Advocate Health Care

2025

Advocate Good Shepherd Hospital

Community Health Needs Assessment Report

450 IL-22
Barrington, IL 60010

Letter from Market President

October 2025

At Advocate Health, we are redefining care for you, for us, for all. This purpose calls us to see health not just as a service, but as a shared journey. From discovery to everyday moments, everyone plays a vital role.

Our Community Health Needs Assessments (CHNA) are more than just reports. They are roadmaps for our future, centered on strong partnerships that lead to real and lasting solutions.

Throughout the CHNA process, we strive to listen deeply, learn continuously and act boldly to address the changing needs and strengths of our communities. By working together with our community partners, engaging with our neighbors and analyzing local data, we aim to provide the best possible care that extends beyond the walls of our hospitals and clinics.

As we close another CHNA cycle, I'm inspired by the profound difference we make each day across our Illinois Division. From groundbreaking research and exceptional clinical care to meaningful patient programs and cutting-edge innovations, our work is driven by the patients, families and communities we serve. Together, we are shaping healthier futures for all.

We are deeply grateful to the many individuals and organizations who contributed to this assessment. Your perspectives and partnership are essential to improving the health and well-being of our communities, and we are proud to stand beside you in this work.

Publishing this CHNA is not the end of the conversation. It's an invitation to keep it going. We welcome your feedback, ideas and suggestions. At the end of this report, you'll find a link where you can share your thoughts on how we can strengthen community programs and strategies to better serve you and your neighbors.

Let's move forward toward better health for all.

Together always,

Dia Nichols
President, Illinois Division, Advocate Health

Letter from Hospital President

October 2025

Thank you for taking the time to learn more about the community that Advocate Good Shepherd Hospital (Advocate Good Shepherd) serves through our Community Health Needs Assessment (CHNA). This report offers a comprehensive overview of the health status and social needs of the communities served by Advocate Good Shepherd Hospital. By understanding these needs, we are better equipped to provide safe, high-quality care delivered with compassion and dignity.

As a health care provider serving Barrington, Lake, and McHenry Counties, Advocate Good Shepherd is deeply committed not only to exceptional patient care, but also to improving the overall health and well-being of our communities through valued partnerships and collaborative efforts.

Every three years, we engage in a thorough CHNA process in partnership with local organizations, stakeholders, and public health departments. This collaborative effort involves extensive community engagement to ensure the assessment reflects the lived experiences, priorities, and voices of the people we serve. Input gathered directly from residents, along with data from our internal platforms and community sources, provides the foundation for this report. Additionally, the hospital's Community Health Council plays a vital role in the CHNA process by reviewing data, guiding priorities, and providing strategic insight.

Based on community data and feedback, the Council has identified two priority health areas for the 2025 CHNA:

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

Moving forward, Advocate Good Shepherd will implement appropriate strategies and interventions that address the root causes of these issues, guided by research, best practices, and evidence-informed approaches. Among our existing efforts is our SmartFarm, which helps combat food insecurity by growing fresh produce for local distribution.

It is our honor to work alongside community partners, leaders, and residents to improve the health and wellness of the diverse populations we serve. With a thorough and data-driven understanding of our communities' needs, Advocate Good Shepherd is committed to helping people live well and enhancing the quality of life for individuals, children, and families across our service area.

Karen Lambert
President
Advocate Good Shepherd Hospital

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EXECUTIVE SUMMARY

In 2025, Advocate Good Shepherd Hospital conducted a comprehensive Community Health Needs Assessment (CHNA) to evaluate the health and social needs of its primary service area (PSA), encompassing parts of McHenry County, Lake County, and the Barrington area. The goal of the CHNA was to gain an in-depth understanding of the health status, disparities, and barriers affecting local residents and to guide the development of community health improvement strategies.

The PSA is demographically characterized by a population that is 77.6 percent White, 12 percent Hispanic, 6.2 percent Asian, and 1 percent African American, with a median age of 41.7 and a median household income of $126,967. The CHNA process was led by Advocate Good Shepherd's Community Health Council (CHC), a multidisciplinary group of hospital leaders and community stakeholders. The CHC reviewed key data on demographics, socioeconomic factors, and health indicators across several priority areas:

Access to Care
Behavioral Health (including Mental Health and Substance Use)
Chronic Disease
Maternal, Child and Reproductive Health
Obesity
Safe and Affordable Housing

Through a structured prioritization and voting process—guided by local health department data, existing community assessments, and resource availability—the CHC identified **obesity and behavioral health** as the top priority health needs for 2026–2028. Recognizing the role of social drivers of health, these will be integrated into all intervention strategies and programming.

Moving forward, Advocate Good Shepherd Hospital will work in collaboration with the Lake County Health Department (LCHD), McHenry County Department of Health (MCDH), other local health systems, and community partners to develop a multi-sector Implementation Strategy using a collective impact model. This collaborative approach will support sustainable, community-informed solutions that address the root causes of health disparities and improve outcomes for residents across the PSA.

ADVOCATE HEALTH CARE

Advocate Health Care is the largest health system in Illinois and a national leader in clinical innovation, health outcomes, consumer experience and value-based care. One of the state's largest private employers, the system serves patients across 11 hospitals, including two children's campuses, and more than 250 sites of care. Advocate Health Care, in addition to Aurora Health Care in Wisconsin and Atrium Health in the Carolinas, Georgia and Alabama, is a part of Advocate Health, the third-largest nonprofit health system in the United States. Committed to redefining care for all, Advocate Health provides nearly $6 billion in annual community benefits.

ADVOCATE GOOD SHEPHERD HOSPITAL

Advocate Good Shepherd Hospital in Barrington combines advanced medical technology with comprehensive health care services for Illinois' Northwest suburbs. Our hospital is recognized nationally for clinical innovation, exceptional health outcomes and outstanding patient experience.

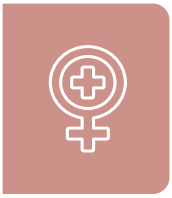
You'll also find a dedicated integrative medicine center, a Cancer Prevention Program aimed at early detection and a SmartFarm that grows produce to combat food insecurity. Together, these services reflect our commitment to delivering a holistic approach to health and wellness.

Heart Care

Bariatric Surgery & Weight Loss

Neurology

Cancer Care



Women's Health

Integrative Medicine

2025 COMMUNITY HEALTH NEEDS ASSESSMENT

A Community Health Needs Assessment (CHNA) is an analysis of the population, resources, services, health care statuses, health care outcomes, and other data within a defined community or service area that helps identify potential health issues being experienced by community members. Every nonprofit hospital is required to complete a CHNA every three years under the Patient Protection and Affordable Care Act (ACA), to demonstrate that a hospital is committed to promoting health.

A CHNA report is designed to inform a wide range of groups to learn more about a community's health and most urgent needs. It is a key tool for promoting health for all, as it lifts the community voice and encourages collaboration between different groups to create focused strategies to address the health needs identified in the CHNA.

Community Definition

For the purposes of this assessment, "community" is defined as the hospital's primary service area (PSA). The PSA includes communities in McHenry County and Lake County, and a small portion of Barrington which lies in Cook County. The PSA includes the following villages and cities: Barrington (60010), Lake Zurich/ Long Grove (60047), Crystal Lake (60014), Cary (60013), Fox River Grove (60021), Island Lake (60042), Wauconda (60084), McHenry (60050), Johnsburg/McHenry (60051), Algonquin (60102) and Lake in the Hills (60156).

Understanding who lives in a community is an important part of the CHNA process. A community is more than just a place on a map - it's made up of the people who live there, their shared experiences, and their differences. These differences can include things like age, income, education, race or ethnicity, and what people know about health. Learning about these details helps us see what specific health problems people face and what support they may need.

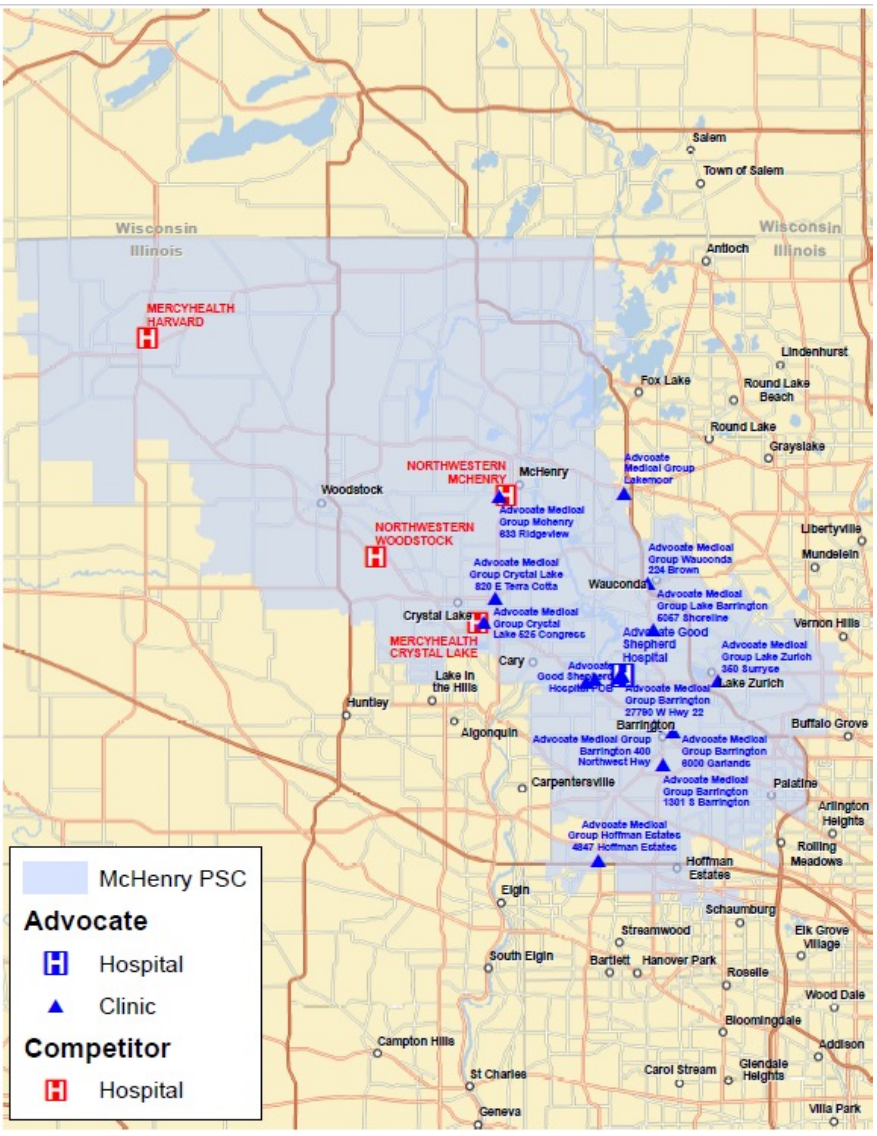


Exhibit 1:
Advocate Good Shepherd Hospital, Patient Service Area Map
Source: Advocate Health Care, Business Development, 2024

2019-2023 Data Estimates

Population
312,918

The population has slightly increased over the past decade from 309,861 in 2009-2013. (Metopio, American Community Survey, 2010-2022).

Gender
50.1% Male

49.9% Female

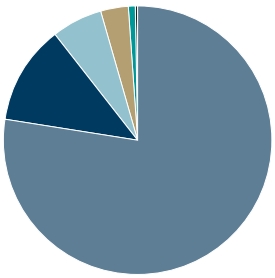
Age
41.7 years Median Age

40.7 years Male

42.7 years Females

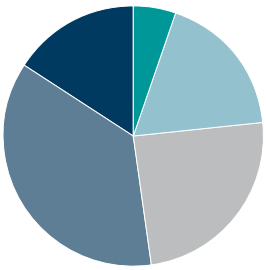
Race/Ethnicity

Non-Hispanic White	77.6%
Hispanic or Latino	12%
Asian	6.2%
Two or more races	3.2%
Non-Hispanic Black	1%
Native American	0.1%

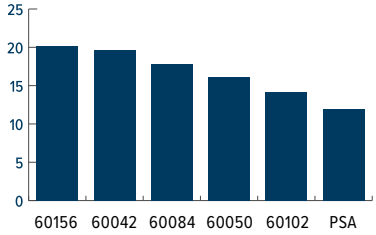


Population by Age Group

Infants 0-4	5.3%
Juveniles 5-17	18.2%
Young Adults 18-39	24.4%
Middle-Age 40-64	36.5%
Seniors 65+	15.6%

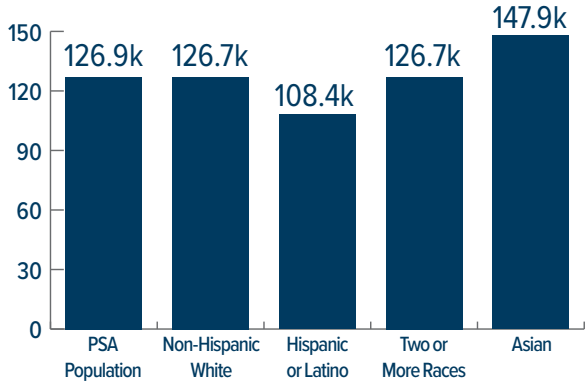


Hispanic Population by Zip Code (top 5)



60156 *Lake in the Hills:* **20.1%**
60042 *Island Lake:* **19.6%**
60084 *Wauconda:* **17.8%**
60050 *McHenry:* **16.1%**
60102 *Algonquin:* **14.2%**
PSA: 11.2%

Median Household Income by race and ethnicity



Primary Language at Home
8.0% Spanish

3.8% Asian Languages

Zip Codes with Spanish as Primary Language (top 5)

60156 *Lake in the Hills:* **14.6%**
60042 *Island Lake:* **13.8%**
60084 *Wauconda:* **13.1%**
60156 *Algonquin:* **10.3%**
60014 *Crystal Lake:* **9.6%**
PSA: 8%

Population Living Below Poverty Level
4.9% PSA

5.2% Children 0-4 years

5.5% Children 5-17 years

5.9% Seniors

Education
Individuals with a high school degree or higher

95.0%

Individuals 25+ with a bachelor's degree or higher

46.3%

Employment
Unemployment rate among residents that are 16 years of age and older

4.4%

Household/Family

4.2% Single Parent Families

21.4% Seniors Living Alone

24.4% Population Under 18 Years

**Sources: Metopio, American Community Survey (ACS), U.S. Census Bureau, 2019-2023 Metopio, Decennial Census, U.S. Census Bureau, 2010 & 2020.*

See Appendix 3 for definitions and Appendix 4 for Sources.

Social Drivers of Health

Social drivers of health are the things in our everyday lives that can help us stay healthy or make it harder to be healthy. These include where we live, the food we eat, the schools we go to, the jobs our families have, and whether we can see a doctor when we need to.

Social Drivers of Health can also cause health differences between groups of people. For example, if someone lives far from a store with healthy food, it's harder for them to eat well. This can lead to health problems like heart disease or diabetes. Just telling people to eat healthy isn't enough - we need to make sure they have what they need to make healthy choices. That's why people who work in health, schools, housing, and transportation must work together to help everyone live a healthy life.

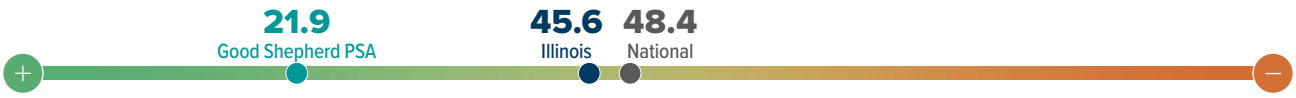
Social Conditions at a Glance

To better understand these factors and identify health inequities in a community, Aurora Health Care has partnered with Metopio, a software company that focuses on how communities are connected through people and places. Metopio's tools use data to show how different factors in each area influence health. It uses the latest data to create visual tools that focus on specific communities and hospital service areas.

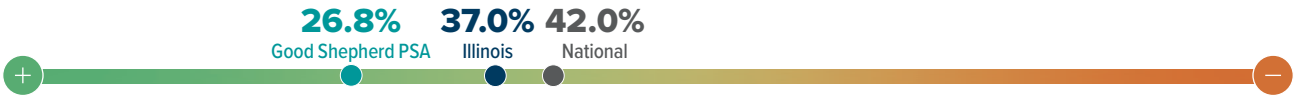
The following section contains descriptions of two important indices and another indicator found in Metopio. These indices combine various data points to compare areas in the community, helping to identify disparities caused by social factors that impact health. By doing this, it can better focus health improvement efforts where they are most needed.

Social Vulnerability Index (SVI) – The Social Vulnerability Index (SVI) shows how vulnerable a community is based on 15 social factors like unemployment, disability, and minority status to help identify and map the communities that will most likely need support before, during, and after a hazardous event. Scores range from 0 (least vulnerable) to 100 (most vulnerable). *(Source: Metopio, CDC, 2022)*

Hardship Index – This index shows how much hardship a community faces. It includes things like unemployment, poverty, and crowded housing. Higher scores mean more hardship. *((Source: Metopio, U.S. Census Bureau, ACS, 2018–2023)*



ALICE Threshold – ALICE stands for Asset Limited, Income Constrained, Employed. It shows the percent of working households that earn above the poverty line but still can't afford basic needs like housing, food, and child care. *(Source: Metopio, United Way, ALICE Data, 2023)*



How the CHNA Was Conducted

Purpose and Process

Every three years, Advocate Good Shepherd Hospital conducts a Community Health Needs Assessment (CHNA) by collecting and analyzing a wide range of primary and secondary data since the hospital's previous CHNA. From November 2024 through April 2025, the Advocate Good Shepherd Community Health staff presented extensive findings to the Community Health Council (CHC) during a series of five meetings. The data shared included indicators on demographics, economics, education, employment, social determinants of health, health status, and health behaviors. Additionally, subject matter experts provided in-depth presentations on selected health topics to further inform CHC members about key health issues within the Good Shepherd service area.

At the April 2025 meeting, CHC members identified the top two health priorities for the 2026–2028 implementation plan: obesity and behavioral health (including mental health and substance use). These priorities were subsequently approved by the Advocate Good Shepherd Hospital Governing Council. The Governing Council officially approved the 2025 CHNA findings on October 18, 2025.

Partnership

Advocate Good Shepherd's Primary Service Area (PSA) includes both Lake and McHenry Counties. To ensure a comprehensive Community Health Needs Assessment (CHNA) for the 2025 cycle, the hospital partnered closely with the Lake County and McHenry County Health Departments. In addition, Advocate Good Shepherd consulted with several key partner organizations, including Federally Qualified Health Centers (Greater Family Health and Aunt Martha's), the Healthier Barrington Coalition, the Lake County Opioid Task Force, the Wauconda Choose Your Own Path Substance Abuse Coalition, the McHenry County Substance Abuse Coalition, and the Mental Health 708 INC Board. Each of these organizations serves medically underserved, low-income, and minority populations.

Data Collection and Analysis

To inform the 2025 Community Health Needs Assessment (CHNA), Advocate Good Shepherd Hospital utilized a variety of data sources to ensure a comprehensive understanding of health needs within its Primary Service Area (PSA). The hospital referenced the community assessment reports from both Lake County and McHenry County to supplement hospital-specific and public health data.

Additionally, data from The Barrington Study, published in 2022 by the Healthier Barrington Coalition—provided valuable insight. This study included both quantitative survey data and qualitative data gathered through focus groups with community residents, as well as interviews with local business leaders, conducted between late winter and early spring of 2022.

A key resource for the CHNA was Metopio, a data platform offering extensive quantitative data specific to the hospital's PSA. Metopio's datasets enabled detailed comparisons across geographic levels, including the PSA, counties within Illinois, the state of Illinois, and the United States. Its unique depth and scope made it an essential tool for identifying and analyzing the region's health needs.

Data Sources

Lake County Community Assessment, 2025

This Community Health Assessment report focuses on Lake County, IL, and was developed in collaboration with various community partners. The primary data used in this report includes surveys, focus groups, interviews, claims data, and Metopio. These data types were essential in identifying and understanding the community's health needs and challenges.

McHenry County Community Assessment, 2025

This Community Health Assessment report focuses on McHenry County, IL, and was developed in collaboration with various community partners. The primary data used in this report includes surveys, focus groups, interviews, claims data, and Metopio. This report consists of primary and secondary data used to evaluate health and wellness in McHenry County. The primary data was collected via the McHenry County Healthy Community Study.

Healthier Barrington Study, 2022

The Healthier Barrington Coalition and University of Illinois College of Medicine Rockford's Division of Health Research and Evaluation partnered to survey Barrington area residents and business leaders on current health needs, issues, and barriers to achieving optimal health in the community. Quantitative survey data and qualitative focus group data from community residents and qualitative data from local business leaders was collected from late winter to early spring of 2022. The survey instrument covered eight topics: Social & Demographic Characteristics of Respondents - including finances and employment, Community, Overall Health – including general, behavioral, and mental health, Health Literacy, Youth, Impact of COVID-19, Environment, and Community Recommendations.

Secondary Data

Advocate Health Care has a contract with Metopio to provide an internet-based data resource for their hospitals. This robust platform offers curated data from public and proprietary sources for information on health behaviors and health risks, health outcomes, health care utilization, demographic, and community-level drivers of health like economic, housing, employment, and environmental conditions. Data for each indicator is presented by race, ethnicity, and gender when the data is available. All data collected through Metopio was quantitative and included data comparisons between county, the state of Illinois and United States data.

Summary of Findings

Overall Health Status

The Good Shepherd PSA included portions of both McHenry and Lake Counties.

Overall, McHenry and Lake County's health outcomes are better than the average county in Illinois for population health and well-being, and better than average county in the nation.

However, many disparities - or differences in outcomes - exist between groups of populations in nearly every social and health issue, especially for Black, Indigenous and People of Color (BIPOC) populations. These disparities are often caused by barriers that these communities face. Health inequities are the unfair differences in health that can be avoided, measured and are often linked to injustice (AMA, 2021).

As you look at the data in the following sections, it is important to remember that these health issues are connected to many of these broader social and environmental factors.

Mortality - leading causes of death

The top four leading causes of death in Good Shepherd PSA are:

- Malignant neoplasms (cancer)
- Diseases of the heart
- Cerebrovascular diseases (stroke)
- Accidents

Life Expectancy

The average life expectancy among residents:

- McHenry County- 79.5 years
- Lake County- 80.4 years
- Illinois- 77.5 years

(County Health Rankings & Roadmaps, 2025).

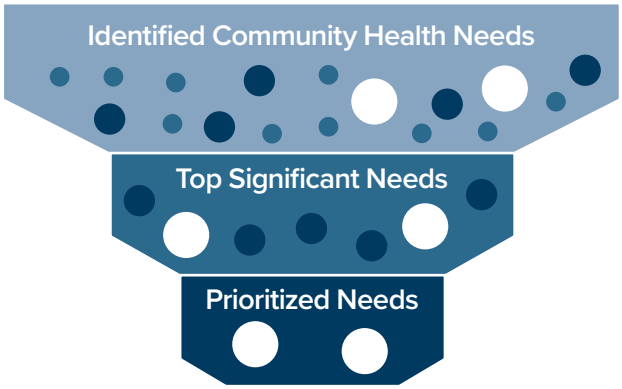
Identified Significant Needs

The following health needs section reviews parts of health such as health outcomes, social factors, and health behaviors.

- **Health outcomes** are the results of how healthy people are. This includes how many people in our community are affected by long-term illnesses, and the differences we see between groups of people.
- **Social factors** include things like income, education, jobs, and access to healthcare.
- **Health behaviors** are the choices people make, like what they eat and how much they move, and are often shaped by where people live and what is normal in their community.

Community input is important during this CHNA process, as it helps us decide which problems to focus on first. A health need is seen as important, or significant, if it's a big concern for the community, matches public health goals, and is backed up by data.

From the list of significant needs, we choose a smaller group of prioritized needs. These are the needs we will focus on first, in a very targeted way. This helps us make a plan to improve community health in the best way possible.



Top Health Concerns in Primary Service Area

The following needs listed below in alphabetical order represent the significant health needs of the community, based on the information gathered through the assessment process.

Areas of Opportunity Found Through the Assessment

- **Acccess to Care**
- **Alcohol and Substance use**
- **Chronic Disease**
- **Maternal, Child and Reproductive Health**
- **Mental Health**
- **Obesity, Physical Activity & Access to Healthy Foods**
- **Safe and Affordable Housing**

The following pages summarize in alphabetical order the top identified needs – also known as significant needs - from the CHNA process.

Access to Care

SIGNIFICANT NEED

Why is this important? Access to health care is important for early detection, treatment, and overall well-being. However, many individuals do not receive recommended services, such as cancer screenings, because they lack a primary care provider or live too far from available services. Improving access to healthcare professionals and enhancing communication, whether in person or remotely can help ensure more people receive the care they need.

Significant Need Reasoning

Uninsured individuals and those insured through Medicaid were identified as priority populations for access to care in the Lake County CHNA focus groups and interviews.

Access to health care and affordable medical providers, including those who accept insurance, was identified as one of the top two community concerns by stakeholders during key informant interviews conducted in McHenry County.

Key Findings

- In the Lake County survey, 51 percent of respondents identified affordable medical care as a top health issue, while 32 percent cited the cost of medication.
- Approximately one quarter of adults in the Good Shepherd PSA haven't visited a doctor for a routine visit in the past year.
- The number of Medicaid physicians per capita (100,000 residents) declined steadily from 105.9 in 2021 to 74.2 in 2025.

Contributing Factors

Access to care is not equal for all. Barriers such as lack of insurance, high costs, limited coverage, and provider shortages prevent many individuals from receiving necessary care. Challenges can include isolation from living far from healthcare providers, unreliable transportation, long wait times, language barriers, and challenges faced by individuals with disabilities or those living in rural areas further limit access.

- Barriers & Challenges:
  - » Long wait times reported
  - » Transportation difficulties
  - » Language barriers
  - » High costs and lack of insurance coverage

> There is a significant concern about access to healthcare, including timely appointments with primary care doctors and specialists, and a shortage of healthcare professionals.
>
> -Stakeholder
> Lake County
> Key Informant Interview

HIGHLIGHTED DISPARITIES

No Health Insurance

7.7% Good Shepherd PSA
10.0% 60084 (Wauconda)
9.9% 60042 (Island Lake)
9.7% 60050 (McHenry)

Medicaid Coverage Rates

8.8% Good Shepherd PSA
12.8% 60042 (Island Lake)
12.5% 60156 (Lake in the Hills)
12.4% 60050 (McHenry)

	Age-adjusted ED rates due to Dental Problems
Good Shepherd PSA	154
Non-Hispanic Black	986.8
18-39 years	268.8

(per 100,000 residents)

Alcohol and Substance Use

SIGNIFICANT NEED

Why is this important? Alcohol and substance use (including tobacco, illegal mood-altering drugs and misusing prescription drugs) contribute to preventable health issues and are linked to social and economic issues. Alcohol and substance use are also closely linked to mental health challenges, including depression, anxiety, and trauma-related disorders. These conditions often co-occur, making recovery difficult without proper support.

Significant Need Reasoning

Behavioral Health was selected as a top health priority during the previous CHNA cycle by the Good Shepherd Community Health Council due to concerns over high rates of alcohol use.

Substance use was identified as one of the top three health concerns by stakeholders during key informant interviews conducted in McHenry County.

Key Findings

- Males and young adults aged 18-39 years, have the highest emergency department (ED) and hospitalization rates due to alcohol use.
- The percentage of adults who drink excessively is higher in McHenry County (22.2 percent) than in Lake County (19.5 percent) and the Illinois state average (19.3 percent). Rates in McHenry County have increased over the past three years.
- Alcohol-impaired driving deaths are more prevalent in McHenry (40.4 percent) and Lake (33 percent) Counties compared to the state average (26.4 percent).
- In both McHenry and Lake Counties, males have a drug overdose mortality rate that is twice as high as that of females.

Contributing Factors

Access to treatment and support for drug and alcohol use is not always easily accessible for people in need. Individuals from low-income backgrounds or living in communities with limited resources often face significant barriers when they try to seek help.

- Barriers & Challenges:
  - » Social culture around alcohol
  - » Limited treatment options
  - » Increasing marijuana use
  - » Co-occurring mental health conditions

HIGHLIGHTED DISPARITIES

Age-adjusted ED rates due to Alcohol Use*
483.7 Good Shepherd PSA
423.8 Males
717.7 18-39 years

Age-adjusted ED rates due to Substance Use*
336.5 Good Shepherd PSA
709.7 60050 (McHenry)
635.3 60042 (Island Lake)
595.8 60021 (Fox Grove)

Age-adjusted Hospitalization rates due to Opioid Use*
171.6 Good Shepherd PSA
312.7 Seniors over 65 years old

**rates per 100,000 residents*

Alcohol-related mortality*	McHenry County	Lake County
Males	16.7	14
Females	7.2	5.5
County-wide	11.9	9.8

COMMUNITY INSIGHT

Increased access to Narcan throughout the community has contributed to a decrease in opioid-related hospitalizations and deaths.

Chronic Diseases

SIGNIFICANT NEED

Why is this important? Chronic Diseases are long-term health problems that often develop slowly from genetic, environmental, and lifestyle factors. Some common ones are heart disease, diabetes, cancer, and asthma. These diseases can make daily life harder and often need ongoing medical care. Over half of Americans have at least one chronic disease. (CDC, 2024)

Significant Need Reasoning

According to the Lake County Survey, 27 percent of respondents selected diabetes as the top health issue.

Cancer (Malignant neoplasms) is the leading cause of death in McHenry County and Lake County.

Key Findings

- The percentage of adults in the PSA with diagnosed diabetes increased by 4 percent between 2017 and 2022.
- Emergency department visits and hospitalization rates for hypertension are highest among adults aged 65 and older, females, and individuals who are non-Hispanic White or African American.
- The percentage of adults diagnosed with coronary heart disease in the PSA continued to increase over the past five years.
- Stroke diagnoses have steadily increased in the PSA over the past decade.

Contributing Factors

Many chronic diseases can be prevented with healthy habits. Although people with more money, education, and support tend to live longer and avoid these conditions. Without these resources, people often have worse health and shorter lives. For some, eating healthy or staying active is tough because of limited access to good food, busy schedules, or mental health struggles. Things like working multiple jobs or not having stable housing also make it harder to stay healthy. It's important to understand that making healthy choices isn't always easy – and it's not equal for everyone.

HIGHLIGHTED DISPARITIES

Age-adjusted Hospitalization rates due to Diabetes*
126.6 Good Shepherd PSA
257.5 Non-Hispanic Black

Age-adjusted Hospitalization rates due to Asthma*
21.8 Good Shepherd PSA
70.8 Children 0-4 years

Age-adjusted ED rates due to hypertension*
285.0 Good Shepherd PSA
328.6 Female
238.8 Male

Heart disease mortality*	McHenry County	Lake County
County-wide	173.8	149.9
Non-Hispanic White	210.7	214.8

*per 100,000 residents

COMMUNITY INSIGHT

The community of McHenry (60050) has the highest rates of diagnosed stroke, diabetes and coronary heart disease in the Good Shepherd PSA.

Maternal, Child and Reproductive Health

SIGNIFICANT NEED

Why is this important? In the United States, more women die from problems during pregnancy or childbirth than in other wealthy countries. Maternal health is directly tied to infant health. To lower the risk of death or illness for both mother and baby, it is important for women to get health care before and during pregnancy and avoid risky habits like smoking or drinking alcohol. Healthy moms are more likely to have healthy babies who live beyond their first birthday.

Significant Need Reasoning

The maternal obesity rates are continuing to increase in both Lake and McHenry Counties.

The Illinois preterm birth rates were higher than the national rates.

Key Findings

- McHenry County has a higher rate of infant mortality (4.4), compared to Lake County (3.9).
- Overall, rates of low birth weight are higher in Lake County (7.6 percent) than in McHenry County (6.9 percent).
- Similar to low birth weight trends, preterm birth rates are also higher in Lake County (11.1 percent) compared to McHenry County (10.4 percent).

Contributing Factors

Women with low income or limited education may face challenges accessing prenatal care, which is leading to increased risks of complications during pregnancy and childbirth. Lack of stable housing or reliable transportation can delay or prevent necessary medical visits, while food insecurity and exposure to environmental hazards can negatively impact both maternal and infant health. Addressing these social barriers is important to improve the health for mothers and babies.

HIGHLIGHTED DISPARITIES

Preterm Births	McHenry County	Lake County
County-wide	10.4%	11.1%
Non-Hispanic Black	14.5%	18.6%

Births with at least one maternal risk factor*	McHenry County	Lake County
County-wide	20.9%	20.7%
Non-Hispanic Black	26.1%	23.9%

Births to a mother with at least one of the following conditions: Chronic Hypertension, Eclampsia, Diabetes, Tobacco use, or Pregnancy-associated hypertension

Infants with Low Birth Weight

7.7% Lake County

14.9% Non-Hispanic Black

> The early days are so critical, not just for the baby, but for the person who gave birth, and we don't prioritize that the way that we should, and the system is not set up to support those very new families.
>
> -Focus Group Participant
> Lake County

Births to Mothers with Obesity	McHenry County	Lake County
County-wide	29.6%	28.6%
Non-Hispanic Black	39.2%	41.5%
Hispanic	35.1%	36.1%

Mental Health

SIGNIFICANT NEED

Why is this important? This includes our emotional, psychological, and social well-being. Mental health influences how we manage stress, build relationships, make decisions, and engage with all areas of our lives. Mental health is not just the absence of a mental health condition but also the ability to thrive. (CDC, 2025)

Significant Need Reasoning

In the Lake County survey, 51 percent of all respondents chose adolescent and adult mental health as the top health challenges.

Adolescent and adult mental health were ranked as the first and second top health concerns in McHenry County from the key informant interview survey.

Key Findings

- Rates of poor self-reported mental health are increasing in the Good Shepherd PSA, McHenry County, and Lake County.
- In the PSA, young adults (ages 18–39) have the highest rates of ED visits and hospitalizations for mental health. This age group also has the highest hospitalization rates for suicide and self-injury.
- McHenry County has higher suicide and intentional self-injury rates than both Lake County and the Illinois state average.
- Suicide rates among males are three times higher than among females in both McHenry and Lake Counties.

Contributing Factors

Mental health is influenced by a wide range of factors, including genetics, stress, sleep, diet, trauma, and economic challenges. Because these factors vary greatly between individuals, each person's experience with mental health is unique. Although programs and services exist to promote mental well-being, resilience, and recovery, access to these resources is not equitable.

Several social drivers of health can act as barriers to mental health care, particularly for youth. These include limited access to transportation, long wait times for services, and a shortage of mental health providers. Additional challenges include social isolation, poor coping skills, untreated substance use, and difficulty maintaining accountability with medication.

HIGHLIGHTED DISPARITIES

Suicide Mortality	McHenry County	Lake County
Males	18.3	16.7
Females	4.6	5.4
County-wide	11.5	11.1

Age-adjusted ED rates due to Suicide and Intentional Self-inflicted Injury

71.6 Good Shepherd PSA
188.5 Children, 5-17 years
97.1 Female

Age-adjusted ED rates due to Mental Health

704.2 Good Shepherd PSA
1,044.1 Children, 5-17 years
1,262.4 Adults, 18-39 years
1,928.8 Non-Hispanic Black

Obesity, Physical Activity and Access to Healthy Foods

SIGNIFICANT NEED

Why is this important? Having regular access to healthy food options like fresh fruits, vegetables, and meat is important for staying healthy. When people do not have regular access to healthy foods, they can develop problems like diabetes, high blood pressure, heart disease, or obesity. Reasons some people have a hard time getting food may include living far from grocery stores, lacking support from others, or not being able to afford it.

Significant Need Reasoning

According to the Lake County Survey, 31 percent of survey respondents said access to affordable food is a top health issue.

Access to affordable food was identified as a top five community concern in McHenry County from the key informant interview survey.

Key Findings

- The percent of population in the PSA with obesity increased from 21.1 percent in 2014 to 32.3 percent in 2022.
- The Good Shepherd PSA food insecurity rate increased by three percent from 2018 to 2022.
- The zip codes with the highest food insecurity rates in the PSA are 60042 (Island Lake), 60050 (McHenry) and 60014 (Crystal Lake).

Contributing Factors

Obesity can happen for many reasons, and it's not always about personal choices. People who have higher income, education, and support usually have an easier time finding healthy food and staying active. In contrast, individuals with limited resources may face significant barriers, such as food insecurity, lack of nearby grocery stores with healthy options, or reliance on low-cost, high-calorie processed foods. Busy work and personal schedules, multiple jobs, and mental health challenges can also make it harder to prioritize healthy eating and regular exercise.

HIGHLIGHTED DISPARITIES

	Obesity	Food Insecurity	No Exercise
Good Shepherd PSA	32.2%	8.4%	18.2%
60014 (Crystal Lake)	-	9.6%	-
60042 (Island Lake)	35.3%	11.6%	21.7%
60050 (McHenry)	35.4%	10.5%	20.6%
60051 (Johnsburg)	35.1%	-	20.25%

COMMUNITY INSIGHT

For the first time, over 25 percent of the adult population in all zip codes in the Good Shepherd PSA have obesity.

Safe and Affordable Housing

SIGNIFICANT NEED

Why is this important? Affordable housing means having a safe and stable place to live that doesn't cost more than an individual or family can afford. High housing costs, frequent moves, or fear of eviction can affect mental health and even physical well-being. Additionally, safety problems in living spaces like mold, bugs, peeling paint, drafts and energy inefficiencies, and too many people in one space can impact health.

Significant Need Reasoning

According to Lake County Survey, 39 percent of respondents chose safe and affordable housing as the top health issue.

Affordable and safe housing was identified as the number one community concern from the McHenry County Key Informant Interview Survey.

Key Findings

- Households spending more than 30 percent of income on rent is increasing in the Good Shepherd PSA, from 40.3 percent in 2012-2014 to 47.2 percent in 2019-2023.
- The severe housing burden (households spending more 50 percent of income on housing) is higher in Lake County than in McHenry County.
- The average minutes travelled to work has increased in the last five years in the Good Shepherd PSA.

Contributing Factors

Low income and unemployment can reduce the ability to afford rent or qualify for homeownership, while limited education can restrict job opportunities and higher earning potential. Additionally, lack of access to healthcare and social services can make it difficult for individuals, particularly those with chronic conditions or disabilities, to maintain stable housing. These social factors create continued challenges that trap vulnerable populations in cycles of poverty and housing instability.

HIGHLIGHTED DISPARITIES

Rent Burden
(households spending more than **30% of income** on rent)
47.2% Good Shepherd PSA
79.4% 60021 (Fox River Grove)
59.6% 60013 (Cary)
54.2% 60156 (Lake in the Hills)

Housing Cost Burden
(households spending more than **30% of income** on housing)
25.8% Good Shepherd PSA
38.9% Native American
31.7% Non-Hispanic Black

Severe Housing Cost Burden
(households spending more than **50% of income** on housing)
10.5% Good Shepherd PSA
13.5% Asian
12.9% Hispanic

Households with no vehicles available
3.6% Good Shepherd PSA
5.6% 60102 (Algonquin))
5.6% 60050 (McHenry)

> High housing cost burdens, eviction rates, vacant (unused) housing, or crowded housing translate directly into poorer socioeconomic and health outcomes, including housing instability and homelessness.
>
> -Focus Group Participant
> Lake County

PRIORITIZATION OF HEALTH-RELATED ISSUES

PRIORITY SETTING PROCESS

In 2025, Advocate Good Shepherd's Community Health Council (CHC) was presented with demographic and health data for the Primary Service Area (PSA), or the county when necessary, by the hospital's Community Health staff through a series of five meetings. At the fifth meeting of the year, CHC members participated in a guided visual voting process to prioritize health concerns. As a result of this process, the council selected behavioral health (including mental health and substance use) and obesity as the top community health priorities.

Size/seriousness of the problem

Effectiveness of available interventions

Available resources to address the health issue

Health care system adequately situated to address the health issue

Meets a defined community need as identified through data

Potential for issue to impact other health and social issues

Ability to effectively address or impact health issue through collaboration

Significant Health Needs Selected

Using these criteria, the following significant health needs were chosen to be prioritized in addressing in the 2026-2028 implementation strategy:

Behavioral Health (Mental Health and Alcohol and Substance Use)

Behavioral health remains a significant concern and was identified as a top priority in the most recent Community Health Needs Assessment (CHNA) cycle. The Community Health Council prioritized behavioral health due to rising rates of suicide and depression among Medicare beneficiaries, as well as ongoing disparities related to substance use across the community. Additionally, community assessments conducted in both McHenry and Lake Counties highlighted mental health and substance use as primary areas of concern.

Obesity (including Physical Activity and Access to Healthy Foods)

Obesity continues to be a critical health issue and has been identified as a priority in the last three CHNA cycles. It was selected again due to steadily increasing obesity rates across the Primary Service Area (PSA). Obesity is closely linked to chronic diseases such as diabetes, cardiovascular disease, stroke, and certain types of cancer, which allows us to address those health concerns at the same time. Addressing obesity allows us to promote access to affordable, healthy food in collaboration with trusted community partners.

HEALTH NEEDS NOT SELECTED

Access to Care

Access to health care is essential to the overall health and well-being of a community. At Advocate Health Care, ensuring access is a core responsibility—and one we fulfill every day. Because access to care is already embedded in our mission and daily clinical operations, it was not selected as a standalone priority in the Community Health Needs Assessment (CHNA). However, it will be integrated into the Community Health Implementation Strategy (CHIS) where applicable.

Chronic Disease

At Advocate Health Care, we address these conditions every day through our clinical services, including screenings, education, and ongoing care for conditions like diabetes, heart disease, and cancer. Because this work is already embedded in our daily operations, chronic disease and prevention were not prioritized as standalone focus areas in the CHNA but will continue to be worked on outside of the CHIS. Additionally, by focusing on obesity, we are also addressing chronic diseases that are attributed to being overweight or obese.

Maternal, Child and Reproductive Health

Maternal, child and reproductive health was not selected as a health priority based on the data presented in the CHNA. Advocate Health Care addresses a system-wide strategy in targeted geographic areas where infant mortality rates are highest. Based on these efforts, and the status of other maternal and child health indicators, the council did not feel that this health need was a priority for this CHNA cycle.

Social Drivers of Health - Safe and Affordable Housing

Social determinants of health are complex, systemic issues that require broad, community-wide collaboration. Advocate Health Care supports these efforts, particularly in areas such as healthcare workforce development. In addition, our providers refer patients to community resources when social needs such as housing issues are identified during care.

APPROVAL OF COMMUNITY HEALTH NEEDS ASSESSMENT

The 2025 CHNA was presented to the Advocate Good Shepherd Hospital Governing Council and they approved the CHNA findings on October 14, 2025. The Advocate Health Care Board approved the report on December 10, 2025.

VEHICLE FOR COMMUNITY FEEDBACK

Community Feedback

If you have any questions or comments on the CHNA, please send an email to us at: AHC-CHNAReportCmtyFeedback@aah.org.

This report can be viewed online at Advocate Health Care's Community Health Needs Assessment Report webpage via the following link: https://www.advocatehealth.com/hospital-chna-reports-implementation-plans-progress-reports

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

EVALUATION OF IMPACT FROM PREVIOUS CHNA

In the previous CHNA, the Good Shepherd Hospital's CHC selected behavioral health and obesity as the top two health priorities. Below are key results from the Community Health Implementation Strategy (CHIS) for both health priorities.

Behavioral Health (Mental Health and Substance Use)

To address the opioid crisis, Advocate Good Shepherd Hospital launched the Narcan® Training Crew, an innovative program aimed at educating the public and distributing nasal Narcan® spray at hospital pop-ups and community events. As the first initiative of its kind in northern Illinois, it partners with the McHenry County Health Department to expand access to this life-saving resource. Advocate teammates completed a structured training and a two-hour shadowing session at a community outreach event. The Narcan® Training Crew hosted eight hospital-based pop-up booths and distributed over 500 boxes of Narcan®.

The Warm Handoff Program, implemented in the Emergency Department (ED), is a partnership with Gateway Foundation, a community-based addiction medicine provider. When a patient presents with opioid or other substance-related health issues, a Gateway engagement specialist meets with them in the ED to conduct screening and facilitate a referral to treatment. A recovery coach then provides continued support as the patient transitions into care. Over the past three years, more than 1,000 patients were screened, with approximately 35 percent connected to substance use treatment.

Additionally, the hospital actively participates in several community coalitions focused on behavioral health, including the McHenry County Substance Use Coalition, Lake County Opioid Initiative Task Force, Choose Your Path Coalition, and Be Strong Together.

Obesity

Advocate Good Shepherd Hospital partnered with the McHenry County Department of Health and the University of Illinois Extension to improve access to healthy food options and design a food pantry assessment program. The hospital conducted the Nutrition Environment Food Pantry Assessment Tool (NEFPAT) at several food pantries, including Crystal Lake Food Pantry, 12 Baskets Food Pantry (Crystal Lake), Barrington Township Food Pantry, and Island Lake/Wauconda Food Pantry. Based on each assessment, tailored work plans were developed to enhance policies, systems, and overall pantry environments.

The Advocate Good Shepherd Smart Farm continues to support the community by providing access to fresh, healthy produce. The farm not only supports local food-insecure individuals within the hospital's primary service area (PSA), but also supplies produce to residents in underserved South Chicago communities served by Advocate Christ Medical Center and Advocate Trinity Hospital. Fresh produce is distributed through these hospitals' Food Farmacy programs.

Community health staff also serve on the Lake County Live Well Lake County Steering Committee and its Obesity and Access to Healthy and Affordable Food Subcommittee. Additionally, the hospital participates in the McHenry County MAPP Healthy Living Coalition, collaborating with community partners to implement diabetes prevention programs in high-risk populations and refer food-insecure residents to supportive services.

APPENDICES

Appendix 1: 2025 Community Health Needs Assessment Data Sources

The McHenry County Community Health Assessment report, provides comprehensive population, health behavior, and disease surveillance data for residents of McHenry County. This page contains all MCDH data and reports. To view the report, visit: https://www.mchenrycountyil.gov/departments/health-department/data-and-reports

To view the Lake County Community Health Assessment report, which includes summaries of the community feedback, descriptions of the data collection methods and the members of the collaborative, along with the full survey reports, visit: https://www.lakecountyil.gov/2655/Community-Health-Improvement-Plan-Assess

The Healthier Barrington coalition conducts a needs assessment survey every five years and questions span a wide range of topics, including life in our community, overall health, healthcare needs, economic conditions, the needs of our youth, the environment, social service needs, and more.

The feedback gathered from the surveys and focus groups can be found here: https://www.healthierbarringtoncoalition.org/hbc-survey-reports

Appendix 2: Community Resources Available for Significant Needs

The resources under each significant need are not a complete list. For more community resources, visit: https://advocateauroracommunity.org/

Access to Care

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Lake County Department of Health	https://www.lakecountyil.gov/4917/Health-Department-Community-Health-Cente	847-377-8000
Family Health Partnership Clinic	https://hpclinic.org/	779-220-9300
Greater Family Health	https://greaterfamilyhealth.org/	844-599-3700
Aunt Martha's Woodstock Community Health Center	https://www.auntmarthas.org/	877-692-8686
Community Health Partnership of Illinois	https://chpofil.org/	312-795-0002

Behavioral Health (Mental Health and Substance Use)

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Lake County Department of Health	https://www.lakecountyil.gov/4917/Health-Department-Community-Health-Cente	847-377-8000
NAMI McHenry County	https://namimch.org/	815-526-8243
McHenry County Mental Health Board	https://mc708.org/	815-455-2828
Choose Your Path- Substance Use Prevention Coalition	https://chooseyourpath118.org/	847-546-6450
Gateway Foundation	https://www.gatewayfoundation.org/	877-505-4673

Chronic Disease and Prevention

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Lake County Department of Health	https://www.lakecountyil.gov/4917/Health-Department-Community-Health-Cente	847-377-8000
Illinois Extension	https://extension.illinois.edu/lm	847-223-8627

Maternal, Child and Reproductive Health

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Lake County Department of Health	https://www.lakecountyil.gov/4917/Health-Department-Community-Health-Cente	847-377-8000
Family Health Partnership Clinic	https://hpclinic.org/	779-220-9300

Obesity

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Lake County Department of Health	https://www.lakecountyil.gov/4917/Health-Department-Community-Health-Cente	847-377-8000
Illinois Extension	https://extension.illinois.edu/lm	847-223-8627
Northern Illinois Food Bank	https://solvehungertoday.org/	630-443-6910

Social Drivers of Health

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Lake County Department of Health	https://www.lakecountyil.gov/4917/Health-Department-Community-Health-Cente	847-377-8000
Illinois Extension	https://extension.illinois.edu/lm	847-223-8627
Pioneer Center for Human Services	https://www.pioneercenter.org/	815-344-1230
PADS Lake County	https://padslakecounty.org/	847-689-4357
McHenry County Housing Authority	https://www.mchenrycountyhousing.org/	815-338-7752

Appendix 3: Definitions

Community Health Needs Assessments: An analysis of the population, resources, services, health care statuses, health care outcomes, and other data within a defined community or service area that helps identify potential health issues being experienced by community members. Every nonprofit hospital is required to complete a CHNA every three years under the Patient Protection and Affordable Care Act (ACA), to demonstrate that a hospital is committed to promoting health.

Community Health Implementation Strategy: A written plan in response to the CHNA to address the priority needs chosen. The CHIS is a requirement under the Patient Protection and Affordable Care Act (ACA).

Community Health Needs:

- **Identified Community Needs:** An identified community need is any issue that comes forward from the assessment process.
- **Significant Community Needs:** A identified health need is considered significant when it is a major concern for the community, aligns with public health goals, and is supported by reliable data. This is a smaller list of needs that a large number of people find to be concerning.
- **Prioritized Community Needs:** These are needs that a hospital team focuses on first, in a targeted way. A plan is created on these prioritized community needs to improve community health in the best way possible.

Disparities: Differences in outcomes exist between groups of populations in nearly every social and health issue. These disparities are often caused by barriers that these communities face.

Focus Groups: A small group of people who give feedback on a topic to help others learn what they think or feel.

Health Behaviors: The choices people make, like what they eat and how much they move, and are often shaped by where people live and what is normal in their community.

Health Outcomes: The results of how healthy people are. This includes how many people in our community are affected by long-term illnesses, and the differences we see between groups of people.

Key Stakeholders: Individuals and/or representatives of organizations that play an important role in informing the assessment process, often in the form of one-on-one interviews.

Race and Ethnicity: To ensure consistency and alignment with national standards, Advocate Health Care uses race and ethnicity definitions based on the U.S. Census Bureau, which follows the guidelines set by the 1997 Office of Management and Budget (OMB). These definitions help ensure accurate and respectful representation of the communities we serve.

- White – A person having origins in any of the original peoples of Europe, the Middle East, or North Africa.
- Black or African American – A person having origins in any of the Black racial groups of Africa.
- American Indian or Alaska Native – A person having origins in any of the original peoples of North and South America (including Central America) and who maintains tribal affiliation or community attachment.
- Asian – A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.
- Native Hawaiian or Other Pacific Islander – A person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.

Sex: In Census Bureau surveys and the decennial census, sex indicates a person's biological sex.

Social Conditions / Factors: Includes things like income, education, jobs, and access to healthcare.

Social Drivers of Health: Things in our everyday lives that can help us stay healthy or make it harder to be healthy. These include where we live, the food we eat, the schools we go to, the jobs our families have, and whether we can see a doctor when we need to.

Appendix 4: References

Advocate Aurora Business Development Analytics, 2025

America's Health Rankings, 2024

CDC, National Center for Health Statistics, National Vital Statistics System, mortality data file, 2023

Healthier Barrington Study 2022 2022

2022 Healthier Barrington Survey

2022 Non- Profit Organization Survey

IDPH, Illinois Comprehensive Cancer Control Plan, 2022-2027 (Illinois Comprehensive Cancer Control Plan 2022-2027)

Lake County Health Department: 2025 Community Health Needs Assessment

McHenry County Department of Health: 2025 McHenry County Health Community Study

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, 2019-2023
- Behavioral Risk Factor Surveillance System, 2022
- Centers for Disease Control and Prevention, 2022
- Centers for Disease Control and Prevention WONDER, 2018-2023
- Centers for Medicare and Medicaid Services, National Provider Identifier, 2022 Diabetes Atlas, 2022
- Feeding America, 2022
- Food Access Research Atlas, 2022
- IHA COMPdata Informatics, 2019-2023
- Illinois State Cancer Registry, 2018-2022
- Map the Meal Gap, 2022
- Maternal Hardship Index, 2016-2023
- National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2022
- National Vital Statistics System-Mortality, 2018-2023
- PLACES, 2022

SAMHSA, 2024

UIC School of Public Health, 2020, 2021

United Way ALICE Data, 2022

United Health Foundation, CDC, 2018–2023

Advocate Health Care

Thank You

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