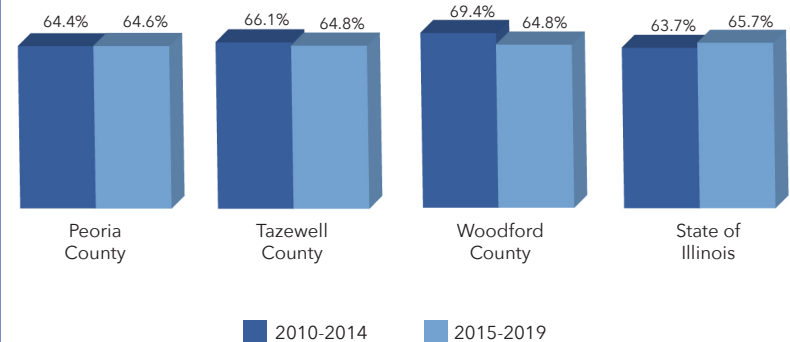
Nearly two-thirds of Tri-County residents are overweight or obese. In the Tri-County region, the number of people diagnosed with obesity and being overweight is near State averages in all counties, ranging from 64.6% to 64.8%. Overweight and obesity rates in Illinois have increased from 63.7% in 2009 to 65.7% in 2019. Moreover, survey respondents were asked to self-identify any health conditions.

In the 2022 CHNA survey, respondents indicated that being overweight was the second most important health issue and was rated as the most prevalently diagnosed health condition. Research strongly suggests that obesity is a significant problem facing youth and adults nationally, in Illinois, and within the Tri-County. The U.S. 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. 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.

## Overweight and Obese

*Tri-County 2010-2019*



Source: Illinois Behavioral Risk Factor Surveillance System

# Collaborative Team

## **COLLABORATIVE TEAM**

Hillary Aggert | Woodford County Health  
Department

Holly Bill | Hult Center for Healthy Living

Beth Crider | Peoria Regional Office of Education

Greg Eberle | Hopedale Medical Complex

Amy Fox | Tazewell County Health Department

Lisa Fuller | OSF Healthcare System

Sally Gambacorta | Carle Eureka Hospital

Kate Green | Home for All

Monica Hendrickson | Peoria City/County Health  
Department

Tricia Larson | UnityPoint Health - Unity Place

Eric Rahn | UnityPoint Health—Central Illinois

Chris Setti | Greater Peoria Economic Development  
Council

Kaitlyn Streitmatter | University of Illinois Extension

Dr. Adam Sturdavant, MD | OSF Healthcare System

Nicole Robertson | American Cancer Society

Jennifer Zammuto | Heart of Illinois United Way

## **FACILITATOR**

Dr. Laurence G. Weinzimmer (*Principal Investigator*)  
Bradley University

