2014 Healthy Community Study

The Rockford Health Council (RHC) exists to build and improve community health in the region. To address this mission, RHC conducts a Healthy Community Study, which is designed to identify community needs and provide a foundation for planning and development to address these needs. The Healthy Community Study is designed to provide local health systems and community organizations with data to support reporting of community health needs, as well as support decision making regarding initiatives and efforts.

In the 2014 Study, a different methodology was used for data collection. The survey was perception-based, designed to help identify trends in our community, rather than needs of our community. The objective was to find out how people understand or feel about their situations or environments. This allows for a more strategic approach to addressing issues surrounding the three key focus areas: Maternal/Prenatal/Early Childhood Health; Behavioral Health; and Chronic Disease/Obesity.

General Health

Community Analysis

- **Persons without personal primary care physician**: 15.50% of Winnebago adults report that they do not have access to a PCP. 9.46% report they do not have access compared to the nationally percentages of 22.07%
- **Health Professional Shortage Area**: 72.17% of Boone County is living in a Healthcare Professional Shortage Area (HPSA) 49.92% of Winnebago County is living in a HPSA.

 Household Survey

- More than half of people believe that if their neighbors are healthy they are more likely to be healthy as well.
- The majority (86%) say that the health of their neighborhood is important to them
- Almost half (48.3%) of the people only visit a doctor if they are sick or if they are injured.

 Rockford Public Schools

- Homelessness is a significant problem in the neighborhoods (79.1%)
- The health of people’s neighborhood is important to them (85.2%)
- Majority of people say that the health of their neighborhood relies on community agencies (82.35%)
- Almost half of the people surveyed do not believe that where they live has a strong sense of community (43.5%)
**Behavioral Health**

**Community Analysis**
- **Tobacco Usage:** Rates for Winnebago County which is 21.7% are higher than Boone at 17.5%, state at 18.4%, and the US at 18.08%.
- **Social and emotional support:** Extant data also indicates that the rate of population reporting insufficient social or emotional support all or most of the time is consistent with state and national rates (approximately 20%).

**Household Survey**
- The majority (65%) of people say that mental health issues have no impact on their neighborhood
- The majority of people surveyed (82.3%) believe that substance abuse is not an issue in their family

**Rockford Public Schools**
- Less than half of the people surveyed believe they can get help in their neighborhood with substance abuse (45.7%)
- Almost half of the people surveyed believe that mental health issues have no impact on their neighborhood (45%)
- Less than half know where to find resources in their neighborhood to help with suicide issues (47.9%)
- Approximately 54% of people disagree or strongly disagree that they can get help with substance abuse in their neighborhood

**Maternal, Prenatal and Early Childhood Health**

**Community Analysis**
- **Teen Birth Rate:** In Winnebago County, there are 46.3 births to woman age 15-19 per 1000 population. While this rate had dropped from previous years, (2002-2008 rate: 50.4/1000), it remains higher than national levels 36.6/1000 population
- **Infant Mortality:** 7.8 infants/1000 births die in less than 1 year in Winnebago County; Boone, 5.3 infants per 1000 births die in less than 1 year. In the US 6.52 per 1000 die within 1 year; There are significantly higher national and state rates for non-Hispanic black 12.7/1000 national; 13.4/1000 Illinois.

**Household Survey**
- 76.3% of the people surveyed do not think teen pregnancy is an issue in their neighborhood
- 66% of people surveyed said that it is easy to get resources mothers and children need

**Rockford Public Schools**
- It is difficult for people to find childcare in their community (51.5%)
- About half of parents believe that it is not safe for their children to walk to school in their neighborhood (52.4%)
- Less than half of the people surveyed believe that teen pregnancy is a problem in their neighborhood (40.3%)
### Chronic Disease

#### Community Analysis

- **High Blood Pressure Management:** In Winnebago 29.84% of individuals with diagnosed high blood pressure report not taking medication, compared to national figures of 21.74%.

- **Heart Disease Diagnosis:** 4.84% of adults living in Winnebago County have been told by physician they have CAD compared to 4.40% in the US.

- **Lung Disease Mortality:** Mortality rates in both Boone and Winnebago are higher than the state and the nation with 46.74/100,000 for Boone residents and 45.07/100,000 for Winnebago residents. (IL-39.95/100,000; US- 42.67/100,000) Rates are higher for Boone and Winnebago County men (Boone- 51.78/100,000; Winnebago-56.45/100,000) than the state and national rates IL- 47.15/100,000 US- 49.57/100,000. Although only Boone County women have higher rates than the nation (Boone- 42.21/100,000; US 38.24/100,000).

- **Stroke Mortality:** Both Boone and Winnebago County residents have higher than national rates for stroke mortality with Boone at 47.84 deaths/100,000 and Winnebago at 45.51 deaths/100,000, in the US the rate is 40.39/100,000.

- **Ischemic Heart Disease Mortality:** While the rate is significantly higher for men in both Boone and Winnebago counties; local rates are well below national rates for men (US 157.16/100,000; Winnebago 138.38/100,000; Boone 132/100,000. In comparison to other races, the rate is higher with black men in Winnebago- 108.3/100,000.

#### Household Survey

- A strong majority of the people surveyed (97.5%) believe they have a clear understanding of what it means to be obese.

- 60.3% of the people surveyed to not believe that childhood obesity is a problem in their neighborhood.

- Almost half of the people surveyed (48.7%) said that chronic disease was an issue in their family.

- A majority respondents (68%) agree that healthy food options are affordable.

- 51% of respondents indicate that chronic disease is not a problem in their family.

- 71% of respondents indicate that chronic disease has an impact on their neighborhood.

#### Rockford Public Schools

- People believe they have a clear understanding of what it means to be obese (84.9%).

- Less than half of the people surveyed believe that childhood obesity is a problem in their community (39.6%).
Obesity

Community Analysis

- The percent of Boone and Winnebago residents 20 years and older who self-reported having a BMI greater than 30 exceed state and national rates (Boone -30.1%; Winnebago – 28.9%; US- 27.29%). Overall obesity rates have increased from 2004 percentages (Boone 25.7%; Winnebago - 24.5%) In addition, men have higher obesity rates than women in Winnebago and Boone counties as well as in the state and nation (Boone men- 30.7%, Winnebago men-32.4%; US men- 28.21%; Winnebago and Boone women- 27.7%; US women 26.45%) In terms of race, Caucasian and Hispanic have higher national statistics than other races (US Caucasian- 35.85%; US Hispanic 38.435)
- In the region, 25.8% of the population lives in a designated food desert, which is higher than state and national rates. (20.4% and 23.6% respectively)
- Access to recreation and fitness facilities in the region is lower than that of the state and nation (8.3% compared to 10.1% and 9.4% respectively)
- Within the area of Boone and Winnebago counties, fewer people (10.1%) live within a half mile of a park as compared to the population of those in state (54.8%) and nation (38.0%)