2022
Community Health Needs Assessment Report

Advocate Sherman Hospital

1425 N. Randall Road

Elgin, IL 60123

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Thank you for taking the time to learn more about Advocate Sherman Hospital's Community Health Needs Assessment (CHNA). This CHNA provides a comprehensive picture of the health status of the communities served by Advocate Sherman Hospital (Advocate Sherman). Through understanding the health and social needs of our communities, we can provide safe, high-quality care with compassion and dignity.

Every three years the hospital works with community partners and stakeholders to complete a comprehensive CHNA. The Community Health department is responsible for pulling data from our data platform and for collecting input from the community to gain an in-depth understanding of the communities' health needs. Collaboration and partnership are a crucial component of the hospital's CHNA process, therefore the hospital would like to extend a special thank you to the members of the Kane County Health Department and the McHenry County Department of Health for their assistance and guidance. In addition, we would like to thank the Community Health Council that provided valuable input for the CHNA process and selected the hospital's priority health needs.

Based upon comprehensive community data and feedback, our Community Health Council selected two health priorities for the 2022 CHNA:

- Behavioral Health (Mental Health and Substance Use)
- Obesity.

Advocate Sherman will move forward to implement culturally appropriate interventions that address the root causes of these issues, using research and evidence-based or evidence-informed programs as our guide.

We welcome and encourage community feedback regarding the health needs of our community and the CHNA process. A link at the end of the CHNA report will provide you with an opportunity to leave any feedback, comments, or ideas. We also encourage you to review the report and provide recommendations regarding community programs or strategies that aim to address the hospital's priority health needs. The hospital has the honor of working with community partners and leaders to improve the health and wellness of diverse communities across the hospital's service area. With a comprehensive and thorough understanding of our communities' health needs, Advocate Sherman will be well positioned to help people live well and improve the quality of life among individuals, children, and families in the communities we serve.

Sheri De Shazo
President
Advocate Sherman Hospital

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I. Executive Summary

Advocate Sherman Hospital (Advocate Sherman) is committed to fulfilling the purpose of helping people live well through meeting the needs of the community. This work begins with a broad understanding of the assets, needs, challenges and social drivers of health which are facing the communities we serve. Advocate Sherman has a long-standing history of collaborating with community stakeholders to accomplish this task. By building sustainable relationships and partnering with community organizations, the hospital has gained a stronger understanding of community needs and the ability to create innovative solutions that are comprehensive and inclusive. This Community Health Needs Assessment (CHNA) report explains the process, data sources and strategies used to help bring improved health to the communities served.

For purposes of this CHNA process, Advocate Sherman defined the community as its Primary Service Area (PSA), which includes 10 zip codes in both Kane and McHenry Counties. To ensure a comprehensive presentation of data, Advocate Sherman was able to successfully leverage community partnerships through health coalitions established in Kane and McHenry Counties. Through these partnerships, Advocate Sherman participated in two comprehensive community assessments in collaboration with each of the county health departments: the Kane County Health Department 2021 Community Health Needs Assessment and the 2021 McHenry County Healthy Community Study. A key source of the secondary data used in the Advocate Sherman CHNA was Metopio, a centralized platform used among all Advocate Aurora Health Hospitals.

In preparation for the selection of health priorities, Advocate Sherman Community Health staff presented extensive community data to the Community Health Council (CHC) through a series of meetings including a summary of demographics, social drivers of health and the eight most significant health issues in the PSA. A profile of cancer data was provided to the CHC; however, this was not included in the voting process as it is being addressed through the hospital's internal requirement for the Commission on Cancer. Additionally, COVID-19 was also identified as a separate health need and not included in the voting and continues to be addressed by the hospital and through partnerships with the local health departments. Council members voted on the top two health priorities of which are Behavioral Health (including both mental health and substance use) and Obesity.

The CHC and the community health staff will work collaboratively to develop a detailed implementation plan for 2023-2025. The CHC will continue to meet regularly to review progress and evaluation of interventions and outcomes. Advocate Sherman Hospital hopes that this report will prove to be valuable and will allow community members to gain a greater understanding of the health issues within the PSA and Kane and McHenry Counties.

II. Description of Advocate Aurora Health and Advocate Sherman Hospital

Advocate Aurora Health

Advocate Aurora Health (Advocate Aurora) is one of the 12th largest not-for-profit, integrated health systems in the United States and a leading employer in the Midwest with more than 75,000 employees, including more than 22,000 nurses and the region's largest employed medical staff and home health organization. A national leader in clinical innovation, health outcomes, consumer experience and value-based care, the system serves nearly 3 million patients annually in Illinois and Wisconsin across more than 500 sites of care. Advocate Aurora is engaged in hundreds of clinical trials and research studies and is nationally recognized for its expertise in cardiology, neurosciences, oncology, and pediatrics. To learn more about Advocate Aurora's contributions to the community and how we help people live well, visit Serving Our Community | Advocate Health Care.

Advocate Sherman Hospital

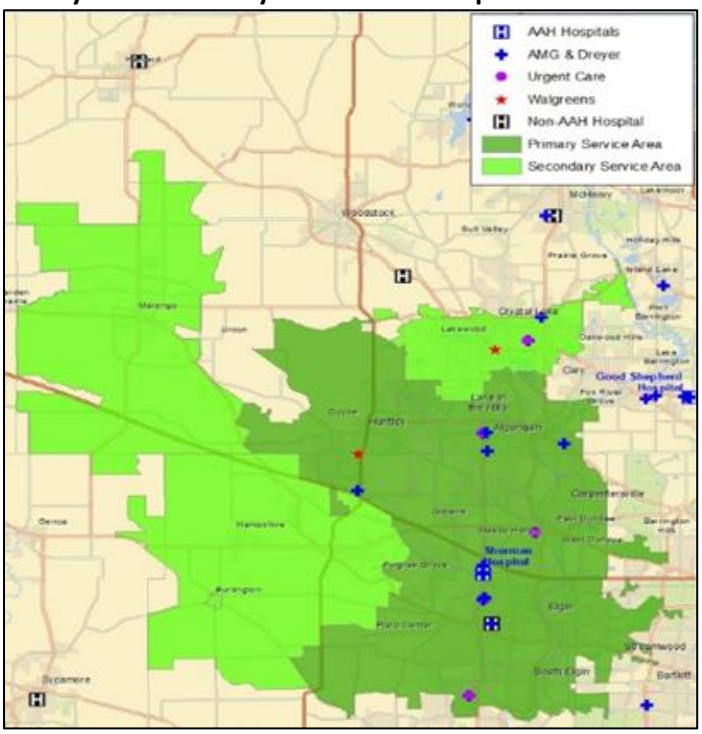
Advocate Sherman Hospital (Advocate Sherman) is a non-profit, acute care community hospital with over 1,600 clinical professionals who provide high-quality, comprehensive, and compassionate healthcare to Chicago's northwest suburbs for more than 134 years. The hospital has 255 beds in private rooms, sees more than 53,000 emergency room visits, delivers over 2,300 babies, and performs more than 13,000 surgeries a year. Supported by four immediate care centers and 12 Advocate Medical Group sites, Advocate Sherman provides more than 300,000 outpatient visits annually. A 15-acre geothermal lake heats and cools the hospital. Comprehensive and recognized programs provided by Advocate Sherman include cardiology, cancer care, oncology, neurosciences, orthopedics, and women's health. The hospital also features a Level II Trauma Center and an emergency department approved for pediatrics that is backed by the resources of Advocate Children's Hospital. Advocate Sherman was recently recognized as one of the World's Best Hospitals by Newsweek and earned Healthcare Equality Index (HEI) certification for LGBTQ+ informed care. The hospital is also certified as a Primary Stroke Center by DNV-GL Healthcare and received Magnet designation from the American Nursing Credentialing Center (ANCC) for excellence in nursing.

III. 2022 Community Health Needs Assessment

Community Definition

For the purposes of the 2022 Community Health Needs Assessment (CHNA), Advocate Sherman defines the community as its Primary Service Area (PSA), which includes 10 zip codes in Kane County and McHenry County, Illinois. The PSA includes the following zip codes: Algonquin (60102), Carpentersville (60110), Elgin (60120), Elgin (60123), Elgin (60124), Gilberts (60136), Huntley (60142), Lake in the Hills (60156), South Elgin (60177) and West Dundee (60118) as shown in Exhibit 1.

Exhibit 1: Advocate Sherman Primary and Secondary Service Area Map 2020



Source: Advocate Aurora Business Development Analytics, 2022

1. Population

The population of the PSA is 298,893 residents. The three largest communities within the PSA are Elgin (60120) with a population of 50,319 residents, Elgin (60123) with 49,765 residents and Carpentersville (60110) with 39,094 residents (Metopio, American Community Survey, 2016-2020).

2. Social Drivers of Health

To support Advocate Aurora hospitals in conducting the CHNA's, Advocate Aurora purchased access to Metopio, a CHNA data tool. Metopio is a software and services company that is grounded in the philosophy that communities are connected through places and people. Metopio's tools and visualizations use data to reveal valuable, interconnected factors that influence health outcomes in different locations. Metopio offers a data, tailored to support all Advocate Aurora hospitals with identifying health inequities in communities.

Metopio uses the most current data sources and creates tools and indices that focus on the communities within the services areas. The data can be used to focus on specific regions, communities, and hospital service areas. Below is a description of two important indices found in Metopio.

Social Vulnerability Index
The Social Vulnerability Index (SVI) was developed by the Centers for Disease Control and Prevention (CDC) to help public health officials and emergency response planners identify and map the communities that will most likely need support before, during, and after a hazardous event, such as a natural disaster, disease outbreak or chemical spill. SVI indicates relative vulnerability by ranking places on 15 social factors that can be divided into four categories:

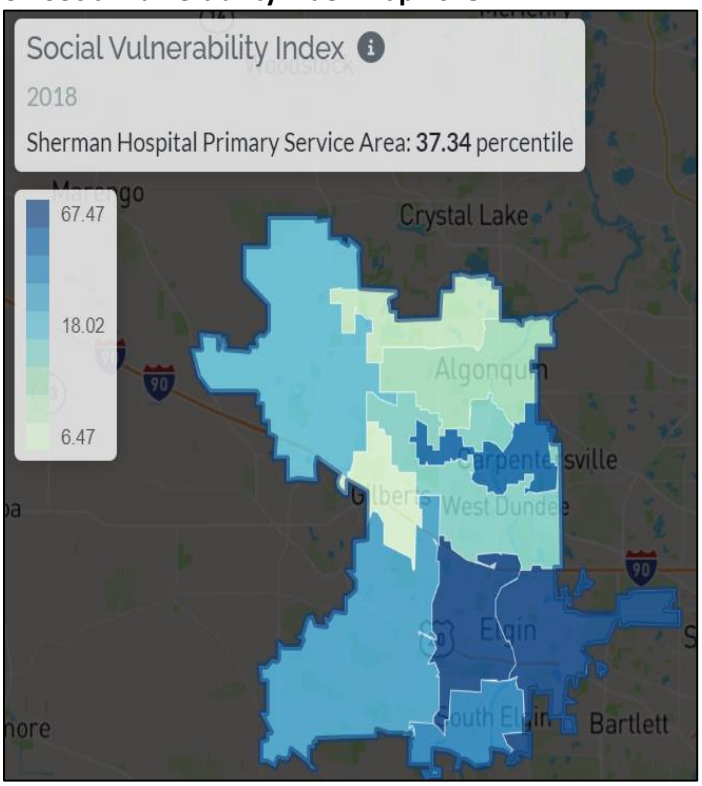
- Socioeconomic
- Household Composition & Disability
- Minority Status & Language
- Housing Type & Transportation.

The original score is on a scale from 0-1, but it is multiplied by 100 for readability on Metopio. A higher score represents a community more vulnerable to a hazardous event. Detailed documentation is available from the CDC here.

The Advocate Sherman PSA has a social vulnerability index rating of 37.3 which is lower than the ratings for Illinois (48.7) and Kane County (41.7) but is higher than the McHenry County rating of 7.0(Metopio, Centers for Disease Control and Prevention, 2018).

In the PSA, the zip codes with the highest social vulnerability index ratings are Elgin (60123) at 67.5, Elgin (60120) at 61.2 and Carpentersville (60110) at 54.6 as shown in Exhibit 2 (Metopio, Centers for Disease Control and Prevention, 2018).

Exhibit 2: Advocate Sherman PSA Social Vulnerability Index Map 2018



Source: Metopio, Centers for Disease Control and Prevention, 2022

Hardship Index

The Hardship Index was originally developed by Richard P. Nathan and Charles F. Adams, Jr. in 1976 to compare socioeconomic conditions between communities. It is highly correlated with other measures of economic hardship, such as labor force statistics, and with poor health outcomes. The index combines the following topics into a single composite value on a scale of 0-100:

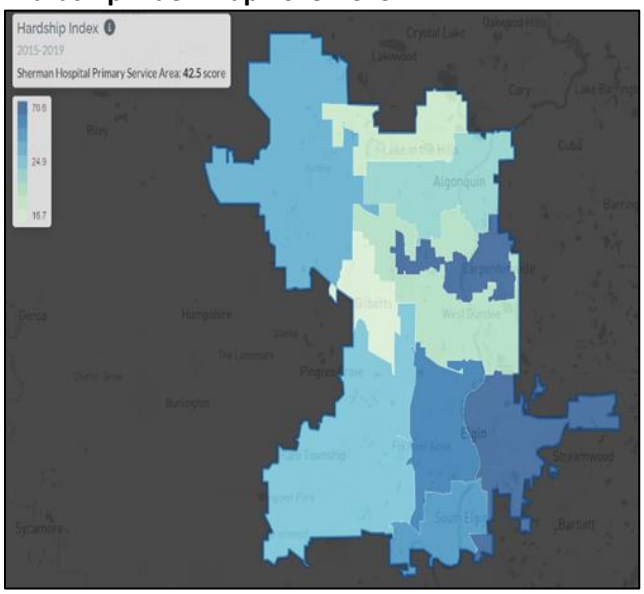
- Crowded housing (more than one person per room)
- Poverty rate for households
- Unemployment rate
- Adults with a high school degree or equivalent
- Age dependency ratio (% of residents who are <18 or >65 years old, compared to those of working age)
- Per-capita income.

Higher values indicate greater hardship and correlate higher with poor health outcomes. The index does not preserve the ratio between two places, so if one place has twice the hardship index of another, we cannot say that it experiences "twice as much hardship" as another place. Instead, compare different places using the constituent topics.

The Advocate Sherman PSA has a hardship index of 42.5 which is lower than the scores for Illinois (45.0) and Kane County (45.1) but is higher than the McHenry County score of 26.9.

In the PSA, the zip codes with the highest hardship index scores are Elgin (60120) at 70.6, Carpentersville (60110) at 66.2 and Elgin (60123) at 59.2 as shown in Exhibit 3 below (Metopio, American Community Survey, 2015-2019).

Exhibit 3: Advocate Sherman PSA Hardship Index Map 2015-2019



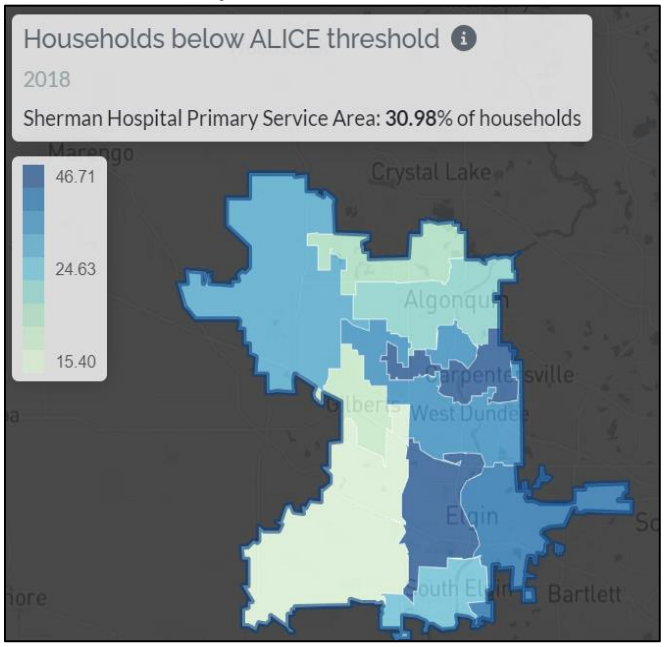
Source: Metopio, American Community Survey, 2022

ALICE Index

ALICE stands for: Asset Limited, Income Constrained, Employed. ALICE represents households who may be above the poverty-line but are still unable to afford the basic necessities of housing, food, child-care, health care and transportation due to the lack of jobs that can support basic necessities and increases in the basic cost of living.

In the PSA, 31.0 percent of households are below the ALICE threshold, which is lower than Illinois and Kane County both at 35 percent, but higher than McHenry County at 24.2 percent. The zip codes with the highest ALICE index scores are Elgin (60123) at 46.7 percent, Carpentersville (60110) at 45.1 percent and Elgin (60120) at 36.5 percent which are also the same three zip codes with the highest Hardship Index scores and Social Vulnerability Index scores as shown in Exhibit 4 (Metopio, United Way ALICE Data, 2018).

Exhibit 4: Advocate Sherman PSA ALICE Index Map 2018



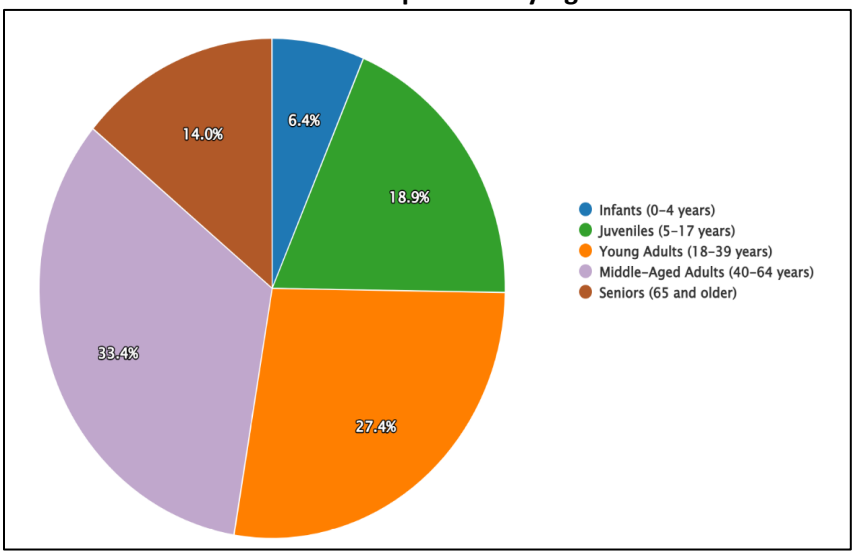
Source: Metopio, United Way ALICE Data, 2022

3. Demographics

Age and Gender

The median age of the PSA is 38.4 years old. In the PSA, 25.3 percent of the population is ages 17 years and younger and 14.0 percent is ages 65 years and over. The largest population in the PSA are those ages 40-64 years at 32.8 percent as shown in Exhibit 5 (Metopio, American Community Survey, 2016-2020). The PSA is comprised of 50.0 percent females and 50.0 percent males (Metopio, American Community Survey, 2016-2020).

Exhibit 5: Advocate Sherman PSA Population by Age 2016-2020

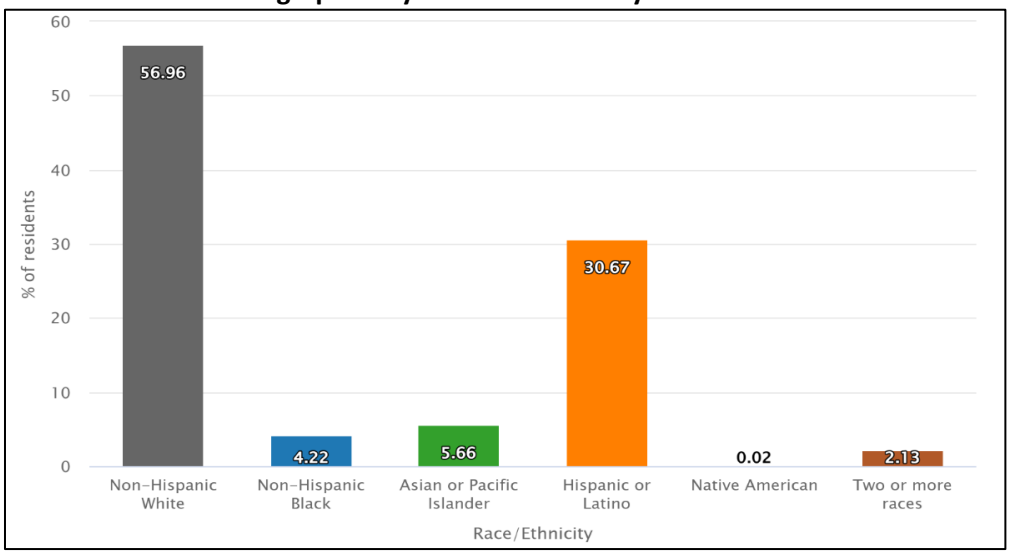


Source: Metopio, American Community Survey, 2022

Race and Ethnicity

Fifty-seven percent of the PSA population is Non-Hispanic White, 30.7 percent Hispanic or Latino, 5.7 percent Asian or Pacific Islander, 4.2 percent Non-Hispanic Black, 2.1 percent Two or more races and 0.02 percent Native American as shown in Exhibit 6 (Metopio, American Community Survey, 2016-2020).

Exhibit 6: Advocate Sherman PSA Demographics by Race and Ethnicity 2016-2020



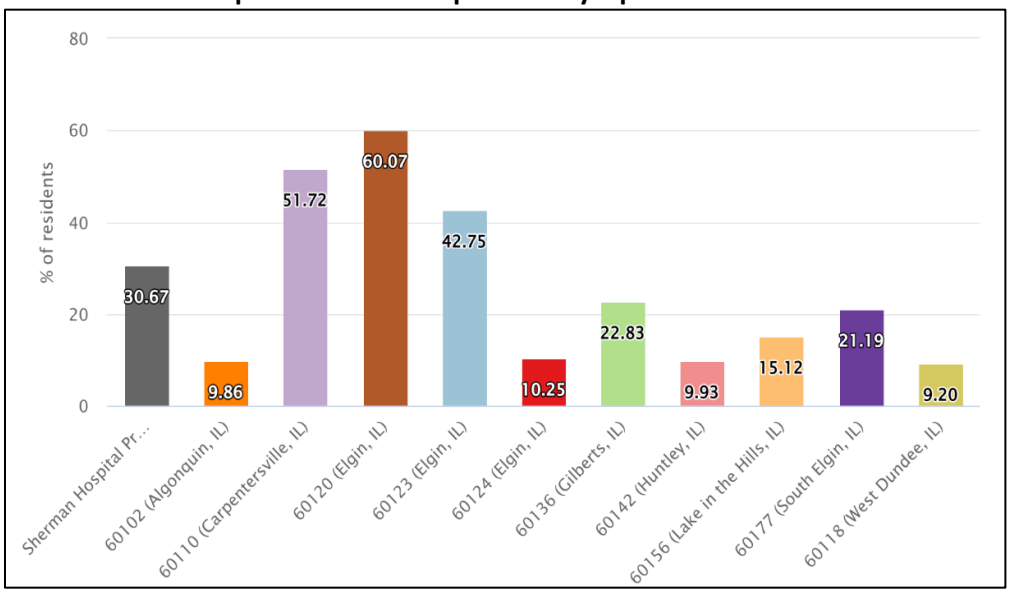
Source: Metopio, American Community Survey, 2022

Key findings: Community Definition

- The three largest zip codes in the PSA are Elgin and Carpentersville, which also have the highest scores for Social Vulnerability, Hardship Index and ALICE Index.
- Thirty percent of the PSA population is Hispanic or Latino. The largest Hispanic or Latino population in the PSA are in Elgin (60120) at 60.1 percent and Carpentersville (60110) at 51.7 percent.
- The largest population of families living in poverty is in the zip codes of Elgin (60120) at 13.1 percent and Carpentersville (60110) at 11. 6 percent.

A total of 30.7 percent of the population is of Hispanic or Latino ethnicity. The largest Hispanic or Latino populations in the PSA are in Elgin (60120) at 60.1 percent, Carpentersville (60110) at 51.7 percent and Elgin (60123) at 42.8 percent (Metopio, American Community Survey, 2016-2020). Exhibit 7 shows the Hispanic or Latino population in each zip code.

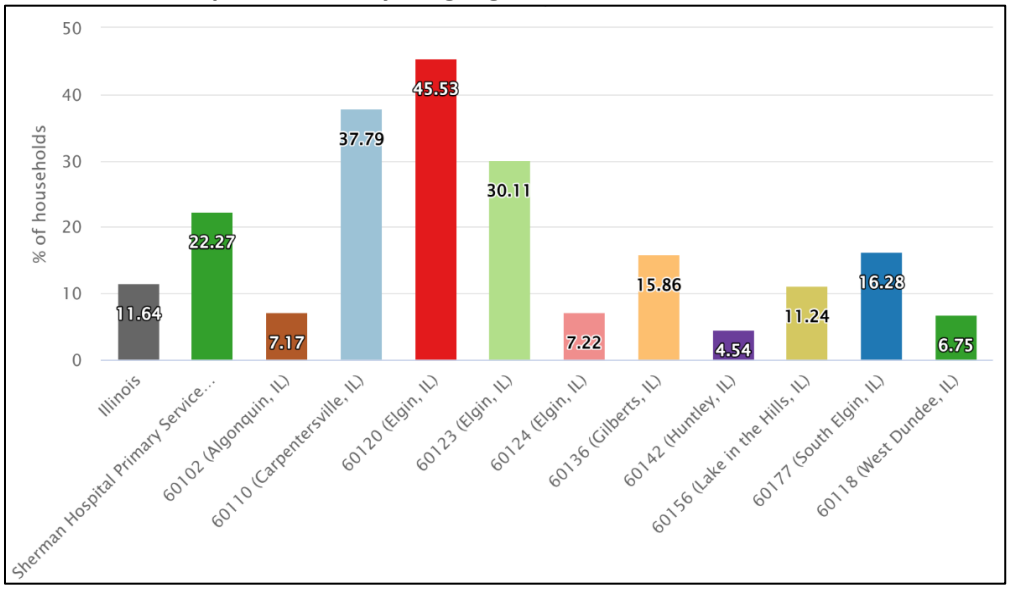
Exhibit 7: Advocate Sherman PSA Hispanic or Latino Population by Zip Code 2016-2020



Source: Metopio, American Community Survey, 2022

A total of 22.3 percent of households in the PSA have Spanish as the primary spoken language within the household, with the highest zip codes being Elgin (60120) at 45.5 percent, Carpentersville (60110) at 37.8 percent and Elgin (60123) at 30.1 percent as shown in Exhibit 8. In the PSA, 3.2 percent of the primary languages spoken are Asian languages, including Chinese, Japanese and Tagalog, with the highest zip codes being Carpentersville (60110) at 5.4 percent and Lake in the Hills (60156) at 3.5 percent (Metopio, American Community Survey, 2016-2020).

Exhibit 8: Advocate Sherman PSA Spanish Primary Language Households 2016-2020



Source: Metopio, American Community Survey, 2022

Household/Family

In the PSA, there are 6.0 percent single-parent households, of which 4.5 percent are households headed by a single-mother and 1.5 percent are households with a single-father. The largest population in the PSA are married-couple households with children at 25.7 precent, with the highest being in Lake in the Hills (60156) at 32.6 precent. Also, households of children living with grandparents in the PSA is 6.8 percent with the highest being in Elgin (60123) at 11.1 percent (Metopio, American Community Survey, 2016-2020).

In the PSA, 23.5 percent of seniors (ages 65 and older) are living alone. The zip code with the highest rate of seniors living alone in the PSA is Huntley (60142) at 34.6 percent (Metopio, American Community Survey, 2016-2020). Exhibit 9 shows household/family in the PSA.

Exhibit 9: Advocate Sherman PSA Household/Family 2016-2020

- Single-Father households:
  - PSA = 1.53%
  - Highest = Gilberts (60136) at 3.69%
  - Lowest =Elgin (60124) at 0.00%
- Single-Mother households:
  - PSA = 4.49 %
  - Highest = Carpentersville (60110) at 6.94%
  - Lowest = Gilberts (60136) at 0.00%
- Single-Parent households:
  - PSA = 6.02%
  - Highest = Carpentersville (60110) at 8.60%
  - Lowest = Elgin (60124) at 2.45%
- Married-couple households w/ children:
  - PSA = 25.68%
  - Highest = Lake in the Hills (60156) at 32.63%
  - Lowest = Elgin (60123) at 18.81%
- Children living w/ Grandparents:
  - PSA = 6.81%
  - Highest = Elgin (60123) at 11.07%
  - Lowest = Gilberts (60136) at 0.00%
- Seniors Living Alone:
  - PSA = 23.46%
  - Highest = Huntley (60142) at 34.61%
  - Lowest = Gilberts (60136) at 6.28%

Source: Metopio, American Community Survey, 2022

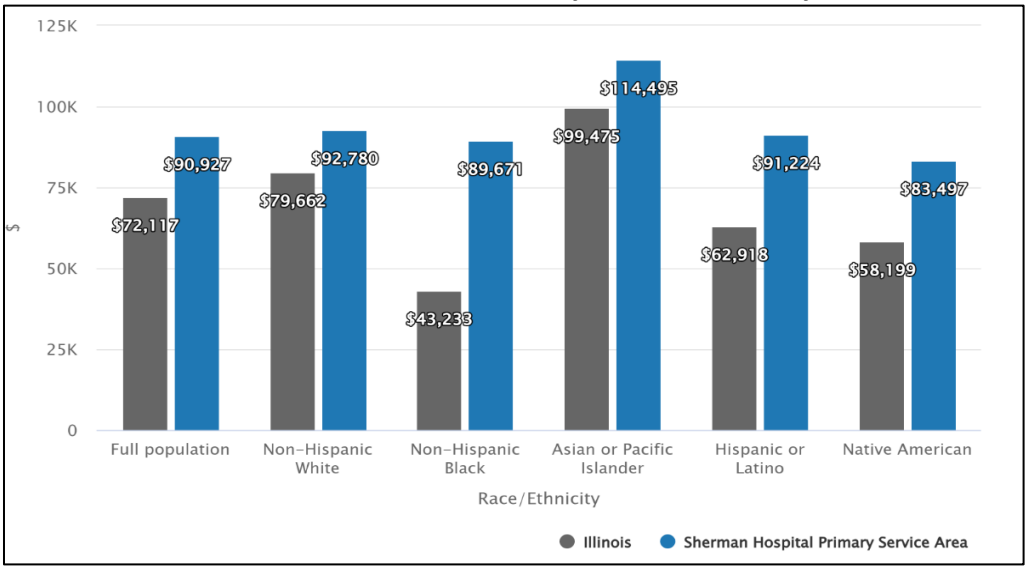
4. Economics

Income

The median household income for the PSA population is $90,927 which is higher than U.S., Illinois and Kane County rates but lower than McHenry County. Within the PSA, the zip code with the highest median household income is Elgin (60124) at $123,003 and the lowest median household income is Elgin (60120) at $71,434 (Metopio, American Community Survey, 2016-2020).

By race and ethnicity, the median household income in the PSA is highest among the Asian or Pacific Islander population at $114,495 and lowest among the Native American population at $83,497 as shown in Exhibit 10 (Metopio, American Community Survey, 2016-2020).

Exhibit 10: Advocate Sherman PSA Median Household Income by Race and Ethnicity 2016-2020



Source: Metopio, American Community Survey, 2022

In the PSA, there are 7.8 percent of residents in families that are living below the federal poverty level, which is lower than the U.S., Illinois and Kane County rate, but higher than the rate in McHenry County. The zip codes in the PSA with the highest poverty rates are Elgin (60120) at 13.1 percent, Carpentersville (60110) at 11.6 percent and Elgin (60123) at 10.1 percent (Metopio, American Community Survey, 2016-2020).

In the PSA, the breakdown of poverty by age is Infants (0-4 years) at 12.2 percent, Juveniles (5-17 years) at 11.1 percent, Young Adults (18-39 years) at 7.2 percent, Middle-Ages Adults (40-64 years) at 5.2 percent and Seniors (65 and older) at 5.9 percent (Metopio, American Community Survey, 2016-2020).

Employment

The percent of population in the PSA, ages 16 and older who are unemployed is 5.1 percent, which is lower than the U.S. and Illinois rates but slightly higher than the Kane County and McHenry County rates. By zip code, the unemployment rates are highest in Elgin (60120) at 7.7 percent and Carpentersville (60110) at 6.0 percent (Metopio, American Community Survey, 2016-2020).

In the PSA, an estimated 13.4 percent of low-income jobs (<$40,000 salary) were lost because of COVID-19 which is lower than U.S. (18.3 percent) and similar to Illinois (13.2 percent), Kane County (13.3 percent) and McHenry County (13.2 percent). The highest rates in the PSA are in Algonquin (60102) at 13.9 percent and Lake in the Hills (60156) at 13.9 percent (Metopio, Urban Institute, 2020). As expected, both Kane County and McHenry County's unemployment rates increased significantly in April 2020 due to the stay-at-home orders being implemented by the government.

5. Education

Educational Level

The high school graduation rate for the PSA is 86.5 percent, which is higher than Kane County at 85.7 percent and lower than McHenry County at 93.3 percent. The zip code in the PSA with the highest graduation rate is Elgin (60124) at 96.5 percent and the lowest graduation rates are in Elgin (60120) at 73.5 percent (Metopio, American Community Survey, 2016-2020).

In the PSA, 31.5 percent of residents 25 and older have a four-year college degree or higher, which is lower than the U.S., Illinois, Kane County and McHenry County rates. The zip codes with the highest rates are Elgin (60124) at 44.6

percent and Algonquin (60102) at 43.3 percent. The zip codes with the lowest rates are Elgin (60120) at 17.9 percent and Carpentersville (60110) at 20.2 percent (Metopio, American Community Survey, 2016-2020).

6. Health Care Resources in the Defined Community

Name of Facility	Type of Facility	Location
Northwestern Medicine Delnor Community Hospital	Hospital	Geneva
Ascension Saint Joseph	Hospital	Elgin
Greater Family Health	FQHC	Elgin
VNA Health Care	FQHC	Elgin
Aunt Martha's Health Center	FQHC	Carpentersville
Ecker Center for Behavioral Health	Behavioral Health	Elgin

How the CHNA was Conducted

1. Purpose and Process

Every three years Advocate Sherman Hospital completes a CHNA by collecting and analyzing a variety of primary and secondary data available since the previous CHNA. The Advocate Sherman Community Health staff presented extensive data to the Community Health Council (CHC) in a series of four meetings from November 2021 through March 2022. Indicators presented included demographic, economic, education, employment, social drivers of health and health status and behaviors. Invited guest speakers gave presentations on selected health topics to expand the CHC members' knowledge on key issues in the community. In the April 2022 meeting, council members selected the top two health priorities for 2023-2025 implementation plan—obesity and behavioral health (mental health and substance use). These priorities were approved by the Advocate Sherman Hospital Governing Council on October 24, 2022. The Governing Council approved the 2022 CHNA Report on October 24, 2022.

2. Partnership

Since the Advocate Sherman Hospital PSA includes both Kane County and McHenry County, the hospital collaborated with both county health departments to conduct a comprehensive CHNA. Advocate Sherman also consulted with several additional partner organizations on the CHNA. These included several Federally Qualified Health Centers (Greater Family Health, VNA Health Care and Aunt Martha's), Kane County Substance Abuse Coalition, Kane County Opioid Task Force, Kane County Behavioral Health Coalition, McHenry County Substance Abuse Coalition, and the Mental Health 708 INC Board. Each of these organizations have a focus on medically underserved low-income and minority populations.

3. Data Collection and Analysis

Advocate Sherman referenced the Kane County and McHenry County community assessment reports to supplement other hospital and public health data used for the hospital CHNA. The Kane County Health Department 2021 Community Health Needs Assessment was conducted by utilizing the Mobilizing Action for Planning and Partnerships (MAPP) framework including the following assessments: Forces of Change Assessment, Local Public Health System Assessment, Community Health Status Assessment and Community Themes and Strengths Assessment, secondary data, and primary data including community survey distributed online and focus groups. The McHenry County Department of Health

collaborated with various community partners to complete the 2021 McHenry County Healthy Community Study which includes a community survey (online and print) and focus groups.

Metopio was a key source of data for the 2022 Advocate Sherman Hospital CHNA. The data platform is an internet-based resource which includes data for health, demographics, emergency department (ED) visits, hospitalization rates and more. This secondary data was crucial in analyzing the hospital's PSA health needs as the database was the only source that provided extensive data specific to the PSA. All data collected through Metopio was quantitative and included data comparisons between PSA, counties in Illinois, Illinois state and United States data.

4. Data Sources

Advocate Sherman collaborated with many partners to collect PSA and county-level data, as indicated above. Data was pulled from national, state, regional Chicago, and local community source documents. Some of the primary sources included the National State of Obesity Report, Mental Health America, Protecting Youth Mental Health: US Surgeon General's Advisory Report, World Health Organization, Centers for Disease Control and Prevention, America's Health Rankings, County Health Rankings, Illinois State Department of Public Health, Illinois Health and Hospital Association, 2022 Kane County Youth Voices Forum on Mental Health, Illinois Youth Survey, and Metopio. Additionally, secondary data from Kane County Health Department 2021 Community Health Assessment and 2021 McHenry County Healthy Community Study were reviewed and analyzed.

Summary of CHNA Findings

1. Overall Health Status

Mortality – Leading Causes of Death
Data presented by McHenry County Health Department officials indicate that the top three leading causes for death in McHenry County in 2020 are: cancer, diseases of the heart and COVID-19 (2021 McHenry County Healthy Community Study).

Data presented by Kane County Health Department officials indicate that the top three leading causes for death in Kane County in 2020 are: major cardiovascular diseases, cancer, and diseases of the heart (original source: Centers for Disease Control and Prevention CDC Wonder Online Database, 1999-2020).

Life Expectancy
The average life expectancy for the Advocate Sherman PSA is 80.1 years. The lowest life expectancy in the PSA is in the following zip codes: Elgin (60123) at 78.4 years and Carpentersville (60110) at 79.3 years (Metopio, Center for Urban Population Health, National Center of Health Statistics, U.S. Small-Area Life Expectancy Estimates Project, 2010-2015).

Top Health Concerns in PSA
For this CHNA, primary and secondary data was gathered and analyzed for the following top health concerns in the Advocate Sherman PSA:

- Behavioral Health (Mental Health and Substance Use)
- Cardiovascular Diseases
- Diabetes
- Maternal, Fetal, Infant Health
- Obesity
- Respiratory Diseases

- Sexually Transmitted Infections
- Unintentional Falls
- Cancer
- COVID-19

The top two health concerns identified by the CHC as priority areas for 2023-2025 implementation plans are Behavioral Health (Mental Health and Substance Use) and Obesity.

2. Access to Care and Health Care Coverage

Why is this important?
Sometimes people don't get recommended health care services, like cancer screenings, because they don't have a primary care provider. Other times, it's because they live too far from health care providers who offer them. Interventions to increase access to health care professionals and improve communication – in person or remotely – can help more people get the care they need.

Key findings: Health Care Coverage and Access to Care

- In the PSA, 74 percent of residents are covered by private health insurance and 28.9 percent are covered by public health insurance.
- There are 7.7 percent of residents in the PSA living without health insurance with the highest rates being in Elgin and Carpentersville.
- In both Kane and McHenry County CHNAs, residents ranked access to affordable healthcare as a barrier associated with receiving services.

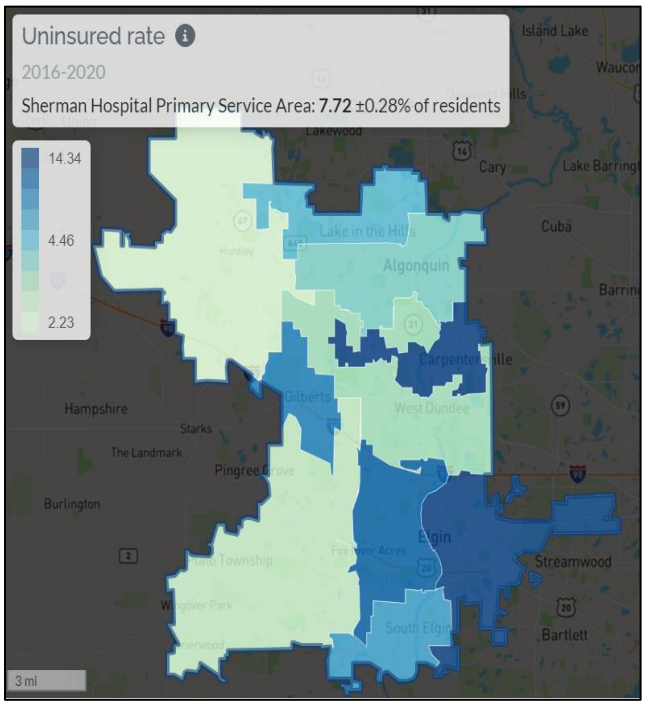
Health Care Coverage

Persons with Private Health Insurance Only
In the PSA, 74.0 percent of residents are covered by private health insurance, such as employer-provided health insurance, direct-purchase (ACA exchanges), or TriCare. The private health insurance rates in the PSA are slightly higher than Illinois (70.6 percent) and Kane County (72.4 percent) but lower than McHenry County (80.0 percent). The zip code in the PSA with the highest percentage of residents covered by private health insurance is Gilberts (60136) at 91.1 percent, Algonquin (60102) at 86.8 percent and Elgin (60124) at 86.2 percent (Metopio, American Community Survey, 2016-2020).

Persons with Public Health Insurance Only
In the PSA, 28.9 percent of residents are covered by public insurance such as Medicare, Medicaid and Veterans Administration Health Care (provided through the Department of Veterans Affairs), which is lower than Illinois (33.7 percent), Kane County (29.8 percent) and slightly higher than McHenry County (25.9 percent). The zip codes in the PSA with the highest percentage of residents covered by public health insurance are Huntley (60142) at 38.1 percent, Elgin (60120) at 36.9 percent and Elgin (60123) at 34.5 percent (Metopio, American Community Survey, 2016-2020).

Uninsured Rate
There are 7.7 percent of residents living in the PSA without health insurance. The PSA rate is higher than Illinois (6.8 percent) and McHenry County (5.0 percent) but lower than Kane County (8.2 percent). The zip codes with the highest uninsured rates in the PSA are Elgin (60120) at 14.3 percent, Carpentersville (60110) at 11.9 percent and Elgin (60123) at 10.6 percent as shown in Exhibit 11. The race and ethnicity in the PSA with the highest uninsured rates are Hispanic or Latino at 12.2 percent, followed by Asian or Pacific Islander at 6.9 percent. The age groups in the PSA with the highest uninsured rates are young adults (ages 18-39 years) at 12.3 percent, followed by middle-aged adults (ages 40-64 years) at 9.5 percent (Metopio, American Community Survey, 2016-2020).

Exhibit 11: Advocate Sherman PSA Uninsured Rate 2016-2020



Source: Metopio, American Community Survey, 2022

Medicare Coverage

In the PSA, there are 14.2 percent of residents covered by Medicare, which is the same as Kane County (14.1 percent) but lower than Illinois (16.6 percent) and McHenry County (15.2 percent). The zip codes in the PSA with the highest percentage of residents covered by Medicare are Huntley (60142) at 33.2 percent and Elgin (60124) at 17.8 percent (Metopio, American Community Survey, 2016-2020).

Medicaid Coverage

There are 15.6 percent of residents in the PSA that are covered by Medicaid. The PSA Medicaid coverage is lower than Illinois (19.0 percent) and Kane County (16.8 percent) but slightly higher than McHenry County (11.2 percent). In the PSA, the zip codes with the highest Medicaid coverage are Elgin (60120) at 27.8 percent, Carpentersville (60110) at 24.0 percent and Elgin (60123) at 22.3 percent. The age group with the highest rates of Medicaid coverage are children (0-17 years) at 36.3 percent in Illinois, 35.5 percent in Kane County and 21.9 percent in McHenry County (Metopio, American Community Survey, 2016-2020).

Health Insurance Coverage – Payer Mix

Advocate Sherman Hospital has a payer mix based on unique patients which is comprised of:

	Commercial	Medicaid	Medicare	Self-Pay	Other
Advocate Sherman Hospital	50.9%	19.3%	21.9%	6.8%	1.0%

Source: Advocate Aurora Health, Business Development, EpicHB, 2021

Access to Care

Primary Care Provider Rate

Primary Care Providers include general practice, internal medicine, obstetrics and gynecology or pediatrics. This data excludes federal physicians and physicians ages 75 and older. In Kane County, there are 45.8 primary care providers (PCP) per 100,000 residents and McHenry County has 55.2 providers per 100,000 residents. Both county rates are lower when compared to the U.S. rate of 89.1 and Illinois rate of 92.4 providers per 100,000 residents. All rates have remained steady over the past decade (Metopio, Health Resources and Services Administration, 2018).

Mental Health Provider Rate
Mental Health Providers include psychiatrists, psychologists, specialists in addiction medicine, counseling, therapy, behavioral health and advanced practice nurses and nurse practitioners. In the PSA, there are 244.4 mental health providers per 100,000 residents which is much lower than Illinois (334.4 per 100,000 residents), Kane County (357.5 per 100,000 residents) and McHenry County (449.7 per 100,000 residents). The zip code in the PSA with the highest rate is Elgin (60123) at 809.0 per 100,000 residents and the lowest rate is in Carpentersville (60110) at 20.5 per 100,000 residents (Metopio, Centers for Medicare and Medicaid Services (CMS): National Provider Identifier Files (NPI), 2021).

Access to Health Care Services

According to the 2021 McHenry County Healthy Community Study, most survey respondents (93.2 percent) stated they visited a health professional for any type of health care service in the past year. However, 19.1 percent of respondents delayed needed medical care due to cost and 18.1 precent delayed care because they could not get an appointment soon enough.

In the Kane County Health Department 2021 Community Health Needs Assessment, 28.0 percent of survey respondents ranked access to affordable health care as a pressing health concern for Kane County. Additionally, focus groups identified access to healthcare services as a problem for the county. Language barriers, costs associated with services for those underinsured, and lack of preventative care for older adults were identified as reasons for reduced access to care. Other barriers to access to care included lack of access to medications, navigation to appropriate care and lack of education of resources for minority, racial or ethnic groups including the lack of focus on men's health in the African American community.

3. Health Risk Behaviors

Why is this important?
Many chronic diseases are caused by a short list of health risk behaviors: tobacco use and exposure to secondhand smoke, poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats, lack of physical activity, and excessive alcohol use.

Substance Use and Abuse

Tobacco Use
According to the World Health Organization (WHO), every year there are more than eight million people worldwide that die from tobacco use, which is about half of those identified as using tobacco (this does not include electronic cigarettes). Most of these deaths are among those who are low and middle income countries. With many efforts to reduce tobacco use worldwide, the WHO states that overall global tobacco use has decreased from 2000 to 2018 by approximately 60 million people based on trends in global prevalence of tobacco use reports. While more males use tobacco products than females, there has been a steady decline in use by both males and females over the past few decades. These declining rates can be attributed to the many programs targeted to increase awareness of health effects that tobacco has on users. The Director of Health Promotion at WHO, Dr. Ruediger Krech, said "reductions in global tobacco use demonstrate that when governments introduce and strengthen their comprehensive evidence-based actions, they can protect the well-being of their citizens and communities" (World Health Organization,

Key findings: Health Risk Behaviors

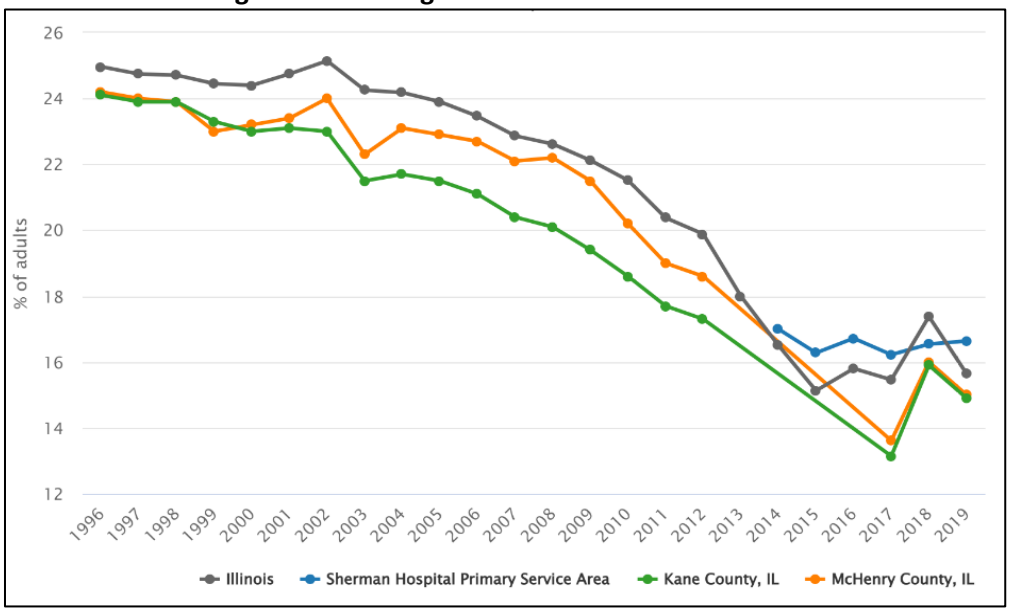
- Tobacco use in the PSA is significantly decreasing over time for adults who smoke, cigarette smoke usage and e-cigarette usage for 8th, 10th and 12th graders.
- Emergency Department rates are highest among the Non-Hispanic Black population and young adults (ages 18-39 years) for alcohol use, substance use, and opioid use.
- Obesity rates among adults and youth are steadily increasing over time.
- Drug overdose mortality rates are significantly increasing over time, with the highest death rates among Non-Hispanic White males and young adults (ages 18-39 years).

2022, WHO Launches New Report on Global Tobacco Use Trends, December 19, 2019. Retrieved from www.who.int/news).

Adults Who Smoke

In the PSA, there are 16.6 percent of resident adults ages 18 and older who report having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days. This rate is slightly higher than Illinois at 15.6 precent, Kane County at 14.9 percent and McHenry County at 15.0 percent. Within in the PSA, the zip codes with the highest rates of adults who smoke are those in Carpentersville (60110) at 19.0 percent and Elgin (60120) at 18.6 percent. However, the rates for adults who smoke are significantly trending down over time as indicated in Exhibit 12 (Metopio, Behavioral Risk Factor Surveillance System (BRFSS), PLACES, Dwyer-Lindgren, Mokdad, et al.2019).

Exhibit 12: Advocate Sherman PSA Cigarette Smoking Prevalence Trend Rates 1996-2019



Source: Metopio, PLACES, 2022

Cigarette Smoke Usage for 8th, 10th, and 12th Graders

When reviewing the Illinois Youth Survey (IYS) results for Kane County, it is noted that there was not a 2020 report for Kane County due to the COVID-19 pandemic. Information from local Drug-Free Community coalitions should be consulted for additional input and qualitative data.

As shown in the 2022 IYS Kane County Report, one percent of 10th and 12th graders reported to smoking cigarettes in the last 30 days, while 8th graders report zero percent, as shown in Exhibit 13. The rates for all grade levels have decreased for smoking cigarettes when compared to the 2018 IYS Kane County Report (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018, 2022).

E-Cigarettes Usage for 8th, 10th, and 12th Graders

According to the 2022 IYS Kane County Report, 11 percent of 12th graders in high school had used e-cigarettes or vaped in the last 30 days, which is a significant decrease from 28 percent reported in 2018, as shown in Exhibit 13**.** Additionally, there was also a decrease in 8th and 10 graders usage of e-cigarettes or other vaping products as compared to 2018 results (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018, 2022).

Exhibit 13: Illinois Youth Survey Results for Cigarette and E-Cigarettes or Other Vaping Products Use Rate by Grade in the Past 30 Days 2018 and 2022

	Kane County Illinois Youth Survey Results						
	2018			2020	2022		
	8th Grade	10th Grade	12th Grade	COVID-19	8th Grade	10th Grade	12th Grade
E-Cigarettes or other vaping products							
used in past 30 days	9%	20%	28%		5%	8%	11%
Cigarettes							
used in past 30 days	1%	2%	4%		0%	1%	1%

Source: Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2022

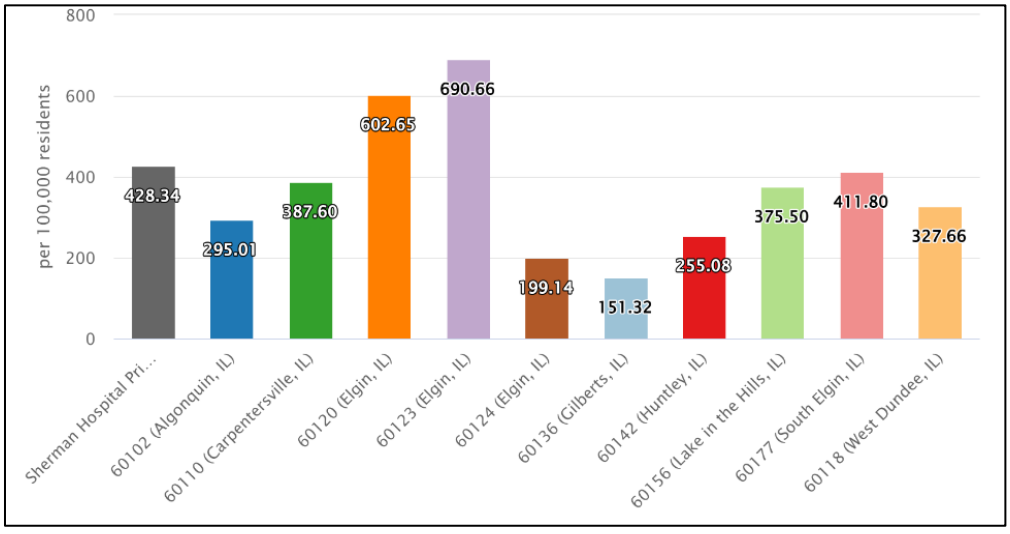
Alcohol Use

According to the 2021 McHenry County Healthy Community Study, 34.4 percent of survey respondents indicated that alcohol and drug abuse is one of the most important health concerns for McHenry County. In addition, 24.0 percent of survey respondents from the Kane County Health Department 2021 Community Health Needs Assessment ranked alcohol and substance use as a pressing health concern for Kane County. Also, in the Kane County survey, substance use was identified as a main health concern in the county among the Older Adults and Hispanic/Latino focus groups. The main concern focused on COVID-19 and how the pandemic has diverted attention from drug use issues in the community (specifically calling out the heroin/opioid problem). Other concerns included teen and adolescent use of substances, social pressures, and the connection to bullying and self-esteem.

Emergency Department Rate due to Alcohol Use

The emergency department (ED) rate due to alcohol use in the PSA is 428.3 per 100,000 residents. This rate is slightly higher than Illinois (417.6 per 100,000 residents) and McHenry County (413.7 per 100,000 residents) and lower than Kane County (430.8 per 100,000 residents). The zip codes in the PSA with the highest ED rates due to alcohol use are Elgin (60123) at 690.7 per 100,000 residents and Elgin (60120) at 602.7 per 100,000 residents. By race and ethnicity, rates are highest among those who are Non-Hispanic Black at 934.7 per 100,0000 residents, followed by those who are Non-Hispanic White at 579.3 per 100,000 residents. Additionally, there are high rates among residents ages 40-64 years at 656.1 per 100,000 residents and young adults ages 18-39 years at 612.9 per 100,000 residents. By gender, the rates are twice as high in males (605.1 per 100,000 residents) as compared to females (257.0 per 100,000 residents) (Metopio, IHA COMPdata Informatics, 2016-2020). Exhibit 14 shows the PSA by zip code for ED rate due to alcohol use.

Exhibit 14: Advocate Sherman PSA by Zip Code Emergency Department Visit Rate for Alcohol Use 2016-2020

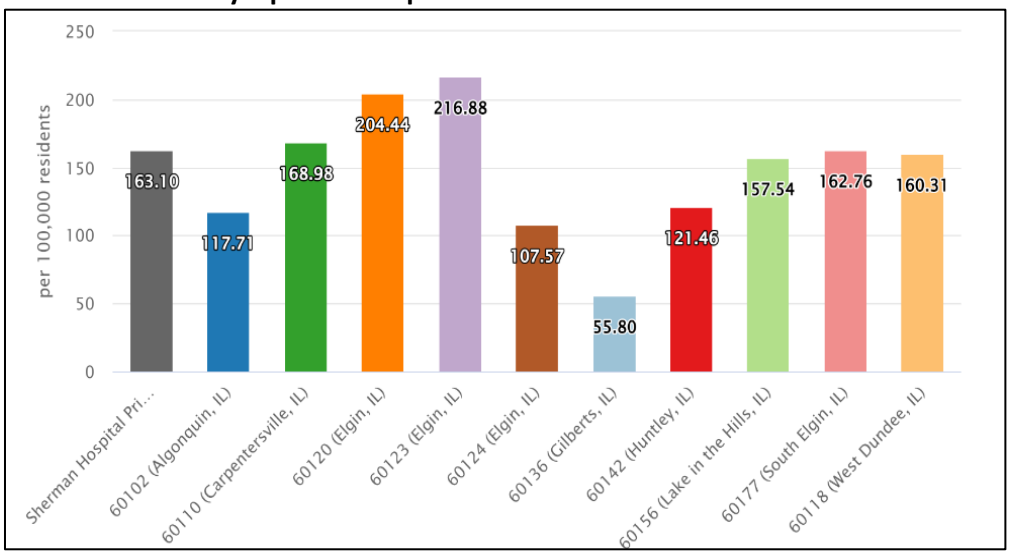


Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Alcohol Use

In the PSA, the hospitalization rate due to alcohol use is 163.1 per 100,000 residents. This rate is slightly higher than Illinois at 150.0 per 100,000 residents and Kane County at 145.0 per 100,000 residents, and lower than McHenry County at 175.9 per 100,000 residents. The highest rates in the PSA are among those who are Non-Hispanic White at 239.9 per 100,000 residents, middle-aged adults (40-64 years) at 311.1 per 100,000 residents, and males (239.6 per 100,000 residents). Males are almost three times as likely to be hospitalized for alcohol use than females at 90.3 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rates due to alcohol use are Elgin (60123) at 216.9 per 100,000 residents, Elgin (60120) at 204.4 per 100,000 residents and Carpentersville (60110) at 169.0 per 100,000 residents as shown in Exhibit 15 (Metopio, IHA, COMPdata Informatics, 2016-2020).

Exhibit 15: Advocate Sherman PSA by Zip Code Hospitalization Rate due to Alcohol Use 2016-2020



Source: Metopio, IHA, COMPdata Informatics, 2022

Teens Who Use Alcohol

The 2022 IYS Kane County Report results show that 10 percent of 8th graders surveyed have used alcohol in the last 30 days, while usage increased in the older grade levels of 10th grade at 15 percent and 12th grade at 25 percent. When compared to 2018 IYS results, the 2022 data does show a decrease in alcohol use in all grades; however, these results should be viewed with caution, given that many students were in remote or hybrid learning environments during the 2020 COVID-19 pandemic, impacting the ability to ensure a representative sample in the survey. Information from local Drug-Free Community coalitions should be consulted for additional input and qualitative data (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018, 2022).

Binge Drinking

Binge drinking is defined as having five or more drinks (men) or four or more drinks (women) on an occasion in the past 30 days. According to Metopio, it is stated that alcohol use is likely seriously underreported, and these reported rates are at the extreme lower bound on actual binge drinking prevalence. The percentage of adults aged 18 and older who reported binge drinking in the PSA is 22.0 percent and is close to than Illinois at 21.2 percent, Kane County at 21.3 percent and McHenry County at 20.5 percent. The zip codes in the PSA with the highest rates for adults who drink excessively are Gilberts (60136) at 25.2 percent and South Elgin (60177) at 23.8 percent (Metopio, PLACES, BRFSS, 2019).

Alcohol Impaired Driving Deaths

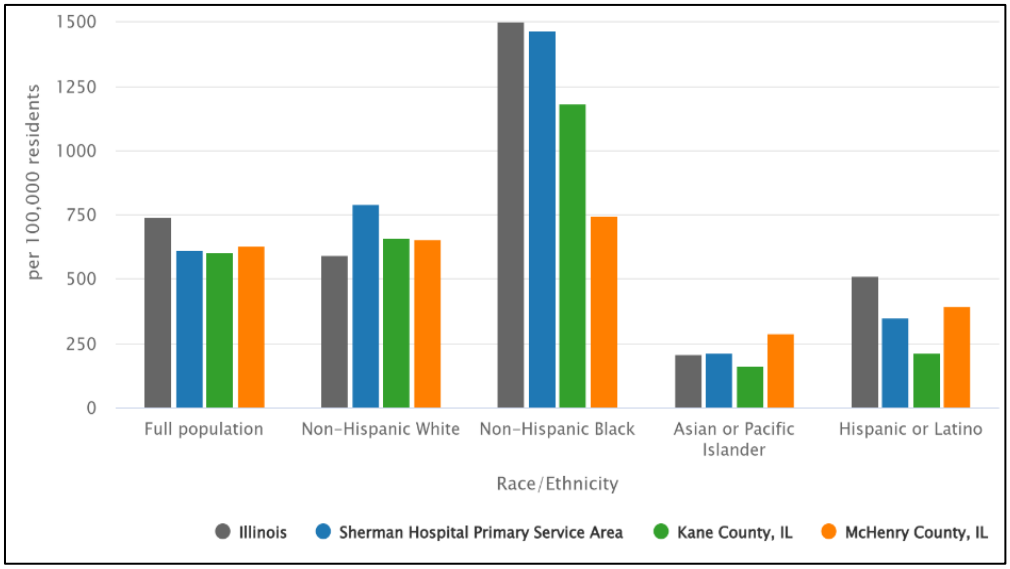
2022 County Health Rankings indicates 30 percent (45 deaths) of driving deaths in Kane County involved alcohol and 40 percent (51 deaths) of driving deaths involved alcohol in McHenry County. Both rates are higher than the Illinois rate at 29 percent (2022 County Health Rankings, Fatality Analysis Reporting System, 2016-2020).

Other Substances

Emergency Department Rate due to Substance Use

In Metopio, substance use includes the use of controlled substances such as alcohol, heroin, methadone, cocaine, hallucinogens, and other substances. The ED rate due to substance use in the PSA is 615.1 per 100,000 residents. This is lower than the Illinois rate of 741.4 per 100,000 residents and McHenry County rate of 629.5 per 100,000 residents, but higher than Kane County rate of 602.6 per 100,000 residents. The PSA rates are highest for ED rate due to substance use among the Non-Hispanic Black population at 1,468.4 per 100,000 residents, young adults (18-39 years) at 960.8 per 100,000 residents and males (840.5 per 100,000 residents). Males are twice as likely to visit the ED than females (396.5 per 100,000 residents). Also, the highest rates in the PSA are among the residents living in the zip codes of Elgin (60123) at 953.0 per 100,000 residents and Elgin (60120) at 860.2 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020). Exhibit 16 shows the ED rate due to substance us by Race/Ethnicity for the PSA.

Exhibit 16: Advocate Sherman PSA Emergency Department Rate due to Substance Use by Race and Ethnicity 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Substance Use

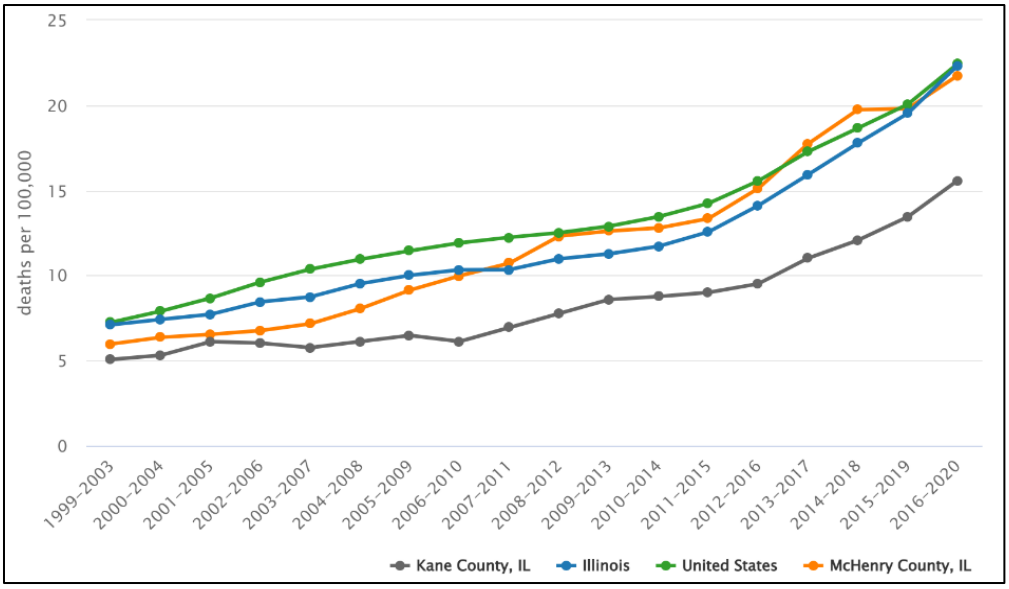
The hospitalization rate due to substance use in the PSA is 224.2 per 100,000 residents. This is lower than the Illinois rate of 268.1 per 100,000 residents and McHenry County rate of residents, but higher than Kane County rate of 193.0 per 100,000 residents. The PSA rates are highest for hospitalization rate due to substance use among the Non-Hispanic Black population at 321.8 per 100,000 residents, middle-aged adults (40-64 years) at 370.6 per 100,000 residents. Males (315.6 per 100,000 residents) are twice as likely to be hospitalized than females (135.6 per 100,000 residents). Also, the highest rates in the PSA are among the residents living in the zip codes of Elgin (60120) at 288.9 per 100,000 residents and Elgin (60123) at 288.7 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Drug Overdose Mortality

The drug overdose mortality rate is the number of deaths per 100,000 residents due to drug poisoning (such as overdose), whether accidental or intentional. The drug overdose mortality rate in Kane County is 15.8 deaths per 100,000 residents and the rate in McHenry County is 21.8 deaths per 100,000 residents. Both rates are lower than the U.S. rate (22.4 deaths per 100,000 residents) and the Illinois rate (22.3 deaths per 100,000 residents), yet all rates have been steadily increasing over time as seen in Exhibit 17. The increase during the 2010s is largely due to the opioid overdose epidemic, however other drugs are also included in the data set. In both Kane and McHenry Counties, the

populations with the highest death rates are among Non-Hispanic White males and young adults (ages 18-39 years) (Metopio, National Vital Statistics System-Mortality, CDC Wonder, 2016-2020).

Exhibit 17: Drug Overdose Mortality Rates Trend Over Time 1999-2020



Source: Metopio, National Vital Statistics System-Mortality, CDC Wonder, 2022

Teens Who Use Marijuana

According to the 2022 IYS Kane County Report, 13 percent of 12th graders have used marijuana in the past 30 days. Of those 12th graders who have used in the past 30 days, three percent have used marijuana on 20 or more occasions. The usage rates of marijuana are lower in the younger grades, with seven percent of 10th graders and four percent of 8th graders having used marijuana in the past 30 days (Exhibit 18). In Exhibit 18, the method of use of marijuana increased significantly from 2018 to 2022 for vaporizing and dabbing marijuana, while smoking marijuana has decreased in all grade levels (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018 and 2022).

Exhibit 18: Illinois Youth Survey Results for Marijuana Use 2018 and 2022

	Kane County Illinois Youth Survey Results						
	2018			2020	2022		
	8th Grade	10th Grade	12th Grade	COVID-19	8th Grade	10th Grade	12th Grade
Marijuana							
used in past 30 days	6%	14%	24%		4%	7%	13%
Marijuana Method of Use:							
Smoked it (in a joint, bong, pipe, blunt)	87%	87%	90%		66%	62%	58%
Vaporized it (e.g. vapor pen)	49%	62%	55%		72%	79%	71%
Ate it (in brownies, cakes, candy, etc.)	41%	39%	30%		53%	43%	37%
Dabbed it					30%	25%	30%
Consumed in some other way	15%	13%	11%				

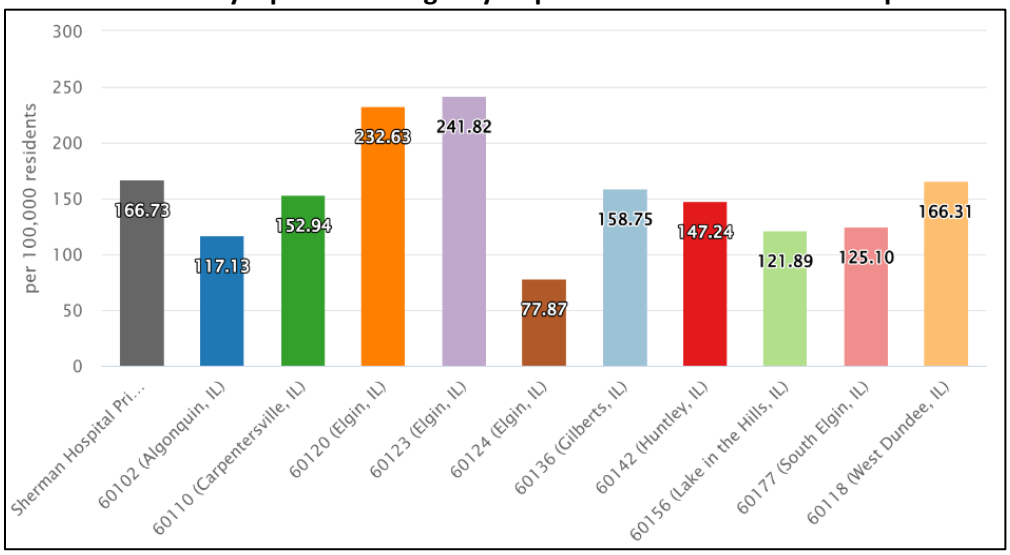
Source: Center for Prevention Research and Prevention, Illinois Youth Survey, Kane County Reports, 2022

Emergency Department Rate due to Opioid Use

The ED rate due to opioid use in the PSA is 166.7 per 100,000 residents. This is lower than the Illinois rate of 236.2 per 100,000 residents and McHenry County rate of 201.2 per 100,000 residents, but higher than Kane County rate of 138.2 per 100,000 residents. The PSA rates are highest for ED rate due to opioid use among the Non-Hispanic Black population

at 622.7 per 100,000 residents, young adults (18-39 years) at 295.2 per 100,000 residents and males are more likely to visit the ED than females. Also, the rates are highest in the PSA among those residents living in the zip codes of Elgin (60123) at 241.8 per 100,000 residents and Elgin (60120) at 232.6 per 100,000 residents as shown in Exhibit 19 (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 19: Advocate Sherman PSA by Zip Code Emergency Department Visit Rate due to Opioid Use 2016-2020

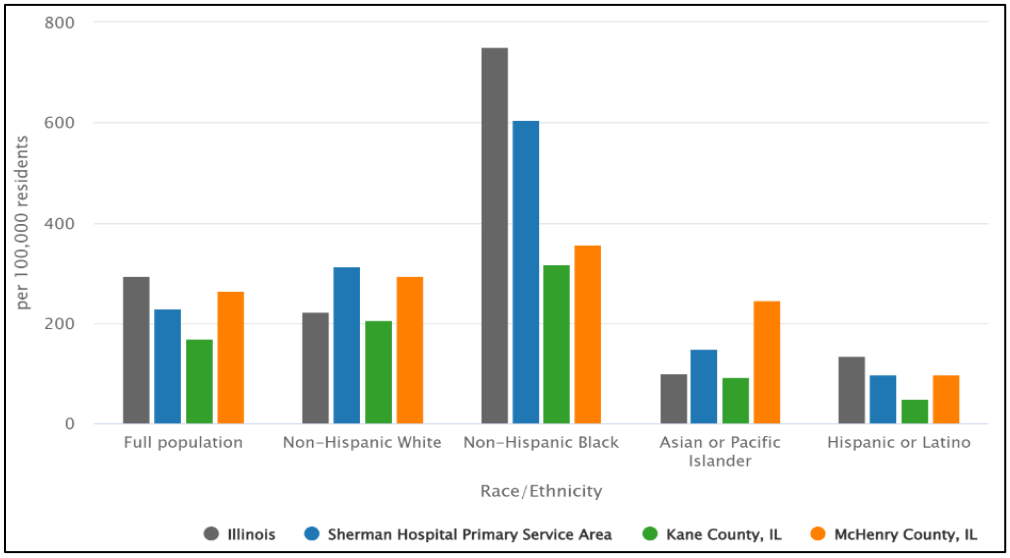


Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Opioid Use

The hospitalization rate due to opioid use in the PSA is 229.5 per 100,000 residents. This is lower than the Illinois rate of 294.5 per 100,000 residents and McHenry County rate of 263.9 residents, but higher than Kane County rate of 168.9 per 100,000 residents. The PSA rates are highest for hospitalization rate due to opioid use among the Non-Hispanic Black population at 604.5 per 100,000 residents, seniors (65 and older) at 429.43 per 100,000 residents. Females are slightly higher than males to be hospitalized for opioid use. Also, the rates are highest in the PSA among those residents living in the zip codes of Gilberts (60136) at 334.6 per 100,000 residents, Elgin (60123) at 303.0 per 100,000 residents and Elgin (60120) at 273.0 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020). Exhibit 20 shows hospitalization rates due to opioid use by race and ethnicity.

Exhibit 20: Advocate Sherman PSA Hospitalization Rate due to Opioid Use by Race and Ethnicity 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Opioid Dispensing Rate

The opioid dispensing rate of retail opioid prescriptions has been decreasing over time since 2014 in Illinois, Kane County and McHenry County. The opioid dispensing rate in Illinois is 40.2 prescriptions per 100 people per year, which is higher than the rates in both McHenry County (27.6 prescriptions per 100 people per year) and Kane County (21.1 prescriptions per 100 people per year) (CDC - U.S. Opioid Dispensing Rate Maps 2020).

Opioid Deaths

According to the Kane County Health Department Coroner's Office, 76.7 percent of drug related causes of death were due to opioids in 2021, with 71.0 percent being males and the average age being 37 years old (down from 43 years in 2019 and 40 years in 2020). This was a 10.1 percent increase in opioid cause of death when compared to 2020. Kane County continues to see a decrease in the number of opioid deaths involving heroin, whereas fentanyl continues to be the drug type most frequently involved in an opioid overdose.

Additionally, cocaine involvement in opioid deaths has increased again from 2019 to 2021. For the Advocate Sherman PSA zip codes that are in Kane County, there has been an increase in opioid deaths from 2019-2021 in Elgin and South Elgin.

McHenry County Coroner's Office reported in 2021 that 93.0 percent of drug overdose deaths involved an opioid. 2021 saw a two percent increase in all drug cause of death and a two percent decrease in opioid cause of death compared to 2020. Additionally, 2021 saw a seven percent increase in cause of deaths involving fentanyl compared to 2020. In 2021, 78.0 percent of opioid overdoses contained fentanyl compared to 71.0 percent in 2020. The median age of opioid overdose deaths in McHenry County is 41.0 years of age in 2021 which is up from 35.0 years of age in 2020. (McHenry County Department of Health, McHenry County Coroner Office, 2022).

Nutrition

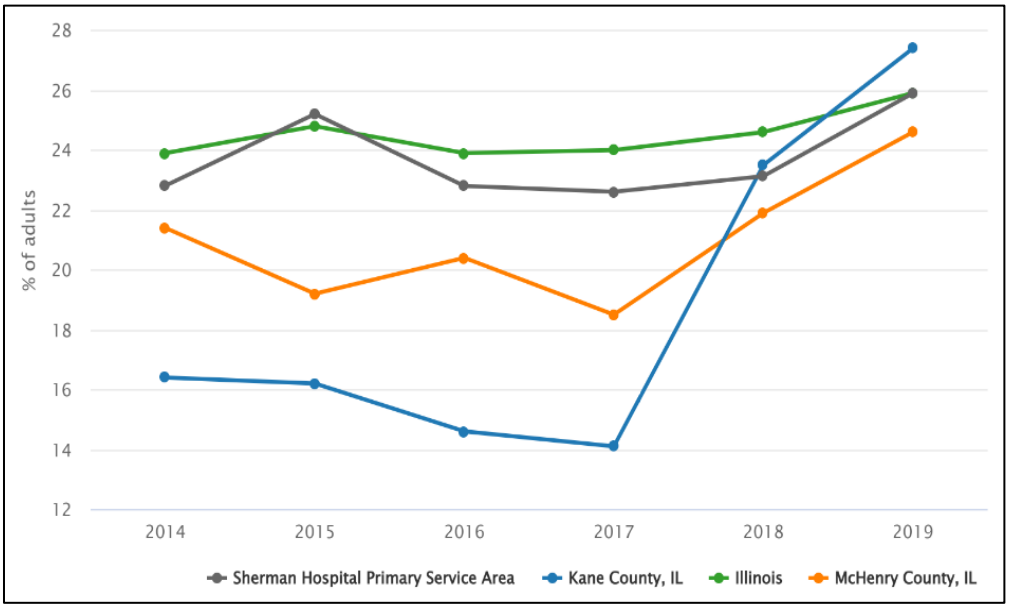
According to America's Health Rankings, in Illinois, the percentage of adults who reported consuming two or more fruits and three of more vegetables daily is 6.9 precent, which is lower than the U.S. rate of 8.0 percent. This rate has been steadily declining in Illinois over time (America's Health Rankings, CDC, BRFSS, 2019).

Physical Activity and Inactivity

Adults with No Exercise

This indicator is defined as the percent of resident adults ages 18 and older who answered "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?". In the PSA, 25.9 percent of adults answered no to participating in any form of exercise. The rate is the same as Illinois (25.9 percent), higher than McHenry County (24.6 percent) and lower than Kane County (27.4 percent). There has been a steady increase in all areas since 2017 of no exercise as indicated in Exhibit 21 (Metopio, BRFSS, Diabetes Atlas, PLACES, 2019).

Exhibit 21: Advocate Sherman PSA Adults with No Exercise Trend Over Time 2014-2019



Source: Metopio, BRFSS, Diabetes Atlas, PLACES, 2022

Percentage of 8th, 10th, and 12th Graders Participating in Physical Activity

According to the 2022 IYS Kane County Report, 24 percent of 8th grade students are physically active at least 60 minutes during the past seven days, while eight percent are physically active zero days. For both 10th and 12th grade students, 22 percent are physically active at least 60 minutes during the past seven days, while nine percent of 10th graders and ten percent of 12th graders are physically active zero days. All the rates are similar when compared to the 2018 IYS Kane County Report (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018, 2022).

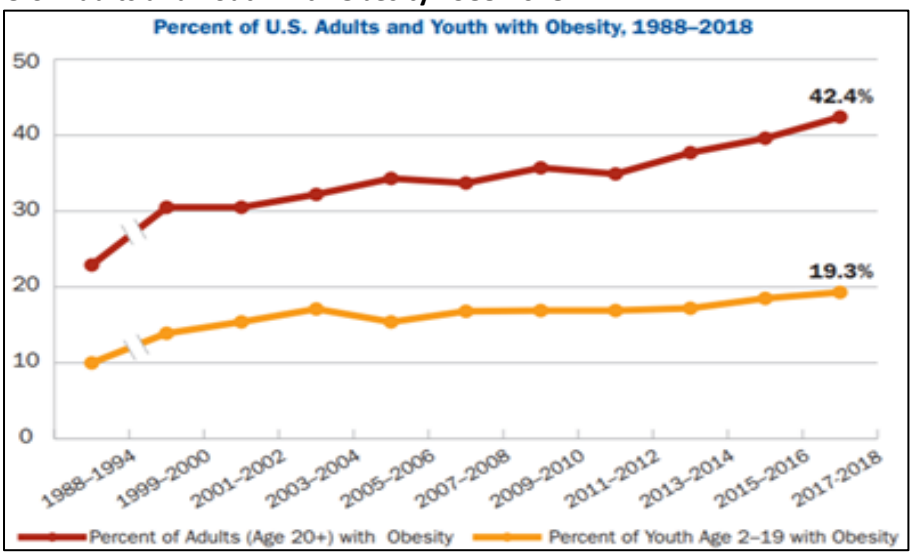
Weight Status

The 2021 State of Obesity Report claims that the COVID-19 pandemic added new obstacles and exacerbated already existing barriers to healthy eating and physical activity in 2020 and 2021 as well as intensified already existing racial and economic inequities in the United States. The effects of underlying social, economic, and environmental conditions influence the health and well-being of Americans including emerging data which suggests eating habits shifted, physical activity declined, stress and anxiety increased, food insecurity worsened, and many Americans gained weight throughout the pandemic.

Effects of the COVID-19 pandemic, both direct and indirect, fell disproportionately on certain populations, including the low-income communities and communities of color (Trust for America's Health, The Sate of Obesity: Better Policies for A Healthier America, 2021).

In the U.S., the percentages of adults and youth with obesity are continuing to steadily increase over time. According to the 2021 State of Obesity Report, 42.4 percent of adults over the age of 20 years and 19.3 percent youth aged 2-19 years are obese, as shown below in Exhibit 22.

Exhibit 22: Percent of U.S. Adults and Youth with Obesity 1988-2018



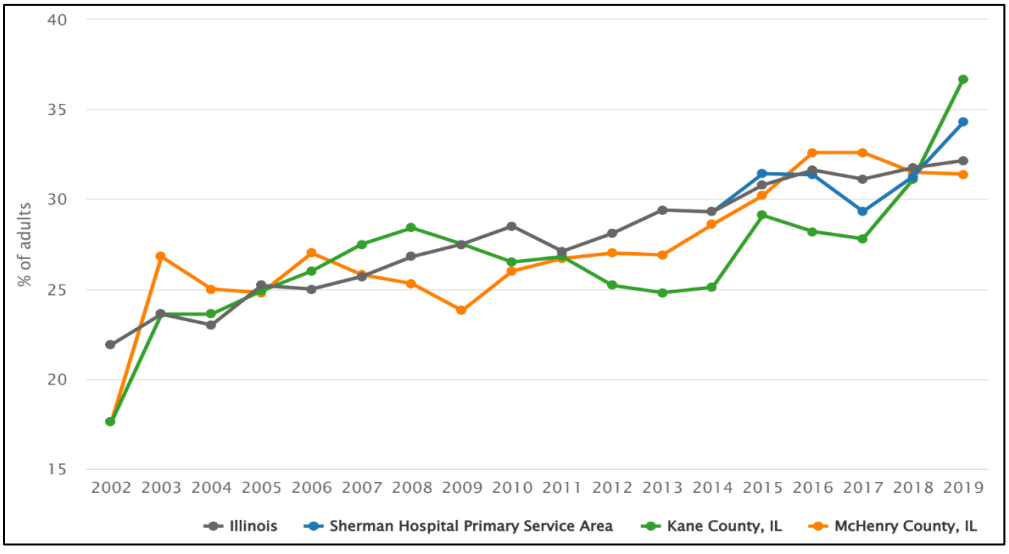
Source: The State of Obesity Report 2021 & NHANES, 2022

Adults Who Are Obese

In the PSA, there are 34.3 percent of adults ages 18 and older who are obese (having a body mass index ≥ 30.0 kg/m² from self-reported weight and height). This excludes those with abnormal height or weight and pregnant women. This is higher than the Illinois rate of 32.2 percent and McHenry County rate of 31.4 percent and lower than Kane County rate of 36.7 percent as shown in Exhibit 23. The zip codes in the PSA with the highest percentage of obesity in adults are Carpentersville (60110) at 38.5 percent and Elgin (60123) at 37.0 percent (Metopio, BRFSS, Diabetes Atlas, PLACES, 2019).

Additionally, 25.9 percent of survey respondents from the 2021 McHenry County Healthy Community Study reported obesity and being overweight as an important health concern for McHenry County. Also, 30.0 percent of responses from the Kane County Health Department 2021 Community Health Needs Assessment mentioned nutrition/physical activity/weight as one of the most pressing health concerns for Kane County. In the Kane County study, the African American and Hispanic/Latino focus groups identified exercise/nutrition and weight as a main health concern with the need for improved/additional education for parents/families.

Exhibit 23: Advocate Sherman PSA Obesity Rates Trend Over Time 2002-2019



Source: Metopio, BRFSS, Diabetes Atlas, 2022

Body Mass Index for 8th, 10th, and 12th Graders

Children who are obese are more likely to be obese when they become adults and have increased risk of developing chronic diseases associated with obesity. According to the 2022 IYS Kane County Report, 28 percent of 8th grade students are overweight or obese, while 29 percent of 10th grade students and 28 percent of 12th grade students are overweight or obese.

When compared to the 2018 IYS Kane County Report, all three grade levels had a very slight increase in 2022. According to the 2018 report, 27 percent of 8th grade students are overweight or obese, while 25 percent of 10th grade students and 22 percent of 12th grade students are overweight or obese. The Body Mass Index categories are calculated by self-reported height and weight (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018, 2022).

4. Disease and Chronic Conditions

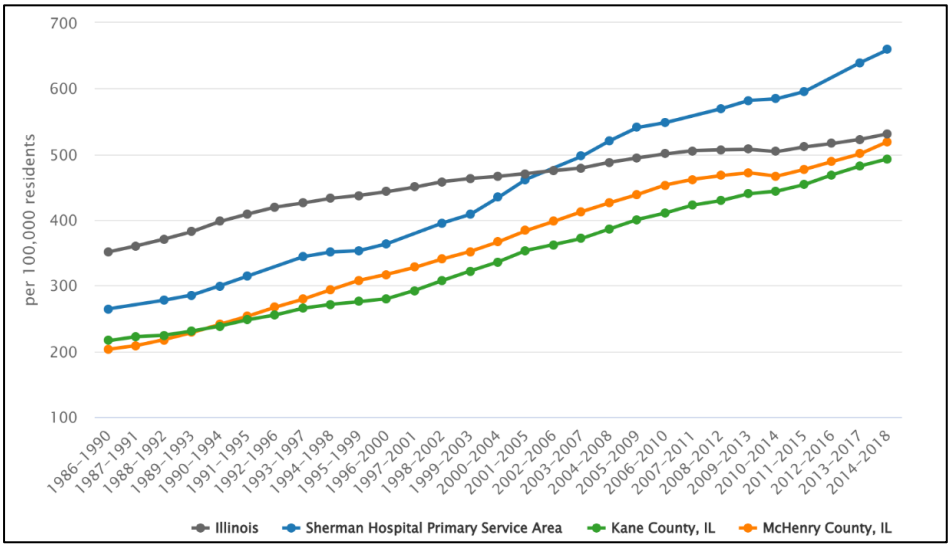
Why is this important?

Six in ten Americans live with at least one chronic disease, like heart disease and stroke, cancer, or diabetes. These and other chronic diseases are the leading causes of death and disability in America, and they are also a leading driver of health care costs.

Cancer

The annual cancer diagnosis rate for all invasive cancers in the PSA is 659.1 cases per 100,000 residents, which is higher than Illinois (531.1 cases per 100,000 residents), Kane County (493.0 cases per 100,000 resident) and McHenry County (519.3 cases per 100,000 residents). Cancer diagnosis rates in all areas has been steadily increasing over time as indicated in Exhibit 24. The zip codes in the PSA with the highest rates are Lake in the Hills (60156) at 755.7 cases per 100,000 residents, Gilberts (60136) at 729.9 cases per 100,000 residents and South Elgin (60177) at 719.5 cases per 100,000 residents (Metopio, Illinois Department of Public Health, Illinois State Cancer Registry, 2014-2018).

Exhibit 24: Advocate Sherman PSA Cancer Diagnosis Rate Trends Over Time 1986-2018



Source: Metopio, Illinois Department of Public Health, Illinois State Cancer Registry, 2022

Key findings: Disease and Chronic Conditions

- Annual cancer diagnosis rates have been steadily increasing over time; however, breast cancer mortality rates have been decreasing over time.
- ED and Hospitalization rates for all cardiovascular diseases are trending down over time, with the highest area of concern in all areas for Non-Hispanic Black population.
- Diabetes is significantly increasing over time with the highest rates of diagnosed diabetes in the PSA being in Huntley (60142) and Elgin (60123).
- Mental Health rates are steadily increasing in the PSA for ED and Hospitalization rates specifically among young adults (ages 18-39 years) and juveniles (ages 5-17 years) and the Non-Hispanic Black population.

Breast Cancer

Mammography Use

In the PSA, 73.9 percent of resident female adults ages 50-74 years reported having had a mammogram within the previous two years. This rate is higher than Illinois at 73.2 percent, Kane County at 69.7 percent and McHenry County at 73.0 percent (Metopio, PLACES, BRFSS, 2018).

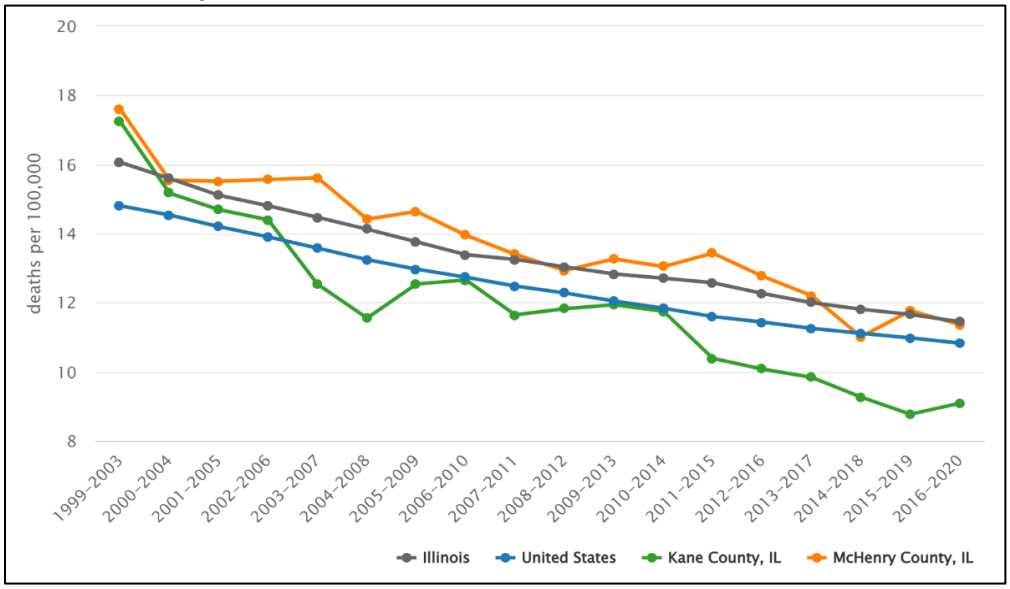
Invasive Breast Cancer Diagnosis Rate

The diagnosis rate for invasive breast cancer in women ages 15 and over in the PSA is 196.4 cases per 100,000 female residents. This rate is higher than Illinois (160.3 cases per 100,000 female residents), Kane County (148.6 cases per 100,000 female residents) and McHenry County (151.0 cases per 100,000 female residents). The zip codes in the PSA with the highest rates are Elgin (60124) at 204.7 cases per 100,000 female residents and Huntley (60142) at 193.4 cases per 100,000 female residents (Metopio, National Cancer Institute, Illinois Department of Public Health, Illinois State Cancer Registry, 2014-2018).

Breast Cancer Mortality Rate

Breast cancer is the leading cause of death among women in the United States. In Kane County, the breast cancer mortality rate is 9.1 deaths per 100,000 residents. This is lower than the U.S. at 10.8 deaths per 100,000 residents, Illinois, and McHenry County both at 11.4 deaths per 100,000 as shown in Exhibit 25 (Metopio, National Vital Statistics System-Mortality, 2016-2020).

Exhibit 25: Breast Cancer Mortality Rate Trend Over Time 1999-2020



Source: Metopio, National Vital Statistics System-Mortality, 2022

Colorectal Cancer

Colorectal Cancer Screening

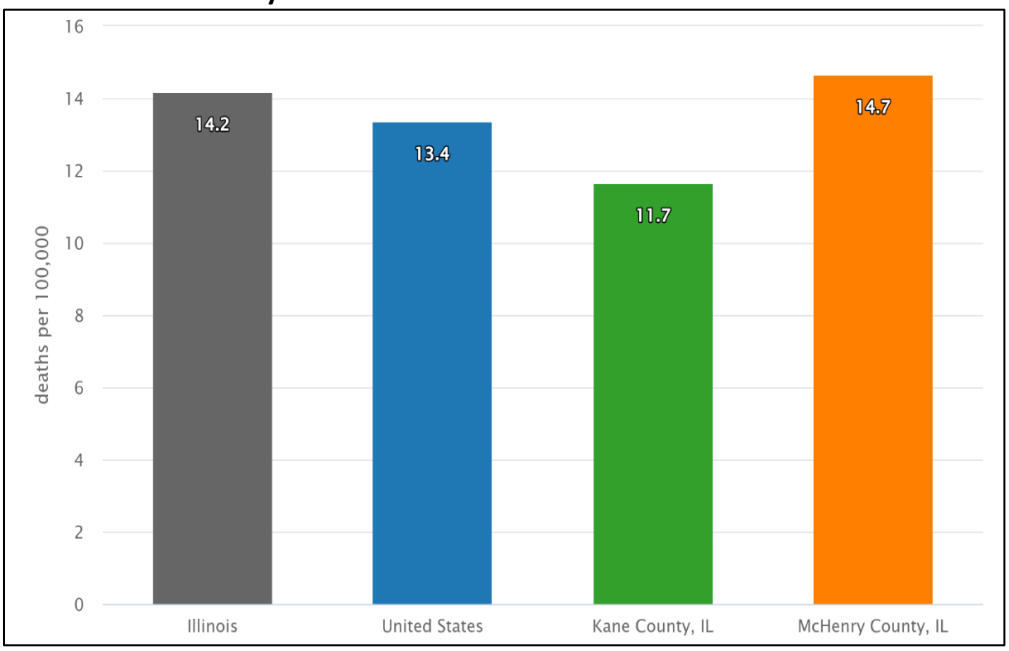
Colorectal cancer screening is defined as those resident adults ages 50-75 years who report having had (1) a fecal occult blood test (FOBT) within the past year, (2) a sigmoidoscopy within the past five years and a FOBT within the past three years, or (3) a colonoscopy within the past 10 years. In the PSA, 62.2 percent of adult residents ages 50-75 years stated they have completed colorectal cancer screening. This is similar to the rate of Illinois at 63.2 percent, Kane County at 62.7 percent and McHenry County at 64.5 percent. The zip codes in the PSA with the highest colorectal cancer screening rates are Huntley (60142) at 70.9 percent and Elgin (60124) at 67.6 percent (Metopio, PLACES, BRFSS, 2018).

Colorectal Cancer Mortality Rate

In Kane County, the mortality rate due to colorectal cancer is 11.7 deaths per 100,000 residents. This is lower than the U.S. rate of 14.4 deaths per 100,000 residents, Illinois at 14.2 deaths per 100,000 residents, and McHenry County at 14.7 deaths per 100,000 residents as shown in Exhibit 26. Colorectal cancer mortality rates by race and ethnicity are highest in Kane County for Asian or Pacific Islander at 15.6 deaths per 100,000 residents and in McHenry County for Non-Hispanic White at 15.6 deaths per 100,000 residents.

Also, the rates are highest among males in both Kane County at 13.4 deaths per 100,000 residents and McHenry County at 18.5 deaths per 100,000 residents (Metopio, National Vital Statistics System-Mortality, 2016-2020).

Exhibit 26: Colorectal Cancer Mortality Rate 2016-2020



Source: Metopio, National Vital Statistics System-Mortality, 2022

Cervical Cancer

Pap Test Use

The percentage of resident female adults ages 21-65 years who report having had a Papanicolaou (Pap) smear within the previous three years for detection and prevention of cervical cancer is 85.3 percent. This rate is similar to that of Illinois at 83.6 percent, Kane County at 85.2 percent and McHenry County at 85.8 percent (Metopio, PLACES, BRFSS, 2018).

Cervical Cancer Diagnosis Rate

In the PSA, the diagnosis rate due to cervical cancer is 9.5 cases per 100,000 female residents. This rate is higher than Illinois at 8.2 cases per 100,000 female residents, Kane County at 5.7 cases per 100,000 female residents and McHenry County at 6.1 cases per 100,000 female residents. The age group with the highest cervical cancer diagnosis rate in the PSA are those who are middle-aged adults (ages 40-64 years) at 7.1 cases per 100,000 female residents.

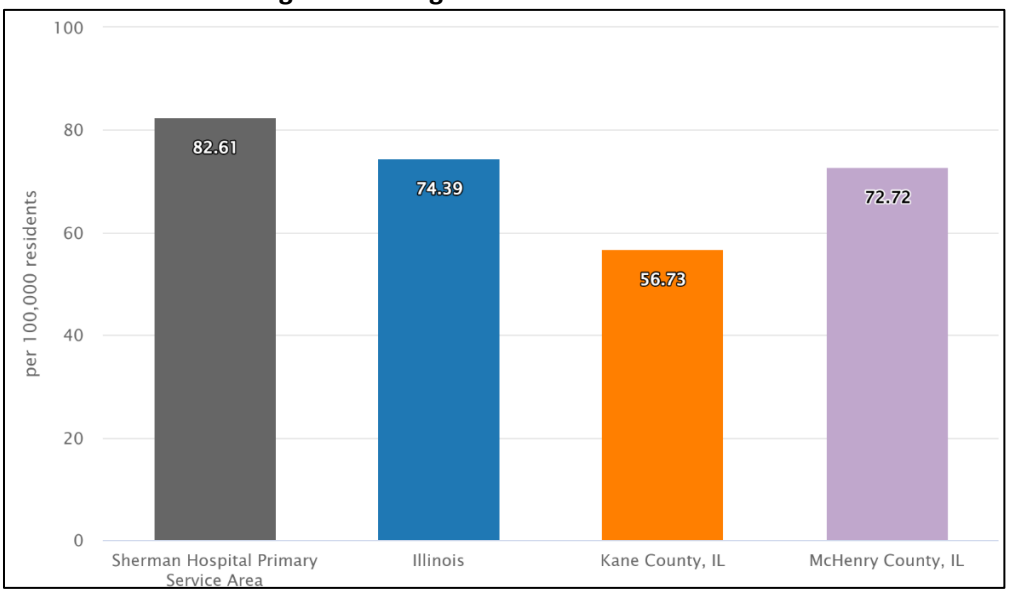
The zip code in the PSA with the highest rate for cervical cancer diagnosis is Carpentersville (60110) at 10.6 cases per 100,000 female residents (Metopio, National Cancer Institute-State Cancer Profiles Incidence Rates Tables, Illinois Department of Public Health, Illinois State Caner Registry, 2018).

Lung Cancer

Lung Cancer Diagnosis Rate

In the PSA, the diagnosis rate due to lung and bronchus cancer for those ages 15 and over is 82.6 cases per 100,000 residents. This rate is highest among Illinois (74.4 cases per 100,000 residents), Kane County (56.7 cases per 100,000 residents) and McHenry County (72.7 cases per 100,000 residents) as shown in Exhibit 27. The zip code in the PSA with the highest rate for lung cancer diagnosis is Lake in the Hills (60156) at 95.9 cases per 100,000 residents. In the PSA, 85.7 cases per 100,000 residents diagnosed with lung cancer are males compared to females at 80.2 cases per 100,000 residents (Metopio, National Cancer Institute-State Cancer Profiles Incidence Rates Tables, Illinois Department of Public Health, Illinois State Caner Registry, 2018).

Exhibit 27: Advocate Sherman PSA Lung Cancer Diagnosis Rate 2014-2018



Source: Metopio, National Cancer Institute-State Cancer Profiles Incidence Rates Tables, Illinois Department of Public Health, Illinois State Caner Registry, 2022

Lung, Trachea and Bronchus Cancer Mortality Rate

In Kane County, the mortality rate for lung, trachea and bronchus is 30.7 deaths per 100,000 residents. This is lower than both Illinois at 37.4 deaths per 100,000 residents and McHenry County at 35.1 deaths per 100,000 residents. The mortality rate by race and ethnicity is highest among the Non-Hispanic Black population in Kane County at 39.5 deaths per 100,000 residents and Non-Hispanic White population in McHenry County at 36.8 deaths per 100,000 residents. Males also have higher rates than females in both counties (Metopio, National Vital Statistics System-Mortality, 2016-2020).

<u>Oral Cavity and Pharynx</u>

Oral Cancer Diagnosis Rate

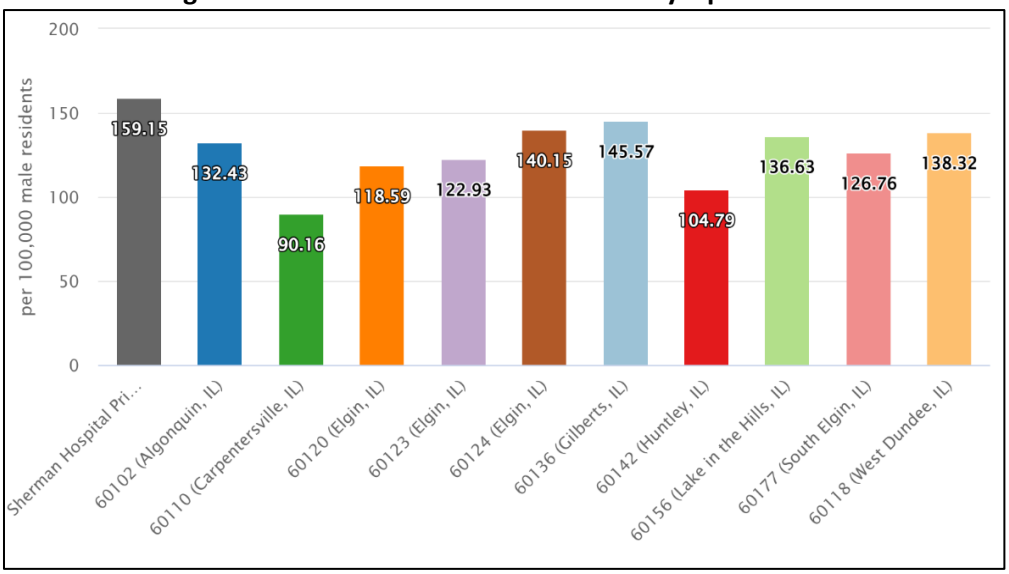
In the PSA, the oral cancer diagnosis rate is 17.0 cases per 100,000 residents, which is higher than Illinois (14.4 cases per 100,000 residents), Kane County (13.2 cases per 100,000 residents) and McHenry County (15.6 cases per 100,000 residents). Males have a higher rate (23.5 cases per 100,000 residents) as compared to females at 11.9 cases per 100,000 residents. Oral cancer diagnosis rate is highest in the PSA among Seniors (ages 65 and older) at 47.1 cases per 100,000 residents and males at 23.5 cases per 100,000 residents (Metopio, National Cancer Institute-State Cancer Profiles Incidence Rates Tables, Illinois Department of Public Health, Illinois State Caner Registry, 2018).

<u>Prostate Cancer</u>

Prostate Cancer Diagnosis Rate

In the PSA, the annual diagnosis rate due to prostate cancer is 159.2 cases per 100,000 male residents. This rate is higher than Illinois (132.3 cases per 100,000 male residents), Kane County (125.0 cases per 100,000 male residents) and McHenry County (122.5 cases per 100,000 male residents). The zip code in the PSA with the highest prostate cancer diagnosis rate is Gilberts (60136) at 145.6 cases per 100,000 male residents as shown in Exhibit 28 (Metopio, National Cancer Institute-State Cancer Profiles Incidence Rates Tables, Illinois Department of Public Health, Illinois State Caner Registry, 2018).

Exhibit 28: Prostate Cancer Diagnosis Rate in Advocate Sherman PSA by Zip Code 2014-2018



Source: Metopio, National Cancer Institute-State Cancer Profiles Incidence Rates Tables, Illinois Department of Public Health, Illinois State Caner Registry, 2022

Cardiovascular Disease

The CDC states that heart disease is the number one leading cause of death for men, women, and people of most racial and ethnic groups in the United States. One person dies every 34 seconds in the U.S. from cardiovascular disease and about 697,000 people (in the U.S.) died from heart disease in 2020 which is about 1 in every five deaths. The cost of heart disease in the US is a about $229 billion annually from 2017- 2018 and includes the cost of healthcare services, medicines, and lost productivity due to death (Centers for Disease Control and Prevention, July 15, 2022. Retrieved from cdc.gov). Heart disease (first) and stroke (third) are the leading causes of death in Illinois. Deaths due to heart disease and stroke combined represented almost 29 percent of all deaths in the state in 2017. The Illinois Department of Public Health has partnered with many agencies/organizations to raise awareness of heart disease and stroke to help our communities understand their risk factors, change environmental policies and impact lives in Illinois (IDPH, Heart Disease and Stroke, 2022. Retrieved from dph.illinois.gov).

High Cholesterol Prevalence

In the PSA, 30.0 percent of adults ages 18 and older reported having been told by a doctor, nurse, or health professional that they have high cholesterol. This is slightly higher than the Illinois rate of 28.0 percent, Kane County rate of 29.5 percent and McHenry County rate of 27.1 percent. In the PSA, the zip code with the highest rate for high cholesterol is Huntley (60142) at 36.6 percent (Metopio, PLACES, BRFSS, 2019).

High Blood Pressure Prevalence

In the PSA, 27.8 percent of adults ages 18 and older reported having been told by a doctor, nurse, or health professional that they have high blood pressure. This is slightly higher than McHenry County rate of 26.8 percent but lower than

Illinois rate of 29.4 percent and Kane County rate of 28.8 percent. In the PSA, the zip code with the highest rate for high blood pressure is Huntley (60142) at 35.6 percent (Metopio, PLACES, BRFSS, 2019).

Coronary Heart Disease

In the PSA, 4.6 percent of resident adults ages 18 and older reported ever being told by a doctor, nurse, or other health professional that they have angina or coronary heart disease. This is lower than the Illinois rate of 5.2 percent, Kane County rate of 5.1 percent and McHenry County rate of 4.8 percent. In the PSA, the zip code with the highest rate for coronary heart disease is Huntley (60142) at 7.1 percent (Metopio, PLACES, BRFSS, 2019).

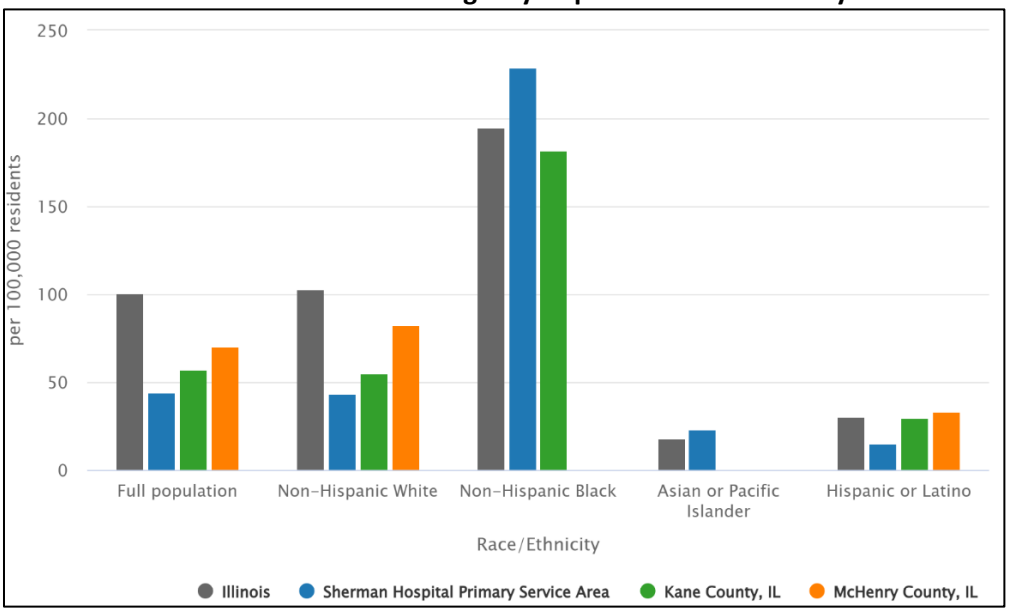
Coronary Heart Disease Mortality

The coronary heart disease mortality indicator is represented as deaths per 100,000 residents related to coronary heart disease, specifically ischemic heart diseases such as acute myocardial infarction, other acute ischemic heart diseases, and other forms of chronic ischemic heart disease. Kane County has the lowest rate (62.2 deaths per 100,000 residents) compared to McHenry County (77.6 deaths per 100,000 residents), which are both lower than the Illinois rate (82.1 deaths per 100,000 residents). The race and ethnicity rates are highest in Kane County among the Non-Hispanic Black population (69.0 deaths per 100,000 residents) and Non-Hispanic White population (81.2 deaths per 100,000 residents) in McHenry County. Additionally, the highest rates of coronary heart disease mortality in both Kane and McHenry County are males and seniors (ages 65 and older) (Metopio, National Vital Statistics System-Mortality, 2016-2020).

Emergency Department Rate due to Heart Failure

In the PSA, the ED rate due to heart failure is 44.4 per 100,000 residents (adults ages 18 and older). This is lower than the Kane County rate of 57.1 per 100,000 residents, McHenry County rate of 70.5 per 100,000 residents and Illinois rate of 100.9 per 100,000 residents. All rates are trending down. The PSA rates are highest for ED rate due to heart failure for the Non-Hispanic Black population (229 per 100,000 residents) (as shown in Exhibit 29) as well as those residents living in the zip codes of Elgin (60123) at 61.2 per 100,000 residents and West Dundee (60118) at 55.5 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 29: Advocate Sherman PSA Heart Failure Emergency Department Visit Rate by Race and Ethnicity 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Heart Failure

The hospitalization rate due to heart failure in the PSA is 409.5 per 100,000 residents (adults ages 18 and older). This is lower than the Illinois rate of 449.3 per 100,000 residents and McHenry County rate of 427.3 residents, but higher than

Kane County rate of 314.9 per 100,000 residents. All areas are trending down. The PSA rates are highest for hospitalization rate due to heart failure for the Non-Hispanic Black population at 860 per 100,000 residents as well as those residents living in the zip codes of Gilberts (60136) at 636.4 per 100,000 residents and Elgin (60123) at 480.7 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Emergency Department Rate due to Hypertension

In the PSA, the ED rate due to hypertension is 292.1 per 100,000 residents (adults ages 18 and older). This is lower than the Illinois rate of 378.6 per 100,000 residents and the McHenry County rate of 330.3 per 100,000 residents but higher than the Kane County rate of 252.7 per 100,000 residents. All rates are trending down. The PSA rates are highest for ED rate due to hypertension for the Non-Hispanic Black population at 1,172.0 per 100,000 residents as well as those residents living in the zip codes of Gilberts (60136) at 408.6 per 100,000 residents and Huntley (60142) at 341.2 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

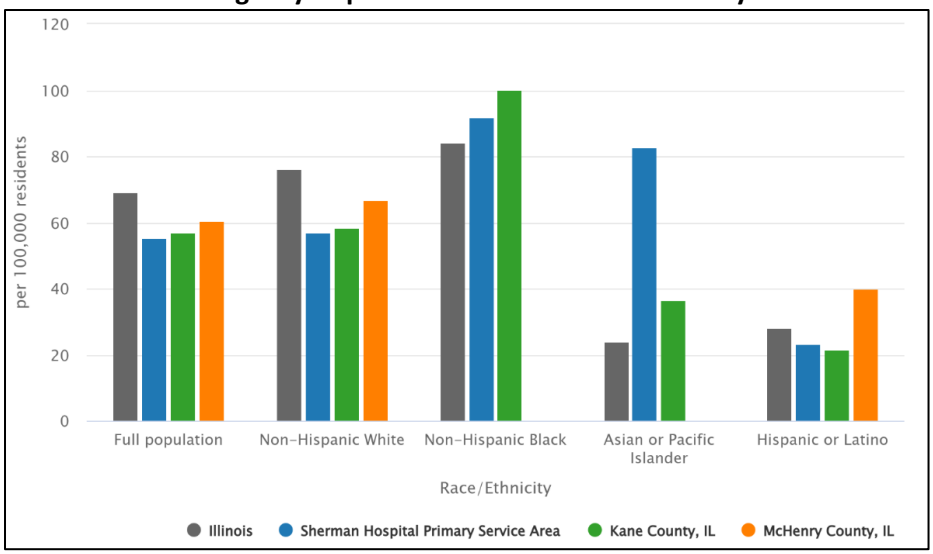
Hospitalization Rate due to Hypertension

The hospitalization rate due to hypertension in the PSA is 67.2 per 100,000 residents (adults ages 18 and older). This is higher than the Illinois rate of 54.1 per 100,000 residents, Kane County rate of 38.8 per 100,000 residents and McHenry County rate of 66.3 per 100,000 residents. All rates are trending down. The PSA rates are highest for hospitalization rate due to hypertension for the Non-Hispanic Black population at 274.8 per 100,000 residents as well as those residents living in the zip codes of Gilberts (60136) at 112.5 per 100,000 residents, Elgin (60120) at 76.6 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Emergency Department Rate due to Stroke

In the PSA, the ED rate due to stroke is 55.2 per 100,000 residents (adults ages 18 and older). This is lower than the Illinois rate of 69.3 per 100,000 residents, McHenry County rate of 60.7 per 100,000 residents and Kane County rate of 56.9 per 100,000 residents. All rates are trending down. The PSA rates are highest for ED rate due to stroke for the Non-Hispanic Black population at 92.0 per 100,000 residents and Asian or Pacific Islander population at 82.9 per 100,000 residents (as shown in Exhibit 30), as well as those residents living in the zip codes Elgin (60123) at 73.8 per 100,000 residents and Gilberts (60136) at 66.7 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 30: Advocate Sherman PSA Emergency Department Visit Rate for Stroke by Race and Ethnicity 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Stroke

The hospitalization rate due to stroke in the PSA is 248.7 per 100,000 residents (adults ages 18 and older). This is higher than Illinois rate of 232.3 per 100,000 residents, McHenry County rate of 232.3 per 100,000 residents and Kane County

rate of 191.1 per 100,000 residents. All rates are trending down. The PSA rates are highest for hospitalization rate due to stroke for the Non-Hispanic Black population at 535.7 per 100,000 residents and Asian or Pacific Islander population at 283.2 per 100,000 residents, as well as those residents living in the zip codes of Gilberts (60136) at 341.9 per 100,000 residents and Elgin (60123) at 300.1 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Stroke Mortality

In Kane County, there are 39.5 deaths per 100,000 residents due to stroke and 33.6 deaths per 100,000 residents in McHenry County as compared to the Illinois rate of 39.1 deaths per 100,000 residents. Additionally, stroke mortality rate is highest among the Non-Hispanic Black population in Kane County (56.3 deaths per 100,000 residents) and Non-Hispanic White population in McHenry County (33.9 deaths per 100,000 residents). Males also have the highest rates in both Kane and McHenry County and seniors (ages 65 and older) (Metopio, National Vital Statistics System-Mortality, 2016-2020).

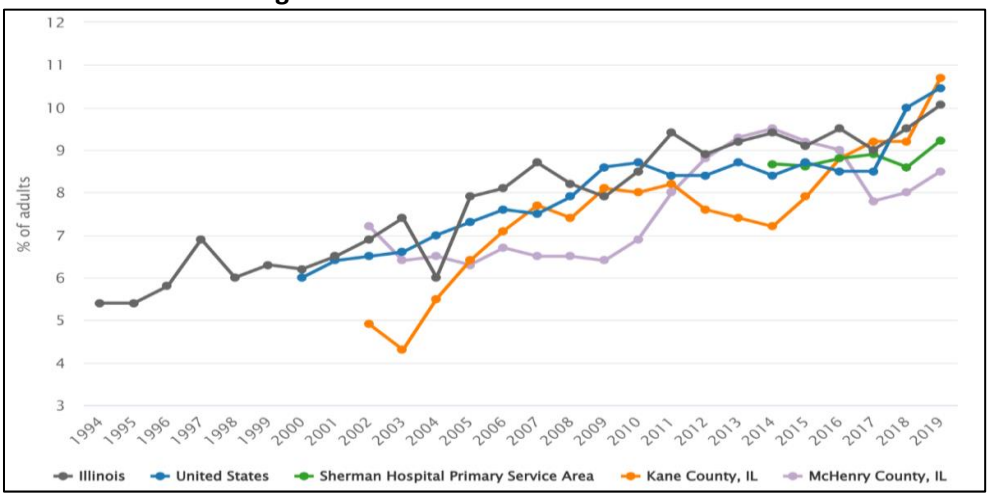
Diabetes

Diabetes is a long-lasting health condition that affects how your body turns food into energy. In turn, with diabetes, your body does not produce enough insulin to break down the food. Over time, diabetes can lead to serious health conditions such as heart disease, vision loss and kidney disease. The Centers for Disease Control and Prevention state that diabetes is the seventh leading cause of death in the United States and is the number one cause of kidney failure, lower-limb amputations, and adult blindness. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled. While there is no cure for diabetes, losing weight, eating healthy foods and exercising can help lead to a healthy lifestyle managing diabetes (Centers for Disease Control and Prevention, July 7, 2022. Retrieved from cdc.gov).

Diagnosed Diabetes

In the PSA, 9.2 percent of resident adults ages 18 and older reported ever being told by a doctor, nurse or health professional that they have diabetes (other than during pregnancy). This is lower than the Illinois rate of 10.1 percent and Kane County rate of 10.7 percent but slightly higher than the McHenry County rate of 8.5 percent. In the PSA, the zip code with the highest rate for diagnosed with diabetes is Huntley (60142) at 11.3 percent and Elgin (60123) at 10.3 percent. Both Kane and McHenry County rates are higher among males than females. Diagnosed diabetes rates have been significantly trending upward over time as indicated in Exhibit 31 (Metopio, Diabetes Atlas, PLACES, 2019).

Exhibit 31: Advocate Sherman PSA Diagnosed Diabetes Trend Over Time 1994-2019



Source: Metopio, Diabetes Atlas, PLACES, 2022

Emergency Department Rate due to Diabetes

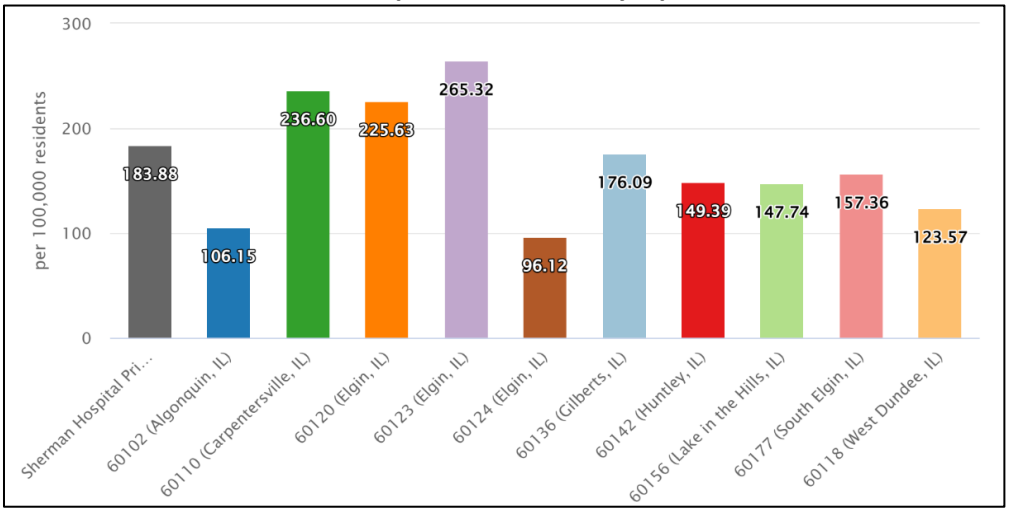
In the PSA, the ED rate due to diabetes is 181.7 per 100,000 residents. This is lower than the Illinois rate of 239.7 per 100,000 residents and higher than the Kane County rate of 178.9 per 100,000 residents and McHenry County rate of

139.8 per 100,000 residents. All areas are trending down. In the PSA, the zip codes with the highest rates for ED visits due to diabetes are Elgin (60123) at 252.6 per 100,000 residents, Elgin (60120) at 170.3 per 100,000 residents and Huntley (60142) at 149.4 per 100,000 residents. The highest rates in the PSA are among those who are Non-Hispanic Black at 743.9 per 100,000 residents. Males have slightly higher rates than females and seniors (ages 65 and older) (Metopio, IHA COMPdata Informatics, 2016-2020).

Hospitalization Rate due to Diabetes

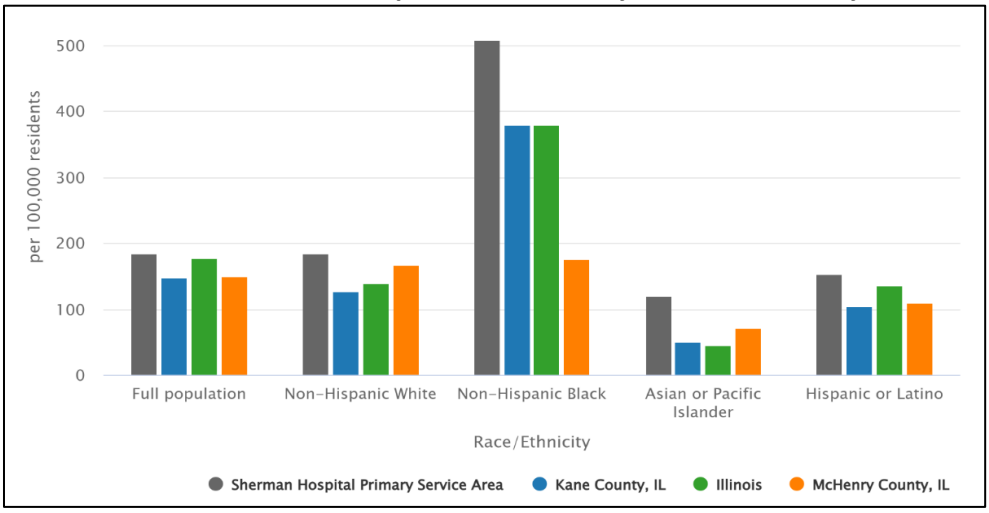
The hospitalization rate due to diabetes in the PSA is 183.9 per 100,000 residents. The PSA rate is higher than the Illinois rate at 176.9 per 100,000 residents, Kane County rate at 147.4 per 100,000 residents and McHenry County rate at 148.9 per 100,000 residents. In the PSA, the zip codes with the highest rates for hospitalization due to diabetes are Egin (60123) at 265.3 per 100,000 residents, Carpentersville (60110) at 236.6 per 100,000 residents and Elgin (60120) at 225.6 per 100,000 residents (as shown in Exhibit 32). Hospitalization dates due to diabetes in the PSA are highest among the Non-Hispanic Black population at 508.1 per 100,000 residents (as shown in Exhibit 33), males at 206.7 per 100,000 residents and Seniors (ages 65 and older) at 463.4 per 100,000 residents. (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 32: Advocate Sherman PSA Diabetes Hospitalization Rate by Zip Code 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Exhibit 33: Advocate Sherman PSA Diabetes Hospitalization Rate by Race and Ethnicity 2016-2020

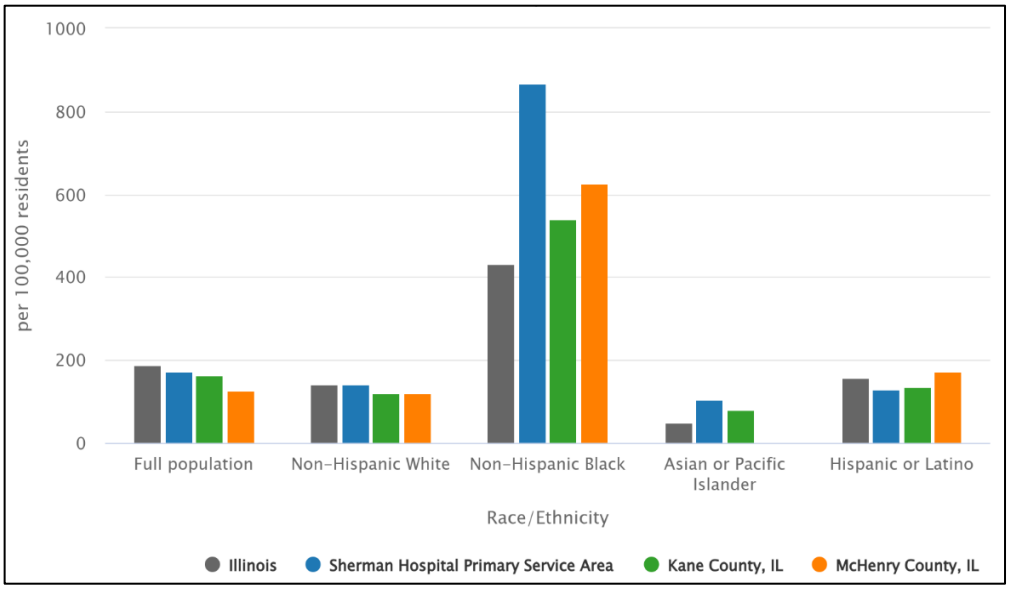


Source: Metopio, IHA COMPdata Informatics, 2022

Emergency Department Rate due to Uncontrolled Diabetes

In the PSA, the ED rate due to uncontrolled diabetes is 171.4 per 100,000 residents. This is slightly lower than the Illinois rate of 187.2 per 100,000 residents, but higher than the Kane County rate of 165.1 per 100,000 residents and McHenry County rate of 126.6 per 100,000 residents. The zip codes in the PSA with the highest rates for ED due to uncontrolled diabetes are Elgin (60123) at 277.8 per 100,000 residents and Elgin (60120) at 214.8 per 100,000 residents. The ED rates are also highest among those residents who are Non-Hispanic Black at 867.0 per 100,000 residents (as shown in Exhibit 34) as well as Seniors (ages 65 and older) at 300.5 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 34: Advocate Sherman PSA Emergency Department Visit Race for Uncontrolled Diabetes by Race and Ethnicity 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

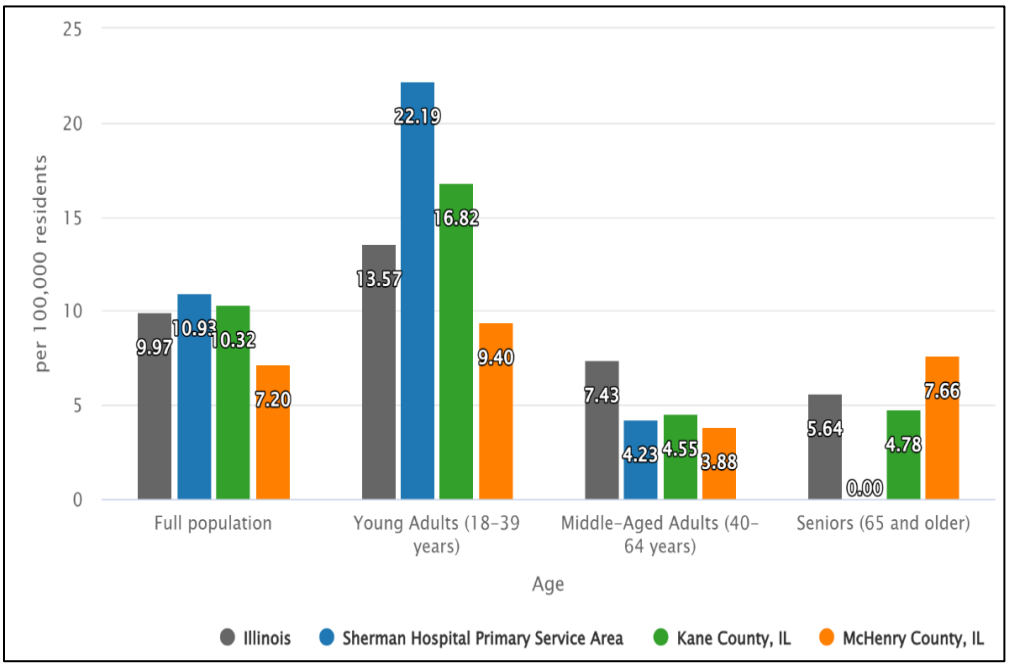
Hospitalization Rate due to Uncontrolled Diabetes

The hospitalization rate due to uncontrolled diabetes in the PSA is 44.9 per 100,000 residents. This is slightly lower than the Illinois rate of 46.7 per 100,000 residents, but higher than the Kane County rate of 32.6 per 100,000 residents and McHenry County rate of 40.3 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rates due to uncontrolled diabetes are Carpentersville (60110) at 65.8 per 100,000 residents and Elgin (60123) at 60.2 per 100,000 residents. Also, the rates are highest among the Non-Hispanic Black population at 120.3 per 100,000 residents, females at 47.3 per 100,000 residents and seniors (ages 65 and older) at 121.3 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Emergency Department Rate due Short-Term Complications of Diabetes

In the PSA, the ED rate due to short-term complications of diabetes is 10.9 per 100,000 residents. This is comparable to the Illinois rate at 10.0 per 100,00 residents, Kane County rate at 10.3 per 100,000 residents and higher than McHenry County rate at 7.2 per 100,000 residents. The zip codes with the highest ED rate due to short-term complications of diabetes are Elgin (60123) at 17.4 per 100,000 residents, Carpentersville (60110) at 11.5 per 100,000 residents and Elgin (60120) at 11.4 per 100,000 residents. Also, the rates are highest among the Non-Hispanic Black population at 53.6 per 100,000 residents, males at 16.5 per 100,000 residents and young adults (ages 18-39 years) at 22.2 per 100,000 residents as shown in Exhibit 35 (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 35: Advocate Sherman PSA Emergency Department Visit Rate due to Short-Term Complications of Diabetes by Age 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Short-Term Complications of Diabetes

The hospitalization rate due to short-term complications of diabetes in the PSA is 60.4 per 100,000 residents. This is slightly lower than the Illinois rate of 62.3 per 100,000 residents, but higher than Kane County rate at 49.3 per 100,000 residents and McHenry County rate at 52.9 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rate due to short-term complications of diabetes are Elgin (60123) at 97.7 per 100,000 residents, Elgin (60120) at 75.1 per 100,000 residents and Carpentersville (60110) at 58.3 per 100,000 residents.

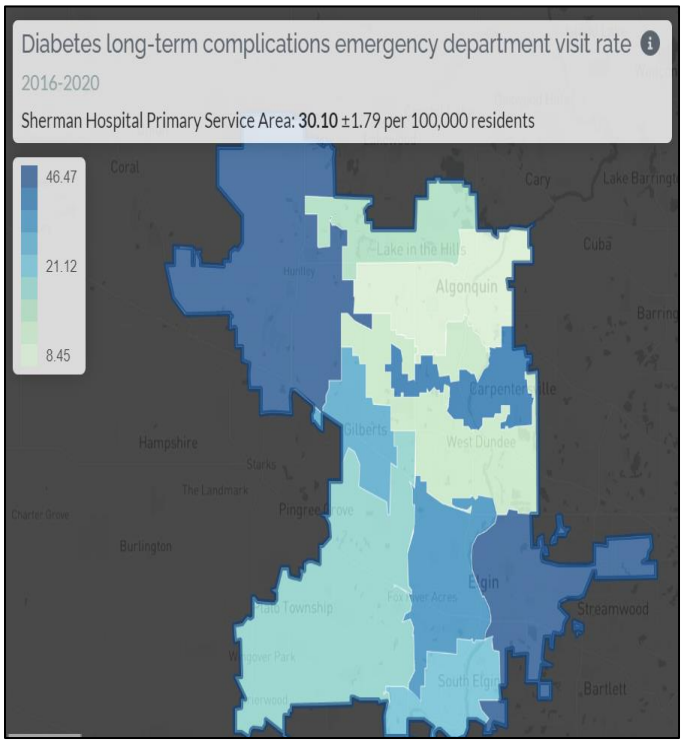
Also, the rates are highest in the PSA among the Non-Hispanic Black population at 348.1 per 100,000 residents, males at 67.0 per 100,000 residents and young adults (18-39 years) at 62.5 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Emergency Department Rate due Long-Term Complications of Diabetes

In the PSA, the ED rate due to long-term complications of diabetes is 30.1 per 100,000 residents. This is lower than the Illinois rate of 43.2 per 100,000 residents, but higher than Kane County rate of 29.6 per 100,000 residents and McHenry County rate of 22.6 per 100,000 residents. The zip codes in the PSA with the highest ED rate due to long-term complications of diabetes are Huntley (60142) at 46.5 per 100,000 residents, Elgin (60120) at 43.0 per 100,000 residents and Carpentersville (60110) at 42.7 per 100,000 residents. Also, the rates are highest in the PSA among the Non-Hispanic Black population at 73.8 per 100,000 residents and males have slightly higher rate than females.

The age groups with the highest ED rates for long-term complications of diabetes are seniors (ages 65 and older) at 57.4 per 100,000 residents and middle-aged adults (ages 40-64 years) at 53.8 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020). Exhibit 36 shows a map of the PSA by zip code with the highest ED rates due to long-term complications of diabetes.

Exhibit 36: Map of Advocate Sherman PSA by Zip Code Emergency Department Rates due to Long-Term Complications of Diabetes 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Long-Term Complications of Diabetes

The hospitalization rate due to long-term complications of diabetes in the PSA is 117.0 per 100,000 residents. This is higher than the Illinois rate at 101.6 per 100,000 residents, Kane County rate at 95.7 per 100,000 residents and McHenry County rate at 87.9 per 100,000 residents. The zip codes in the PSA with the highest ER rates are Carpentersville (60110) at 167.5 per 100,000 residents, Elgin (60123) at 165.4 per 100,000 residents and Elgin (60120) at 143.4 per 100,000 residents. Also, the rates are highest in the PSA among the Non-Hispanic Black population at 198.8 per 100,000 residents, males at 145.3 per 100,000 residents and seniors (ages 65 and older) at 270.1 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Mental Health

According to The State of Mental Health in America 2022, the state of Illinois is ranked 12th in the country for adult and youth measures relating to mental health, indicating lower prevalence of mental illness and higher rates of access to care. It was also reported that nearly 50 million (19.9 percent) of American adults experienced a mental illness in 2019. Over 60 percent of youth with major depression do not receive any health treatment, even in states with the greatest access, nearly one in three are going without treatment. More than half of adults with a mental illness do not receive treatment, totaling over 27 million U.S. adults. (The State of Mental Health in America 2022, Mental Health America, 2022).

Mental health was ranked as the topmost pressing health concern by 45.0 percent of respondents to the Kane County Health Department 2021 Community Health Needs Assessment. Twelve percent of survey respondents indicated they could not access mental health services in the last 12 months. Additionally, focus groups in the CHNA identified mental health as a main concern in the community. The focus groups identified increased anxiety and stress for parents/families with children, the need for mental health for older adults, impact of social isolation due to aging issues, lack of resources in the community and lack of availability and navigation/education about available services as main concerns.

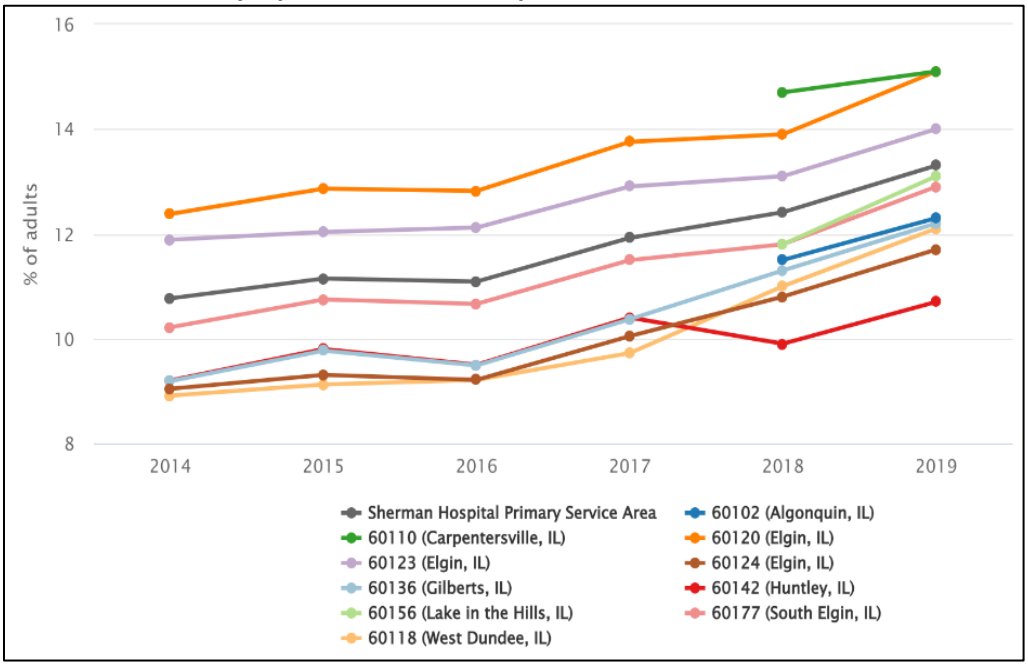
According to the 2021 McHenry County Healthy Community Study, a total of 15.0 percent of adults surveyed reported having felt sad, blue, or depressed on 14 or more days and 22.3 percent indicated having felt worried, tense, or anxious on 14 or more days. In addition, 29.0 percent of adults surveyed had been told by a health care professional that they have anxiety. More than one-third of adults surveyed (37.8 percent) stated mental health problems as one of the most important health concerns in McHenry County.

Poor Mental Health

In the PSA, 13.3 percent of resident adults ages 18 and older report 14 or more days during the past 30 days during which their mental health was not good. This is lower than the Illinois rate of 13.4 percent and slightly higher than the Kane County rate of 12.4 percent and McHenry County rate of 12.6 percent.

The zip codes in the PSA with highest rates of poor mental health are Elgin (60120) and Carpentersville (60110) at 15.1 percent and Elgin (60123) at 12.0 percent with all zip codes increasing over time as shown in Exhibit 37 (Metopio, PLACES, 2015-2019).

Exhibit 37: Advocate Sherman PSA by Zip Code Poor Self-Reported Mental Health Trend Over Time 2014-2019



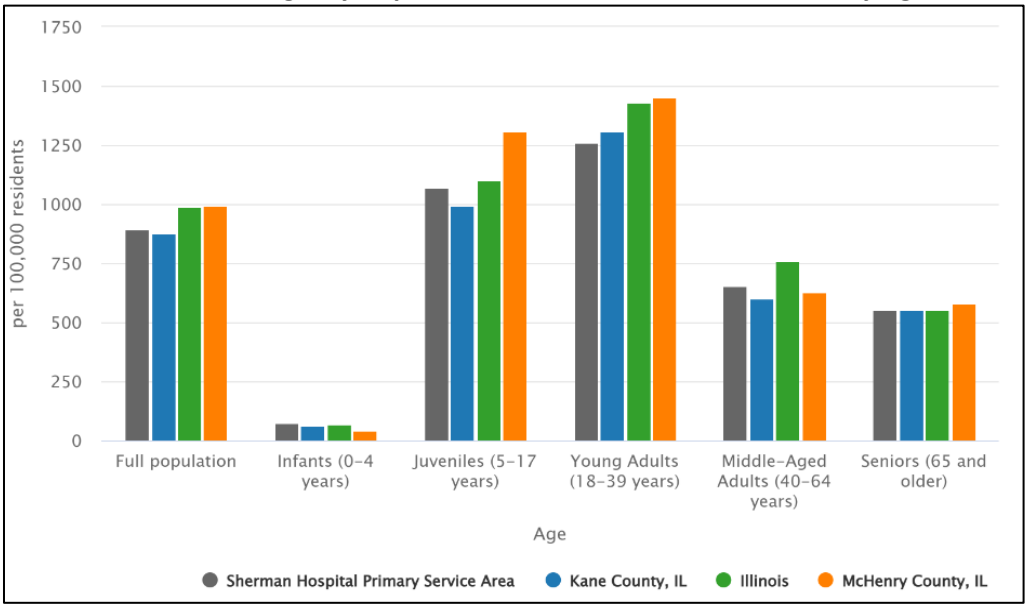
Source: Metopio, PLACES, 2022

Emergency Department Rates due to Mental Health

In the PSA, the ED rate due to mental health is 891.1 per 100,000 residents. This is lower than the Illinois rate of 988.6 per 100,000 residents and McHenry County rate of 994.2 per 100,000 residents, but higher than the Kane County rate of 879.7 per 100,000 residents. The zip codes in the PSA with the highest ED rate due to mental health are Elgin (60123) at 1,277.7 per 100,000 residents and Elgin (60120) at 1,033.4 per 100,000 residents.

Also, the rates are highest among the Non-Hispanic Black population at 2,649.5 per 100,000 residents, young adults (ages 18-39 years) at 1,261.9 per 100,000 residents and juveniles (ages 5-17 years) at 1,071.3 per 100,000 residents. Females (942.4 per 100,000 residents) are slightly higher than males (838.1 per 100,000 residents) (Metopio, IHA COMPdata Informatics, 2016-2020). Exhibit 38 shows the breakdown of emergency department rates due to mental health by age.

Exhibit 38: Advocate Sherman PSA Emergency Department Rate due to Mental Health by Age 2016-2020



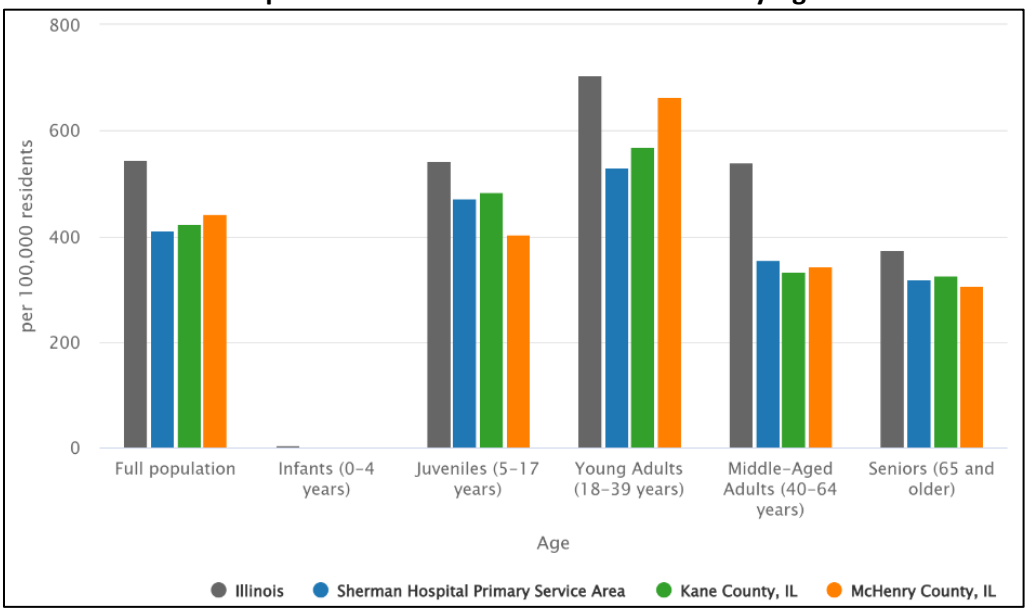
Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rates due to Mental Health

The hospitalization rate due to mental health in the PSA is 410.4 per 100,000 residents, which is lower than the Illinois rate of 543.6 per 100,000 residents, McHenry County rate of 441.9 per 100,000 residents and Kane County rate of 422.3 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rate due to mental health are Elgin (60123) at 634.3 per 100,000 residents, South Elgin (60177) at 526.6 per 100,000 residents and Elgin (60120) at 463.0 per 100,000 residents.

Also, the highest rates in the PSA are among the Non-Hispanic Black population at 1,155.8 per 100,000 residents, young adults (ages 18-39 years) at 530.6 per 100,000 residents and juveniles (ages 5-17 years) at 471.9 per 100,000 residents as shown in Exhibit 39 (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 39: Advocate Sherman PSA Hospitalization Rate due to Mental Health by Age 2016-2020



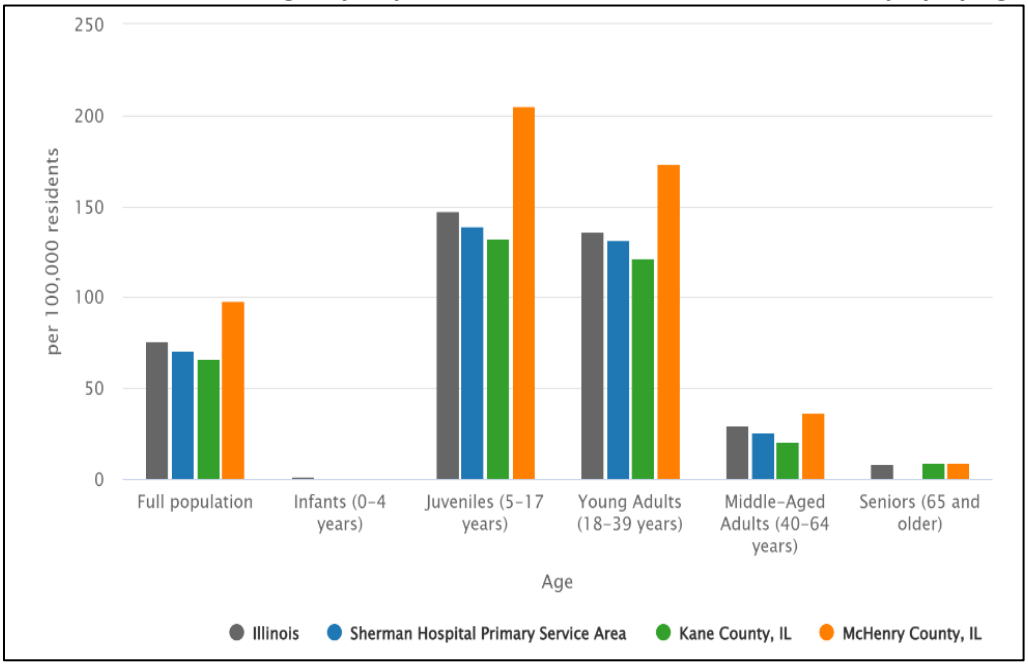
Source: Metopio, IHA COMPdata Informatics, 2022

Emergency Department Rate due to Suicide and Self-Injury

In the PSA, the ED rate due to suicide and self-injury is 70.7 per 100,000 residents. This rate is slightly higher than the Kane County rate 66.2 per 100,000 residents, but lower than the McHenry County rate of 98.2 per 100,000 residents and Illinois at 75.9 per 100,000 residents. It should be noted that this rate is very different from the rate presented to the Advocate Sherman Community Health Council in February 2022. The definition for this indicator has been updated by Metopio to match changes made by the CDC. The definition of "suicide/self-harm" has expanded to include additional diagnosis codes for occurrences like intentional poisoning and the variations of that diagnosis. The definition better reflects self-harm as a matter of public health. Data for the most recent year has been added and historical data have been updated to conform with this new definition to provide consistency over time.

The zip codes in the PSA with the highest ED rate due to suicide and self-injury are Lake in the Hills (60156) at 99.0 per 100,000 residents and Huntley (60142) at 94.5 per 100,000 residents. Also, the rates are highest in the PSA among the Non-Hispanic Black population at 104.1 per 100,000 residents and juveniles (ages 5-17 years) at 139.0 per 100,000 residents and young adults (ages 18-39 years) at 131.7 per 100,000 residents as shown in Exhibit 40 (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 40: Advocate Sherman PSA Emergency Department Rate due to Suicide and Self-Injury by Age 2016-2020



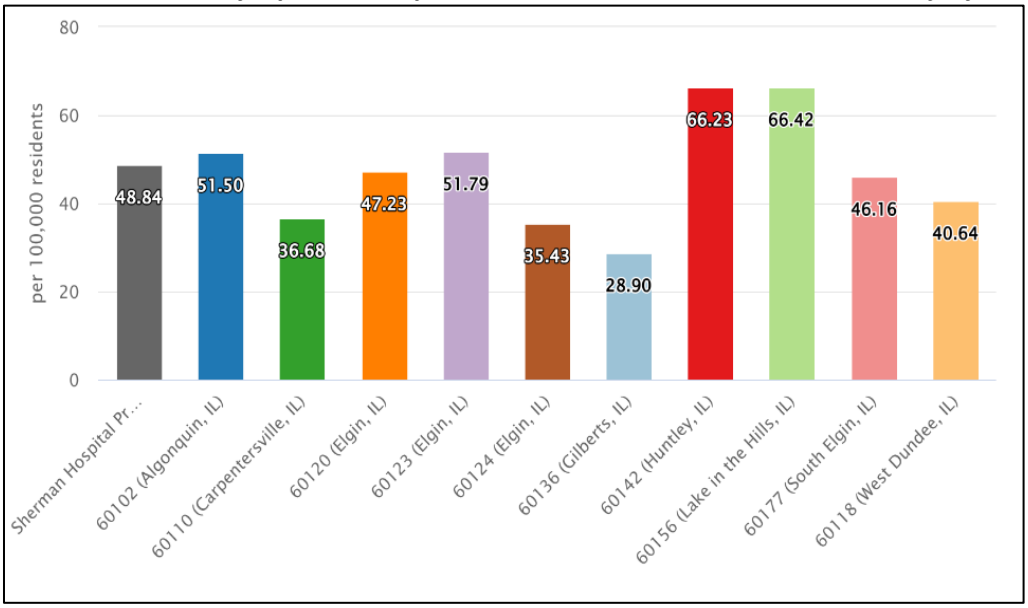
Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Suicide and Self-Injury

The hospitalization rate due to suicide and self-injury in the PSA is 48.8 per 100,000 residents, which is lower than the Illinois rate of 51.7 per 100,000 residents and McHenry County rate of 70.9 per 100,000 residents, and higher than the Kane County rate of 36.5 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rate due to suicide and self-injury are Lake in the Hills (60156) at 66.4 per 100,000 residents and Huntley (60142) at 66.2 per 100,000 residents as shown in Exhibit 41.

Also, the rates are highest in the PSA among the Non-Hispanic Black population at 78.3 per 100,000 residents, young adults (ages 18-39 years) at 94.6 per 100,000 residents and juveniles (5-17 years) at 51.1 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 41: Advocate Sherman PSA by Zip Code Hospitalization Rate due to Suicide and Self-Injury 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Suicide Mortality

In the United States, decisions about whether deaths are listed as suicides on death certificates are usually made by a coroner or medical examiner. The definition of suicide is "death arising from an act inflicted upon oneself with the intent to kill oneself." Suicide mortality in Illinois is 10.9 deaths per 100,000 residents, Kane County is 8.8 deaths per 100,000 residents and McHenry County is 10.5 deaths per 100,000 residents. In McHenry County, those that are Hispanic, or Latino have the highest suicide mortality at 7.2 deaths per 100,000 residents, males at 15.6 deaths per 100,000 residents and young adults (ages 18-39 years) at 15.7 deaths per 100,000 residents (Metopio, National Vital Statistics System-Mortality, 2016-2020).

According to the Kane County Coroner's Office, there were 46 deaths by suicide reported in 2021 with 80 percent being males. The age group with the highest rate of suicide in 2021 is 20-29 years and 50-59 years, followed by 30-39 years (Kane County Health Department, Kane County Coroner's Office, 2022). Kane County loses one resident to suicide every 8 ½ days (2022 Youth Voices Forum on Mental Health: Full Report, Kane County Health Department, Data from Kane County Coroner, 2021). Per CDC Wonder, there were 35 suicide deaths among McHenry County residents in 2021 (McHenry County Department of Health, 2022).

Youth Mental Health

According to the U.S. Surgeon General's Advisory report in 2021 titled "Protecting Youth Mental Health", from 2009 to 2019, the proportion of high school students reporting persistent feelings of sadness or hopelessness increased by 40 percent; the share of seriously considering attempting suicide increased by 36 percent; and the share of creating a suicide plan increased by 44 percent. Between 2007 and 2018, suicide rates among youth ages 10-24 years in the U.S. increased by 57 percent. Early estimates from the National Center of Health Statistics suggests there were tragically more than 6,600 deaths by suicide among the 10-24 years age group in 2020 (U.S. Surgeon General's Advisory, 2022).

2022 Youth Voices Forum on Mental Health, Kane County

The Kane County Health Department and Kane County Regional Office of Education, as part of the Kane County System of Care for Children's Mental Health, hosted the third annual Youth Voices Forum on Mental Health on February 23, 2022. This was a virtual event which created a safe space for high school students to have their voices heard as they

shared their thoughts, experiences and insights into youth mental health and current challenges being faced in Kane County.

When asked about living through the COVID-19 pandemic and times of great change, youth responded that the most common challenges included dealing with change and uncertainty during these times, isolation, loss of friends, overreliance on technology, and loss of normal social skills and activities. For the third year in a row of the youth forums, students identified the need for more mental health professionals in both school and community behavioral health settings. The youth also reported that stigma of mental health continues to be a barrier for many of their peers in seeking help. An emerging trend in this report were students who felt they were being perceived by friends/teachers as being high-achievers and not wanting to seek services due to worrying about burdening others when mental health support services/resources are limited.

As a result of this study, four major themes were identified by the students (1) the need for adults to recognize and validate they are still being affected by the COVID-19 pandemic including challenges, changes and losses that they have endured, (2) the need for improved access to formal and informal mental health services, professionals, and accurate information, (3) the stigma of mental health prevalent in our community and how this negatively impacts those seeking assistance, and (4) the fact that this generation is facing unique challenges due to their complex relationship with technology and social media which has been exacerbated by the COVID-19 pandemic (2022 Youth Voices Forum on Mental Health: Full Report, Kane County Health Department, 2022).

Illinois Youth Survey Results

According to the 2022 IYS Kane County Report, 17 percent of 10th graders and 13 percent of 12th graders answered yes to "seriously consider attempting suicide" in the past 12 months, which is an increase from 15 percent respectively in 2018. When asked "In the past 12 months have you felt so sad or hopeless almost every day for the two weeks or more in a row that you stopped doing some usual activities?", 39 percent of 8th graders, 42 percent of 10th graders and 42 percent of 12th graders answered yes, as shown in Exhibit 42 (Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2018, 2022).

Exhibit 42: Illinois Youth Survey Results for Mental Health 2018 and 2022

	Kane County Illinois Youth Survey Results						
	2018			2020	2022		
	8th Grade	10th Grade	12th Grade	COVID-19	8th Grade	10th Grade	12th Grade
Mental Health							
During the past 12 months did you ever…							
Seriously consisder attempting suicide	N/A	15%	15%		N/A	17%	13%
Feel so bad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities	34%	32%	34%		39%	42%	42%

Source: Center for Prevention Research and Development, Illinois Youth Survey, Kane County Reports, 2022

Alzheimer's Disease Mortality

The age-adjusted death rate due to Alzheimer's disease in Illinois is 25.9 deaths per 100,000 residents which is higher than Kane County at 16.5 deaths per 100,000 residents and McHenry County at 27.4 deaths per 100,000 residents. The rates in both counties have slowly increased over time. Additionally, the death rate due to Alzheimer's disease is highest among females in both Kane and McHenry Counties which is similar to Illinois and U.S. rates (Metopio, National Vital Statistics System-Mortality, Chicago Department of Public Health, 2016-2020).

Respiratory Disease

Adults with Current Asthma

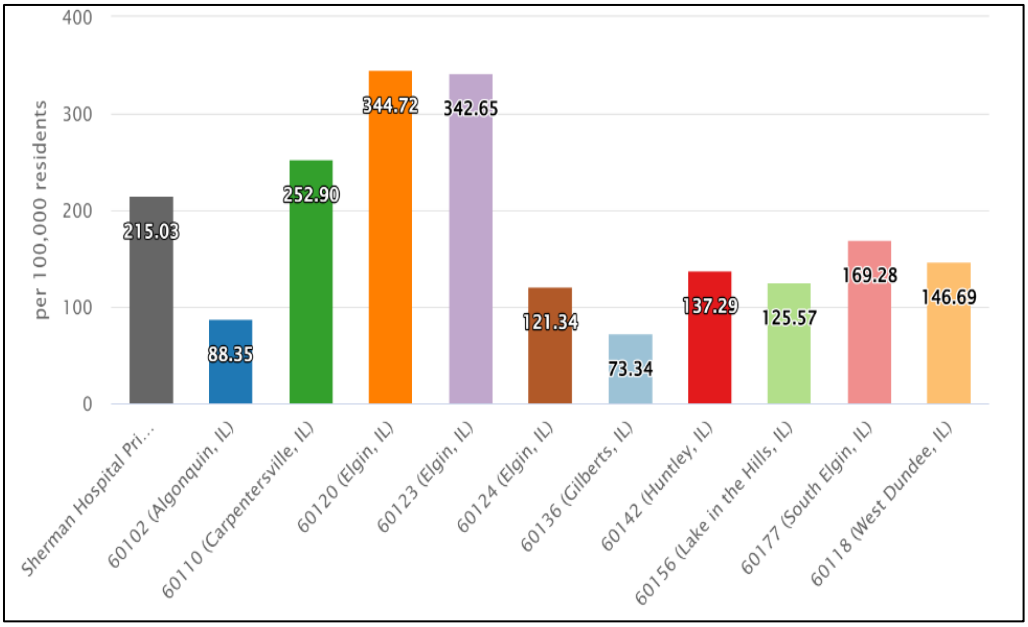
Residents with "Current Asthma" are those who answer "yes" both to both of the following questions: "Have you ever been told by a doctor, nurse, or other health professional that you have asthma?" and the question "Do you still have asthma?". In the PSA, 8.5 percent of residents currently have asthma. This is lower than Illinois at 8.7 percent and slightly higher than Kane County at 8.1 percent and McHenry County at 8.3 percent. The zip codes with the highest rates in the PSA are Elgin (60120) at 8.9 percent, Carpentersville (60110) and Elgin (60123) at 8.8 percent (Metopio, PLACES, BRFSS, 2019).

Emergency Department Rate due to Asthma

In the PSA, the ED rate due to asthma is 215.0 per 100,000 residents. This is lower than the Illinois rate of 292.7 per 100,000 residents and Kane County rate of 218.8 per 100,000 residents, and higher than the McHenry County rate of 155.6 per 100,000 residents. The zip codes with the highest ED rate due to asthma are Elgin (60120) at 344.7 per 100,000 residents and Elgin (60123) at 342.7 per 100,000 residents as shown in Exhibit 43.

Also, the rates are highest among residents who are Non-Hispanic Black at 1,809.4 per 100,000 residents and Juveniles (5-17 years) at 296.9 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 43: Advocate Sherman PSA by Zip Code Emergency Department Rate due to Asthma 2016-2020



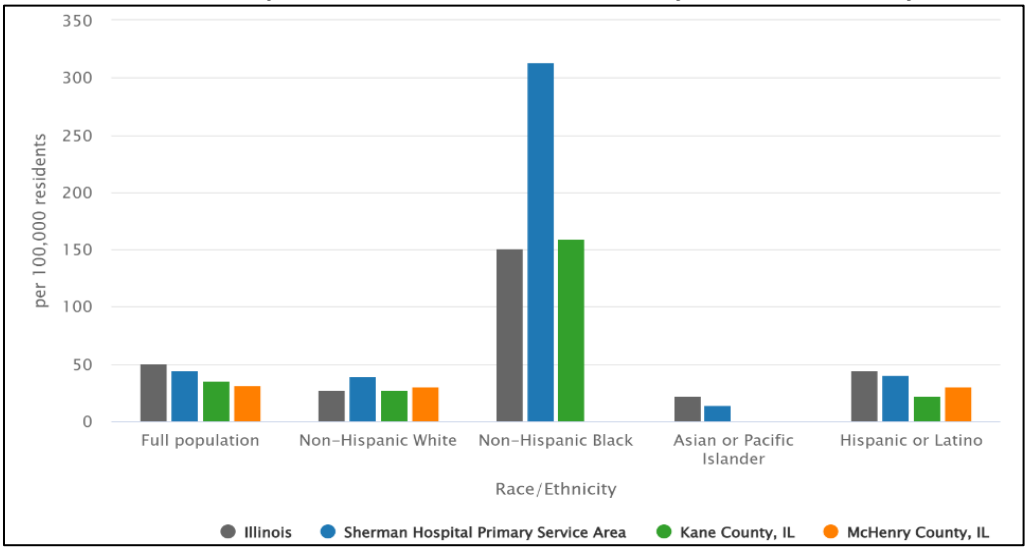
Source: Metopio, IHA COMPdata Informatics, 2022

Hospitalization Rate due to Asthma

The hospitalization rate due to asthma in the PSA is 45.1 per 100,000 residents, which is lower than the Illinois rate of 50.8 per 100,000 residents, but higher than the Kane County rate of 35.1 per 100,000 residents and McHenry County rate of 31.2 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rates due to asthma are Elgin (60120) at 66.1 per 100,000 residents and Carpentersville (60110) at 60.4 per 100,000 residents.

Also, the highest rates in the PSA are among Non-Hispanic Black residents at 313.2 per 100,000 residents and females at 60.0 per 100,000 residents. The age groups with the highest rates are seniors (ages 65 and older) at 75.5 per 100,000 residents and infants (0-4 years) at 74.0 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020). Exhibit 44 shows the hospitalization rate due to asthma by race and ethnicity.

Exhibit 44: Advocate Sherman PSA Hospitalization Rate due to Asthma by Race and Ethnicity 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

Emergency Department Rate due to Pneumonia/Flu

In the PSA, the ED rate due to pneumonia/flu is 590.3 per 100,000 residents. This is higher than the Illinois rate of 567.3 per 100,000 and the McHenry County rate of 529.2 per 100,000 residents, but lower than the Kane County rate of 622.1 per 100,000 residents. The zip codes in the PSA with the highest ED rates due to pneumonia/flu are Elgin (60123) at 868.6 per 100,000 residents and Elgin (60120) at 853.4 per 100,000 residents. Also, the highest rates in the PSA are among the Non-Hispanic Black population at 2,080.7 per 100,000 residents and infants (0-4 years) at 2,432.0 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Hospitalization Rate due to Pneumonia/Flu

The hospitalization rate due to pneumonia/flu in the PSA is 256.7 per 100,000 residents which is higher than the Illinois rate of 232.0 per 100,000 residents, Kane County rate of 204.2 per 100,000 residents and McHenry County rate of 250.8 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rates due to pneumonia/flu are Gilberts (60136) at 359.7 per 100,000 residents and Elgin (60123) at 318.3 per 100,000 residents. Also, the highest rates in the PSA are among the Non-Hispanic Black population at 574.9 per 100,000 residents and seniors (ages 65 and older) at 1,045.0 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

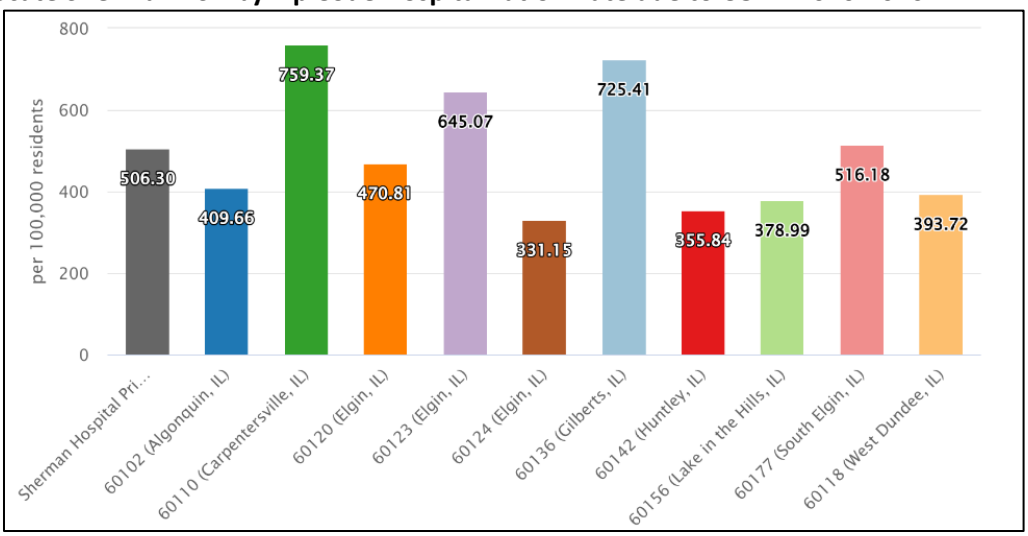
Emergency Department Rate due to COPD

In the PSA, the rate due to Chronic Obstructive Pulmonary Disease (COPD) is 341.0 per 100,000 residents. This is lower than the Illinois rate of 611.8 per 100,000 residents and McHenry County rate of 369.5 per 100,000 residents, but slightly higher than the Kane County rate of 338.5 per 100,000 residents. The zip codes in the PSA with the highest ED rates due to COPD are Elgin (60123) at 574.8 per 100,000 residents and Elgin (60120) at 429.9 per 100,000 residents. Also, the highest rates in the PSA are among the Non-Hispanic Black population at 3,012.4 per 100,00 residents and seniors (ages 65 and older) at 411.8 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Hospitalization Rate due to COPD

The hospitalization rate due to COPD in the PSA is 506.3 per 100,000 residents, which is higher than the Illinois rate of 483.3 per 100,000 residents, Kane County at 341.7 per 100,000 residents and McHenry County at 489.9 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rates due to COPD are Carpentersville (60110) at 759.4 per 100,000 residents and Gilberts (60136) at 725.4 per 100,000 residents as shown in Exhibit 45. Also, the rates highest in the PSA are among the Non-Hispanic Black population at 1,543.3 per 100,000 residents and seniors (ages 65 and older) at 994.7 per 100,000 residents. (Metopio, IHA COMPdata Informatics, 2016-2020).

Exhibit 45: Advocate Sherman PSA by Zip Code Hospitalization Rate due to COPD 2016-2020



Source: Metopio, IHA COMPdata Informatics, 2022

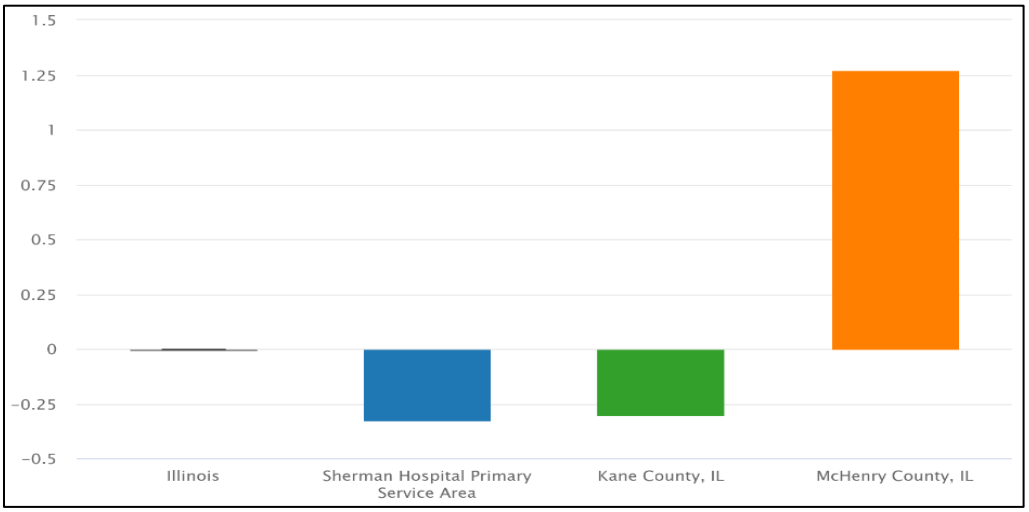
Impact of COVID-19

The Covid-19 pandemic brought profound changes to the way people work, communicate, learn, play, eat, socialize, and receive health care. COVID-19 raced across the American landscape bringing illness, suffering, economic struggle, and death to people across all racial, ethnic, and socioeconomic groups. COVID-19 shined an even brighter light on the health inequities experienced by low-income communities and communities of color. Notably, communities of color were disproportionately affected by the disease, its many difficult side effects, and higher death rates. Covid-19 continues to be a priority and as a health care system. AAH is proactively working with public health professionals and clinical experts to educate and improve health outcomes in our communities.

COVID-19 Risk Factor Score

The COVID-19 risk factor score is a score representing predicted risk of fatalities from COVID-19, built using data on chronic disease prevalence, hospitalization, and mortality as well as demographic characteristics. Higher scores indicate a greater predicted risk. The Sherman PSA score was -0.3244 in 2020, which is slightly higher than the score of Kane County (-0.3029) and lower than the score of McHenry County (1.271) (Metopio, UIC School of Public Health, 2020). Exhibit 46 shows the COVID-19 Risk Factor Score.

Exhibit 46: Advocate Sherman PSA COVID-19 Risk Factor Score 2020



Source: Metopio, UIC School of Public Health, 2022

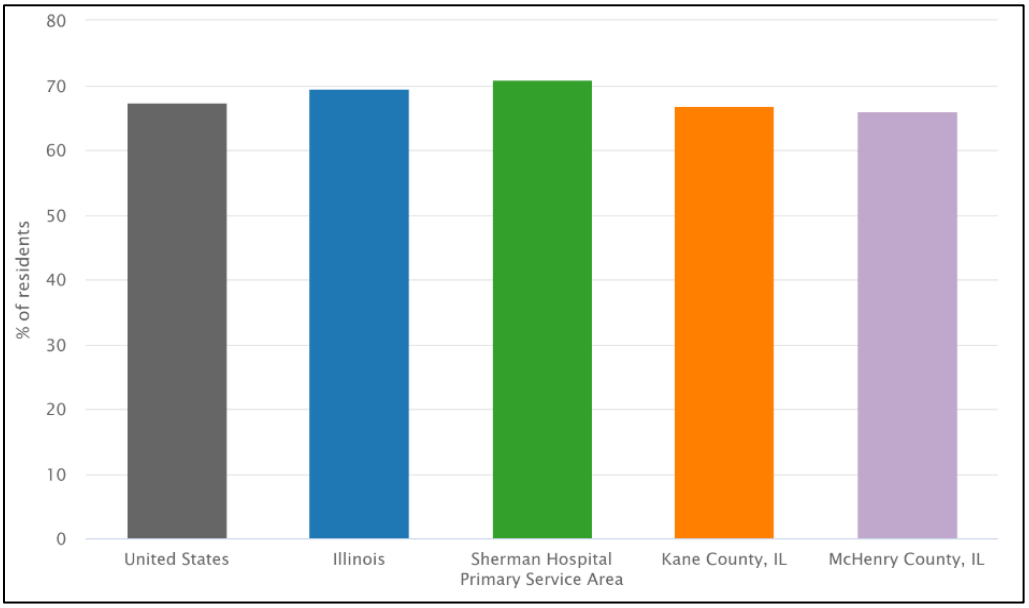
COVID-19 Death Rate

Confirmed deaths in Illinois from the SARS-CoV-2 virus that causes COVID-19 is 201.5 deaths per 100,000 residents. The Illinois rate is significantly higher than the death rates in both Kane County (166.3 deaths per 100,000 residents) and McHenry County (105.9 deaths per 100,000 residents) rates. These only include cases where the underlying or contributing cause of death was the virus, meaning that the patient had to have a confirmed test result for the virus. The true number of deaths from the virus is higher by an unknown amount. These case counts are extremely biased by where testing and resources are available. Some patients expire at home and are never tested for SARS-CoV-2 (Metopio, Various state health departments, 2020).

Vaccination Completion Rate

The COVID-19 vaccination completion rate is 70.8 percent in the Sherman PSA, which is higher than the Illinois rate of 69.5 percent. This rate captures the percentage of the population that has completed the vaccine series: the first dose of a one-dose series, the second dose of a two-dose series. The COVID-19 vaccination completion rate is lower in Lake County (66.6 percent) than McHenry County (66.0 percent). The zip codes in the PSA with the highest vaccination rates are Elgin (60124) at 80.9 percent and Huntley (60142) at 79.1 percent (Metopio, Illinois Department of Public Health, 2021). Exhibit 47 shows the COVID-19 Vaccination Completion Rate.

Exhibit 47: Advocate Sherman PSA COVID-19 Vaccination Completion Rate 2021



Source: Metopio, Illinois Department of Public Health, 2022

<u>Other Chronic Diseases or Conditions</u>

Emergency Department Rate due to Dental Problems

In the PSA, the ED rate due to dental problems is 299.5 per 100,000 residents. Dental problems include any claims stemming from a problem with the teeth. The PSA rate is lower than the Illinois rate of 458.9 per 100,000 residents and higher, the Kane County rate of 298.7 per 100,000 residents and the McHenry County rate of 276.9 per 100,000 residents. The zip codes in the PSA with the highest ED rates due to dental problems are Elgin (60123) at 432.1 per 100,000 residents and Elgin (60120) at 325.0 per 100,000 residents. Also, the highest rates in the PSA are among the Non-Hispanic Black population at 1,879.7 per 100,00 residents and young adults (ages 18-39 years) at 445.9 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Emergency Department Rate due to Dehydration
In the PSA, the ED rate due to dehydration is 122.2 per 100,000 residents. This rate is lower than Illinois at 170.9 per 100,000 residents, Kane County at 132.3 per 100,000 residents and McHenry County at 184.9 per 100,000 residents. The zip codes in the PSA with the highest ED rates due to dehydration are Huntley (60142) at 159.4 per 100,000 residents and Elgin (60123) at 148.5 per 100,000 residents.

Also, the rates are highest in the PSA among the Non-Hispanic Black population at 221.3 per 100,000 residents, females at 137.2 per 100,000 residents and seniors (ages 65 and older) at 253.3 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Hospitalization Rate due to Dehydration
In the PSA, the hospitalization rate due to dehydration is 181.4 per 100,000 residents. This rate is higher than the Illinois rate at 154.6 per 100,000 residents and Kane County at 131.6 per 100,000 residents and lower than McHenry County at 184.4 per 100,000 residents. The zip codes in the PSA with the highest rates are Elgin (60123) at 233.1 per 100,000 residents and South Elgin (60177) at 189.8 per 100,000 residents.

Also, the rates are highest in the PSA among the Non-Hispanic Black population at 510.7 per 100,000 residents, females at 197.2 per 100,000 residents and seniors (ages 65 and older) at 673.4 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Emergency Department Rate due to Urinary Tract Infections
In the PSA, the ED rate due to Urinary Tract Infections (UTIs) is 725.9 per 100,000 residents, which is higher than McHenry County at 567.7 per 100,000 residents and lower than Illinois at 781.5 per 100,000 residents and Kane County at 736.4 per 100,000 residents. The zip codes in the PSA with the highest rates are Elgin (60123) at 1,039.8 per 100,000 residents and Elgin (60120) at 978.8 per 100,000 residents.

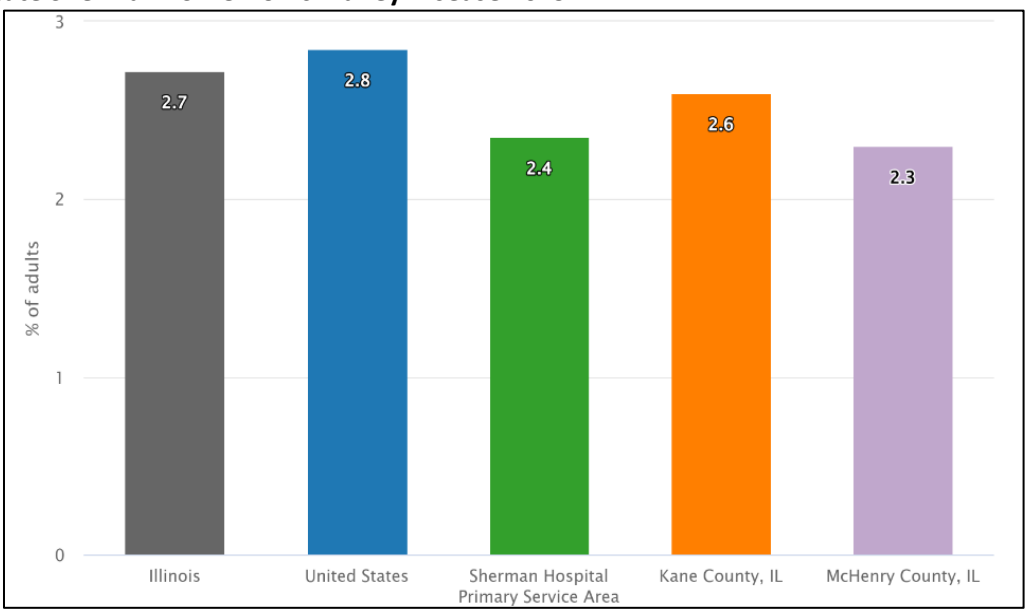
Also, the rates are highest in the PSA among the Non-Hispanic Black population at 2,251.0 per 100,000 residents, females at 1,173.6 per 100,000 residents and seniors (ages 65 and older) at 1,009.3 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Hospitalization Rate due to Urinary Tract Infections
In the PSA, the hospitalization rate due to UTIs is 172.6 per 100,000 residents. This rate is higher than Illinois (143.7 per 100,000 residents, Kane County (123.6 per 100,000 residents) and McHenry County (153.9 per 100,000 residents). The zip codes in the PSA with the highest hospitalization rates are Gilberts (60136) at 233.6 per 100,000 residents and Elgin (60123) at 229.0 per 100,000 residents.

Also, the rates are highest in the PSA among the Non-Hispanic White population at 213.1 per 100,000 residents, females at 248.3 per 100,000 residents and seniors (ages 65 and older) at 664.5 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Chronic Kidney Disease
In the PSA, 2.4 percent of adults aged 18 and older reported having been told they have kidney disease. This is lower than the Illinois rate of 2.7 percent and Kane County rate of 2.6 percent but slightly higher than McHenry County rate of 2.3 percent as shown in Exhibit 48. The zip code in the PSA with the highest percent of kidney disease is Huntley (60142) at 3.1 percent (Metopio, PLACES, BRFSS, 2019).

Exhibit 48: Advocate Sherman PSA Chronic Kidney Disease 2019



Source: Metopio, PLACES, BRFSS, 2022

5. Maternal, Child and Reproductive Health

Prenatal Care

Prenatal Care in First Trimester

Prenatal care is defined as mothers who began prenatal care for their baby within the first trimester of pregnancy. The percentage of prenatal care in the first trimester in Illinois is 78.2 percent, in Kane County is 78.0 percent and in McHenry County is 81.6 percent (Metopio, Illinois Department of Public Health, 2016-2018).

Births with at Least One Maternal Risk Factor

In Kane County, 18.8 percent of births were to mothers where the mother has at least one of the following conditions: chronic hypertension, eclampsia, diabetes, tobacco use or pregnancy-associated hypertension. This rate is lower when compared to Illinois at 22.4 percent of births and similar to McHenry County at 18.7 percent of births. In Kane County, the highest rate of concern is among Native American mothers at 33.3 percent of births and in McHenry County the highest concern is among mothers of two or more races (Metopio, National Vital Statistics System-Natality, 2016-2020).

Key findings: Maternal, Child and Reproductive Health

- Teen birth rates have been significantly decreasing over time.
- Infant mortality rates are highest in both Kane and McHenry Counties among the Non-Hispanic Black population.
- Sexually Transmitted Infections have been steadily increasing over time in both Kane and McHenry Counties.

Births to Mothers with Obesity

In Kane County, 30.2 percent of births are to mothers who are obese (which means Body Mass Index (BMI) is 30 or above), which is higher than Illinois at 28.4 percent, McHenry County at 28.2 percent and U.S. at 27.3 percent.

When stratified by race and ethnicity, the rate of births to mothers with obesity in Kane County is highest among the Non-Hispanic Black population at 38.5 percent and the Hispanic or Latino population at 36.0 percent (Metopio, National Vital Statistics System-Natality (NVSS-N), CDC Wonder, 2016-2020).

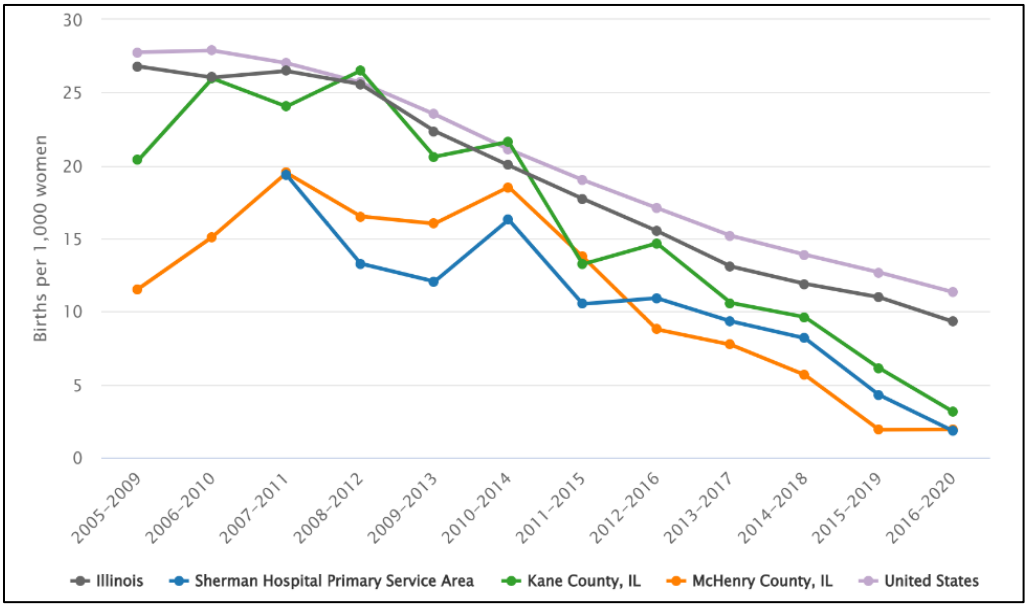
Birth Outcomes

Pre-Term Births (Less than 37 Weeks Gestation)
In Kane County, 12.2 percent of live births are considered pre-term births (less than 37 weeks gestation). This is lower than Illinois at 12.1 percent and higher than the U.S. at 11.7 percent and McHenry County at 10.3 percent of live births. In all areas, this rate is highest among the Non-Hispanic Black population (Metopio, National Vital Statistics System-Natality, CDC Wonder 2016-2020).

Babies with Very Low Birth Weight
In Kane County, 1.3 percent of live births are with a birth weight of less than 1,500 grams (3 pounds, 4 ounces). This is slightly lower than the U.S. and Illinois rate of 1.4 percent and higher than McHenry County at 0.9 percent. Also, the rates are highest among the Non-Hispanic Black population (Metopio, National Vital Statistics System-Natality, CDC Wonder 2016-2020).

Teen Birth Rate
Teen birth rate is among women ages 15-19 years with a birth in the past year and does not include births to women below the age of 15. The teen birth rate for the PSA is 1.8 births per 1,000 women which is lower when compared to Kane County at 3.1 births per 1,000 women and McHenry County at 1.9 births per 1,000 women. Teem birth rate has been trending down over time as shown in Exhibit 49 (Metopio, American Community Survey, 2016-2020).

Exhibit 49: Advocate Sherman PSA Teen Birth Rate Trend Over Time 2005-2020



Source: Metopio, American Community Survey, 2022

Infant Mortality
In Kane County, the infant mortality rate is 4.9 deaths per 1,000 live births. This is higher than McHenry County at 4.0 deaths per 1,000 live births, but lower than the U.S. at 5.8 deaths per 1,000 live births and Illinois at 6.1 deaths per 1,000 live births. Infant mortality rates are highest in the Non-Hispanic Black population (Metopio, National Vital Statistics System-Natality, CDC Wonder 2015-2019).

Sexually Transmitted Infections

Sexually transmitted infection (STI) rates include chlamydia, gonorrhea, syphilis, and HIV/AIDS with more than half of these cases being from chlamydia alone. The STI rate for Kane County is 500.2 cases per 100,000 residents. This is higher than McHenry County at 264.0 cases per 100,000 residents and lower than Illinois at 837.5 cases per 100,000

residents and U.S. at 745.3 cases per 100,000 residents (Metopio, National Center for HIV/AIDs, Viral Hepatitis, STD, and TB Prevention, 2018).

Chlamydia
Chlamydia is a common sexually transmitted disease, especially in young women ages 15-24 years. Chlamydia is easily cured with antibiotics but if left untreated, it can lead to serious health problems, such as pelvic inflammatory disease. The prevalence of chlamydia in Kane County is 407.7 cases per 100,000 residents. This is higher than McHenry County at 229.4 cases per 100,000 residents and lower than Illinois at 604.0 cases per 100,000 residents and U.S. at 539.9 cases per 100,000 residents (Metopio, National Center for HIV/AIDs, Viral Hepatitis, STD, and TB Prevention, 2018).

Gonorrhea
Gonorrhea is a sexually transmitted infection that is especially common among teenagers and young adults. Untreated gonorrhea can cause serious and permanent health problems in both women and men. The prevalence of gonorrhea in Kane County is 77.8 cases per 100,000 residents. This is higher than McHenry County at 27.2 cases per 100,000 residents and lower than Illinois at 198.6 cases per 100,000 residents and U.S. at 179.1 cases per 100,000 residents (Metopio, National Center for HIV/AIDs, Viral Hepatitis, STD, and TB Prevention, 2018).

Syphilis
Syphilis is a sexually transmitted disease that progresses through a series of clinical stages and can cause long-term complications if not treated correctly. Possible complications of untreated syphilis include neurosyphilis and ocular syphilis which results in visual impairment or blindness and cardiovascular disease. The prevalence of syphilis in Kane County is 7.6 cases per 100,000 residents. This is higher than McHenry County at 2.0 cases per 100,000 residents and is lower than Illinois at 22.4 cases per 100,000 residents and U.S. at 22.6 cases per 100,000 residents (Metopio, National Center for HIV/AIDs, Viral Hepatitis, STD, and TB Prevention, 2018).

6. Environment

Why is this important?

Many people face challenges and dangers they can't control - like unsafe neighborhoods, discrimination, or trouble affording the things they need. This can have a negative impact on health and safety throughout life. This is commonly referred to as the Social Drivers of Health (SDOH) which 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. Social drivers of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills.

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. Reduced consumption of healthy foods can raise their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy

Key findings: Environment

- In the PSA, 9.8 percent of the population is experiencing food insecurity. Zip codes in the PSA with the highest rates of food insecurity are Elgin (60123) at 11.0 percent, Elgin (60120) at 10.9 percent, West Dundee (60118) at 10.7 percent and Carpentersville (60110) at 10.5 percent.
- In the PSA, 65.9 percent of residents are considered to have low access to food with the highest concern being children (0-17 years) at 65.9 percent and seniors (ages 65 and older) at 64.5 percent.
- Violent crime, homicide and motor vehicle traffic mortality rates in both Kane and McHenry Counties are all significantly lower than the Illinois and U.S. rates.

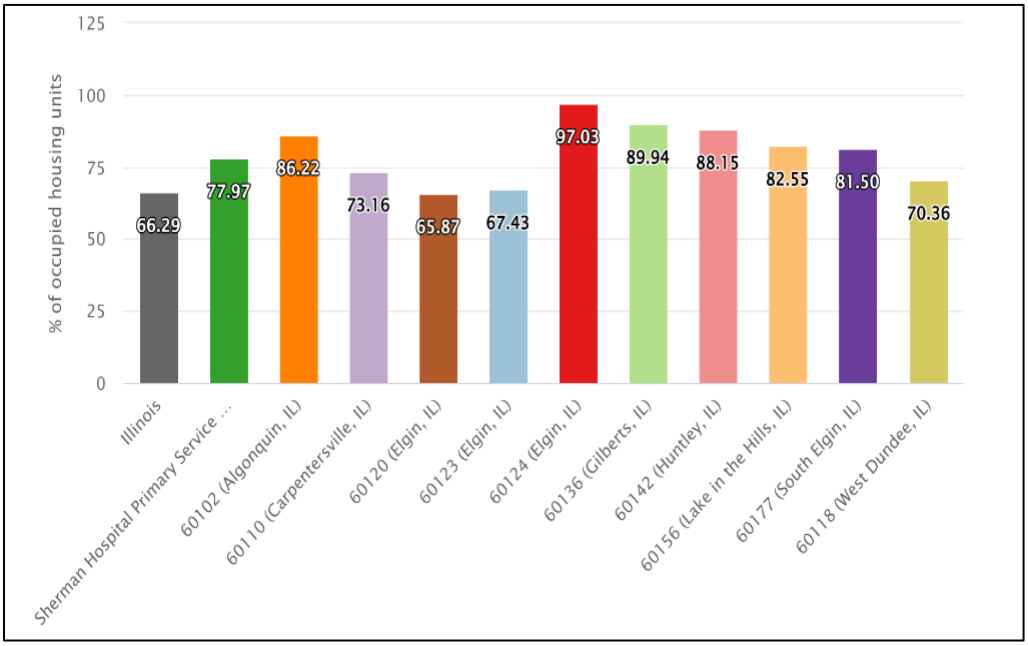
foods. Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments (Healthy People 2030 Healthy People 2030 | health.gov).

Housing

Owner Occupied Housing Units

A total of 78.0 percent of occupied housing units in the PSA are owner occupied, which is higher than the U.S. at 64.4 percent, Illinois at 66.3 percent and Kane County at 74.6 percent and lower than McHenry County at 80.1 percent. The zip codes in the PSA with the lowest owner-occupied housing units is Elgin (60120) at 65.9 percent and Elgin (60123) at 67.4 percent of occupied housing units. In the PSA, the lowest rate of ownership is among the Non-Hispanic Black population at 55.2 percent and Hispanic or Latino population at 68.2 percent (Metopio, American Community Survey, 2016-2020). Exhibit 50 shows homeownership by zip code in the PSA.

Exhibit 50: Advocate Sherman PSA by Zip Code Owner Occupied Housing Units 2016-2020



Source: Metopio, American Community Survey, 2022

Severely Rent-Burdened

A total of 22.3 percent of households in the PSA are spending more than 50 percent of income on rent and are considered to be severely rent-burdened. The PSA rate is lower than Kane County at 23.1 percent and higher than Illinois at 22.1 percent and McHenry County at 21.6 percent. The zip codes in the PSA with the highest rates are Algonquin (60102) at 31.3 percent and Elgin (60120) at 24.8 percent (Metopio, American Community Survey, 2016-2020).

Transportation

Households Without a Vehicle

In the PSA, 4.3 precent of occupied households have no vehicles available. This rate is lower than U.S. at 8.5 percent, Illinois at 10.7 percent and similar to Kane County at 4.3 percent and McHenry County at 3.8 percent. The zip codes in the PSA with the highest rates are Algonquin (60102) at 6.3 percent and Elgin (60123) at 6.1 percent (Metopio, American Community Survey, 2016-2020).

Mean Travel Time to Work

The average travel time to work in the PSA is 30.8 minutes which is similar when compared to the U.S. (26.9 minutes), Illinois (29.0 minutes), Kane County (29.2 minutes) and McHenry County (32.0 minutes). The zip codes in the PSA with the longest travel time to work are Lake in the Hills (60156) at 35.1 minutes and Huntley (60142) and Algonquin (60102) at 33.5 minutes (Metopio, American Community Survey, 2016-2020).

Particulate Matter

Particulate Matter (PM 2.5) Concentration

Particulate Matter (PM 2.5) Concentration is an annual average concentration in micrograms per cubic meter (µg/m3). PM 2.5, or particulate matter smaller than 2.5 microns in diameter, is one of the most dangerous pollutants because the particles can penetrate deep into the alveoli of the lungs. Common sources of PM 2.5 emissions include power plants and industrial facilities. Secondary PM 2.5 can form from gases, such as oxides of nitrogen (NOx) or sulfur dioxide (SO2), reacting in the atmosphere. Health concerns associated with exposure to PM 2.5 include elevated risk of premature mortality from cardiovascular diseases or lung cancer and increase health problems such as asthma attacks.

In the PSA, the PM 2.5 concentration is 9.8 micrograms per cubic meter, which is lower than Kane County (10.0 micrograms per cubic meter) and higher than Illinois and McHenry County which are both at 9.2 micrograms per cubic meter. The zip codes in the PSA with the highest PM 2.5 concentration are South Elgin (60177) and Elgin (60120) both at 10.2 micrograms per cubic meter (Metopio, Environmental Protection Agency (EPA); EJScreen: Environmental Justice screening, 2021).

Particulate Matter Environmental Justice Index

The Particulate Matter Environmental Justice Index is the weighted index of vulnerability to particulate matter. This measures exposure to PM 2.5 in the air, weighted by population vulnerability and reported as a percentile nationally, where 0 = lowest exposure, and 100 = highest exposure. The PSA weighted index of vulnerability to particulate matter is in the 42.1 percentile, which is higher than Illinois (17.5 percentile) and McHenry County (17.7 percentile) but lower than Kane County (49.1 percentile). The zip codes in the PSA with the highest rating is South Elgin (60177) at 56.7 percentile and Elgin (60120) at 56.5 percentile (Metopio, Environmental Protection Agency (EPA); EJScreen: Environmental Justice screening, 2021).

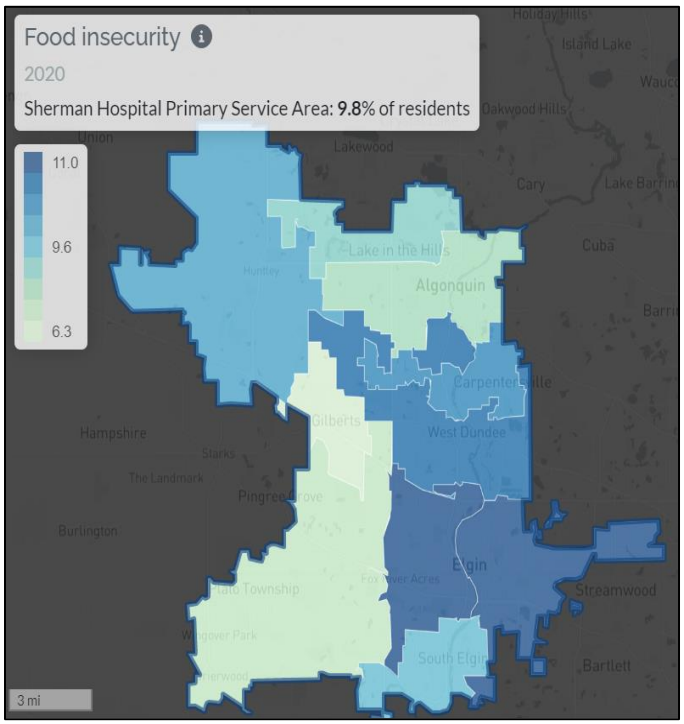
Food Security and Access to Healthy Foods

Food Insecurity Rate

Food insecurity is the household-level economic and social condition of limited or uncertain access to adequate food, as represented in USDA food-security reports. In the PSA, 9.8 percent of the population is experiencing food insecurity at some point. This rate is lower than the U.S. at 17.4 percent, Illinois at 15.1 percent, Kane County at 12.2 percent and McHenry County at 11.3 percent.

The zip codes in the PSA with the highest rates for food insecurity are Elgin (60123) at 11.0 percent, Elgin (60120) at 10.9 percent, West Dundee (60118) at 10.7 percent) and Carpentersville (60110) at 10.5 percent as shown in Exhibit 51. Additionally, food insecurity rates among children ages 0-17 years are 21.6 percent in Illinois with is higher than Kane County at 18.3 percent and McHenry County at 17.2 percent (Metopio, Feeding America, Map the Meal Gap,2020).

Exhibit 51: Map of Advocate Sherman PSA Food Insecurity Rate 2020

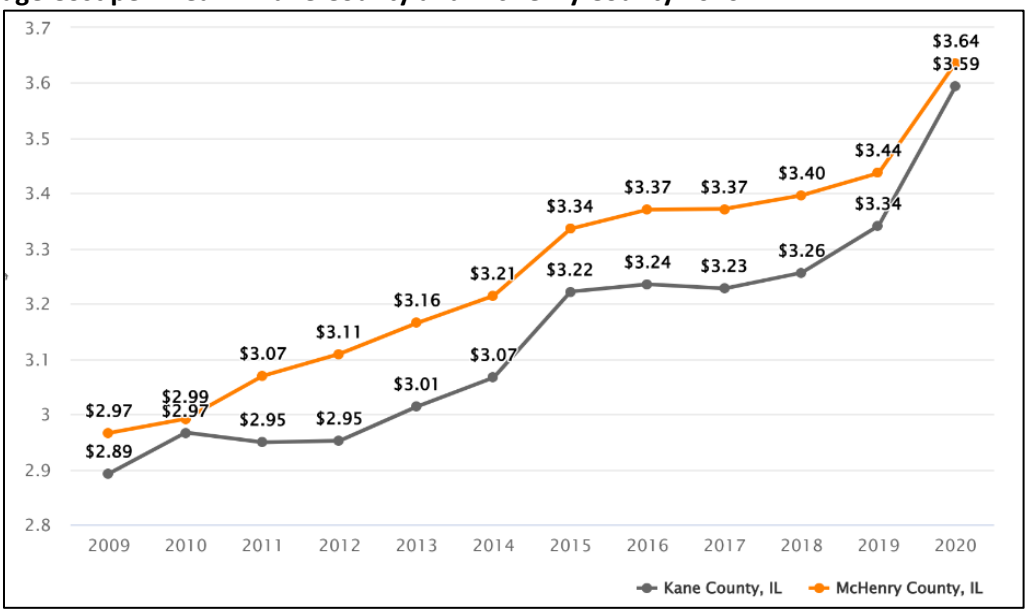


Source: Metopio, Feeding America, Map the Meal Gap, 2022

Average Cost per Meal

In Kane County, the 2020 average cost per meal was $3.59, while the average cost in McHenry County is $3.64. Both county's average meal costs are higher than the average cost in Illinois ($3.36) and the US ($3.40). Kane and McHenry County's average cost per meal has been increasing steadily over time, which is shown in Exhibit 52 (Metopio, Feeding America, Map the Meal Gap, 2020).

Exhibit 52: Average Cost per Meal in Kane County and McHenry County 2020



Source: Metopio, Feeding America, Map the Meal Gap, 2020

Low Food Access

Low food access is defined solely by distance: further than ½ mile from the nearest supermarket in an urban area or further than ten miles in a rural area. In the PSA, 65.9 percent of residents are considered to have low access to food. This rate is higher than the rates of Illinois at 49.9 percent, Kane County at 59.4 percent and McHenry County at 63.2 percent. In the PSA, low food access is highest among the Asian or Pacific Islander population (67.9 percent), children (0-17 years) at 65.9 percent, seniors (ages 65 and older) at 64.5 percent (Metopio, USDA, 2019).

Living in Food Deserts

A food desert is defined as being low-income and further than one mile from a supermarket in urban areas or 20 miles in a rural area. In the PSA, 4.6 percent of residents are living in food deserts. This is higher than Illinois at 4.4 percent and Kane County at 3.5 percent and lower than McHenry County at 6.3 percent. The zip codes in the PSA with the highest rates of living in a food desert are Lake in the Hills (60156) at 9.2 percent and West Dundee (60118) at 6.2 percent (Metopio, USDA, 2019).

Social Environment and Community Safety

Unintentional Falls

Emergency Department Visit Rate due to Unintentional Falls

Unintentional falls include those from vehicles, recreational accidents, trips and falls and other unintentional falls for those ages 18 and older. In the PSA, the ED visit rate for unintentional falls is 1,940.5 per 100,000 residents. This rate is higher than Kane County at 1,706.7 per 100,000 residents, but lower than Illinois at 1,998.5 per 100,000 residents and McHenry County at 2,303.8 per 100,000 residents. The zip codes in the PSA with the highest rates for unintentional falls is Elgin (60123) at 2,472.4 per 100,000 residents and South Elgin (60177) at 2,171.0 per 100,000 residents. In the PSA, females have a higher rate at 2,288.9 per 100,000 residents compared to males at 1,573.4 per 100,000 residents. Additionally, unintentional fall rates are highest in the PSA among the Non-Hispanic Black population at 3,725.9 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Hospitalization Rate due to Unintentional Falls

In the PSA, the hospitalization rate due to unintentional falls is 580.0 per 100,000 residents, which is higher than the Illinois rate of 496.9 per 100,000 residents and Kane County at 440.2 per 100,000 residents but lower than the McHenry County rate of 678.0 per 100,000 residents. Hospitalization rates for unintentional falls in the PSA are highest among the Non-Hispanic White population at 748.1 per 100,000 residents and females at 648.5 per 100,000 residents. The zip codes in the PSA with the highest hospitalization rates are Gilberts (60136) at 672.4 per 100,000 residents and Elgin (60123) at 669.7 per 100,000 residents (Metopio, IHA COMPdata Informatics, 2016-2020).

Fall Mortality

Fall mortality is defined as a death occurring due to unintentional falls. The fall mortality rate in the U.S. is 9.3 deaths per 100,000 and Illinois is 7.5 deaths per 100,000 residents. Kane County is 8.1 deaths per 100,000 residents and the highest is McHenry County at 13.1 deaths per 100,000 residents of which both counties are significantly trending upward (Metopio, National Vital Statistics System-Mortality, 2016-2020).

Violent Crime Rate

Crimes related to violence (yearly rate) includes homicide, criminal sexual assault, robbery, aggravated assault, and aggravated battery. The rate for Kane County is 214.3 crimes per 100,000 residents and McHenry County is 93.8 crimes per 100,000 residents which are both significantly lower than Illinois at 425.1 crimes per 100,000 residents and U.S. at 391.0 crimes per 100,000 residents (Metopio, FBI Crime Data Explorer, 2016-2020).

Homicide

Homicide crimes (yearly rate) are defined as first- or second-degree murder: the killing of one human being by another. The Homicide rate for Kane County is 2.3 crimes per 1000,000 residents and McHenry County is 0.9 crimes per 100,000 residents which are both significantly lower than Illinois at 7.8 crimes per 100,000 residents and U.S. at 5.5 crimes per 100,000 residents, with all areas trending upward (Metopio, FBI Crime Data Explorer, 2016-2020).

Motor Vehicle Traffic Mortality
The deaths related to motor vehicle traffic in Kane County is 6.3 deaths per 100,000 residents. This rate is the lowest when compared to McHenry County and Illinois both at 8.9 deaths per 100,000 residents and the U.S. at 11.5 deaths per 100,000 residents (Metopio, National Vital Statistics System-Mortality, 2016-2020).

IV. Prioritization of Health-Related Issues

Priority Setting Process

Advocate Sherman community health staff presented extensive community data to the community health council in a series of four meetings over a four-month period. Indicators presented included demographic, economic, education, employment, social drivers of health and health status and behaviors. In the final meeting, the Community Health Council (CHC) members voted using an online ranking pole to select the two health priorities to focus on in 2022-2024 Advocate Sherman Implementation Plan. The eight most significant health issues presented are listed below:

- Behavioral Health (Mental Health and Substance Use)
- Cardiovascular Diseases
- Diabetes
- Maternal, Fetal, Infant Health
- Obesity
- Respiratory Diseases
- Sexually Transmitted Infections
- Unintentional Falls

A profile of cancer data was provided to the CHC; however, cancer is already being addressed as a priority health need through the hospital's internal requirements for the Commission on Cancer. Additionally, COVID-19 was also identified as a separate health need. Both cancer and COVID-19 were not included in the voting.

The health issues selected were:

- Behavioral Health (Mental Health and Substance Use)
- Obesity

Health Needs Selected

Behavioral Health
Behavioral health was again selected as the first health priority for the CHNA and includes both mental health and substance use. The CHC determined the strong connection between mental health and substance use based on the data presented at the meetings. While the rates of both substance use and mental health continue to increase over time in the PSA, counties and state, the data suggests that more work needs be done to address the ever-growing need for additional services, access to programs and support services in our communities.

Both the Kane and McHenry County Health Departments have identified behavioral health as a health priority in their respective community health improvement plans. Advocate Sherman also selected behavioral health as a priority in the last CHNA cycle and will continue with this priority due to the continual rise in substance use and mental health rates across the PSA.

Obesity
Obesity was again selected as the second health priority for the CHNA. The prevalence of obesity continues to rise across the United States, Illinois, Kane County, McHenry County, and Advocate Sherman PSA, which increases the risk of chronic diseases and health conditions such as diabetes, heart disease, cancer and more. The CHC selected obesity as a priority to also include work around food insecurity, healthy eating, physical activity, and the close connection to chronic health conditions.

Advocate Sherman identified obesity as a health priority in the last CHNA cycle and will continue with this priority due to the continual rise in obesity rates along with the demonstrated link between obesity and many chronic health conditions.

Health Need Not Selected

Cardiovascular
Cardiovascular disease was not selected due to the improving rates of emergency room visits and hospitalization rates in the PSA. Advocate Sherman continues to focus on a robust program for cardiac services included the Complete Care Center (CCC). The CCC includes noninvasive cardiology services, heart failure recovery, neurodiagnostic, anti-coagulation, health management resources (HMR) weight management program, diabetes, wound care and hyperbaric oxygen therapy. The council selected to continue focusing on obesity as a health priority, which has a direct correlation to heart disease.

Diabetes
Although diabetes was not selected as a priority for the next implementation plan, being a chronic condition that is attributed to obesity, diabetes will be included as an action item under obesity. Advocate Sherman has a comprehensive program targeted to vulnerable patients in the PSA and will continue these efforts going forward.

Maternal, Fetal and Infant Care
Maternal, fetal and infant care was not selected as a health priority based on the data presented in the CHNA. Advocate Sherman works collaboratively with the local health departments and federally qualified health centers focusing on maternal, fetal, infant health in the community. Advocate Sherman continues to be a Baby-Friendly hospital focusing on positive outcomes for both mom and baby. Based on these efforts, the CHC did not feel that this health need was a priority for this CHNA cycle.

Respiratory
There is currently work being done at the PSA and county level to address respiratory diseases such as asthma, COVID-19, COPD, pneumonia, and flu. This includes patients at Advocate Sherman who are identified with asthma, pneumonia, COPD, or COVID, who are referred to the Advocate Sherman Mobile Integrated Health Community Paramedicine Program, and the program has demonstrated a decrease in emergency room visits and hospital readmissions. Advocate Sherman community health staff work collaboratively with local health departments, Cancer Care Center and American Cancer Society to coordinate lung cancer screenings and prevention efforts for respiratory conditions. The council decided to continue focusing on other health issues as priorities, given that some current programs are in place at this time.

Sexually Transmitted Infections
Although sexually transmitted infections are a considerable health issue in both counties, the local health departments are taking the lead on identification and prevention efforts through their respective communicable disease departments. Advocate Sherman community health staff assist with sharing prevention messages and practices with primary care providers in the PSA. However, because the county health departments are leading these efforts already, and the number of residents affected is small compared to those affected by obesity and behavioral health, sexually transmitted infections were not selected as a primary focus.

Unintentional Falls
The CHC thought that unintentional falls is more of an issue with education on the importance of safety, rather than a health priority of focus. There are already organizations in the community who offer education to senior populations. Therefore, the CHC decided to focus on other health issues

Cancer
Cancer was not included in the voting process because cancer prevention and education are being addressed through an inter-disciplinary team including community health called the Integrated Network Cancer Program (INCP) which adheres to the Commission on Cancer standards. CHNA data is presented annually to the INCP leadership and is used to develop prevention, screening outreach and educational programs.

COVID-19
Although COVID-19 is a top health concern and greatly affected the Advocate Sherman PSA, it was not selected as a health need as the hospital works closely with the Kane County Health Department and McHenry County Department of Health in ongoing prevention, education and treatment of COVID-19. Advocate Aurora continues to enhance preventive services to combat COVID-19 by continuing to share health education, Personal Protective Equipment (PPE), COVID-19 testing, vaccinations, medical services and treatment.

V. Approval of Community Health Needs Assessment

The Advocate Sherman CHC approved the CHNA health priorities on April 8, 2022. The Advocate Sherman Executive Team approved them on October 12, 2022. The Advocate Sherman Governing Council (Board of Directors) approved the two recommended health priorities of obesity and behavioral health as well as the full CHNA Report on October 24, 2022.

VI. Vehicle for Community Feedback

Community Feedback

Advocate Sherman welcomes all feedback regarding the 2022 Community Health Needs Assessment. Any member of the community wishing to comment on this report, can click on the link below to complete a CHNA feedback form. Questions will be addressed and will also be considered during the next CHNA cycle.
Feedback Link: Advocate Aurora Health CHNA Feedback

SCAN ME

If you experience any issues with the link to our feedback form or have any other questions, please email Elvis Munoz at Elvis.munoz@aah.org

This report can be viewed online at Advocate Health Care's Community Health Needs Assessment Report webpage via the following link: Hospital CHNA Reports Implementation Plans Progress Reports | Advocate Health Care

A paper copy of this report may also be requested by contacting the hospital's Community Health Department.

VII. Evaluation of Impact from Previous CHNA

2021 Community Health Improvement Plan Progress Report

For the 2017-2019 CHNA, Advocate Sherman worked with the Community Health Council (CHC) to review the significant health issues impacting the primary service area (PSA). In addition, Advocate Sherman works in alignment with the Kane County Health Department and McHenry County Department of Health. In 2021, due to the ongoing COVID-19 pandemic, the Community Health Department across Advocate Aurora Health (AAA) continued to respond to the -19 immediate needs of the community. AAH enhanced preventive services to combat the COVID-19 pandemic by continuing to the share health education, Personal Protective Equipment (PPE) and COVID-19 community vaccinations. Some community health initiatives did continue to operate to address critical needs such as food security.

Obesity – Program Outcomes for 2021

- The Advocate Sherman onsite community garden yielded a bountiful harvest in the 2021 growing season. The hospital donated 640 pounds of fresh produce for students who are food insecure and accessing the Elgin Community College Student Food Pantry and the YWCA of Elgin.
- Advocate Sherman provides food insecurity screening and referrals to food resources for all patients enrolled in the Mobile Integrated Healthcare (MIH) program. The program screened 24 patients for food insecurity, but no MIH patients were identified as being food insecure.
- Due to the need to care for COVID-19 patients, food insecurity screening for all other Advocate Sherman departments were placed on pause in 2021. Additionally, due to the pandemic, the Diabetes Self-Management Program (DSMP) did not hold any sessions in 2021.
- The COVID-19 Food Resource Guide was updated and published to the community again in 2021 to reflect the current food access points in the service area, including food pantries, soup kitchens, mobile pantries and Meals on Wheels programs. The guide was distributed within the hospital's wide community partner network.

Behavioral Health – Program Outcomes for 2021

- The Warm Handoff Program is a partnership with Gateway Foundation where an engagement specialist meets in the Emergency Department with a patient who has come in for substance use-related health issues, providing screening and linkage of the patient into treatment. Additionally, a recovery coach on the Gateway Foundation team provides community support to patient as they transition into treatment. For 2021, Gateway Foundation completed 288 patient encounters and 103 patients (45 percent) were placed in treatment.
- Advocate Sherman serves on the Kane County Opioid Task Force. This group has focused on addressing the growing mental health and substance use issues during the pandemic and increasing awareness of resources available in the community. Advocate Sherman is also an active member of the Coalition for a Safe and Healthy Elgin (CSHE) which is funded through a Drug Free Communities grant. This coalition focused on substance use prevention and education among youth in the Elgin area.
- Advocate Sherman participated in the National Drug Take Back Day collecting 232 pounds of pills and 141 pounds of other drugs, including liquids, patches and syringes.

For more information or to view the complete 2021 Community Health Impact Report for Advocate Sherman, please click here.

VIII. Appendices

Appendix 1: 2022 Community Health Needs Assessment Data Sources

Advocate Aurora Business Development Analytics, 2022
Advocate Aurora Health – EpicHB 2021

America's Health Rankings, 2019

Centers for Disease Control and Prevention, July 15, 2022. Retrieved from cdc.gov; July 7, 2022. Retrieved from cdc.gov

Center for Prevention Research and Development, Illinois Youth Survey, Suburban Chicago Report, 2018, 2020

County Health Rankings, Fatality Analysis Reporting System, 2016-2020

Illinois Department of Public Health, Heart Disease and Stroke, 2022. Retrieved from dph.illinois.gov).

Kane County Health Department:
- 2021 Community Health Needs Assessment
- 2022 Youth Voices Forum on Mental Health: Full Report, 2022

McHenry County Department of Health:
- 2021 McHenry County Health Community Study

Mental Health America, The State of Menta Health in America 2022

Metopio. Accessed via a contract with Advocate Aurora Health. Website is unavailable to the public. The following data sources were accessed through the portal:
- American Community Survey, 2015-2019, 2016-2020
- Behavioral Risk Factor Surveillance System, 2019
- Centers for Disease Control and Prevention, 2018
- Centers for Disease Control and Prevention WONDER, 2015-2019, 2016-2020
- Centers for Medicare and Medicaid Services, National Provider Identifier, 2021
- Chicago Department of Public Health, 2016-2020
- Diabetes Atlas, 2019
- Feeding America, 2020
- FBI Crime Data Explorer, 2016-2020
- Health Resources and Services Administration, 2018
- Illinois Department of Public Health, 2014-2018, 2021
- IHA COMPdata Informatics, 2016-2020
- Illinois State Cancer Registry, 2014-2018
- National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2018
- National Vital Statistics System-Mortality, 2016-2020
- PLACES, 2015-2019
- UIC School of Public Health, 2020, 2021
- United Way ALICE Data, 2018
- USDA, 2019

Trust for America's Health, The State of Obesity: Better Policies for a Healthier America, 2021

World Health Organization, 2022, WHO Launches New Report on Global Tobacco Use Trends, December 19, 2019. Retrieved from https://www.who.int/news/item/19-12-2019-who-launches-new-report-on-global-tobacco-use-trends).