



Northwestern Medicine Hospitals in McHenry County

Your Feedback Makes Us Better

Northwestern Medicine is committed to building healthier communities. Your voice is important for helping us understand your lived experiences in your community.

The Northwestern Medicine hospitals in McHenry County encourage comments from the public regarding our Community Health Needs Assessment (CHNA) process or findings. Please submit comments to communityhealth@nm.org, and include your name and organization, if applicable.

This report was adopted by the Northern Illinois Medical Center Board of Directors on July 11, 2023, and made available to the public on August 31, 2023. It was created in accordance with federal IRS regulations (26 C.F.R. § 1.501(r)-3).



Foreword

Our Commitment to Equity

The world has experienced dramatic change in the last few years. From the medical, social and economic challenges brought on by the COVID-19 pandemic, to the painful and increasing inequities that are affecting people across the country, now more than ever, we are called to be better.

Better is a philosophy that drives everything we do at Northwestern Medicine. Just as we are driven to provide better care, better treatments and better patient experiences, we also are relentless in our pursuit of building better communities.

Three pillars of community work



Access to Care
We deliver world-class, culturally competent care regardless of ability to pay, race, age, gender, sexuality, or any other social factor, in the communities where our patients live and work.



Economic and Workforce Development
We invest in the communities we serve by employing diverse individuals and providing innovative training, education, and development initiatives that help drive economic growth for under-resourced communities.



Community Engagement
We partner with community organizations that provide access to nutritious food, shelter and other essentials, and we support initiatives that reduce violence, address trauma and build safer communities.

This Community Health Needs Assessment may be on a three-year cycle, but our community work happens every day, in every department. In short, this is who we are.

Two areas span our community pillars and touch every strategy we have for addressing the priority health needs of our communities.

Structural inequities and bias

We elevate initiatives that:

- Facilitate community engagement and cultivate new relationships
- Allow us to work with long-standing community allies to address health inequities
- Invest in disparity research
- Foster ongoing bias training for all employees and clinicians
- Ensure Northwestern Medicine is a safe and welcoming environment for all patients





Coordination and connection to community resources

We elevate initiatives that:

- Strengthen community-clinician relationships
- Lead to better care coordination
- Connect patients with community resources

Every member of the Northwestern Medicine workforce is dedicated to our vision of a stronger, healthier and **better** life for those in the communities we are privileged to serve.

A note about COVID-19

Work on this report was completed during a time that communities across the globe, including those we serve locally, were experiencing profound impacts from the COVID-19 pandemic. The pandemic shone a spotlight on the devastating effects that economic and social inequities have on health. These effects were confirmed by community members, healthcare workers and public health experts who participated in this assessment.

The pandemic has strengthened our resolve to improve health equity among those we serve and ensure that all people have an equal opportunity to achieve their optimal level of health and wellness.

Table of Contents

Introduction to the Community Health Needs Assessment	1	▶
Acknowledgments	4	▶
Who We Are		
Get to Know Northwestern Memorial HealthCare	5	▶
About the Northwestern Medicine hospitals in McHenry County	7	▶
Defining the Community Service Area		
How the Community Service Area was determined	10	▶
How the Community Service Area is defined	11	▶
Community Service Area map	12	▶
Completing the Assessment		
Primary data	13	▶
Secondary data	16	▶
Key Findings		
Who lives in the communities we serve	17	▶
Social determinants of health	19	▶
Health conditions	31	▶
Health behaviors	43	▶
Reflection on our data analysis	47	▶
Significant health needs	48	▶
Priority Health Needs		
Community councils	50	▶
How we chose the priority health needs	51	▶
Identified priority health needs	53	▶
Development of a Plan to Address Priority Health Needs		
Existing resources	54	▶
The role of Northwestern Medicine hospitals in McHenry County	55	▶
Appendix A: Evaluation of Impact	56	▶
Appendix B: Resources to Address Significant Health Needs	74	▶
Appendix C: Timeline for the 2023 CHNA	77	▶
Appendix D: A Closer Look at Data	78	▶
Appendix E: Citations	80	▶
Appendix F: Disclaimers	82	▶



Introduction to the Community Health Needs Assessment

Since 2012, Northwestern Medicine hospitals in McHenry County have completed a comprehensive Community Health Needs Assessment (CHNA) every three years. This process helps us better understand who lives in the communities we serve as well as the biggest health issues they face.

Goals of our CHNA

The goals of the CHNA were to:



- Learn about the health needs of residents within the hospitals' Community Service Area
- Identify which needs are most important to address
- Identify resources available to address those needs

Northwestern Medicine is committed to **improving the health of the communities we serve**. The CHNA process helps us achieve this mission.

How we achieved our goals

For the 2023 CHNA, the Northwestern Medicine hospitals in McHenry County collaborated with Metopio to learn about the communities we serve and their health needs. Metopio is a software and service company that is grounded in the philosophy that communities are connected through places and people. Metopio uses data visualizations to reveal valuable, interconnected factors that influence outcomes in various locations.

Together with Metopio, we gathered information from a variety of sources, including direct community input through surveys, focus groups and key informant interviews. After we collected and analyzed this information, we interpreted the findings to identify the most significant health needs affecting the communities we serve. Then, we worked with community representatives to help identify which needs were the most important for Northwestern Medicine to address over the next three years.

We identified health needs among people across all:

- Socioeconomic groups
- Races and ethnicities
- Sexual orientation and gender identities
- Ages (over 16 years old)

While we assessed information across our entire service area, this report highlights health inequities and needs that disproportionately impact people in communities that have been historically under-resourced and have a higher percentage of people with barriers to health and wellness, such as a lack of medical insurance.

Priority health needs

Many health needs were identified through the CHNA process. To identify which needs to address, we considered which were most widespread, severe and persistent. Then we considered which needs would be best addressed through a collaboration with our community partners. These needs are the priority health needs we will focus on over the next three years.

The priority health needs for the Northwestern Medicine hospitals in McHenry County in the 2023 CHNA are:

- Access to Care and Community Resources
- Behavioral Health and Substance Use Disorders



Addressing identified priority health needs

The Northwestern Medicine hospitals in McHenry County will use the information and insight gained through this assessment to guide our work on improving the health of the communities we serve. We will develop an implementation plan to detail how we will address priority health needs in collaboration with healthcare, social service, public health and policy organizations.

Drawing on our collective resources, **together we can address the priority health needs of residents** in our defined Community Service Area.

Acknowledgments

We rely on voices within the communities we serve to help us better understand the needs and issues that affect the health of their residents. This CHNA and the work that will come out of it would not have been possible without discussions with key community collaborators, organizations and residents. We are grateful to all of those who dedicated their time to share their insights with us.

We also gratefully acknowledge Metopio for their collaboration and significant efforts in the completion of this CHNA.

Community organizations that generously gave their time and expertise to help guide this CHNA include:

- Aunt Martha's
- Crystal Lake Elementary District 47 Schools
- Crystal Lake Food Pantry
- Family Health Partnership Clinic
- Harvard Community Unit School District 50
- Harvard Senior Center/Cultivating Health Ministries
- Home of the Sparrow
- Huntley Community School District 158
- Independence Health and Therapy
- Leadership Greater McHenry County
- Live 4 Lali
- McHenry County College
- McHenry County Department of Health
- McHenry County Housing Authority
- McHenry County Mental Health Board
- NAMI McHenry County
- New Directions
- Northern Illinois Recovery Center
- Pioneer Center for Human Services
- Senior Care Volunteer Network
- Senior Service Associates
- Stages of Transformation
- Thresholds
- Turning Point
- United Way of Greater McHenry County



Who We Are

Get to know Northwestern Memorial HealthCare

Who we are



Nonprofit | Growing, nationally recognized | World-class care

Who we serve



Rural



Suburban



Urban

People with a broad range of socioeconomic statuses and needs associated with social determinants of health

11 hospitals
and more than
200 locations



We are...

- Pushing boundaries in our research labs
- Training the next generation of physicians and scientists
- Pursuing excellence in patient care

Our mission

Provide quality medical care regardless of the patient's ability to pay

Transform medical care through clinical innovations, breakthrough research and academic excellence

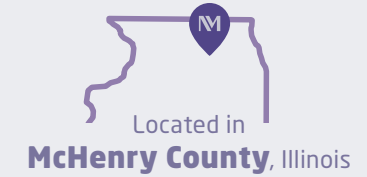
Improve the health of the communities we serve

How we achieve our mission

As pillars in their respective communities, Northwestern Medicine hospitals are uniquely positioned to lead efforts to positively impact community health.

- We provide culturally informed care to meet the needs of those who live in our communities.
- We maintain strong relationships with community partners that share our vision of building stronger, healthier communities.
- We are a major economic driver in the communities we serve.

About The Northwestern Medicine Hospitals in McHenry County



Behavioral Health
inpatient care



Rehabilitation
inpatient care

Services: A complete range of adult inpatient and outpatient services, including a cancer center, Level 2 trauma center, family birth center, pediatric unit, and extensive behavioral health and rehabilitation care

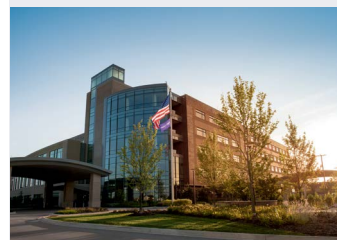
Community: A mixture of suburban and rural areas

The Northwestern Medicine hospitals in McHenry County include Northwestern Medicine McHenry Hospital, Northwestern Medicine Huntley Hospital and Northwestern Medicine Woodstock Hospital.



Northwestern Medicine McHenry Hospital

Located at 4201 Medical Center Drive in McHenry, Illinois, Northwestern Medicine McHenry Hospital is a nationally recognized 143-bed, acute care teaching hospital with nearly 800 physicians and 60 specialties. Hospital staff provide comprehensive, leading-edge health care to residents in McHenry and surrounding communities. The hospital is a regional destination for oncology, neurosurgical and cardiovascular care, and provides emergency services, inpatient and outpatient care. It specializes in cardiovascular interventions and surgical services. The McHenry campus is home to the only open-heart surgery program in McHenry County and offers minimally invasive treatment for patients with diseased heart valves. The Northwestern Medicine McHenry Hospital Cancer Center is fully accredited and offers a full range of treatment services, including radiation and an on-site infusion center.



Northwestern Medicine Huntley Hospital

Located at 10400 Haligus Road in Huntley, Illinois, Northwestern Medicine Huntley Hospital is an extension of Northwestern Medicine McHenry Hospital and opened in 2016. It is a comprehensive medical facility with nearly 800 physicians and 60 specialties. The hospital offers leading-edge health care to residents in Huntley and surrounding communities. The 128-bed facility provides access to a Level 2 trauma center; surgical services, including a cardiac catheterization laboratory; Women’s Health Services, including a 20-bed Family Birth Center; Medical-Surgical Services; and a complement of supporting services. The hospital’s Pediatric Unit is staffed by pediatric hospitalists from Ann & Robert H. Lurie Children’s Hospital of Chicago. The Huntley campus also features an Immediate Care facility, a fitness center and wellness services designed to enhance the health and well-being of the community.



Northwestern Medicine Woodstock Hospital

Located at 3701 Doty Road in Woodstock, Illinois, Northwestern Medicine Woodstock Hospital is also an extension of Northwestern Medicine McHenry Hospital. Serving the community for more than 100 years, it is a regional destination for behavioral health and outpatient care as well as inpatient rehabilitation. The 56-bed hospital features inpatient behavioral health services, an Emergency

Department, an Inpatient Rehabilitation Department, and a wide range of outpatient services, including laboratory and imaging services.

The Northwestern Medicine hospitals in McHenry County have a rich history of caring for our community.

We work with trusted community-based organizations to identify and respond to priority health needs within our community and systematically reduce barriers to patient care services. Together, we have developed important initiatives to:

- Promote healthy lifestyles
- Minimize risk factors for heart disease, stroke and other chronic diseases
- Deliver gynecologic, prenatal and obstetric health services to historically under-resourced populations
- Address mental health issues
- Address recreational drug use
- Provide access to care for patients who have historically faced barriers to medical services



Defining the Community Service Area

How the Community Service Area was determined

The Northwestern Medicine hospitals in McHenry County defined the Community Service Area (CSA) used in this CHNA by considering:

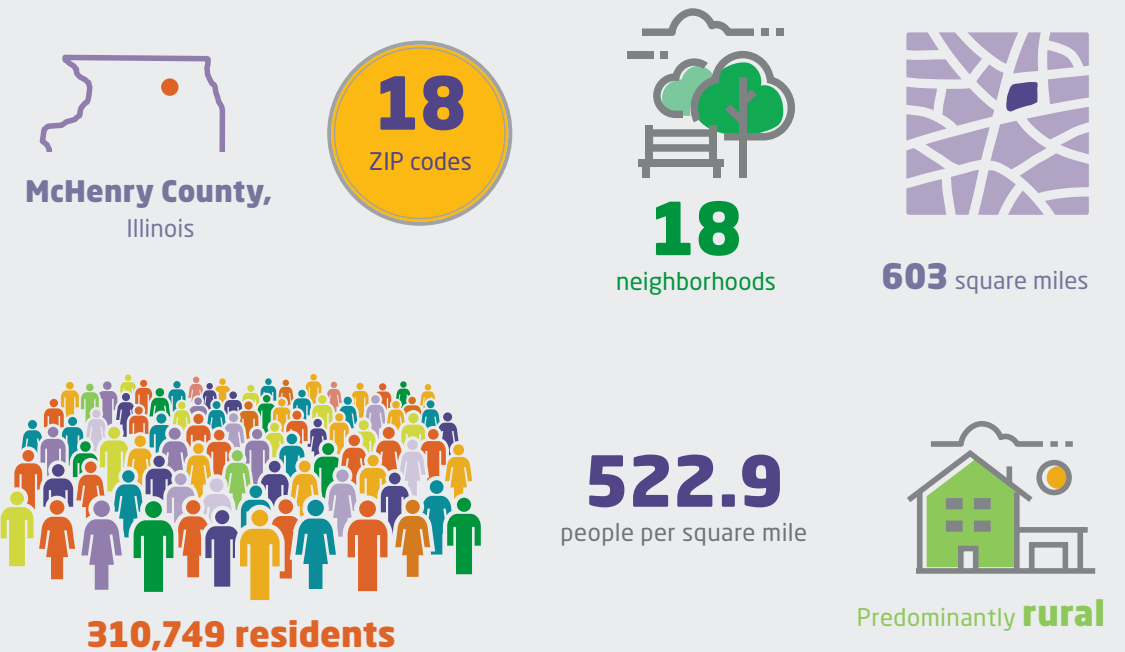
- Geographic area served by the hospitals
- Main functions of the hospitals
- Areas that have been historically under-resourced
- Areas where we are currently working on addressing priority health needs, including work with community partners

The defined CSA takes into account populations that are:

- Medically underserved
- Low-income
- Historically under-represented, minority populations

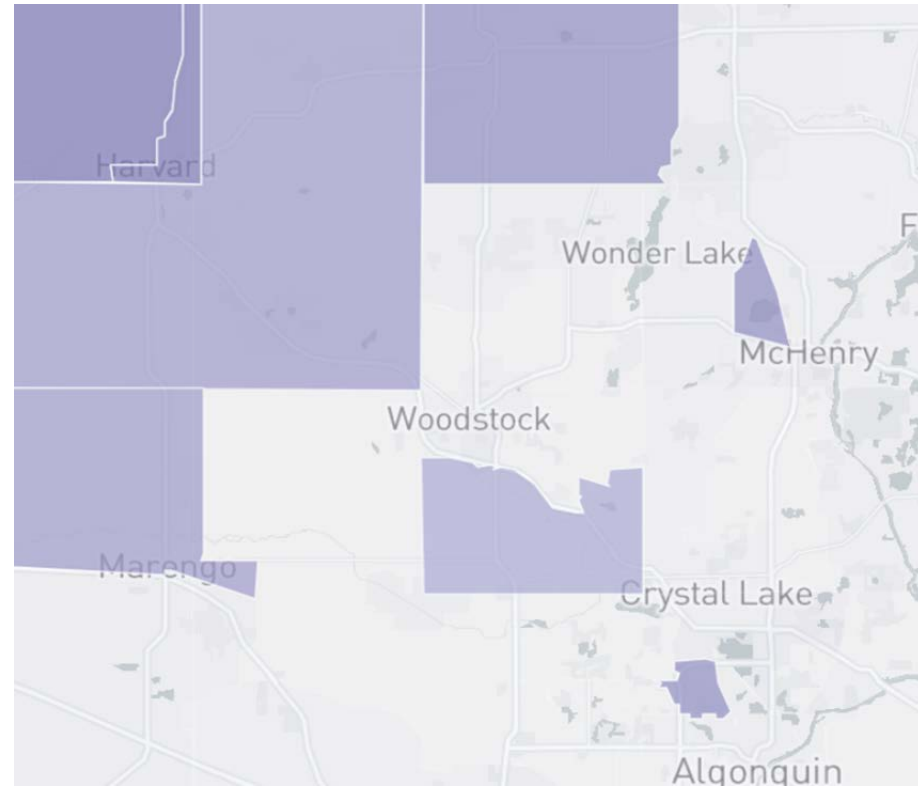
Our CSA definition does **not** take into account how much patients or their insurers pay for care or whether patients are eligible for financial assistance through Northwestern Medicine.

How the Community Service Area is defined



CSA Cities and ZIP Codes

City	ZIP Code	City	ZIP Code
Prairie Grove	60012	Ringwood	60072
Cary	60013	Spring Grove	60081
Crystal Lake	60014	Wonder Lake	60097
Fox River Grove	60021	Woodstock	60098
Harvard	60033	Algonquin	60102
Hebron	60034	Huntley	60142
McHenry	60050	Marengo	60152
Johnsburg	60051	Lake in the Hills	60156
Richmond	60071	Union	60180



The Northwestern Medicine hospitals in McHenry County Community Service Area. Locations in purple have been identified as under-resourced communities by SERI.

Community Service Area map

Once the CSA has been defined, we use the Socioeconomic Resource Index (SERI) to identify areas experiencing economic hardship. Under-resourced areas are identified based on multiple indicators, including:

- Unemployment (over age 16)
- Education (over age 25 without a high school diploma)
- Per capita income level
- Crowded housing (more than one person per room)
- Dependents (under age 18 or over age 64)
- Poverty (income below 200% of the federal poverty level)

Under-resourced areas are concentrated in the northwest corner of the county around Harvard, as well as in isolated census tracts in McHenry, Woodstock and Lake in the Hills.



Completing the Assessment

The Northwestern Medicine hospitals in McHenry County performed the CHNA from September 2022 through May 2023. We worked with Metopio to plan for data collection and analysis, and we took an intentional approach to build on previous CHNAs.

We conducted surveys, focus groups and key informant interviews to gather primary data directly from those in the community. We also looked at secondary data, such as local health statistics. Taken together, the data allowed us to identify health trends and compare the health needs in our CSA to benchmarks at the city, county, state and national levels.

Once the data was collected, it was analyzed and reviewed by community health experts. Then, we presented it to key collaborators in the community and hospitals, who identified which needs should be prioritized.

Primary data

Community input is the most important data for the CHNA, as it provides the most real-time information about community health needs. This is particularly true in the context of the COVID-19 pandemic, as we were able to gain first-hand information from communities most impacted by inequities that lead to poorer outcomes from COVID-19.

This information was used to complement existing data, such as United States census and CDC PLACES.



Community input surveys at a glance

- Conducted between September and December 2022 by Metopio
- Insights collected from 2,926 survey participants within the defined CSA
- Intended to gain first-hand information from people who are typically under-represented in the assessment process including people of color, immigrants, LGBTQ people, people with disabilities and people with low incomes
- Collected from individuals age 18 and older
- Available online or on paper
- Disseminated in English and Spanish
- 41 questions
- Asked about demographics, community health status, strengths, opportunities for improvement and COVID-19 impacts
- Promoted widely through social media and an email blast

Additional information regarding the survey can be found in Appendix D.



Focus groups at a glance

- Conducted between April and May 2023 by Metopio
- 4 community focus groups within the CSA
- Participants were age 16 or older and represented a diverse range of ethnic, racial, religious and socioeconomic backgrounds
- Northwestern Medicine recruited participants through hospital community partnerships
- 1 focus group held with healthcare and social service providers
- Asked about community strengths, needs, underlying root causes of health needs, COVID-19 impacts, solutions to identified health needs and communication strategies

Additional information on focus group sessions can be found in Appendix D.



Key informant interviews at a glance

- Conducted between April and May 2023 by Metopio
- Interviews with 10 key informants from the CSA
- Participants represented a diverse range of ethnic, racial, religious and socioeconomic backgrounds
- Northwestern Medicine recruited participants through hospital community partnerships
- Asked about community strengths, needs, underlying root causes of health needs, COVID-19 impacts, solutions to identified health needs and communication strategies

Additional information on key informant interviews can be found in Appendix D.

Secondary data

With help from Metopio, secondary data was identified, compiled and analyzed. The following key topics were chosen for analysis:

- Social Determinants of Health
- Health Conditions
- Health Behaviors

Secondary data sources at a glance

- Peer-reviewed literature and white papers
- Existing assessments and plans focused on key topic areas
- Local data compiled by McHenry County government agencies
- Local data compiled by community-based organizations
 - Feeding America
 - Mapping COVID-19 Recovery Initiative
- Illinois Health and Hospital Association/COMPdata: Hospitalization and emergency department rates
- State agencies:
 - Illinois State Board of Education
 - Illinois Department of Healthcare and Family Services
 - Illinois Department of Human Services
 - Illinois Department of Public Health
- Federal sources:
 - Centers for Disease Control and Prevention PLACES project
 - Centers for Medicare & Medicaid Services data accessed through the Dartmouth Atlas of Health Care
 - Environmental Protection Agency
 - Health Resources and Services Administration
 - Housing and Urban Development
 - United States Census Bureau American Community Survey
 - United States Department of Agriculture



Key Findings

The following describes the data we collected for the Northwestern Medicine hospitals in McHenry County.

Who lives in the communities we serve

Demographics

Demographics affect each person's ability to be healthy. Considering the demographic makeup of a community is crucial for shaping community health initiatives to improve health outcomes.

Population¹



310,749
residents

Sex¹



155,339
(50%) females



155,410
(50%) males

Accurate and complete data for people who are transgender, nonbinary and gender-nonconforming in McHenry County is limited.

Age¹

Age Group	Population in the Hospital's CSA	Percentage in the Hospital's CSA
17 and under	72,908	23.5%
18 to 39	80,680	26.0%
40 to 64	111,124	35.8%
65 and older	45,990	14.8%

This information is important, as different age groups have unique health needs that must be considered when planning a response to community need.

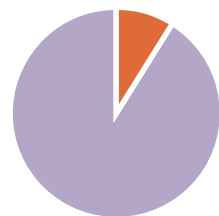
Race and ethnicity¹

- Majority non-Hispanic white population
- Hispanic/Latino and Asian populations have grown over the last decade

Race/Ethnicity	Population in the Hospital's CSA	Percentage in the Hospital's CSA
Non-Hispanic White	246,990	79.7%
Hispanic/Latin American	42,981	13.9%
Non-Hispanic Asian	8,346	2.7%
Two or more races	7,014	2.3%
Non-Hispanic Black	4,552	1.5%
Indigenous American	151	0.04%

Language¹

Language skills affect the ability to access, understand and act on health information.



8.8%

of CSA residents were not born in the United States (as compared to 14.1% of residents in Illinois)

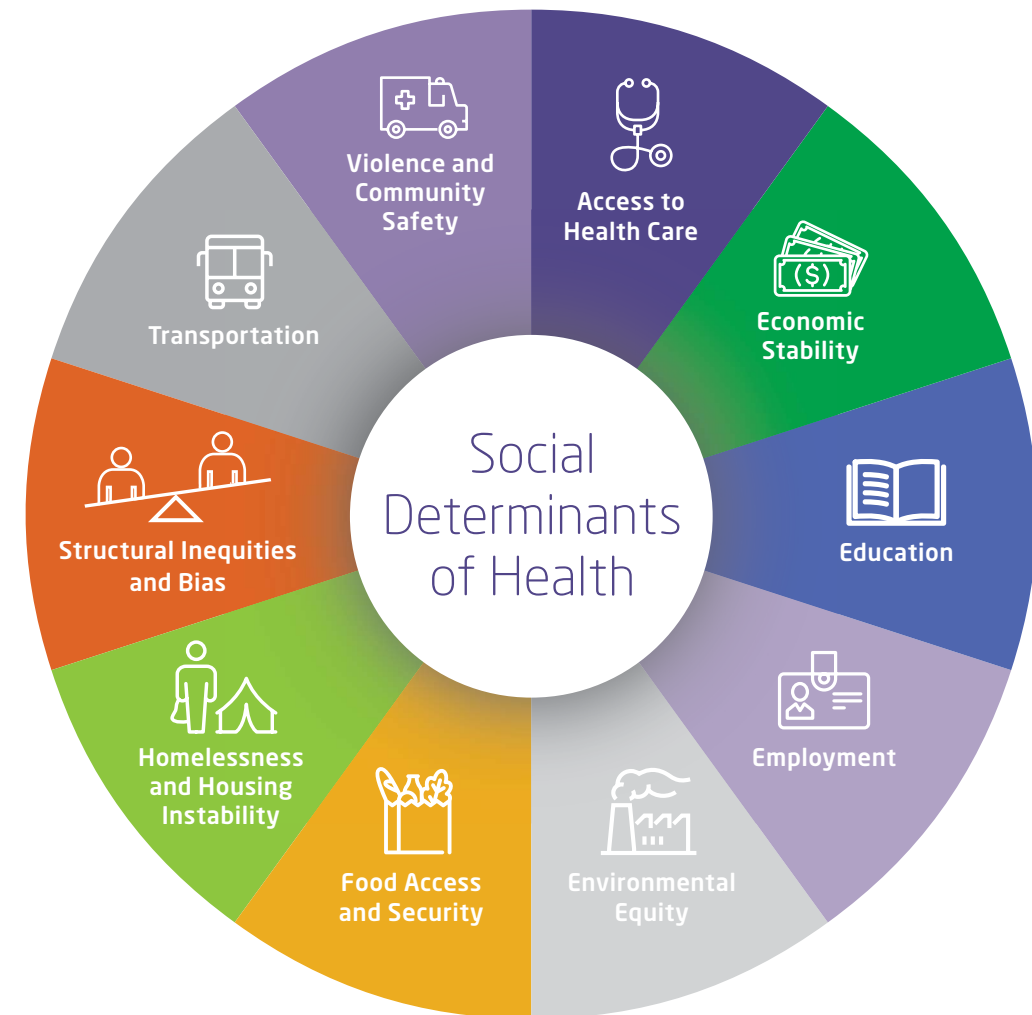


1.7%

of CSA households speak limited English (as compared to 4.2% of households in Illinois)

Social determinants of health

Up to 80% of health outcomes are influenced by the ways in which people live, work, play and worship, known as social determinants of health (SDOH).² SDOH relate to social and economic opportunities, community resources, quality education, workplace safety, environmental factors, and the nature of social interactions and relationships. SDOH help explain why some people in the United States are healthier than others.



Access to Health Care

Access to health care is broadly defined as the “timely use of personal health services to achieve the best health outcomes.”³ The ability to access health insurance is essential for promoting and maintaining health as well as preventing and managing disease.

According to Healthy People 2030, people without insurance are less likely to have a primary care provider, and they may not be able to afford the healthcare services and medications they need.⁴

Healthcare access and quality can vary greatly between communities. Within the CSA, 4.9% of residents do not have medical insurance, which is two percentage points lower than the state average (7.0%).¹

Health insurance is not the only factor affecting the ability to access health care. Even those with health insurance can face barriers to accessing appropriate and timely care due to:

- Ease of access to health clinics
- Insurance coverage and public benefit
- Immigration status
- Access to linguistically and culturally appropriate services
- Extensive paperwork and approvals before accessing care



Community Input:²⁸ Access to Health Care

“A lot of our clients are having to choose between buying food, paying the rent, fixing a car and going to the doctor. If it’s not an emergency, they’ll skip the doctor, even if it means chronic diseases go unmanaged.”

“When specialists are not available locally, seniors need help to go out of town for care. They may not have anyone available to take a day off to help them get to appointments.”

- Focus Group Participants

The need for more culturally appropriate care was a major theme that came from focus group participants regarding access to health care.

Trusted medical professionals who speak Spanish are needed for health education particularly around vaccination, infectious disease, chronic disease, mental health and maternal health.

Economic Stability

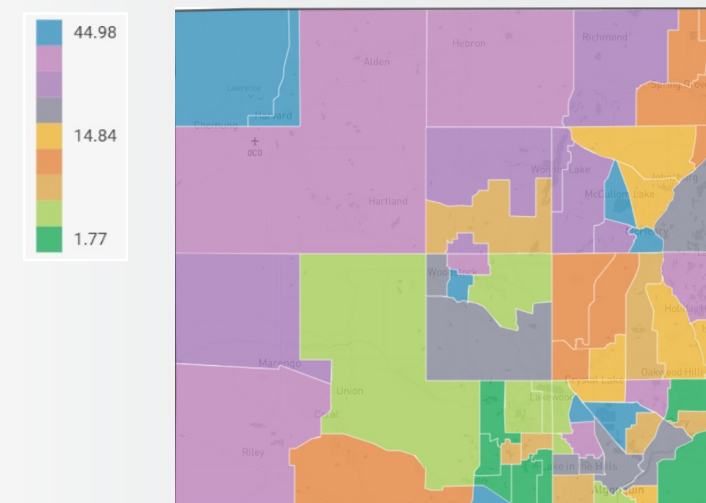
Poverty is a key driver of health status and outcomes, such as life expectancy, infant mortality and development of chronic health conditions. It creates barriers to accessing things important for good health, such as medical care and healthy food.

Communities in western McHenry County have significant and concentrated areas of poverty. In Illinois, the annual household income at 200% of the federal poverty level for a household of four was \$60,000 in 2023.⁵ More than 15% of residents living in the hospitals’ CSA have household incomes less than or equal to this amount.

Socioeconomic Status	Population in McHenry County	Percentage in McHenry County
Persons Living at or Below the Federal Poverty Level	19,266	5.2%
Persons Living at or Below 200% of the Federal Poverty Level	47,855	15.4%

McHenry County Residents Living at or Below 200% of the Federal Poverty Level

Measured as a Percent



Education

Poverty, unemployment and under-employment are highest among those with less education.⁶ A higher level of education is linked to positive health outcomes.

Within McHenry County:¹

- 93.5% of adults age 25 and older have a high school diploma (or equivalent)
- That number is 89.9% for the state of Illinois
- Residents in the northwest corner of the county are less likely to have a high school diploma or bachelor's degree



**Community Input:²⁸
Education**

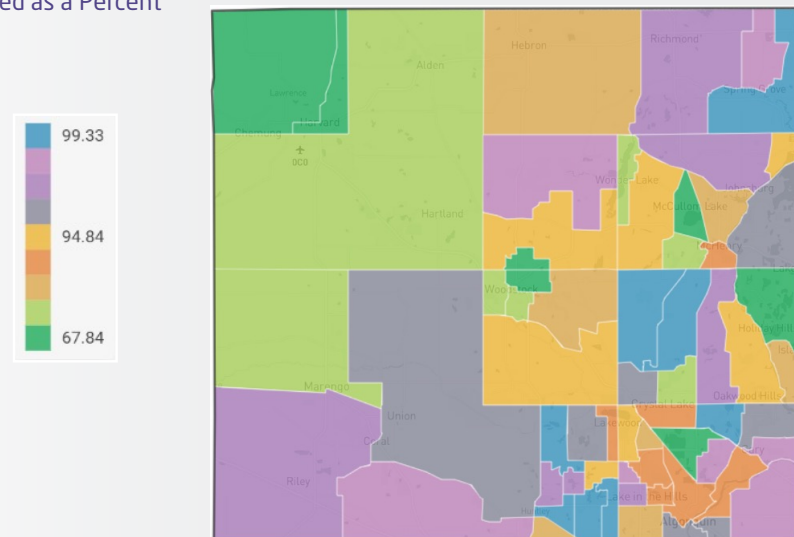
“Schools are being forced to be the resource for everything. Every different kind of service that you can have, not just teaching and extracurricular activities. Parents expect us to handle mental health and healthcare issues that are beyond our capacity.”

Many families in rural areas and areas that have a lot of residents with low income need support accessing vaccinations and physicals:

“In Harvard, we have so many kids that miss days and weeks of school because they can’t get their shots or their physical.”

- Focus Group Participants

Adults With High School Diploma or Equivalent in McHenry County
Measured as a Percent



Employment

Financial security makes it easier for individuals and families to obtain resources for healthy living and serves as a predictor for positive health outcomes.

During 2021:¹

- The unemployment rate in McHenry County averaged 5.1%
- ZIP code 60071 (Richmond) had the highest unemployment rate in the county at 9.6%
- High levels of unemployment are geographically concentrated in the northwest corner of the county

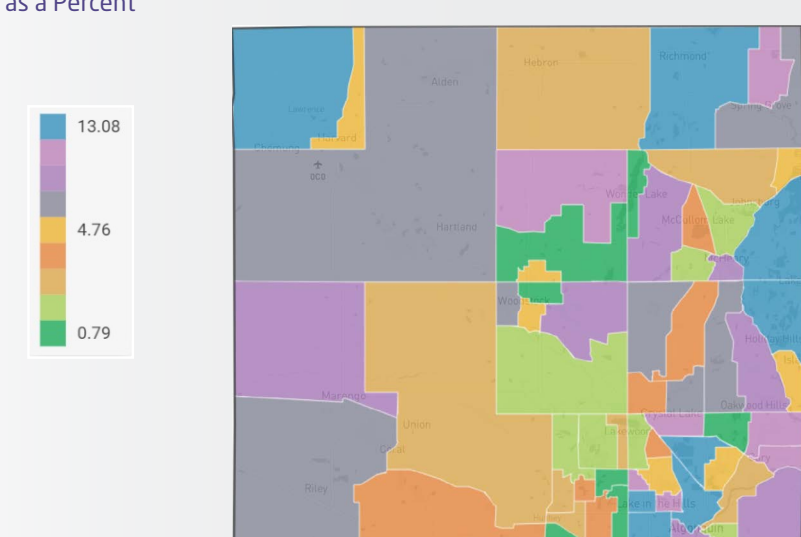


**Community Input:²⁸
Employment**

Many focus group participants noted that the job market was strong in McHenry County. Professional opportunities range from white-collar jobs to manufacturing and farm work.

The only concern raised was that the cost of living is increasing faster than wages, which can put pressure on families living at or below the poverty line.

Average Unemployment Rate in McHenry County: 2017 to 2021
Measured as a Percent



Environmental Equity

Another socioeconomic factor – a healthy or livable environment – refers to the surroundings in which one resides, lives and interacts. McHenry County has a wide range of environmental conditions, from denser suburbs to farms to wilderness.

A clean, safe and healthy environment is a significant contributor to the health of individuals and populations. The neighborhood environment can affect health outcomes in a number of ways. Particulate matter is one of the most dangerous pollutants because these particles can penetrate deep into the lungs and cause negative health effects. This includes premature death from cardiovascular disease or lung cancer, and increased health problems such as asthma attacks.



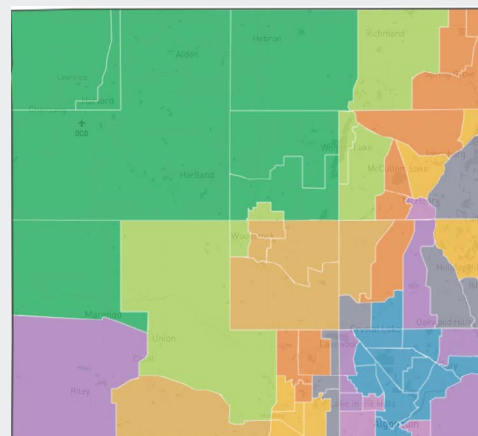
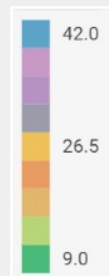
**Community Input:²⁸
Environmental Equity**

Overall, focus group and key informant interviewees felt the environmental conditions in McHenry County are good. Some participants noted the impact of large-scale agriculture on air quality whether through particulate matter or heavy fertilizer usage.

In McHenry County, particulate matter was estimated in the 25th percentile, compared to the average for Illinois which is the 49th percentile.⁷ (This rating is based on the Particulate Matter Environmental Justice Index, in which 0 is the lowest exposure and 100 is the highest exposure.)

Additionally, research has shown that emissions from farms outweigh all other human sources of fine-particulate air pollution in much of the United States. Agricultural air pollution comes mainly from ammonia from fertilizers and animal waste that combine in the air with industrial emissions to form solid particles.

Exposure to Particulate Matter in McHenry County
Measured as a Percentile



Food Access and Security

A healthy food environment gives residents the ability to buy healthy foods close to where they live. Those who cannot afford or access healthy food are more likely to have a less healthy diet, which increases risk of illnesses such as cardiovascular disease, some cancers, obesity, Type 2 diabetes and anemia.

In addition, people who do not have enough food to eat may have a harder time learning, may not develop properly, and may have physical and psychological health challenges.

Inflation since the COVID-19 pandemic has significantly impacted the food environment. Families with children **are more likely to have experienced food and nutrition insecurity** since the start of the pandemic.



**Community Input:²⁸
Food Access and Security**

An emergency department clinician noted that they are seeing an increase of people coming to the hospital in search of a meal:

“If someone has to come to the hospital to get food, imagine how hard it is for them day to day.”

- Focus Group Participant

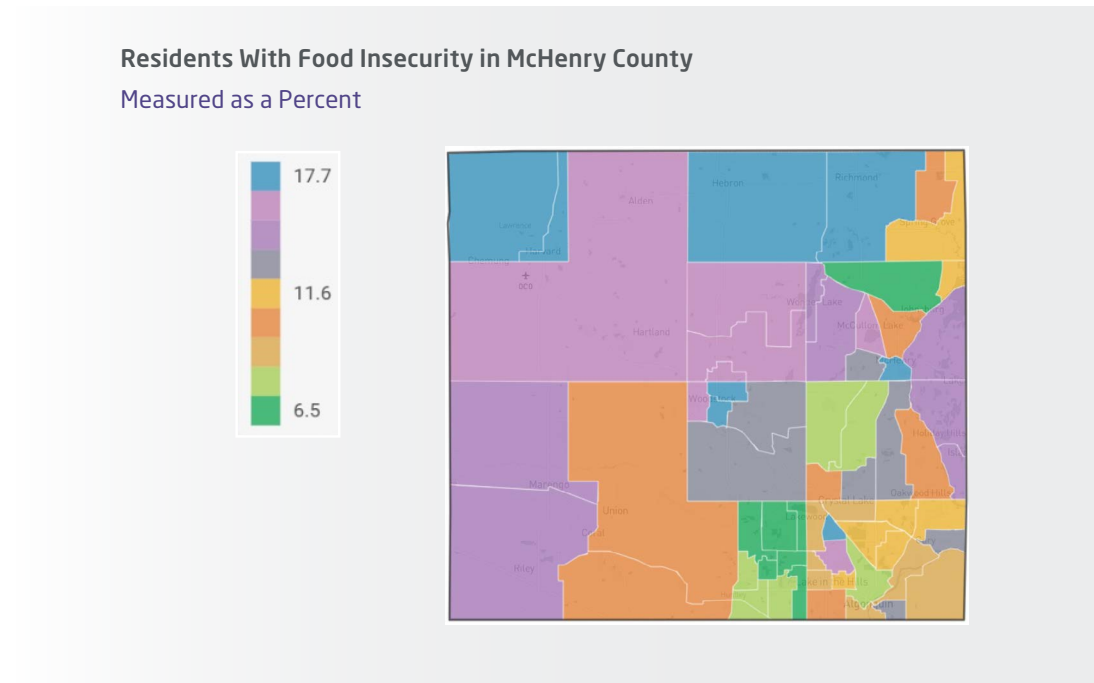
Food Access and Security (continued)

Food insecurity is defined as limited or uncertain access to adequate food and may be caused or exacerbated by cost or distance to a grocery store. In McHenry County, an estimated 5.9% of residents experience food insecurity, which is lower than the state (9.5%).⁸

In McHenry County, food insecurity is concentrated in Harvard, McHenry and Crystal Lake, with the highest percentage of residents experiencing food insecurity in southern Crystal Lake (17.7%).⁸

In addition, **6.2%** of households in McHenry County receive Supplemental Nutrition Assistance Program* (SNAP) benefits.¹

Illinois: 12.6%



*SNAP is a federal nutrition program that improves access to food for those who are eligible. SNAP benefits can be used to purchase foods at grocery stores, convenience stores and farmers markets. People without documented status are generally not eligible for federal assistance programs such as SNAP.

Homelessness and Housing Instability

In McHenry County, 35% of survey respondents said housing instability was a top concern. Homelessness was identified as both a root cause and a direct outcome of substance use disorders and chronic disease. Addressing housing issues offers a unique opportunity to address an important SDOH.²

In addition, 26.3% of households in McHenry County spend more than 30% of their income on housing. This significantly impacts their ability to pay for other necessities, such as food, transportation and health care.¹

Cost-burden is the term used when people spend more than **30% of their income on housing costs.** This impacts **29,789 households in McHenry County.**¹



Community Input:²⁸ Homelessness and Housing Instability

“Many Hispanic immigrants rent with multiple generations in one house, or they rent with other members from their same hometown. Housing is cramped and many times not maintained well.”

“Housing costs have gone way up in the last three years. There’s a long waitlist for affordable housing.”

- Focus Group Participants

In 2020, during the height of the COVID-19 pandemic, an estimated 311 people were experiencing homelessness in McHenry County.

Many households have reported experiencing serious financial problems as a result of the global economic impact of the pandemic.¹

Structural Inequities and Bias



Structural racism is defined as “the totality of ways in which societies foster [racial] discrimination, via mutually reinforcing [inequitable] systems (e.g., in housing, education, employment, earnings, benefits, credit, media, health care, criminal justice, etc.) that in turn reinforce discriminatory beliefs, values, and distribution of resources,” reflected in history, culture and interconnected institutions.⁹

Structural racism, also known as systemic racism, is racial bias among institutions and across society.⁹ It involves the cumulative and compounding effects of an array of societal factors, including the history, culture, ideology and interactions of institutions and policies that systemically advantage white people and disadvantage people of color.

Community Input:²⁸ Structural Inequities and Bias

“The county is not designed to facilitate healthy aging in place. Many seniors end up living alone.”

“Services are limited for people who are uninsured, undocumented, don’t speak English, or do not fall within eligibility criteria related to assets and income.”

When people are referred to services that they are not eligible for, they become hopeless and do not want to seek help in the future.”

“There is distrust in the Hispanic community about accessing the system.”

- Focus Group Participants

Systemic and structural racism play a large part in determining where people live and therefore have a downstream effect on health outcomes. These realities make it more likely that people from certain minority groups will live in areas that lack access to:

- Healthy food
- Transportation
- Housing
- Parks, playgrounds and other places to connect with community

Transportation

Safe and reliable transportation is essential to access healthcare appointments, social services, work, school and grocery stores. A lack of transportation is associated with adverse health outcomes.

Although most households in McHenry County have access to a car, many people still lack access to reliable and affordable public transportation.

The county does not have a large public transit network, so only

0.18% of residents commute to work by bus.¹



Within McHenry County, 3.8% of households have no vehicle available, but that number climbs as high as 7.5% in some rural areas and areas where more residents have low income, especially near Harvard.¹

For those who do have a vehicle, the rising costs of gas have made using that vehicle more difficult to perform daily tasks such as driving to work, school, medical visits or grocery shopping.

This is particularly concerning for individuals who cannot use public transportation for these necessary activities.

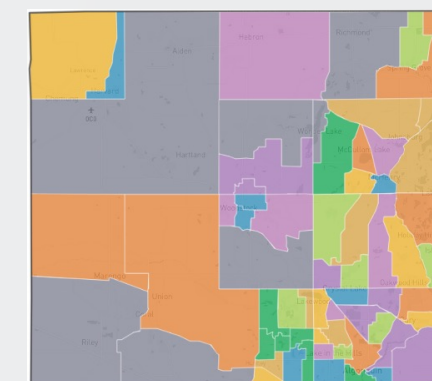
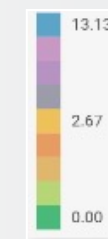
Community Input:²⁸ Transportation

“I see people that aren’t able to go to their appointments or even grocery shopping because they don’t have a car. They are walking with their food in the pouring rain or snow, and it’s really frustrating for me because there’s no transportation. Not even a taxi. Nothing.”

“People will call 911 to go to the doctor’s office, to get back and forth.” This is partly because ride share services do not operate much outside of the southeastern part of the county.

- Focus Group Participants

Households in McHenry County That Have No Vehicle Available Measured as a Percent



Violence and Community Safety

The root causes of community violence are multifaceted and include issues such as:

- Concentration of poverty
- Education inequities
- Poor access to health services
- Mass incarceration
- Differential policing strategies
- Generational trauma

COVID-19 has increased economic instability and stressors within communities, contributing to increased gun violence, interpersonal violence and child abuse.

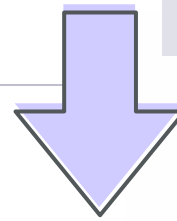
Within McHenry County, 19% of survey respondents report that safety is a top concern within the community.



**Community Input:²⁸
Violence and
Community Safety**

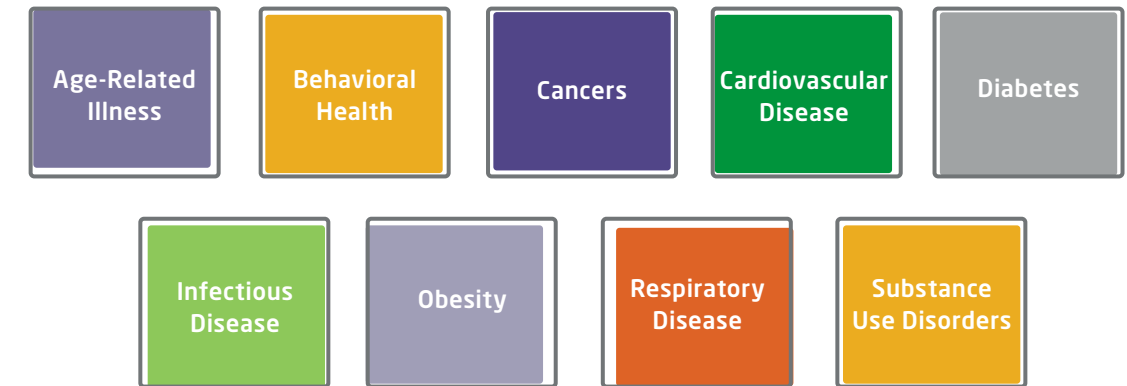
While survey responses noted safety is a concern, most focus group participants agreed that safety issues were hyperlocal and didn't impact most of the community.

One participant said there had been increased reports of human trafficking in the county, but that due to the strength of community partnerships, it was being aggressively managed.



Overall, violent crime and property crime have been declining in McHenry County since 2019.¹⁰

Health conditions



Overall, estimates of disease burden in the McHenry County CSA are similar or slightly lower than those reported for the state of Illinois.

Health Condition ¹¹	Prevalence in McHenry County	Prevalence in Illinois
Obesity	34.8%	32.8%
High Blood Pressure	26.8%	29.4%
Diabetes	8.5%	10.1%
Asthma	8.3%	8.7%
Cancer (diagnosis rate)	569.1 per 100,000 residents	571.2 per 100,000 residents

A higher burden of disease was concentrated in the western part of McHenry County. Health outcomes were consistently better in communities on the east side.

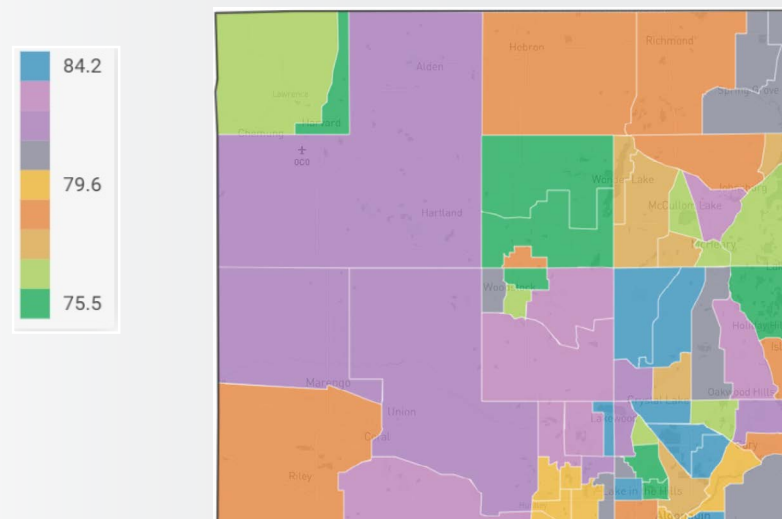
Life expectancy in McHenry County

Life expectancy is a core measure of the overall health of a community. It allows for comparisons between generations and to understand the long-term impact of macro changes in community conditions, such as an epidemic or systemic poverty and a lack of access to resources. In McHenry County, there is a four-year gap between the community with the highest life expectancy (Crystal Lake) and the lowest life expectancy (Harvard).¹²

- Overall life expectancy in McHenry County: 79.8 years
- Lowest life expectancy: 78.0 years in Harvard
- Highest life expectancy: 82.2 years near Crystal Lake

Life Expectancy in McHenry County

Measured as Years



Age-Related Illness

In our survey of residents living in McHenry County, age-related illness (especially Alzheimer's) emerged as an important health issue. For the purposes of this report, age-related illness includes:

- Alzheimer's disease and dementia
- Arthritis
- Vision and hearing difficulty

Alzheimer's Disease Mortality



McHenry County:
28.3
 per 100,000 residents¹³
 Illinois:
 27.4 per 100,000 residents

Arthritis



McHenry County:
20.7% of adults¹¹
 Illinois:
 21.8% of adults

Vision Difficulty



McHenry County:
1.7% of adults¹
 Illinois:
 2.1% of adults

Hearing Difficulty



McHenry County:
3.1% of adults¹
 Illinois:
 3.0% of adults

Behavioral Health

Mental health disorders are common and affect people of all demographics. Conditions like depression and anxiety can affect people’s ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders.

Within McHenry County,

53% of survey respondents selected access to behavioral health services as the most important need within the community.

Focus group participants highlighted the following needs:

- Improved access to treatment, including more mental health workers and more culturally and linguistically inclusive practices
 - There are 1,406 mental health providers in McHenry County, and there has been a 10% increase in licensed clinical social workers since 2021.¹⁴
- Information on how to address mental health crises and where to get appropriate care during a mental health emergency
- Education to reduce stigma among community members, healthcare professionals and emergency response personnel
- Youth mental health support

Community Input:²⁸
Behavioral Health

“There is a passion in the county for adding more mental health services and responding to emerging needs.”

“Stigma about seeking behavioral health treatment is a real issue, especially in the Hispanic community.” A lot of Hispanic residents think mental health is something you keep in our walls, meaning they won’t seek treatment.”

But it was noted that the younger generation doesn’t have the same stigma or fear of seeing a therapist. “There have been several awareness campaigns targeting young people.”

- Focus Group Participants

Behavioral Health (continued)



The suicide and self-harm hospitalization rate in McHenry County is **81.8 per 100,000**, far higher than the state.¹⁵



And the suicide mortality rate for the full population is 10.5 per 100,000, which is slightly lower than Illinois.¹³

As of 2020, 16.4% of adults in the county reported having diagnosed depression.¹⁷ Since then, COVID-19 was reported in focus groups as having a negative impact on mental health both directly through issues such as chronic stress and indirectly through its impacts on the social and structural determinants of health.

- 11.9% of residents have poor self-reported mental health¹¹
- 39.7% of survey respondents report feeling nervous, anxious or on edge every month
- 17% of residents report having low social-emotional support¹¹

Focus group participants frequently linked socioeconomic stressors such as unemployment to poor mental health. Other circumstances, such as cultural stigma and pressure from social media, were identified as additional important factors in mental well-being.

Cancers

In McHenry County, **37% of community input survey respondents identified cancer as an important health need in the community.** This made cancer No. 3 in the list of most important health needs. Focus group participants identified inadequate access to health services, insurance issues and environmental factors as contributors to the prevalence of cancer in the community.

In McHenry County, 5.9% of adults report having ever had cancer, and the mortality rate is 154.2 deaths per 100,000 residents.¹³

This is similar to Illinois, with a death rate of 155.4 per 100,000 residents.

Cancer Diagnoses
McHenry County:
8,594 cases¹⁶
Cases diagnosed 2015-2019
(For all invasive cancers, all ages)
Illinois:
363,184 cases



The cancer diagnosis rate for McHenry County is 569.1 per 100,000 residents. For Illinois the rate is 571.2 per 100,000 residents.¹⁶

Prevention and Screening¹¹



73.6%
of females aged 50-74 in McHenry County had a mammography screening
Illinois: 74.8%

82.3%
of females aged 18-64 had a Pap smear in 2020
Illinois: 80.9%

67.3%
residents aged 50-75 had a colorectal cancer screening in 2020
Illinois: 67.4%

Cardiovascular Disease

Heart disease represents the leading cause of morbidity and mortality in McHenry County.¹³ The burden of cardiovascular diseases was uniformly evident across the county.

Heart disease and stroke can result in poor quality of life, disability and death. Though both diseases are common, **they can often be prevented by controlling risk factors** like high blood pressure and high cholesterol through treatment.

<p>Rates of High Blood Pressure Adults in McHenry County: 26.8%¹¹ Illinois: 29.4%</p>		<p>Rates of High Cholesterol Adults in McHenry County: 27.1%¹¹ Illinois: 28%</p>
<p>Only 54.6% of residents with high blood pressure are taking medication to control it.¹¹</p>		

The Stroke Hospitalization Rate in McHenry County is similar to the state's: 238.2 per 100,000 residents compared to 213.7 per 100,000 residents in Illinois. When stratifying by race and ethnicity, the rate is higher for the non-Hispanic white population when compared to the state (280.1 vs. 206.6).¹⁵ The Heart Attack Hospitalization Rate in McHenry County is 183.5 per 100,000 residents, which is higher than Illinois (157.2). This rate is noticeably greater for the non-Hispanic white population (204.8) compared to the state (162.9).¹⁵

<p>Heart Disease McHenry County: 159.7 deaths¹³ Illinois: 171.4 per 100,000 residents</p>	<p>Stroke McHenry County: 32.2 deaths¹³ Illinois: 37.4 per 100,000 residents</p>
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Making sure people who experience a cardiovascular emergency – such as stroke, heart attack or cardiac arrest – get timely recommended treatment is essential to reduce the risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.⁴



Diabetes

In our survey of McHenry County residents, 23% listed diabetes as the most important health need in the community, placing it in the top 10 health concerns, and 22% of survey respondents have been told they have prediabetes.

Prevalence of Diabetes
McHenry County

8% of adults¹¹

Illinois: 9.4%

Like many health conditions and exposures, diabetes rates were higher in the western part of the county, especially around Harvard.

Access to care is a challenge, with only 1.6 endocrinology specialists per 100,000 residents in McHenry County.¹⁴

A lack of access can be a contributing factor to poorer outcomes. There were 20.1 diabetes-related deaths per 100,000 residents in McHenry County in 2020.¹³ The emergency department visit rate for people with uncontrolled diabetes is 38% lower in McHenry County than the state average for the full population, but the rate for the Hispanic/Latino population is 23% higher.¹⁵

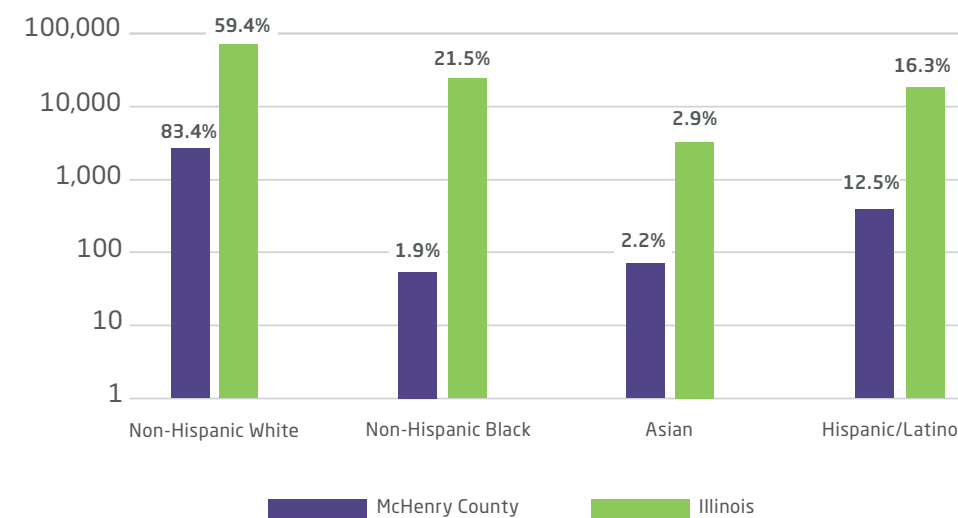
Infectious Disease

Prior to the COVID-19 pandemic, infectious disease assessments were primarily focused on rates of sexually transmitted infections (STIs) and influenza. Regarding both categories, McHenry County has significantly lower rates compared to Illinois. The STI infection rate for the county is 264.0 per 100,000 residents compared to 837.5 in Illinois.¹⁸

The influenza mortality rate is also lower in the county at 9.2 per 100,000 residents compared to the state (15)¹³

Regarding COVID-19, the monthly case rate was in line with Illinois throughout 2021 and 2022, but the death rate was 50% lower than the state's on average over the same period.¹⁹ In 2022, there were 911 hospitalizations in McHenry County for COVID-19. A large majority of them (787) were for non-Hispanic white people. The number of hospitalizations declined 26% between 2021 and 2022.¹⁵

COVID-19 Hospitalizations by Race/Ethnicity, 2018-2022¹⁵
McHenry County and Illinois



Obesity

Obesity is a common health condition in McHenry County.

Rates of Obesity

McHenry County:
34.8% of adults¹¹
 Illinois: 32.8%



Additionally, 17.7% of preschoolers from families with low income have obesity.²⁰
 Nearly 1 in 3 births in McHenry County are to mothers who have obesity.²¹

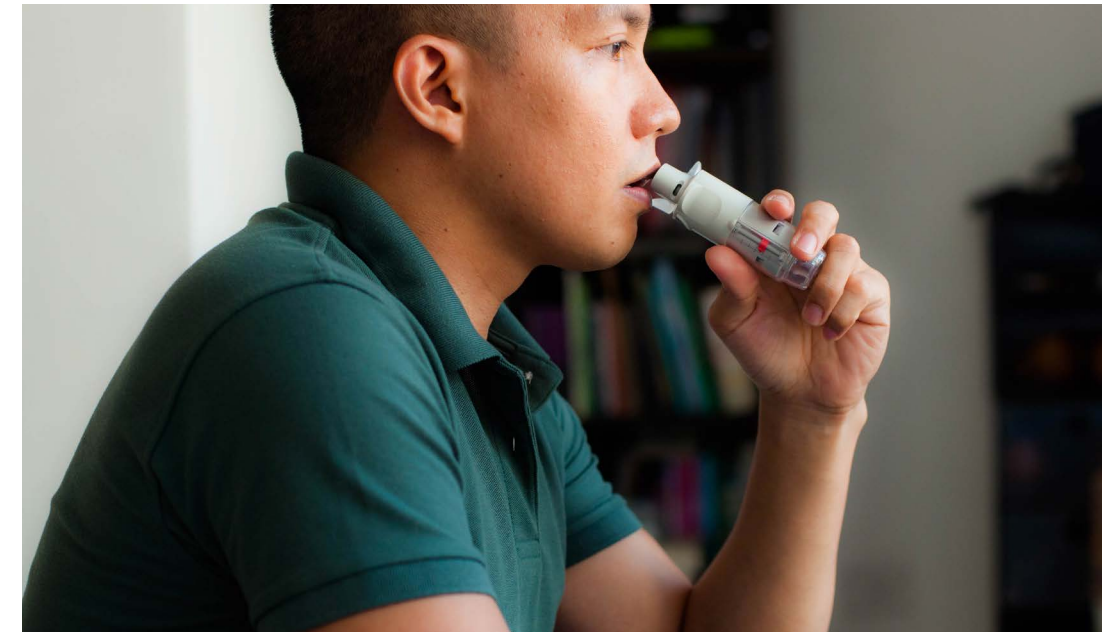
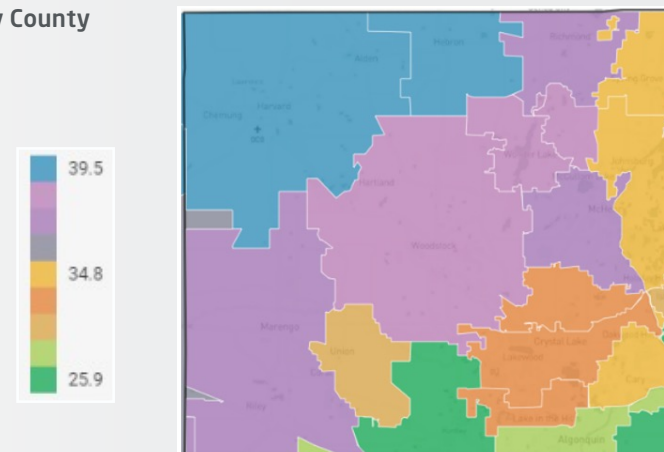
Among community input survey respondents, obesity ranked fifth in the list of most important health needs affecting the community.

Focus group participants recognized the adverse impact of obesity on other chronic diseases. Obesity is linked to many serious health problems, including:

- Type 2 diabetes
- Stroke
- Heart disease
- Some types of cancer

Some people in certain racial and ethnic groups are at higher risk of obesity because they live in communities with lack of access to healthy food and easy availability of fast food, and other SDOH that increase their risk of chronic diseases.⁴

Obesity Rate in in McHenry County
 Measured as a Percent



Respiratory Disease

Lung diseases did not emerge as a high priority in surveys and focus groups conducted in McHenry County. In McHenry County, rates of asthma and chronic obstructive pulmonary disease (COPD) are both lower than the state average.

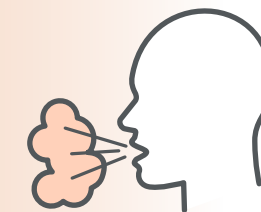
Rates of Asthma

McHenry County:
9.1%¹¹
 Illinois: 9.5%



Rates of COPD

McHenry County:
5.1%¹¹
 Illinois: 5.5%



Substance Use Disorders

A substance use disorder is a complex condition. If use of a substance cannot be controlled and continues despite harmful consequences and impairment in day-to-day functioning, it is termed substance use disorder.²²

The COVID-19 pandemic not only highlighted the increasing burden of substance use disorders, but it also led to an increase in substance use. As of June 2020, the Centers for Disease Control and Prevention estimated that 13% of people in the United States started or increased substance use to cope with the stress and uncertainty of the pandemic.²³

Over the past several years, drug-related deaths have been increasing in McHenry County among young adults (ages 18 to 39).¹³

In McHenry County, substance use was identified as a top 10 health need in the community by 23% of survey respondents.

Community Input:²⁸ Substance Use Disorders

Focus group participants discussed several substance use trends, including prevalence, stigma and outreach.

“Substance use has increased in the last year across all ages. We’re seeing more people relapse who had stopped using.”

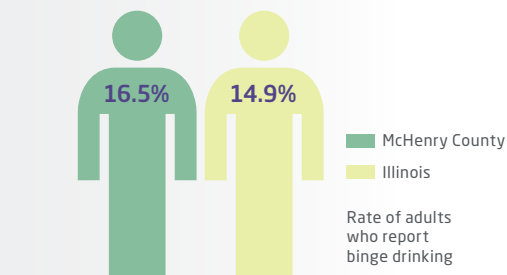
“A lot of parents are not aware of the side effects of the prescription drugs their kids are taking,” meaning they might miss signs of abuse.

- Focus Group Participants

The Drug Overdose Mortality Rate for the full population in McHenry County is slightly lower than the rate for Illinois (21.8 per 100,000 residents compared to 22.3 per 100,00).¹³

The drug overdose mortality rate for 18- to 39-year-olds in McHenry County is

48.5 deaths¹³
Illinois: 33 per 100,000 residents



McHenry County has a binge drinking rate at 16.5% of adults, which is slightly higher than Illinois (14.9% of adults).¹¹

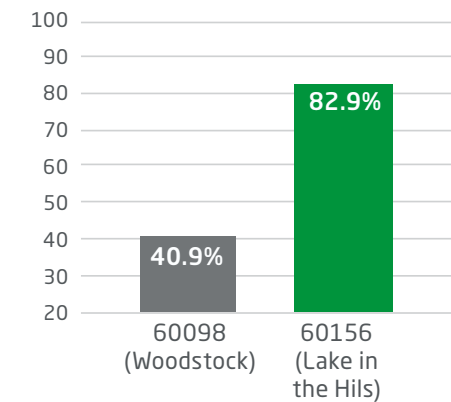
Binge drinking was most common in more affluent suburban communities with a greater proportion of white residents in the eastern part of the county.

Health behaviors

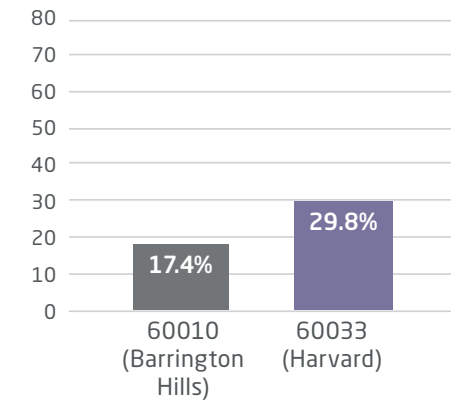
Many behaviors impact the burden of disease in communities, including food choices, physical activity and substance use. Residents in McHenry County reported a wide range of behaviors, with less healthy behaviors more often reported in communities with a larger number of people who have low incomes.

Health Behaviors by ZIP Code in McHenry County (Adults)

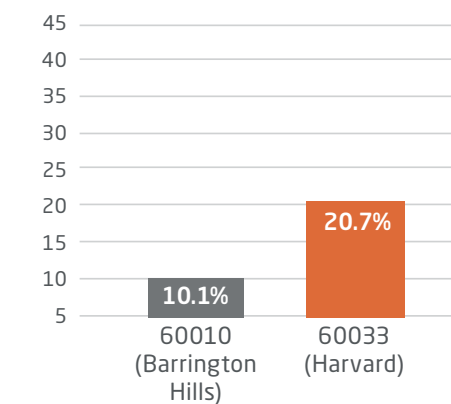
Households in Poverty Not Receiving Food Stamps (SNAP)¹



No exercise¹¹



Prevalence of cigarette smoking¹¹



Negative behaviors correspond with a higher burden of disease in many of the same communities and highlight structural inequities that contribute to poor health.



Nutrition

Healthy affordable food access was considered a challenge by 34% of survey respondents.

Some people do not have the information they need to choose healthy foods, while others do not have access to healthy foods or cannot afford to buy enough food. In fact, 6.3% of residents live in food deserts,²⁴ and 28% of students qualify for free school lunches.²⁵

Many communities across McHenry County, particularly in the more rural areas, have a high level of food insecurity. Without access to affordable, local, healthy foods in safe and accessible locations, individuals cannot reasonably make good nutritional choices for themselves and their families. Community focus groups identified the need for creating culturally competent food access programs that are flexible, adaptable and responsive to the unique needs of our individual communities.

When investing in healthy food options for a community, it is important to understand the history and culture of that community. Programs should make every effort to take a culturally competent approach to create sustainable change in nutrition access.

Community Input:²⁸
Nutrition

Several focus group participants discussed the cost of food and how it impacts their ability to make healthy choices:

“I can feed my whole family at a fast-food restaurant, but if I want to make something healthy like a salad with chicken, I have to spend too much.”

- Focus Group Participant

5.9% of residents in McHenry County are food insecure⁸

Illinois: 9.5%

6.2% of households in McHenry County receive SNAP benefits¹

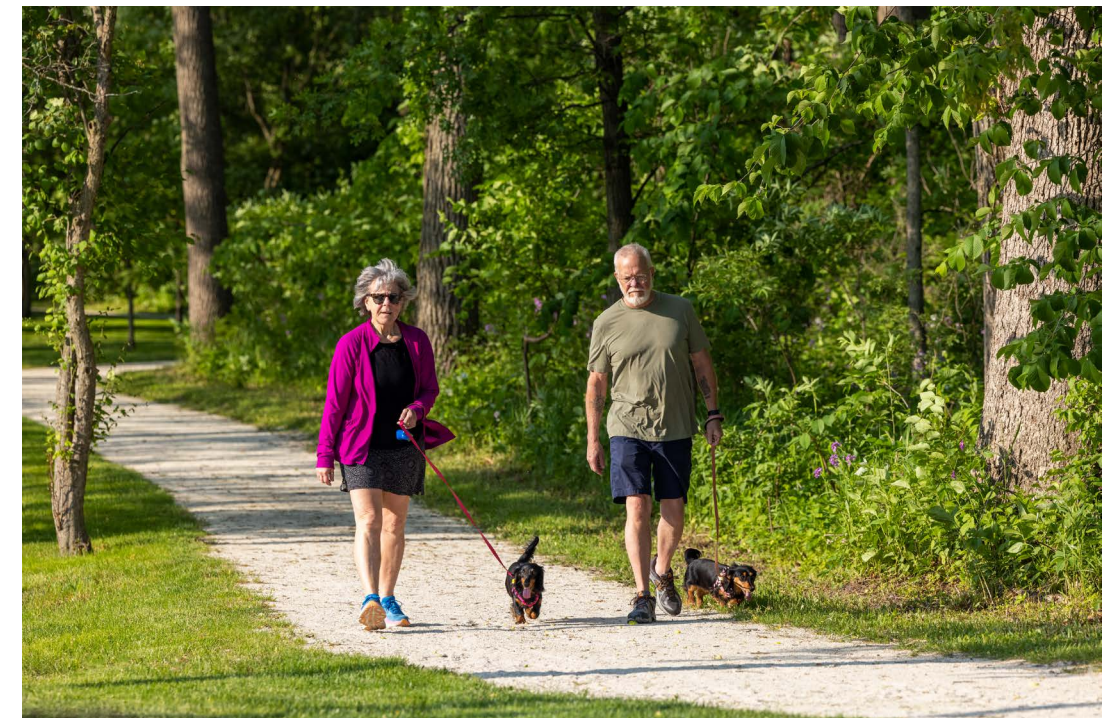
Illinois: 12.6%

Physical Activity

Regular physical activity can improve the health and quality of life of people of all ages. For people who are inactive, even small increases in physical activity are associated with health benefits.

Among survey respondents, **16% reported not exercising at all, while an additional 26% only exercise once a week**, which is far below guidelines that recommend at least 150 minutes of moderate aerobic activity per week.

Personal, social, economic and environmental factors all play a role in physical activity levels among youth, adults and older adults. Many families cannot afford gym memberships or to purchase and store their own exercise equipment. Understanding barriers to and facilitators of physical activity is important to ensure the effectiveness of interventions and other actions to improve levels of physical activity.

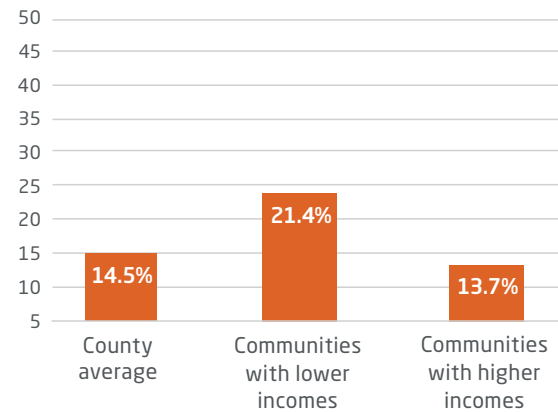


Tobacco and E-Cigarette Use

In McHenry County, 14.5% of adults reported currently using tobacco. Higher rates up to 21.4% were reported in communities such as Harvard, where residents tend to have lower income, and lower rates down to 13.7% were reported in communities such as Huntley, which tend to have higher income.²⁶

There is an ongoing gap in Illinois for county-level data on youth health behaviors.

People Age 18 or Older in McHenry County Who Use Tobacco²⁶



Community Input:²⁸ Tobacco and E-cigarette Use

The use of e-cigarettes was raised as a major issue for adolescents. One focus group attendee said, “If you go into a bathroom at a high school, it smells like cotton candy because so many kids are vaping.” Another attendee noted that often the outcome of catching a student smoking or using an e-cigarette is to expel or suspend them from school. “We need a response that isn’t punitive, but instead gets them into treatment.”

- Focus Group Participant

Among high school students in Illinois,²⁷

19% reported ever having tried a cigarette, and **47%** reported having used an e-cigarette.



Reflections on our data analysis

Community Health Needs Assessments challenge us to explore data through multiple lenses, including understanding where an issue might be more severe because of community conditions and who might be more impacted because of population characteristics. As the data was collected and analyzed, several themes emerged.

1 RURAL-URBAN DIVIDE

Where you live dramatically impacts your life expectancy. While most of the population lives in suburban areas, the western part of McHenry County is rural. In those areas, we see higher rates of hardship and poorer health outcomes, on average.

2 ACCESSIBILITY

One focus group attendee said, “If you don’t have a car, you’re sunk.” McHenry County residents who can’t afford a car are dependent on friends and family to get around, which can lead to missed medical appointments and difficulties with employment.

3 CULTURAL COMPETENCY

At 14% of the population, Hispanic residents make up the largest minority group in McHenry County. In surveys and focus groups, the lack of medical professionals who speak Spanish was raised as an issue.

4 AFFORDABILITY

The cost of living has been increasing in McHenry County, but not all residents can afford it. That means they may have to choose between rent, healthy food and medical visits.

5 AGE

Age is an important stratification when prioritizing populations. The data shows mental health conditions disproportionately impact the youth in McHenry County, while chronic diseases more often impact middle-aged and older adults.

Significant health needs

Based on local data, benchmark data, the number of people affected and focus group input, we identified the following to be significant health needs within our CSA. Our collaborators considered these needs when identifying which should be priority health needs for Northwestern Medicine to address.

- | | |
|--|--------------------------|
| Access to Care and Community Resources | Heart Disease and Stroke |
| Behavioral Health | Obesity |
| Cancer | Safe, Affordable Housing |
| Diabetes | Substance Use Disorders |
| Food Access | Transportation |



Priority Health Needs

Once significant health needs are identified, it is important to engage a diverse set of individuals to share their insights. This helps ensure that data is being interpreted with the community voice at its core, and guides decisions about which needs should be a priority for Northwestern Medicine.

To that end, the Northwestern Medicine hospitals in McHenry County engaged with external collaborators through their Community Engagement Council, and with internal collaborators through their Community Health Council.

Community Engagement Council

The Community Engagement Council is a diverse group of representatives from across McHenry County. Council members are people who have demonstrated a strong, ongoing commitment to improving the health of the communities we serve. Their diverse backgrounds helped ensure we considered a full range of perspectives when prioritizing identified health needs.

The following community organizations participate on our Community Engagement Council:

- | | |
|---|--------------------------------------|
| Aunt Martha's | McHenry County College |
| Crystal Lake Food Pantry | McHenry County Department of Health |
| Family Health Partnership Clinic | McHenry County Housing Authority |
| Harvard Senior Center/Cultivating Health Ministries | McHenry County Mental Health Board |
| Home of the Sparrow | Northern Illinois Recovery Center |
| Leadership Greater McHenry County | Turning Point |
| | United Way of Greater McHenry County |



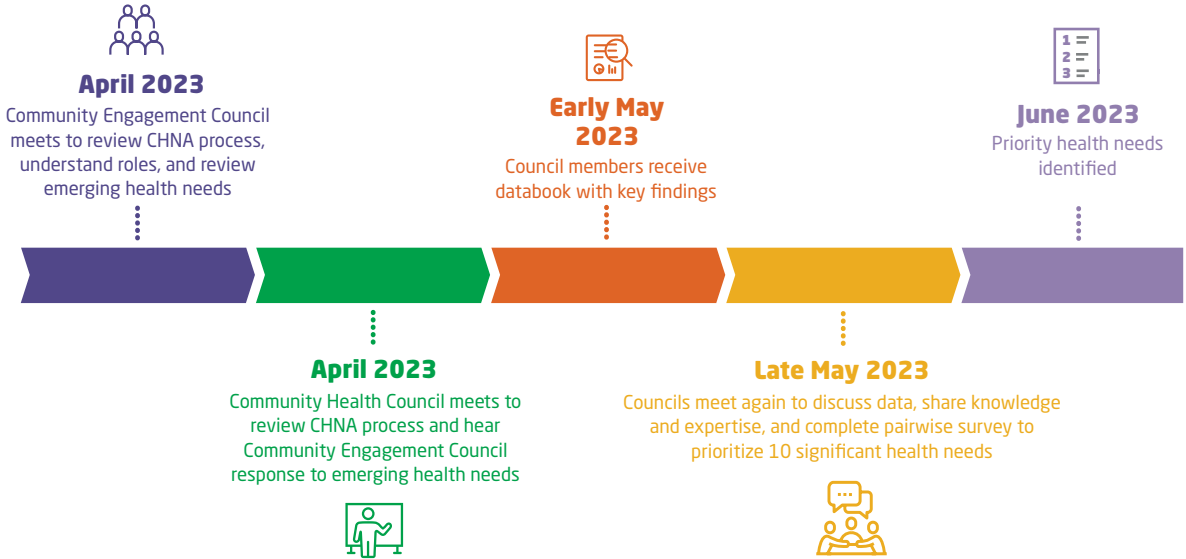
Community Health Council

The Community Health Council is made up of Northwestern Medicine staff from multiple departments. Council members were chosen based on their role and demonstrated commitment to improving the health of the community. The varied backgrounds of the committee members provided diverse insight into prioritizing identified health needs. The following is a list of departments represented and why they were chosen for inclusion.

Hospital Department	Knowledge Area
Community Affairs	Community relationships, data and hospital resources
Finance	Financial perspective
Performance Improvement	Process improvement strategies
Quality and Patient Safety	Quality data and patient outcomes
Strategy	Clinic and hospital location planning
Behavioral Health	Direct patient care, care administration and operations
Emergency Medicine	
Nursing	
Primary Care	
Social Work	
Human Resources	Recruiting and hiring new employees; diversity, equity and inclusion (DEI)
Collaborative Care and Outreach	Coordination of patient care, including medical and social needs

How we chose priority health needs

Following completion of data analysis, leaders from the Northwestern Medicine hospitals in McHenry County convened our Community Councils to review the findings.



The prioritization of health needs took place over a series of meetings with the Community Engagement and Community Health councils.

- The councils convened separately in April 2023 to receive an overview of the CHNA process, a review of the McHenry County CSA, and the primary and secondary data collection process. In these meetings, council members received a preview of the emerging significant health needs identified through the data analysis.
- In early May, council members were given a databook that highlighted key findings.
- In late May 2023, both councils convened separately again to review the data collected from the community and to prioritize health needs based on data as well as their own knowledge and expertise.
- During these meetings, council members were encouraged to ask questions and offer additional data points based on their areas of expertise. This process was meant to ensure the Northwestern Medicine hospitals in McHenry County were interpreting the data based on the voice of the community.

- Once the data was reviewed, council members participated in a pairwise survey through All Our Ideas (allourideas.org). Through this process, participants were asked to consider multiple prioritization factors.
 - The survey assessed 10 significant health needs.
 - Participants were given two needs at a time and asked to select which was the priority. After making their selection, participants were presented with the next pair and so on.
- After prioritizing the list of top 10 needs, the Community Health Council was able to view and compare their results against that of the Community Engagement Council. The idea behind this methodology is to put an emphasis on the community voice while also recognizing that the Community Health Council, as a council comprised of hospital employees, is able to provide the perspective on what the Northwestern Medicine hospitals in McHenry County can feasibly accomplish over the next three years in this CHNA cycle.

Prioritization Factors Considered to Establish Priority Health Needs

Prioritization Factors	Related Questions
Magnitude and Inequity	<ul style="list-style-type: none"> • How many people in the community are impacted? • Are there inequalities by race, income or location? • Where is the magnitude the greatest?
Severity and Impact	<ul style="list-style-type: none"> • How does the need impact health and vitality (focusing on people most impacted by needs related to social determinants of health)?
Feasibility of Influencing	<ul style="list-style-type: none"> • What capacity already exists to address the need? Can Northwestern Medicine action add value? • Is there already a foundation for partnership? Is it local? • Could the role of Northwestern Medicine complement that of other partners?
Consequences of Inaction	<ul style="list-style-type: none"> • What impact would inaction have on individuals and on population health? • Are there other partners who will act to address the need? • Do the inputs needed to take action create challenges to act in other important areas, recognizing that overall Northwestern Medicine resources are limited?
Trend	<ul style="list-style-type: none"> • Is there a pattern in the data? • Has the data gotten significantly worse/better over time?

Identified priority health needs

The Northwestern Medicine hospitals in McHenry County have identified two priority health needs in the 2023 CHNA. In selecting priorities, we considered:

- How big the need is in the community
- The capacity and resources available to meet the need
- The suitability of our own expertise to address the need

In particular, priority health needs were selected based on their ability to be addressed through a coordinated response from a range of healthcare and community resources.

Northwestern Medicine Hospitals in McHenry County 2023 Priority Health Needs





Development of a Plan to Address Priority Health Needs

To address the priority health needs identified, the Northwestern Medicine hospitals in McHenry County will continue to work with the community to develop a comprehensive Community Health Implementation Plan (CHIP). The CHIP will detail strategies to address each priority health need as well as anticipated impacts, resources and planned collaborations.*

Northwestern Medicine remains committed to providing culturally informed care that is responsive to the needs of the communities we serve. By creating a CHIP with community organizations, including health and social service organizations, we will develop community-based health initiatives designed to address the identified priority health needs.

This work is ultimately intended to improve health equity, remove health disparities and build healthier communities in alignment with the Northwestern Medicine mission.

Existing resources

We recognize that a large number of healthcare facilities and organizations within McHenry County respond to health needs and support health improvement efforts. A list of resources potentially available to address priority health needs is included in Appendix B.

*The CHIP will also specify significant health needs identified through the CHNA that we did not prioritize, together with the reason that they will not be addressed.

Northwestern Medicine roles

To address the priority health needs, the Northwestern Medicine hospitals in McHenry County can serve in a variety of roles.

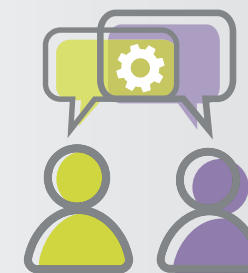
Civic Leader

- Partner/convener
- Employer
- Advocate
- Funder



Educator

- Training
- Youth programs
- Health promotion
- Knowledge transfer



Researcher

- Medical/biomedical research
- Community-based evaluation
- Outcomes data
- Proof of concept



Care Provider

- Financial assistance
- Medicaid
- Safety net partners



Appendix A: Evaluation of Impact

Actions taken to address the Northwestern Medicine Hospitals in McHenry County 2020 priority health needs

The last CHNA completed by Northwestern Medicine hospitals in McHenry County took place in 2020. We worked with Northern Illinois University Center for Governmental Studies to determine significant health needs through a comprehensive assessment that included analysis of community voice, data and the potential health impact of a given issue.

Our community councils met to identify priority health needs for the CSA based on CHNA findings. In selecting priorities, the Northwestern Medicine hospitals in McHenry County considered the following criteria:

- Magnitude
- Ability to impact
- Trend
- Scope and severity
- Risk of inaction



Through the 2020 CHNA process, the Northwestern Medicine hospitals in McHenry County identified three priority health needs to be addressed through collaborative planning and coordinated action with organizations that impact health services in the community:

1. Access to Health Care and Community Resources
2. Behavioral Health and Substance Use Disorders
3. Social Determinants of Health

The hospitals and key community organizations collaborated to address the identified priority health needs. This Evaluation of Impact report summarizes progress of community strategies outlined in the hospitals' 2020 Community Health Implementation Plan (CHIP). This evaluation shows change over time and indicates how well these strategies addressed the priority health needs of the community.

Priority Health Need 1: Access to Care

Goal: Increase access to comprehensive, high-quality healthcare services

Access to comprehensive, quality healthcare services is important for the achievement of optimal health and increasing quality of life. It impacts overall physical, social and mental health status, including:

- Prevention of disease, disability and death
- Detection and treatment of health conditions
- Life expectancy

Strategy 1.1: Through clinical community relationships, the Northwestern Medicine hospitals in McHenry County will adapt a health system-level approach to better serve patients who are uninsured and underinsured. The hospitals will pilot new opportunities and enhance current relationships in the service area.

This strategy focused on enhancing relationships with:

- Aunt Martha's Health & Wellness, a Federally Qualified Health Center (FQHC)
- Family Health Partnership Clinic, a free and charitable care clinic in Crystal Lake, Illinois, which is in the hospitals' Community Service Area (CSA)

These community partners provide primary care services throughout McHenry County to patients who are uninsured and underinsured.

Aunt Martha's

Northwestern Medicine provides Aunt Martha's with a location on the Woodstock Hospital campus, where the clinic focuses on offering access to quality care and services from primary care to behavioral health and telehealth options. Additionally, Northwestern Medicine and Aunt Martha's meet regularly to:

- Collaborate on similar areas of need
- Share resources
- Discuss updates on the impact of Aunt Martha's services within McHenry County

From these meetings, an opportunity arose in 2023 for Aunt Martha's to support the distribution of home colorectal screening kits to their patients. Eligible patients were able to get a colorectal cancer screening, lab processing and results free of charge.

Family Health Partnership Clinic

For much of its 27 years of operation, the Family Health Partnership Clinic (FHPC) was the only facility in McHenry County that provided a medical home for people who are uninsured or underinsured. It has a strong track record of working with people at high risk for negative outcomes related to social determinants of health. The clinic has been a model program in terms of cultural competency.

In collaboration with FHPC, we implemented Pings™, which allows for identification and HIPAA-compliant communication with FHPC regarding their patients who have sought care at a Northwestern Medicine facility. Pings provides basic information on a patient's site of care and diagnosis code, and includes the discharge disposition, such as scheduling a follow-up visit. This allows for better coordination of care for these patients.

FHPC applied for and has received financial support through grant and donation funding that has enabled it to address chronic disease management for approximately 800 patients. Most of the clinic's patients have at least one underlying health condition. Diabetes is one of the top diagnoses in the clinic, and significant resources are put towards helping patients better understand and manage their disease. Other common chronic conditions include asthma, high blood pressure and COPD.

Northwestern Medicine has representation on the FHPC Board of Directors to increase support and collaboration at a leadership level.

Impact

These community partnerships allow us to increase access, and improve efficiency and quality in coordinating care among all of the settings in our CSA. These examples demonstrate the variety of ways we can enhance the work of organizations that are already making an impact for patients in the community.

Strategy 1.2: The Northwestern Medicine Regional Medical Group Residency Clinic will expand with Rosalind Franklin University to increase access to follow-up care for patients who are discharged from a Northwestern Medicine hospital in McHenry County.

In 2021, the Northwestern Medicine hospitals in McHenry County worked with the Rosalind Franklin University Internal Medicine Residency Clinic to:

- Conduct community outreach and education on behalf of the clinic
- Share information with community organizations on the services available at the clinic



14 Presentations to community partners with clients who could benefit from access to quality care at the clinic



29.2% Increase in new patient visits



24.5% Increase in established patient visits

Impact

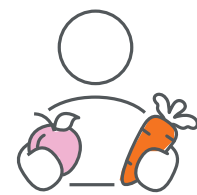
A specific tracking system for referrals generated as a result of the presentations was not feasible, but by increasing awareness about the Residency Clinic, substantially more patients accessed care in 2021 at a time when the COVID-19 pandemic greatly impacted access to care for a variety of reasons.

Strategy 1.3: The Northwestern Medicine hospitals in McHenry County will provide information on healthy weight and nutrition through community lectures and programs.

Northwestern Medicine met this priority health need in a number of ways.

- We provided nutrition-focused programming within the Del Webb Sun City community in Huntley, Illinois, for individuals age 55 and up.
- We offered appointments with a dietetic technician, health education presentations, and a variety of wellness challenges and programs.

Program Results 2020 - 2023



108 Appointments scheduled with a dietetic technician

27.8% Patients from those appointments who were referred to a dietitian for follow-up



384 People who attended health education presentations

124 People who completed a wellness challenge or program

Impact

Through individualized nutrition education, residents learned about how their specific eating and exercise habits impacted their health. Participants in wellness programs and challenges experienced the benefits of making changes to improve their health.

Strategy 1.4: The Northwestern Medicine hospitals in McHenry County will provide information and education on diabetes through community lectures and screenings, and diabetes support groups.

The Northwestern Medicine Diabetes Education and Nutrition teams at Huntley Hospital and Woodstock Hospital help patients set goals to achieve an active, healthy lifestyle.

- The teams have established the only program in McHenry County recognized by the American Diabetes Association.
- Board-certified physicians and registered dietitians provide thorough diabetes and nutrition education through the program.
- The program sees patients with Type 1, Type 2, gestational and prediabetes. An average of 62.3% of patients enrolled in the program have Type 2 diabetes.
- The program also offers diabetes support groups, but participation has dropped due to the COVID-19 pandemic; 207 patients have participated from 2020 to 2023.

In 2022, Northwestern Medicine began to offer a number of health and wellness programs systemwide, including diabetes programming. The McHenry County Department of Health invited Northwestern Medicine to provide programming for the department's Diabetes Prevention Program in collaboration with the Centers for Disease Control and Prevention (CDC). The program is an evidence-based, one-year class developed by the CDC to help prevent or delay the onset of diabetes for those at higher risk for the disease.

Northwestern Medicine also partnered with and funded Cultivating Health Ministries, an organization dedicated to promoting health among Latino people and older adults in McHenry County. Through partnerships with faith-based organizations, Cultivating Health Ministries offers a number of complimentary screenings focused on reducing:

- A1C levels
- Weight
- High blood pressure

At follow-up one year after completing the program, Cultivating Health Ministries aims to see these reductions in at least 70% of program attendees, and to see levels maintained in 40% of program attendees.

Impact

Diabetes continues to have a significant impact on people in McHenry County, and we want to ensure that those most at risk for this disease are receiving the resources they need to improve their health and wellness. We have three ongoing diabetes support groups with more than 25 participants in each. We have also provided funding to Cultivating Health Ministries to support their diabetes education program. We also are growing our partnerships with other organizations that are already doing impactful work to support diabetes prevention and education.

Strategy 1.5: The Northwestern Medicine hospitals in McHenry County will provide information on cardiovascular disease and high blood pressure through community lectures and screenings, and individual training.

Cardiovascular disease and high blood pressure are having a significant impact on McHenry County. Northwestern Medicine, through our own programming and in partnership with Cultivating Health Ministries, has been offering community blood pressure screenings and educational programs on topics such as heart health and Know Your Numbers.

Know Your Numbers is a voluntary, fasting health screening that provides a comprehensive summary of an individual's:

- Total cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- Blood pressure
- Weight
- Body mass index
- Waist circumference

Program Results 2020 to 2023



5,456

People who received blood pressure screenings



417

People who attended community presentations

Impact

Community-based screenings help identify people with unmanaged high blood pressure. They also reinforce awareness of heart disease and the importance of measures to prevent or manage it. Patients screening positive for high blood pressure were given information on how to manage it. They were encouraged to follow treatment plans provided by their clinicians and, where necessary, they were referred to a primary care site.

Priority Health Need 2: Behavioral Health

Goal: Improve behavioral health and reduce misuse of drugs and alcohol

According to health.gov, about half of all people in the United States will be diagnosed with a behavioral health disorder at some point in their lifetime. In addition, more than 20 million adults and adolescents in the United States had a substance use disorder in the past year. Healthy People 2030 focuses on the prevention, screening, assessment and treatment of behavioral health disorders preventing drug and alcohol misuse.

Behavioral health disorders affect people of all ages and racial/ethnic groups, but some populations are disproportionately affected. Behavioral health disorders like depression and anxiety can affect a person's ability to take part in healthy behaviors, and physical health problems can make it harder to get treatment for behavioral health disorders. Increasing screening assessments for behavioral health disorders can result in people accessing the help they need.

Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths. Strategies to prevent substance use and help people get treatment can reduce drug and alcohol misuse, related health problems and deaths.

Strategy 2.1: The Northwestern Medicine hospitals in McHenry County will address and integrate trauma-informed care into practice, including providing employee resources for coping with trauma or vicarious trauma.

Northwestern Medicine developed a system approach to incorporating trauma-informed care for patients when appropriate. It also has a program to address the impact of vicarious trauma on clinicians. This was especially salient during the COVID-19 pandemic.

Impact

During 2021 and 2022, 285 participants from within Northwestern Medicine and from the first responders community participated in programming to increase awareness of and utilize tools to deliver trauma-informed care. Through heightened awareness of the impact of trauma, medical professionals are better able to recognize how their approach to care can help reduce healthcare inequities, and apply tools to ensure patients are receiving the best quality care.

Strategy 2.2: The Northwestern Medicine hospitals in McHenry County will improve access to behavioral health resources through patient care programs, support groups and community lectures. The hospitals also will promote behavioral health partnerships with high-quality community-based organizations and providers.

In 2020 and 2021, Northwestern Medicine Behavioral Health offered two support groups: Survivors of Suicide (28 participants) and Stress Management (191 participants). Both groups were impactful and met a need among the patient population; however, they were sunsetted in 2021 due to a staffing change.

Northwestern Medicine has offered Mental Health First Aid (MHFA) programming, which teaches participants:

- Risk factors and warning signs for mental health and addiction concerns
- Strategies for how to help someone in both crisis and non-crisis situations
- Where to turn for help

The Stress Management and Mindfulness Program has been frequently requested by organizational partners to teach participants strategies to manage stress through diet, exercise and lifestyle modification. The program also offers insight into mindful eating and how to apply it to everyday life. Discussions include:

- Common stressors
- Effects of stress on health
- Strategies to manage stress
- Foods that help beat stress

In addition, in collaboration with community partners, Northwestern Medicine offers in-person behavioral health education and programming supported by our Behavioral Health team, and we support community partners through grant funding and donations. We currently collaborate on these initiatives with the following organizations:

- McHenry County Mental Health Board
- National Alliance on Mental Illness (NAMI) McHenry County
- Rosecrance
- Thresholds
- Turning Point

Impact

Over the last few years, the need for behavioral health services has far exceeded the resources available. McHenry County is fortunate to have a number of partners that do so much work to meet the needs of the community, and we very much value opportunities to support and collaborate wherever possible. One Mental Health First Aid class was provided, free of charge, to the McHenry County Health Department, with 21 participants. More than \$37,000 in grants and donations was awarded to mental health organizations as well. Through both hands-on and financial support of high-quality, trusted community organizations, we expanded mental health care access in the county.

Strategy 2.3: The Northwestern Medicine hospitals in McHenry County will improve access to substance use treatment resources through patient care programs, support groups and community lectures. The hospitals will promote behavioral health and substance use partnerships with high-quality community-based organizations and providers.

McHenry County has several organizations available for those looking to access substance use treatment and resources:

- McHenry County Mental Health Board
- National Alliance on Mental Illness (NAMI) McHenry County
- New Directions Addiction Recovery Services
- Rosecrance

These organizations have received annual funding from Northwestern Medicine to support the work that they do in the community.

Additionally, Northwestern Medicine has representation in the countywide Substance Abuse Coalition, which meets to address identified substance use issues in McHenry County. Members include parents, youth, people who are in treatment or recovery, and representatives from:

- Law enforcement
- Health care
- Schools
- Businesses
- Community
- Media
- Religious organizations
- Volunteer groups
- Government
- Organizations that serve people in treatment and recovery

Together, the coalition supports drug take-back programs as well as A Way Out – McHenry County, a program that offers substance use assessment to anyone in McHenry County who wishes to seek recovery. Appropriate inpatient or outpatient referrals and placements are determined by assessment and based on availability. Those who are unable to pay for treatment due to lack of insurance or financial resources will not be turned away from participation in the program.

Impact

Drug and alcohol overdose is among the leading causes of death in Illinois and has greatly impacted McHenry County. More than \$43,000 in grants and donations were awarded to organizations that provide care for mental health and/or substance use services.

In collaboration with many community organizations, Northwestern Medicine is committed to helping reduce the number of overdoses and alleviating the many individual and societal harms caused by substance use disorders. We connect individuals seeking support with treatment providers who can help them address their disorder.

By participating in the countywide Substance Abuse Coalition, we and other organizations remain up to date on resources and access. In addition, we are all made aware of overdose outbreaks and contributing substances so that we can provide the most immediate and appropriate care for individuals coming to our emergency departments.



Priority Health Need 3: Social Determinants of Health

Goal: Help people earn steady incomes that allow them to meet their health needs, reduce the proportion of families who spend more than 30% of their income on housing, reduce household food insecurity, reduce hunger, and increase social and community support.

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.* Disparities within SDOH often lead to disparities in health outcomes.

It is important to note that SDOH are value-neutral. Everyone has SDOH. Some may have a positive impact on your health, and some may have a negative impact. For example, education is a SDOH; disparities in education level can lead to disparities in health.

- Those with less education may be at higher risk for certain diseases.
- Those with more education may be at lower risk.

*Source: health.gov/healthypeople/objectives-and-data/social-determinants-health

Strategy 3.1: The Northwestern Medicine hospitals in McHenry County will implement an electronic tool that is integrated with the electronic medical record system at Northwestern Medicine to capture SDOH for patients, train staff members and advocates to screen and use SDOH data, and refer patients to appropriate services to address SDOH. The hospitals will partner with community-based organizations that are able to screen individuals for SDOH.

Northwestern Medicine has piloted and implemented a systemwide strategy to screen patients for SDOH. Patients are screened through a tool that is embedded into the electronic medical record (Epic), so that the process is part of the standard clinical workflow. When a patient screens positive and indicates they would like assistance:

- Referrals can be made directly through Epic to community-based resources.
- Information about the referral is added to the patient's discharge or after-visit summary.

Since May 2021, more than 230,000 patients have been screened for SDOH across Northwestern Medicine.

Impact

Up to 80% of health outcomes are influenced by SDOH. Therefore, optimizing a person's health must include an assessment and plan to address needs stemming from SDOH. By implementing SDOH screening and referrals into the patient care workflow, Northwestern Medicine increases the likelihood that a patient will receive support services that address these factors and maximize their ability to be healthy.

Strategy 3.2: The Northwestern Medicine hospitals in McHenry County will increase youth pipeline opportunities by introducing students to healthcare-related careers through presentations and internship experiences. The hospitals will create hiring pipelines for youth and adults in hardship communities to connect to jobs through training programs; targeted outreach and partnerships; and inclusive, local hiring practices. Northwestern Medicine will work with internal and external stakeholders and community partners to advocate for reduced barriers to educational attainment and for support to fill workforce gaps.

Discovery Program

As part of the Northwestern Medicine commitment to building stronger, healthier communities, the mission of the Northwestern Medicine Discovery Program is to create a pathway for the next generation of healthcare leaders. The program draws on the talents of Northwestern Medicine healthcare professionals to provide STEM (science, technology, engineering and math) career exploration opportunities.

The Discovery Program has had 75 high school sophomores, juniors and seniors participate in McHenry County since its inception here in 2020. Among those students, 18.6% participated in the free and reduced school lunch program.

Through monthly sessions focused on various career paths within the healthcare setting, the Discovery Program aims to:

- Support character and professional development
- Encourage networking
- Provide leadership experience and community service opportunities
- Help students develop an interest in and learn skills needed for a career in health care

In 2022, the Discovery Program offered its first paid summer internship program at Woodstock Hospital for two students in four departments. It will expand the program in summer 2023 to four students in eight departments at Huntley Hospital.

Project SEARCH

Northwestern Medicine is the host of four Project SEARCH sites, including Woodstock Hospital, which began in 2020.

The Project SEARCH Transition-to-Work Program is a unique, business-led, one-year employment preparation program that coaches young people with significant disabilities for success in competitive integrated employment. Total workplace immersion facilitates a seamless combination of classroom instruction, career exploration and hands-on training through worksite rotations.

Since its inception, the program at Woodstock Hospital has hosted 20 interns, with 30% becoming employees at Northwestern Medicine upon program completion.

Medical Academy

Northwestern Medicine has also supported the Medical Academy in both Huntley High School and McHenry High School, hosting student shadowing experiences two times a week at Huntley Hospital and McHenry Hospital during the school year.

Since 2020, 165 students have participated in the Medical Academy, with an average of 15 to 20 participating departments at each hospital every year. Similar to the Discovery Program, the Medical Academy is a career exploration program through which students can be immersed in and get a first-hand look at what goes on behind the scenes in both clinical and nonclinical roles in the healthcare setting. The Medical Academy curriculum will be changing in fall 2023 to more closely mirror the Discovery Program format moving forward.

CNA Program

McHenry Hospital piloted and launched a Certified Nursing Assistant (CNA) Program in collaboration with Crystal Lake Central High School in Crystal Lake, Illinois. Hospital staff helped develop the program and curriculum, and provide a clinical setting for students to practice skills taught in the simulated environment in the inpatient setting under direct supervision of licensed clinical staff.

In the first cohort in fall 2022, 16 students completed the program, and another 16 rotated through McHenry Hospital in spring 2023.

Impact

The opportunity to offer a wide variety of youth pipeline programming enables Northwestern Medicine to serve as a channel through which students can integrate into the healthcare setting, get experiences not available inside a classroom, and take advantage of opportunities to consider multiple career paths. This is especially valuable for students who would not normally have access to such opportunities. These programs also create a pipeline for students to return to McHenry County to serve in healthcare roles after they have completed their education.

Strategy 3.3: The Northwestern Medicine hospitals in McHenry County will establish a diversity and inclusion infrastructure with partnerships across the organization to promote, support and activate inclusive strategy, culture and behavior that differentiates Northwestern Medicine as an inclusive, values-driven organization.

The Northwestern Medicine Champion Network is a workforce-led network of resource groups (chapters) for members and allies of underrepresented communities. The chapters promote diversity, equity and inclusion, and engender a sense of community and belonging at Northwestern Medicine.

Through the Champion Network, Northwestern Medicine demonstrates its commitment to teamwork and appreciation of diverse talents at all levels of the organization. Key departments participate in community outreach, support cultural responsiveness and education opportunities, and enhance workforce development.

Currently, there are five Champion Network chapters: African Descendants, Asian American and Pacific Islander, Disability, Latinx and LGBTQ. In fiscal year 2023, the chapters had 1,466 members across the organization.

Impact

Members of the Northwestern Medicine Champion Network have been instrumental in influencing cultural and inclusive change within the organization. Participants network with employees and physicians with various backgrounds and experiences, develop leadership skills, gain access to events and programming, and volunteer in the community.

Strategy 3.4: The Northwestern Medicine hospitals in McHenry County will foster collaborations with community-based organizations. Individuals interacting with these agencies will be screened for income-based programs or food insecurity and, when positively identified, will receive vouchers to purchase fresh fruits and vegetables at area farmers markets.

Voucher program

Beginning in 2019, Northwestern Medicine provided vouchers to individuals and families who identified as food insecure. The vouchers could be redeemed by community members to purchase fresh, locally grown produce from participating vendors at farmers markets in Woodstock and Crystal Lake.

From 2020 to 2022, \$33,300 worth of vouchers were provided to community members by teams at the Northwestern Medicine hospitals in McHenry County, as well as McHenry County Housing Authority, McHenry County Department of Health, Family Health Partnership Clinic and Aunt Martha's Health & Wellness. When patients/clients screened positive for food insecurity, they were provided with an envelope of \$18 worth of coupons. During the two-year period, \$6,553 in vouchers were redeemed, which was 19.7% of the total vouchers distributed. The program was sunsetted in 2022.

Northern Illinois Food Bank

The McHenry County Department of Health is still involved in screening members of the community for food insecurity and connecting them with resources from local food banks. Northwestern Medicine has worked closely with the Northern Illinois Food Bank to provide a number of mobile food pantry events strategically located to decrease the barrier of access in communities that have been historically underserved. In 2021 and 2022, five distribution events were held, reaching 2,363 individuals.

In 2023, Northwestern Medicine Community Affairs partnered with the Northern Illinois Food Bank, Community Health Partnership of Illinois, McHenry County Department of Health and Cultivating Health Ministries to provide monthly Rx Mobile Markets in Harvard, Illinois. Rx Mobile Markets provide individuals with common grocery items such as breads, cereals, meat, dairy and fresh produce in a community where there is the most need.

United Way and Door Dash

Northwestern Medicine also approved a grant in 2023 for the United Way of Greater McHenry County in support of a service in collaboration with Door Dash and United Way Worldwide to provide food pantries with the ability to offer deliveries within a 10-mile range where there is adequate Door Dash delivery coverage. Other essential items could also be delivered, such as health equipment, school supplies and nonprescription items like Narcan®. The program currently serves 1,230 residents a month (300 homes each week), with a goal of increasing to 1,330 per month.

Impact

The Northern Illinois Food Bank reports that more than 25,000 McHenry County residents meet the definition of food insecurity. In 2022, they saw a 26% increase in neighbors served, and the trend has continued to grow in 2023. The increased cost of gas and other goods, combined with the limited hours of operation of many food pantries, have increased barriers to food access. The more that can be done to bring the resources where the people are, the more impact we can have on those who need help the most. Through the mobile pantry program and the partnership with United Way, Northwestern Medicine is helping ensure food gets directly to people who need it.

Strategy 3.5: The Northwestern Medicine hospitals in McHenry County will foster collaborations with community-based organizations that address housing instability.

Northwestern Medicine has provided financial support through grants and donations to community organizations that are doing important work within the county to address housing instability. Some of the recipients of this funding support include:

- Habitat for Humanity of McHenry County
- Refuge for Women, Inc.
- United Way of Greater McHenry County
- Elderwerks Education Services
- Veterans Path to Hope
- Home of the Sparrow

Since 2020, \$46,250 has been awarded.

Impact

Access to safe and reliable housing is a social determinant of health. Just like chronic disease or food insecurity, housing instability can be addressed/improved by collaborating with those organizations in the community that are already doing the work to ensure that more resources are available to support those at risk of housing instability. By supporting organizations that can provide housing, we are helping to address an important SDOH.

Appendix B: Resources Available to Address Significant Health Needs

The following healthcare facilities and community organizations may be available to address significant health needs identified in this CHNA.

Category	Resource	Description	Link
Health Care	Aunt Martha's	Federally Qualified Health Center (FQHC)	auntmarthas.org
	Community Health Partnership of Illinois	FQHC	chpofil.org/locations/harvard
	Family Health Partnership Clinic	Free clinic	hpclinic.org
	Greater Family Health	FQHC	greaterfamilyhealth.org
Nonprofit, Faith-Based Organizations	Cultivating Health Ministries	Reducing health disparities for Latino people and older adults	facebook.com/cultivatinghealthministries
Social Service Organizations	CASA of McHenry County	Support and protect children who have been abused or neglected	casamchenrycounty.org
	Crystal Lake Food Pantry	Food pantry	clfoodpantry.org
	Habitat for Humanity of McHenry County	Building and preserving affordable homes with families in need	habitatmchenry.org
	Home of the Sparrow	Transitional shelter, affordable housing and rapid re-housing combined with supportive services that address the core issues of homelessness	hosparrow.org

Category	Resource	Description	Link
Social Service Organizations	Illinois Migrant Council (IMC)	Promote employment, education, health and housing for migrant and seasonal farmworkers and their families to achieve economic self-sufficiency and stability	illinoismigrant.org
	McHenry County Mental Health Board	Behavioral health (mental health and substance use disorders) and intellectual/developmental disability prevention and treatment services	mc708.org
	McHenry County Substance Abuse Coalition	Substance abuse awareness and resources	mchenrycountysac.org
	National Alliance on Mental Illness (NAMI) McHenry County	Mental health services	mamimch.org
	Northern Illinois Recovery Center	Addiction treatment center	northernillinoisrecovery.com
	Northern Illinois Special Recreation Association (NISRA)	Enrich the lives of people with disabilities through meaningful recreation experiences	nisra.org
	Pioneer Center for Human Services	Behavioral health services, developmental disability services and homeless services	pioneercenter.org
	Rosecrance	Mental health and substance use treatment	rosecrance.org
	Senior Care Volunteer Network	Help older adults maintain independence, dignity and quality of life	svnmchenrycounty.org

Category	Resource	Description	Link
Social Service Organizations	Turning Point	Programs and services for families impacted by domestic violence	turnpt.org
	United Way of Greater McHenry County	Unite people and resources to improve lives	uwmchenry.org
	Veterans Path to Hope	Provide vital assistance and resources to those who have served our country	veteranspathtohope.org
	Youth and Family Center of McHenry County	Health, wellness, education and social service resources for youth and adults	yfc-mc.org
Education	District 50 (Harvard)	Public school district	cusd50.org
	District 200 (Woodstock)	Public school district	woodstockschoools.org
	McHenry County College	Community college	mchenry.edu
Government-Based Organizations	McHenry County Department of Health	Health department	mchenrycountyil.gov/county-government/departments-a-i/health-department
	McHenry County Workforce Network	Workforce programs for employers and job-seekers	mchenrycountyil.gov/county-government/departments-j-z/workforce-network

Appendix C: Timeline for the 2023 CHNA for Northwestern Medicine Hospitals in McHenry County

Phase	Description	Date
Assessment and Analysis	Overall	September 2022 to May 2023
	Community input survey	September to December 2022
	Focus groups	April to May 2023
	Key informant interviews	April 2023
Prioritization	Overall	May 2023
	Community Engagement Council (people who represent the broad interest of the community)	May 22, 2023
	Community Health Council (internal)	May 24, 2023
	Community Affairs (internal)	May 30, 2023
Approval	Northern Illinois Medical Center Board of Directors	July 11, 2023
Report Made Widely Available to the Public	Website	August 31, 2023
	Paper copy available at no charge upon request	August 31, 2023
Public Comment	The Northwestern Medicine Hospitals in McHenry County 2023 CHNA	August 31, 2023, through August 30, 2029
	The Northwestern Medicine Hospitals in McHenry County 2020 CHNA	August 31, 2020, through August 30, 2026

Appendix D: A Closer Look at Data

Community Input Summary

Community Input Survey

Metopio collected 2,926 survey responses from people in McHenry County.

The following issues were selected as the most important health needs in the community by 25% or more of the survey respondents:

1. Adult mental health (52%)
2. Adolescent mental health (43%)
3. Cancers (37%)
4. Heart disease and stroke (32%)
5. Obesity (29%)

The following factors that support improvements in health needs were selected by 25% or more of the survey respondents:

1. Access to primary health care (52%)
2. Medication affordability (44%)
3. Affordable, safe housing (35%)
4. Insurance access and affordability (35%)
5. Food access (34%)
6. Transportation (33%)

Community focus groups and key informant interviews

Metopio facilitated five focus groups in McHenry County and conducted 10 key informant interviews. Focus groups took place with priority populations such as individuals living with mental illness, people of color, older adults, caregivers, teens and young adults, people from sexual minority groups, families with children, faith communities, and adults with disabilities.

Most focus groups were 90 minutes long with an average of 10 participants. Groups were conducted virtually using the Zoom platform or in-person. A trained facilitator moderated each session. Sessions were recorded, and recordings were stored securely on a server at Metopio.

Key informant interviews lasted 30 minutes and were done with a trained interviewer. Sessions were held over the Zoom platform. Notes were captured in a Word document.

The following themes were identified during focus group sessions and key informant interviews for McHenry County:

- Behavioral health
- Substance use
- Tobacco and e-cigarette use
- Addressing mental health crises
- Stigma
- Social isolation
- Access to treatment
- Holistic integrated care
- Linguistically accessible care
- Provider shortages, especially for specialists
- Screening and prevention services
- Transportation for medical appointments
- Social services options
- Cost of living in McHenry County
- Aging in place
- Food access for rural residents
- Housing affordability
- Employment opportunities
- COVID-19 recovery
- More social resources for schools

Appendix E: Citations

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28. Community input represents information and beliefs obtained from CHNA focus groups and from persons representing the broad interests of the community, including people who are uninsured, low-income and from certain minority groups.

Appendix F: Disclaimers

Information gaps

The Northwestern Medicine hospitals in McHenry County made efforts to comprehensively collect and analyze CHNA data to assess the health of the community. However, there are limitations to consider while reviewing the findings.

- Data is presented for the most recent years available for any given source. Due to variations in data collection time frames across different sources, some datasets are not available for the same time spans.
- Data availability ranges from census tract to national geographies. The most relevant localized data is reported.
- There are persistent gaps in data for certain community health issues, such as homelessness, behavioral health, crime, environmental health and education.

Northwestern Medicine is investigating strategies for addressing information gaps for future assessment and implementation processes.

Public dissemination

The 2023 CHNA report for Northwestern Medicine hospitals in McHenry County is available to the public at no charge and can be accessed in the following ways:

Online: nm.org/about-us/community-initiatives/community-health-needs-assessment

Phone: 312.926.2301 (TTY: 711)

Email: communityhealth@nm.org

In person: Please visit the main customer service desk at any of the hospitals listed below:

Northwestern Medicine Huntley Hospital
10400 Haligus Road
Huntley, Illinois 60142

Northwestern Medicine McHenry Hospital
4201 Medical Center Drive
McHenry, Illinois 60050

Northwestern Medicine Woodstock Hospital
3701 Doty Road
Woodstock, Illinois 60098

Public comment

As of May 2023, the Northwestern Medicine hospitals in McHenry County had not received comments from the public. Northwestern Medicine will continue to use its website as a tool to encourage public comments and ensure that these comments are considered in the development of future CHNAs.

Extensive input from the broader community was gathered through surveys and focus groups for this report. This input, in conjunction with any public comments received, were considered when identifying and prioritizing the significant health needs of the community.

The Northwestern Medicine hospitals in McHenry County welcome comments from the public regarding the CHNA. Please submit comments to communityhealth@nm.org, and include your name, organization (if applicable) and any feedback you have regarding the CHNA process or findings.



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