

Community Health Needs Assessment 2013-2015



EXECUTIVE SUMMARY

Provisions of the Patient Protection and Affordable Care Act (ACA) require all non-profit hospital facilities in the United States to conduct a community health needs assessment and adopt an implementation strategy to meet the identified community health needs. In the process of conducting the community health needs assessment, all non-profit hospitals are required to take into account input from individuals who represent a broad interest of the community served, including those with special knowledge or expertise in public health.

Decatur Memorial Hospital conducts a community health needs assessment every three years to evaluate the health of the community, identify high priority health needs, and develop strategies to address the needs of the community. The 2013-2015 Decatur Memorial Hospital Community Health Needs Assessment represents a combination of quantitative and qualitative information from reputable statistical sources and focus group feedback provided by community leaders. This report summarizes the results of the analysis. Following this 2013-2015 Decatur Memorial Hospital Community Health Needs Assessment, a comprehensive implementation plan will be developed.

Inquiries regarding the 2013-2015 Decatur Memorial Hospital Community Health Needs Assessment should be directed to:

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METHODOLOGY

The assessment process included a combination of secondary data, including IPLAN, U.S. Census Data, reference to Healthy People 2020, among other sources. Valuable input from focus group participants provided primary data for the assessment. Decatur Memorial Hospital utilized the six step assessment process outlined below.

Step 1: Establishing the Assessment Infrastructure

Participants in the assessment included Decatur Memorial Hospital, Millikin University, Macon County Health Department, Decatur Trades and Labor, Psychology Specialists, Economic Development Corporation, City of Decatur, Decatur City Council, DMH Medical Group Physicians, CHIC Clinic, Carpenters Local Union #742, and Decatur churches.

Decatur Memorial Hospital's Role:

- Coordinate the overall assessment process
- Provide the meeting space
- Motivate other community organizations to participate
- Collect and organize secondary data
- Conduct a focus group to collect primary data
- Motivate other community organizations to act in the identified priority issues
- Identify priority issues
- Develop and implement initiatives to address priority issues

Partner organizations, contributions, and roles:

- All organizations provide participants and input

Key factors in developing and maintaining partnerships:

- Maintaining mutual respect and a common language
- Following through on commitments

Step 2: Defining Purpose and Scope (Defining the Community)

The purpose of the assessment was to evaluate the current health needs of the community, the resources currently in place to meet those needs as well as identifying major gaps between the two. Data from the assessment is used to develop an action plan to bridge the gap and better meet the health needs of the community.

The Community Health Needs Assessment Report focuses on primary and secondary information for Macon County, Illinois, including the city of Decatur and nearby towns. This was determined because the majority of patients reside in Macon County (more than 70% of patients). In some instances, data was not available for Macon County, so city of Decatur data was used.

Step 3: Collecting and Analyzing Data

Primary data was collected on September 4, 2012 by holding a Community Health Needs Assessment Focus Group, where community leaders provided input regarding community health strengths and concerns, as well as top health concerns seen throughout the Macon County area. This diverse group of individuals was chosen to participate in the 2012 Community Health Needs Assessment Focus Group because of their insight to the community's population, including health needs.

Secondary data was collected through several sources. The Illinois Project for Local Assessment of Needs (IPLAN) is a community health assessment and planning process that is conducted every five years by local health jurisdictions in Illinois. Based on the *Assessment Protocol for Excellence in Public Health* (APEX-PH) model, IPLAN is grounded in the core functions of public health and addresses public health practice standards. Additional resources were utilized throughout the process, including but not limited to, U. S. Census Bureau American Fact Finder, Social Impact Research Center at Heartland Alliance, Illinois District Report Card, and Illinois County Behavioral Risk Factor Survey.

Step 4: Selecting Priorities

The focus group participants discussed the priority in which community health needs should be addressed and determined it best to focus on services that impacted the community as a whole vs. patient specific services.

Step 5: Documenting and Communicating Results

The 2012 Community Health Needs Assessment Focus Group was recorded for future reference and results were tallied to determine the area's top strengths/values, barriers/concerns, and the top 3 health needs. These results will be presented to each focus group participant as well as Decatur Memorial Hospital's Senior Leadership Team.

Step 6: Planning for action and monitoring progress

Following the completion of the 2013-2015 Community Health Needs Assessment Report, an Implementation Plan will be created to meet the applicable identified needs. Efforts will be measured appropriately and progress will be reported regularly.

SECONDARY DATA: POPULATION CHARACTERISTICS

Demographics: Population Growth and Age Distribution

Decatur Memorial Hospital is located in Decatur, Illinois, serving Macon County and the immediate surround area. Encompassing 581 square miles, Macon County has an approximate population of 110,768. The population of Macon County declined by 3.4% between 2000 and 2010, with a mean age increase from 38 years in 2000 to 40.3 years in 2010. In comparison to the state of Illinois' mean age of 36.6, Macon County's population is slightly older. Between 2000 and 2010, Macon County gained 4,576 residents over the age of 55, but lost 8,514 residents under the age of 55 during the same time period, most likely due to an aging population and relocation.

Age Distribution, Macon County (2010)

Age Range	Number	Percent
↓5 years	6,936	6.3
5-19 years	6,876	6.2
20-29 years	14,744	13.4
30-39 years	12,913	11.6
40-49 years	14,179	12.8
50-59 years	16,625	15.0
60 years and older	24,976	19.6
Total	11,768	100.0

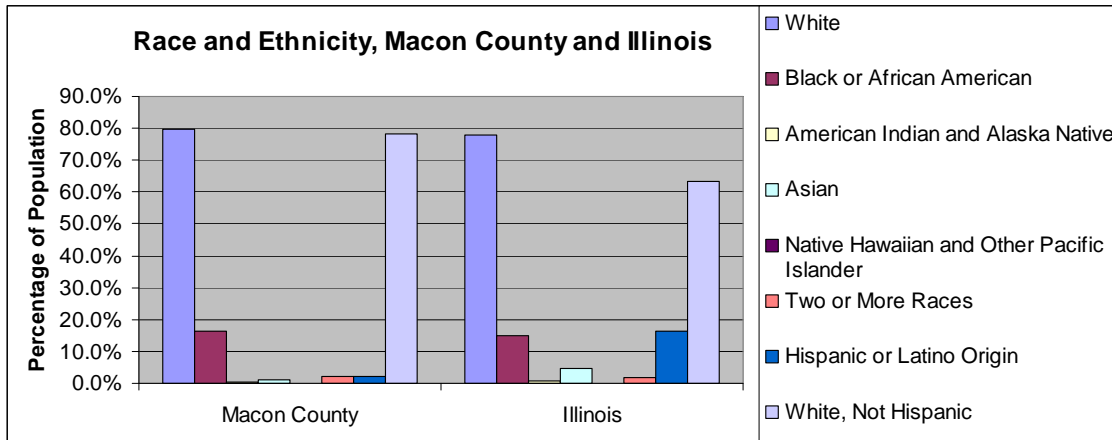


U.S. Census Bureau, American Fact Finder

Demographics: Race and Ethnicity

The racial composition of Macon County is predominately white (79.8%), with approximately 20% of the population representing racial or ethnic minority groups. The overall population of Macon County is similar to the racial composition of the state of Illinois; however the state's Hispanic/Latino population is much higher. In a reported 97% of Macon County households, English is the only language spoken in the home.

Race and Ethnicity, Macon County and Illinois (2010)



U.S. Census Bureau, American Fact Finder

Demographics: Family Configuration

As evident by the population age distribution, there are fewer households with one or more people under the age of 18 years in Macon County, compared to the state of Illinois as a whole. Additionally, there are more households with one or more people age 65 and over in Macon County. With the average Illinois household size of 2.61, Macon County households are slightly smaller with a mean family size of 2.39. Furthermore, the Macon County divorce rate is slightly higher than the state of Illinois.

Socio-Economic Indicators: Education

The Macon County Community education level is comparable to the state of Illinois, in regards to high school graduate or higher education. However, the high school graduation rate (all students vs. low-income students) is lower in Macon County than the state, with nearly 25% of Macon County high school students failing to graduate. By examining the population as a whole, Macon County is comparable to the state of Illinois for the percentage of the population having a high school diploma or higher. Macon County does fall behind the state of Illinois in regards to college educated residents, as shown.

High School Graduation Information, Macon County and Illinois (2010-2011)

Factor	Macon County Value	Illinois Value
High School Graduation Rate for Low-Income Students, 2010-2011 Academic Year	64.5%	75.1%
High School Graduation Rate, 2010-2011 Academic Year	78.6%	83.3%
Average ACT Composite Score, 2010-2011 Academic Year	20.5	20.1
Percent Meeting or Exceeding Standards on the ISAT, 2010-2011 Academic Year	80.9%	82.4%

Social Impact Research Center at Heartland Alliance, Macon County

Education Breakdown, Macon County and Illinois (2010)

Factor	Macon County Value	Illinois Value
Some College, No Degree	23.7%	20.8%
Associate’s Degree	6.6%	7.3%
Bachelor’s Degree	13.4%	18.9%
Graduate or Professional Degree	7.1%	11.4%
High School Graduate or Higher	86.9%	86.2%
Bachelor’s Degree or Higher	20.5%	30.3%

U.S. Census Bureau, American Fact Finder

Socio-Economic Indicators: Employment, Income and Poverty Status

The area’s major employers include industrial companies, Archer Daniels Midland Company, Caterpillar, Inc., and Tate & Lyle and two hospitals, Decatur Memorial Hospital, and St. Mary’s Hospital. Between 2002 and 2009, Macon County lost 5,117 employees who lived and worked in the county, but gained 9,934 employees who worked in Macon County, but lived elsewhere.

The U. S. Census Bureau reports Macon County’s mean income of \$59,665, which is more than \$15,000 less than the state of Illinois mean income (\$75,140). Macon County’s lower mean income can be attributed to a high unemployment rate (10.3% Macon County compared to 9.5% state of Illinois), aging population with a higher percentage of retirement age individuals (16.5 % over age 65 Macon County compared to 12.7% state of Illinois), and a higher number of manufacturing based positions (17.3% Macon County compared to 13% state of Illinois).



Household Income and Benefit Dollars, Macon County and Illinois (2010)

Income Level	Macon County Value	Illinois Value
Below \$10,000	7.6%	6.9%
\$10,000-\$24,999	19.7%	14.9%
\$25,000-\$49,999	28.2%	23.2%
\$50,000-\$99,999	29.6%	32%
\$100,000-\$199,999	12.3%	18.3%
\$200,000 and Above	2.6%	4.7%

U.S. Census Bureau, American Fact Finder

As shown, over half (56%) of Macon County households report an annual income (including benefit dollars) of under \$50,000 (compared to 45% state of Illinois). Just under 90% of Macon County households report an annual income of \$99,999 or less, while nearly 25% of the Illinois households report an annual income of \$100,000 or higher. Approximately 17.7% of Macon County living at or below poverty (compared to 13.8% state of Illinois). Over one fourth of children in Macon County are living at or below the poverty level. Furthermore, nearly 70% of students enrolled in Decatur Public Schools are considered part of low-income families (compared to 48.1% state of Illinois).

Poverty Rates, Macon County and Illinois (2010)

Factor	Macon County Value	Illinois Value
Child Poverty Rate	26.8%	19.4%
Overall Poverty Rate	17.7%	13.8%

Social Impact Research Center at Heartland Alliance, Macon County

Low-Income Students, Decatur and Illinois (2010-2011)

Factor	Decatur SD61 Value	Illinois Value
Percent Low-Income	68.9%	48.1%

2011 Illinois District Report Card, Decatur SD61

According to the U. S. Census Bureau, the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, from the United States Department of Agriculture, Food and Nutrition Service (USDA/FNS) is a low-income assistance program that is uniform in eligibility requirements and benefit levels across states, with the exception of Alaska and Hawaii, where benefit

levels and income eligibility requirements are higher. The table below shows the SNAP benefit utilization over the past 12 months (from the time surveyed) among Macon County and Illinois residents.

Food Stamp/SNAP Benefits, Macon County and Illinois (2011)

Factor	Macon County Value	Illinois Value
Food Stamp/SNAP Benefit	11.7%	9.1%

Social Impact Research Center at Heartland Alliance, Macon County

Children in households receiving Supplemental Nutrition Assistance Program or Temporary Assistance for Needy Families, most foster children, and those who qualify per the federal income guidelines, are eligible for free or reduced-priced meals through school districts. The table below shows the percentage of children eligible for free or reduced-cost lunches. Nearly half of children in Macon County are eligible for this benefit. The percentage of students eligible for free or reduced-cost lunch in Macon County, and in the state of Illinois, is 10.2% higher than it was during the 2000-2001 school year.

Free or Reduced-Cost Lunch Eligibility, Macon County and Illinois (2010-2011 School Year)

Factor	Macon County Value	Illinois Value
Free or Reduced-Cost Eligibility	47.6%	51.7%

Social Impact Research Center at Heartland Alliance, Macon County

Socio-Economic Indicators: Transportation

The Decatur Public Transit System (DPTS) operates 15 bus routes and a downtown trolley route on a pulse system with buses departing the downtown Transit Center at 15 and 45 minutes past each hour, 7 days a week with varying, convenient hours. Additionally, DPTS provides “Operation Uplift”, a door-to-door paratransit service for individuals who are unable to use the fixed bus system due to a disability. With affordable fees and access for disabled passengers, DPTS allows for a convenient and affordable transportation option.

Decatur Memorial Hospital’s “PrimeTime” program strives to make healthcare more accessible, affordable and responsive to the dynamic needs of its members (ages 55 or older) by offering a broad array of healthcare, education, lifestyle, information, and access opportunities. DMH “PrimeTime”



provides members and senior citizens with free transportation to and from non-emergency DMH medical service facilities in the Macon County Area. This service is available Monday through Friday by appointment. In 2011, DMH “PrimeTime” was able to provide 5,312 transports.

Socio-Economic Indicators: Housing and Cost of Living

With the majority of homes being built in Macon County (80%) and Illinois (70%) before 1980, most homes in the area are over 30 years old. The table below shows the values of owner occupied homes in Macon County and Illinois. Median home values in Macon County are less than half of the median home value for the state of Illinois. Nearly half (50.6%) of homes in the state of Illinois are valued at or above \$200,000, while 11.5% of homes in Macon County are values at or above the same price point.

Values of Owner Occupied Homes, Macon County and Illinois (2006-2010)

Factor	Macon County Value	Illinois Value
Less than \$50,000	19.5%	6.5%
\$50,000 to \$99,999	36.5%	13.7%
\$100,000 to \$149,999	22.2%	13.8%
\$150,000 to \$199,999	10.5%	15.3%
\$200,000 to \$299,999	6.6%	21.9%
\$300,000 to \$499,999	3.7%	19.5%
\$500,000 to \$999,999	.9%	7.6%
\$1,000,000 or more	.3%	1.6%
Median	\$90,500	\$202,500

U.S. Census Bureau, American Fact Finder

Macon County has been given an overall cost of living rating of 83/100, compared to the state of Illinois’ rating of 101/100-with 100 being the United State’s rating overall. The table below shows Macon County’s cost of living being lower than the state of Illinois’.



Cost of Living Ratings, Macon County and Illinois

Factor	Macon County Value	Illinois Value
Overall	83	101
Food	92	96
Utilities	100	101
Miscellaneous	92	96

U.S. Census Bureau, American Fact Finder

SECONDARY DATA: HEALTH RISK INDICATORS

Environment: Lead

According to the Illinois Department of Public Health, Illinois has the highest percentage of lead poisoned children in the nation. In 2010 alone, approximately 1,237 newly confirmed cases of lead poisoning (10 micrograms per deciliter or greater) were identified in the state. Deteriorating paint is the primary source of lead poisoning and about 2 million Illinois-pre1978 housing units are estimated to have lead-based paint. Lead exposure routes include: ingestion, inhalation, milk, skin, placenta, and endogenous exposure. The irreversible health effects of lead poisoning include learning disabilities and behavioral problems.

Blood Lead Level Rates, Macon County (2010)

2010 Macon County Population Younger than 6 Years of Age	Total Tested	5-9	10-14	15-19	20-24	25+
		Ug/dL				
8,437	3,379	260	32	13	8	7

State of Illinois, Illinois Department of Public Health, Illinois Lead Program and Healthy Homes 2010 Annual Surveillance Report, January 2012

There were 8,437 children under the age of 6 years old residing in Macon County in 2010. Of that 8,437 children, 3,379 were tested for elevated blood lead levels. In 2010, there were 60 confirmed cases of lead poisoning (10 micrograms per deciliter or greater) in children under the age of 6 years old, residing in Macon County.

Environment: Water Quality

The 2012 Annual Water Quality Report, provided by the City of Decatur, with assessment information provided by the Illinois Environmental Protection Agency, states Lake Decatur as the primary water source for the City of Decatur and Village of Mt. Zion. Lake Decatur, which is 2,850 surface acres in size, is located entirely within the city limits of Decatur. The Sangamon River is the primary source of

water for Lake Decatur, which has a drainage area of 925 square miles, 87% of which is used for growing corn and soybeans. When Lake Decatur water levels are low, the city uses wells located in Piatt and DeWitt counties to supplement the water supply. During 2011, hundreds of water samples were taken in order to determine the presence of any radioactive, biological, inorganic, volatile organic, or synthetic organic contaminants. Of all substances present and measured, there were no violations in amount detected.

While Lake Decatur is the primary water source of the City of Decatur and Village of Mt. Zion, groundwater is the primary drinking water source for the Village of Forsyth. A variety of wells is used to supply the drinking water and is monitored regularly. The Forsyth Public Water Supply 2011 Drinking Water Report did not report any violations.

Environment: Air Quality

According to a recent Illinois Annual Air Quality Report, air quality is an important issue for all Illinois residents, especially those with chronic lung and heart disorders. With the creation of the Illinois EPA in 1970, progress has been made in regards to improving the air we breathe. The annual reports include air quality data on the six criteria pollutants: particulate matter, ozone, sulfur dioxide, nitrogen dioxide, carbon monoxide and lead, plus heavy metals, nitrates, sulfates, volatile organic and toxic compounds. National Ambient Air Quality Standards (NAAQS) have been established for each criteria pollutant, which define the maximum legally allowable concentration.

Monitoring locations in Macon County include:

IEPA Trailer, 2200 N. 22nd Street, Decatur, IL

Mueller, 1226 E. Garfield, Decatur, IL

Criteria Pollutants, Air Quality Rankings, Macon County and Illinois (2010)

Pollutant	Air Quality Ranking 0% Cleanest-100% Dirtiest
Carbon Monoxide Emissions	80-90%
Nitrogen Oxides Emissions	80-90%
PM-2.5 Emissions	80-90%
PM-10 Emissions	90-100%
Sulfur Dioxide Emissions	80-90%
Volatile Organic Compound Emissions	80-90%
Air Quality Index	50-60%
Ozone 1-Hour Average Concentration	20-30%
Ozone 8-Hour Average Concentration	30-40%
PM-2.5 24 Hour Average Concentration	30-40%

Illinois Environmental Protection Agency, Illinois Annual Air Quality Report 2010

Environment: Solid Waste

All counties with a population of 100,000 or greater are required to adopt an action plan for implementation of policies and programs that are environmentally sound and economically feasible for the management of the waste stream generated. Macon County's Environmental Management Department follows the plan by implementing recycling initiatives, environmental education in Macon County Schools, inspecting county landfills and other permitted sites, as well as assisting residents with various environmental issues.

Through delegation by the Illinois Environmental Protection Agency, Macon County Environmental Management Department inspects the Veolia ES Valley View Landfill and other sites that are permitted as pollution control facilities. The Department also inspects areas where open dumping is reported. Macon County continues to exceed state goals for recycling.

In 2009, the recycling rate for Macon County Illinois was 52.8% compared to the state average of 35.3%. Area residents have nine permanent recycling trailer locations strategically placed for convenient drop off recycling. Macon County has implemented new recycling programs that include: glass, electronics and fluorescent bulb recycling while expanding the scope of other programs.

Public Safety: Crime Index

In comparison to the state of Illinois, Macon County's total crime index is slightly higher. Crime index information for murder, criminal sexual assault, robbery, aggravated assault/battery, burglary, theft, motor vehicle theft, and arson are shown below. Macon County experiences fewer incidences of motor vehicle theft, but substantially more cases of burglary and arson.

Crime Index Offenses/Crime Rate Comparison, Macon County and Illinois (2004)

Offense	Macon County	State of Illinois
Total Crime Index	4,622.4*	3,832*
Murder	4.5	6.1
Criminal/Sexual Assault	49.5	45.9
Robbery	186.2	178.3
Aggravated Assault/Battery	317.5	330.4
Burglary	1,172	600.2
Theft	2,701	2,329.4
Motor Vehicle Theft	161	322.3
Arson	30.6	19.4

Federal Bureau of Investigation, Uniform Crime Reports

*Rate per 100,000

Public Safety: Traffic Safety

According to the U. S. Department of Transportation, National Highway Traffic Safety Administration, Macon County experienced 3 traffic fatalities in 2010, giving the area a traffic fatality rate of 20.51 per 100,000 people. In the same year, Macon County experienced 2 fatalities from crashes involving an alcohol-impaired driver (BAC=.08+). When comparing the Macon County traffic fatality rates with surrounding counties, Macon County's traffic fatality rates are substantially lower.

Public Safety: Substance Abuse and Tobacco Use

The Illinois Department of Public Health's Behavioral Risk Factor Surveillance System (BRFSS) is a state-based program that gathers information on risk factors among Illinois adults 18 years of age and older through monthly telephone surveys. Established in 1984 as collaboration between the U. S. Centers for Disease Control and Prevention (CDC) and state health departments, the BRFSS has grown to be the primary source of information related to the leading causes of death for adults in the general population.

The Illinois County Behavioral Risk Factor Surveys (ICBRFS) are conducted for individual counties, such as Macon County, employing the same procedures and questions as the BRFSS. As shown below, surveyed Macon County residents are comparable the other state of Illinois residents in terms of being at risk for acute/binge drinking. However, 25% of surveyed Macon County residents reported that they smoked (compared to 16.9% of surveyed Illinois residents).

Surveyed Adults at Risk for Acute/Binge Drinking, Macon County and Illinois (2007-2009)

Factor	Macon County	State of Illinois
At Risk	14.7%	18.3%
Not at Risk	85.3%	87.7%

Illinois County Behavioral Risk Factor Survey

Surveyed Adults' Smoking Status, Macon County and Illinois (2007-2009)

Factor	Macon County	State of Illinois
Smoker	25.8%	16.9%
Non Smoker	52.9%	60%
Former Smoker	21.2%	23.1%

Illinois County Behavioral Risk Factor Surveys

Health Behaviors: Overweight and Sedentary Lifestyle

The 2012 County Health Rankings and Roadmaps program, sponsored by the Robert Wood Johnson Foundation, reports that 33% of Macon County adults are obese, compared to 27% of adults throughout other Illinois counties. 28% of Macon County adults report physical inactivity compared to 25% of residents in other Illinois counties. Furthermore, 20% of Macon County residents rate their health as poor to fair.

Maternal and Child Health

According to the latest IPLAN information for Macon County, there were 1,445 live births in 2006. Of those live births, 73.3% were white, 24.6% black, 1.3% Asian, and .8% other. In the same year, 6.4% of births were to mothers under the age of 18 years old (compared to 3.5% state average). The 2006 infant mortality rate for Macon County (13.1 per 1,000 live births) was nearly double the infant



mortality rate for the state of Illinois (7.4 per 1,000 live births). Low birth weight (<2,500 grams) and very low birth weight (<1,500 grams) births are comparable for Macon County and the state of Illinois. However, as shown in the table below, the percentage of mothers who reported smoking during pregnancy is much higher among mothers residing in Macon County than the state average.

Smoking During Pregnancy, Macon County and Illinois (2006)

Factor	Macon County	State of Illinois
Total	22.1%	8.6%
Black	18.3%	10.1%
White	23.4%	8.7%
Other	19.4%	1.5%

State of Illinois, Illinois Department of Public Health, IPLAN Data System

Vaccine Preventable Diseases

The Macon County Health Department’s 2010 Annual Report shows the following types of diseases and total number of cases as follows: Influenza A (H1N1), 0 cases; Hepatitis A, 1 case; Hepatitis B (Acute) 2 cases; Hepatitis B Carriers Prenatal Hepatitis B (2 cases); Hepatitis B Carriers (11 cases); Hib. Influenzae Bacteremia (0 cases); Mumps (1 case); Pertussis (23 cases); Tetanus (0 cases); and Varicella (14 cases).

Infectious Disease

The 2006 IPLAN Data System shows higher rates (per 100,000) of sexually transmitted diseases (STDs) in Macon County residents compared to other counties throughout the state of Illinois. The syphilis rate for Macon County is too low to calculate, but gonorrhea and Chlamydia are both significantly higher than other counties throughout the state of Illinois. The Macon County Health Department’s 2010 Annual Report shows 1 case of AIDS in Macon County in 2010 and 14 cases of HIV. AIDS and HIV incidence rates are slightly lower than the average rate for the state of Illinois.

Sexually Transmitted Diseases, Macon County and Illinois (2006)

Factor	Macon County	State of Illinois
Syphilis	---	3.4
Gonorrhea	488.2	157.3
Chlamydia	591.7	417.6

State of Illinois, Illinois Department of Public Health, IPLAN Data System



Cancer Incidence

The State of Illinois Department of Public Health's *Illinois County Cancer Statistics Review, Incidence, 2005-2009*, reports on invasive cancer with the exception of urinary bladder (includes in situ) and breast cancer in situ as a separate category. Incidence counts are five-year totals. Rates are per 100,000 age-adjusted to the 2000 U.S. standard million population. The table below shows the incidence rates for Macon County and the state of Illinois. Although Macon County's cancer incidence rate is lower than the state of Illinois rate, Macon County has the 3rd highest incidence rate in the state.

Cancer Incidence, Macon County and Illinois (2005-2009)

Factor	Macon County	Factor	State of Illinois
All sites	491.4	All sites	570.7
Oral Cavity and Pharynx	11.1	Oral Cavity and Pharynx	14.2
Esophagus	5.3	Esophagus	6.9
Stomach	7.4	Stomach	5.9
Colon and Rectum	51.8	Colon and Rectum	55.7
Liver	5.6	Liver	5.4
Pancreas	13.0	Pancreas	11.7
Lung and Bronchus	72.1	Lung and Bronchus	101.0
Bones and Joints	.9	Bones and Joints	1.3
Melanoma of the Skin	16.2	Melanoma of the Skin	20.1
Breast (invasive)	68.3	Breast (invasive)	76.4
Cervix	8.8	Cervix	9.1
Corpus and Uterus, NOS	27.5	Corpus and Uterus, NOS	25.2
Ovary	12.8	Ovary	11.7
Prostate	157.9	Prostate	158.9
Testis	5.3	Testis	5.0
Urinary Bladder (includes in situ)	22.6	Urinary Bladder (includes in situ)	25.4
Kidney and Renal Pelvis	17.0	Kidney and Renal Pelvis	25.6
Brain and Nervous System	6.5	Brain and Nervous System	7.6
Hodgkin Lymphoma	3.0	Hodgkin Lymphoma	2.5

Non-Hodgkin Lymphoma	19.5	Non-Hodgkin Lymphoma	24.4
Myeloma	5.9	Myeloma	5.7
Leukemia	12.6	Leukemia	13.6
All Other Sites	53.5	All Other Sites	70.4
Breast in situ (not in total)	32.5	Breast in situ (not in total)	38.5

State of Illinois, Illinois Department of Public Health, *Illinois County Cancer Statistics Review*

Chronic Disease: Diabetes

The Healthline Reference Library describes diabetes as a common group of chronic metabolic diseases that cause high blood sugar (glucose) levels in the body due to defects in insulin production or function. Symptoms of diabetes occur when a lack of insulin or insulin resistance stops glucose from entering the cells and fueling and energizing the body. The resulting spike in glucose can result in symptoms such as increased hunger and thirst, weight loss, fatigue, and frequent infections. Long-term complications include kidney failure, nerve damage, and blindness.

The most recent diabetes data for Macon County shows that 9% of residents over the age of 20 have been diagnosed with diabetes. According to the Macon County Health Department's IPLAN report, the 9% of residents in Macon County who have been diagnosed with diabetes is significantly higher than the percentage of residents from other counties who have been diagnosed with diabetes (7%).

Chronic Disease: Mortality

As reported by the 2006 IPLAN Data, the top 3 leading causes of death for residents of Macon County, and residents of other counties throughout Illinois, are diseases of the heart (28%), malignant neoplasms (22%), and coronary heart disease (14%). The table below shows other leading causes of death for Macon County and other Illinois Counties, as reported in 2006. Both Macon County and the state of Illinois have similar leading causes of death, differing only slightly.

Leading Causes of Death, Macon County and Illinois (2006)

Factor	Macon County	Factor	State of Illinois
Diseases of Heart	28%	Diseases of Heart	26%
Malignant Neoplasms	22%	Malignant Neoplasms	24%
Coronary Heart Disease	14%	Coronary Heart Disease	19%
Cerebrovascular Disease	8%	Lung Cancer	7%
Chronic Lower Resp. Disease	6%	Cerebrovascular Disease	6%
Lung Cancer	6%	Chronic Lower Resp. Disease	5%
Nephritis	3%	Accidents	4%
Influenza and Pneumonia	3%	Diabetes Mellitus	3%
Diabetes Mellitus	3%	Influenza and Pneumonia	3%
Colorectal Cancer	3%	Colorectal Cancer	2%

State of Illinois, Illinois Department of Public Health, IPLAN Data System

PRIMARY DATA: COMMUNITY LEADER FOCUS GROUP

On September 4, 2012, Decatur Memorial Hospital hosted a Community Health Needs Assessment Focus Group where the following attendees provided input regarding community health strengths and concerns, as well as top health concerns seen throughout the Macon County area. These individuals were chosen to participate in the 2012 Community Health Needs Assessment Focus Group because of their insight to the community's population, including health needs.

Community Health Needs Assessment Committee

Members of the Community Health Needs Assessment Committee include Decatur Memorial Hospital employees, representing various areas of the hospital.

Committee Member, Position

- ❖ Tanya Andricks, Administrative Director DMH Home Health Services
- ❖ Julie Brilley, Administrative Director Medical Staff
- ❖ Mike Cassell, Director of Marketing
- ❖ Nikki Damery, Coordinator, Cancer Care Institute
- ❖ Julie Moore, Director of Community Relations
- ❖ Frances Sperry, Analytics and Performance Manager
- ❖ Paige Toth, Director of Legal Affairs

Focus Group Attendee, Position, Organization

- ❖ Paul Stanzione, Executive Director, Greater Decatur YMCA
- ❖ Julie Moore, Councilwoman, City of Decatur
- ❖ Ryan McCrady, City Manager, City of Decatur
- ❖ Bill Clevenger, Executive Director, Decatur Park District
- ❖ Tina Cloney, R.D., Ph. D., Professor, Millikin University
- ❖ Patrick Hoban, Vice President, Economic Development Corporation of Decatur Macon County
- ❖ Julie Aubert, Administrator, Macon County Health Department
- ❖ Dana Ray, M.D., Physician, CHIC Clinic
- ❖ Lee Hall, Psy.D., Clinical Psychologist, Psychology Specialists, Ltd.
- ❖ Michael Zia, M.D., Vice President of Quality and Medical Affairs, Decatur Memorial Hospital
- ❖ Linda Fahey, R.N., Vice President and Chief Nursing Executive, Decatur Memorial Hospital
- ❖ Kay Gowdar, M.D., Pediatrician, Decatur Memorial Hospital

- ❖ Timothy Stone, Executive Vice President and Chief Operating Officer, Decatur Memorial Hospital

Other community leaders who were invited to attend the focus group, but were unable to attend were: Leslie Stanberry, Executive Director, Decatur Macon County Senior Center; Overseer Thomas Walker, Pastor, Main Street Church of the Living God; Jay Dunn, Macon County Board Chairman; Shad Etcheson, IBEW Business Office; Bill Francisco, Decatur Trades and Labor Assembly, AFL-CIO; Ben Esparaz, MD, Cancer Care Center of Decatur. Community leaders who were unable to attend the focus group were encouraged to complete a short survey of top community health needs.

Focus Group Overview

During the hour-long session, participants were educated on the needs assessment process, including primary and secondary data collection methods (see Appendices A and B). Additionally, results from the 2010-2012 Community Health Needs Assessment Implementation Plan were shared with the group. Each participant was encouraged to share the following ideas: strengths and values of the community and concerns and barriers of the community. Responses were tallied in front of the group and were tape recorded for future reference, if needed. Once the results were tallied and summarized, the group was informed of the next steps in the process.

Focus Group Findings

The focus group participants were asked to share their perceived strengths and values of the community in an effort to identify potential resources to assist in addressing the community's top needs. The top strengths and values are:

- ❖ Collaboration between community organizations
- ❖ Caring professionals
- ❖ Variety of resources
- ❖ Quality clinical care
- ❖ Resources provided by the Decatur Park District
- ❖ Resources provided by the Greater Decatur YMCA
- ❖ Resources provided by the Macon County Health Department
- ❖ Community Health Improvement Center (CHIC)
- ❖ Public transportation
- ❖ Strong local government
- ❖ Low cost of living

- ❖ Affordable wellness activities

The focus group participants were then asked to share their perceived barriers and concerns within the community in an effort to identify potential community health needs. The top barriers and concerns are:

- ❖ Patient motivation
- ❖ Awareness and education
- ❖ Lack of financial resources
- ❖ Duplication of programs
- ❖ Lack of county-wide referral program
- ❖ Lack of healthy dining options
- ❖ Poor quality of school lunches and concession stand items
- ❖ Aging population
- ❖ Teen pregnancy
- ❖ Obesity
- ❖ Lack of affordable medications
- ❖ Mental health
- ❖ Safety concerns (outdoor physical activity-parks, trails, etc.)

Once the group identified the community's barriers and concerns, discussion began to determine the community's top 3 health needs. The top 3 health needs are:

- 1. Youth and Adult Obesity, Including Obesity Related Diseases**
- 2. Access to the Community Health Improvement Center (CHIC)**
- 3. Youth Issues (teen pregnancy, addiction, lack of role models)**

Upon completion of the focus group, the Community Health Needs Assessment Committee continued researching community health needs by utilizing a variety of secondary data. Results of the Focus Group and information discovered through secondary data, will be shared with the hospital's senior leadership team. These top needs will be considered and appropriately included in the hospital's strategic planning process.

IDENTIFIED NEEDS AND AVAILABLE RESOURCE

The combined data and information from secondary data and focus group feedback revealed the following health needs for Decatur and Macon County.

Top Need #1-Youth and Adult Obesity, Including Obesity Related Diseases

CONCERN:

Identified as a leading topic area and leading health indicator in the Health People 2020 Report, obesity plays a major role in predicting disease incidence. According to the 2012 County Health Rankings and Roadmaps program, sponsored by the Robert Wood Johnson Foundation, 33% of Macon County adults are obese. 28% of Macon County adults report physical inactivity.

The most recent diabetes data for Macon County shows that 9% of residents over the age of 20 have been diagnosed with diabetes. According to the Macon County Health Department's IPLAN report, the 9% of residents in Macon County who have been diagnosed with diabetes is significantly higher than the percentage of residents from other counties who have been diagnosed with diabetes.

Participants in the Community Health Needs Assessment Focus Group felt very strongly that youth and adult obesity, including obesity related diseases such as diabetes, is an area of concern. Secondary data confirmed this concern, as Macon County obesity and diabetes rates are higher than the state average.

RESOURCES:

DMH Wellness Center
241 W. Weaver Road
Forsyth, IL 62535
217-876-5370

The DMH Wellness Center provides a variety of programs to assist in weightloss and overall good health. The Center offers an award-winning medical weight management program that uniquely focuses on medical monitoring and behavior modification. This program offers three types of weight management options that provide participants with the tools to achieve and maintain success. The program features medical monitoring by a physician and registered nurse, personal contact with registered dietitians, exercise physiologists and licensed behaviorists weekly education classes about

nutrition, exercise and behavior and BMR (Basal Metabolic Rate) testing with an exercise physiologist.

The DMH Wellness Center can provide nutritional support through registered dietitians. The registered dietitians can provide a complete nutrition assessment, definition of areas of nutritional need, a personalized nutrition plan, and counseling on a variety of chronic conditions (such as Diabetes, High Cholesterol, etc.). Through assessment and regular follow-up, registered dietitians can help improve overall health and well-being as well as help reduce illnesses and the need for prescription drugs.

Nutrition coaching is also available for individuals who are motivated to make changes in their health and need nutritional assistance with high cholesterol, hypertension, heart health, diabetes, pre-diabetes, and obesity.

Additionally, the Wellness Center offers a Diabetes Education Program. This program is the cornerstone of care for all individuals with diabetes who want to achieve successful, healthy outcomes. The DMH Diabetes Education Program is certified by the American Diabetes Association as an officially recognized program that has demonstrated compliance in meeting the organization's rigid standards.

The Fitness Center, located in the DMH Wellness Center, offers a wide range of equipment and services. The fitness staff at the DMH Wellness Center is dedicated to providing quality exercise education and instruction to help ensure long-term success.

CrossFit Enhance
2122 North 27th Street
Decatur, IL 62526
217-876-4972

CrossFit Enhance is located within DMH Sports Enhancement Center and is a licensed affiliate of CrossFit. CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience.

Decatur Family YMCA
220 West McKinley Avenue
Decatur, IL 62526
217-872-9622

The Decatur Family YMCA serves vulnerable populations in our community and offers a variety of programming. For children, the YMCA provides a wide range of activities to foster healthy, productive children, including a child care center, sports leagues and family nights. The YMCA has made the health and fitness of our active older adults a top priority by providing programs for the spirit, mind and body. Through group exercise classes and aquatic programs that concentrate on mobility and flexibility, social events and volunteer activities, the YMCA is bringing Active Older Adults together for camaraderie and fellowship.

Decatur Park District
620 East Riverside Drive
Decatur, IL 62521
217-422-5911

Decatur Indoor Sports Center
1295 West Wood Street
Decatur, IL 62522
217-429-3472

By offering a variety of sports and recreation activities, including disc golf, youth sports leagues, and aquatics, among other activities, the Decatur Park District enriches the community's quality of life and economic vitality. The Decatur Indoor Sports Center offers a variety of fitness classes, youth and adult sports leagues and other fitness opportunities.

Top Needs #2-Access to the Community Health Improvement Center (CHIC)

CONCERN:

Identified as a leading topic area and leading health indicator in the Health People 2020 Report, access to health services and clinical preventive services plays a major role in preventing illness and controlling chronic diseases. With over 25% of Macon County's children (compared to 19.4% state average) and nearly 18% of Macon County adults (compared to 13.8% state average) living in poverty, the need for the Community Health Improvement Center (CHIC) is growing. Furthermore, rising unemployment rates in the community result in an increase in uninsured patients needing the assistance of CHIC Clinic. The influx of patients has overwhelmed the current resources at CHIC Clinic, a Federally Qualified Health Center, making it difficult for patients to get in when needed and

receive consistent and proper maintenance of health issues. Appropriate ongoing care is important in preventing and managing chronic diseases. Limited access to CHIC Clinic often results in patients seeking care in Emergency Rooms in the community.

Participants in the Community Health Needs Assessment Focus Group felt very strongly that access to the CHIC Clinic should be included as a top health concern for Macon County. Secondary data confirmed this concern, as Macon County poverty and unemployment rates are higher than the state average.

RESOURCES:

Community Health Improvement Center
2905 North Main Street
Decatur, IL 62526
217-877-9117

Macon County Health Department
1221 East Condit Street
Decatur, IL 62521
217-423-6988

The Macon County Health Department offers healthcare services ranging from dental care to immunizations, emergency preparedness and the monitoring of several environmental health areas.

Local Hospitals with Emergency Departments, Primary Care Physicians and Specialists:

Decatur Memorial Hospital and DMH Medical Group
2300 N. Edward Street
Decatur, IL 62526
217-876-8121

St. Mary's Hospital
1800 East Lake Shore Drive
Decatur, IL 62521
217-464-2966

Top Concern #3- Youth Issues (teen pregnancy, addiction, lack of role models)

CONCERN:

Identified as a leading topic area and leading health indicator in the Health People 2020 Report, youth reproductive health, substance abuse, tobacco use, and social determinants are major contributing factors to overall health and wellness. Macon County's high school graduation rate for low-income

students is just 64.5%. Nearly 70% of students enrolled in the Decatur Public Schools are considered low-income. Furthermore, one fourth of children in Macon County are living at or below the poverty level. According to the Illinois Project for Local Assessment of Needs, in 2006, 6.4% of births were to teen mothers. This is nearly double the state average. Due to limited data on youth addiction and substance abuse, and the lack of Macon County's participation in the Illinois Youth Survey, input from the Community Health Needs Assessment Focus Group was instrumental in determining this top need.

Participants in the Community Health Needs Assessment Focus Group felt very strongly that youth issues should be included as a top health concern for Macon County. Secondary data confirmed this concern, particularly in reference to social determinants and reproductive health. Input and experiences provided by the Community Health Needs Assessment Focus Group confirmed additional concerns with youth.

RESOURCES:

Boy's & Girl's Club of Decatur, Inc.
859 North Jasper Street
Decatur, IL 62521
217- 422-9605

The Boy's and Girls Club of Decatur, Inc. is a youth service organization for individuals from age 7-17 years of age.

Homework Hangout
2170 North Edward Street
Decatur, IL 62523
217-872-2306

Homework Hangout offers assistance with homework for youth in need.

Shemamo Girl Scout Council of Illinois
462 West William Street
Decatur, IL 62522
217-423-7791

The Shemamo Girl Scout Council of Illinois offers informal education for girls on all aspects of life.

Youth Advocate Program, Inc.
1080 West Wood Street
Decatur, IL 62522
217-422-7864

The Youth Advocate Program, Inc. offers crisis intervention for runaway youth and their families.

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APPENDIX A

Community Health Needs Assessment

Lead by Julie Brilley and Paige Toth

FOCUS GROUP AGENDA

SEPTEMBER 4, 2012

**Decatur Memorial Hospital
Classroom A**

<u>TIME</u>	<u>ACTIVITY PLANNED</u>
11:30 a.m.	Registration and Pick Up Lunch
11:45 a.m.	Introduction -Introduce DMH Staff -Participant Introductions -Description of CHNA Process -How DMH Measures Progress -Purpose of Focus Group -Nametag Activity
12:00 p.m.	Discuss Strengths/Values of the Community
12:15 p.m.	Discuss Concerns/Barriers of the Community
12:30 p.m.	Discuss/Determine Top 3 Health Needs
12:45 p.m.	Discuss Next Steps
1:00 p.m.	Departure

Community Health Needs Assessment

-Focus Group-
Classroom A
September 4, 2012



CHNA Process

- Assess Community
 - Primary and Secondary Data
- Prioritize Community's Health Needs
- Develop Implementation Plan
- Evaluate Progress



Measuring Progress

- Programs Offered by DMH
 - Diabetes Education at the DMH Wellness Center
 - Pre-Diabetes Education at the DMH Wellness Center
 - Weight Management at the DMH Wellness Center
 - Spirit of Women
 - Prenatal Education
 - Breastfeeding Classes
 - Community Outreach Efforts
 - Cancer Support Group
 - Senior Vaccinations



Purpose of Focus Group

- Community Input
- Representation of Various Community Groups
- Primary Data Source



Community Strengths

YOUR NAME
ORGANIZATION

Concerns/Barriers

Top 3 Health Needs



Community Strengths



Concerns/Barriers



Top Health Needs



Next Steps

- Evaluate Updated Secondary Data
 - New Health Trends?
 - New Needs?
 - Continued Needs?
- Incorporate Focus Group Data
- Create Implementation Plan
- Continue Monitoring





Thank you!