

The Illinois Project for Local Assessment of Needs (IPLAN)

for

DeWitt and Piatt Counties

2023



DeWitt-Piatt
Bi-County Health Department
PREVENT • PROMOTE • PROTECT

**The DeWitt-Piatt Bi-County Health Department
Illinois Project for Local Assessment of Needs (IPLAN)**

2023-2027

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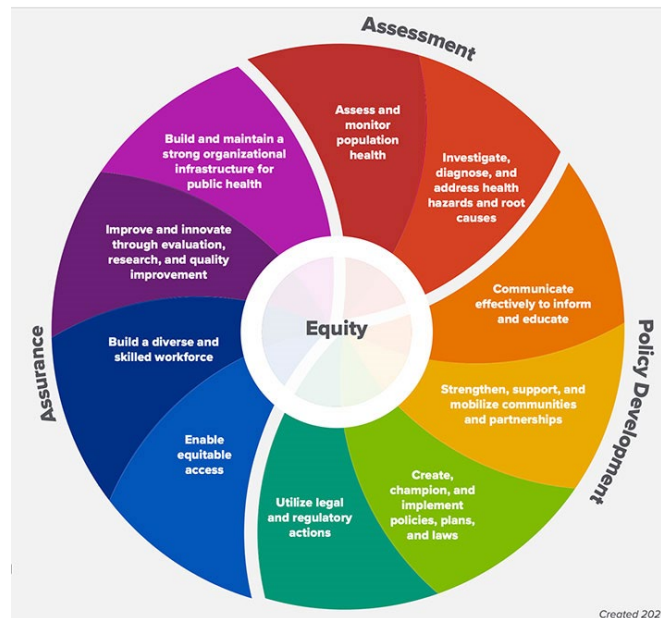
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Our History

In 1946, citizens in DeWitt County and Piatt County formed health councils to consider the formation of a multi-county health department aimed at reducing the prevalence of infectious diseases and addressing environmental concerns pertaining to improper sewage disposal, foodborne illness, and unsafe drinking water supplies. Passed by a referendum in 1947, offices were established in Monticello, Illinois and Clinton, Illinois. The agency opened for services the following year.

Executive Summary

As the mission for a majority of health department agencies nationwide, the goal of public health is to promote and protect the health of the communities they serve by focusing on prevention through consistent disease surveillance and evidence based practices. This includes vaccinations, dental services, infectious disease outbreak investigations, enforcing standards that protect the health of the environment, safeguarding local food supplies, and providing services aimed at assisting pregnant or post-partum women and children. To better ensure consistencies and equality in the delivery of public health services, the Core Public Health Function Steering Committee developed the ten (10) Essential Public Health Services. Introduced in 1994, the ten (10) Essential Public Health Services model has become the mission framework for public health in the United States. Comprised of three core functions (Assessment, Policy Development, and Assurance) and ten (10) sub-functions, the Essential Services of Public health aims to protect and promote the health of all people in every community.



Centers for Disease Control and Prevention. 10 Essential Public Health Services

The Illinois Project for Local Assessment of Needs (IPLAN)

The IPLAN process was developed not only as a means for assisting local health department agencies in the State of Illinois meet requirements outlined in the Certified Local Health Department Code but also to ensure an accurate assessment of overall health in the communities they serve and fulfill the aforementioned essential services of public health.

Completed on a five year cycle, the IPLAN process involves the assessment of county-level data to identify priority health issues or trends where implementation of intervention or prevention strategies are necessary in an effort to improve the quality of life. Depending on the identified priority health problem, these strategies may be specific to the health department agency or may require additional involvement and collaboration from community health partners.

Methodology

The most commonly used methods in conducting a community-wide assessment are the Assessment Protocol for Excellence in Public Health (APEXPH) model and the MAPP or Mobilizing for Action through Planning and Partnerships model. Although there are many similarities, the MAPP process focuses on the capacity of the entire public health system and strategic planning whereas the APEXPH model was designed to assist local health department agencies in the enhancement of organizational capacity and a strengthening of their leadership role in the community as a strong local health department is crucial in better equipping a community in achieving local health goals.

It is in the opinion of the DeWitt-Piatt Bi-County Health Department, an agency looking to re-establish following a period of recent high turnover rates and appointment of new administration, to opt for the utilization of the APEXPH model for this assessment.

The APEXPH process consists of three main sections:

- 1) Organizational Capacity Assessment
- 2) The Community Process
- 3) Completing the Cycle

The Organizational Capacity Assessment assists health department administration conduct a successful internal assessment of the agency with the intent of addressing potential weaknesses and improving performance. The Community Process identifies priority health needs and establishes a community advisory committee to discuss potential strategies for addressing those needs. The intent of the Community Process is to build or strengthen local health department relations with community members and partners. Completing the Cycle summarizes activities or actions that are necessary in ensuring that plans to effectively address community health needs are accomplished. This may include policy revisions or development, expansion of services, monitoring, and evaluation.

Although APEXPH aims to better equip a community in achieving local goals through health department reinforcement, this model was deemed to be most relevant for a health department agency seeking to re-establish after experiencing a high turnover rate of employment and recent appointment of new administration.

Community Health Assessment

As mentioned previously, the Community Health Assessment process involves the review of county-level data acquired from credible sources to identify and prioritize health needs within the communities served. Prioritization of health issues and needs offers aid in the development and implementation of intervention strategies of the advisory committee.

In most cases, the community assessment contains data pertaining to the following:

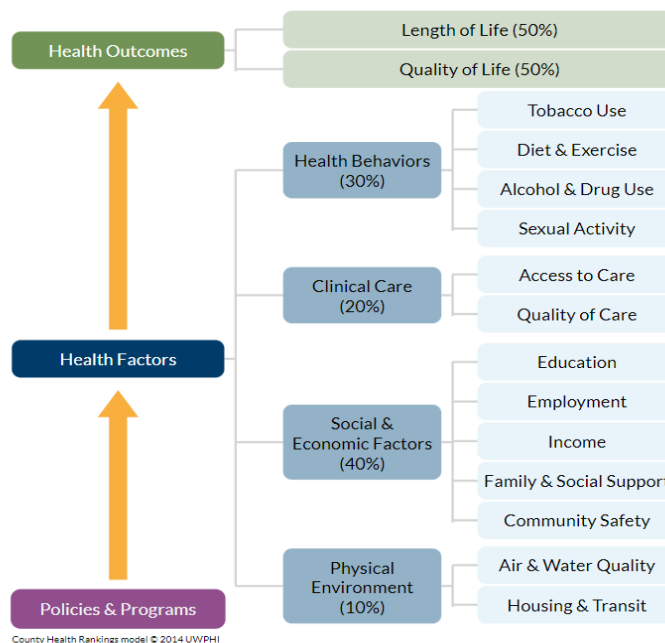
- a) Demographics
- b) Social and Economic Factors
- c) General Health
- d) Chronic Diseases
- e) Health Outcomes
- f) Clinical Care/Access to Care
- g) Maternal and Child Health
- h) Infectious/Communicable Diseases
- i) Physical Environment

For this assessment, the DeWitt-Piatt Bi-County Health Department reviewed the most complete and accurate information from a number of sources that detailed the status of health within our communities. Efforts were made to obtain the most recent statistics; however, this was not always attainable due to lack of availability and/or reliability.

For years, the University of Wisconsin Population Health Institute, in cooperation with the Robert Wood Johnson Foundation have published the County Health Rankings that detail state and county-level health statistics. The intent of this information is to assist health leaders in prioritizing (or ranking) health issues and implementing strategies for improving health.

In an effort to better emphasize the link between how we live and the negative health outcomes that may result, this section mimics the County Health Rankings by assessing localized statistics on length of life and quality of life as well as the factors that may impact these measured outcomes.

The University of Wisconsin Population Health Institute County Health Rankings Model is provided below, for reference:



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps

Section I: County Population and Demographics

Demographics are the classifiable characteristics of a population. This most commonly includes: Age, gender, race, ethnicity, geographic area, and marital status.

Although demographics are not considered factors that impact health outcomes, they play an important role in the demand for health care services. For example, older persons generally require more health services and experience longer hospital stays when compared to a younger population base. Additionally, certain demographics such as geographic area and racial or ethnic diversity may assist in indicating and reducing health disparities that may exist.

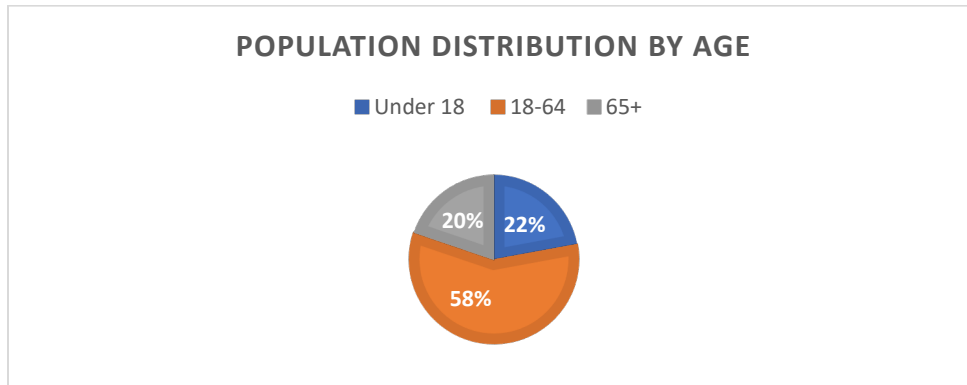
According to 2020 census data, the total population for Piatt County was 16,673 which represents a decrease of 0.3% when compared to 2010 United States Census data. The largest community in Piatt County is Monticello which has a population of 5,941 residents.

In DeWitt County, the overall population was 15,516 which is a decrease of 6.3% from 2010 United States Census data. Approximately 45% (7,004) of the DeWitt County population has a registered address in Clinton.

The tables below provide further information on the demographics for each of the counties within the jurisdiction of the DeWitt-Piatt Bi-County Health Department. Each county is largely represented by white, non-Hispanics between 18 & 64 years of age. Nearly 51% of the population is female.

Piatt County

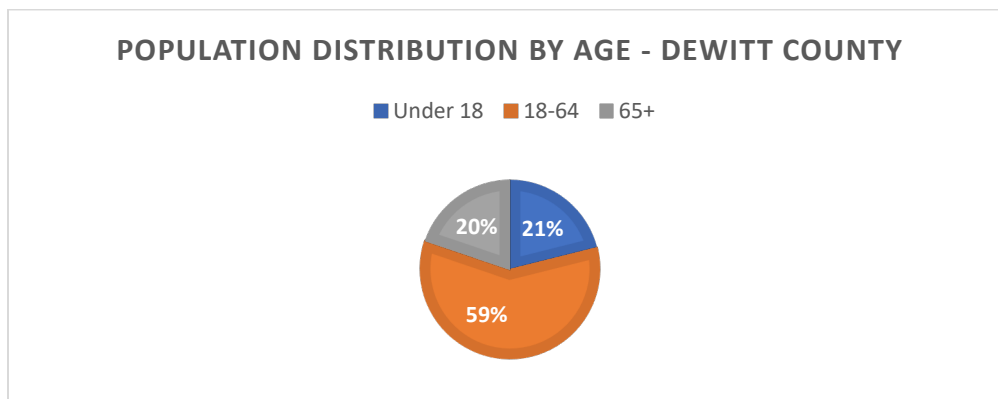
According to data from the United States Census Bureau, between 2010 and 2020, the 65 years of age and older age group experienced the largest growth, increasing by 25%. Although not specifically represented in the graph provided above, the age group experiencing the largest decline was the population between 5-19 years of age. The population of this particular age group decreased by 8% over the 10-year period.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

DeWitt County

Similar to Piatt County, the age group that experienced the largest population growth in DeWitt County between 2010 and 2020 was the 65 years of age and older age group which increased by nearly 10%. The population of those 35-49 years of age experienced the largest decline (17%) during the same period of time.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Population by Race and Ethnicity

	Non-Hispanic Black	American Indian & Alaskan Native	Asian	Native Hawaiian/Pacific Islander	Hispanic	Non-Hispanic White
DeWitt County	0.90%	0.30%	0.50%	0.10%	2.80%	94.50%
Piatt County	0.60%	0.20%	0.50%	0.10%	1.50%	95.90%

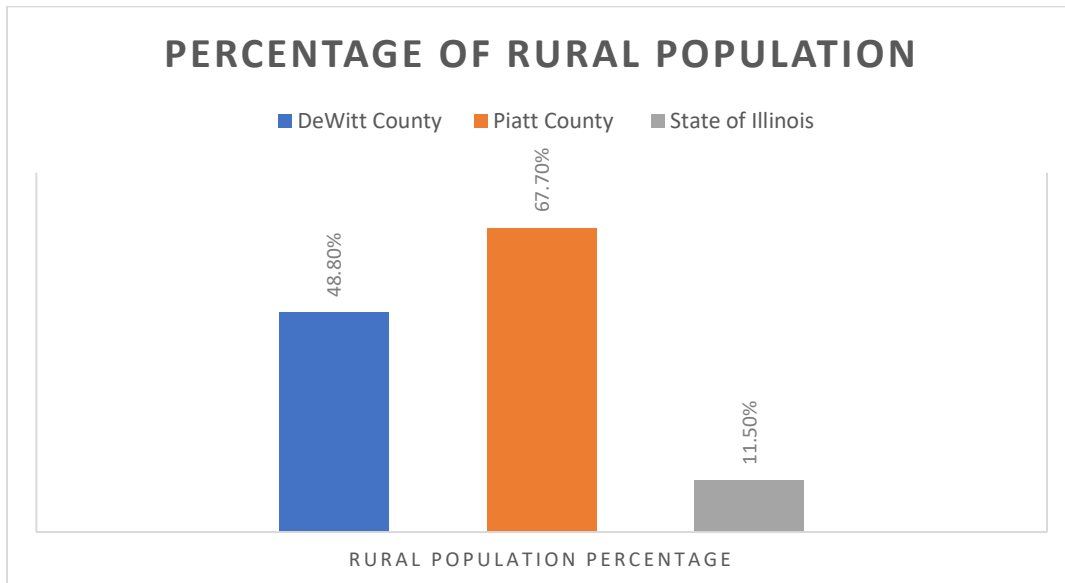
University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Between 2010 and 2019, the Hispanic population increased in DeWitt County by 1.9% and 0.9% in Piatt County. This represents the largest increase among all racial and ethnic groups for both counties.

Percentage of Rural Population

When compared to the State of Illinois, both counties would be considered largely rural with nearly 50% or more of the population living in non-urban settings. To be classified as a non-urban setting, the population cannot exceed 1,000 persons per square mile.

The percentage of residents living in a rural setting is an important measurement in the fact that it may result in an increased percentage of the population experiencing barriers in access to health care, healthy food options, and access to exercise opportunities.



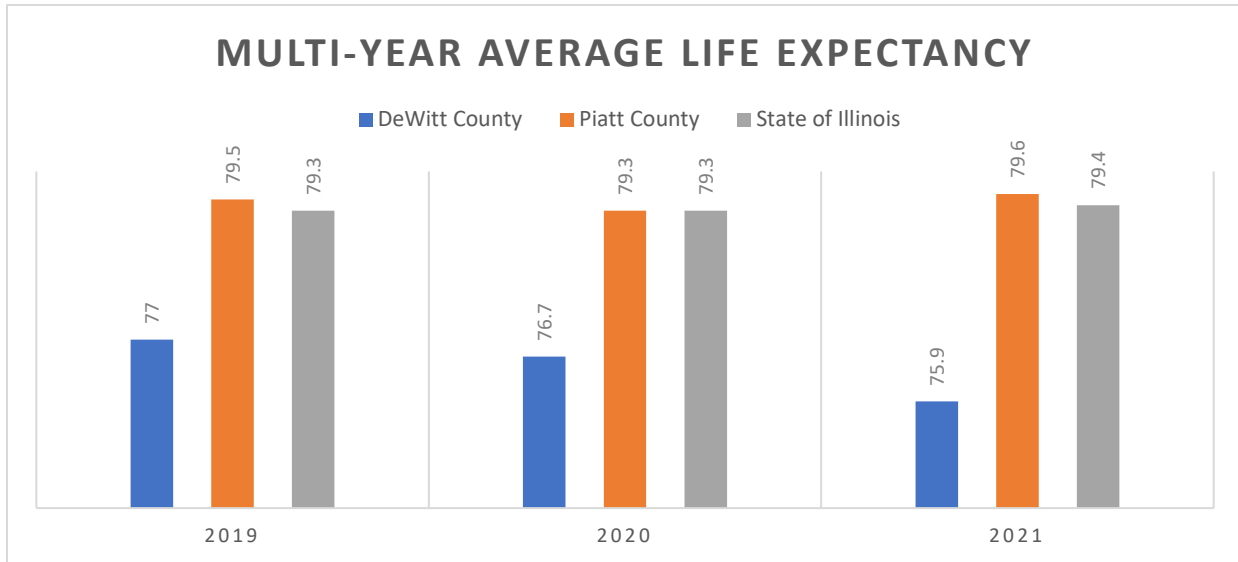
University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Section II: Health Outcomes

Length of Life

Length of life or life expectancy has long since been used as a measure of health outcome. This number represents the average length of life for individuals and can be measured on the global, national, state, or even local scale.

When comparing DeWitt and Piatt Counties with State of Illinois data, it is evident that DeWitt County has seen a dramatic decrease in length of life. In 2021, the life expectancy for DeWitt County was among the lowest in the State of Illinois.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Premature Death

The data provided below details the years of potential life lost before the age of seventy-five (75) per 100,000 population. Since a majority of statistics weigh heavily on deaths among older individuals, this measurement is intended to focus attention on deaths that may have been prevented by directing focus on fatalities among younger populations (less than 75 years of age) over a 3-year period. The sum of all potential life lost is divided by the total population and then multiplied by 100,000 resulting in the figures provided below.

Nearly 6,100 years of life were lost due to death in Piatt County residents under the age of 75 years (per 100,000 population). In DeWitt County, the total years of life lost in individuals under the age of 75 years (per 100,000) was figured at 8,800 which is far higher in comparison to the State of Illinois average. This is consistent with the life expectancy data presented above in which DeWitt County had a significantly lower length of life.

It is important to note that in counties with lower population totals, any fluctuations in the number of premature deaths will greatly impact this value when compared to other counties with a larger overall population.

DeWitt County	8800
Piatt County	6100
State of Illinois	6600

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Premature Age-Adjusted Mortality

Provided below is the mortality rate of residents under the age of seventy-five (75) per 100,000 population. To provide additional clarity, there were 420 deaths per 100,000 people aged 75 years or younger in DeWitt County.

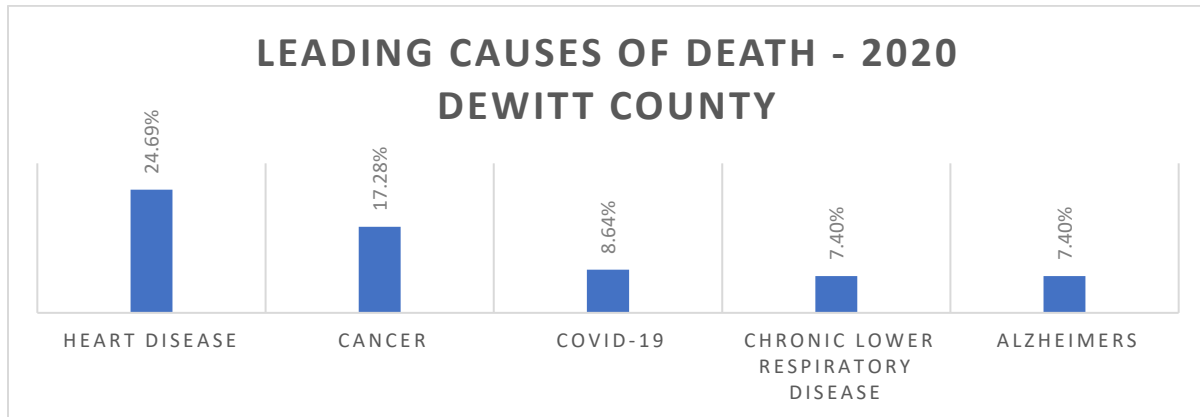
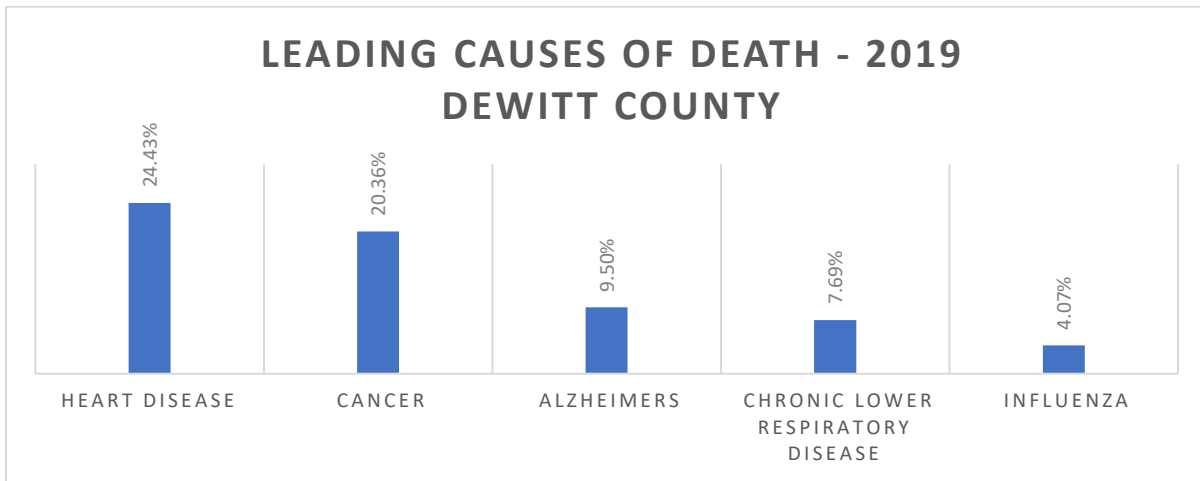
In counties with lower population totals, any fluctuations in the annual number of deaths below life expectancy will greatly impact this value when compared to other counties with a larger overall population.

DeWitt County	420
Piatt County	280
State of Illinois	330

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

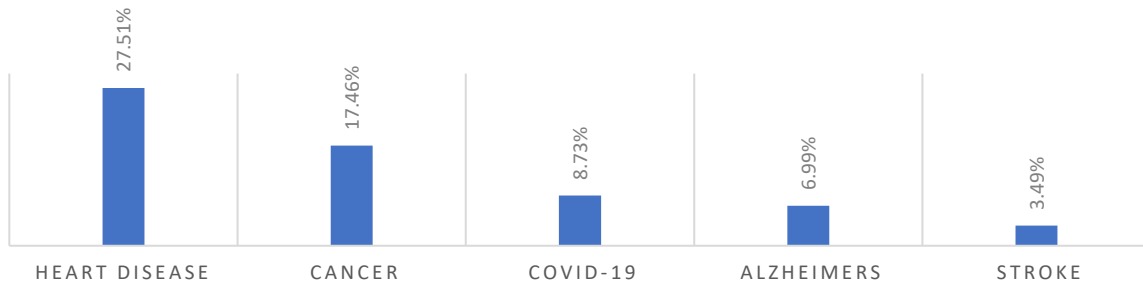
Leading Causes of Death by County (2019-2021)

Consistent with national statistics, heart disease continues to be the leading cause of death in DeWitt County and Piatt County with cancer being a close second. Uncommon with bi-county data in previous years was the introduction of the COVID-19 virus. In 2020, the virus surpassed respiratory disease and alzheimers in DeWitt County to become the third leading cause of death for the year. This trend would continue into 2021 as it was once again responsible for just over 8% of all deaths in the county. In Piatt County, the virus also became the third leading cause of death in 2020 but accounted for a smaller percentage of fatalities among the population (4.76%). Contrary to DeWitt County, COVID-19 was removed from the leading causes of death the following year.

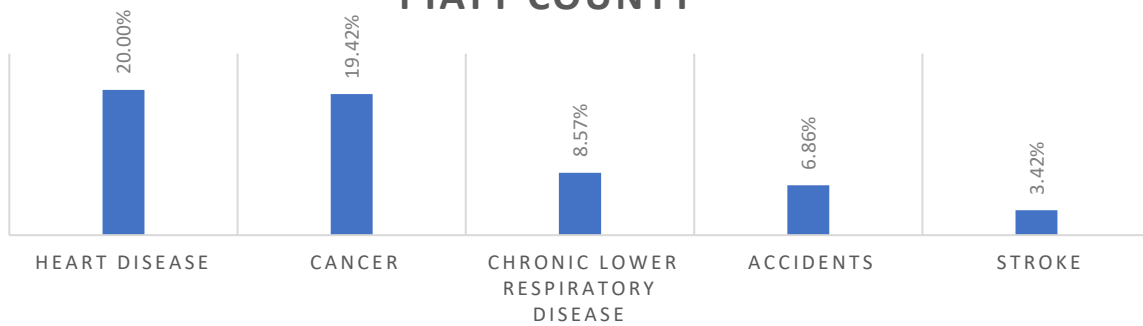


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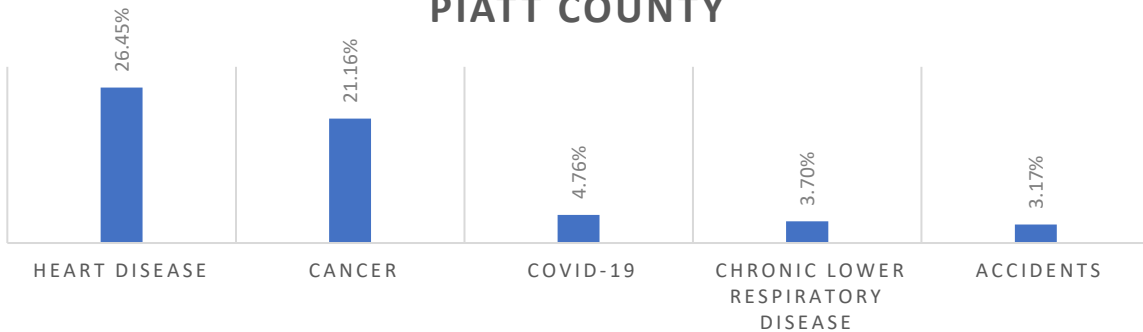
LEADING CAUSES OF DEATH - 2021 DEWITT COUNTY



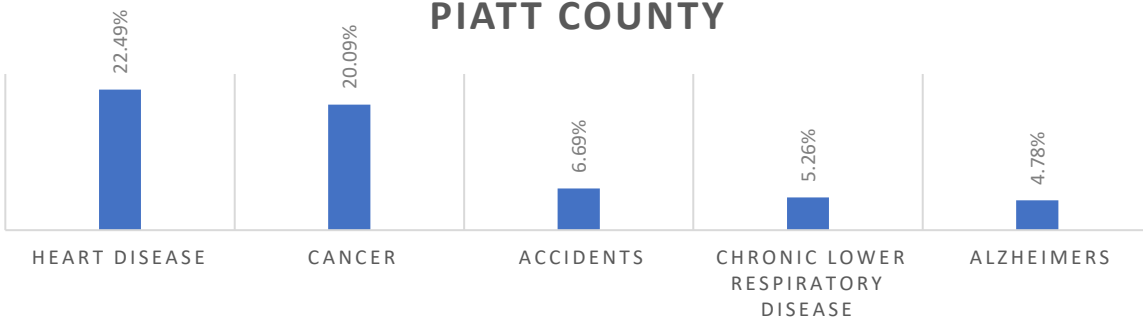
LEADING CAUSES OF DEATH - 2019 PIATT COUNTY



LEADING CAUSES OF DEATH - 2020 PIATT COUNTY



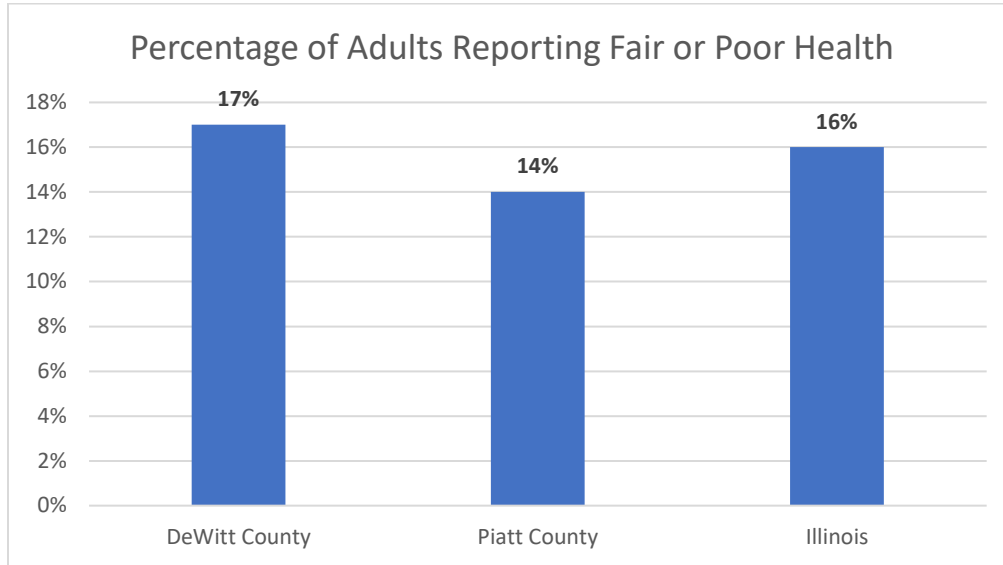
LEADING CAUSES OF DEATH - 2021 PIATT COUNTY



Quality of Life

Although this data is self-reported and may present bias, the quality-of-life measurement is a reliable determinant as to how well individuals live, especially those with disabilities and chronic health conditions. This data provides an indication of how individuals with chronic health conditions experience and perceive everyday life.

An article published in the *Journal of Epidemiology and Community Health*¹, examined in more detail the validity of the physically healthy days statistic. Results of the study determined that counties with higher rates of reported poor health were likely to have higher unemployment rates, poverty, mortality rates, and prevalence of disabilities when compared to counties with a smaller number of unhealthy days.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Poor Physical Health Days

Provided below is the number of physically unhealthy days reported by individuals over a thirty (30) day span of time. This information is based on self-reported data among individuals in DeWitt and Piatt Counties who responded to a survey conducted by the Behavioral Risk Factor Surveillance System.

	Average Number of Physically Unhealthy Days in the Past 30 Days
DeWitt County	4.1
Piatt County	3.5
State of Illinois	3.6

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

To elaborate, Piatt County adults reported that in a thirty-day timespan, their physical health would not be considered good for an average of 3.5 of those days. For residents in DeWitt County, self-reported data estimated that over a thirty-day period, respondents consider themselves to be in poor or fair health for just over 4 of those days on average.

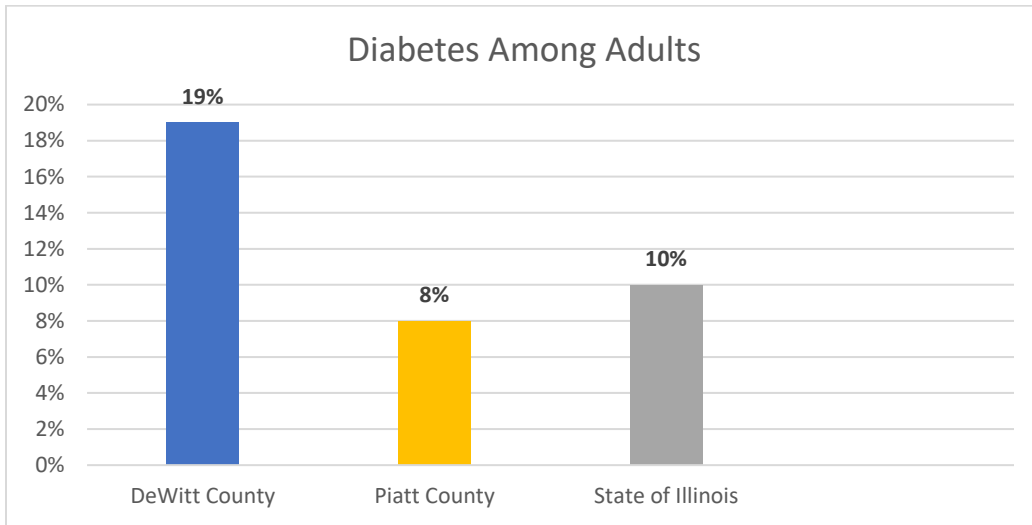
¹ Jia H, Muennig P, Lubetkin EI, Gold MR. Predicting geographical variations in behavioral risk factors: An analysis of physical and mentally healthy days. *Journal of Epidemiology & Community Health*. 2004; 58:150-155.

Prevalence of Chronic Health Conditions

Chronic health conditions such as diabetes, heart disease, and hypertension are types of diseases considered to be persistent (lasting one year or more) that can often times be managed or controlled but not cured. If left untreated, chronic health conditions can be life threatening as they remain the leading cause of death and disability in the United States.

Health behaviors and lifestyle choices such as tobacco use, alcohol use, unhealthy eating habits, and physical inactivity are significant contributors to chronic illness.

This section utilized PLACES (Population Level Analysis and Community Estimates) data from the Centers for Disease Control and Prevention (CDC) to provide detail on the prevalence of chronic illness in the bi-county area and how each county compares to the nationwide average.

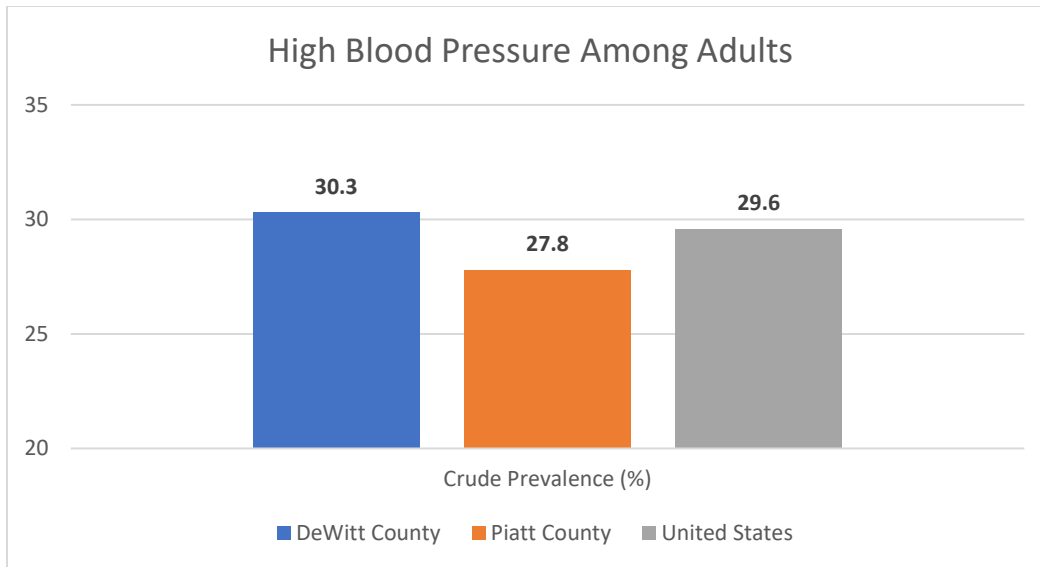


Centers for Disease Control and Prevention. PLACES: Local Data for Better Health, 2021

Provided above is the percentage of adults over 20 years of age who have been diagnosed with diabetes. In Piatt County, approximately 8% of the population over 20 years of age was living with a diagnosis of diabetes while in DeWitt County nearly 19% of the same demographic were living with the same diagnosis. The percentage of adult diabetes in DeWitt County was ranked one of the worst in the State of Illinois and far exceeds both the statewide (10%) and national average (10.2%).

A diagnosis of diabetes is the direct result of the body's inability to utilize its own insulin. Insulin is responsible for regulating blood sugar and without it, the cells of our body cannot survive. There are two types of diagnosed diabetes – Type I and Type II. For those with Type I diabetes, insulin via injection or other means is required in order to maintain life. Currently, Type I diabetes only accounts for approximately 5% of all cases. Type II diabetes, in most cases, can be managed through medication or maintaining an active lifestyle and healthy meal plan or diet.

Although diabetes is a life-threatening condition, it can also be responsible for additional complications or other serious health issues. This includes heart disease, stroke, and kidney failure.

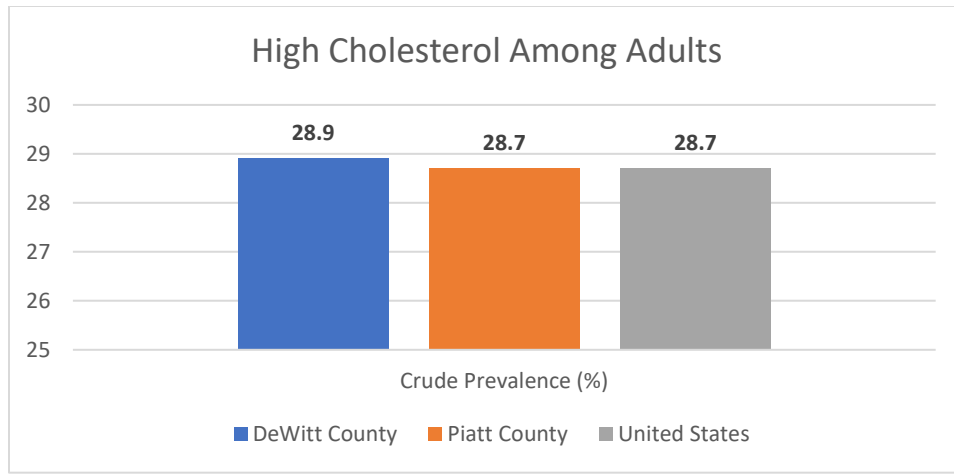


Centers for Disease Control and Prevention. PLACES: Local Data for Better Health, 2021

To determine the prevalence of high blood pressure in DeWitt and Piatt Counties, the CDC Behavioral Risk Factor Surveillance System survey provided as a percentage the number of individuals (18+) who have been told by a health care provider that they have high blood pressure. This is in comparison to the overall number of survey respondents. This does not include those who have been diagnosed or are being medicated for high blood pressure resulting in an underestimated prevalence rate.

High Blood Pressure, also known as hypertension is the result of the force of blood pushing against the walls of the arteries which in turn creates more stress on the heart to pump blood faster. Narrowed arteries cause additional strain on the heart. Although our blood pressure may vary throughout the day, those with diagnosed hypertension consistently have a blood pressure reading that is higher than normal. Unhealthy eating habits, lack of exercise, high stress levels, and tobacco use can all be contributing factors of high blood pressure. Kidney disease, sleep apnea, diabetes, thyroid issues or other underlying health conditions may lead to hypertension.

Unregulated high blood pressure can contribute to heart attacks, heart failure, stroke, kidney damage, and dementia.

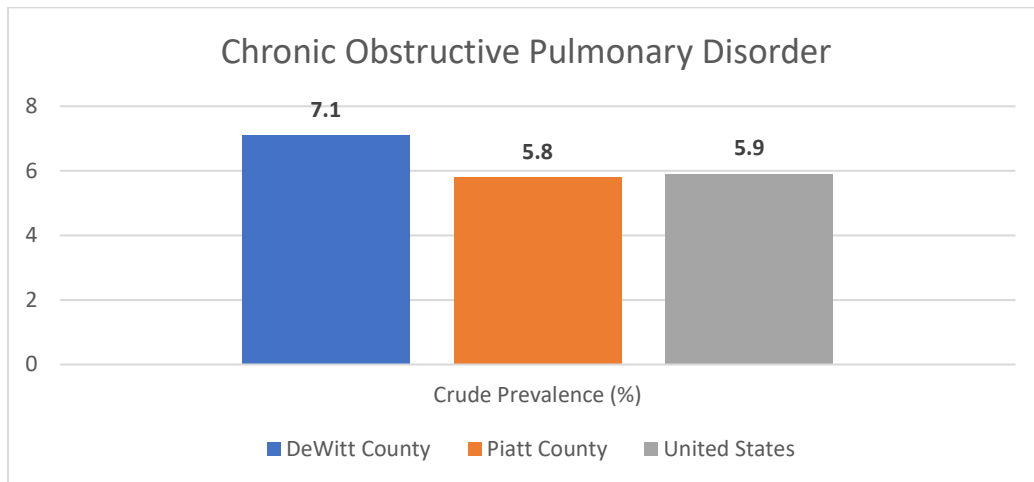


Centers for Disease Control and Prevention. PLACES: Local Data for Better Health, 2021

Of the total number of respondents who reported a cholesterol check over the past year, approximately 28% of those individuals noted a high cholesterol result as mentioned or noted by a health care provider.

Lack of physical activity, high fat diets, tobacco use, diabetes and obesity have all been linked to high cholesterol levels. Although not guaranteed, changes or modifications in lifestyle choices such as increased physical activity and healthy eating regimens are effective in reducing cholesterol levels.

Unregulated high cholesterol levels can result in more serious health issues or life-threatening events such as coronary heart disease and stroke.



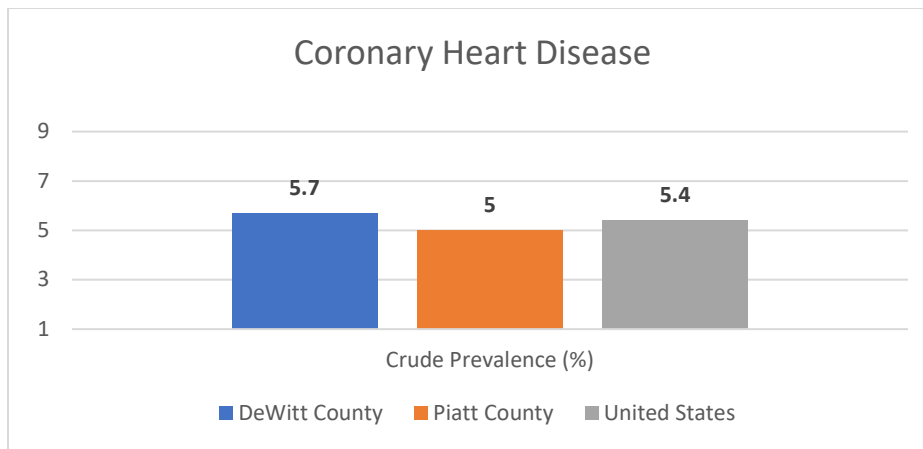
Centers for Disease Control and Prevention. PLACES: Local Data for Better Health, 2021

Provided above is the percentage of individuals who reported having Chronic Obstructive Pulmonary Disorder (COPD), emphysema, or chronic bronchitis as communicated by their health care provider.

Chronic Obstructive Pulmonary Disorder (COPD) is an inflammatory lung disease which restricts airflow from the lungs. The term Chronic Obstructive Pulmonary is used to reference a number of lung or respiratory conditions. This includes chronic bronchitis and emphysema.

Currently, tobacco smoke is the leading cause of COPD and COPD related deaths (80%). Tobacco cessation is the most effective way for individuals to reduce the risk of a COPD diagnosis. Prolonged or continued exposures to occupational hazards and poor air quality may also contribute to COPD.

Those diagnosed with chronic obstructive pulmonary disorder are at an increased risk for heart disease and lung cancer.

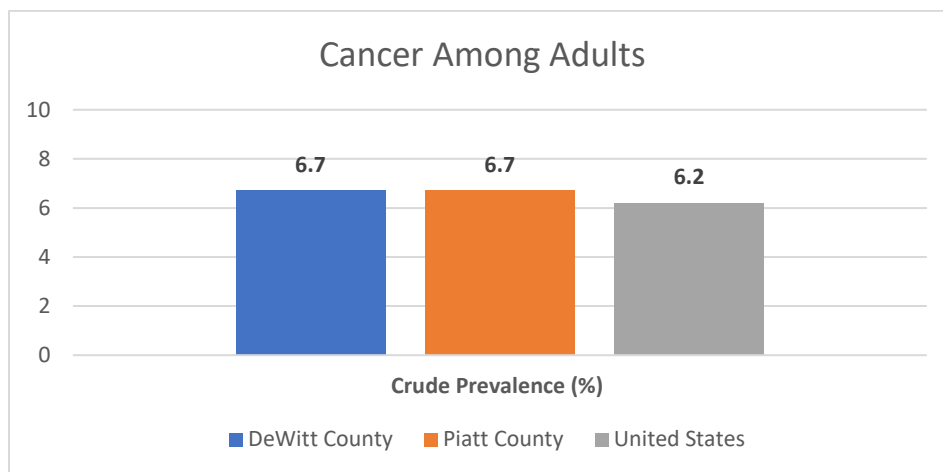


Centers for Disease Control and Prevention. PLACES: Local Data for Better Health, 2021

According to PLACES data, both Piatt County and DeWitt County are similar to the United States’ average in the number of individuals who reported being told that they have angina or coronary heart disease by a health care provider.

The term heart disease refers to a number of heart related conditions with coronary artery disease being the most common, especially in the United States. Risk factors for heart disease include high blood pressure, high cholesterol and smoking. Sedentary lifestyle, diabetes, obesity, and alcohol use also increase an individual’s risk for heart disease

Contrary to the low prevalence rate noted above, coronary heart disease continues to be the leading cause of death in both DeWitt County and Piatt County. A high death rate coupled with low prevalence strongly indicates that heart disease is often underdiagnosed. In fact, the Centers for Disease Control and Prevention estimates that nearly one-half of all men who die suddenly of coronary heart disease had no previous signs or symptoms.



Centers for Disease Control and Prevention. PLACES: Local Data for Better Health, 2021

According to the responses provided, approximately 6% of residents in DeWitt County and Piatt County have been diagnosed or are currently diagnosed with cancer. This does not include any types of skin cancer.

According to Mayo Clinic, cancer is caused by changes or mutations within DNA cells. Continued or prolonged exposures to certain carcinogens and risk factors such as smoking may increase the likelihood of genetic mutations within the body contributing to cancer.

Although cancer continues to be one of the leading causes of death, early detection and advancements in treatment options have decreased the number of cancer-related deaths over the past two decades.

Section III: Health Factors

Diet and Exercise

A healthy diet and a proper exercise regimen are two controllable factors that have shown to reduce the risk of serious health issues or outcomes. In cooperation, diet and exercise reduce the risk of obesity, heart disease, high blood pressure, high cholesterol, diabetes, and stroke. Exercise can also aid in improved mental health and stress reduction.

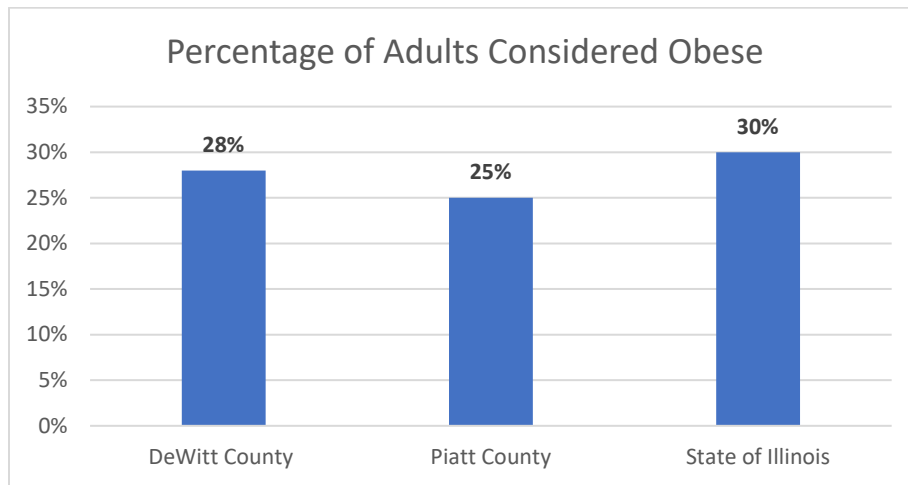
It is recommended that individuals follow a diet that is rich in fruits and vegetables, protein, whole grains, and nuts/legumes. At least 30 minutes should be devoted to medium intensity exercise on a daily basis.

Obesity Rates Among Adults

A lifestyle that lacks regular physical activity and a healthy diet often times results in obesity. Obesity occurs when an individual consumes more calories than what is burned through physical activity. These calories are then stored as fat inside the body resulting in weight gain. Additional factors such as socioeconomics may further increase an individual's risk for obesity as access to healthy food options and exercise opportunities are limited or non-existent.

Obesity increases the risk of more serious health issues such as diabetes, cardiovascular disease, kidney disease, and high blood pressure. It has also been linked to increased risk of asthma, sleep apnea, gout, depression, and osteoarthritis.

Data from the University of Wisconsin Population Health Institute provides additional detail on the status of obesity at the local level:



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

To be classified as obese, an adult must have a body mass index greater than or equal to 30kg/m²

Obesity Among Adolescents

As mentioned previously, body mass index is a measurement commonly used to define obesity. Since the body composition of a child or teen may vary as they age and may be vastly different when comparing males to females, the CDC measure BMI levels in teens and children based on others of the same age and gender. Those that are grouped in the 95th percentile (meaning a BMI greater than 95% of children or teens the same age and gender) would be defined as obese. To better determine adolescent obesity rates at the local level, the 2022 Illinois Youth Survey utilized self-reported height and weight measurements by students participating in the survey.

Body Mass Index Categories – DeWitt County

	8 th Graders	10 th Graders	12 th Graders
Underweight	3%	2%	2%
Healthy Weight	72%	67%	72%
Overweight	10%	16%	12%
Obese	15%	16%	12%

Body Mass Index Categories – Piatt County

	8 th Graders	10 th Graders	12 th Graders
Underweight	4%	2%	3%
Healthy Weight	71%	66%	66%
Overweight	14%	24%	15%
Obese	10%	8%	16%

University of Illinois Center for Prevention, Research, and Development. Illinois Youth Survey, 2022

Physical Inactivity

Provided below is the percentage of adults (20+ years of age) in each county who reported no leisure-time physical activity. As mentioned previously, a physically active lifestyle can reduce the chances of obesity, high blood pressure, heart disease, and high cholesterol. Regular physical activity improves mental health by reducing stress.

DeWitt County	26%
Piatt County	24%
State of Illinois	22%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Access to Exercise Opportunities

The data provided below represents the percentage of the population considered to have adequate access to locations that encourage physical activity. This includes exercise opportunities such as walking paths, trails, or gyms.

Ease of access to exercise opportunities only increases the likelihood for individuals within a community to lead a more physically active lifestyle and decreases the risk or instances of adverse health outcomes.

In Piatt County, nearly 60% of residents live within close proximity of a park or recreation facility that would encourage physical activity. For DeWitt County, this percentage was slightly higher in that data determined approximately 77% of the local population lived within close proximity to a park or recreation facility that would promote a continued, active lifestyle. Both counties have significantly less access to opportunities when compared to the State of Illinois average.

DeWitt County	77%
Piatt County	60%
State of Illinois	91%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Limited Access to Healthy Food Options

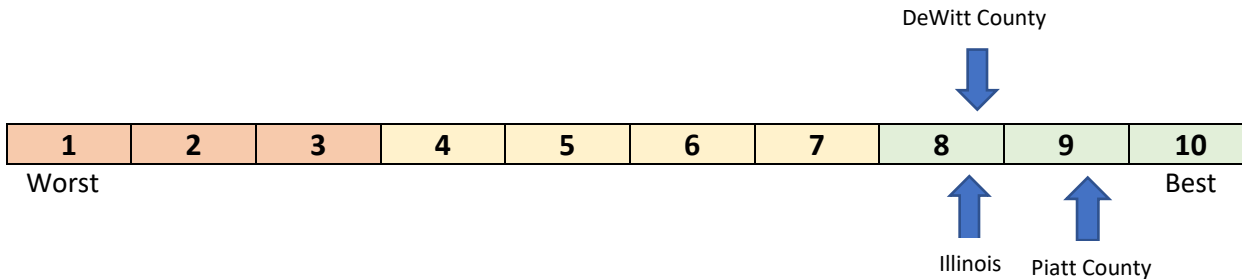
The percentage of the population who are considered low income and do not live within a 10-mile radius of a grocery store or supermarket thus limiting access to healthy food options. Residing in areas with limited access to healthy food options directly correlates with higher instances of adult and adolescent obesity. These areas or regions, commonly referred to as “food deserts”, rely more so on convenience stores which typically do not stock or sell fruits, vegetables, or other healthier food options. For both counties, a majority of the population experiences no barriers in access to healthy food options.

DeWitt County	1%
Piatt County	1%
State of Illinois	4%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Food Environment Index

The Food Environment Index is a scaled value based on factors that contribute to a healthy food environment. Factors that impact this scaled result include available local food choices, access to healthy food options, food insecurities, community characteristics, demographic composition, and natural amenities. Using this data, counties are then ranked on a scale of 1 (worst) to 10 (best). As you can see, both counties were reported as having a high food environment index when compared to the State of Illinois average.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Alcohol, Tobacco, and Drug Use

Excessive Drinking Among Adults

In the United States, nearly 1 of every 6 adults binge drinks with 25% or more doing so on a weekly basis. Although both males and females engage in binge drinking, it is more common among men. According to the CDC, those who have higher household incomes are more likely to drink excessively.

Provided below is the percentage of adult who reported binge drinking or heavy drinking over a thirty (30) period of time. Binge drinking is defined as 4 or more drinks on one specific occasion (females) and 5 or more drinks on one specific occasion (males). Heavy drinking for females would be defined as one or more drinks on average per day. In males, the number is increased to two or more drinks on average per day. Consistent with the Midwest, the State of Illinois had a higher rate of adults who drink excessively when compared to the rest of the United States.

Although the percentage of adults reporting excessive drinking in both counties exceeded the statewide average, Piatt County was among the highest in the State of Illinois.

DeWitt County	22.1%
Piatt County	23.2%
Illinois	22.0%
United States	17.9%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Alcohol Impaired Driving Deaths

The data provided below represents the number of motor vehicle accident fatalities in which alcohol was involved. It is important to note that this data reports county of occurrence as it is more likely that the driving death occurred in the same county where alcohol was consumed. Piatt County was ranked as one of the worst in terms of alcohol related driving deaths. Only Pike, Putnam, and Lee County ranked higher in this category.

DeWitt County	15%
Piatt County	50%
State of Illinois	31%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Alcohol Use Among Adolescents

According to the Centers for Disease Control and Prevention (CDC), alcohol is the most commonly used substance among teens in the United States. Based on the 2019 Youth Risk Behavior Survey, nearly 30% of teens between 13-17 years of age, admitted to consuming alcohol within a 30-day period.

To better determine alcohol consumption rates among teens in the counties of DeWitt and Piatt, reference was made to the 2022 Illinois Youth Survey. In the data sets provided below, local averages were consistent with national statistics in that 21% of teens responded that they had consumed alcohol within a 30-day period of time. Nearly 40% of those same survey respondents had consumed alcohol within the past year.

Experimentation with alcohol can lead to dependence as consumption even in small amounts can increase relaxation by decreasing anxiety. As the dependency increases, individuals consume more alcohol which may lead to binge drinking events in which 5 or more alcoholic beverages are consumed in one particular instance. For youth, binge drinking may also be the result of additional factors such as peer pressures and the idea or feeling that consuming alcohol will increase popularity. Particular attention should be directed to the Illinois Youth Survey statistic in which binge drinking events, although a small percentage, started as early as 8th grade and increased in frequency by age group.

When large quantities of alcohol are consumed in a short period of time a person increases their risk of alcohol poisoning, which can be life threatening. Additional concerns exist when alcohol is consumed in excess. For youth, those who drink regularly run increased risks of physical violence, unwanted or unplanned sexual activity, sexually transmitted diseases from unsafe sexual practices, unplanned pregnancy, suicide, changes in brain development, and misuse of other harmful substances. Those who continue to regularly consume alcohol or develop more serious drinking habits into adulthood are more at risk for high blood pressure, obesity, and organ damage (liver, heart, and brain).

The 2022 Illinois Youth Survey asked participants between the ages of 13-17 if they had consumed alcohol in the past year. Results are provided below:

	8th Grade	10th Grade	12th Grade
DeWitt County	30% (n=44)	42% (n=34)	58% (n=33)
Piatt County	19% (n=26)	36% (n=45)	58% (n=82)

n = the number of students who replied “yes” rounded to the nearest whole number U of I CPR&D. Illinois Youth Survey, 2022

The same students were then asked if they had consumed alcohol in the last 30 days. The percentages provided below are those who replied with a “yes”

	8th Grade	10th Grade	12th Grade
DeWitt County	14% (n=20)	22% (n=18)	32% (n=18)
Piatt County	3% (n=4)	21% (n=26)	35% (n=49)

n = the number of students who replied “yes” rounded to the nearest whole number U of I CPR&D. Illinois Youth Survey, 2022

Students were asked if they had consumed more than five (5) alcoholic beverages in one instance over the past two weeks. This can also be referred to as “binge drinking”. Percentages of those who replied with a “yes” are provided below:

	8th Grade	10th Grade	12th Grade
DeWitt County	4% (n=6)	11% (n=9)	27% (n=15)
Piatt County	1% (n=1)	3% (n=4)	15% (n=21)

n = the number of students who replied “yes” rounded to the nearest whole number U of I CPR&D. Illinois Youth Survey, 2022

Lastly, students were asked to recall over the last 12 months if they had ridden in a car driven by someone (including themselves) who was high or had been using alcohol or drugs. Results are provided below. Percentage indicates the number of students with a reply of “Yes”.

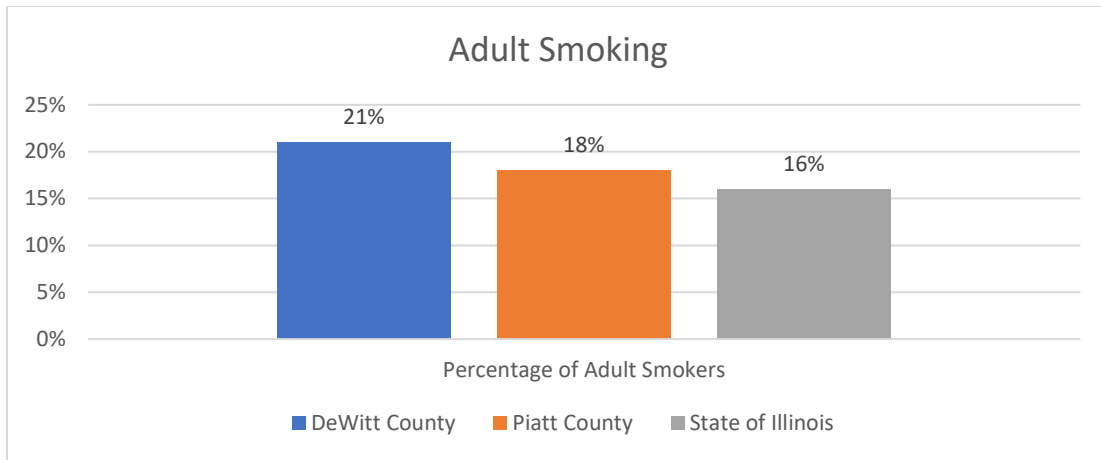
	10th Grade	12th Grade
DeWitt County	17%	24%
Piatt County	13%	20%

University of Illinois Center for Prevention, Research, and Development. Illinois Youth Survey, 2022

Adult Smoking

Nearly 480,000 deaths in the United States each year are due to cigarette smoking with 41,000 additional deaths resulting from secondhand smoke exposure. Smoking is a known carcinogen and is a contributor of other serious health outcome such as cardiovascular disease, lung diseases, chronic obstructive pulmonary disease (COPD), and diabetes. The Centers for Disease Control and Prevention estimates that nearly 16 million Americans are living with a disease that was caused by smoking or exposure to cigarette smoke.

The data provided below represents the current percentage of adult smokers by county and compares them to the Statewide average. The percentage of adult smokers in DeWitt County and Piatt County exceeded both the State of Illinois (16%) and United States (17%) average.



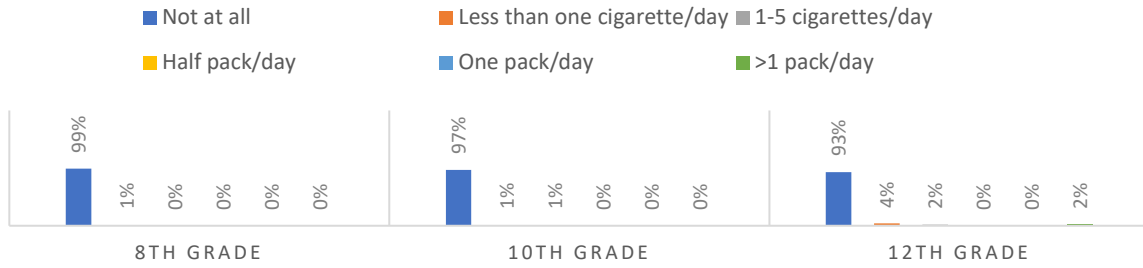
University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Smoking and Vaping (E-Cigarettes) Rates Among Adolescents

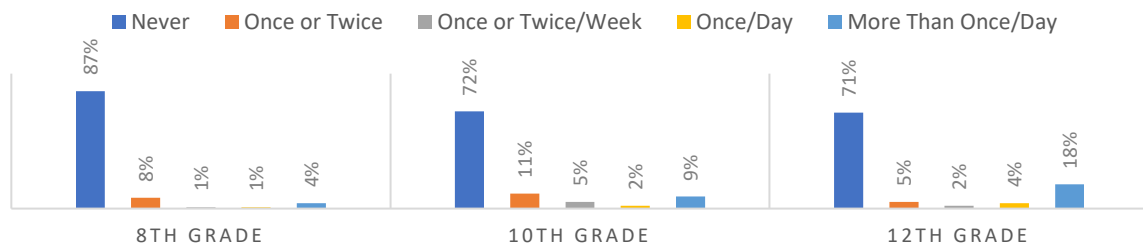
According to a self-administered survey provided by the Centers for Disease Control and Prevention, 16% of teens reported use of a tobacco product over a 30-day period. Although the percentage of teen cigarette smokers has decreased significantly over the past two decades, the use of e-cigarettes (vaping) among adolescents remains a concern as nearly 14% of respondents claimed to have used vaping products. According to data provided by the Illinois Youth Survey, local statistics were similar to the national average in that 19% of teens in DeWitt and Piatt Counties reported at least one instance of e-cigarette use within a 30-day period and nearly 9% reporting daily use. Additional results from the 2022 Illinois Youth Survey are provided on the following page.

It is often noted that e-cigarettes expose individuals to fewer harmful chemicals than burned tobacco. Although some plausible evidence may support this claim, vaping still poses risks and is considered an unsafe practice especially for those under the age of 25 where brain development may be hindered due to nicotine use. Additionally, e-cigarette aerosols may contain harmful substances such as volatile organic compounds such as benzene and heavy metals including nickel, tin, and lead. Diacetyl, a common ingredient in e-cigarette products, has been deemed safe for consumption but when inhaled has been linked to *bronchiolitis obliterans*, a lung disease that may result in the body's inability to absorb oxygen due to a build-up of scar tissue in the lungs.

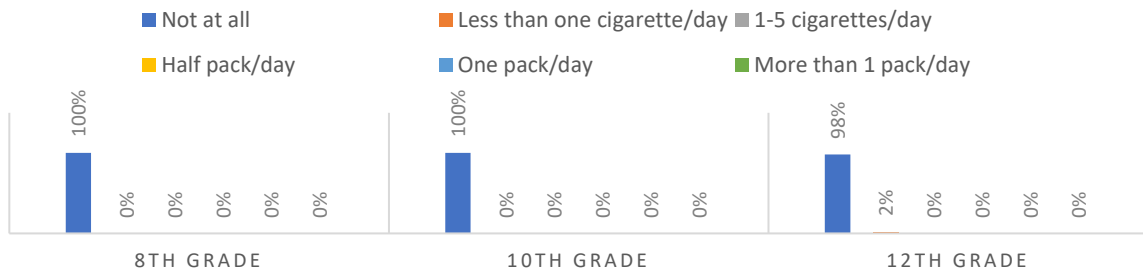
CIGARETTE USE AMONG TEENS IN THE PAST 30 DAYS - DEWITT COUNTY



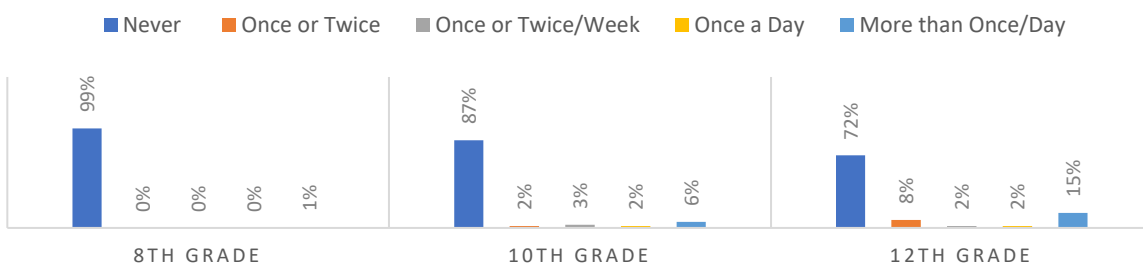
E-CIGARETTE USE AMONG TEENS IN THE PAST 30 DAYS - DEWITT COUNTY



CIGARETTE USE AMONG TEENS IN THE PAST 30 DAYS - PIATT COUNTY



E-CIGARETTE USE AMONG TEENS IN THE PAST 30 DAYS - PIATT COUNTY



University of Illinois Center for Prevention, Research, and Development. Illinois Youth Survey, 2022

Marijuana Use Among Adolescents

Since the legalization of marijuana in many states, more particularly the State of Illinois in 2019, teenage marijuana use is at an all-time high and has surpassed the rates of adolescent tobacco use. Even though recreational marijuana use is restricted to adults over the age of 21, legalization may be associated with decreased perception of harmful effects and increased access among adolescents due in part to increased use among parents and caretakers.

Regarding ease of access and increased use among parents and caretakers, approximately 29% (34% in Piatt County, 24% in DeWitt County) of teens responding to the 2022 Illinois Youth Survey stated that they had obtained marijuana from a parent, guardian, or another adult with their permission.

Another potential factor in the increased use of marijuana among teens since legalization may be the perception that it is safer when compared to cigarettes, alcohol, or other substances. Of those students surveyed in DeWitt and Piatt Counties, just 32% stated that there was “great risk” in smoking marijuana one to two times per week. This is a significantly lower percentage when compared to the perceived risk of cigarette smoking (70%). Although marijuana is thought to have some medicinal benefit since it contains cannabidiol or CBD, this active ingredient is minimal (1%) when compared to the more harmful ingredient tetrahydrocannabinol or THC which is 2-3 times higher than marijuana of past decades. In addition to being a contributor to increase rates of dependency or addiction, Tetrahydrocannabinol may negatively impact brain development. Since brain development continues into the mid-20s for most individuals, adolescents are believed to be more vulnerable to its adverse long-term effects. Frequent use of marijuana may also contribute to respiratory related issues similar to smoking tobacco. This includes coughing, wheezing, loss of energy, and even cancer.

The Illinois Youth Survey asked participants between the ages of 13-17 if they had used marijuana in the past year. Results are provided below:

	8th Grade	10th Grade	12th Grade
DeWitt County	17% (n=25)	22% (n=18)	37% (n=21)
Piatt County	2% (n=3)	15% (n=19)	28% (n=40)

n = the number of students who replied “yes” rounded to the nearest whole number

Students were then asked if they had used marijuana over the past thirty (30) days. The percentages provided below indicate those who replied with a “yes”.

	8th Grade	10th Grade	12th Grade
DeWitt County	7% (n=10)	18% (n=14)	23% (n=13)
Piatt County	2% (n=3)	11% (n=14)	18% (n=25)

n = the number of students who replied “yes” rounded to the nearest whole number

University of Illinois Center for Prevention, Research, and Development. Illinois Youth Survey, 2022

Drug Overdose Deaths

Over the past decade in the State of Illinois, the number of opioid overdose fatalities have increased by over 2,376% with heroin overdoses increasing by nearly 80% over the same time period. According to the Illinois Department of Public Health, this rise can be mostly attributed to the introduction and availability of synthetic opioids (fentanyl) into drug supply networks.

Based on 2020 data from the Illinois Department of Public Health, opioid overdose was responsible for nearly 2,944 deaths in Illinois, which represented a 33% increase from the previous year (2019).

Although 2021 data remains provisional and is subject to change, the trend of opioid overdose fatalities continues to present concern as the total number of deaths equaled 3,013 in the State of Illinois with four (4) reported deaths in the bi-county area.

Demographically, statewide opioid related deaths were highest among males (2,232) and non-Hispanic whites (1,468). A further breakdown by age groups determined that the highest number of deaths occurred in those 45 to 54 years of age (672) followed closely by the 35-to-44-year age group (666).

Provided below is 2020-2021 data from the Illinois Department of Public Health on the number of drug related deaths among DeWitt and Piatt County residents as reported in the Illinois Vital Records System (IVRS). Causes of death are reported on the death certificate to the Illinois Department of Public Health by county coroners, medical examiners, and physicians. Important to note is that in some instances, drug related deaths involve multiple substances which may affect the reporting of precise summations for each category.

Involving Opioids

Involving Other Substances

	Synthetic	Heroin	Natural/Semi-Synth.	Any Other Opioid		Cocaine	Alcohol	Psychostimulants	Benzodiazepines
Dewitt County	6	2	2	7		1	0	3	1
Piatt County	3	0	1	4		0	0	1	0

Illinois Department of Public Health. Illinois Opioid Dashboard, 2020

Sexual Activity

Sexually Transmitted Infections (STI)

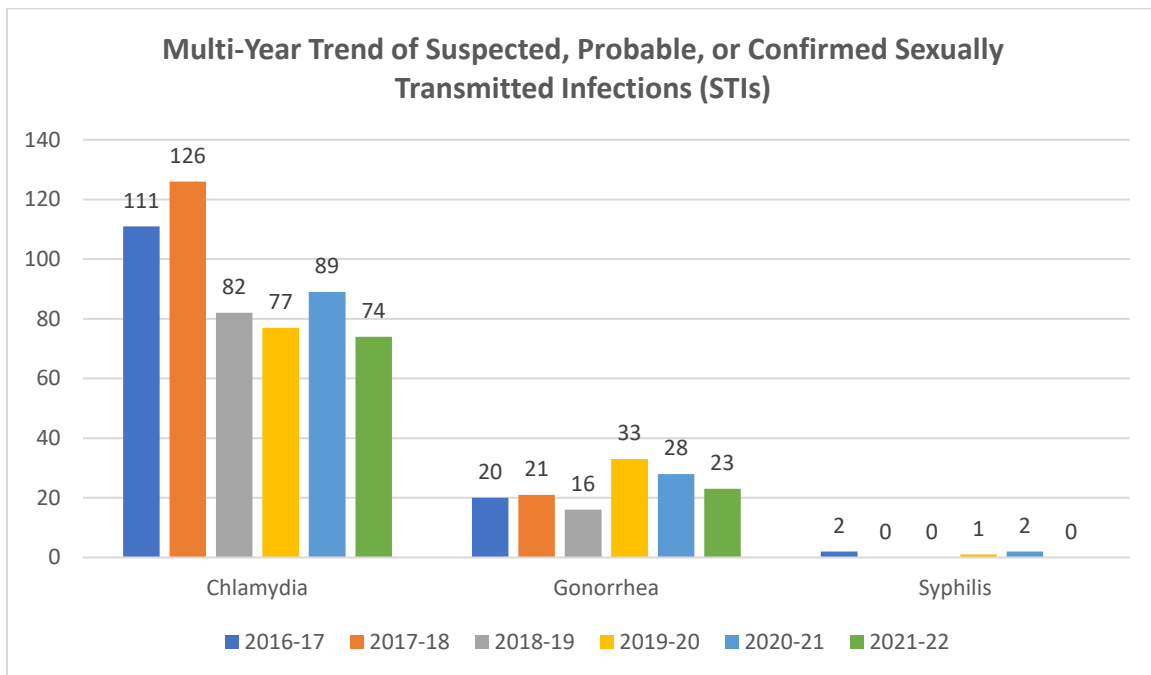
The incidence rate of Chlamydia is associated with unsafe sexual practices and is often used in determining the prevalence of sexually transmitted infections within a specific population base as it remains the most common bacterial type infection in the United States. For communities within the jurisdiction of the DeWitt-Piatt Bi-County Health Department, data was consistent with the national average as the multi-year trend confirms that chlamydia continues to be the most commonly confirmed, suspected, and probable sexually transmitted infection.

Chlamydia remains one of the common contributors of ectopic pregnancy and pelvic inflammatory disease. Once diagnosed, chlamydia is treatable.

Gonorrhea is the second-most commonly confirmed or suspected sexually transmitted infection both at the national level and in the bi-county area. It is important to note that a number of cases remain asymptomatic and therefore remain unreported. Similar to chlamydia, gonorrhea has been linked to pelvic inflammatory disease in addition to increased rates of infertility in men. If gonorrhea remains untreated it can result in disseminated gonococcal infection which can be life threatening. Gonorrhea is treatable, often times with a single dose of ceftriaxone as recommended by the Centers for Disease Control and Prevention.

Syphilis is another type of bacterial infection (STI) but with a prevalence rate much lower than gonorrhea or chlamydia. The population most at risk for developing syphilis are men who have sex with men. Syphilis appears in stages and symptoms vary based on those stages. According to the Centers for Disease Control syphilis is often referred to as the “great pretender” as its symptoms mock many other illnesses.

The chart below represents the combined number of cases in DeWitt and Piatt Counties.



Illinois Department of Public Health. Illinois National Electronic Disease Surveillance System

Clinical Care

Access to Care: Primary Care Providers

Provided below is the ratio of the population to the total overall number of primary care physicians. Included in ratio are practicing non-federal physicians specializing in general practice medicine, family medicine, internal medicine, and pediatrics. Although access to care is heavily weighted on socioeconomic factors, the availability of physicians is also necessary for ensuring primary and preventative care. According to the Health Resources and Services Administration (HRSA), DeWitt County which has been grouped with Logan County has been designated as a Health Provider Shortage Area for Primary Care Physicians.

DeWitt County	3,150:1
Piatt County	1,820:1
State of Illinois	1,240:1

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Access to Care: Dental Care Providers

Provided below is the ratio of population to the number of available dentists in each county. It is important to note that only practicing dentists with a National Provider Identifier are included in this statistic. Similar to primary care physicians, DeWitt County is listed as a Health Provider Shortage Area for dentistry.

DeWitt County	3,130:1
Piatt County	3,270:1
State of Illinois	1,240:1

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Although there have been many advances in the field of dentistry that have successfully improved oral health in America, both dental caries and periodontal diseases remain one of the most common health conditions due to discrepancies in access to care as well as personal barriers such as failing to prioritize oral health.

Evidence from separate studies determined the existence of a reciprocal relationship between oral health and other chronic health conditions. Bacteria in the mouth resulting from poor oral hygiene can increase occurrences of heart disease (endocarditis), diabetes, and respiratory conditions. Poor oral hygiene is also associated with chronic diseases, such as diabetes, as they are often linked to health risk behaviors (Examples: Poor diet and tobacco use). Proper oral hygiene not only reduces the risk of infection and tooth loss but also assists in preventing other chronic illnesses such as endocarditis. Studies have also examined and determined a correlation between periodontitis (gum disease) and the increased risk of premature birth and low birth weight due to the inflammatory challenges it presents in the body.

For children, dental caries continue to be the most common chronic diseases in children under 10 years of age. It is estimated that more than 56% of all children in the United States have experienced tooth decay, missing teeth, or filled primary teeth. According to an article published in the Public Health Report entitled "Oral Health: The Silent Epidemic", dental caries in children are five (5) times more prevalent than asthma and seven (7) times as common as hay fever. Poor oral hygiene in children may affect development and result in more severe infections, sleep disruption, behavioral issue, and nutritional deficiencies.

Access to Care: Mental Health Providers

Provided in the table below is the ratio of total population to mental health care providers in each county. According to the University of Wisconsin Population Health Institute, the term “mental health provider” includes the following professions: Psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, mental health providers that treat alcohol and other drug abuse, and advanced practice nurses specializing in mental health care. Similar to 33% of the United States population, both DeWitt County and Piatt County resident are located in a Health Professional Shortage Area for mental health providers. In the wake of COVID-19 in which the prevalence of anxiety and depression increased by an estimated 25% globally, the need for improved funding (currently 2% of governmental health expenditure) and access to mental health services has become more of a focal point than ever before. Please refer to Section IV which discusses the current status of mental health in more detail.

DeWitt County	2,610:1
Piatt County	1,630:1
State of Illinois	410:1

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Percentage of Uninsured Adults and Children

Lack of health insurance is a significant barrier in access to care and may result in serious health consequences or outcomes as the uninsured often do not receive necessary preventative or primary care. Without adequate care, the risk of chronic health conditions or premature death increases significantly. Remaining uninsured may also result in financial hardships and significant medical debts as all health care costs are considered out-of-pocket expenses.

Uninsured Adults

DeWitt County	7%
Piatt County	7%
State of Illinois	10%

Uninsured Children

DeWitt County	3%
Piatt County	3%
State of Illinois	3%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Medicaid Enrollment

Medicaid and Medicare aim at enhancing access to care for low-income households, seniors, and the disabled by providing financial assistance on health care related expenses.

Medicaid is managed at the state and federal level. This program covers medical costs for individuals designated as low-income or who need assistance in accessing available resources. Although eligibility varies by state, those who generally qualify for Medicaid include children, pregnant women, elderly adults, individuals with disabilities and eligible low-income adults.

Medicare is a federally managed health insurance program for those 65 years of age or older and those with certain disabilities under 65 years of age. This program is intended to provide reduced cost medical care to those who qualify. Unlike Medicaid, those on Medicare often times pay a portion of their medical costs usually in the form of monthly premiums.

DeWitt County

Comprehensive Benefit Enrollees	FY2019	FY2020	FY2021	FY2022
Children	1,702	1,697	1,804	1,792
Adults w/Disabilities	321	327	330	334
ACA	736	813	903	958
Other Adults	712	718	886	968
Seniors	269	300	303	322

Partial Benefit Enrollees	FY2019	FY2020	FY2021	FY2022
Partial	70	60	57	56

Piatt County

Comprehensive Benefit Enrollees	FY2019	FY2020	FY2021	FY2022
Children	1,179	1,231	1,325	1,406
Adults w/Disabilities	161	163	175	182
ACA	415	460	554	628
Other Adults	465	526	658	751
Seniors	119	137	154	177

Partial Benefit Enrollees	FY2019	FY2020	FY2021	FY2022
Partial	33	34	36	33

Illinois Department of Health and Family Services. Number of Person(s) Enrolled

Social and Economic Factors

Social and economic factors can play a vital role in how we live and impact the healthy choices we make. Areas with a strong economy, higher income rate, and lower rates of unemployment generally have easier access to opportunities that can contribute to a healthier way of life. This includes access to care, support networks, access to exercise/physical activity opportunities, childcare options, and better school systems. Additionally, areas with lower crime rates and safer neighborhoods are considered more desirable places to live.

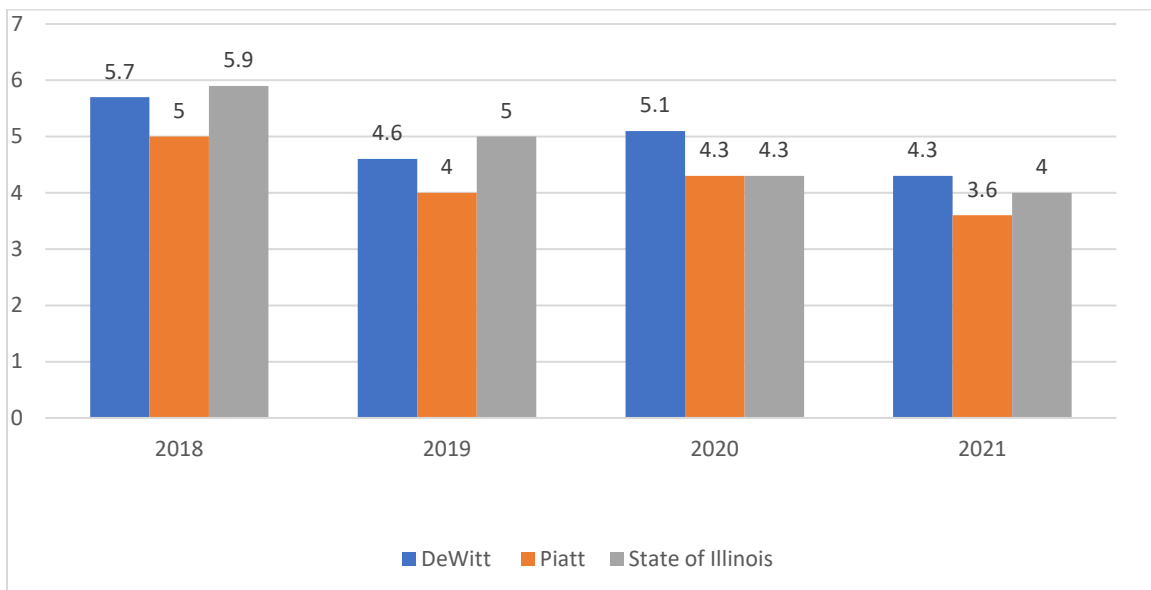
However, opting for a more desirable place to live (urban vs. rural, suburban living, etc.) can also present negative impacts to health as this often increases work commute times which can lead to high blood pressure and a higher body mass index.

Employment

The statistic provided below represents the percentage of individuals (16+ years of age) who were unemployed but seeking work. Studies have shown that the stresses of unemployment can lead to unhealthy choices including tobacco use, increased alcohol consumption, unhealthy eating habits, and physical inactivity. As stated previously, unhealthy choices directly impact physical and mental health leading to an increased risk of disease and premature death. This particularly holds true for those who have recently experienced job loss where it is estimated that the annual household income can decrease by as much as 45% and pose immediate and major impacts on socioeconomic status. Stress is a significant contributor to increased rates of hypertension, heart disease, heart attack, and diabetes. Risk of these specific health issues is only compounded with the introduction of unhealthy lifestyle choices. In terms of mental health, a 2013 Gallup poll concluded that when compared to employed individuals, those who are unemployed are twice as likely to seek treatment for depression. Additionally, rates of depression increase with the length of time that an individual remains unemployed.

Not only can unemployment lead to increased risk for disease or mortality, it can adversely affect access to care as employee provided health care is the most common source of health coverage and the driving force for many when seeking or accepting a job.

Multi-Year Unemployment Rate



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Household Income

The table below compares the median income in DeWitt and Piatt Counties to the State of Illinois average. For median income, it is important to note that one-half of the population falls below the median while the remaining one-half exceeds. For DeWitt County, the median household income (\$59,500.00) was significantly less when compared to the State of Illinois (\$69,200) and United States average (\$65,700.00). Over 11% of residents in DeWitt County are defined as living in poverty, being at or below the Federal Poverty Level which was set at \$26,500.00 in 2021 for a four-member household. Despite having a lower median income, the reported percentage of those living in poverty was below the State of Illinois average.

The major concern associated with those living in poverty is the direct correlation with increased rates of poor health. According to the Income and Health Initiative published in 2015 by the Urban Institute, those living in poverty are five times more likely to report that they live in fair or poor health when compared to households with an income that exceeds the Federal Poverty Level by 400% (\$106,000.00). This ranks the United States among the largest income-based health disparities in the world. High poverty areas generally experience increased rates of obesity, smoking, substance abuse, and physical limitations that can lead to heart disease, stroke, and diabetes. Since a majority of low-income individuals lack adequate insurance, they face greater barriers in access to care which can have a detrimental effect on health outcomes. According to the Social Security Administration, since the 1970's, those 65 years of age with a household income that exceeds the United States median have experienced a 6-year increase in life expectancy when compared to a 1.3-year increase in those currently classified as living in the bottom half. Males in the top 1% of income distribution can now expect to live fifteen years longer than those in the bottom percentile.

Non-clinical factors such as geography and the environment also play a significant role in these disparities as low-income communities generally lack access to supermarkets which offer healthy food options and recreational areas or amenities that promote an active lifestyle.

Children living in poverty have an increased risk of injury due to unsafe living conditions and are more likely to experience chronic health conditions such as asthma, ADHD, heart conditions, diabetes, obesity, and elevated blood lead levels.

	Median Household Income
DeWitt County	\$59,500.00
Piatt County	\$72,300.00
State of Illinois	\$69,200.00

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Additional Income Statistics of Importance

	DeWitt County	Piatt County	State of Illinois
Poverty Rate	11.3%	5.2%	12.5%
Children in Poverty	17%	8%	16%
Eligible for Free/Reduced Lunch	48%	33%	49%
Single Parent Households	15%	16%	25%

Poverty USA, 2019 Maps and Data

Education

Although additional research is needed to determine and better understand the true correlation between high school completion rates and health outcomes, the level of education associates strongly with an improved quality of life. When compared, those with a higher level of education have lower smoking rates, are more physically active, and are in better physical health. Chronic health conditions such as asthma, diabetes, heart disease, high blood pressure, stroke, and stomach ulcers tend to be more prevalent among those who have not received a high school diploma. According to the Department of Health and Human Services, this is due in part to social and economic factors such as lower salary and higher rates of poverty. As mentioned previously, those living in lower income households experience barriers in access to care and more commonly have limited or no access to amenities that contribute to a healthier lifestyle. Each of these factors can result in unhealthy behaviors and detrimental effects on health outcomes.

When measuring the value of education, those who receive a high school diploma earn approximately 24% more than those who do not complete high school. Those who pursue an undergraduate degree can expect a starting salary that is approximately 38% (Associates) to 55% (Bachelors) more than those without a high school degree.

	High School Completion
DeWitt County	92%
Piatt County	94%
State of Illinois	89%

	Some College
DeWitt County	63%
Piatt County	74%
State of Illinois	70%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Violent Crime Rates

Provided below is the rate of violent crime in the bi-county area compared to the State of Illinois average. Violent crime is defined as any instance that involves a confrontation. This includes instances of reported homicide, rape, robbery, or aggravated assault. It is important to note that data is presented as a rate per 100,000 people and any fluctuation in the total number of violent crimes reported in a smaller population base can have a significant impact on this rate. Secondly, this statistic continues to present challenges in providing updated data as State and County reporting is often unreliable.

Areas with high violent crime rates not only pose a threat to personal safety and mental well-being (stress), it can also negatively impact health behaviors as individuals are less likely to engage in outdoor activities.

	# Violent Crimes/100,000 Population
DeWitt County	188
Piatt County	167
State of Illinois	403

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Injury-Related Death Rates

Provided below is the number of injury-related deaths, both intentional and unintentional, per 100,000 persons.

In the United States, injuries continue to be one of the leading causes of death. Unintentional injuries (Examples: Poisoning, motor vehicles accidents, and falls) were the third leading cause of death amongst all age groups with higher rates experienced in rural settings due to lack of access to emergency care. According to 2019 data, intentional injuries resulting from firearm homicides, firearm suicides, and suffocation suicides ranked as the 10th leading cause of death in the United States.

Exposure to injury related deaths, particularly in childhood and teen years, can present negative lasting impacts on mental health increasing the risk for suicide, chronic illness, and social hardships.

	# Deaths due to injury/100,000 Population
DeWitt County	86
Piatt County	68
State of Illinois	65

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

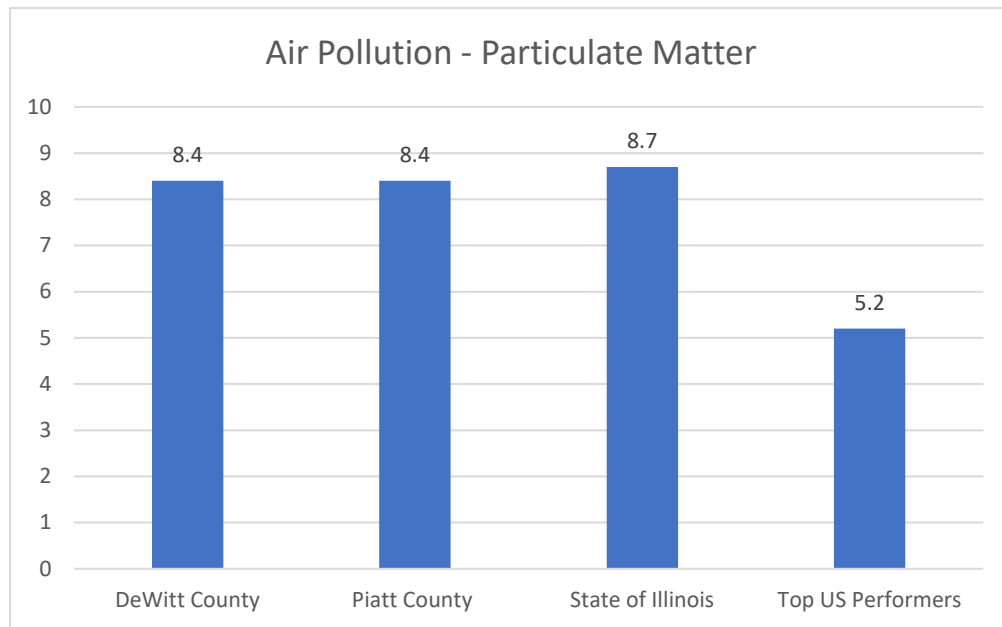
Physical Environment

The physical environment in which we live can have a significant impact on our health and how we live. Areas affected by reduced air quality and high pollution experience increased rates of respiratory issues and chronic health conditions, such as asthma. Although most people are unaware, factors such as commute times and housing costs have been linked to poor health outcomes in specific populations. This section provides information on the environmental quality in both DeWitt County and Piatt County. State and national averages have also been included to serve as comparisons.

Air Pollution

Air pollution is measured in levels of particulate matter (PM_{2.5}). This measurement represents the average density of fine particulate matter in a specific area on a daily basis. Particulate matter originates mostly from the combustion of fossil fuels and natural sources such as forest and brush fires. Due to their relatively small size (several thousand particulates could fit into the tip of pencil), they are able to deeply infiltrate the lungs resulting in chronic respiratory issues such as irritation, shortness of breath, and coughing. Long term exposure can affect lung function and increase the severity and likelihood of asthma, heart disease, and respiratory disease.

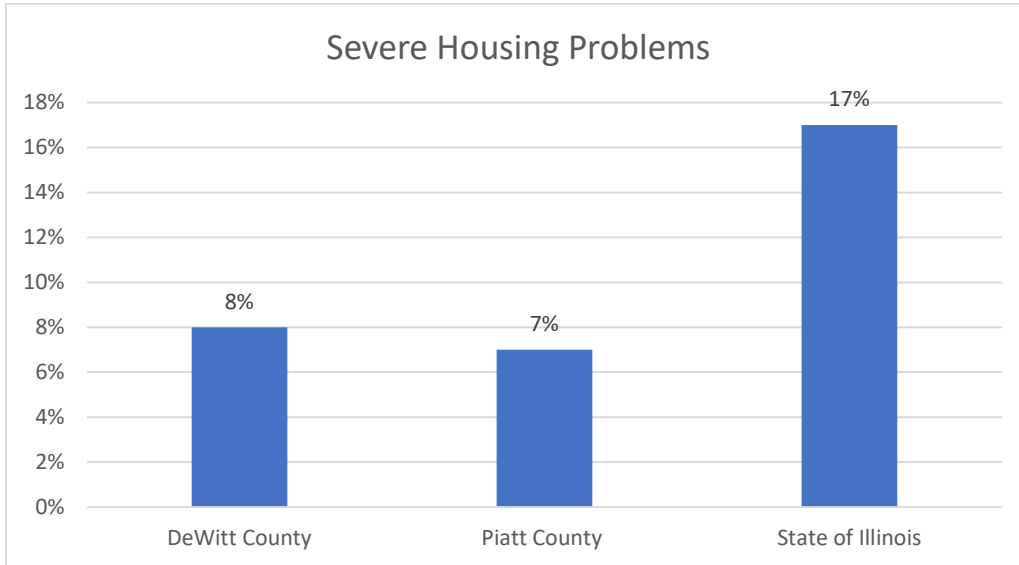
The data provided below measured the average daily density of particulate matter in micrograms per cubic meter.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Severe Housing Problems

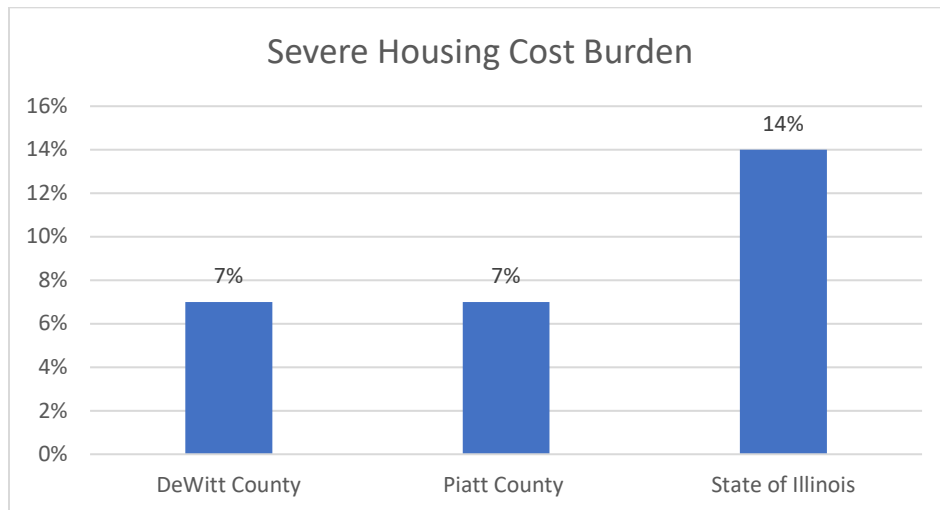
This measurement represents the percentage of households within the bi-county area with at least one (1) of the following issues: overcrowding, high housing costs, lack of adequate plumbing, and/or lack of kitchen. Poor housing or living environments expose individuals to certain risks or health problems such as infectious diseases, chronic diseases, unintentional injury, and poor childhood development.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Severe Housing Cost Burden

The chart below represents the percentage of households where 50% or more of the overall income is spent on housing (rent or mortgage). In situations where a majority of the household income has been allocated to actual cost of housing, often times the result is a sacrifice of other essentials necessary in maintaining good health. This includes healthier food options, primary care, and even utilities.

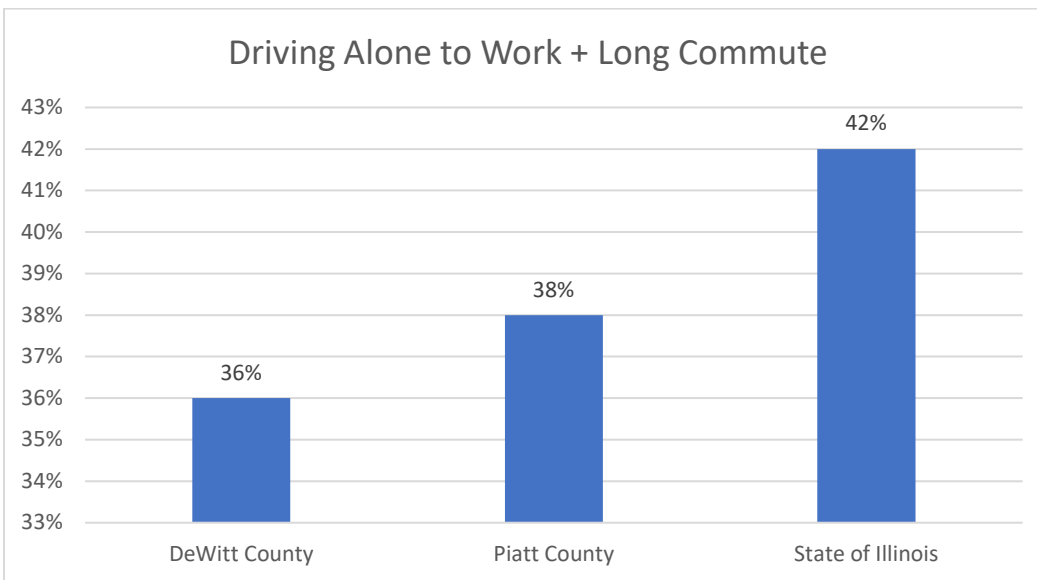
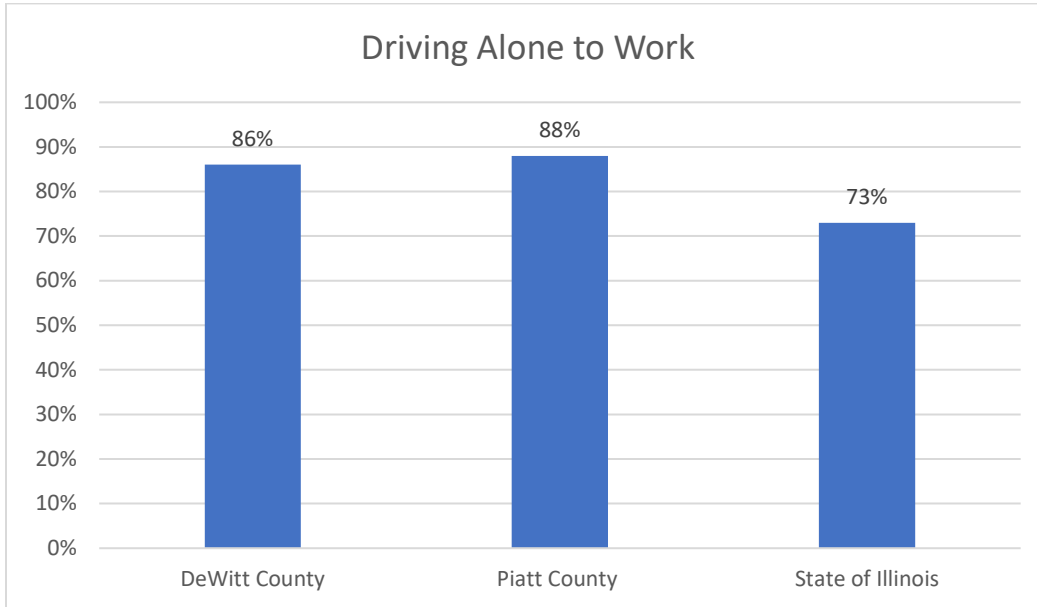


University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Transit

Similar to most people in the United States, a vast majority of the DeWitt County and Piatt County population commutes alone to work each day by means of automobile. When compared to alternative methods or mixed methods of transportation, car only commuters are at a heightened risk of obesity and other chronic health conditions as they are less likely to reach daily activity level recommendations. In most cases, as length of travel increases the more the individual is at risk for chronic illness. The same correlation exists with the length of commuting time and the increased risk of unintentional injury resulting from an automobile accident.

Although alternative means of transportation or commute are ideal in promoting a healthy lifestyle, this is most times unfeasible due to geographic location and the local job market. Since this is the case amongst a majority of those who reside in the bi-county area, a strict regimen involving 30 minutes of moderate physical activity is important in maintaining a healthy lifestyle and reducing the risk of chronic or life-threatening illnesses.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Section IV: Mental Health

Mental health illness has been a focus of concern over the past decade as the United States population experienced nearly a 13% increase in those reporting a mental health condition during that time.

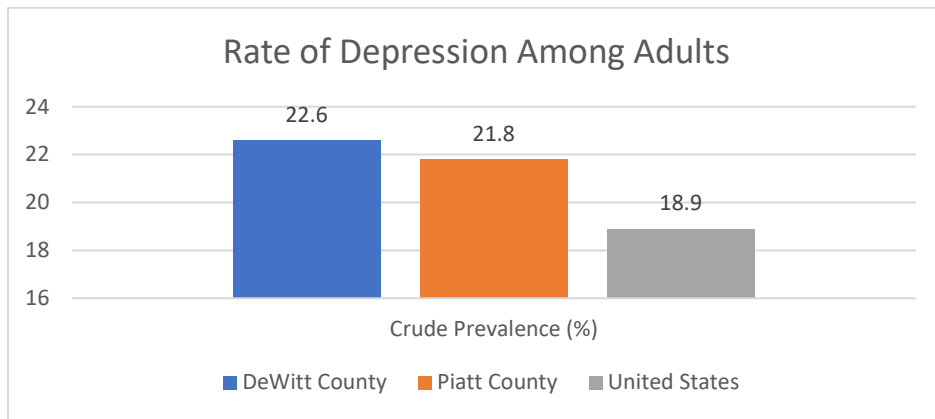
As mentioned previously, nearly one-third of the United States population resides in a mental health provider shortage area. With a lack of credentialed professionals and available facilities, barriers in access to care continues to be a key contributor as approximately 28% of individuals experiencing a mental health condition reported that they were able to receive necessary treatment and 41% were unable to receive care due to associated costs.

Mental Health Providers Ratio

	Ratio of Population: Mental Health Providers
DeWitt County	2,610:1
Piatt County	1,630:1
State of Illinois	410:1

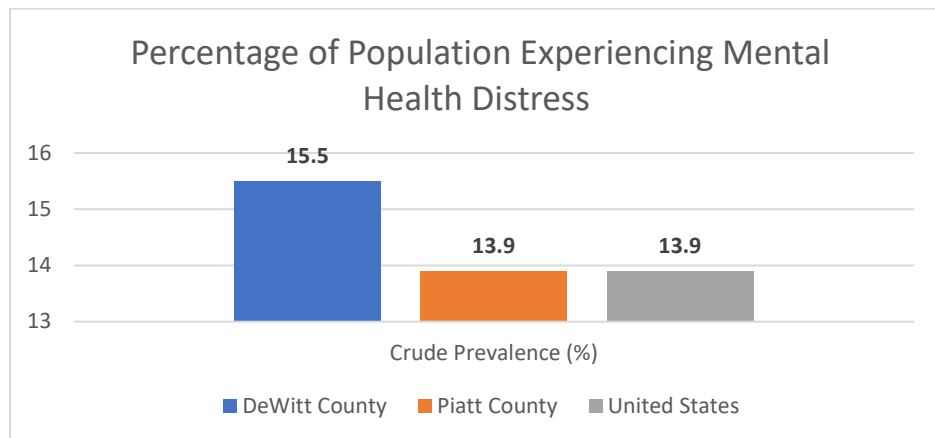
University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Depression and other mental disorders are leading causes of disability and have been linked to many chronic health conditions and premature death, including suicide. According to the 2020 WISQARS Report by the Centers for Disease Control and Prevention, intentional harm (suicide) was the second leading cause of death in those between the ages of 10-14 and 25-34 years of age, the third leading cause of death among those 15-24 years of age, and the fourth leading cause of death in those 35-44 years of age.



Centers for Disease Control and Prevention. Places: Local Data for Better Health, 2021.

Data presented below represents the percentage of adult individuals reporting that their mental health has been poor for a period of 14 days or more (Self-Reported).



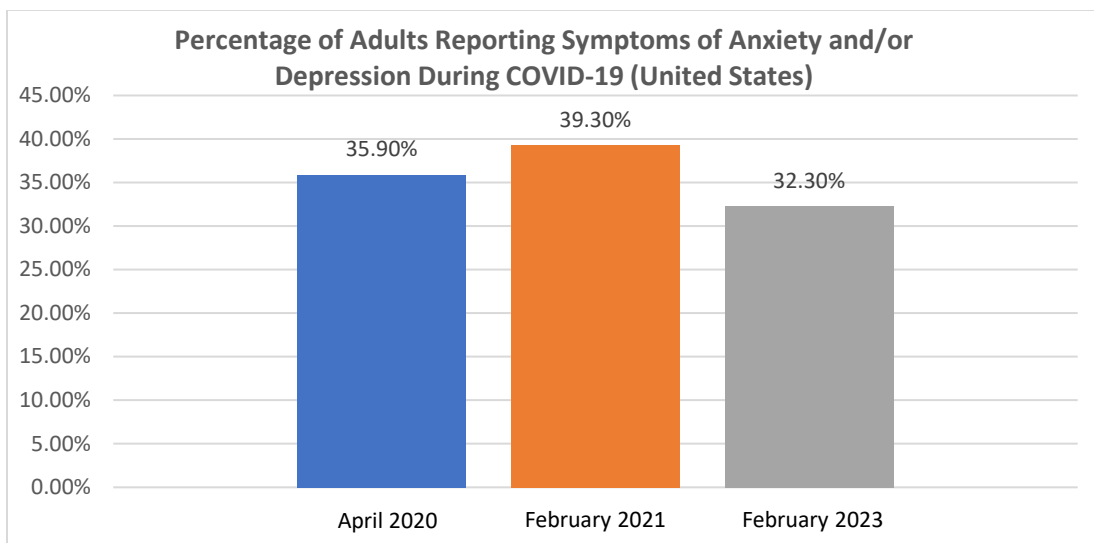
Centers for Disease Control and Prevention. Places: Local Data for Better Health, 2021.

In DeWitt and Piatt Counties, self-reported data showed that individuals experience poor mental health on an average of 4.35 days over a one-month period of time.

	Poor Mental Health Days
DeWitt County	4.5
Piatt County	4.2
State of Illinois	3.8

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Further escalating the crisis was the COVID-19 pandemic in which isolation, loneliness, job loss, and grief were all contributing factors in the significant rise of anxiety and depressive disorders on the global and national scale. Globally, the World Health Organization estimates that the prevalence of anxiety and depression among adults increased by as much as 25% during the first year of the pandemic. In the United States, nearly 4 in 10 Americans reported that they had experienced symptoms of anxiety or depression during the period of time where case rates were highest and isolation was the most common prevention strategy. Even though there appears to be a decreasing trend in these statistics (see chart below), many individuals across the world continue to struggle with mental well-being as a result.



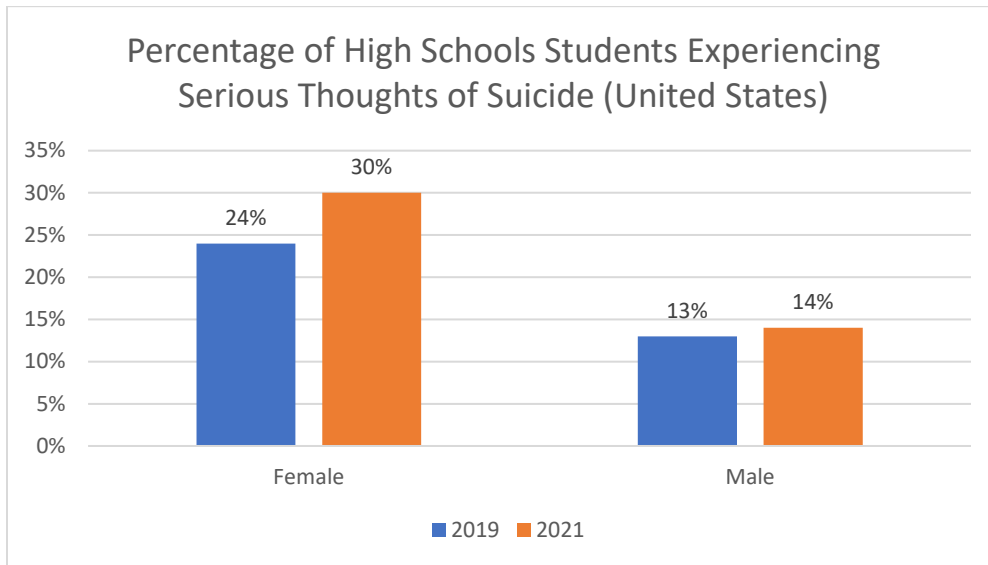
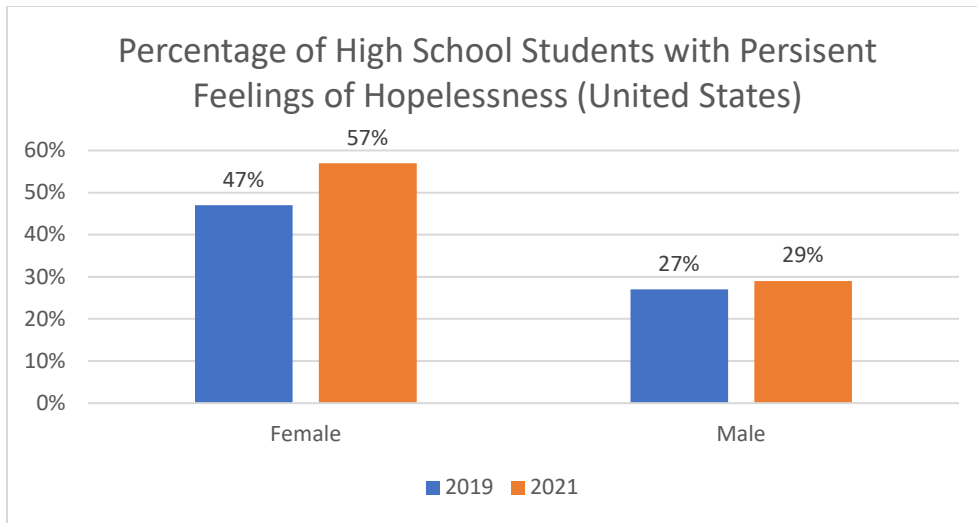
Kaiser Family Foundation. *The Implications of COVID-19 for Mental Health and Substance Abuse*. March 2023

With a majority of the United States population identifying that our country is facing a mental health crisis, bridging the gap in access to mental health care has become a focal point for county-wide strategic plans and advocacy for increased funding.

Mental Health of Adolescents

Adults are not the only population experiencing alarming mental health trends as the rate of severe major depression among adolescents has now surpassed 11% in the United States. Similar barriers in access to care exist as approximately 57% of teens who exhibit signs of severe depression do not receive treatment. Currently, one (1) in ten (10) or 1.2 million children and teens lack coverage for mental health services under private insurance plans.

According to results from the CDC Youth Risk Behavior Survey, nearly 57% of high school aged females and 29% of high school aged males reported persistent feelings of hopelessness. The 2022 Illinois Youth Survey provided similar results at the local level with 40% of students reporting that they had experienced feelings of hopelessness for a period of two weeks or more. Particularly concerning is that of the same respondents, nearly 25% had seriously contemplated suicide.



Centers for Disease Control and Prevention. Youth Risk Behavior Survey: Data Summary and Trends Report

When completing the 2022 Illinois Youth Survey, students were asked if they had seriously contemplated attempts at suicide or if they had experienced prolonged feelings of hopelessness. Results of the responses are provided below:

DeWitt County

	8 th Grade	10 th Grade	12 th Grade
Seriously considered attempting suicide	NA	27%	31%
Felt sad or hopeless every day for two or more weeks in a row that you stopped doing some usual activities	49%	34%	52%

Piatt County

	8 th Grade	10 th Grade	12 th Grade
Seriously considered attempting suicide	NA	22%	19%
Felt sad or hopeless every day for two or more weeks in a row that you stopped doing some usual activities	31%	38%	36%

The University of Illinois Center for Prevention, Research, and Development. Illinois Youth Survey, 2022 Report

The effects of the COVID-19 appeared to have a similar detrimental impact on adolescent mental health as statistics from the 2021 Mental Health America Screening reported a substantial increase (+16% from 2019) in the number of adolescents (11-17 years of age) who opted to complete an online mental health screening during the height of the COVID-19 pandemic. The 45% of adolescent screeners was the largest among all age groups. Of those who completed an online screening, a staggering 83% scored with symptoms consistent of moderate to severe anxiety. Although a number of mental health issues unfortunately remain silenced due to stigmatization (ex: shame, judgement, etc.), the effects of the pandemic on adolescents were seemingly more transparent as 47% of parents in the United States feel that the pandemic had obvious adverse impacts on the mental health of their children.

Section V: Communicable Disease Trends

Although mortality rates have declined due to advancements in medical care and sanitation, the rate of emerging diseases have been increasing over the past decade. These emerging diseases coupled with increased instances of antibiotic resistance continue to threaten health, the economy, and national security as they pose varying effects on morbidity and mortality amongst the global populations. For this reason, constant surveillance of nearly seventy (70) reportable diseases is a crucial responsibility of local health departments in preventing the spread of these illnesses and ultimately protecting public health.

In 2020, the bi-county area was introduced to COVID-19 surveillance with the first positive case in April of that year. Since then, nearly 8000 cases have been reported resulting in 64 deaths. Although we may continue to experience increased case rates of the COVID-19 virus, critical improvements in treatment, prevention, and non-pharmaceutical interventions have seemingly resulted in a decreasing trend of hospitalizations and deaths among the immunocompromised populations.

In addition to COVID-19, the agency reported increased rates of suspected, probable, or confirmed cases of reportable communicable diseases and was also introduced or re-introduced to other infectious diseases such as Legionellosis and Tularemia.

Provided below is a list of communicable diseases that have had at least one suspected, probable, or confirmed case requiring investigation and follow-up.

Suspected, Probable, or Confirmed Cases Requiring Investigation and Follow-up

	2020-2021	2021-2022		2020-2021	2021-2022
Anaplasmosis	0	0	Lyme Disease	0	1
Brucellosis	0	0	MRSA Infant (<61 days)	0	0
Chickenpox (Varicella)	0	0	Rocky Mountain Spotted Fever	0	0
Campylobacteriosis	3	4	Measles	0	0
Chlamydia	89	74	Mumps	0	0
Coronavirus Novel 2019	1833	5969	Pertussis	0	1
E. coli	0	0	Q Fever	0	0
Enteropathogenic E. coli	0	0	Rabies*	4	7
Enterotoxigenic E. coli	0	0	Rubella	0	0
Ehrlichia Ewingii	0	0	Salmonellosis	2	4
Gonorrhea	28	23	Shiga toxin-Non E. coli	2	0
Ehrlichia Chaffeensis	0	0	Shigella	0	0
Haemophilus Flu/Meningitis, etc	0	0	Strep A	1	1
Hepatitis A	1	0	Syphilis	2	0
Hepatitis B	1	1	TB (latent/other)	0	0
Hepatitis C	6	3	Tularemia	0	1
Histoplasmosis	6	14	Enteric Disease	0	0
Influenza w/ICU Hospitalization	4	0	Yersiniosis	0	0
Legionellosis	0	1	Zika Virus	0	0

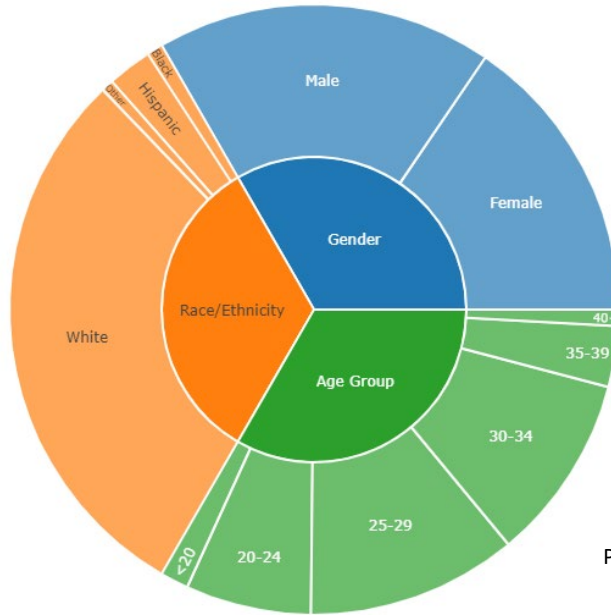
*Potential Exposure

Section VI: Maternal and Child Health

Provided below are statistics for new births as reported by the Illinois Department of Public Health for the 2020 calendar year. Certain factors and outcomes such as the teen birth rate, marital status, education level, and low birthweight are utilized to assess maternal health, nutrition, healthcare delivery, and poverty. Outreach by agencies such as the local health department can connect teen mothers and low-income households with access to essentials services in the hopes of reducing the potential for detrimental outcomes.

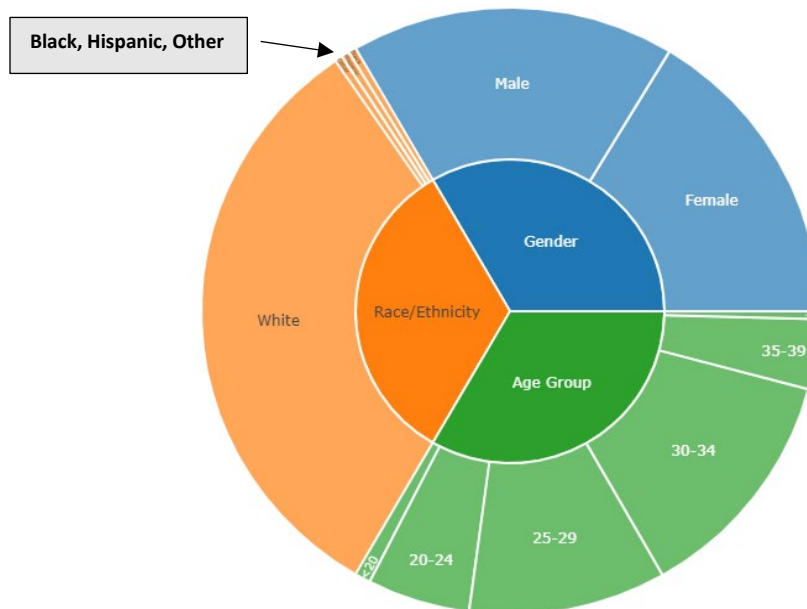
Birth Statistics and Demographics by County

DeWitt County Total Number of Births (2020): 155



Illinois Department of Public Health, 2020 Birth Statistics

Piatt County Total Number of Births (2020): 161



Illinois Department of Public Health, 2020 Birth Statistics

Additional New Birth Statistics and Characteristics

	DeWitt County	Piatt County
Adequate Prenatal Care	124	123
Cesarean	55	52
Low Birth Weight	10	8
Mother Unmarried	71	45
Non-High School Graduate (20+)	17	11
Pre-Term	11	19
Very Low Birth Weight	3	3

Illinois Department of Public Health, 2020 Birth Statistics

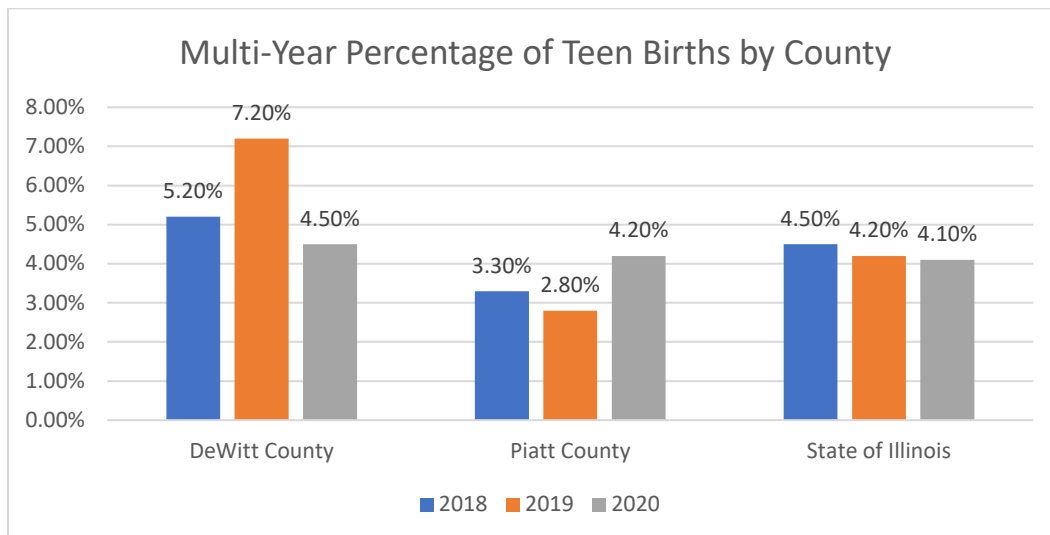
Number of Teen Births

Provided below is the number of reported births among females in their teenage years (2020) as well as the multi-year percentage of teen births among all births.

Negative outcomes have been attributed to teen birth rates as mothers who give birth during their teenage years face barriers in completing education resulting oftentimes in lower wage jobs which can impact access to healthcare and childcare. These factors, in addition to challenges that young parents often face such as lack of community acceptance and support, can result in higher rates of chronic health conditions and behaviors associated with mental and physical stress.

	<18 Years of Age	18-19 Years of Age
DeWitt County	1	6
Piatt County	0	4
State of Illinois	1,359	4,065

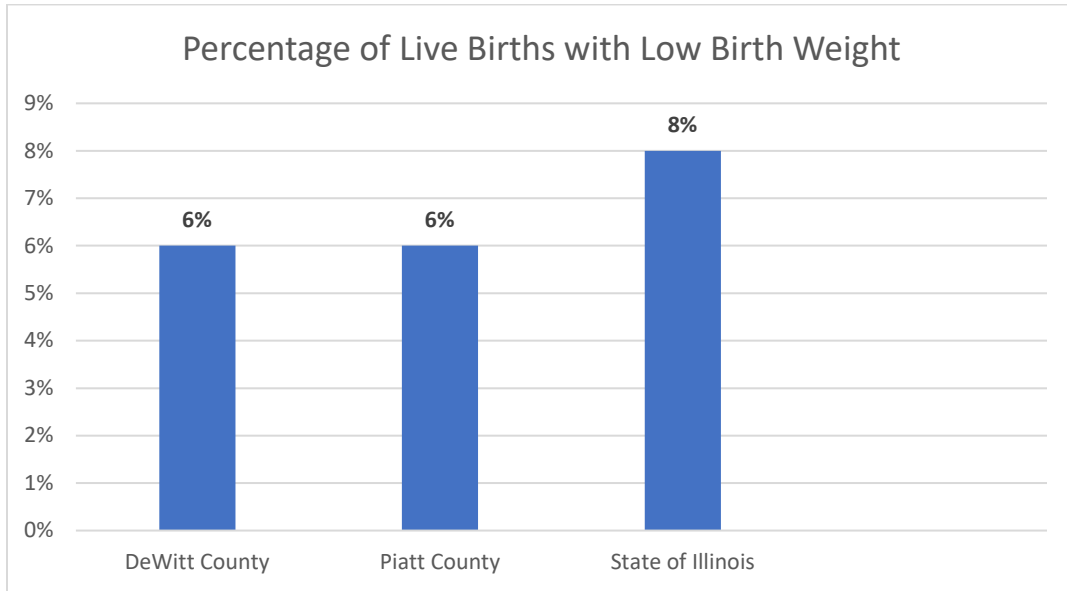
Illinois Department of Public Health, 2020 Birth Statistics



Illinois Department of Public Health, Birth Statistics

Low Birth Weight

Tracking the reported number of live births with low birth weight allows for a more adequate assessment of maternal and child health. Low birthweight infants face a greater risk of impaired cognitive development and chronic health conditions such as obesity and cardiovascular disease as they age.



University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Children in Poverty

The number or percentage of children in poverty can prove to be a valuable tool in forecasting future health outcomes and risks. Although the effects of poverty can impact persons of all ages at any stage of life, the effects on children seemingly appear to have more of a lasting impact on health and socioeconomic factors as they age. Children in lower income situations are at an increased risk of unintentional injury due to unsafe living environments and experience higher rates of chronic health issues as they age into their teen years and adulthood. This includes diabetes, asthma, mental disorders, behavioral disorders, and obesity.

Provided below is the percentage of children (under 18 years of age) in each county that are considered to be living in poverty.

	% of Population
DeWitt County	17%
Piatt County	8%
State of Illinois	16%

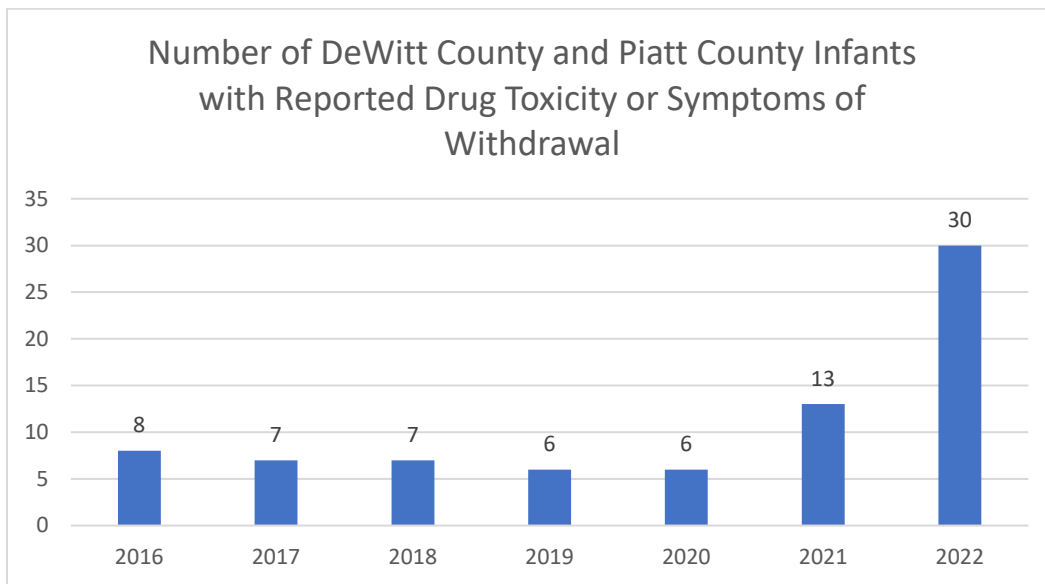
University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Adverse Pregnancy Outcomes Reporting System

The Adverse Pregnancy Outcomes Reporting System obtains information from licensed hospitals on infants in the State of Illinois that are born with defects or other abnormal conditions. The intent of this surveillance is to reduce poor infant health outcomes by connecting or referring newborns to services that aim at preventing developmental problems and disabilities. According to the Illinois Department of Public Health, APORS children must meet one of the following criteria:

- 1) The infant was born at less than thirty-one (31) weeks;
- 2) The infant was part of a triplet or higher order birth;
- 3) The infant is diagnosed as having a positive drug toxicity, is showing signs and symptoms of toxicity or withdrawal, or the infant mother discloses to the physician that illegal drugs were used during pregnancy;
- 4) The infant is diagnosed with a congenital anomaly, immune disorder, blood disorder or another high-risk medical condition; or
- 5) A neonatal or fetal death has occurred

The significant increase in the number of infants with either a positive drug toxicity or who are showing symptoms of withdrawal is of particular concern in the bi-county area. Reportable substances include: marijuana, cocaine/crack cocaine, opioids, prescription drugs, methamphetamines, and alcohol abuse (Fetal Alcohol Syndrome).



Illinois Department of Public Health. Adverse Pregnancy Outcomes Reporting System

Food Insecurity

Provided below is the percentage of the population who lack adequate access to food. To correlate this data with maternal and child health, this measurement also addresses the ability of households to offer well-balanced meals. Lack of healthy food options contributes to malnourishment, obesity, and diabetes in both children and adults.

	% of Population
DeWitt County	10%
Piatt County	8%
State of Illinois	10%

University of Wisconsin Population Health Institute. County Health Rankings and Roadmaps, 2021 data

Community Health Plan

The purpose of the community health plan is to rank or prioritize each health problem detailed in the community health assessment and develop strategies or objectives for implementation that aim to improve quality of life.

In an effort to support community engagement and brainstorm more innovative strategies beyond the public health mindset, the agency established a committee consisting of members with extensive involvement in the health profession as well as those who would be considered influencers in promoting change and improving the quality of life within our communities.

Provided in an open discussion format, selected committee members first reviewed the findings of the community assessment and were encouraged to express any immediate concerns of the findings. All comments were recorded and were influential in prioritizing immediate community health needs.

In an additional effort to ensure accuracy in establishing health priorities, the committee also utilized the Hanlon Method which aids in ranking the seriousness of health-related factors and outcomes.

The Hanlon Method

With continued focus directed towards the statistics provided in previous sections, the DeWitt-Piatt Bi-County Health Department and participating committee members applied the Hanlon Method to further determine the level of risk each health factor or outcome posed on current and future populations. Although a number of methods for prioritizing health factors or health problems are available, the determining factor in utilizing the Hanlon Method was based solely on transparency.

The Hanlon Method, developed by J.J Hanlon, prioritizes public health problems by applying factors pertaining to feasibility and effectiveness of intervention, morbidity and mortality rates, and potential economic or community impact. According to the National Association of County and City Health Officials, the Hanlon Method applies the following variables:

1. The size of the health problem in terms of a percentage of the population currently affected by the health problem (Size)
2. The seriousness of the health problem based on rates of morbidity, mortality, hospitalization, and economic loss (Seriousness)
3. Effectiveness of available interventions aimed at preventing the specific health issue (Intervention)

In most cases, a variation of the Likert scale is used to rate each of the following variables that are then applied to the equation shown below.

$$D = [A + (2 \times B)] + C$$

A = Size

B = Seriousness

C = Intervention Effectiveness

D = Priority Rating

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The results of this equation provide a numeric value on the level of risk that assists in the prioritization or ranking of each health problem or factor:

	Seriousness (B)	Effectiveness (C)	% Population Affected (A)	Priority Rating (D)
Heart Disease	9	8	5	184
High Cholesterol	8	7	9	225
Obesity	9	8	8	200
Mental Health	9	6	8	156
Tobacco/Substance Use	9	6	8	156
Comm. Diseases	7	8	5	152
Diabetes	8	8	6	176
High Blood Pressure	8	7	9	175
Cancer	9	6	5	138
COPD	9	6	5	138

Prioritization of Community Health Problems

Although each outcome statistic remains an important measure in determining the current and potential trends in future health of a population, the committee prioritized the following health problems based on results of the Hanlon Method and review of all health factor and health outcome data presented:

1. Mental Health
2. Addressing Health Behaviors to Improve Health Outcomes
3. Access to Care

Community Health Plan Objectives

Mental Health

The proportion of adults and adolescents with poor mental health has increased exponentially over the past decade. Strategies aimed at reducing barriers in access to care for mental health services as well as others that integrate a mental health aspect into existing services are crucial in the initial efforts of reducing the percentage of adult and adolescent populations experiencing mental health distress. Additionally, efforts aimed at improving mental health are often two-fold as there is evidence supporting the correlation between mental health and physical health.

With a focus on addressing this crisis by reducing the occurrence of mental health distress at the local level and reducing the barriers in access to care, the following objectives and supporting initiatives were developed by the DeWitt-Piatt Bi-County Health Department:

Objective 1: Over a 5-year period, increase access to mental health services for 5% of health department clientele who are exhibiting signs or symptoms of mental health distress

Strategy By 2025, the DeWitt-Piatt Bi-County Health Department will develop and introduce a Patient Health Questionnaire (PHQ9) or similar for all who receive health-related services at both of our office locations. The agency will establish a contractual agreement with local mental health service providers to ensure adequate review of the Patient Health Questionnaire and allow for on-site counseling services when necessary.

Monitoring Progress towards achieving this goal will be monitored through the number of health department clients that are provided follow-up or referral to mental health care.

Strategy The agency will develop handouts and social media messaging campaigns that promote and publicize available local resources for those struggling with undiagnosed and diagnosed depression, anxiety, or post-traumatic stress. In cooperation with community partners, the agency will research additional media campaigns that connect individuals to resources (Ex: Billboards or local theater advertisements)

Monitoring Progress will be monitored through the overall number of educational materials distributed over a quarterly period. Additional progress would be noted through referrals that were completed due to a successful advertising campaign.

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- Strategy* To increase staff recognition of mental health distress among the clients we serve and initiate any referral processes, the agency will ensure that all employees complete mental health first-aid training currently offered through local resources (Ex: McLean County Health Department).
- Monitoring* Progress will be monitored by the total number of DeWitt-Piatt Bi-County Health Department staff members that complete Mental Health First Aid Training and Certification.
- Funding* Monetary support for completing this objective will be provided through any applicable grants, tax levy funds, or health department income.

(Healthy People 2030, MHMD-05)

Objective 2: By release of the 2026 Illinois Youth Survey, assist in a 5% reduction in the number of adolescents self-reporting thoughts of suicide or hopelessness.

- Strategy* Through community partnerships, the agency will co-sponsor educational events and assemblies for students that focus on self-identification of mental health distress, reducing stigmas, and how to seek help.
- Strategy* Through the Division of Health Education and Promotion, the agency will coordinate events that promote mental health wellness through physical activity and interaction among the youth population. Examples include: Child yoga, access to the community garden, wellness hikes, outdoor games/events, dance parties, crafting activities, etc.
- Strategy* Through social media and other methods of communication or outreach (ex: billboards or handouts), the agency will promote 24-hour suicide hotlines available to students or their guardians. Examples include: 988, National Suicide Prevention Hotline, and Crisis Text Line.
- Strategy* The agency will coordinate and co-sponsor events with community partners that assist parents in recognizing mental health distress in children and resources that are available. Events may include: Evening assemblies, community education events, PTO meeting presentations, or parent-teacher night educational offerings.
- Monitoring* Progress towards meeting this objective will be monitored through county-level statistics provided in the bi-annual Illinois Youth Survey for each county. Records of attendance at health department sponsored and co-sponsored events will also be maintained.
- Funding* Efforts to improve the mental health of children and adolescents will be funded through any applicable grants, community partnership opportunities, or health department income.

(Healthy People 2030, MHMD-06)

Addressing Health Behaviors to Improve Health Outcomes

Chronic illnesses continue to account for nearly 70% of all deaths in the United States with the most common contributing factors being unhealthy behaviors such as tobacco use, poor nutrition/eating habits, and physical inactivity. Although inadequate access to care or discontinuous patient/physician communications are certainly potential contributing factors, personal awareness of chronic health conditions and their causes is also a crucial preventative measure. In order to properly address both of these concerns, outreach and community education is necessary in increasing perception and the likelihood for individuals to seek care.

Provided with the statistics of the community health assessment, the following outcome and impact objectives were established:

Objective 1: By 2027, reduce obesity rates among adults by 3% in DeWitt and Piatt Counties

Strategy Obesity continues to be a contributing factor of increasing morbidity and mortality rates in the United States. Those considered obese are more likely to experience potentially life-threatening chronic illnesses such as heart disease, hypertension (high blood pressure), and diabetes. With a focus on reducing the prevalence of obesity in our communities through aggressive healthy eating and physical activity campaigns, it is believed that a reduction in chronic illness will also result.

Funding Through utilization of available funding provided by the upcoming Strengthening Illinois Public Health Administration (SIPA) Grant, the DeWitt-Piatt Bi-County Health Department will initiate the re-establishment of a health education and promotion role within the agency. This position will further assess specific health needs of the population and develop outreach strategies that increase awareness of chronic disease prevention, healthy eating habits, and healthy lifestyle choices. Before the five-year grant period has concluded, the agency will seek alternative means for sustaining this program.

Monitoring For tracking progress on this objective, the agency will utilize county-level statistics provided through multiple sources. Sources include: IDPH data, University of Wisconsin Population Health Institute data, and CDC PLACES data.

(Healthy People 2030, NWS-03; Healthy People 2030, HDS-04)

Objective 2: Increase vegetable consumption of WIC recipients (2 years of age and older) by 5% over the next 3 years.

Strategy By 2025, the agency will construct community garden plots at both office locations to better educate clients on healthy food options. All clients in the Women, Infants, and Children Program will be allowed use of the garden during office hours. Outreach that focuses on the importance of a diet rich in fruits and vegetables will be offered to those who choose to register for this program.

This objective correlates with the Healthy People 2030 initiative that aims to increase vegetable consumption of all individuals (2+ years of age) from 0.79 cups/1,000 calories to 0.84 cups/1000 calories. These figures will be a focal point of the outreach strategy noted in the preceding paragraph.

Monitoring Progress will be monitored by the number of WIC families who participate in this healthy eating program over the 3-year period.

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Funding Land space and volunteers have been established for this objective. The agency will utilize any eligible and available grant funding to support this project. All other sources of funding will be provided through health department income.

(Healthy People 2030, NWS-07)

Objective 3: By 2027, provide for a 5% increase in the number of individuals experiencing substance use that seek or are provided with life-saving treatment options

Strategy By January 2024, the agency will finalize an agreement with the Piatt County Mental Health Center and the DeWitt County Recovery Oriented Systems of Care (ROSC) to provide accommodation of the ROSC Coordinator at the DeWitt-Piatt Bi-County Health Department. This position, funded through the Piatt County Mental Health Center and the DeWitt County Mental Health Board, will assist in providing resources and support to those who are at risk for substance use disorder or who are in the recovery community.

Monitoring Progress toward meeting this goal will be measured by the number of individuals who seek guidance and/or referral through the DeWitt County ROSC Coordinator.

Strategy The DeWitt-Piatt Bi-County Health Department will provide training for all staff members on the distribution and application of Naloxone (Narcan). This will be completed in an effort to increase availability of this life-saving medicine within our jurisdiction. Through an established sub-agreement, this training will be offered and sponsored by the Champaign-Urbana Public Health District.

To assist the Piatt County Mental Health Center and Heritage Behavioral Health Center, administration at the DeWitt-Piatt Bi-County Health Department will serve as a secondary point-of-contact for the scheduling of community based Narcan trainings.

Monitoring Progress towards completion will be measured through the successful completion of Narcan training by all staff at the agency. Also noted will be the number of trainings provided to the community and any reported Narcan initiated overdose reversals.

Strategy In cooperation with the DeWitt County ROSC Coordinator, the health department will ensure that Narcan kits are made available to all area businesses upon request or through outreach efforts. The agency will offer continued assistance to the Piatt County ROSC Coordinator in county-wide distribution efforts. Kits will be provided through a State of Illinois grant received by each ROSC committee.

Monitoring Achievement will be monitored through the total number of Narcan kits distributed to participating community businesses.

(Continued on next page)

Strategy The agency will coordinate with local partners to sponsor and co-sponsor community and family-oriented events that aim to reduce the dependency of substance use in both adolescents and adults.

Examples include: Outdoor community events, concerts, ice cream socials, cookouts, etc.

Community partners include: Piatt County Mental Health, DeWitt County ROSC, Piatt County ROSC, DeWitt County Mental Health Board, and Heritage Behavioral Health Center

Monitoring Progress will be monitored through the total number of community events sponsored or co-sponsored by the health department. Documentation will be provided.

Funding This objective will be funded through any applicable grants by each participating agency, an established sub-agreement with the Champaign-Urbana Public Health District, health department income, and ROSC funding (as it applies).

(Healthy People 2030, SU-10; Healthy People 2030, SU-07; Healthy People 2030, SU-01)

Objective 4: By 2026, reduce the number of reported infants in the Adverse Pregnancy Outcomes Reporting System (APORS) program with positive drug toxicity or symptoms of withdrawal by 10%

Strategy All APORS cases received by the DeWitt-Piatt Bi-County will be offered a referral to the Recovery Oriented Systems of Care Coordinator who will provide education on the harms of substance use during pregnancy. Information on additional referral services and treatment options will be provided and initiated upon request.

Strategy The DeWitt-Piatt Bi-County Health Department will also develop educational material for pregnant persons that details the detrimental outcomes of substance use during pregnancy. Any educational publications will be provided to other local health care facilities with a request for distribution.

Monitoring Progress towards achieving this objective will be monitored through the APORS system. Distribution of educational material will be noted on any applicable quarterly or annual report.

Funding Monetary assistance for completing these strategies will be provided through available grants, health department income, and DeWitt County ROSC funding sources.

(Healthy People 2030, MICH-11)

Access to Care

When compared to other counties with similar demographics and population size, DeWitt County and Piatt County are unique in the fact that residents have access to a number of hospitals, clinics, and satellite clinics that provide a range of services that address mental health, primary care, and dentistry. Yet, even with these offerings, a large portion of residents continue to struggle with access to care due to factors such as lack of transportation or lack of insurance.

To assist in reducing barriers in access to care and to strengthen agency outreach within all areas of the county, the DeWitt-Piatt Bi-County Health Department established the following objectives:

Objective 1: By 2026, provide outreach that focuses on preventative care and healthy lifestyle choices to 5% of the rural population in DeWitt and Piatt Counties

- Strategy* The agency will coordinate an off-site clinic schedule in our most rural sections of the county where barriers in access to care are the most profound. These off-site clinics will provide individuals with educational material on chronic health conditions, blood pressure screenings, and vaccinations for those who qualify. In an effort to provide these individuals with key additional services, the agency will collaborate with interested hospitals and mental health service providers in this initiative.
- Monitoring* Progress towards achieving this objective will be measured by the number of individuals that utilize off-site clinical services provided by the agency.
- Funding* In an effort to ensure that taxpayer money is returned to the communities we serve, tax levy funds will be the primary source of funding for these clinics.

(Healthy People 2030, AHS-08)

Objective 2: Increase the percentage of Medicaid eligible individuals receiving routine dental care at the DeWitt-Piatt Bi-County Health Department by 10% over a 5-year period

- Strategy* The agency will utilize an on-staff Public Health Dental Hygienist (PHDH) to expand dental clinic hours in DeWitt County and a mobile clinic offering at our Piatt County location. Services will include routine cleanings and assessments for all Medicaid enrolled clientele. The Public Health Dental Hygienist (PHDH) will additionally be tasked with overseeing the school-based program that will focus on educating school aged children on the importance of good dental hygiene practices.
- Monitoring* Progress towards completion of this objective will be measured by the number of new clients receiving dental care at the DeWitt-Piatt Bi-County Health Department.
- Funding* Primary sources of funding include the newly established Strengthening Illinois Public Health Administration Grant, the Oral Health Promotion Grant, and Medicaid collected fees.

(Healthy People 2030, OH-08; Healthy People 2030, AHS-05; Healthy People 2030, OH-09)

References

A number of sources were utilized in the accumulation of data for this plan. To allow for more detailed review and to ensure appropriate acknowledgement, a citation has been provided for each of those sources.

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