Advocate Health Care

2025

Advocate Sherman Hospital

Community Health Needs Assessment Report

1425 N Randall Road
Elgin, IL 60123

Letter from Division 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.

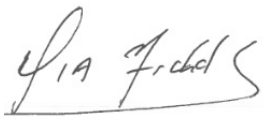
As we close another CHNA cycle, I'm inspired by the profound difference we make each day across our Illinois Division. From groundbreaking research and exceptional clinical care to meaningful patient programs and cutting-edge innovations, our work is driven by the patients, families and communities we 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 communities Advocate Sherman Hospital serves through our Community Health Needs Assessment (CHNA). This report provides a comprehensive overview of the health status and social needs of the populations within our service area. By understanding these needs, we can better deliver safe, high-quality care with compassion and dignity to our community.

Every three years, Advocate Sherman Hospital collaborates with community partners and stakeholders to conduct this thorough CHNA. Our Community Health department collects and analyzes community data and engages directly with residents to gain an in-depth understanding of local health needs and barriers to healthy living. Collaboration is vital to this process, and we extend our sincere thanks to the Kane County Health Department, the McHenry County Department of Health, and our Community Health Council for their valuable guidance and input.

Based on this comprehensive data and stakeholder feedback, the Community Health Council has identified three priority health needs for the 2025 CHNA:

- Access to Care
- Behavioral Health (Mental Health and Substance Use)
- Social Drivers of Health

Advocate Sherman is committed to implementing targeted, evidence-based interventions that address the root causes of these challenges to our community.

We encourage community stakeholders and members to review this report and provide feedback to the email address at the end. Your insights and recommendations on programs or strategies to address these priorities are invaluable.

Together with our community partners and leaders, we are dedicated to improving the health and wellness of the diverse communities we serve. With a clear understanding of our community's needs, Advocate Sherman Hospital is well positioned to help individuals and families live healthier, fuller lives.

Thank you for your continued partnership and support.

Respectfully,

Sheri De Shazo, RN MBA MHA, CLSS-GB, FACHE
President

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EXECUTIVE SUMMARY

Advocate Sherman Hospital (Advocate Sherman) is dedicated to helping our communities live well by identifying and addressing the needs of the community. This commitment begins with a comprehensive understanding of the assets, challenges, and social factors that influence health across the communities we serve. Building on a longstanding history of collaboration, Advocate Sherman continues to strengthen partnerships with community stakeholders to enhance insight into local health priorities and opportunities for improvement.

This Community Health Needs Assessment (CHNA) outlines the process, data sources, and strategies used to advance health in our service area. For this assessment, Advocate Sherman defined its community as the Primary Service Area (PSA), encompassing 10 ZIP codes across Kane and McHenry Counties. To ensure a thorough evaluation, the hospital partnered with both county health departments and participated in their respective assessments, the Kane County Health Department 2024 Community Health Needs Assessment and the 2025 McHenry County Healthy Community Study. Secondary data were drawn from Metopio, a centralized platform used across Advocate Health Care hospitals to ensure consistency and accuracy.

To guide the selection of health priorities, Advocate Sherman's Community Health staff presented key data - including demographics, social drivers of health, and leading health issues - to the Community Health Council (CHC). Through a structured review and voting process, the CHC identified three top priorities: Behavioral Health (mental health and substance use), Social Drivers of Health, and Access to Care.

The CHC and community health team will collaboratively develop a detailed implementation plan for 2026-2028, with regular meetings to monitor progress and evaluate outcomes. Advocate Sherman Hospital hopes this report serves as a valuable resource, fostering a deeper understanding of community health issues and guiding continued action to improve health across Kane and McHenry Counties.

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 SHERMAN HOSPITAL

Advocate Sherman Hospital in Elgin has been a trusted source of care for the community for more than 135 years. As an acute care hospital with a Level II Trauma Center, we serve more than 60,000 patients each year with expertise and compassion.

Our specialty services include a cardiometabolic clinic, high-risk breast care and cardiac OB, providing advanced, focused care to meet a wide range of health needs close to home.

Level II Trauma Center

Heart Care

Gastrointestinal Care

Women's Health

Cancer Care

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), 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).

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.

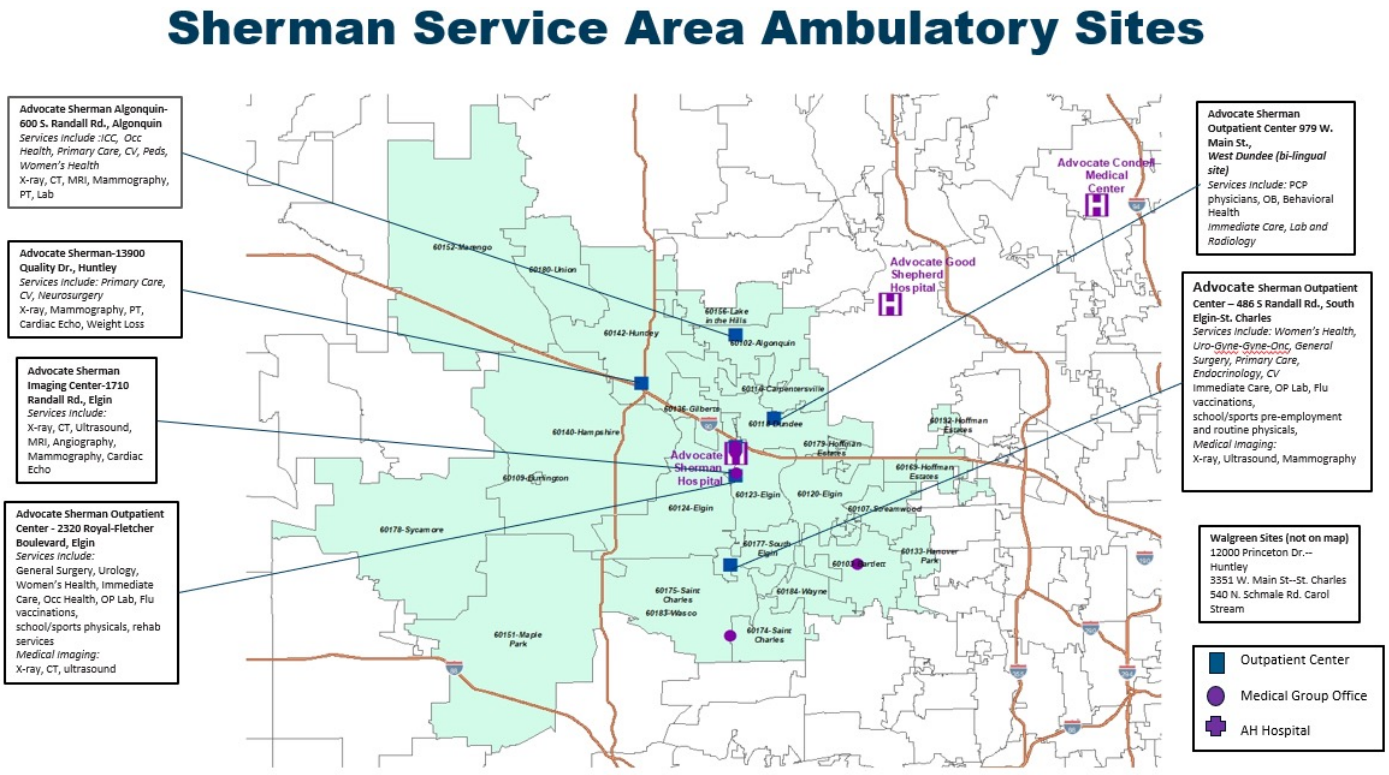


Exhibit 1:
Advocate Sherman Hospital, Patient Service Area Map
Source: Advocate Health Care, Business Development, 2024

2019-2023 Data Estimates

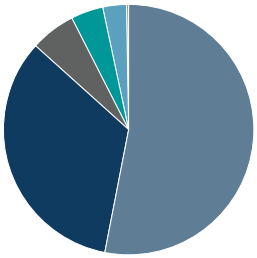
Population
301,976
Increase of 3.6% from 291,030 residents ten years prior.

Gender
50.2% Male
49.8% Female

Median Age
39.2 years PSA
38.4 years Males
39.8 years Females

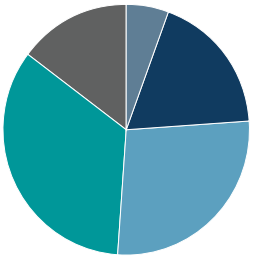
Population by Race/Ethnicity

Non-Hispanic White	53.1%
Hispanic or Latino	33.6%
Asian	5.9%
Non-Hispanic Black	4.1%
Two or More Races	3.2%
Native American	0.1%



Population by Age Group

Infants 0-4	5.8%
Juveniles 5-17	18.2%
Young Adults 18-39	27.2%
Middle-Age 40-64	34.1%
Seniors 65+	14.7%



Spanish as Primary Language Spoken at Home
Top 3 Zip Codes

47.7% 60120 Elgin
42.9% 60110 Carpentersville
33.3% 60123 Elgin

24.6%
Sherman PSA

Highest Hispanic Population
Top 3 Zip Codes

60.4% 60120 Elgin
56.7% 60110 Carpentersville
47.4% 60123 Elgin

Household/Family

5.3% Single Parent Households
3.6% Seniors Living Alone
24.0% Children under age 18

Education

High School Graduation
87.0% PSA

College Graduation
33.0% PSA

People Living Below the Poverty Level

7.9% PSA total

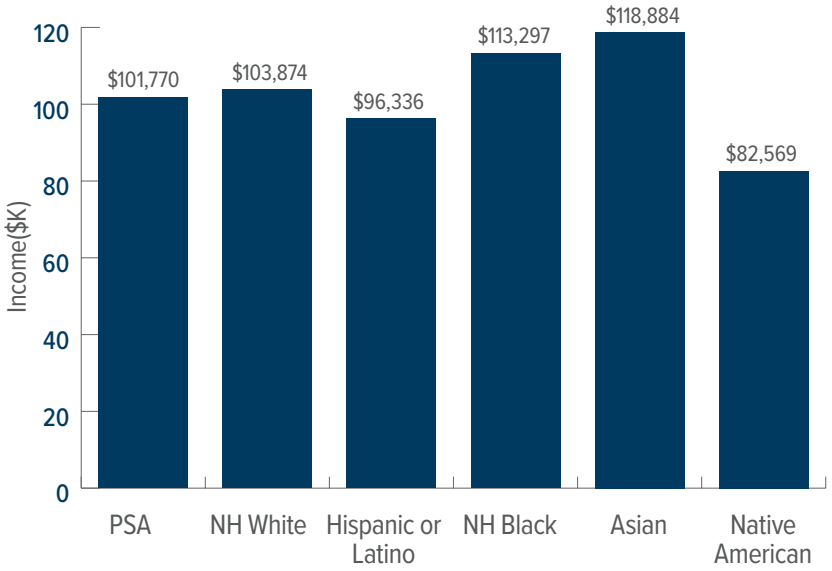
By age

13.2% Children 0-4 years
10.6% Children 5-17 years
7.0% Seniors

Employment
Unemployment Rate of Population 16+

5.0% PSA

Income by Race/Ethnicity (2019-2023)



Source: Metopio, American Community Survey (ACS), 2023

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.

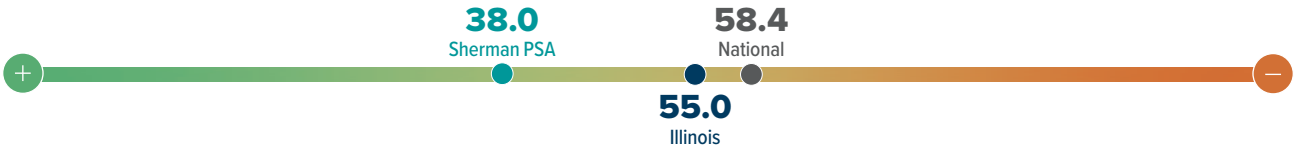
Social Drivers of Health can also cause health differences between groups of people. For example, if someone lives far from a store with healthy food, it's harder for them to eat well. This can lead to health problems like heart disease or diabetes. Just telling people to eat healthy isn't enough - we 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

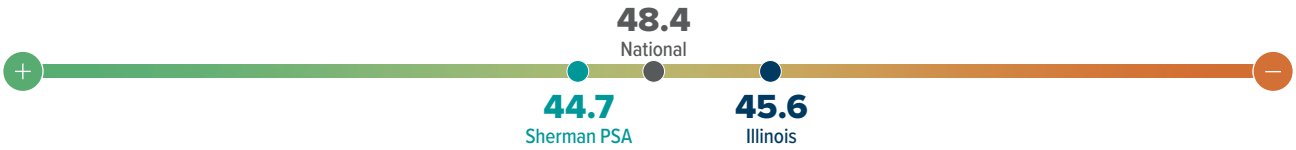
To better understand these factors and identify health inequities in a community, Advocate Health has partnered with Metopio, a software company that focuses on how communities are connected through people and places. Metopio's tools use data to show how different factors in each area influence health. 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.

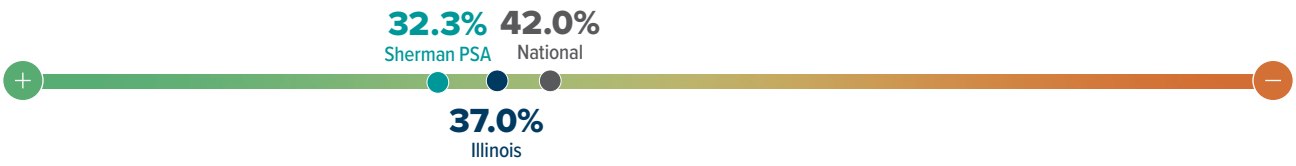
Social Vulnerability Index (SVI) – The Social Vulnerability Index (SVI) shows how vulnerable a community is based on 15 social factors like unemployment, disability, and minority status to help identify and map the communities that will most likely need support before, during, and after a hazardous event. 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, 2019–2023).



ALICE Households – 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 Sherman 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 Sherman 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 Sherman service area.

At the April 2025 meeting, CHC members identified the top three health priorities for the 2026–2028 implementation plan: access to care, behavioral health (including mental health and substance use) and social drivers of health. These priorities were subsequently approved by the Advocate Sherman Hospital Governing Council on August 18, 2025.

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.

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 2024 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. It included secondary data and primary data, including a community survey distributed online and focus groups. The McHenry County Department of Health collaborated with various community partners to complete the 2025 McHenry County Healthy Community Study which included a community survey and focus groups.

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

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.

Kane County Community Assessment, 2024

The 2024 Community Health Assessment (CHA) was completed using the Mobilizing for Action through Planning and Partnership 2.0 (MAPP 2.0) framework to complete a community driven, collaborative process to improve community health and work towards health equity. MAPP 2.0 is widely used by local health departments to conduct Community Health Assessments (CHA). MAPP 2.0 is a three-phrase process that includes a Community Partner Assessment, Community Status Assessment, and Community Context Assessment. These quantitative and qualitative data collection tools help identify the community's strengths and needs, what issues to prioritize, and how to address them.

Summary of Findings

Overall Health Status

The Sherman PSA included portions of both McHenry and Kane 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 three leading causes of death in Advocate Sherman PSA are:

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

Life Expectancy

The average life expectancy among residents:

- McHenry County- 79.5 years
- Kane County- 79.8 years
- Illinois- 77.5 years

(County Health Rankings & Roadmaps, 2025).

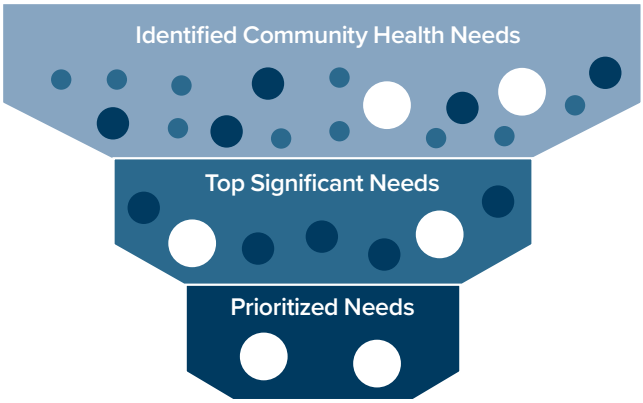
Identified Significant Needs

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.



The following pages summarize 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

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 PSA, the percent of adults with no health insurance peaked in 2019 at 17.7%, declined to 11.3% in 2021, then began rising again in 2022.
- Approximately, one quarter of adults in the Sherman PSA haven't visited a doctor for a routine visit in the past year.
- The rate of Medicaid physicians per capita declined consistently from 61.9 (providers per 100,000 residents) in 2021 to 55.7 in 2025.

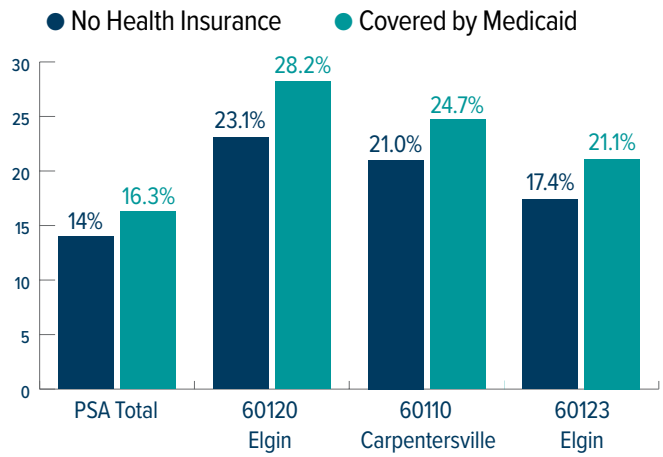
Contributing Factors

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

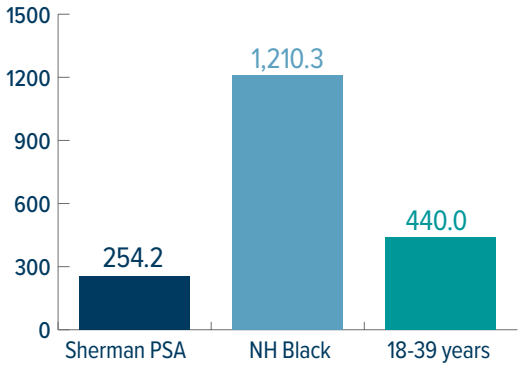
HIGHLIGHTED DISPARITIES

Insurance Coverage Disparities in Adults



Age-adjusted ED rates due to Dental Problems*

**(per 100,000 residents)*



> We have people in crisis who need placement somewhere and that's really delayed because of the lack of available resources.
>
> – Focus Group participant, Kane County Community Health Assessment

Sources: Metopio, PLACES, Centers for Disease Control and Prevention (CDC), 2018-2023
Metopio, Illinois Medicaid Provider Directory, Illinois Department of Healthcare and Family Services (IDHFS), 2021-2025
Metopio, IHA COMPdata Informatics, 2019-2023

Substance Use: Alcohol and Drug Misuse

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

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

Behavioral Health was prioritized as one of the top issues in the 2024 Kane County Community Health Assessment.

Key Findings

- Males and young adults aged 18–39 have the highest rates of emergency department visits and hospitalizations due to alcohol use.
- Drug overdose mortality continues to steadily increase in Kane County, while rates have begun to decline in McHenry County.
- The decline in emergency department visits and hospitalizations related to opioid use is attributed to increased community access to Narcan.
- Alcohol-related mortality is steadily rising in the PSA, as well as in McHenry County, Kane County, and Illinois overall.

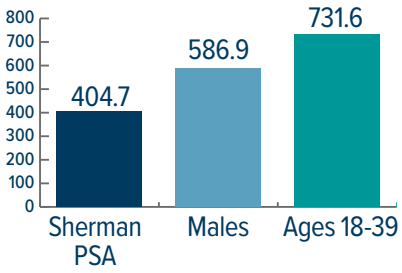
Contributing Factors

Access to treatment and support for drug and alcohol use is not equitable. Individuals from low-income backgrounds or those living in resource-limited communities often face significant barriers when seeking help.

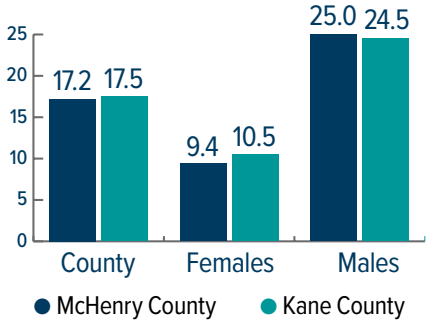
- Barriers and Challenges:
  - » Social culture around alcohol
  - » Limited treatment options
  - » Increasing marijuana use
  - » Co-occurring mental health conditions

HIGHLIGHTED DISPARITIES

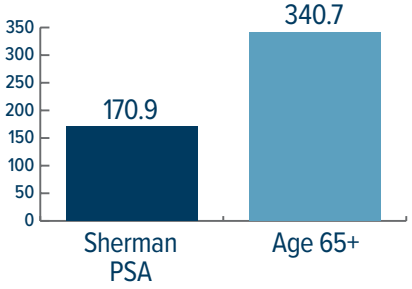
Alcohol Use ED Visits*



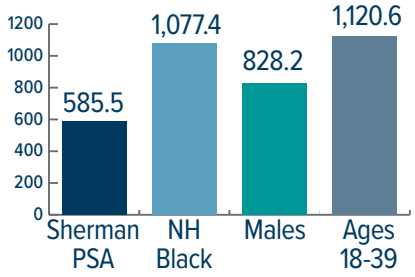
Drug Overdose Mortality*



Opioid Related Hospitalizations*



Substance Use ED Visits*



> I think insurance and the cost of things is a huge, huge barrier that we have, and the stigma that is so attached to mental health and drug addiction.
>
> – Focus Group participant, Kane County Community Health Assessment

Sources: Metopio, IHA COMPdata Informatics, 2019-2023
Metopio, National Vital Statistics System-Mortality (NVSS-M), CDC, 2019-2023

**Age-adjusted rates per 100,000 residents*

Chronic Disease and Prevention

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

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

Diabetes was ranked in the top four health concerns in McHenry County from the Key Informant Interview Survey.

Key Findings

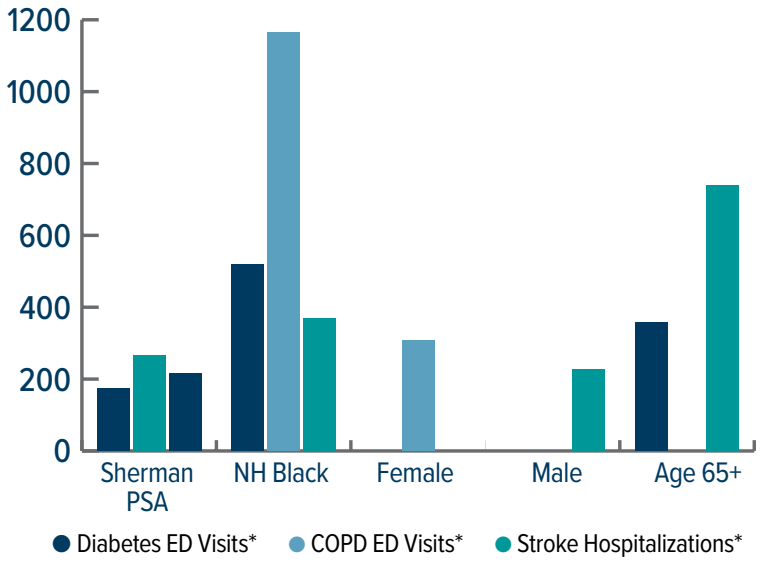
- The percentage of adults in the PSA with diagnosed diabetes increased by 32.6% from 2018 to 2022.
- The Sherman PSA ED visit and hospitalization rates due to hypertension are both increasing.
- Stroke diagnoses have increased since 2020 in the PSA and are highest in Huntley and both Elgin zip codes.
- Colorectal cancer screening rates in the Sherman PSA are lowest in 60110 (Carpentersville) and 60120 (Elgin).

Contributing Factors

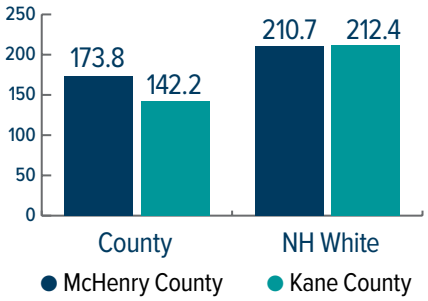
Many chronic diseases can be prevented with healthy habits. Although people with more money, education, and support tend to live longer and avoid these conditions. Without these resources, people often have worse health and shorter lives. For some, eating healthy or staying active is tough because of 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

Chronic Diseases ED & Hospitalizations*



Heart Disease Mortality*



> Latino and Black communities are disproportionately affected by diabetes.
>
> – Focus Group participant, Kane County Community Health Assessment

Sources: Metopio, PLACES, CDC, 2018-2022
Metopio, IHA COMPdata Informatics, 2019-2023
Metopio, National Vital Statistics System-Mortality (NVSS-M), CDC, 2019-2023

**Age-adjusted rates per 100,000 residents*

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

Maternal obesity rates continue to rise in both Kane and McHenry Counties.

Illinois preterm birth rates are higher than the national average; the Kane County rate is slightly above the state average.

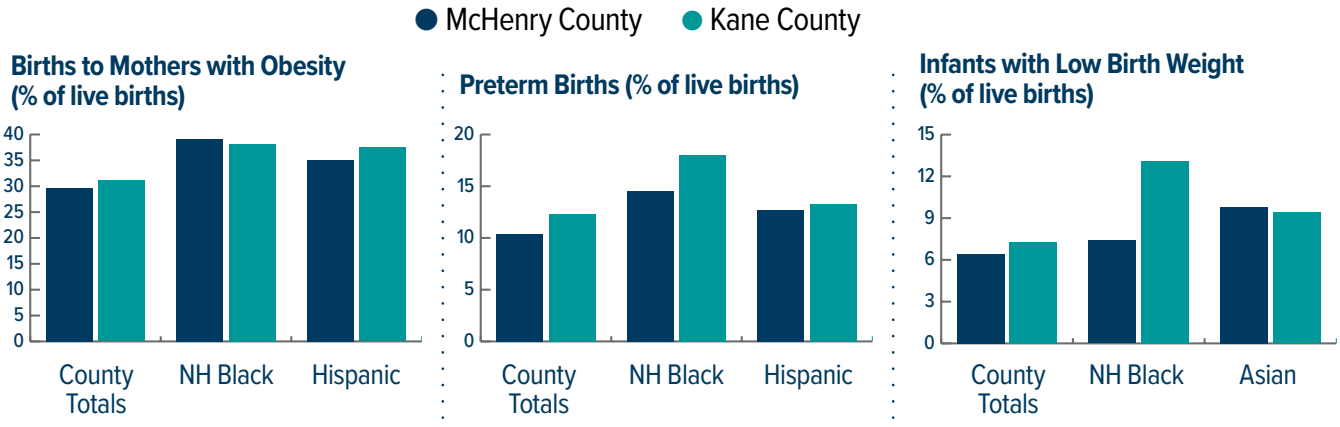
Key Findings

- Infant mortality rates are decreasing in Kane County but have slightly increased in McHenry County. Despite this, both counties remain below the overall Illinois rate.
- Low birth weight rates are higher in Kane County than in McHenry County; both counties are lower than the Illinois rate.
- Births with at least one maternal risk factor (births where the mother has at least one of the following conditions: Chronic Hypertension, Eclampsia, Diabetes, Tobacco use, or Pregnancy-associated hypertension) is increasing in Kane and McHenry Counties.

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



> Having providers that are bilingual is even more of a huge need in our community. And I think it's all tied into feeling isolated, disconnected. It's scary to, you know, actually go to the doctor because you're pregnant, but you want to at the same time.
>
> – Focus Group participant, Kane County Community Health Assessment

Sources: Metopio, Maternal and Infant Health Mapping Tool, HRSA's Maternal and Child Health Bureau (MCHB), 2007-2021
Metopio, NVSS-N, CDC, 2017-2021 & 2019-2023

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

Adolescent and adult mental health were ranked as the first and second top health concerns in McHenry County from the Key Informant Interview Survey.

Behavioral Health was prioritized as one of the top issues based in the 2024 Kane County Health Assessment.

Key Findings

- The rate of poor self-reported mental health is increasing within the Sherman PSA.
- Suicide mortality rates are rising in McHenry County, Kane County, and across Illinois.
- ZIP codes 60120 (Elgin), 60123 (Elgin), and 60177 (South Elgin) have the highest rates of mental health-related emergency department visits and hospitalizations in the Sherman PSA.
- Among Medicare beneficiaries in McHenry and Kane Counties, depression rates are higher in females than in males.

Contributing Factors

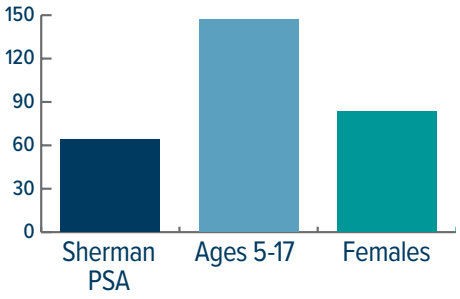
Mental health is influenced by a wide range of factors, including genetics, stress, sleep, diet, trauma, and economic challenges. Because these factors vary greatly between individuals, each person's experience with mental health is unique. Although programs and services exist to promote mental well-being, 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.

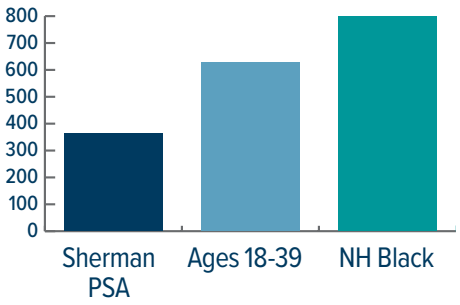
Community Insight:
Males have suicide mortality rates three times higher than females in both Kane and McHenry counties.

HIGHLIGHTED DISPARITIES

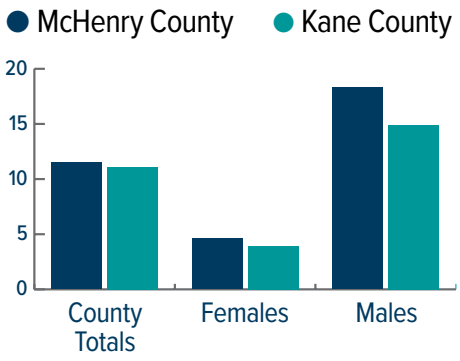
Suicide and Intentional Self-Inflicted Injury ED Visits*



Mental Health Hospitalization Rates*



Suicide Mortality*



**Rates per 100,000 residents*

Sources: Metopio, PLACES, CDC, 2018-2022
Metopio, IHA COMPdata Informatics, 2019-2023
Metopio, National Vital Statistics System-Mortality (NVSS-M), CDC, 2019-2023

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

Access to affordable food was identified as a top five community concern in McHenry County from the Key Informant Interview Survey.

Food access was prioritized as one of the top issues based in the 2024 Kane County Community Health Assessment.

Key Findings

- The percent of population in the Sherman PSA with obesity increased from 29.3 percent in 2014 to 36.7 percent in 2022.
- For the first time, all of the zip codes in the Sherman PSA have over 30% of the adult population with obesity.
- The Sherman PSA food insecurity rate increased by over three percent from 2018 to 2022.
- Residents in Carpentersville and the two Elgin zip codes (60120 and 60123) have the highest rates of adults with no exercise during the past month.

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
Sherman PSA 36.7%
60110 (Carpentersville): 40.3%
60123 (Elgin): 39.7%
60120 (Elgin): 38.2%

Food Insecurity
Sherman PSA 10.0%
60120 (Elgin): 13.1%
60123 (Elgin): 11.9%
60110 (Carpentersville): 11.4%

No Exercise
Sherman PSA 22.5%
60120 (Elgin): 27.6%
60110 (Carpentersville): 25.8%
60123 (Elgin): 25.2%

> Since the pandemic, the community has seen increases in prices for foods, especially healthy foods. So, people tend to pay for what they can afford, which is the less healthy options.
>
> – Focus Group participant, Kane County Community Health Assessment

Sources: Metopio, PLACES, CDC, 2018-2022
Metopio, Map the Meal Gap, Feeding America, 2022

Social Drivers of Health

SIGNIFICANT NEED

Why is this important? The built environment refers to human-made structures in places where people live, work and play. They include buildings, parks, transportation systems and water and energy networks. These places and support systems shape communities and affect the health and safety of people that interact with them.

Significant Need Reasoning

Housing was prioritized as one of the top issues based in the 2024 Kane County Community Health Assessment.

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

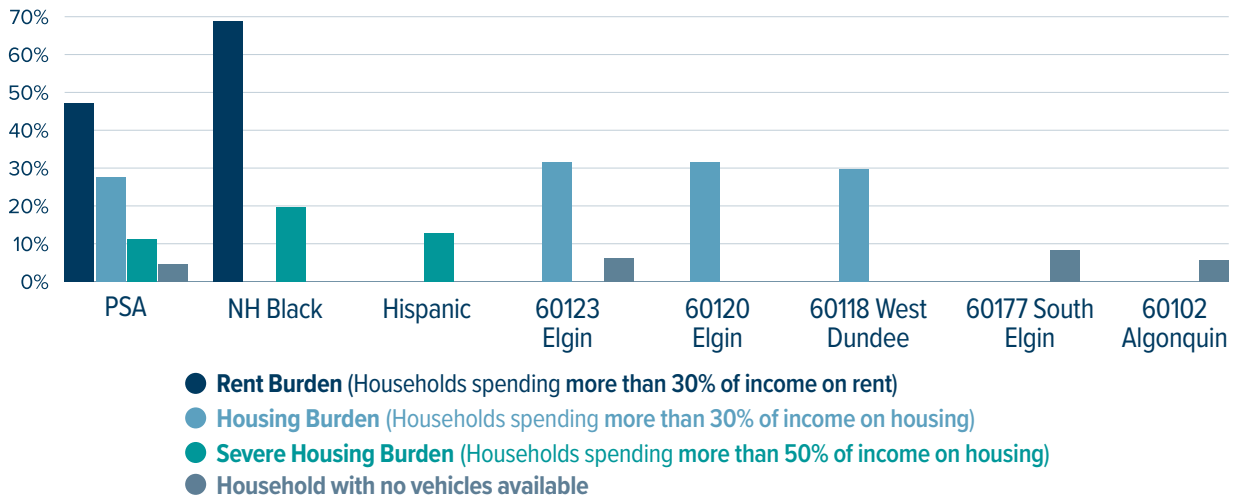
Key Findings

- In the Sherman PSA, the percentage of households spending more than 30% of their income on rent has increased steadily over recent years. This rate now exceeds the state average in Illinois, indicating a growing local housing affordability crisis.
- The rate of severe housing burden - defined as households spending more than 50% of their income on housing - is higher in Kane County compared to McHenry County.
- In McHenry County, the average commute time is longer than in Kane County, potentially reflecting a lack of affordable housing near employment.

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 HOUSING DISPARITIES



> Something we're seeing in the emergency room is also access to shelter. A lot of our homeless shelter resources are, are full. They have waitlists. So, you know, it's an option we give to people, but we also have to let them know that it's full.
>
> – Focus Group participant, Kane County Community Health Assessment

Sources: Metopio, ACS, U.S. Census Bureau, 2019-2023

PRIORITIZATION OF HEALTH-RELATED ISSUES

PRIORITY SETTING PROCESS

In 2025, Advocate Sherman Hospital'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 access to care, behavioral health (including mental health and substance use) and social drivers of health as the top community health priorities.

Severity: How serious is the issue? Does it cause significant harm or disability?

Urgency: Does it require immediate attention? Is it time-sensitive?

Impact on Quality of Life: How much does it affect daily activities, mental health, or overall well-being?

Cost of Treatment/Intervention: What are the financial costs for individuals and the system?

Preventability: Can it be prevented or reduced through lifestyle changes, interventions, or screening?

Potential for Long-Term Consequences: Will it lead to lasting health problems, complications, or disabilities?

Significant Health Needs Selected

Access to Care

Access to health care is essential for the overall well-being of any community. In the Sherman PSA, the Community Health Council has identified access to care with a specific focus on behavioral health, as a key priority. This decision was informed by notable disparities within the population, along with widespread reports of long wait times and difficulty securing appointments. These barriers hinder timely and equitable access to care health services to the residents in the Sherman community.

Behavioral Health

Behavioral health continues to be a pressing concern in the Sherman PSA and was again identified as a top priority in the most recent Community Health Needs Assessment (CHNA). The Community Health Council prioritized this area due to rising suicide rates and increasing prevalence of depression, particularly among Medicare beneficiaries. Additionally, ongoing challenges related to substance use were observed across the community and disproportionately higher in some areas. These trends were consistent in the community health assessments conducted in McHenry and Kane Counties, where mental health and substance use were also highlighted as leading community concerns.

Social Drivers of Health

Social drivers of health such as housing, food security, and economic stability are embedded with individual and community well-being. Sherman Hospital is actively engaged in supporting efforts to address these social drivers, including initiatives around healthcare workforce development and resource referrals during patient care. The rising cost of living, particularly in relation to housing and food, played a significant role in the Council's decision to prioritize this area.

HEALTH NEEDS NOT SELECTED

Chronic Disease and Prevention

At Sherman Hospital, chronic disease prevention and management are integrated into our daily clinical operations. Through comprehensive services such as screenings, patient education, and long-term care, we address conditions like diabetes, heart disease, and cancer. Because these efforts are already embedded in our existing practices, chronic disease and prevention were not prioritized as standalone focus areas in the Community Health Needs Assessment (CHNA). However, this critical work continues outside of the Community Health Implementation Strategy (CHIS).

Maternal, Child and Reproductive Health

While maternal, child, and reproductive health remains an important concern, it was not selected as a top priority in the current CHNA cycle. Sherman Hospital continues to implement system-wide strategies in geographic areas with the highest infant mortality rates. Due to ongoing targeted efforts and positive trends in several maternal and child health indicators, the CHNA council determined that additional prioritization within this cycle was not necessary.

Obesity, Physical Activity, and access to Healthy Foods

Obesity remains a growing concern across all zip codes in the Sherman PSA. The causes of obesity are complex and often go beyond individual lifestyle choices. Social and economic factors play a significant role; individuals with higher income, education, and community support often have greater access to nutritious foods and opportunities for physical activity. By focusing on social drivers of health, Sherman Hospital aims to address the root causes of obesity and support healthier communities.

APPROVAL OF COMMUNITY HEALTH NEEDS ASSESSMENT

The 2025 CHNA was presented to the Advocate Sherman Hospital Governing Council and they approved the CHNA findings on August 18, 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 hardcopy 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 Sherman 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 Sherman 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 Kane and McHenry County Health Departments 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 monthly hospital-based pop-up booths and distributed over 500 boxes of Narcan®. Additionally, a Narcan® dispenser from the Kane County Health Department was put in place at the Emergency Department at Sherman Hospital for anyone in the community to access when needed. To date, there have been over 800 boxes of Narcan® taken out of the dispenser.

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, Kane County Opioid Initiative Task Force and the Kane County Behavioral Health Council.

Obesity

Advocate Sherman 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 Food For Greater Elgin. Through this partnership we have been able to improve the pantry's policies, systems and environment. Additionally, the Advocate Health Care Mobile Van was arranged to visit Food for Greater Elgin twice monthly to provide screenings, education and resources to the food pantry patrons. The Advocate Health Care LiveWell Mobile Van team's mission is to reduce health inequities within the Advocate Health Care footprint by targeting critical services to communities experiencing the largest gaps in health outcomes. Services on the mobile health van include screening such as cholesterol, BMI, rapid glucose, blood pressure as well as health education and resources.

The Advocate Sherman onsite community garden yielded a bountiful harvest each growing season. The hospital donates over 300 pounds annually of fresh produce for students who are food insecure and accessing the Elgin Community College Spartan Food Pantry, and to the clients of Food for Greater Elgin Food Pantry. Advocate Sherman continues to partner with the University of Illinois Extension Master Gardeners. They are an integral part of the onsite community gardens, maintaining demonstration beds, holding leadership roles on the garden committee and mentoring Master Gardener interns on site.

Advocate Sherman Hospital continued its commitment to addressing food insecurity by gathering detailed information from local food pantries within its service area. This data was added to the Findhelp app, ensuring that patients experiencing food insecurity could easily access these resources. The Advocate Health Local Services Guide, powered by Findhelp, provides community members with a reliable and up-to-date list of free and low-cost food options. Recognizing the need for an easily accessible and tested resource, Advocate Health made it possible for individuals to find essential community services.

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 Kane 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.kanehealth.com/Pages/CHA.aspx

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
Kane County Health Department	https://www.kanehealth.com/	630-208-3801
VNA Health Center	https://vnahealth.com/	630-526-7871
Greater Family Health	https://greaterfamilyhealth.org/	844-599-3700
Carpentersville Community Health Center	https://www.auntmarthas.org/	877-692-8686
Well Child Center	https://hpclinic.org/	847-741-7370
Ecker Center for Behavioral Health	https://www.eckercenter.org/	847-695-0484

Behavioral Health (Mental Health and Substance Use)

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Kane County Health Department	https://www.kanehealth.com/	630-208-3801
NAMI Kane County	https://www.nami.org/affiliate/illinois/nami-kane-county-north/	630-526-7871
Association For Individual Development (AID)	https://www.aidcares.org	844-599-3700
Ecker Center for Behavioral Health	https://www.eckercenter.org/	877-692-8686
Gateway Foundation	https://www.gatewayfoundation.org/	847-741-7370

Chronic Disease and Prevention

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Kane County Health Department	https://www.kanehealth.com/	630-208-3801
University of Illinois Extension, SNAP-Ed	https://extension.illinois.edu/dkk	630-584-6166

Maternal, Child and Reproductive Health

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Kane County Health Department	https://www.kanehealth.com/	630-208-3801
Well Child Center	https://hpclinic.org/	847-741-7370
Elgin Partnership for Early Learning (EPEL)	https://www.elginpartnership.org/	847-452-2457

Obesity

Organization	Website	Contact
McHenry County Health Department	https://www.mchenrycountyil.gov/departments/health-department	815-334-4585
Kane County Health Department	https://www.kanehealth.com/	630-208-3801
University of Illinois Extension, SNAP-Ed	https://extension.illinois.edu/dkk	630-584-6166
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
Kane County Health Department	https://www.kanehealth.com/	630-208-3801
University of Illinois Extension, SNAP-Ed	https://extension.illinois.edu/dkk	630-584-6166
Centro De Información	https://centrodeinformacion.org/	847-695-9050
PADS of Elgin	https://padsofelgin.org/	847-608-9744
McHenry County Housing Authority	https://www.mchenrycountyhousing.org/	815-338-7752
Housing Authority of Elgin	https://haelgin.org/	847-742-3853

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

IDPH, Illinois Comprehensive Cancer Control Plan, 2022-2027

Kane County Health Department: 2024 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

Phone

847-742-9800

Online

https://www.advocatehealth.com/sherman

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Elgin, IL 60123