



COMMUNITY HEALTH IMPROVEMENT PLAN

CHAMPAIGN COUNTY / ILLINOIS 2014 – 2016



OVERVIEW

Our Community Health Plan was initiated to determine locally relevant health priorities to better serve the residents of Champaign County.

Public health issues demand collaborative and coordinated efforts to minimize service duplication and excess cost, and to be successful in intervention. This process provides both the community knowledge and support necessary for the identification and management of health problems.

The Health District convened a diverse group of health providers, civic leaders and community representatives to participate in this process. The goal is for all partners in the local public health system to work together to implement the recommendations outlined in this plan.

Based on our extensive research and review of available data, the following themes surfaced as the highest priority needs for this

**ACCESS TO
CARE**

**BEHAVIORAL
HEALTH**

OBESITY

VIOLENCE



COMMUNITY PARTNERS

Avicenna Community Health Center
Carle Foundation Hospital
Champaign County Administrator
Champaign County Board Chair
Champaign County Chamber of Commerce
Champaign County Coroner
Champaign County Healthcare Consumers
Champaign County Regional Planning Commission
Champaign Fire Department
Champaign Park District
Champaign Police Department
Champaign Unit 4 School District
Champaign Urbana Public Health District
Christie Clinic
City of Champaign Fire Department
City of Urbana Community Development Services
City of Urbana
Community Elements
CU Mass Transit District
Housing Authority of Champaign County
Land of Lincoln
Mckinley Health Center
National Alliance on Mental Illness
Parkland College
Presence Covenant Center for Healthy Living
Presence Covenant Medical Center
Promise Healthcare
Prosperity Gardens Inc.
Soil and Water Conservation District
United Way of Champaign County
University of Illinois
University of Illinois NCSA
University of Illinois Police
University of Illinois-CPRD
Urbana Market at the Square
Urbana Park District
Urbana School District 116

THE PLANNING PROCESS

Champaign-Urbana Public Health District (CUPHD), in conjunction with the Champaign County Regional Planning Commission, Carle Foundation Hospital, Presence Covenant Medical Center, and United Way of Champaign County, used the Mobilizing for Action through Planning and Partnership (MAPP) model.

MAPP is a community-based model that necessitates community engagement at all levels.

We assessed the current health status of the community, identified needs, and created a comprehensive community health improvement plan to improve our community's health by acquiring input from community partners, planners, elected officials, and residents.

COMMUNITY
HEALTH
STATUS
ASSESSMENT

COMMUNITY
THEMES
& STRENGTHS
ASSESSMENT

FORCES OF
CHANGE
ASSESSMENT

LOCAL PUBLIC
HEALTH SYSTEM
ASSESSMENT

MAPP

MOBILIZING FOR ACTION THROUGH PLANNING & PARTNERSHIP

THIS PROCESS INCLUDED:

4 MAPP COMMUNITY ASSESSMENTS

60 INDIVIDUALS FROM MORE THAN 30 AGENCIES

SURVEY OF OVER 1000 COMMUNITY RESIDENTS

COMMUNITY LEADERS REVIEW RESULTS, SET A VISION, & IDENTIFY PRIORITIES AND GOALS



OUR COMMUNITY

The Community Health Status Assessment evaluated the basic demographics and health-related statistics of residents in Champaign County.

We used aggregated data accessed from Countyhealthrankings.org and city and county agencies, including the Champaign and Urbana Police Departments.

45%

OF CHILDREN ATTENDING PUBLIC SCHOOLS ARE ELIGIBLE FOR FREE OR REDUCED PRICE LUNCHES

1 IN 7

RESIDENTS OF CHAMPAIGN COUNTY ARE ENROLLED IN MEDICAID

11.5%

OF CHAMPAIGN COUNTY RESIDENTS ARE FOREIGN BORN

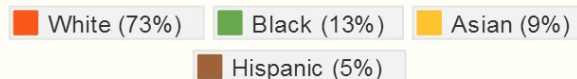
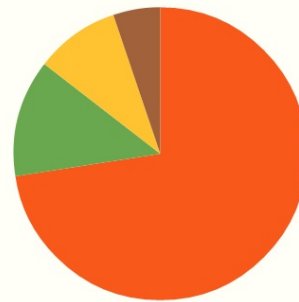
44%

OF CHAMPAIGN COUNTY'S POPULATION IS BELOW AGE 24

THERE ARE 204,897 RESIDENTS OF CHAMPAIGN COUNTY



RACE / ETHNICITY



Like many areas in the United States, Champaign County is becoming more diverse each year. This increase is due to a relatively high birth rate and continued immigration. Being the home of the University of Illinois at Urbana-Champaign, the county was the home of over 10,000 international students in 2014, the largest number of any university in the U.S.

The center of the Champaign-Urbana region is dominated by the University, with a majority of non-residential school buildings and surrounded by a higher percentage of Asian individuals than found in the rest of the region. There is a higher concentration of African Americans represented in the northern part of Champaign.



OUR COMMUNITY



Champaign has several priority populations; elderly, rural, impoverished, and childhood populations are particularly vulnerable and lack adequate access to health services and resources.



Champaign County has significant lower median household income, more children in poverty, more people with inadequate social support, and more children in single-parent households than in greater Illinois.



Rural residents comprise 13% of the population



Violent crime in our county remains higher than the national average

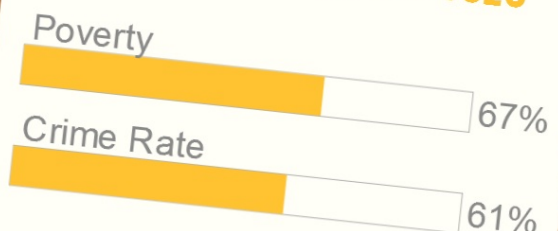


OVER 1000 RESIDENTS WERE SURVEYED, AND IDENTIFIED THE TOP COMMUNITY STRENGTHS & WEAKNESSES:

COMMUNITY STRENGTHS



COMMUNITY WEAKNESSES



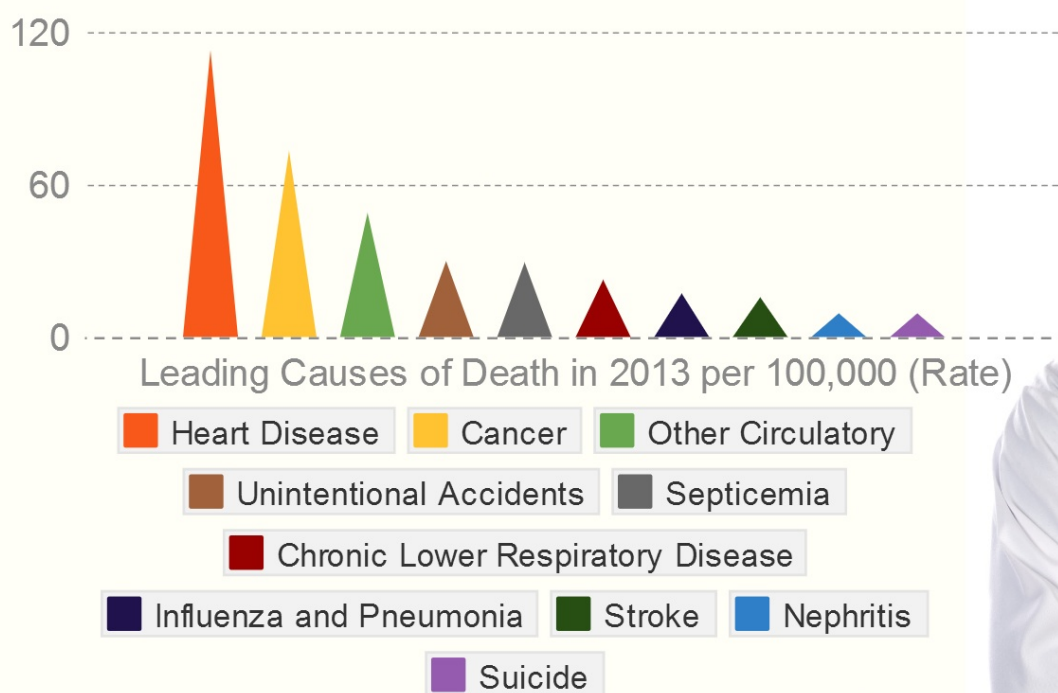
Respondents were satisfied with Champaign being a good place to raise children and having high quality healthcare, although they were dissatisfied with the cost of healthcare.

Street lighting, road maintenance, and crime patrols were identified as neighborhood issues.

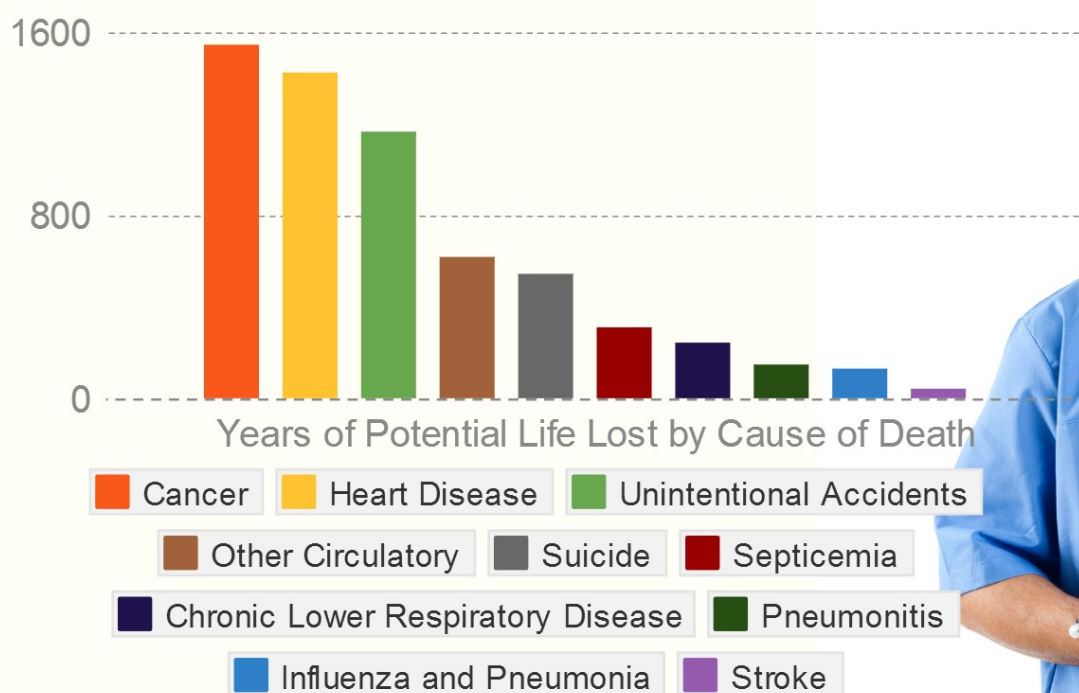
OUR HEALTH STATUS

The leading causes of death nationwide (in decreasing number of deaths) are heart disease, cancer, stroke, chronic lower respiratory diseases, accidents, and Alzheimer's disease.

Champaign County's mortality rates are similar, although there are a few differences. The leading causes of death in 2013 were:

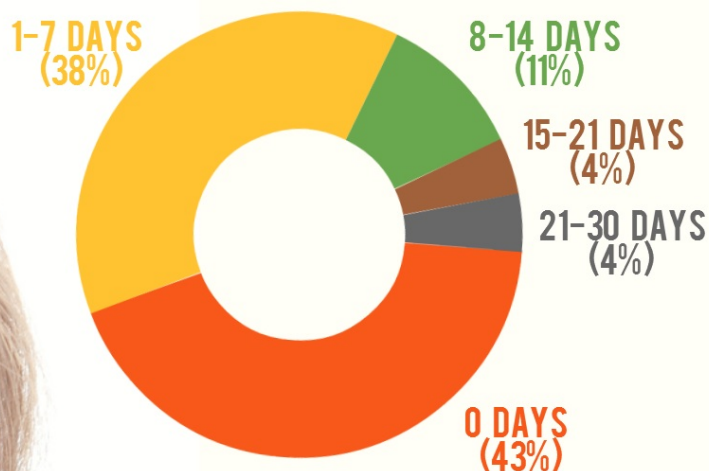


In 2013, Cancer, Heart Disease, and Accidents contributed to the most "Years of Potential Life Lost" in Champaign County:

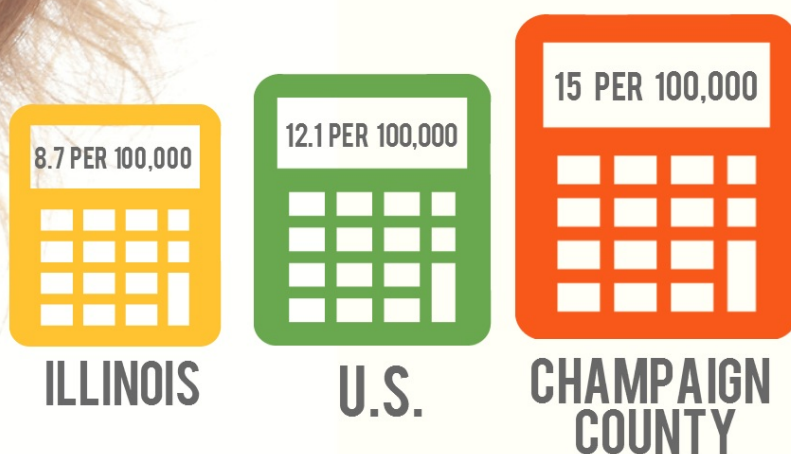


OUR HEALTH STATUS

HOW MANY DAYS IN THE LAST MONTH WAS YOUR MENTAL HEALTH NOT GOOD?



SUICIDE RATES



VIOLENT CRIME REPORTED IN CHAMPAIGN COUNTY IS



643 PER **100,000**

SUBSTANTIALLY HIGHER THAN ILLINOIS' RATE OF

486 PER **100,000**

*THE NATIONAL BENCHMARK FOR VIOLENT CRIME RATE IS 66 PER 100,000

OUR HEALTH STATUS

Smoking rates, obesity, diabetes, physical inactivity, access to exercise opportunities, excessive drinking, HIV prevalence, and motor vehicle crash deaths are all lower in Champaign County than in Illinois, although a significant number of our residents are overweight, and/or do not exercise regularly

CHAMPAIGN COUNTY RESIDENTS IN 2013:

Adult Smoking



Adult Obesity



Adult Overweight



Diabetes



Physical Inactivity



Excessive Drinking



For adults, the CDC recommends a minimum of 150 minutes of moderate-intensity aerobic activity every week, including muscle-strengthening activities on 2 or more days each week.

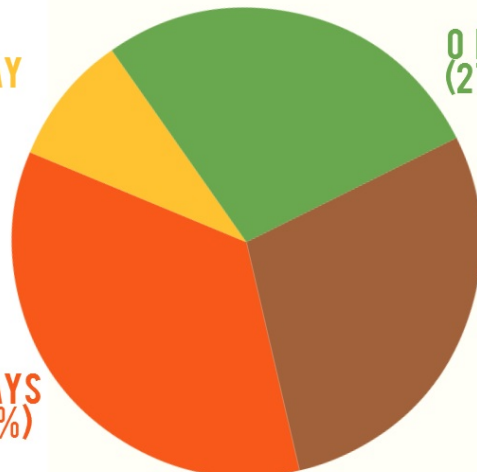
IN A NORMAL WEEK, HOW MANY DAYS DO YOU EXERCISE FOR AT LEAST 30 MINUTES WHERE YOU ARE SWEATING & BREATHING HARD?

EVERY DAY
(9%)

0 DAYS
(27.4%)

3-4 DAYS
(34.9%)

1-2 DAYS
(28.7%)

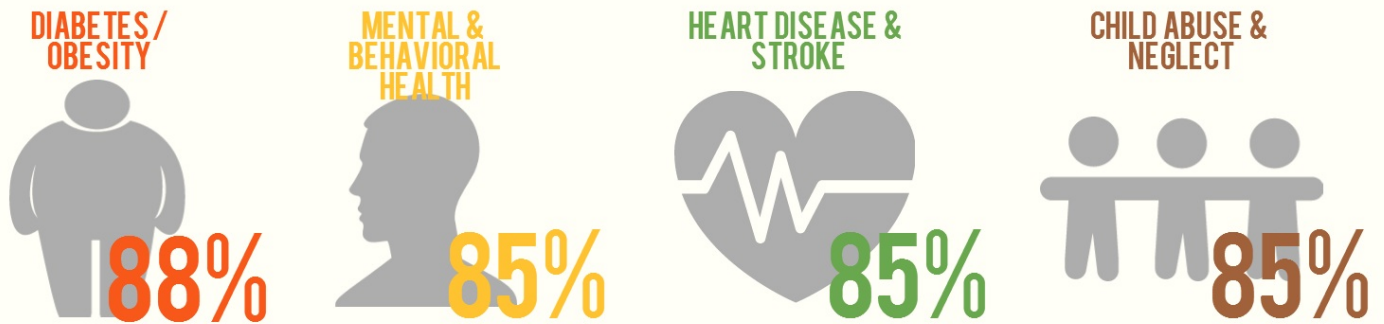


OUR HEALTH STATUS

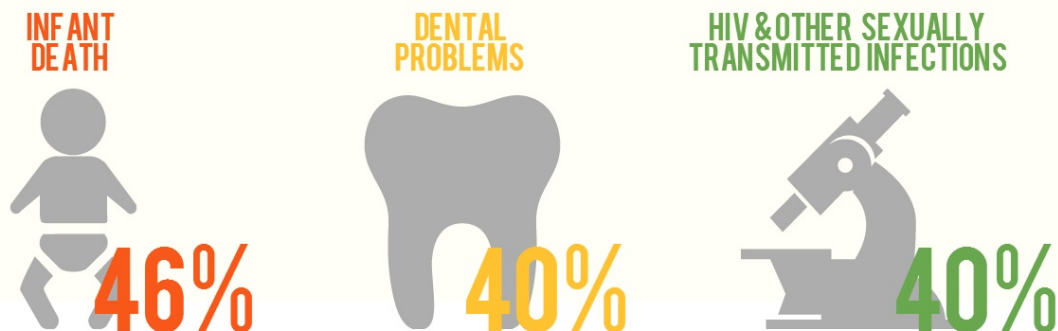
Sexually transmitted infections and food insecurity are all higher in Champaign County than in Illinois. 10,600 individuals living within Champaign County are low income and with low food access.



When participants were asked to rank the community's major health issues, the top four priorities were:



The lowest three priorities identified by participants were:



QUALITY OF LIFE

With regard to health insurance, Champaign has a lower rate of uninsured individuals than in Illinois, particularly for adults

Champaign has a greater number of primary care physicians and other primary care providers, and a higher number of mental health providers per population compared with Illinois.

Champaign has fewer dentists per population compared with Illinois.

Champaign County also has a lower percentage of people who could not see a doctor due to cost, a lower number of preventable hospital stays, and lower healthcare costs (price-adjusted Medicare spending per enrollee).

Champaign also has higher rates of screening for mammographies

Access to parks is defined as living within 1/2 a mile of a park.



51% of our respondents report being unsatisfied with the cost of healthcare.



To a much lesser extent, participants were unsatisfied that Champaign being a safe place to live (27%) and a good place to grow old (26%).



Participants were most satisfied (85%) with the outreach of faith-based organizations, being a good place to raise children (81%), and having a high quality of healthcare (77%).



In Champaign County

66%

of residents have access to parks, much higher than state (55%) and national (39%) figures.

OUR PRIORITIES

After gathering demographic and health data, and receiving input from the community, we also conducted a Forces of Change Assessment, and a Local Public Health System Assessment.

Based on this information, we identified the following four Health Priorities for Champaign County:



ACCESS TO CARE

INCLUDING MEDICAL, MENTAL, & DENTAL HEALTH

Goal: Champaign County will develop opportunities to improve access to and affordability of medical, behavioral health (mental health and/or substance use), and dental services for those living below 200% of the federal poverty level.

Champaign County will work to reduce barriers to care.

BEHAVIORAL HEALTH

ACCESS, SUBSTANCE ABUSE, & RESOURCES

Goal: Champaign County will improve behavioral health and wellness by increasing capacity and access to care, providing educational opportunities, increasing prevention activities, and advocating that treatment works and recovery is possible.

OBESITY

NUTRITION, DIET & EXERCISE, RISK FACTORS & COMPLICATIONS

Goal: Increase the proportion of adults who report being at a healthy weight by 5%.
(Baseline: 45.8%)

VIOLENCE

DOMESTIC VIOLENCE, RELATIONSHIP BETWEEN DRUG & ALCOHOL ABUSE AND VIOLENCE

Goal: Prevent violence in Champaign County by providing linkages to services and access to resources for individuals with behavioral health needs, and increasing options for youth to participate in healthy afterschool and summer activities.

RESOURCES



To access a complete copy of the Champaign County
Community Health Improvement Plan, please visit

WWW.C-UPHD.ORG

For additional data about Champaign County, visit

WWW.COUNTYHEALTHRANKINGS.ORG

WWW.IDPH.STATE.IL.US/HEALTH/STATSHOME

To learn more about the MAPP process, visit the National
Association of City & County Health Officials website at:

[HTTP://WWW.NACCHO.ORG/TOPICS/INFRASTRUCTURE/MAPP](http://WWW.NACCHO.ORG/TOPICS/INFRASTRUCTURE/MAPP)



***Our Vision: Champaign County will be the
healthiest and safest community to live,
work, and visit in the State of Illinois.***

