



2022 COMMUNITY HEALTH NEEDS ASSESSMENT

Lake County, Illinois

Sponsored by
ADVOCATE CONDELL MEDICAL CENTER &
NORTHWESTERN MEDICINE LAKE FOREST HOSPITAL



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INTRODUCTION

PROJECT OVERVIEW

Project Goals

This Community Health Needs Assessment is a systematic, data-driven approach to determining the health status, behaviors, and needs of residents in Lake County, the service area of Advocate Condell Medical Center and Northwestern Medicine Lake Forest Hospital. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. This Community Health Needs Assessment will serve as a tool toward reaching three basic goals:

- To improve residents' health status, increase their life spans, and elevate their overall quality of life. A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.
- To reduce the health disparities among residents. By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors that historically have had a negative impact on residents' health.
- To increase accessibility to preventive services for all community residents. More accessible preventive services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventive care.

This assessment was conducted on behalf of Advocate Condell Medical Center and Northwestern Medicine Lake Forest Hospital by PRC, a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

Methodology

This assessment incorporates data from primary research sources, including the PRC Community Health Survey and the PRC Online Key Informant Survey.

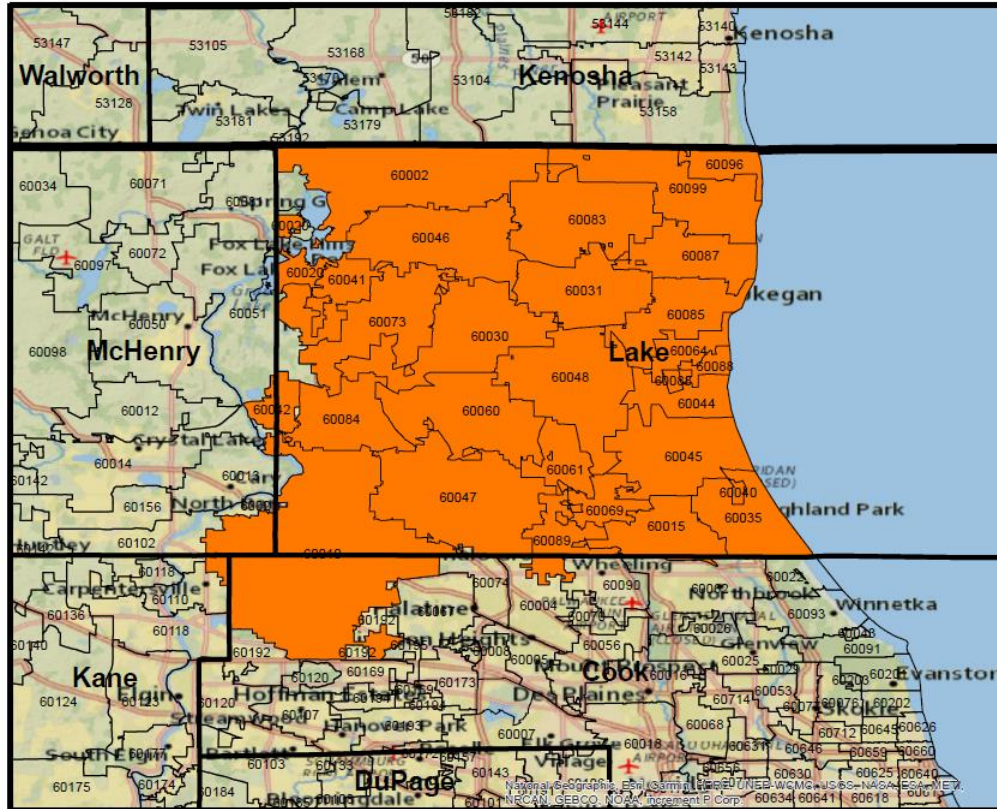
PRC Community Health Survey

Survey Instrument

The survey instrument used for this study is based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions addressing gaps in indicator data relative to health promotion and disease prevention objectives and other recognized health issues. The final survey instrument was developed by Advocate Condell Medical Center, Northwestern Medicine Lake Forest Hospital, and PRC.

Community Defined for This Assessment

The study area for the survey effort (referred to as “Lake County” in this report) is defined as each of the residential ZIP Codes predominantly associated with Lake County, Illinois. This community definition, determined based on the ZIP Codes of residence of recent patients of Advocate Condell Medical Center and Northwestern Medicine Lake Forest Hospital, is illustrated in the following map.

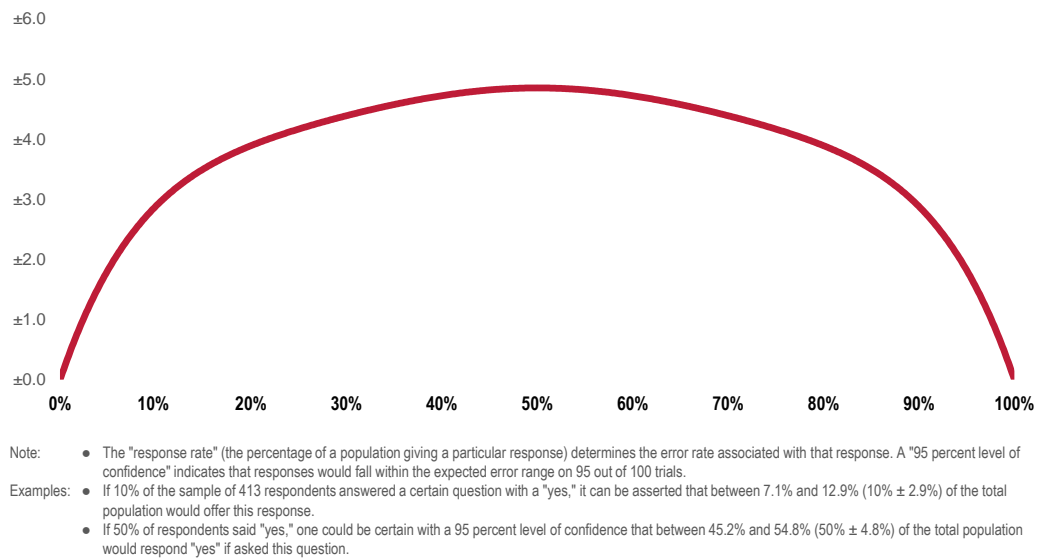


Sample Approach & Design

A precise and carefully executed methodology is critical in asserting the validity of the results gathered in the PRC Community Health Survey. Thus, to ensure the best representation of the population surveyed a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone), as well as through online questionnaires.

The sample design used for this effort consisted of a random sample of 413 individuals age 18 and older in Lake County. All administration of the surveys, data collection, and data analysis was conducted by PRC. For statistical purposes, the maximum rate of error associated with a sample size of 413 respondents is $\pm 4.8\%$ at the 95 percent confidence level.

Expected Error Ranges for a Sample of 413 Respondents at the 95 Percent Level of Confidence

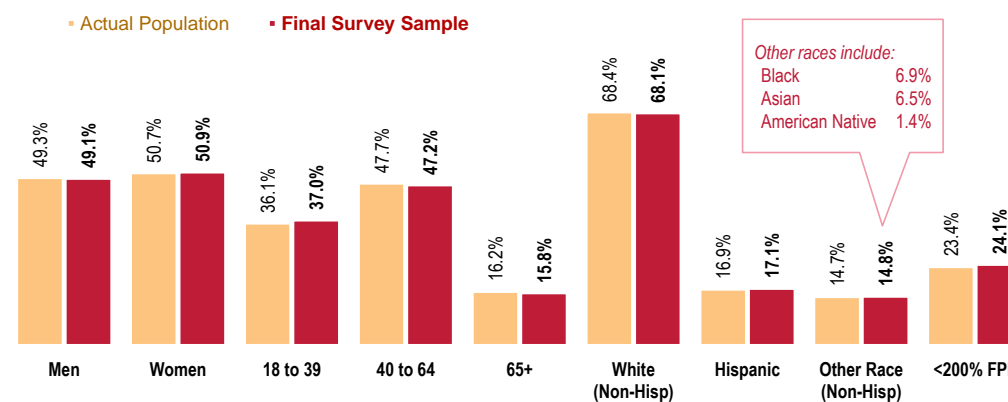


Sample Characteristics

To accurately represent the population studied, PRC strives to minimize bias through application of a proven telephone methodology and random-selection techniques. While this random sampling of the population produces a highly representative sample, it is a common and preferred practice to "weight" the raw data to improve this representativeness even further. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely sex, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual's responses is maintained, one respondent's responses may contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics may have been slightly oversampled, may contribute the same weight as 0.9 respondents.

The following chart outlines the characteristics of the Lake County sample for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; data on children were given by proxy by the person most responsible for that child's health care needs, and these children are not represented demographically in this chart.]

Population & Survey Sample Characteristics (Lake County, 2022)



Sources: • US Census Bureau, 2011-2015 American Community Survey.

• 2022 PRC Community Health Survey, PRC, Inc.

Notes: • FPL is federal poverty level, based on guidelines established by the US Department of Health & Human Services.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total population of community members in the defined area with a high degree of confidence.

INCOME & RACE/ETHNICITY

INCOME ► Poverty descriptions and segmentation used in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2021 guidelines place the poverty threshold for a family of four at \$26,500 annual household income or lower). In sample segmentation: “low income” refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used. All Hispanic respondents are grouped, regardless of identity with any other race group. Other race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).

Online Key Informant Survey

To solicit input from key informants, those individuals who have a broad interest in the health of the community, an Online Key Informant Survey also was implemented as part of this process. A list of recommended participants was provided by Advocate Condell Medical Center and Northwestern Medicine Lake Forest Hospital; this list included names and contact information for physicians, public health representatives, other health professionals, social service providers, and a variety of other community leaders. Potential participants were chosen because of their ability to identify primary concerns of the populations with whom they work, as well as of the community overall.

Key informants were contacted by email, introducing the purpose of the survey and providing a link to take the survey online; reminder emails were sent as needed to increase participation. In all, 47 community stakeholders took part in the Online Key Informant Survey, as outlined below:

ONLINE KEY INFORMANT SURVEY PARTICIPATION	
KEY INFORMANT TYPE	NUMBER PARTICIPATING
Physicians	8
Public Health Representatives	5
Social Services Providers	3
Other Community Leaders	31

Final participation included representatives of the organizations outlined below.

- Advocate Aurora Health (Condell and Good Shepherd)
- American Cancer Society
- Beacon Place
- College Bound Opportunities
- College of Lake County
- Community Youth Network
- Erie Waukegan
- Gateway Foundation
- Gorter Family Foundation
- Healthcare Foundation of Northern Lake County
- Josselyn Center
- Lake County Community Foundation
- Lake County Health Department
- Lake County Partners
- Lake County Regional Office of Education
- LGBTQ Center of Lake County
- Mano a Mano
- North Chicago Community Partners
- Northern Illinois Food Bank
- Northwestern Medicine
- PADS Lake County
- Rotary International
- Round Lake Area Library
- Round Lake Area Schools
- Steans Family Foundation
- The Job Center of Lake County
- United Way of Lake County
- University of Illinois Extension Service
- Waukegan Public Library
- Youth and Family Counseling
- YWCA

Through this process, input was gathered from several individuals whose organizations work with low-income, minority, or other medically underserved populations.

In the online survey, key informants were asked to rate the degree to which various health issues are a problem in their own community. Follow-up questions asked them to describe why they identify problem areas as such and how these might better be addressed. Results of their ratings, as well as their verbatim comments, are included throughout this report as they relate to the various other data presented.

NOTE: These findings represent qualitative rather than quantitative data. The Online Key Informant Survey was designed to gather input regarding participants' opinions and perceptions of the health needs of the residents in the area.

Benchmark Data

Illinois Risk Factor Data

Statewide risk factor data are provided where available as an additional benchmark against which to compare local survey findings; these data represent the most recent *BRFSS (Behavioral Risk Factor Surveillance System) Prevalence and Trends Data* published online by the Centers for Disease Control and Prevention.

Nationwide Risk Factor Data

Nationwide risk factor data, which are also provided in comparison charts, are taken from the *2020 PRC National Health Survey*; the methodological approach for the national study is similar to that employed in this assessment, and these data may be generalized to the US population with a high degree of confidence.

Healthy People 2030

Healthy People provides 10-year, measurable public health objectives — and tools to help track progress toward achieving them. Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being. Healthy People 2030, the initiative's fifth iteration, builds on knowledge gained over the first four decades.



Healthy People 2030's overarching goals are to:

- Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death.
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.
- Promote healthy development, healthy behaviors, and well-being across all life stages.
- Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.

The Healthy People 2030 framework was based on recommendations made by the Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030. After getting feedback from individuals and organizations and input from subject matter experts, the U.S. Department of Health and Human Services (HHS) approved the framework which helped guide the selection of Healthy People 2030 objectives.

Determining Significance

Differences noted in this report represent those determined to be significant. For these survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level), using question-specific samples and response rates.

Information Gaps

While this assessment is quite comprehensive, it cannot measure all possible aspects of health in the community, nor can it adequately represent all possible populations of interest. It must be recognized that these information gaps might in some ways limit the ability to assess all of the community's health needs.

For example, certain population groups — such as the homeless, institutionalized persons, or those who only speak a language other than English or Spanish — are not represented in the survey data. Other population groups — for example, pregnant women, lesbian/gay/bisexual/ transgender residents,

undocumented residents, and members of certain racial/ethnic or immigrant groups — might not be identifiable or might not be represented in numbers sufficient for independent analyses.

In addition, this assessment does not include secondary data from existing sources, which can provide relevant data collected through death certificates, birth certificates, or notifications of infectious disease cases in the community.

In terms of content, this assessment was designed to provide a comprehensive and broad picture of the health of the overall community. However, there are certainly medical conditions that are not specifically addressed.

SUMMARY OF FINDINGS

Significant Health Needs of the Community

The following “Areas of Opportunity” represent the significant health needs of the community, based on the information gathered through this Community Health Needs Assessment. From these data, opportunities for health improvement exist in the area with regard to the following health issues (see also the summary tables presented in the following section).

The Areas of Opportunity were determined after consideration of various criteria, including: standing in comparison with benchmark data (particularly national data); the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue. These also take into account those issues of greatest concern to the community stakeholders (key informants) giving input to this process.

AREAS OF OPPORTUNITY IDENTIFIED THROUGH THIS ASSESSMENT	
ACCESS TO HEALTH CARE SERVICES	<ul style="list-style-type: none">▪ Barriers to Access<ul style="list-style-type: none">– Appointment Availability– Inconvenient Office Hours– Finding a Physician▪ Routine Medical Care (Adults)
DIABETES	<ul style="list-style-type: none">▪ Key Informants: Diabetes ranked as a top concern.
HEART DISEASE & STROKE	<ul style="list-style-type: none">▪ Cardiovascular Risk Factors
KIDNEY DISEASE	<ul style="list-style-type: none">▪ Kidney Disease Prevalence
MENTAL HEALTH	<ul style="list-style-type: none">▪ “Fair/Poor” Mental Health▪ Diagnosed Depression▪ Symptoms of Chronic Depression▪ Loneliness▪ Receiving Treatment for Mental Health▪ Key Informants: Mental health ranked as a top concern.
NUTRITION, PHYSICAL ACTIVITY & WEIGHT	<ul style="list-style-type: none">▪ Overweight & Obesity [Adults]▪ Meeting Physical Activity Guidelines [Adults & Children]▪ Key Informants: Nutrition, physical activity, and weight ranked as a top concern.
TOBACCO USE	<ul style="list-style-type: none">▪ Use of Vaping Products

Community Feedback on Prioritization of Health Needs

Prioritization of the health needs identified in this assessment (“Areas of Opportunity” above) was determined based on a prioritization exercise conducted among community stakeholders (representing a cross-section of community-based agencies and organizations) in conjunction with the administration of the Online Key Informant Survey.

In this process, these key informants were asked to rate the severity of a variety of health issues in the community. Insofar as these health issues were identified through the data above and/or were identified as top concerns among key informants, their ranking of these issues informed the following priorities:

1. Mental Health
2. Diabetes
3. Nutrition, Physical Activity & Weight
4. Heart Disease & Stroke
5. Access to Health Care Services
6. Tobacco Use
7. Kidney Disease

Hospital Implementation Strategy

Advocate Condell Medical Center and Northwestern Medicine Lake Forest Hospital will use the information from this Community Health Needs Assessment to develop Implementation Strategies to address the significant health needs in the community. While the hospitals will likely not implement strategies for all of the health issues listed above, the results of this prioritization exercise will be used to inform the development of the hospitals’ action plans to guide community health improvement efforts in the coming years.

Summary Tables: Comparisons With Benchmark Data




Reading the Summary Tables

■ In the following tables, Lake County results are shown in the larger, gray column.




■ The columns to the right of the Lake County column provide comparisons between local data and any available state and national findings, as well as Healthy People 2030 objectives. Symbols indicate whether Lake County compares favorably (☀️), unfavorably (☁️), or comparably (☔️) to these external data.





















Note that blank table cells signify that data are not available or are not reliable for that area and/or for that indicator.







SOCIAL DETERMINANTS	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Unable to Pay Cash for a \$400 Emergency Expense	16.9		☀️ 24.6	
% Worry/Stress Over Rent/Mortgage in Past Year	32.1		☁️ 32.2	
% Financially Impacted by the Pandemic	26.4			
% Unhealthy/Unsafe Housing Conditions	9.9		☁️ 12.2	
% Food Insecure	23.1		☀️ 34.1	
% Used Food Bank/Received Free Meals in Past Year	12.7			















 better
 similar
 worse








OVERALL HEALTH	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% "Fair/Poor" Overall Health	14.0	☀️ 17.7	☁️ 12.6	













 better
 similar
 worse






ACCESS TO HEALTH CARE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% [Age 18-64] Lack Health Insurance	4.4	 15.6	 8.7	 7.9
% Difficulty Accessing Health Care in Past Year (Composite)	49.0		 35.0	
% Cost Prevented Physician Visit in Past Year	16.2	 13.3	 12.9	
% Cost Prevented Getting Prescription in Past Year	10.6		 12.8	
% Difficulty Getting Appointment in Past Year	27.8		 14.5	
% Inconvenient Hrs Prevented Dr Visit in Past Year	18.7		 12.5	
% Difficulty Finding Physician in Past Year	16.4		 9.4	
% Transportation Hindered Dr Visit in Past Year	10.6		 8.9	
% Language/Culture Prevented Care in Past Year	2.7		 2.8	
% Skipped Prescription Doses to Save Costs	11.0		 12.7	
% Avoided Medical Care Due to the Pandemic	26.1			
% Difficulty Getting Child's Health Care in Past Year	11.0		 8.0	
% Have a Specific Source of Ongoing Care	73.2		 74.2	 84.0
% Have Had Routine Checkup in Past Year	69.4	 76.9	 70.5	
% Child Has Had Checkup in Past Year	75.4		 77.4	
% Two or More ER Visits in Past Year	11.0		 10.1	






ACCESS TO HEALTH CARE (continued)	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Eye Exam in Past 2 Years	63.4		 61.0	 61.1
% Rate Local Health Care "Fair/Poor"	11.2		 8.0	
		 better	 similar	 worse












CANCER	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Cancer	9.7	 10.4	 10.0	
% [Women 50-74] Mammogram in Past 2 Years	79.5	 78.7	 76.1	 77.1
% [Women 21-65] Cervical Cancer Screening	79.0	 79.3	 73.8	 84.3
% [Age 50-75] Colorectal Cancer Screening	75.6	 67.0	 77.4	 74.4
		 better	 similar	 worse

DIABETES	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Diabetes/High Blood Sugar	13.0	 11.3	 13.8	
% Borderline/Pre-Diabetes	11.7		 9.7	
% [Non-Diabetics] Blood Sugar Tested in Past 3 Years	44.0		 43.3	
		 better	 similar	 worse

HEART DISEASE & STROKE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Heart Disease (Heart Attack, Angina, Coronary Disease)	7.1	 5.7	 6.1	
% Stroke	2.2	 3.0	 4.3	
% Told Have High Blood Pressure	35.0	 32.2	 36.9	 27.7
% Told Have High Cholesterol	32.3		 32.7	
% 1+ Cardiovascular Risk Factor	84.3		 84.6	
		 better	 similar	 worse

INJURY & VIOLENCE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Victim of Violent Crime in Past 5 Years	4.7		 6.2	
% Victim of Intimate Partner Violence	16.2		 13.7	
		 better	 similar	 worse

KIDNEY DISEASE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Kidney Disease	5.4	 2.7	 5.0	
		 better	 similar	 worse

MENTAL HEALTH	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% "Fair/Poor" Mental Health	22.4		 13.4	
% Diagnosed Depression	26.9	 18.3	 20.6	
% Symptoms of Chronic Depression (2+ Years)	37.9		 30.3	
% Typical Day Is "Extremely/Very" Stressful	16.4		 16.1	
% Lack Companionship	41.6		 31.6	
% Feel Left Out	38.5		 33.0	
% Feel Isolated From Others	41.6		 29.8	
% Lonely	28.9		 23.8	
% Mental Health Has Gotten Worse Since Pandemic Began	28.8			
% Taking Rx/Receiving Mental Health Trtmt	22.8		 16.8	
% Unable to Get Mental Health Svcs in Past Yr	10.0		 7.8	








better





























similar








worse

NUTRITION, PHYSICAL ACTIVITY & WEIGHT	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% "Very/Somewhat" Difficult to Buy Fresh Produce	17.9		 21.1	
% 5+ Servings of Fruits/Vegetables per Day	29.1		 32.7	
% No Leisure-Time Physical Activity	29.0	 25.6	 31.3	 21.2

NUTRITION, PHYSICAL ACTIVITY & WEIGHT (continued)	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Meeting Physical Activity Guidelines	26.0	 23.4	 21.4	 28.4
% Child [Age 2-17] Physically Active 1+ Hours per Day	35.2		 33.0	
% Healthy Weight (BMI 18.5-24.9)	30.9	 32.6	 34.5	
% Overweight (BMI 25+)	67.5	 65.7	 61.0	
% Obese (BMI 30+)	34.3	 31.6	 31.3	 36.0
% Children [Age 5-17] Healthy Weight	47.3		 47.6	
% Children [Age 5-17] Overweight (85th Percentile)	36.3		 32.3	
% Children [Age 5-17] Obese (95th Percentile)	22.9		 16.0	 15.5
		 better	 similar	 worse

ORAL HEALTH	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Have Dental Insurance	74.6		 68.7	 59.8
% [Age 18+] Dental Visit in Past Year	69.3	 68.1	 62.0	 45.0
% Child [Age 2-17] Dental Visit in Past Year	86.3		 72.1	 45.0
		 better	 similar	 worse

POTENTIALLY DISABLING CONDITIONS	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% 3+ Chronic Conditions	35.8		 32.5	
% Activity Limitations	26.2		 24.0	
% With High-Impact Chronic Pain	17.9		 14.1	 7.0
% Caregiver to a Friend/Family Member	22.7		 22.6	










better



similar



worse

RESPIRATORY DISEASE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% [Age 65+] Flu Vaccine in Past Year	77.2	 61.1	 71.0	
% [Adult] Asthma	10.2	 8.2	 12.9	
% [Child 0-17] Asthma	4.8		 7.8	
% COPD (Lung Disease)	7.9	 5.8	 6.4	








better




















similar



worse

SUBSTANCE ABUSE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Excessive Drinker	21.4	 21.6	 27.2	
% Illicit Drug Use in Past Month	1.1		 2.0	 12.0
% Used a Prescription Opioid in Past Year	14.0		 12.9	

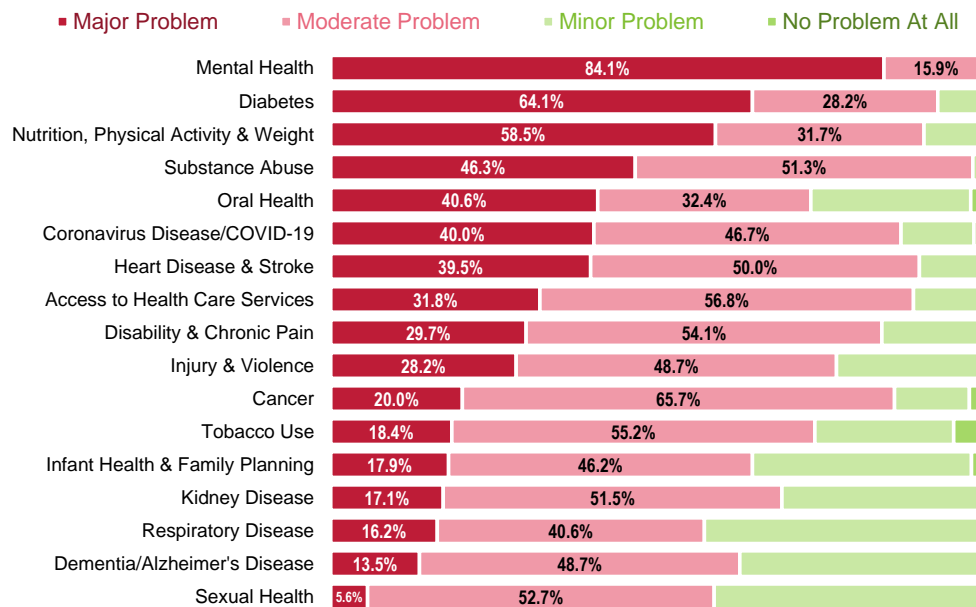
SUBSTANCE ABUSE (continued)	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Ever Sought Help for Alcohol or Drug Problem	3.5		 5.4	
% Personally Impacted by Substance Abuse	37.3		 35.8	
		 better	 similar	 worse

TOBACCO USE	Lake County	LAKE COUNTY vs. BENCHMARKS		
		vs. IL	vs. US	vs. HP2030
% Current Smoker	12.7	 14.5	 17.4	 5.0
% Someone Smokes at Home	12.0		 14.6	
% [Household With Children] Someone Smokes in the Home	15.1		 17.4	
% [Smokers] Received Advice to Quit Smoking	67.6		 59.6	 66.6
% Currently Use Vaping Products	9.1	 4.4	 8.9	
		 better	 similar	 worse

Summary of Key Informant Perceptions

In the Online Key Informant Survey, community stakeholders were asked to rate the degree to which each of 17 health issues is a problem in their own community, using a scale of “major problem,” “moderate problem,” “minor problem,” or “no problem at all.” The following chart summarizes their responses; these findings also are outlined throughout this report, along with the qualitative input describing reasons for their concerns. (Note that these ratings alone do not establish priorities for this assessment; rather, they are one of several data inputs considered for the prioritization process described earlier.)

Key Informants: Relative Position of Health Topics as Problems in the Community





SOCIAL DETERMINANTS OF HEALTH

ABOUT SOCIAL DETERMINANTS OF HEALTH

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills

SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

- Healthy People 2030 (<https://health.gov/healthypeople>)

Key Informant Input: Social Determinants

Although not directly addressed, key informants shared the following concerns related to social determinants of health (others SDOH issues are addressed throughout this report as they relate to specific health issues):

Inequality

Inequality. I feel like issues often get looked at on average across the county, but it hides the inequalities in education, income, homeownership, etc. And the gap is widening. - Community Leader

Housing Insecurity

Housing insecurity. We have some patients that express this and we don't have resources to provide to them to assist. - Physician



INCOME

Financial Resilience

Respondents were asked: "Suppose that you have an emergency expense that costs \$400. Based on your current financial situation, would you be able to pay for this expense either with cash, by taking money from your checking or savings account, or by putting it on a credit card that you could pay in full at the next statement?"

NOTE: Text describes significant differences determined through statistical testing. The reader can assume that differences (against or among local findings) that are not mentioned are ones that are not statistically significant.

Charts throughout this report (such as that here) detail survey findings among key demographic groups – namely by sex, age groupings, income (based on poverty status), and race/ethnicity.

Here, "low income" refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; "mid/high income" refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

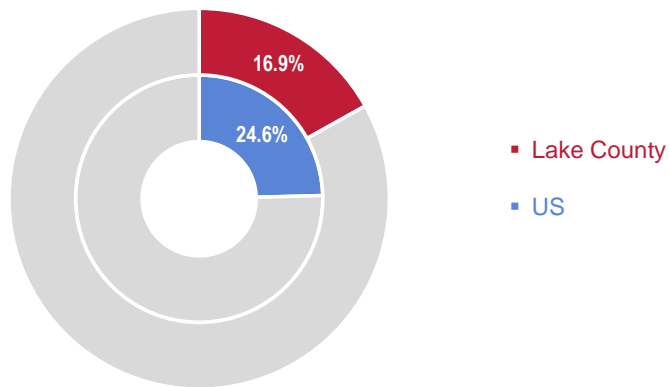
In addition, all Hispanic respondents are grouped, regardless of identity with any other race group. Other race categories are non-Hispanic categorizations (e.g., "White" reflects non-Hispanic White respondents).

A total of 16.9% of Lake County residents would not be able to afford an unexpected \$400 expense without going into debt.

BENCHMARK ► Lower than is found for the nation as a whole.

DISPARITY ► Particularly at risk are younger adults and those living below 200% of the federal poverty level.

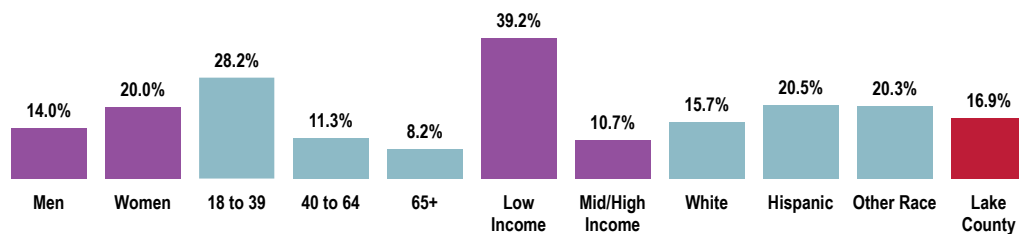
Do Not Have Cash on Hand to Cover a \$400 Emergency Expense



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 63]
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
• Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.

Do Not Have Cash on Hand to Cover a \$400 Emergency Expense (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 63]

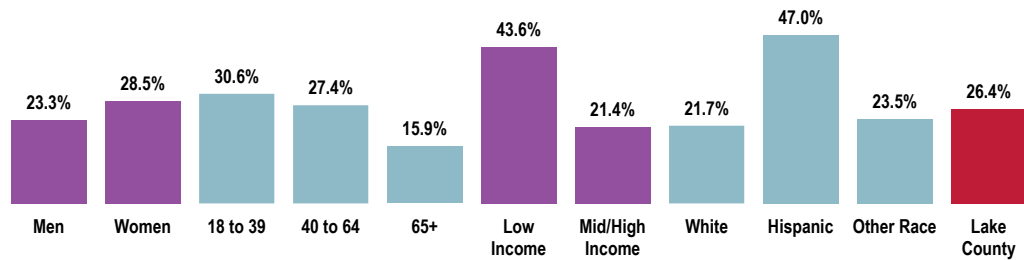
Notes: • Asked of all respondents.
• Includes respondents who say they would not be able to pay for a \$400 emergency expense either with cash, by taking money from their checking or savings account, or by putting it on a credit card that they could pay in full at the next statement.

Financial Impact of the COVID-19 Pandemic

One out of four Lake County adults (26.4%) reports that the COVID-19 pandemic caused them or someone in their household to lose a job, work fewer hours than wanted/needed, or led to a loss of health insurance coverage.

DISPARITY ► This prevalence increases to 40%-50% among lower-income residents and Hispanic community members.

Financially Impacted by the Pandemic
(Lake County, 2022)



Sources:

- PRC Community Health Survey, Professional Research Consultants, Inc. [Item 308]

Notes:

- Asked of all respondents.
- Includes respondents reporting that they or another household member lost a job, worked fewer hours, or lost health insurance coverage as a result of COVID-19 since March 2020.

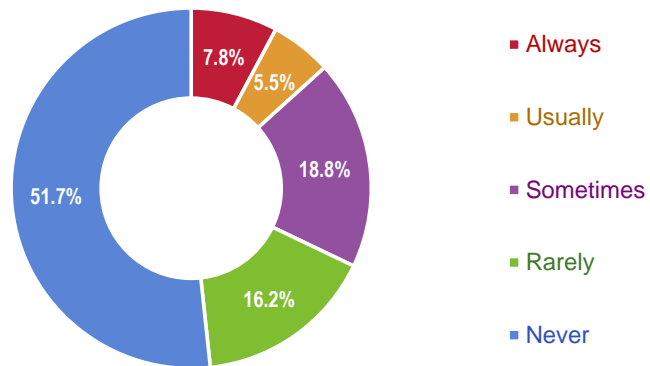


HOUSING

Housing Insecurity

Most surveyed adults rarely, if ever, worry about the cost of housing.

Frequency of Worry or Stress
Over Paying Rent or Mortgage in the Past Year
(Lake County, 2022)

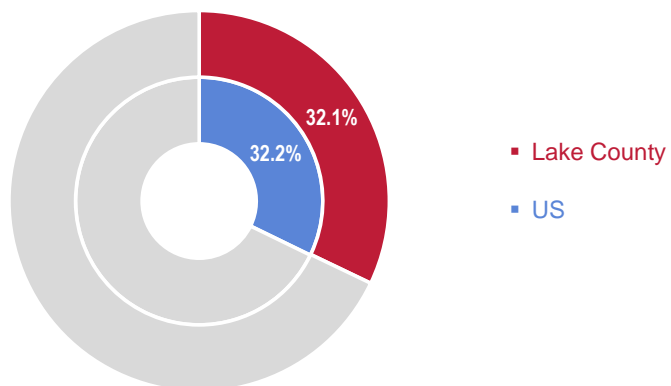


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 66]
Notes: • Asked of all respondents.

However, a considerable share (32.1%) report that they were “sometimes,” “usually,” or “always” worried or stressed about having enough money to pay their rent or mortgage in the past year.

DISPARITY ► Women, younger adults, lower-income residents, and Hispanic residents are more often housing insecure, as are those who rent their homes.

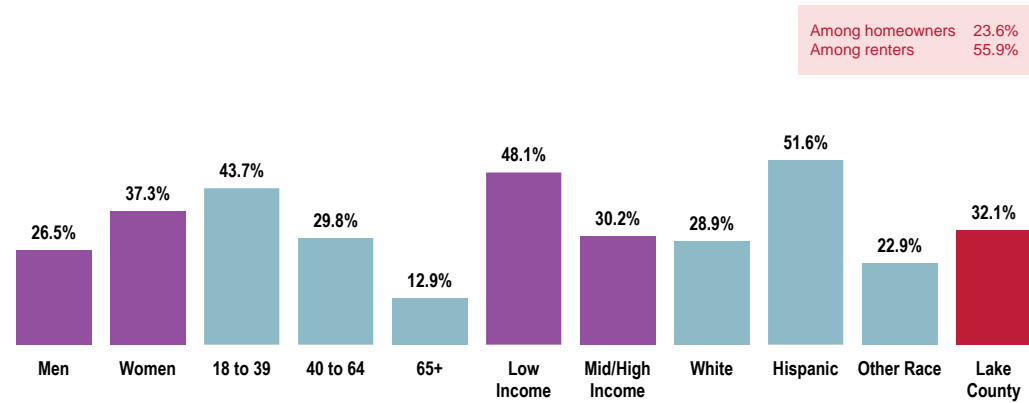
“Always/Usually/Sometimes” Worried
About Paying Rent/Mortgage in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 66]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



“Always/Usually/Sometimes” Worried About Paying Rent/Mortgage in the Past Year (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 66]
Notes: • Asked of all respondents.

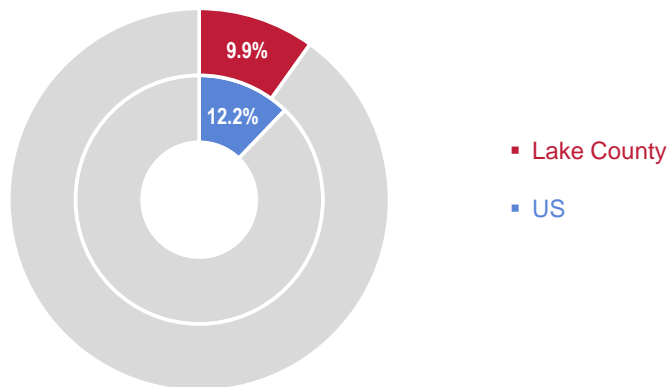
Unhealthy or Unsafe Housing

Respondents were asked: “Thinking about your current home, over the past 12 months have you experienced ongoing problems with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe?”

A total of 9.9% of Lake County residents report living unhealthy or unsafe housing conditions during the past year.

DISPARITY ► Most prevalent among adults under age 65, those living in lower-income households, as well as those who rent their homes.

Unhealthy or Unsafe Housing Conditions in the Past Year

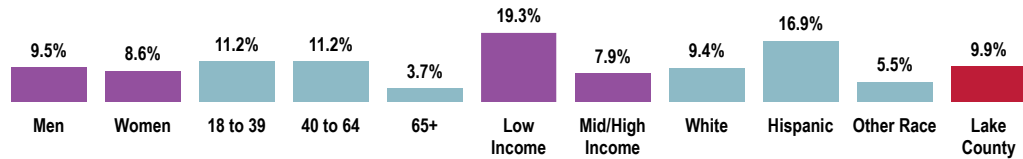


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 65]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.



Unhealthy or Unsafe Housing Conditions in the Past Year (Lake County, 2022)

Among homeowners 8.5%
Among renters 14.9%



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 65]

Notes: • Asked of all respondents.

• Includes respondents who say they experienced ongoing problems in their current home with water leaks, rodents, insects, mold, or other housing conditions that might make living there unhealthy or unsafe.



FOOD INSECURITY

Surveyed adults were asked: "Now I am going to read two statements that people have made about their food situation. Please tell me whether each statement was "Often True," "Sometimes True," or "Never True" for you in the past 12 months:

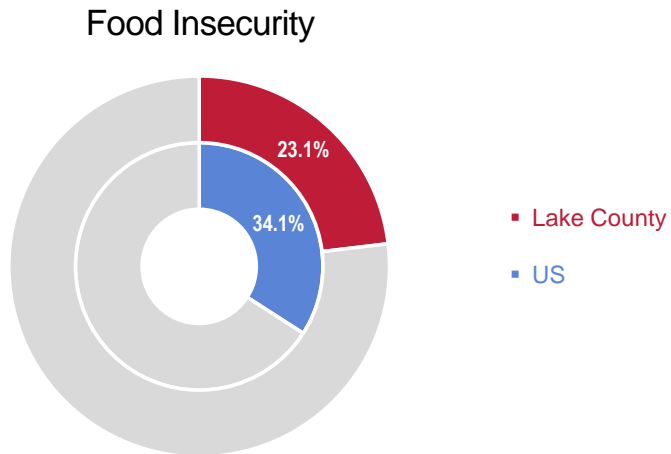
- I worried about whether our food would run out before we got money to buy more.
- The food that we bought just did not last, and we did not have money to get more."

Those answering "Often" or "Sometimes True" for either statement are considered to be food insecure.

Overall, 23.1% of community residents are determined to be "food insecure," having run out of food in the past year and/or been worried about running out of food.

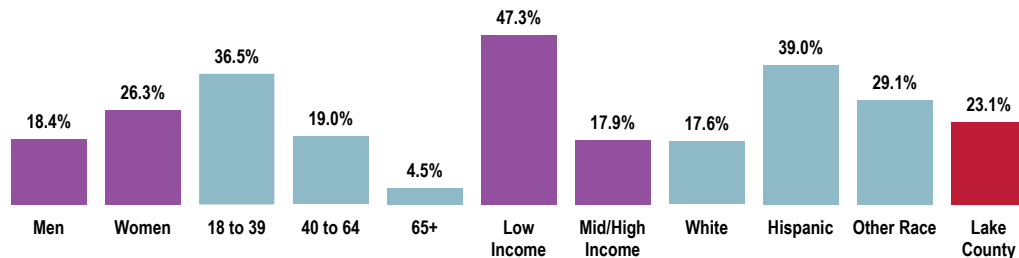
BENCHMARK ► Lower than is found for Americans overall.

DISPARITY ► Much more prevalent in Lake County among adults age 18 to 39, those in lower-income households, as well as Hispanic residents.



- Sources:
- 2022 PRC Community Health Survey, PRC, Inc. [Item 112]
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.
 - Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

Food Insecurity (Lake County, 2022)



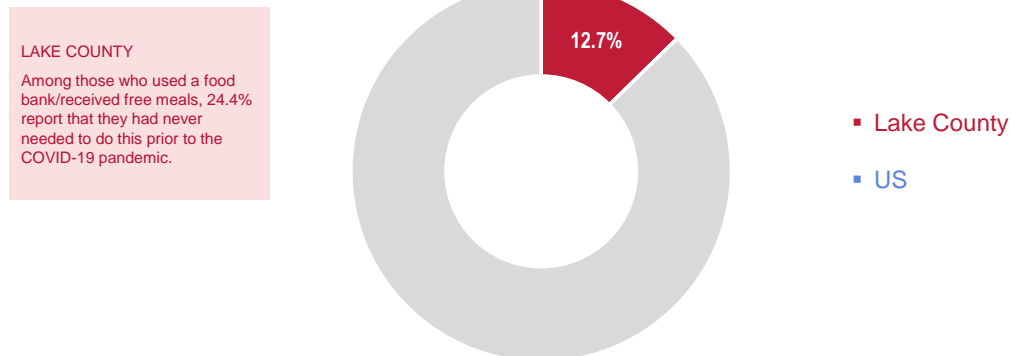
- Sources:
- 2022 PRC Community Health Survey, PRC, Inc. [Item 112]
- Notes:
- Asked of all respondents.
 - Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.



A total of 12.7% of Lake County adults have used a food bank or received free meals from a charitable organization in the past year (one-fourth of whom had never needed such assistance prior to the COVID-19 pandemic).

DISPARITY ► Younger adults, and particularly lower-income residents and Hispanics, more often relied on food assistance.

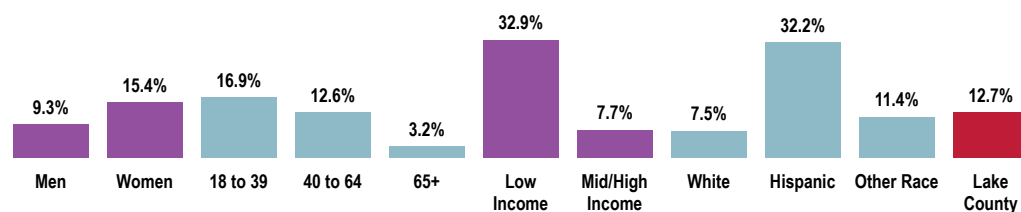
Used a Food Bank or Received Free Meals From a Charitable Organization in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 302]
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
• Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.

Used a Food Bank or Received Free Meals From a Charitable Organization in the Past Year (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 302]
• Asked of all respondents.

Notes: • Includes adults who A) ran out of food at least once in the past year and/or B) worried about running out of food in the past year.



LONELINESS

Based on their responses to the three survey questions, **28.9% of residents are found to be “lonely.”**

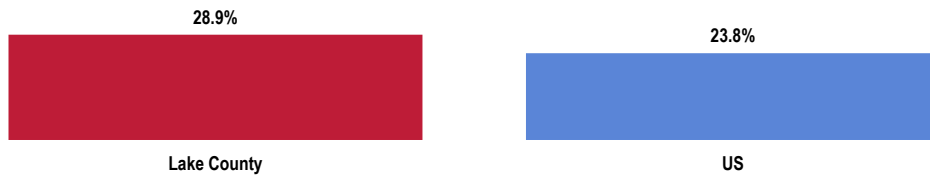
DISPARITY ► More often reported among women, younger adults (under age 40), those living below 200% of the federal poverty level, and community members identifying as Black, Asian/Pacific Islander, or American Native.

Adults taking part in the survey answered three questions as part of the loneliness index, asking how often (“often,” “some of the time,” or “hardly ever”) they feel:

- Left out;
- Isolated from others;
- That they lack companionship.

The following charts outline the findings for these questions, as well as the composite percentage of those who fit the criteria of being “lonely” (here, “lonely” is defined as respondents who score 6-9 points in the series of three questions from the loneliness index. Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses).

Lonely



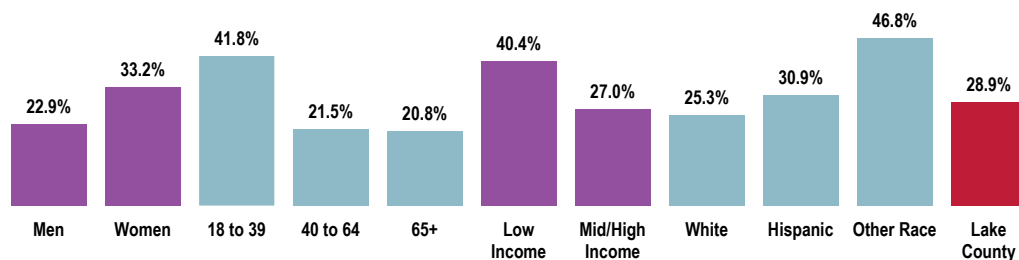
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 310]

• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Here, “lonely” is defined as respondents who score 6-9 points in a series of three questions from the Loneliness Scale (regarding lacking companionship or feeling isolated or feeling left out). Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses

Lonely



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 310]

Notes: • Asked of all respondents.

• Here, “lonely” is defined as respondents who score 6-9 points in a series of three questions from the Loneliness Scale (regarding lacking companionship or feeling isolated or feeling left out). Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses





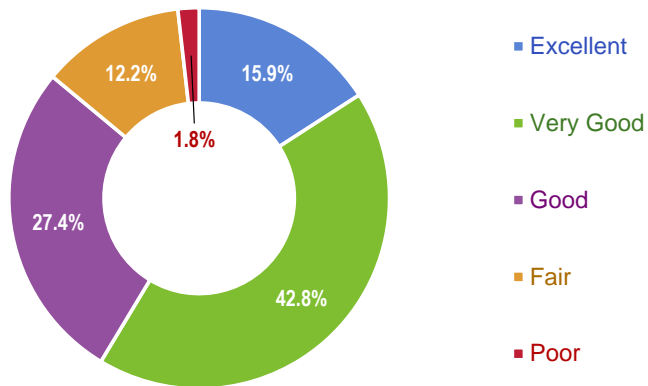
HEALTH STATUS

OVERALL HEALTH STATUS

The initial inquiry of the PRC Community Health Survey asked: "Would you say that in general your health is: Excellent, Very Good, Good, Fair, or Poor?"

Most Lake County residents rate their overall health favorably (responding "excellent," "very good," or "good").

Self-Reported Health Status
(Lake County, 2022)



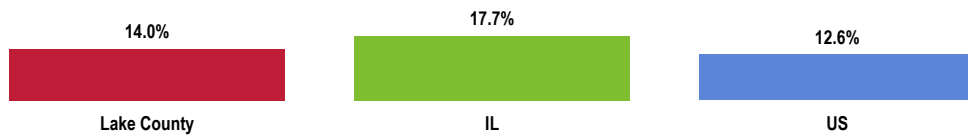
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

However, 14.0% of Lake County adults believe that their overall health is "fair" or "poor."

BENCHMARK ► Better than found in a statewide survey.

DISPARITY ► More prevalent among adults age 40 and older.

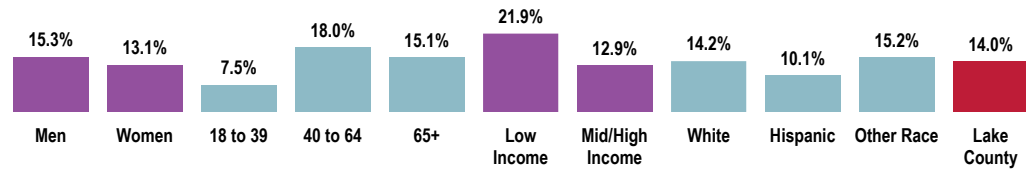
Experience "Fair" or "Poor" Overall Health



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 5]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYSR Illinois data.
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Experience “Fair” or “Poor” Overall Health (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 5]
Notes: • Asked of all respondents.



MENTAL HEALTH

ABOUT MENTAL HEALTH & MENTAL DISORDERS

About half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime. ...Mental disorders affect people of all age and racial/ethnic groups, but some populations are disproportionately affected. And estimates suggest that only half of all people with mental disorders get the treatment they need.

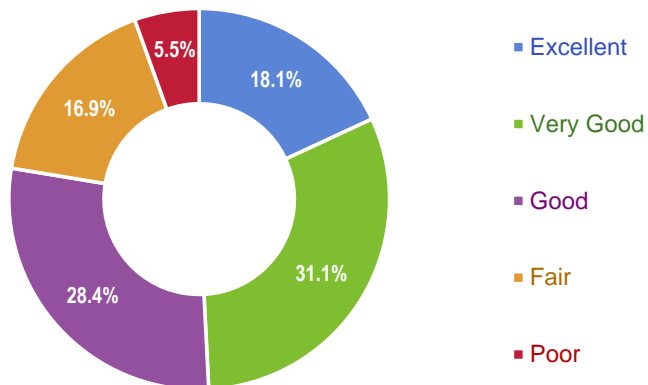
In addition, mental health and physical health are closely connected. Mental disorders like depression and anxiety can affect people's ability to take part in healthy behaviors. Similarly, physical health problems can make it harder for people to get treatment for mental disorders. Increasing screening for mental disorders can help people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Mental Health Status

Most Lake County adults rate their overall mental health favorably (“excellent,” “very good,” or “good”).

Self-Reported Mental Health Status
(Lake County, 2022)



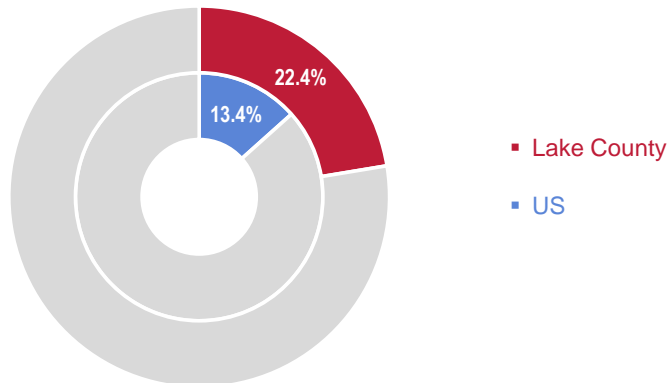
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 90]
Notes: • Asked of all respondents.



However, 22.4% believe that their overall mental health is “fair” or “poor.”

BENCHMARK ► Much higher than found nationally.

Experience “Fair” or “Poor” Mental Health



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 90]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.

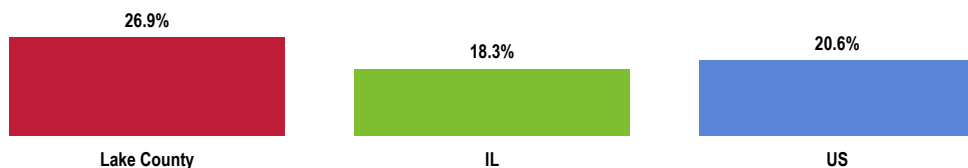
Depression

Diagnosed Depression

A total of 26.9% of Lake County adults have been diagnosed by a physician as having a depressive disorder (such as depression, major depression, dysthymia, or minor depression).

BENCHMARK ► Much higher than found for both Illinois and the US overall.

Have Been Diagnosed With a Depressive Disorder



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 93]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSR Illinois data.
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Depressive disorders include depression, major depression, dysthymia, or minor depression.



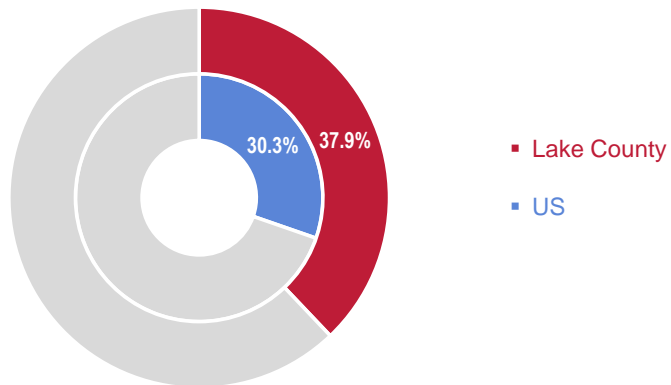
Symptoms of Chronic Depression

A total of 37.9% of Lake County adults have had two or more years in their lives when they felt depressed or sad on most days, although they may have felt okay sometimes (symptoms of chronic depression).

BENCHMARK ► Much higher than found nationally.

DISPARITY ► Notably more prevalent in women, younger adults, those with lower incomes, and Hispanic residents.

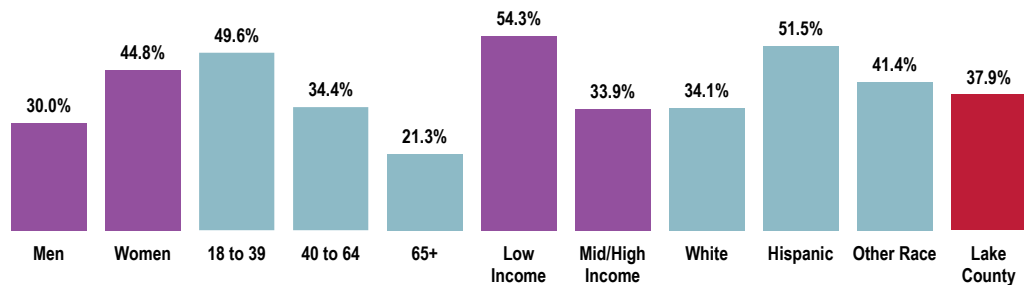
Have Experienced Symptoms of Chronic Depression



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 91]
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.
• Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.

Have Experienced Symptoms of Chronic Depression (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 91]

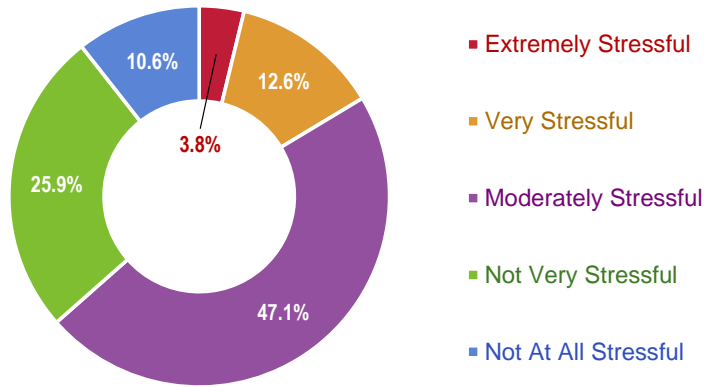
Notes: • Asked of all respondents.
• Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.



Stress

A majority of surveyed adults characterize most days as no more than “moderately” stressful.

Perceived Level of Stress On a Typical Day
(Lake County, 2022)

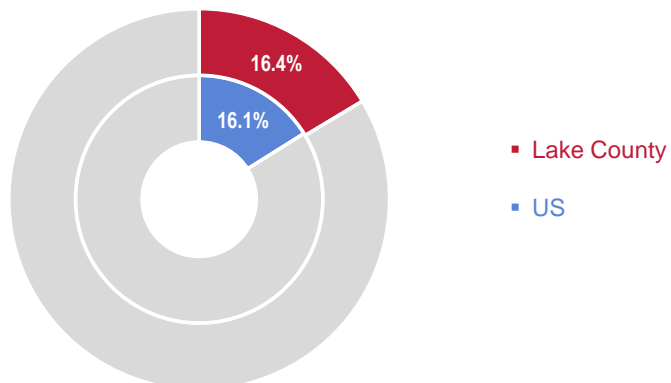


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 92]
Notes: • Asked of all respondents.

In contrast, 16.4% of Lake County adults feel that most days for them are “very” or “extremely” stressful.

DISPARITY ► Highest in young adults and those with lower incomes.

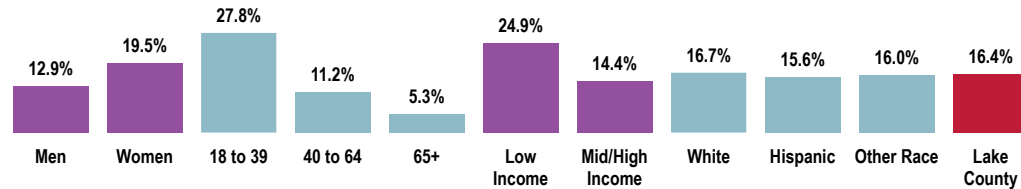
Perceive Most Days as “Extremely” or “Very” Stressful



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 92]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Perceive Most Days as “Extremely” or “Very” Stressful (Lake County, 2022)



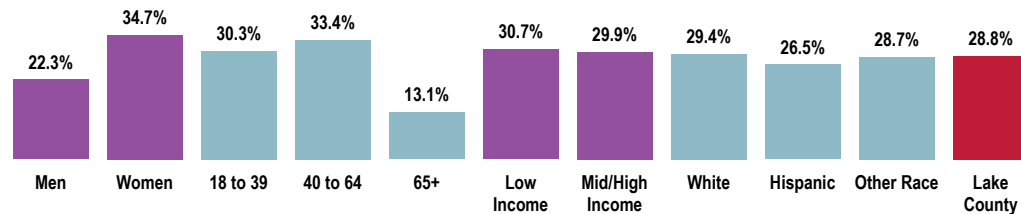
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 92]
Notes: • Asked of all respondents.

Impact From the COVID-19 Pandemic

More than one out of four Lake County adults (28.8%) feel that their mental health has overall gotten worse since the beginning of the COVID-19 pandemic in March 2020.

DISPARITY ► Adults under the age of 65 appear to have been more greatly impacted than older adults.

Mental Health Has Gotten Worse Since the Beginning of the Pandemic (Lake County, 2022)



Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 307]
Notes: • Asked of all respondents.
• Beginning of pandemic specified as March 2020.



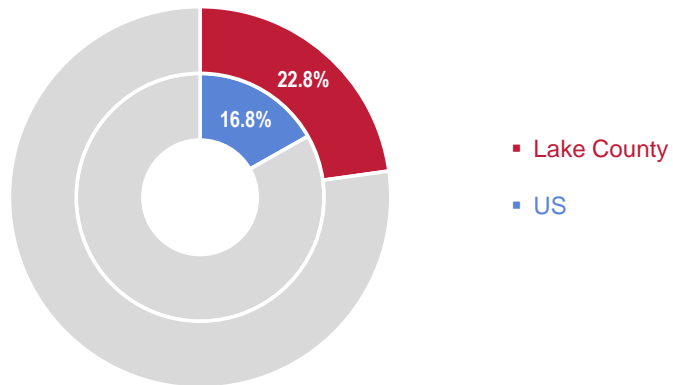
Mental Health Treatment

Currently Receiving Treatment

A total of 22.8% of Lake County adults are currently taking medication or otherwise receiving treatment from a doctor or other health professional for some type of mental health condition or emotional problem.

BENCHMARK ► Significantly higher than found nationally.

Currently Receiving Mental Health Treatment



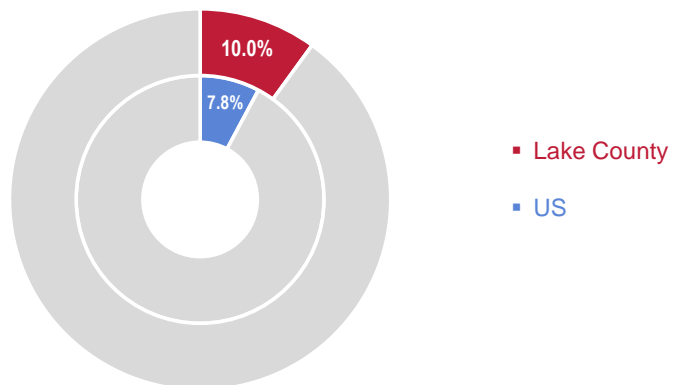
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 94]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• "Treatment" can include taking medications for mental health.

Difficulty Accessing Mental Health Services

One out of 10 Lake County adults (10.0%) reports a time in the past year when they needed mental health services but were not able to get them.

DISPARITY ► Women, younger adults, those with lower incomes, and Hispanics are more likely to report difficulty accessing needed mental health services.

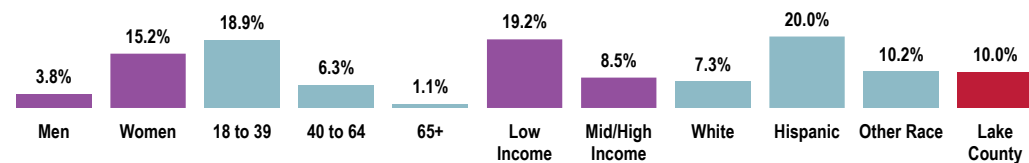
Unable to Get Mental Health Services When Needed in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 95]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Unable to Get Mental Health Services When Needed in the Past Year (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 95]
Notes: • Asked of all respondents.

Key Informant Input: Mental Health

By far, the greatest share of key informants taking part in an online survey characterized *Mental Health* as a “major problem” in the community.

Perceptions of Mental Health as a Problem in the Community (Key Informants, 2022)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care/Services

Little access to mental health resources available in the community, lack of access to health insurance, that includes mental health care for undocumented people, and the high cost of mental health services. - Community Leader

Access to professional, affordable mental healthcare with someone who looks and/or speaks like you. Wait lists for subsidized care are months long and even subsidized care is too expensive for many community members. - Public Health Expert

The biggest challenge for people with mental health issues is having time and money to access the resources. If people are working jobs, the hours for these services need to be flexible, so the people can attend throughout the day with more availability for weekend and evening hours. Another consideration is being able to offer services virtually for those who need flexibility with transportation or childcare. - Community Leader



Not enough capacity, especially for residential treatment for low-income and uninsured residents. - Community Leader

Lack of timely access to mental health provider, due to workforce shortages in mental health agencies currently. - Public Health Expert

There is very limited access to consistent mental health care. There is also a lack of diverse workforce to address these issues in Lake County across the board. Another barrier to mental health is the huge stigma that surrounds it. This regularly prevents families and individuals from seeking help because our society is reluctant to view the linkage between mental health and physical health. - Community Leader

LACK OF MENTAL HEALTH PROVIDERS WHO ACCEPT ALL INSURANCES- it's been a real struggle getting patients the mental healthcare they need in a timely fashion. The most difficult is when we have someone who needs urgent referral, we often have to send these folks to the ER because we have no other choice - Physician

Lack of available resources 24/7. Lack of access to mental health resources. - Community Leader

Extremely limited access to behavioral health care for adults and children, neither in person or virtually, especially for those on Medicaid. - Physician

Access to care. - Community Leader

Lack of health resources. - Community Leader

The lack of providers, wait times to see providers, and lack of inpatient beds are issues in Lake County. In addition, the stigma around behavioral health is also a challenge. - Community Leader

Lack of resources, both outpatient and inpatient, not enough skilled providers and therapists, wait times and access way too long. - Physician

Lack of Providers

Death of providers and appointment availability. Long waits for people who need services urgently. - Public Health Expert

Lack of providers. My entire family has been on a waitlist for mental health providers for over 18 months. - Community Leader

Lack of providers in certain areas of the county; lack of providers that take either Medicaid or offer free programming; private practices are offering new clinicians a higher than usual high rate of pay which leaves social service agencies and community mental health agencies understaffed. This is typically where the underprivileged clients go for therapy services. The result is longer than normal waiting times to be seen. - Community Leader

There aren't enough professionals in the area to see all the people who require help. Lack of insurance is a barrier. A very important issue is that seeking professional help is still stigmatized in the community and within many families. People also feel less comfortable talking to a professional who doesn't share a similar cultural background. The people I work with feel they know a little more about where to get help because of the information we have given them. Doctor's offices are doing depression screening during appointments. - Social Service Provider

Not enough outpatient psychiatrist available to maintain people with MH disease so they end up in crisis and in the Emergency Departments. Once in the Emergency Department, there are not enough inpatient psych beds to send patients to for treatment. The hospital EDs end up holding patients (sometimes days and weeks) until a bed opens. This is especially true for the unfunded. We also have an issue with medically complex psych patients. Very few inpatient psychiatric facilities can manage infections (covid) and/or any other medical conditions. - Public Health Expert

Denial/Stigma

Mental health is taboo. The community sees it as something shameful and to be addressed only in extreme cases. Lack of affordable care is an issue as well. - Community Leader

Stigma and lack of mental health education are the most common barriers for people to be aware and seek medical attention, and even for people who become aware and are willing to seek assistance, the services available are limited. - Community Leader

There is still a stigma attached to mental illness, there aren't enough practitioners to support the need for services, affordability, transportation. - Community Leader

Stigma, access to healthcare, access to prescriptions, society recognizing mental health as a society issue and not an individual issue. - Community Leader

COVID-19

Covid-19 has impacted mental health significantly. - Social Service Provider

Due to the pandemic, people have struggled with mental health issues. In schools, more students are struggling with mental health. It is difficult for each individual district to provide adequate resources for students. There is a shortage in mental health professionals in Lake County. I believe many people are trying to help students or provide information but there is a great need to improve upon this in the future. Also, adults have struggled with this due to the transition back to work, financial issues, work issues, and family issues. - Community Leader



With COVID, mental health concerns have skyrocketed, especially in our pediatric populations. Patients have struggles to establish with mental health providers and therapists. - Physician

Access for Medicaid Patients

Access to health coverage for people on Medicaid who need mental health and substance use disorder treatment. - Community Leader

More Medicaid providers are needed. Medicaid is the only health insurance available to most persons of low income, yet few providers are available. - Community Leader

Lack of access for Medicaid recipients, long wait lists, lack mental health providers with cultural competencies. - Community Leader

Contributing Factors

Lack of access to services, not enough pediatric support in schools, stigma, increased demand due to pandemic. - Community Leader

Lack of insurance, lack of bilingual and bicultural experts, lack of trust in the system, cultural beliefs about mental health. - Community Leader

Awareness/Education

Mental health awareness and bilingual education. - Community Leader

Cultural/Personal Beliefs

Cultural apprehension prevents some people from addressing mental health issues, also insurance and access to diverse providers. - Community Leader

Incidence/Prevalence

Increase crisis and anxiety/depression. - Community Leader

Vulnerable Populations

Covid-19 has taken a major toll on our vulnerable population and they have limited access to mental health resources. - Physician

Suicide Prevention and Awareness

Suicide prevention and awareness. - Community Leader





DEATH, DISEASE & CHRONIC CONDITIONS

CARDIOVASCULAR DISEASE

ABOUT HEART DISEASE & STROKE

Heart disease is the leading cause of death in the United States, and stroke is the fifth leading cause. ...Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

In addition, making sure people who experience a cardiovascular emergency — like stroke, heart attack, or cardiac arrest — get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

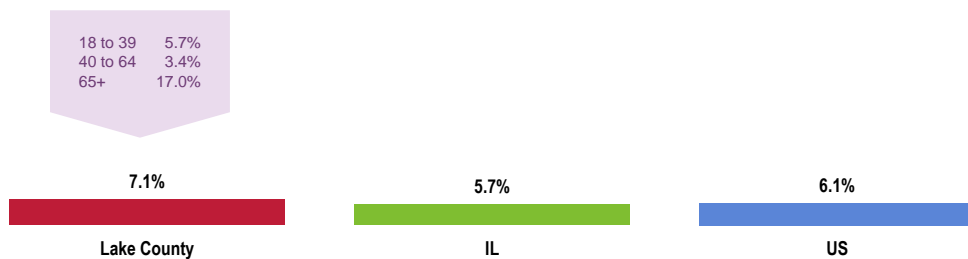
Prevalence of Heart Disease & Stroke

Prevalence of Heart Disease

A total of 7.1% of surveyed adults report that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina, or heart attack.

DISPARITY ► Increases to 17.0% among 65+ residents.

Prevalence of Heart Disease



- Sources:
- 2022 PRC Community Health Survey, PRC, Inc. [Item 114]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSYR Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.
 - Includes diagnoses of heart attack, angina, or coronary heart disease.



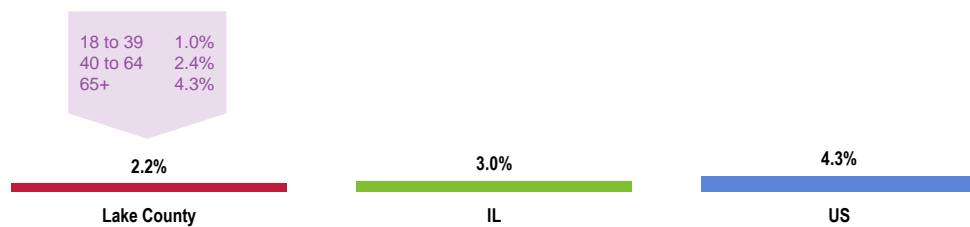
Prevalence of Stroke

A total of 2.2% of surveyed adults report that they suffer from or have been diagnosed with cerebrovascular disease (a stroke).

BENCHMARK ► Lower than the national prevalence.

DISPARITY ► Prevalence increases with age.

Prevalence of Stroke



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 29]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.



Cardiovascular Risk Factors

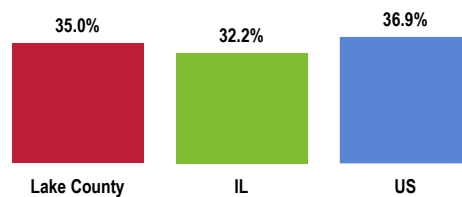
Blood Pressure & Cholesterol

A total of 35.0% of Lake County adults have been told by a health professional at some point that their **blood pressure** was high.

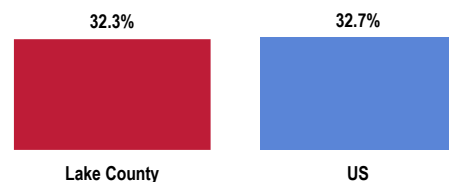
A total of 32.3% of adults have been told by a health professional that their **cholesterol level** was high.

DISPARITY ► Prevalence of both high blood pressure and high blood cholesterol increases considerably with age, to affect a majority of those age 65+ (not shown).

Prevalence of
High Blood Pressure
Healthy People 2030 = 27.7% or Lower



Prevalence of
High Blood Cholesterol



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 35-36]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
• 2020 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents.

Total Cardiovascular Risk

Total cardiovascular risk reflects the individual-level risk factors which put a person at increased risk for cardiovascular disease, including:

- High Blood Pressure
- High Blood Cholesterol
- Cigarette Smoking
- Physical Inactivity
- Overweight/Obesity

Modifying these behaviors and adhering to treatment for high blood pressure and cholesterol are critical both for preventing and for controlling cardiovascular disease.

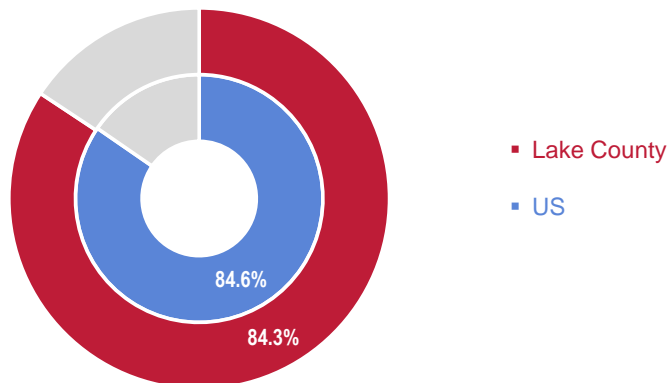


A majority (84.3%) of Lake County adults report one or more cardiovascular risk factors, such as being overweight, smoking cigarettes, being physically inactive, or having high blood pressure or cholesterol.

DISPARITY ► Risk increases with age, and is also higher in low-income and Hispanic residents.

RELATED ISSUE
See also *Nutrition, Physical Activity & Weight* and *Tobacco Use* in the **Modifiable Health Risks** section of this report.

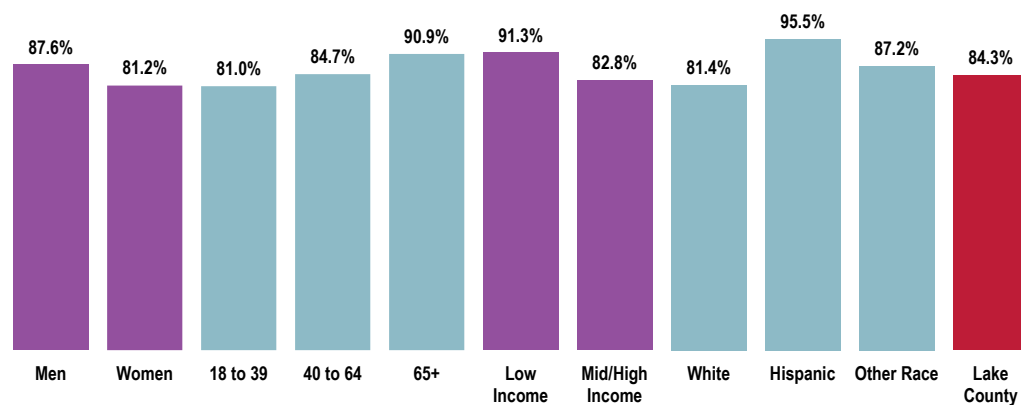
Present One or More Cardiovascular Risks or Behaviors



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 115]
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Reflects all respondents.
• Cardiovascular risk is defined as exhibiting one or more of the following: 1) no leisure-time physical activity; 2) regular/occasional cigarette smoking; 3) high blood pressure; 4) high blood cholesterol; and/or 5) being overweight/obese.

Present One or More Cardiovascular Risks or Behaviors (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 115]

Notes: • Reflects all respondents.
• Cardiovascular risk is defined as exhibiting one or more of the following: 1) no leisure-time physical activity; 2) regular/occasional cigarette smoking; 3) high blood pressure; 4) high blood cholesterol; and/or 5) being overweight/obese.



Key Informant Input: Heart Disease & Stroke

The greatest share of key informants taking part in an online survey characterized *Heart Disease & Stroke* as a “moderate problem” in the community.

Perceptions of Heart Disease and Stroke as a Problem in the Community (Key Informants, 2022)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: ● PRC Online Key Informant Survey, PRC, Inc.
Notes: ● Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Incidence/Prevalence

I've seen plenty of patients in clinic and I'm the hospital with several cardiac risk factors. Some are able to be medically optimized, some aren't. - Physician
Many patients utilizing hospital beds for heart disease and stroke treatment. Obesity remains an issue in our communities contributing to risks for both. - Public Health Expert
Awareness of neighbor (without insurance) who recently needed emergency care. - Community Leader
Increase in hypertension diagnosis and strokes. - Community Leader
I know that heart disease and stroke have been identified as a major cause of death in Lake County. - Community Leader

Access to Care/Services

Wait for providers, prevalence. - Public Health Expert
Lack of resources, lack of qualification for public insurance, lack of providers. - Community Leader
Lack of access to medical services to treat problems related to heart disease and in addition to the lack of education on healthy habits for the population in general and access to nutrition programs. - Community Leader

Awareness/Education

Lack of awareness. Inadequate affordable dietary options. Lack of low cost fitness programs for children and adults. - Physician
Within our lower income communities in Lake County, there is a lack of access to education to prevent heart disease and stroke. There is also significant lack of resources to support sustaining a healthy lifestyle. When people don't have access to education, proper nutrition and exercise and regular/preventative care, there is a greater prevalence. - Community Leader
People continue to be uninformed or misinformed on prevention and the causes of heart disease; therefore, heart attacks are common in the community. - Community Leader

Contributing Factors

Lack of medical insurance, diet, a combination of hypertension, diabetes, and lipedema (metabolic syndrome). - Community Leader

Obesity

Obesity is high in many communities, especially among minorities. There is a lack of healthy eating and physical activity programs. There is a need for places where people can purchase healthy groceries, quality produce. - Community Leader

Prevention/Screenings

Access to preventative healthcare. - Community Leader



CANCER

ABOUT CANCER

Cancer is the second leading cause of death in the United States. ...The cancer death rate has declined in recent decades, but over 600,000 people still die from cancer each year in the United States. Death rates are higher for some cancers and in some racial/ethnic minority groups. These disparities are often linked to social determinants of health, including education, economic status, and access to health care.

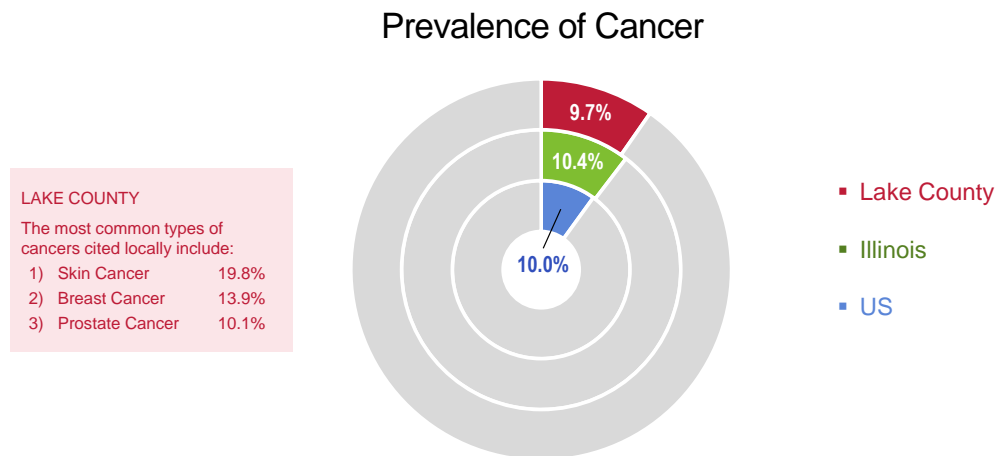
Interventions to promote evidence-based cancer screenings — such as screenings for lung, breast, cervical, and colorectal cancer — can help reduce cancer deaths. Other effective prevention strategies include programs that increase HPV vaccine use, prevent tobacco use and promote quitting, and promote healthy eating and physical activity. In addition, effective targeted therapies and personalized treatment are key to helping people with cancer live longer.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Prevalence of Cancer

A total of 9.7% of surveyed Lake County adults report having ever been diagnosed with cancer. The most common types include skin cancer, breast cancer, and prostate cancer.

DISPARITY ► Prevalence of cancer increases sharply with age. White and Hispanic community members appear more affected than others.



Sources:

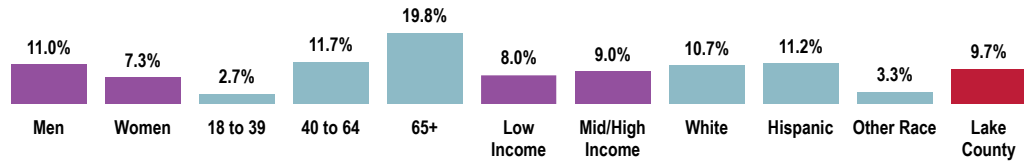
- 2022 PRC Community Health Survey, PRC, Inc. [Items 25-26]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Reflects all respondents.



Prevalence of Cancer (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 25]
Notes: • Reflects all respondents.

ABOUT CANCER RISK

Reducing the nation's cancer burden requires reducing the prevalence of behavioral and environmental factors that increase cancer risk.

- All cancers caused by cigarette smoking could be prevented. At least one-third of cancer deaths that occur in the United States are due to cigarette smoking.
 - According to the American Cancer Society, about one-third of cancer deaths that occur in the United States each year are due to nutrition and physical activity factors, including obesity.
- National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

RELATED ISSUE
See also *Nutrition, Physical Activity & Weight and Tobacco Use* in the **Modifiable Health Risks** section of this report.



Cancer Screenings

The American Cancer Society recommends that both men and women get a cancer-related checkup during a regular doctor's checkup. It should include examination for cancers of the thyroid, testicles, ovaries, lymph nodes, oral cavity, and skin, as well as health counseling about tobacco, sun exposure, diet and nutrition, risk factors, sexual practices, and environmental and occupational exposures.

Screening levels in the community were measured in the PRC Community Health Survey relative to three cancer sites: female breast cancer (mammography); cervical cancer (Pap smear/HPV testing); and colorectal cancer (colonoscopy/sigmoidoscopy and fecal occult blood testing).

FEMALE BREAST CANCER

The US Preventive Services Task Force (USPSTF) recommends biennial screening mammography for women aged 50 to 74 years.

CERVICAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for cervical cancer every 3 years with cervical cytology alone in women aged 21 to 29 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting). The USPSTF recommends against screening for cervical cancer in women who have had a hysterectomy with removal of the cervix and do not have a history of a high-grade precancerous lesion (i.e., cervical intraepithelial neoplasia [CIN] grade 2 or 3) or cervical cancer.

COLORECTAL CANCER

The US Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer starting at age 50 years and continuing until age 75 years.

- US Preventive Services Task Force, Agency for Healthcare Research and Quality, US Department of Health & Human Services

Note that other organizations (e.g., American Cancer Society, American Academy of Family Physicians, American College of Physicians, National Cancer Institute) may have slightly different screening guidelines.

Among women age 50-74, 79.5% have had a mammogram within the past 2 years.

Among Lake County women age 21 to 65, 79.0% have had appropriate cervical cancer screening.

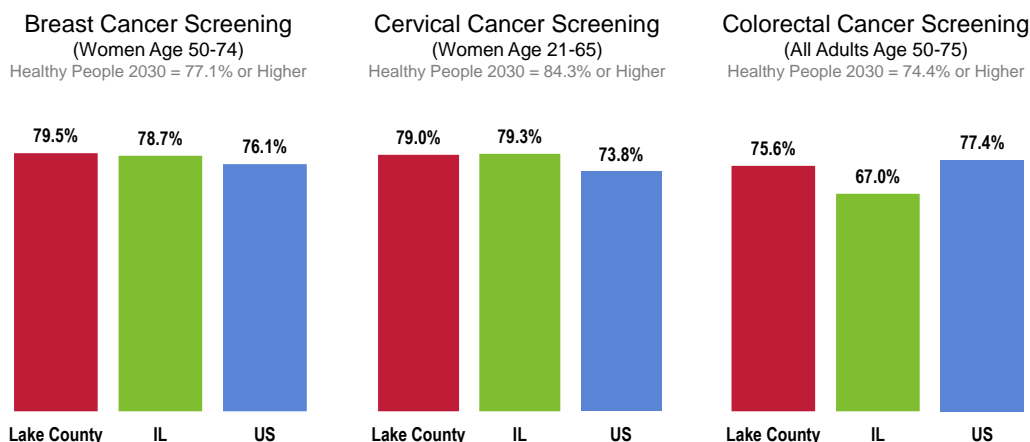
Among all adults age 50-75, 75.6% have had appropriate colorectal cancer screening.

BENCHMARK ► Colorectal cancer screening level in Lake County is better than found statewide.



“Appropriate cervical cancer screening” includes Pap smear testing (cervical cytology) every three years in women age 21 to 29 and Pap smear testing and/or HPV testing every 5 years in women age 30 to 65. Women 21 to 65 with hysterectomy are excluded.

“Appropriate colorectal cancer screening” includes a fecal occult blood test within the past year and/or a lower endoscopy (sigmoidoscopy or colonoscopy) within the past 10 years.

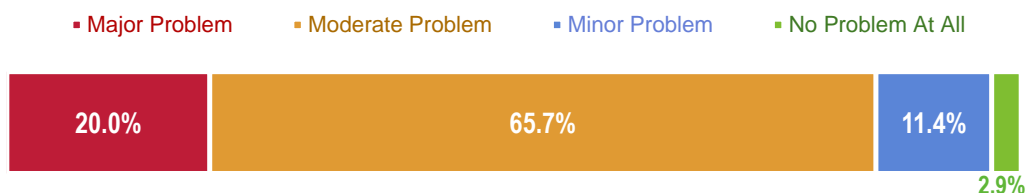


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 116-118]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
 • 2020 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
 Notes: • Each indicator is shown among the gender and/or age group specified.

Key Informant Input: Cancer

Most key informants taking part in an online survey characterized **Cancer** as a “moderate problem” in the community.

Perceptions of Cancer as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care for Uninsured/Underinsured

- High rate of people without insurance. Without insurance, can't get access to readily available cancer screenings or care. - Social Service Provider
- Lack of medical insurance and problems to navigate the health system. - Community Leader

Prevention/Screenings

- I believe there is lack of preventive and diagnostics, preventative cancer screenings, including mammograms and colonoscopies. Breast cancer incidence and late diagnosis rates are higher than US and State of Illinois. - Community Leader
- Prostate cancer because men are less likely to visit the doctor. - Social Service Provider

Access to Care/Services

- I believe patients in my community have greater access to health access, enabling more testing and identification of conditions like cancer. - Physician



Environmental Contributors

Parts of Lake County are disproportionately impacted by all types of cancer. Some of this is due to the communities they live in (Zion, Waukegan, North Chicago) that have increased exposure to toxins from the former coal plant and consistently poor air quality. Due to the significant disparities within our county, cities like those listed above would likely have a higher rate of cancer diagnosis. - Community Leader

Language Barriers

Cancer and cancer care is an issue. Lack of Spanish-speaking providers, lack of knowledge regarding resources, healthcare coverage and payment issues are rampant. Latino patients feel disconnected from their providers and many times are lost as to where they can get care and support. - Community Leader



RESPIRATORY DISEASE

ABOUT RESPIRATORY DISEASE

Respiratory diseases affect millions of people in the United States. ...More than 25 million people in the United States have asthma. Strategies to reduce environmental triggers and make sure people get the right medications can help prevent hospital visits for asthma. In addition, more than 16 million people in the United States have COPD (chronic obstructive pulmonary disease), which is a major cause of death. Strategies to prevent the disease — like reducing air pollution and helping people quit smoking — are key to reducing deaths from COPD.

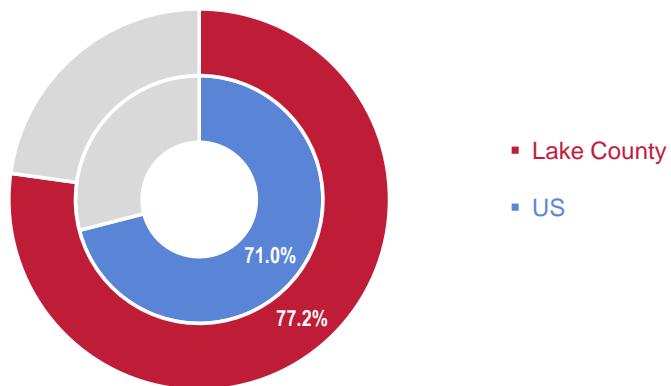
Interventions tailored to at-risk groups can also help prevent and treat other respiratory diseases — for example, pneumonia in older adults and pneumoconiosis in coal miners. And increasing lung cancer screening rates can help reduce deaths from lung cancer through early detection and treatment.

— Healthy People 2030 (<https://health.gov/healthypeople>)

Influenza Vaccination

Among Lake County adults age 65 and older, 77.2% received a **flu vaccination** within the past year.

Received a Seasonal Flu Vaccine in the Past Year
(Adults Age 65 and Older; Lake County, 2022)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 124]
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Reflects respondents age 65 and older.



Prevalence of Respiratory Disease

Asthma

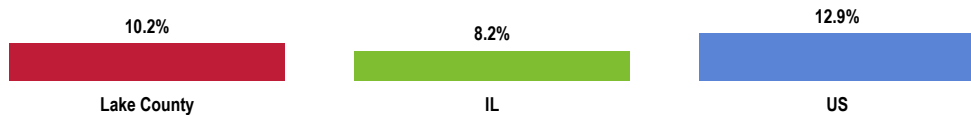
Adults

A total of 10.2% of Lake County adults currently suffer from asthma.

DISPARITY ► More prevalent in lower-income populations.

Survey respondents were asked to indicate whether they suffer from or have been diagnosed with various respiratory conditions, including asthma and COPD.

Prevalence of Asthma



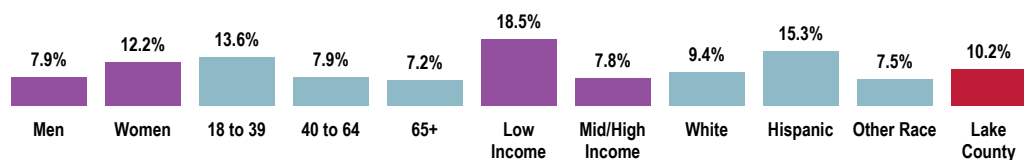
Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 119]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYR Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.
- Includes those who have ever been diagnosed with asthma and report that they still have asthma.

Prevalence of Asthma (Lake County, 2022)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 119]

Notes:

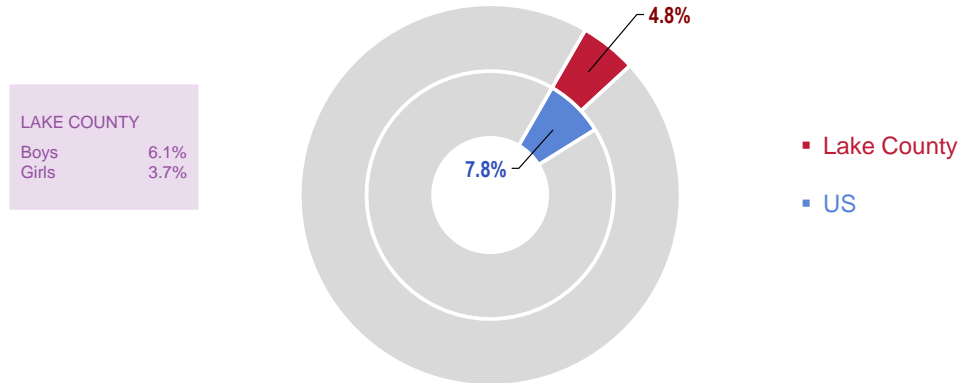
- Asked of all respondents.
- Includes those who have ever been diagnosed with asthma and report that they still have asthma.



Children

Among Lake County children under age 18, 4.8% currently have asthma.

Prevalence of Asthma in Children (Parents of Children Age 0-17)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 120]
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

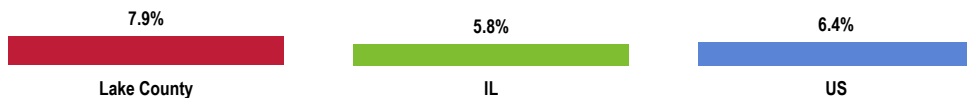
- Asked of all respondents with children 0 to 17 in the household.
- Includes children who have ever been diagnosed with asthma and are reported to still have asthma.

Chronic Obstructive Pulmonary Disease (COPD)

A total of 7.9% of Lake County adults suffer from chronic obstructive pulmonary disease (COPD, including emphysema and bronchitis).

DISPARITY ► Notably higher (15.2%) among residents living below 200% of the federal poverty level (not shown).

Prevalence of Chronic Obstructive Pulmonary Disease (COPD)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 23]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYR Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

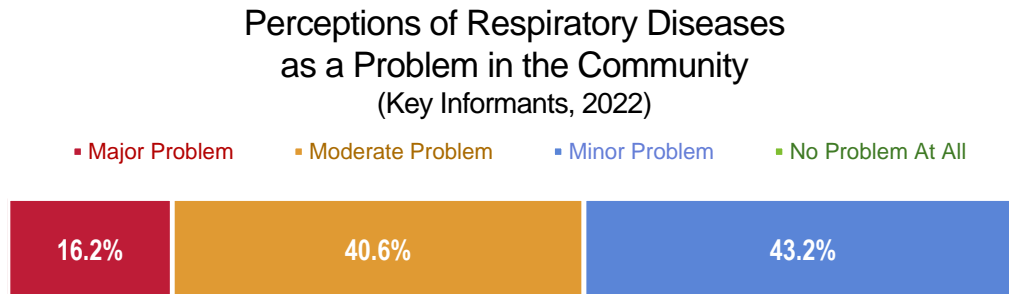
Notes:

- Asked of all respondents.
- Includes those having ever suffered from or been diagnosed with COPD or chronic obstructive pulmonary disease, including bronchitis or emphysema.



Key Informant Input: Respiratory Disease

The greatest share of key informants taking part in an online survey characterized *Respiratory Disease* as a “minor problem” in the community.



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Pediatric Asthma

Asthma is a big health concern for many children and is very prevalent in the area. They can get the medications for the kids because most are born here and government health insurance. There is a belief among community members that it is caused by the power plant and the AbbVie plant in Waukegan. - Social Service Provider

Limited Resources

Lack of resources. - Community Leader

Environmental Contributors

Asthma and other respiratory diseases are prevalent in areas of our county where there is questionable air quality. The coal plant and concentration of brown fields certainly contributes to the problem. - Community Leader

Co-Occurrences

Lots of COPD, tobacco use, and patients with asthma. - Physician

Tobacco Use

Increase in smoking (pandemic has worsened the situation), high incidence of asthma and EPOC, an increase of vaping among youth. - Community Leader



Impact of the Coronavirus Disease (COVID-19) Pandemic

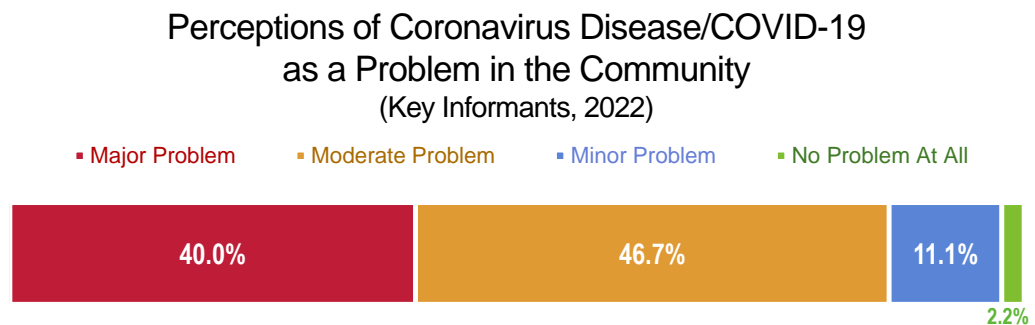
Certainly coronavirus disease (COVID-19) has had significant health impact on residents of the county, but so too has the pandemic and resulting disruptions to peoples' lives. Incidental impact is revealed in that **more than one out of four Lake County residents:**

- feels that their **overall mental health has gotten worse** since the beginning of the COVID-19 pandemic (28.8%).
- experienced **significant financial impact**, reporting that the COVID-19 pandemic caused them or someone in their household to lose a job, work fewer hours than wanted/needed, or led to a loss of health insurance coverage (26.4%).
- caused them to **avoid receiving needed medical care** due to concerns about coronavirus/COVID-19 (26.1%).

Each of these indicators is detailed further in other sections of this report.

Key Informant Input: Coronavirus Disease/COVID-19

The greatest share of key informants taking part in an online survey characterized *Coronavirus Disease/COVID-19* as a “moderate problem” in the community.



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Impact on Quality of Life

COVID-19 is impacting the social and emotional wellbeing of all. It is causing mental health issues to be intensified. The fear, anxiety, and uncertainty are constant emotions people are facing at all age groups. It has changed the livelihood for people. Schools have changed. Social gatherings have changed. - Community Leader

In addition to directly affecting the individuals who become ill or die from COVID, COVID continues to impact many elements of daily life for Lake County community members. Many families continue to struggle with the socioeconomic consequences of the pandemic, including reduced hours/lost income, challenges with remote learning, and mental health issues. While vaccination rates for the county overall are trending towards herd immunity, significant disparities continue to exist for marginalized populations and children. - Public Health Expert

It has and continues to impact resident's health, families, jobs, and school. - Community Leader

It has an impact in every part of life, work, education, health, community, economic survival and development, etc. - Community Leader

Vaccination Coverage

People are still reluctant to get the vaccine. Recent high admissions to hospital. - Social Service Provider

Some persons are still refusing to get vaccinated. - Community Leader



Not enough people vaccinated. Inconsistent rules for employers and schools. Virus prevalence and ongoing variations have impact on peoples' physical health, mental health, ability to work, etc. - Community Leader

We still have unvaccinated individuals, the population still has new cases with the different variants, it is still a major concern for Lake County and the population. - Community Leader

Contributing Factors

Access to testing is not readily available for uninsured individuals. Vaccination rates remain lower than other developed countries. - Community Leader

I believe that one of the main problems is because there is a lot of misinformation through the media, particularly on social networks, and this means that many people still have doubts about the disease and also talking specifically about the vaccine, aside from this, some people who are being affected by this disease consider that because they do not have medical insurance or documents in this country they cannot access treatment and care for this disease in hospitals and clinics. Also, the jobs that our population carries out for the most part force them to continuous exposure to the disease. - Community Leader

Hesitancy due to lack of education on vaccine and safety measures. - Community Leader

Vulnerable Populations

The Latino community has been very affected by the pandemic. Factors included are essential workers, lack of medical insurance, public benefits, lack of trust in the health system, high incidence of underlying diseases. - Community Leader

Communities with a higher concentration of African American and Latinx residents are disproportionately impacted by COVID-19. We have seen higher rates of illness and death among this portion of our population and they have lower vaccination rates, leaving them at greater risk. The politicization of the vaccines has further polarized communities and bolstered a further lack of trust in areas that have historically been untrusting of the medical field. - Community Leader

Employment Risk

The majority of the community members I work with have are low income individuals whom in many cases can not afford to miss a day of work with out compromising even more their precarious situation, forcing them to attend work even if they have symptoms or have tested positive for COVID. - Community Leader

Many residents work in low-paying, front-line jobs which cannot be done remotely. They must show up to work or lose their jobs or at the very least lose income. Consequently, many are exposed to COVID-19 and many have had it themselves. It is a serious issue in Lake County, particularly among the low income and immigrant population - Community Leader

Impact on Quality of Life

Unfortunately, we seem to have moved to a phase in the pandemic where we still have lots of cases and spread, but society seems to have run out of patience with safety measures like social distancing and masking. As vaccination rates stall out, it feels like we're as deep in the pandemic as we have ever been, and we're giving up. This feeling is especially prevalent among people I know with kids, especially young kids. It's been a rough two years, they've given up a lot, their kids have been traumatized and are suffering the impacts like anxiety, speech delays and developmental delays because of the lockdown and social distancing, but now it feels like all of it was for nothing because giving our kids COVID (even before some of them are able to get vaccinated) seems unavoidable. COVID has become as much of a mental health crisis as an actual pandemic. - Community Leader

Incidence/Prevalence

In FY 21, 211 found that 62% of the 10,780 calls/texts received were related to Covid-19. - Social Service Provider

Testing

Significant transmission of cases initially, low access to testing. - Physician



VIOLENCE

ABOUT VIOLENCE

Almost 20,000 people die from homicide every year in the United States, and many more people are injured by violence. ...Many people in the United States experience physical assaults, sexual violence, and gun-related injuries. Adolescents are especially at risk for experiencing violence. Interventions to reduce violence are needed to keep people safe in their homes, schools, workplaces, and communities.

Children who experience violence are at risk for long-term physical, behavioral, and mental health problems. Strategies to protect children from violence can help improve their health and well-being later in life.

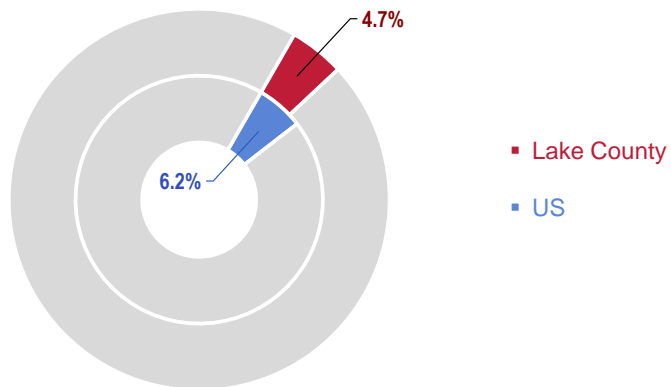
– Healthy People 2030 (<https://health.gov/healthypeople>)

Community Violence

A total of 4.7% of surveyed Lake County adults acknowledge being the victim of a violent crime in the area in the past five years.

DISPARITY ► More than twice as high among younger adults and lower-income residents.

Victim of a Violent Crime in the Past Five Years



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 38]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Victim of a Violent Crime in the Past Five Years (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 38]
Notes: • Asked of all respondents.

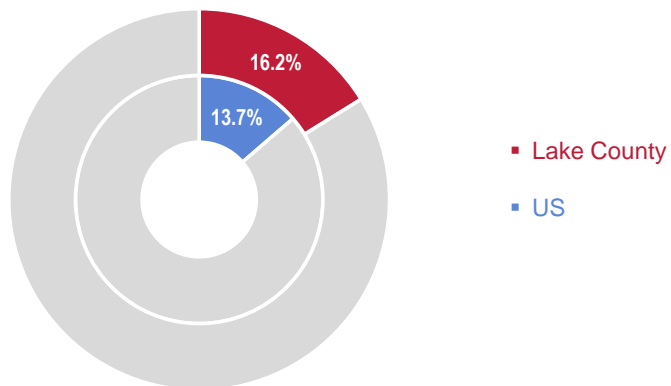
Family Violence

Respondents were read: "By an intimate partner, I mean any current or former spouse, boyfriend, or girlfriend. Someone you were dating, or romantically or sexually intimate with would also be considered an intimate partner."

A total of 16.2% of Lake County adults acknowledge that they have ever been hit, slapped, pushed, kicked, or otherwise hurt by an intimate partner.

DISPARITY ► More often reported among women, younger adults, and those at lower incomes (not shown).

Have Ever Been Hit, Slapped, Pushed, Kicked, or Hurt in Any Way by an Intimate Partner



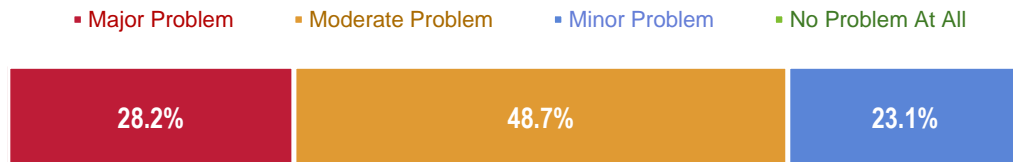
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 39]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Key Informant Input: Injury & Violence

The largest share of key informants taking part in an online survey characterized *Injury & Violence* as a “moderate problem” in the community.

Perceptions of Injury and Violence as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Incidence/Prevalence

- The news shares all the shootings, car accidents, drunk driving, and more. There are way too many stories. Schools have metal detectors and other things in place to protect the students. - Community Leader
- Our main location is around a lot of crime. Many of our clients have been victims of violence in the community. - Community Leader
- Domestic violence and self-harm are terms often heard of in the community affecting many families. - Community Leader
- There are nonstop reports of shootings, fights, car jacking, etc. on the news every day. Feeling safe in one's surroundings rarely exists anymore. - Community Leader

Contributing Factors

- Poverty, mental health disorders, drugs, domestic abuse, low education. The pandemic has worsened many of these factors. - Community Leader
- COVID stress, growing gang presence, homelessness, lack of activities for youth during non-school hours. - Community Leader

Access to Care/Services

- Few effective programs that are widely available and proven effective specific to violence. - Public Health Expert

Awareness/Education

- No awareness of initiatives to reduce gun violence in Lake County. - Physician

Co-Occurrences

- Can increase the risk of mental illness and suicide, smoking, alcohol and substance abuse, chronic diseases like heart disease, diabetes and cancer, and social problems such as poverty, crime, and violence. - Community Leader

Impact on Quality of Life

- The high level of violence in the community causes anxiety in addition to greater harm to those who experience it firsthand. Not having access to social programs that would give the youth psychological help and support avoid gang life, etc. that could lead to violence. - Social Service Provider



DIABETES

ABOUT DIABETES

More than 30 million people in the United States have diabetes, and it's the seventh leading cause of death. ...Some racial/ethnic minorities are more likely to have diabetes. And many people with diabetes don't know they have it.

Poorly controlled or untreated diabetes can lead to leg or foot amputations, vision loss, and kidney damage. But interventions to help people manage diabetes can help reduce the risk of complications. In addition, strategies to help people who don't have diabetes eat healthier, get physical activity, and lose weight can help prevent new cases.

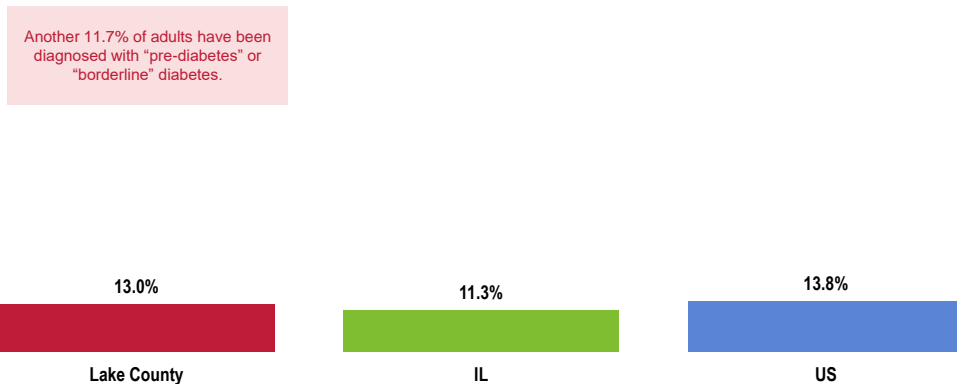
– Healthy People 2030 (<https://health.gov/healthypeople>)

Prevalence of Diabetes

A total of 13.0% of Lake County adults report having been diagnosed with diabetes.

DISPARITY ► Predominantly correlated with age, impacting roughly one-fourth of residents age 65 and older.

Prevalence of Diabetes



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 121]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSR Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

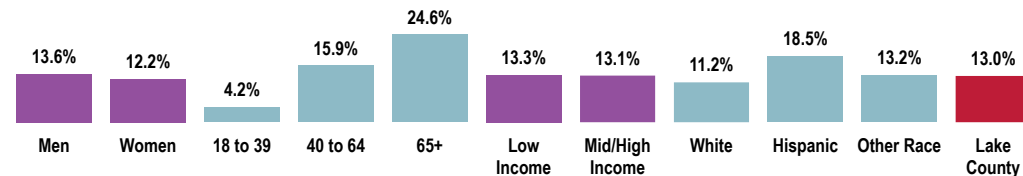
Notes:

- Asked of all respondents.



Prevalence of Diabetes (Lake County, 2022)

Note that among adults who have not been diagnosed with diabetes, 44.0% report having had their blood sugar level tested within the past three years.

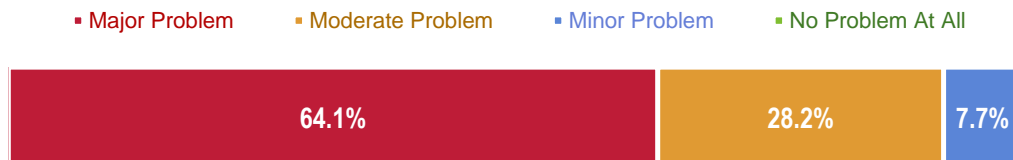


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 121, 33]
 Notes: • Asked of all respondents.
 • Excludes gestational diabetes (occurring only during pregnancy).

Key Informant Input: Diabetes

A high percentage of key informants taking part in an online survey characterized *Diabetes* as a “major problem” in the community.

Perceptions of Diabetes as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Contributing Factors

Lack of awareness of causes. Lack of affordable healthy options. - Physician
 Access to healthy food, affordability, no primary care physician, lack of knowledge. - Community Leader
 Access to healthy food because of cost and decision-making. Education would be helpful to know what kind of diet would be healthier but yet it can feel time-consuming for the families. It is difficult to change the whole family's diet from what they have been accustomed to having. The high cost of insulin and syringes is a barrier to proper care. The first problem according to some is that Hispanic people don't go to the doctor because they can't get time from work, are embarrassed by their illness, don't have insurance to pay for the specialist who might be required. There is a lot of paperwork required to get a "sliding scale" charge and some people don't have the patience for that. - Social Service Provider
 Access to continuity of care and diabetic education. Access to screening, early identification and treatment. Access to specialty care pertinent to diabetes (ophthalmology and podiatry). Food culture and access to affordable, easy, nutritious foods. - Physician
 Education and compliance with insulin and diet. Affordability of insulin and supplies. - Public Health Expert
 Low health literacy, access to services, negative food choices influenced by culture. - Community Leader



Education on the disease, cost of healthy food, cost of medicine. - Community Leader

Awareness/Education

Access to proper medications to manage their diabetes, appropriate education on diabetes, compliance with medications. Its hard to address diabetes in short visits as patients often come in with multiple other complaints and are not concerned about their diabetes because they may not be experiencing direct symptoms from lack of control of the diabetes. Also with lack of healthy food choices, lack of knowledge of these healthy food choices, and then the high cost of these choices, it often makes it hard to people to appropriately manage there diabetes. - Physician

Awareness, understanding of the disease and its risks, and effective, accessible interventions. - Public Health Expert

Health literacy, access to blood glucose meters, and nutritional bilingual education. - Community Leader

Access to nutritional advice and access to medication for uninsured individuals. - Community Leader

Lack of education and access to care. - Community Leader

Access to Affordable Healthy Food

Getting the proper food/nutrition needed, especially if they are relying on the food pantries or other ways of getting food. - Community Leader

Affordability of good nutrition and access to affordable health care to address their diabetes. Learning to manage diabetes is a big issue. Affording medicines to control diabetes is another. - Community Leader

Access to healthy and fresh foods. - Community Leader

Access to healthy food and adequate medical care to help manage their diabetes. The cost of care and healthier foods can be a challenge for many. - Community Leader

Access to Care/Services

Lack of medical insurance, follow up treatment, transportation, diet, cultural beliefs. - Community Leader

One of the great challenges with this disease is the limited or non-existent access to health services and medications for better control of this disease, in many of the people who suffer from this medical condition. - Community Leader

Access to health care, access to affordable medication and transportation. - Community Leader

Access to healthcare and medication. - Community Leader

Disease Management

Those with pre-diabetes often don't have the resources to appropriately manage their condition in order to prevent it from becoming Type 2 diabetes. There is a lot of inequity regarding the prevalence of this disease in our community as it greatly affects our Black and brown neighbors. - Community Leader

Unmanaged diabetes related to lack of insurance, awareness of prevention programs. - Social Service Provider



KIDNEY DISEASE

ABOUT KIDNEY DISEASE

More than 1 in 7 adults in the United States may have chronic kidney disease (CKD), with higher rates in low-income and racial/ethnic minority groups. And most people with CKD don't know they have it. ...People with CKD are more likely to have heart disease and stroke — and to die early. Managing risk factors like diabetes and high blood pressure can help prevent or delay CKD. Strategies to make sure more people with CKD are diagnosed early can help people get the treatment they need.

Recommended tests can help identify people with CKD to make sure they get treatments and education that may help prevent or delay kidney failure and end-stage kidney disease (ESKD). In addition, strategies to make sure more people with ESKD get kidney transplants can increase survival rates and improve quality of life.

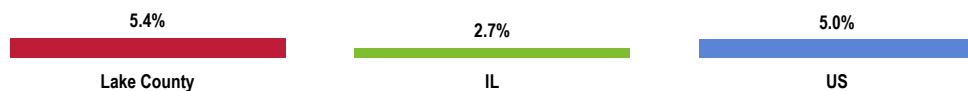
– Healthy People 2030 (<https://health.gov/healthypeople>)

Prevalence of Kidney Disease

A total of 5.4% of Lake County adults report having been diagnosed with kidney disease.

BENCHMARK ► Higher than found throughout Illinois, although similar to the national prevalence.

Prevalence of Kidney Disease



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 24]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.



Prevalence of Kidney Disease (Lake County, 2022)

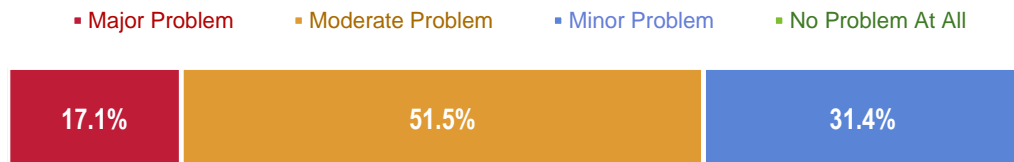


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 24]
Notes: • Asked of all respondents.

Key Informant Input: Kidney Disease

Key informants taking part in an online survey generally characterized *Kidney Disease* as a “moderate problem” in the community.

Perceptions of Kidney Disease as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care

Lack of health insurance is a barrier to receiving good healthcare. This is related to the problems community members have getting adequate resources and education regarding diabetes. - Social Service Provider

There are not enough dialysis clinics in our area to cover the needs. The dialysis clinics in the area will not take a patient back if they have been noncompliant leaving hospitals holding patients for dialysis while looking for another agency. Dialysis clinic need better Social work coverage to assist in patient noncompliance and missed appointments, rides, etc. - Public Health Expert

Co-Occurrences

High incidence of diabetes. - Community Leader

Disease Management

Uncontrolled diabetes, hypertension. - Physician



Health Disparities

| Health disparities. - Community Leader

Incidence/Prevalence

| Seeing lots of young patients with ESRD. - Physician

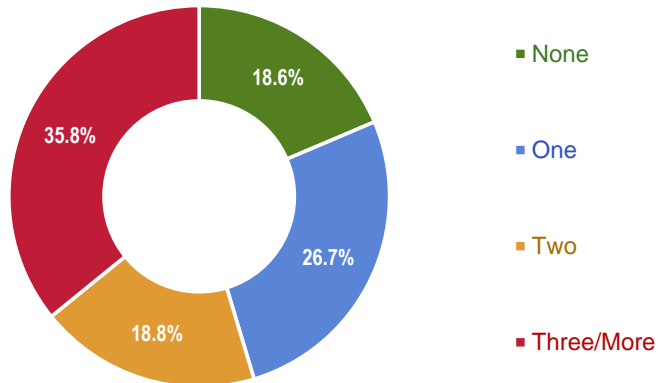


POTENTIALLY DISABLING CONDITIONS

Multiple Chronic Conditions

Among Lake County survey respondents, most report currently having at least one chronic health condition.

Number of Current Chronic Conditions
(Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 123]

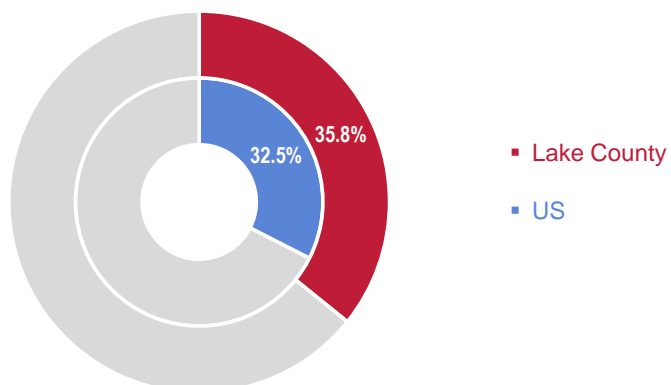
Notes: • Asked of all respondents.

• In this case, chronic conditions include lung disease, arthritis, cancer, kidney disease, heart attack/angina, stroke, asthma, high blood pressure, high blood cholesterol, diabetes, high-impact chronic pain, obesity, and/or diagnosed depression.

In fact, 35.8% of Lake County adults report having three or more chronic conditions.

DISPARITY ► This is more often the case among men, adults age 65 and older, and those living in lower-income households.

Currently Have Three or More Chronic Conditions



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 123]

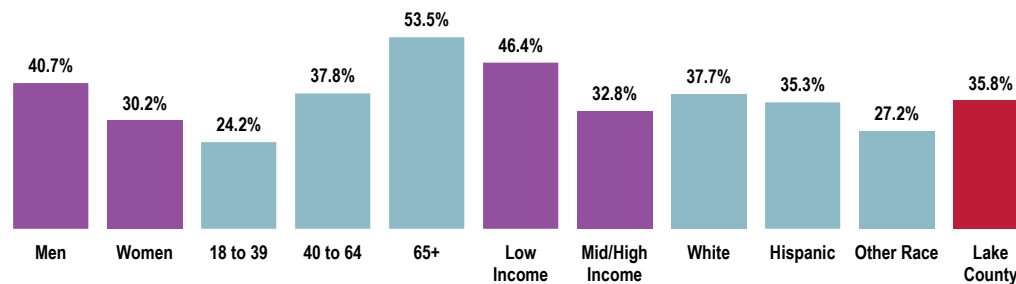
Notes: • 2020 PRC National Health Survey, PRC, Inc.

• Asked of all respondents.

• In this case, chronic conditions include lung disease, arthritis, cancer, kidney disease, heart attack/angina, stroke, asthma, high blood pressure, high blood cholesterol, diabetes, high-impact chronic pain, obesity, and/or diagnosed depression.



Currently Have Three or More Chronic Conditions (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 123]

Notes: • Asked of all respondents.

• In this case, chronic conditions include lung disease, arthritis, cancer, kidney disease, heart attack/angina, stroke, asthma, high blood pressure, high blood cholesterol, diabetes, high-impact chronic pain, obesity, and/or diagnosed depression.

Activity Limitations

ABOUT DISABILITY & HEALTH

Studies have found that people with disabilities are less likely to get preventive health care services they need to stay healthy. Strategies to make health care more affordable for people with disabilities are key to improving their health.

In addition, people with disabilities may have trouble finding a job, going to school, or getting around outside their homes. And they may experience daily stress related to these challenges. Efforts to make homes, schools, workplaces, and public places easier to access can help improve quality of life and overall well-being for people with disabilities.

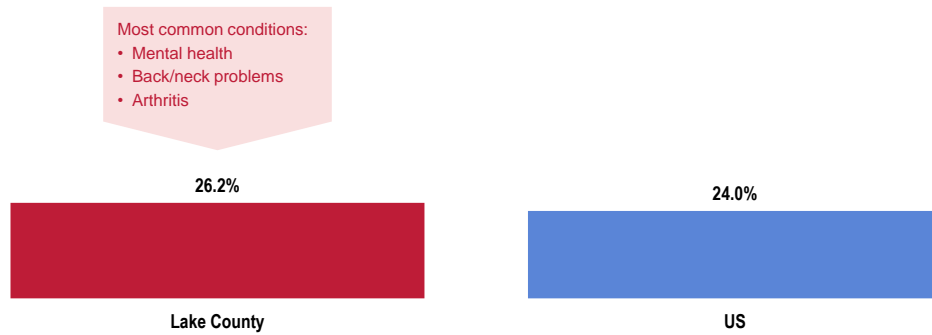
– Healthy People 2030 (<https://health.gov/healthypeople>)

Over one-fourth (26.2%) of Lake County adults are limited in some way in some activities due to a physical, mental, or emotional problem.

DISPARITY ► Twice as prevalent among lower-income households as those with higher incomes.

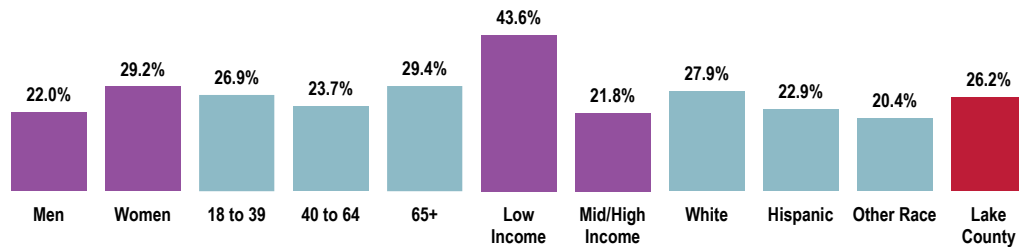


Limited in Activities in Some Way Due to a Physical, Mental or Emotional Problem



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 96-97]
 • 2020 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Limited in Activities in Some Way Due to a Physical, Mental or Emotional Problem (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 96]
 Notes: • Asked of all respondents.



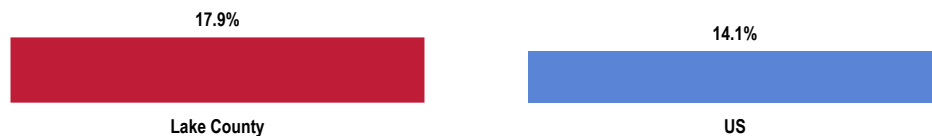
Chronic Pain

A total of 17.9% of Lake County adults experience high-impact chronic pain, meaning physical pain that has limited their life or work activities “every day” or “most days” during the past six months.

DISPARITY ► Particularly high among lower-income households. Also higher among those identifying as either Black, Asian/Pacific Islander, or American Native.

Experience High-Impact Chronic Pain

Healthy People 2030 = 7.0% or Lower

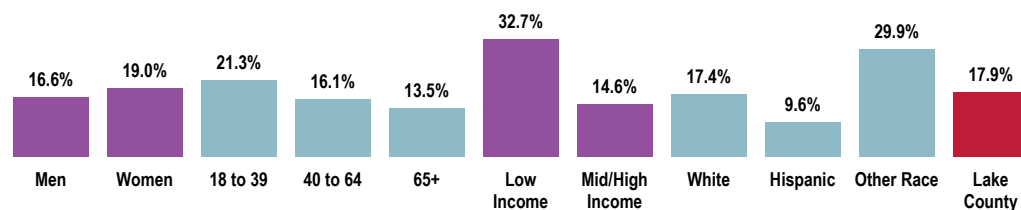


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 37]
 • 2020 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
 Notes: • Asked of all respondents.
 • High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.

Experience High-Impact Chronic Pain

(Lake County, 2022)

Healthy People 2030 = 7.0% or Lower



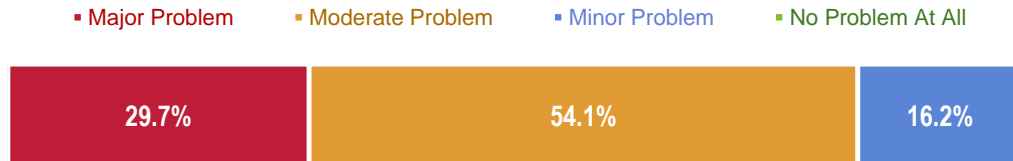
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 37]
 • 2020 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
 Notes: • Asked of all respondents.
 • High-impact chronic pain includes physical pain that limits life or work activities on “most days” or “every day” of the past six months.



Key Informant Input: Disability & Chronic Pain

Key informants taking part in an online survey most often characterized *Disability & Chronic Pain* as a “moderate problem” in the community.

Perceptions of Disability & Chronic Pain as a Problem in the Community (Key Informants, 2022)



Sources: ● PRC Online Key Informant Survey, PRC, Inc.
Notes: ● Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care/Services

With limited health care resources, it becomes hard to address chronic pain, including pain management specialist, along with access to fixing the underlying problem that is causing the pain. - Physician

I've seen many patients with chronic pain in my clinic and lack of resources to assist with delivering care. - Physician

No appointments available for chronic pain management, limited resources to support patients with disabilities. - Physician

The lack of specialists in this area makes it difficult to get a timely appointment. Also, doctors seem very quick to dismiss patient pain concerns, which decreases outcome and increases risk of permanent damage. - Community Leader

Access to Care for Uninsured/Underinsured

A problem because people don't have the insurance required to help manage the problem. Obviously, a disability makes working more challenging. People then abuse drugs or alcohol to cope with the pain or depression. - Social Service Provider

Access to pain management medication for uninsured individuals. - Community Leader

Autoimmune Conditions

Autoimmune conditions. - Community Leader

Incidence/Prevalence

Lots of people with mobility issues. - Community Leader

Contributing Factors

Low income, limited resources, and crime. - Community Leader

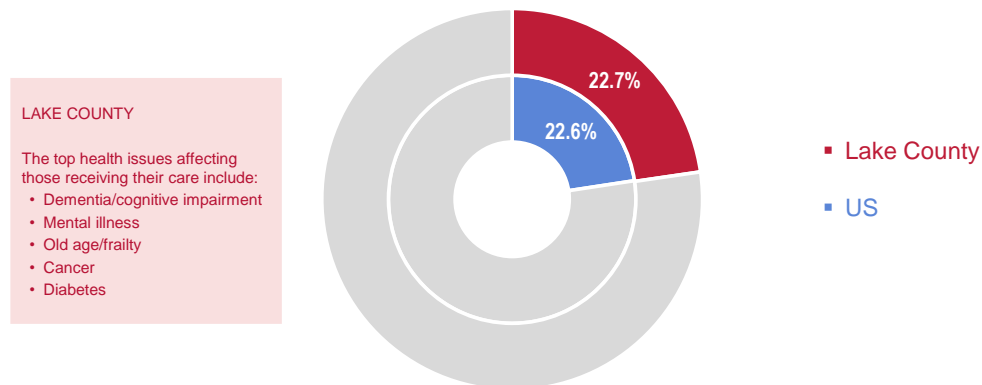
Caregiving

A total of 22.7% of Lake County adults currently provide care or assistance to a friend or family member who has a health problem, long-term illness, or disability.

DISPARITY ► More often reported among women and those in lower-income households (not shown).



Act as Caregiver to a Friend or Relative with a Health Problem, Long-Term Illness, or Disability

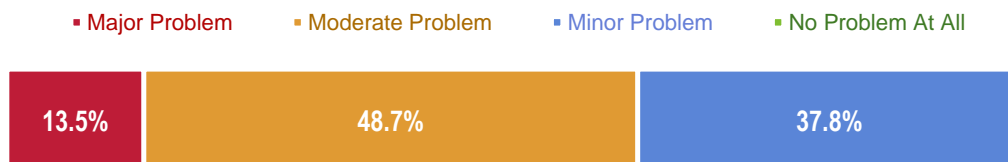


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 98-99]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.

Key Informant Input: Dementia/Alzheimer's Disease

Key informants taking part in an online survey are most likely to consider *Dementia/Alzheimer's Disease* as a “moderate problem” in the community.

Perceptions of Dementia/Alzheimer's Disease as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Lack of Providers

- Not enough providers. - Public Health Expert
- Lack of providers, community support for caregivers and patients. - Physician

Limited Resources

- There aren't enough resources to support individuals and caretakers managing dementia/Alzheimer's disease in our community. This is especially true among non-native English speakers. - Community Leader

Awareness/Education

- There is little to no awareness/education and the community is not a dementia-friendly community in terms of signage and accessibility. - Community Leader



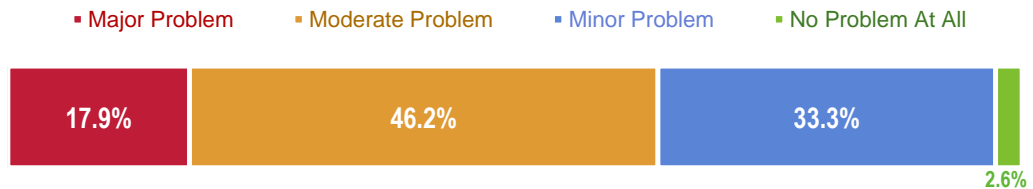


INFANT HEALTH & FAMILY PLANNING

Key Informant Input: Infant Health & Family Planning

Key informants taking part in an online survey largely characterized *Infant Health & Family Planning* as a “moderate problem” in the community.

Perceptions of Infant Health and Family Planning as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Awareness/Education

I believe that we need to have a county initiative to assist in the areas of 0-4 in Lake County. Some of our school districts offer early based programs but not all do. I believe that not all families with infants have the resources to diagnose early learning disorders or always know where to find information on how to parent. I am looking to improve these initiatives in Lake County. Another issue that families run into after birth is access to childcare. This can vary by the community. - Community Leader

I am unaware of available resources and we receive multiple calls from people regarding resources. Many persons we serve are unaware of any family planning resources. - Community Leader

Teen Pregnancy

Pregnancy rates among high school students are still too high. - Community Leader

Teenage pregnancy and risks are a major problem, mainly in low-income communities where there are few resources and little knowledge regarding prenatal and infant care. The breakdown of the two-parent family, illness, substance abuse, physical abuse, and other traumas all contribute as well. - Community Leader

Access to Care/Services

There is a lack of access to family planning resources, especially for those who do not have a medical home. - Community Leader

Contributing Factors

The diabetes rate in children continues to grow and family planning is unheard of. - Community Leader

Women's Health

Women's health and diseases. - Community Leader





MODIFIABLE HEALTH RISKS

NUTRITION

ABOUT NUTRITION & HEALTHY EATING

Many people in the United States don't eat a healthy diet. ...People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.

Some people don't have the information they need to choose healthy foods. Other people don't have access to healthy foods or can't afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity and hunger and improving health.

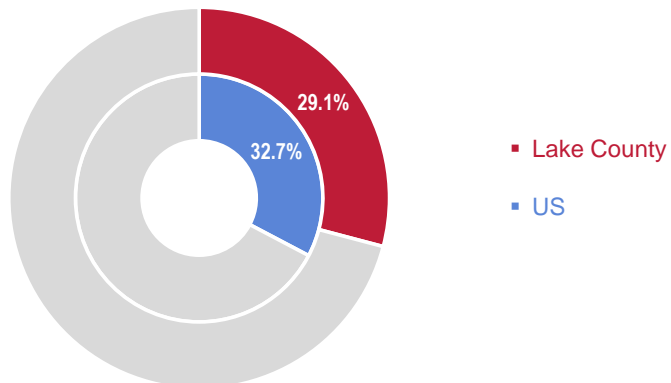
– Healthy People 2030 (<https://health.gov/healthypeople>)

Daily Recommendation of Fruits/Vegetables

A total of 29.1% of Lake County adults report eating five or more servings of fruits and/or vegetables per day.

DISPARITY ► Especially low among men and Hispanic residents. Relatively high among those identifying as either Black, Asian/Pacific Islander, or American Native.

Consume Five or More Servings of Fruits/Vegetables Per Day



Sources:

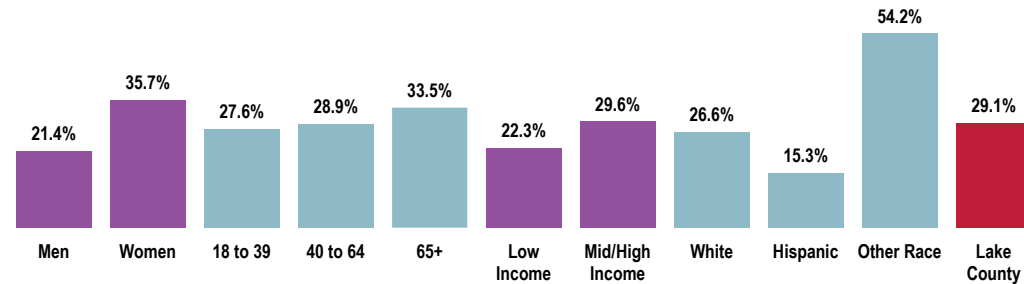
- 2022 PRC Community Health Survey, PRC, Inc. [Item 125]
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.
- For this issue, respondents were asked to recall their food



Consume Five or More Servings of Fruits/Vegetables Per Day (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 125]

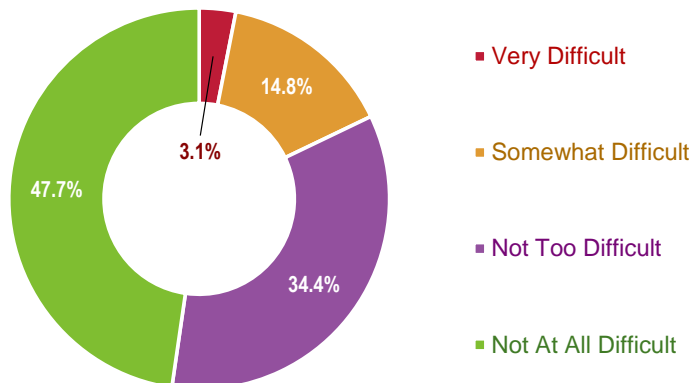
Notes: • Asked of all respondents.

• For this issue, respondents were asked to recall their food intake on the previous day.

Difficulty Accessing Fresh Produce

Most Lake County adults report little or no difficulty buying fresh produce at a price they can afford.

Level of Difficulty Finding Fresh Produce at an Affordable Price (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 79]

Notes: • Asked of all respondents.

Respondents were asked: "How difficult is it for you to buy fresh produce like fruits and vegetables at a price you can afford? Would you say: Very Difficult, Somewhat Difficult, Not Too Difficult, or Not At All Difficult?"

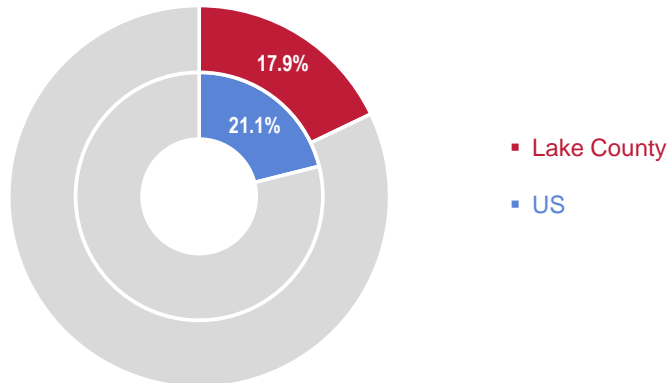
RELATED ISSUE
See also *Food Access* in the **Social Determinants of Health** section of this report.



However, 17.9% of Lake County adults find it “very” or “somewhat” difficult to access affordable fresh fruits and vegetables.

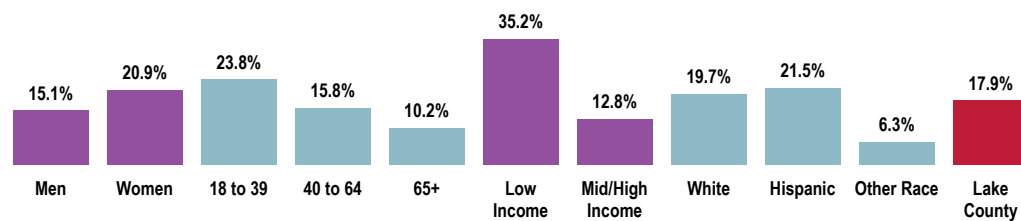
DISPARITY ► Increases to more than one-third of those living below 200% of the federal poverty level. Also higher among younger adults and White or Hispanic residents.

Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 79]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.

Find It “Very” or “Somewhat” Difficult to Buy Affordable Fresh Produce (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 79]
Notes: • Asked of all respondents.



PHYSICAL ACTIVITY

ABOUT PHYSICAL ACTIVITY

Physical activity can help prevent disease, disability, injury, and premature death. The Physical Activity Guidelines for Americans lays out how much physical activity children, adolescents, and adults need to get health benefits. Although most people don't get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities.

Strategies that make it safer and easier to get active — like providing access to community facilities and programs — can help people get more physical activity. Strategies to promote physical activity at home, at school, and at childcare centers can also increase activity in children and adolescents.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Leisure-Time Physical Activity

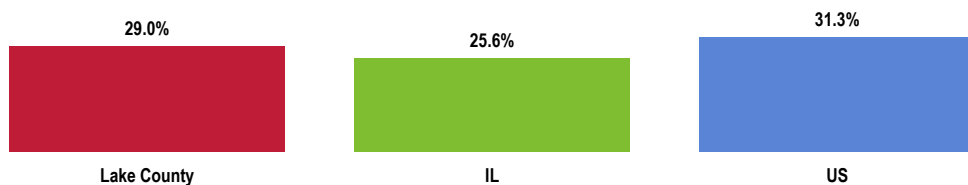
A total of 29.0% of Lake County adults report no leisure-time physical activity in the past month.

BENCHMARK ► Fails to satisfy the Healthy People 2030 national target, but similar to state and national findings.

DISPARITY ► Those less likely to engage in physical activity in Lake County include women, those in lower-income households, and communities of color (not shown).

No Leisure-Time Physical Activity in the Past Month

Healthy People 2030 = 21.2% or Lower



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 82]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSR Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- Asked of all respondents.



Activity Levels

Adults

ADULTS: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

Adults should do 2 hours and 30 minutes a week of moderate-intensity (such as walking), or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity **aerobic** physical activity (such as jogging), or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. The guidelines also recommend that adults do **muscle-strengthening** activities, such as push-ups, sit-ups, or activities using resistance bands or weights. These activities should involve all major muscle groups and be done on two or more days per week.

The report finds that nationwide nearly 50 percent of adults are getting the recommended amounts of aerobic activity and about 30 percent are engaging in the recommended muscle-strengthening activity.

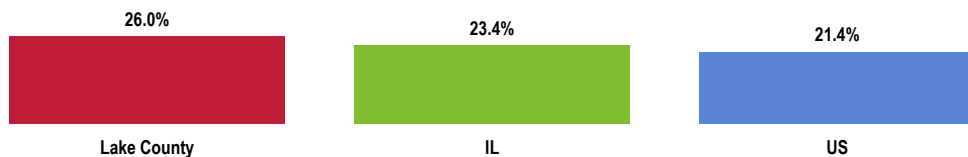
- 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services. www.cdc.gov/physicalactivity

A total of 26.0% of Lake County adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).

DISPARITY ► Lower among those age 65 and older when compared with younger adults.

Meets Physical Activity Recommendations

Healthy People 2030 = 28.4% or Higher

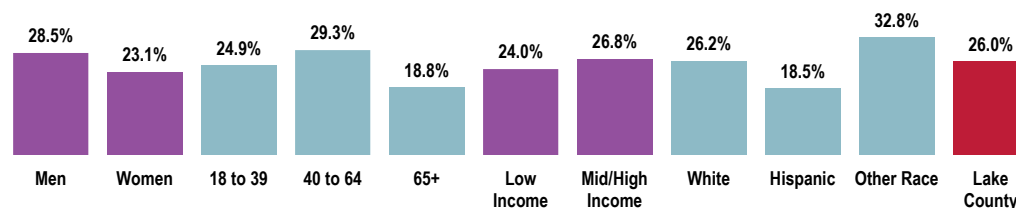


- Sources:
- 2022 PRC Community Health Survey, PRC, Inc. [Item 126]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSR Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
 - US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
- Notes:
- Asked of all respondents.
 - Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week.



Meets Physical Activity Recommendations (Lake County, 2022)

Healthy People 2030 = 28.4% or Higher



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 126]
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents.
• Meeting both guidelines is defined as the number of persons age 18+ who report light or moderate aerobic activity for at least 150 minutes per week or who report vigorous physical activity 75 minutes per week or an equivalent combination of moderate and vigorous-intensity activity and report doing physical activities specifically designed to strengthen muscles at least twice per week.

Children

CHILDREN: RECOMMENDED LEVELS OF PHYSICAL ACTIVITY

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

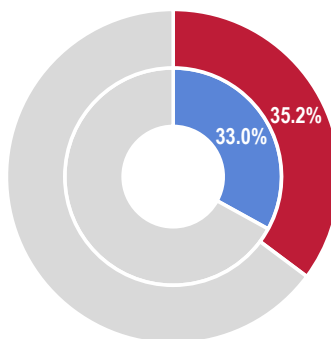
– 2013 Physical Activity Guidelines for Americans, US Department of Health and Human Services.
www.cdc.gov/physicalactivity

Among Lake County children age 2 to 17, 35.2% are reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day).

DISPARITY ► Boys and especially children age 10 and older are less likely to meet this threshold.

Child Is Physically Active for One or More Hours per Day (Parents of Children Age 2-17)

LAKE COUNTY	
Boys	26.6%
Girls	46.2%
Age 0-9	49.2%
Age 10-17	18.4%



■ Lake County
■ US

Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 109]
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents with children age 2-17 at home.
• Includes children reported to have one or more hours of physical activity on



WEIGHT STATUS

ABOUT OVERWEIGHT & OBESITY

Obesity is linked to many serious health problems, including type 2 diabetes, heart disease, stroke, and some types of cancer. Some racial/ethnic groups are more likely to have obesity, which increases their risk of chronic diseases.

Culturally appropriate programs and policies that help people eat nutritious foods within their calorie needs can reduce overweight and obesity. Public health interventions that make it easier for people to be more physically active can also help them maintain a healthy weight.

- Healthy People 2030 (<https://health.gov/healthypeople>)

Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. The BMI should be used to assess overweight and obesity and to monitor changes in body weight. In addition, measurements of body weight alone can be used to determine efficacy of weight loss therapy. BMI is calculated as weight (kg)/height squared (m^2). To estimate BMI using pounds and inches, use: [weight (pounds)/height squared (inches²)] x 703.

In this report, overweight is defined as a BMI of 25.0 to 29.9 kg/m^2 and obesity as a BMI $\geq 30 kg/m^2$. The rationale behind these definitions is based on epidemiological data that show increases in mortality with BMIs above 25 kg/m^2 . The increase in mortality, however, tends to be modest until a BMI of 30 kg/m^2 is reached. For persons with a BMI $\geq 30 kg/m^2$, mortality rates from all causes, and especially from cardiovascular disease, are generally increased by 50 to 100 percent above that of persons with BMIs in the range of 20 to 25 kg/m^2 .

- Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.

Adult Weight Status

CLASSIFICATION OF OVERWEIGHT AND OBESITY BY BMI	BMI (kg/m^2)
Underweight	<18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30.0

Source: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health. National Heart, Lung, and Blood Institute in Cooperation With The National Institute of Diabetes and Digestive and Kidney Diseases. September 1998.

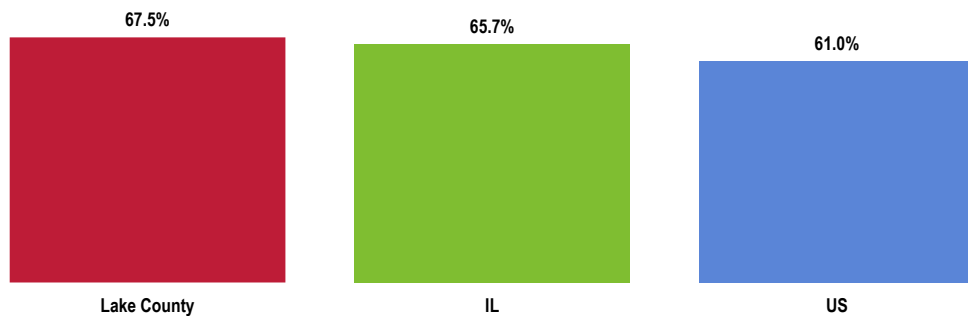


Overweight Status

More than two out of three Lake County adults (67.5%) are **overweight**.

BENCHMARK ► Significantly above the national prevalence.

Prevalence of Total Overweight (Overweight and Obese)



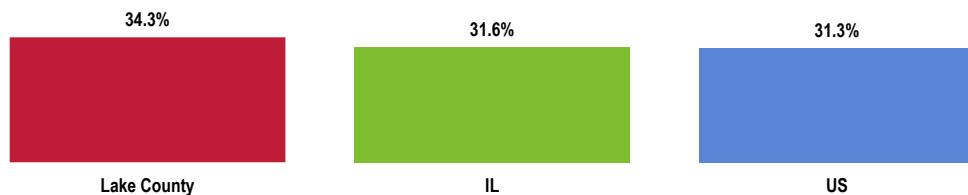
- Sources:
- 2022 PRC Community Health Survey, PRC, Inc. [Item 128]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYR Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Based on reported heights and weights, asked of all respondents.
 - The definition of overweight is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 25.0, regardless of gender. The definition for obesity is a BMI greater than or equal to 30.0.

The overweight prevalence above includes 34.3% of Lake County adults who are **obese**.

DISPARITY ► Especially high in the Hispanic population.

Prevalence of Obesity

Healthy People 2030 = 36.0% or Lower

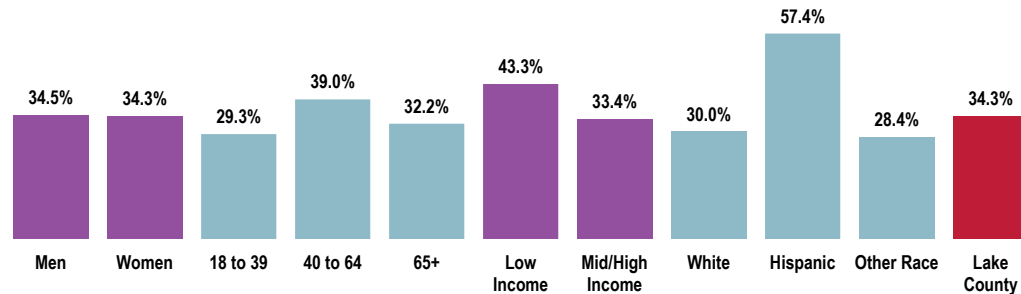


- Sources:
- 2022 PRC Community Health Survey, PRC, Inc. [Item 128]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYR Illinois data.
 - 2020 PRC National Health Survey, PRC, Inc.
 - US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
- Notes:
- Based on reported heights and weights, asked of all respondents.
 - The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.



Prevalence of Obesity (Lake County, 2022)

Healthy People 2030 = 36.0% or Lower



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 128]
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- Based on reported heights and weights, asked of all respondents.
- The definition of obesity is having a body mass index (BMI), a ratio of weight to height (kilograms divided by meters squared), greater than or equal to 30.0, regardless of gender.

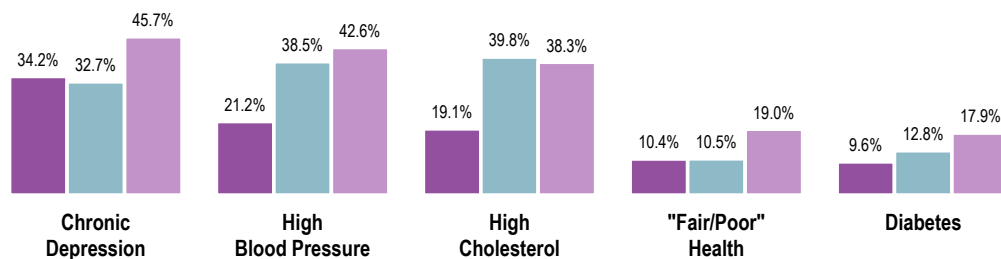
Relationship of Overweight With Other Health Issues

Overweight and obese adults are more likely to report a number of adverse health conditions, as outlined in the following chart.

The correlation between overweight and various health issues cannot be disputed.

Relationship of Overweight With Other Health Issues (Lake County, 2022)

■ Among Healthy Weight ■ Among Overweight/Not Obese ■ Among Obese



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 128]

Notes:

- Based on reported heights and weights, asked of all respondents.



Children's Weight Status

ABOUT WEIGHT STATUS IN CHILDREN & TEENS

In children and teens, body mass index (BMI) is used to assess weight status – underweight, healthy weight, overweight, or obese. After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the United States. The percentile indicates the relative position of the child's BMI number among children of the same sex and age.

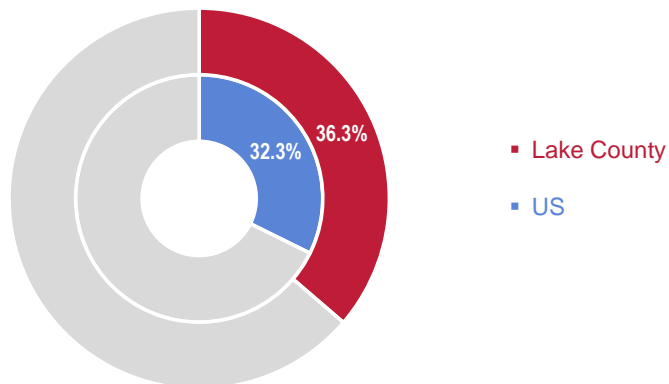
BMI-for-age weight status categories and the corresponding percentiles are shown below:

- Underweight <5th percentile
- Healthy Weight ≥5th and <85th percentile
- Overweight ≥85th and <95th percentile
- Obese ≥95th percentile

– Centers for Disease Control and Prevention

Based on the heights/weights reported by surveyed parents, 36.3% of Lake County children age 5 to 17 are overweight or obese (≥85th percentile).

Prevalence of Overweight in Children
(Parents of Children Age 5-17)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 132]
- 2020 PRC National Health Survey, PRC, Inc.

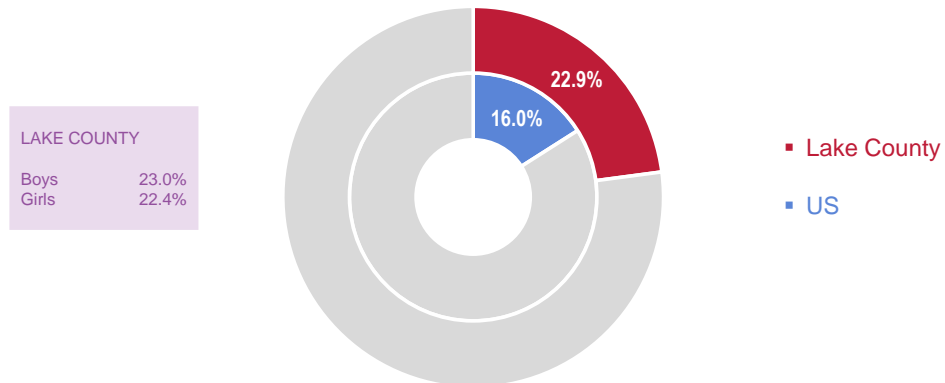
Notes:

- Asked of all respondents with children age 5-17 at home.
- Overweight among children is determined by children's Body Mass



The childhood overweight prevalence above includes 22.9% of area children age 5 to 17 who are obese (≥95th percentile).

Prevalence of Obesity in Children (Children Age 5-17 Who Are Obese; BMI in the 95th Percentile or Higher) Healthy People 2030 = 15.5% or Lower



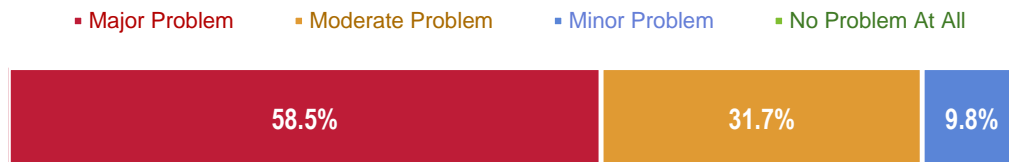
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 132]
• 2020 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents with children age 5-17 at home.
• Obesity among children is determined by children's Body Mass Index status equal to or above the 95th percentile of US growth charts by gender and age.

Key Informant Input: Nutrition, Physical Activity & Weight

Key informants taking part in an online survey most often characterized *Nutrition, Physical Activity & Weight* as a “major problem” in the community.

Perceptions of Nutrition, Physical Activity, and Weight as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.



Among those rating this issue as a “major problem,” reasons related to the following:

Contributing Factors

Lack of access to healthy and fresh foods, limited green space or indoor facilities for exercise, cultural habits, no feeder programs for high school athletics, education. - Community Leader

Lack of access to healthy food in some areas, high availability of low-cost foods and beverages that are also high in calories, fat, salt, and sugar. Very powerful food marketing that particularly impacts children, nutritional information that is difficult to understand and apply. Lack of safe areas to exercise - Community Leader

Safety while enjoying the outdoors. Lack of education on weight management, cost of healthy food, gym access, specialized weight loss care that is affordable. - Community Leader

Lack of awareness. Lack of affordable physical activity/exercise programs. Lack of affordable healthy food options. - Physician

Lack of understanding of the concept of healthy food, culturally intentional physical activity is not common in the adult population and for those who are willing to exercises, the opportunities are limited. - Community Leader

Knowledge, access to healthy food, affordability, safe areas for outdoor physical activities. - Community Leader

Access to Affordable Healthy Food

Easily accessible grocery stores with fresh fruits and vegetables everywhere. - Community Leader

Lack of access to affordable, nutritious food is a huge issue for many families. Due to their historical lack of access, many families who find themselves with fresh fruits/vegetables may not know how to prepare them. In some communities, lack of access to sidewalks can prevent safe physical activity for children. - Community Leader

Access to food is a major problem. It is routinely the number two category of need request to the 211 helpline. - Social Service Provider

Access to unhealthy food items is much easier than health food items, in terms of cost and convenience. - Community Leader

Awareness/Education

The basic understanding of what obesity can do to their overall health. People do not think they can learn new things about their nutrition that they don't already know. "If my mom feed me this as a child it must be okay..." etc. Our society is too busy to think about the importance of their overall healthy and well being. Some can't afford classes or know where to get the resources etc. Some are embarrassed to ask or just don't know what to ask..... - Community Leader

Community educational programs focused on healthy living, working out, exercising, and healthy eating. - Community Leader

Obesity

Increase in obesity and poor health choices. - Community Leader

Again, many patients are obese because of lack of healthy food option access and lack of proper education on the importance of healthy eating. - Physician

Obesity, food deserts, and lack of access to prevention programs. - Social Service Provider

Access to Care/Services

Lack or limited access to nutrition programs and medical professionals who can help people with physical and nutritional health. - Community Leader

Affordable Care/Services

There are not enough programs available for low income families in Lake County and the ones available, people are not using them. - Community Leader

Due to COVID-19

Covid restrictions have made it harder to go to the gym. Many are working at home and having a mostly sedentary lifestyle. - Physician

Income/Poverty

Persons experiencing poverty are in survival mode and not able to afford and/or address healthy lifestyles. Not able to afford nutritional food. - Community Leader



Language Barriers

Access to bilingual nutritional education as well as programs that incorporate both nutrition and physical activity. - Community Leader

Lifestyle

Motivation to change health habits. Lack of money makes it difficult to eat healthier foods or exercise in gym which would help with initial motivation. Chronic health issues within the community make it difficult to find exercise that won't aggravate those issues. - Social Service Provider

Unsafe Neighborhoods

High obesity rates which have steadily increased over time. Also, high obesity rates in children. In many low-income communities there is are no sidewalks to walk safely - in Waukegan and North Chicago, for example. Also, in parts of North Chicago, Waukegan and Zion, the crime rates are higher, so people don't feel safe going to the park or walking. - Public Health Expert



SUBSTANCE ABUSE

ABOUT DRUG & ALCOHOL USE

More than 20 million adults and adolescents in the United States have had a substance use disorder in the past year. ...Substance use disorders can involve illicit drugs, prescription drugs, or alcohol. Opioid use disorders have become especially problematic in recent years. Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths.

Effective treatments for substance use disorders are available, but very few people get the treatment they need. Strategies to prevent substance use — especially in adolescents — and help people get treatment can reduce drug and alcohol misuse, related health problems, and deaths.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Alcohol Use

Excessive Drinking

Excessive drinking includes heavy and/or binge drinkers:

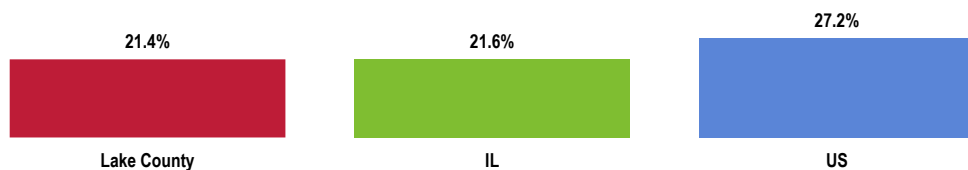
- **HEAVY DRINKERS** ► men reporting 2+ alcoholic drinks per day or women reporting 1+ alcoholic drink per day in the month preceding the interview.
- **BINGE DRINKERS** ► men reporting 5+ alcoholic drinks or women reporting 4+ alcoholic drinks on any single occasion during the past month.

A total of 21.4% of area adults are excessive drinkers (heavy and/or binge drinkers).

BENCHMARK ► Significantly below what is found nationally.

DISPARITY ► Highest among adults under the age of 40.

Excessive Drinkers



Sources:

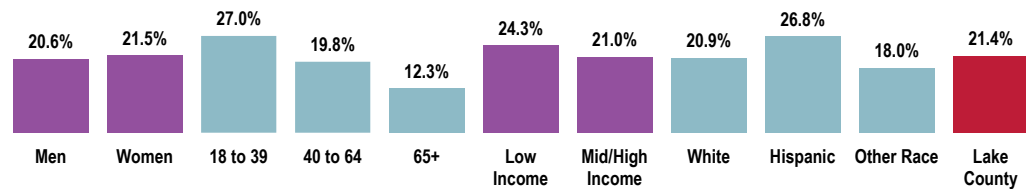
- 2022 PRC Community Health Survey, PRC, Inc. [Item 136]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSR Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.
- Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



Excessive Drinkers (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 136]

Notes: • Asked of all respondents.

• Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

Illicit Drug Use

A total of 1.1% of Lake County adults acknowledge using an illicit drug in the past month.

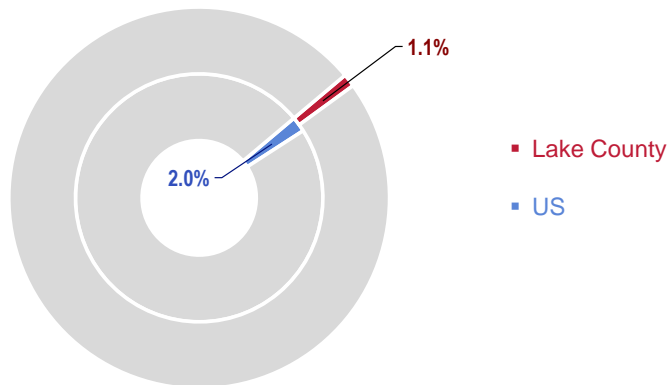
BENCHMARK ► Satisfies the Healthy People 2030 target, although likely underreported in the survey.

For the purposes of this survey, "illicit drug use" includes use of illegal substances or of prescription drugs taken without a physician's order.

Note: As a self-reported measure – and because this indicator reflects potentially illegal behavior – it is reasonable to expect that it might be underreported, and that actual illicit drug use in the community is likely higher.

Illicit Drug Use in the Past Month

Healthy People 2030 = 12.0% or Lower



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 49]

• 2020 PRC National Health Survey, PRC, Inc.

• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents.



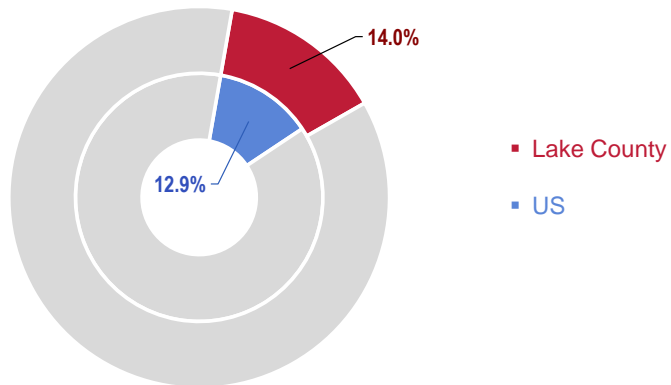
Use of Prescription Opioids

Opioids are a class of drugs used to treat pain. Examples presented to respondents include morphine, codeine, hydrocodone, oxycodone, methadone, and fentanyl. Common brand name opioids include Vicodin, Dilaudid, Percocet, OxyContin, and Demerol.

A total of 14.0% of Lake County report using a prescription opioid drug in the past year.

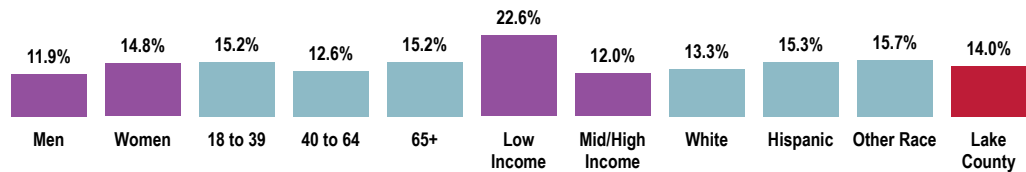
DISPARITY ► Most prevalent in lower-income populations. Increases to 43.4% among residents reporting high-impact chronic pain (not shown).

Used a Prescription Opioid in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 50]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.

Used a Prescription Opioid in the Past Year
(Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 50]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.

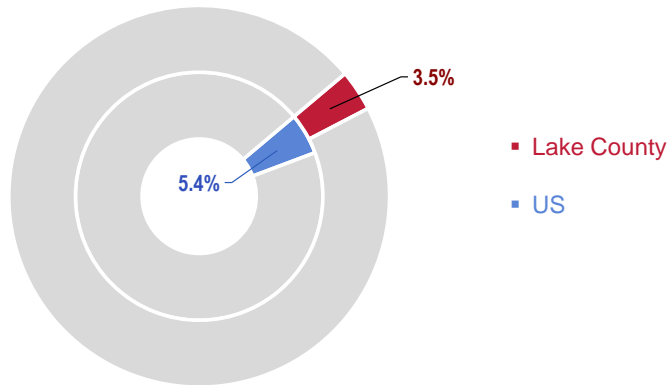


Alcohol & Drug Treatment

A total of 3.5% of Lake County adults report that they have sought professional help for an alcohol or drug problem at some point in their lives.

DISPARITY ► Higher in lower-income populations and among Hispanics (not shown).

Have Ever Sought Professional Help for an Alcohol/Drug-Related Problem

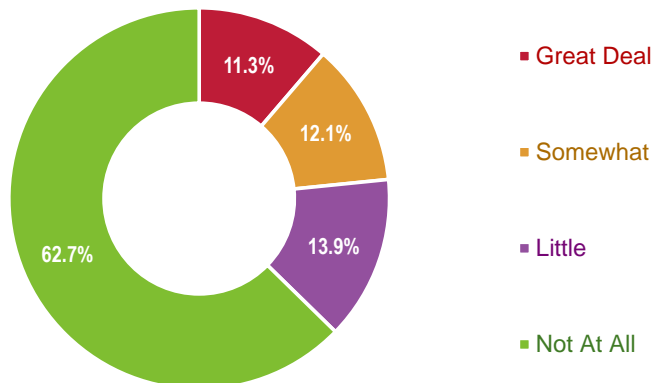


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 51]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.

Personal Impact From Substance Abuse

Most Lake County residents' lives have not been negatively affected by substance abuse (either their own or someone else's).

Degree to Which Life Has Been Negatively Affected by Substance Abuse (Self or Other's) (Lake County, 2022)



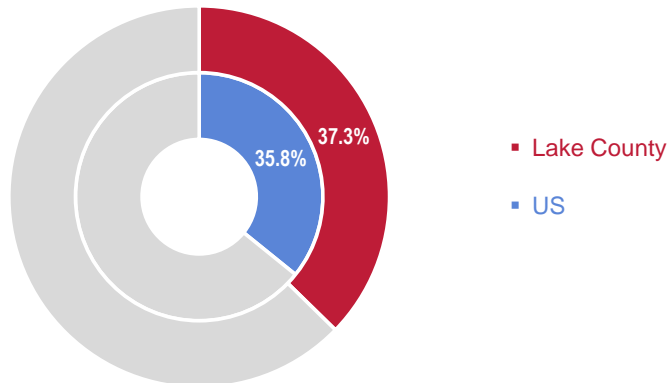
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 51]
Notes: • Asked of all respondents.



However, 37.3% have felt a personal impact to some degree (“a little,” “somewhat,” or “a great deal”).

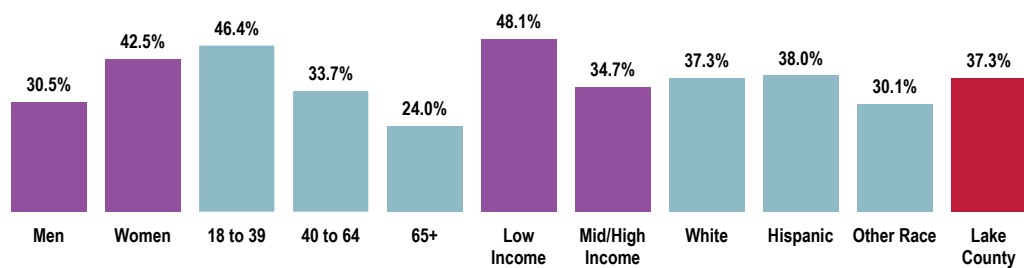
DISPARITY ► More often reported among women, younger adults, and those in lower-income households.

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 52]
 • 2020 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.
 • Includes response of “a great deal,” “somewhat,” and “a little.”

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else) (Lake County, 2022)



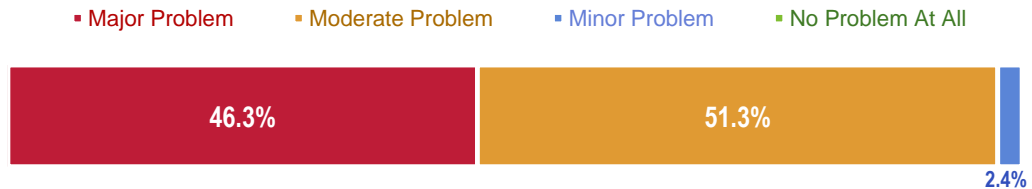
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 52]
 Notes: • Asked of all respondents.
 • Includes response of “a great deal,” “somewhat,” and “a little.”



Key Informant Input: Substance Abuse

The greatest share of key informants taking part in an online survey characterized *Substance Abuse* as a “moderate problem” in the community.

Perceptions of Substance Abuse as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care/Services

- Limited access to treatment for SUD. - Physician
- Need additional detox beds, need additional SA providers. Long wait times to get into treatment, often due to workforce shortage. - Public Health Expert
- The main barriers are the difficult access to care programs for people who have addictions to substances and also the easy access to these addictive substances, mainly drugs and alcohol. - Community Leader
- Long wait lists for treatment. - Community Leader
- Not enough programs or providers. - Community Leader

Denial/Stigma

- Majority of people with substance use disorder feel they do not need treatment or are not ready to stop using. Often, they do not have health coverage or cannot afford the costs. - Community Leader
- Stigma and the public's willingness to normalize getting help for this instead of criminalizing. - Community Leader

Contributing Factors

- Stigma, lack of access to reliable transportation. - Community Leader
- Bilingual education, income, and transportation. - Community Leader

Lack of Providers

- Lack of professionals, stigma tied to treatment, lack of insurance. - Community Leader
- Not enough providers. - Public Health Expert

Awareness/Education

- Substance use/abuse resources. - Physician
- People do not know where the treatment centers are located or how to access them. I wonder if more information/partnerships could be shared with the school districts on a regular basis, so the schools can then share the resources with the families. I am thinking of streamlining a process that is consistent and not just one offs that happen because of a champion at one organization or school district. How can we provide a centralized location for resources that is linked to all school district websites and is updated on a regular basis, so the information is current? - Community Leader

Marijuana

- The legalization of recreational marijuana. This drug is highly addictive and causes numerous problems over time. People now believe it is organic and harmless and this is an incredibly dangerous and incorrect assumption. - Community Leader



Affordable Care/Services

Costs, lack of providers. - Community Leader

Follow-Up/Support

Close follow up in the community for these patients. - Physician

Lack of Coordinated Care

Lack of communication between substance abuse treatment facilities and healthcare offices/providers. Having a point person to hand patients off to would allow easier transitions and better patient care. - Physician

Lifestyle

There is a lot of substance abuse, but there appear to be a lot of programs and medical help available to treat addictions to drugs or alcohol. The biggest problem for adults is finding the motivation and resolve to seek help.
- Social Service Provider

Most Problematic Substances

Key informants (who rated this as a “major problem”) clearly identified **alcohol** as causing the most problems in the community, followed by **heroin/other opioids** and **prescription medications**.

SUBSTANCES VIEWED AS MOST PROBLEMATIC IN THE COMMUNITY (Among Key Informants Rating Substance Abuse as a “Major Problem”)	
ALCOHOL	47.1%
HEROIN OR OTHER OPIOIDS	29.4%
PRESCRIPTION MEDICATIONS	11.8%
OVER-THE-COUNTER MEDICATIONS	5.9%
CLUB DRUGS (E.G. MDMA, GHB, ECSTASY, MOLLY)	5.9%



TOBACCO USE

ABOUT TOBACCO USE

More than 16 million adults in the United States have a disease caused by smoking cigarettes, and smoking-related illnesses lead to half a million deaths each year.

Most deaths and diseases from tobacco use in the United States are caused by cigarettes. Smoking harms nearly every organ in the body and increases the risk of heart disease, stroke, lung diseases, and many types of cancer. Although smoking is widespread, it's more common in certain groups, including men, American Indians/Alaska Natives, people with behavioral health conditions, LGBT people, and people with lower incomes and education levels.

Several evidence-based strategies can help prevent and reduce tobacco use and exposure to secondhand smoke. These include smoke-free policies, price increases, and health education campaigns that target large audiences. Methods like counseling and medication can also help people stop using tobacco.

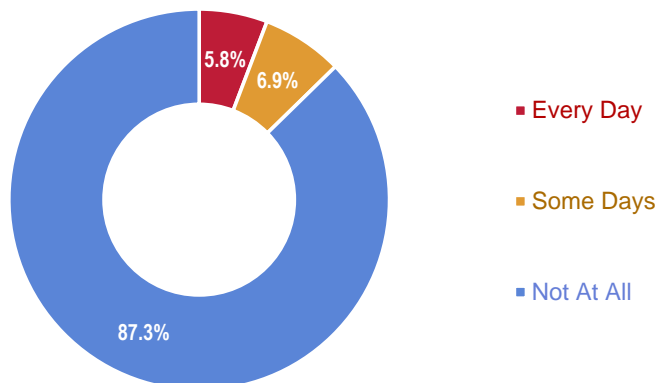
– Healthy People 2030 (<https://health.gov/healthypeople>)

Cigarette Smoking

Cigarette Smoking Prevalence

A total of 12.7% of Lake County adults currently smoke cigarettes, either regularly (every day) or occasionally (on some days).

Cigarette Smoking Prevalence
(Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 40]
Notes: • Asked of all respondents.



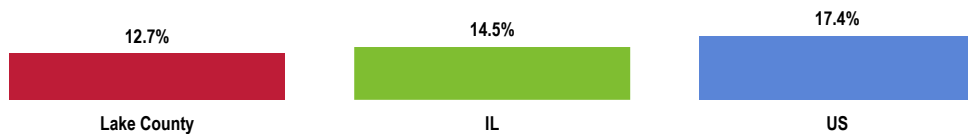
Note the following findings related to cigarette smoking prevalence in Lake County.

BENCHMARK ► Significantly lower than the national prevalence.

DISPARITY ► More prevalent in younger adults and (especially) those in lower-income households.

Current Smokers

Healthy People 2030 = 5.0% or Lower



Sources:

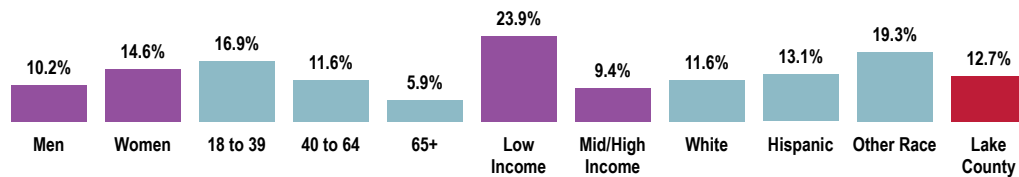
- 2022 PRC Community Health Survey, PRC, Inc. [Item 40]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- Asked of all respondents.
- Includes regular and occasional smokers (those who smoke cigarettes every day or on some days).

Current Smokers (Lake County, 2022)

Healthy People 2030 = 5.0% or Lower



Most current smokers (67.6%) were advised to quit in the past year by a health care professional.

Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 40]
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

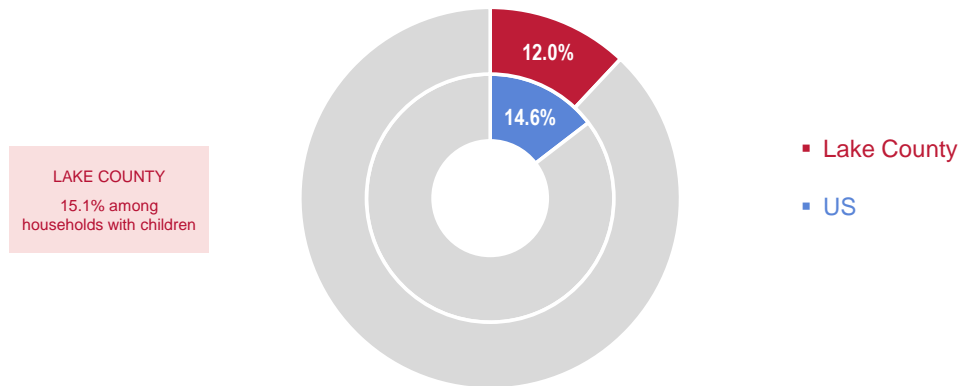
- Asked of all respondents.
- Includes regular and occasional smokers (every day and some days).



Environmental Tobacco Smoke

Among all surveyed households in Lake County, 12.0% report that someone has smoked cigarettes in their home on an average of four or more times per week over the past month.

Member of Household Smokes at Home

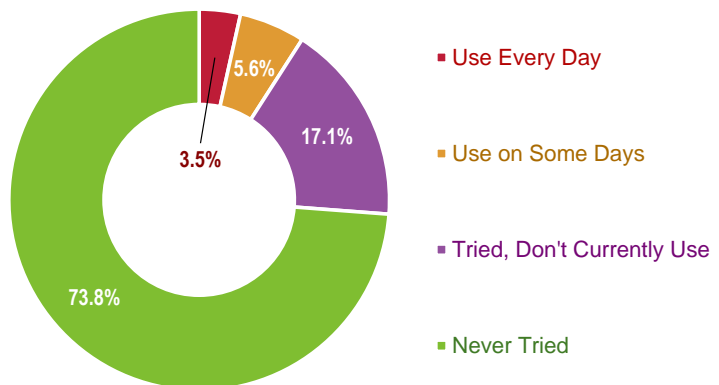


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 43]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• "Smokes at home" refers to someone smoking cigarettes, cigars, or a pipe in the home an average of four or

Use of Vaping Products

Most Lake County adults have never tried electronic cigarettes (e-cigarettes) or other electronic vaping products.

Use of Vaping Products (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 135]
Notes: • Asked of all respondents.

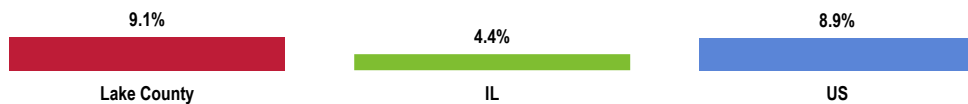


However, 9.1% currently use vaping products either regularly (every day) or occasionally (on some days).

BENCHMARK ► Higher than the statewide prevalence.

DISPARITY ► Particularly high among adults under the age of 40, as well as among lower-income residents.

Currently Use Vaping Products (Every Day or on Some Days)



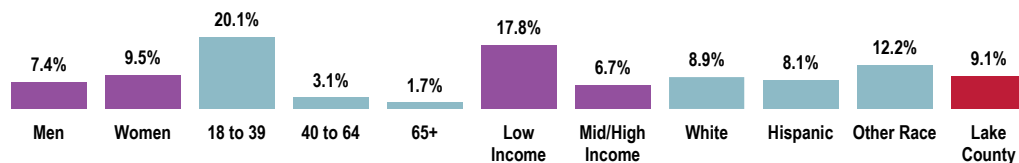
Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 135]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents.
- Includes regular and occasional users (those who smoke e-cigarettes every day or on some days).

Currently Use Vaping Products (Lake County, 2022)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 135]

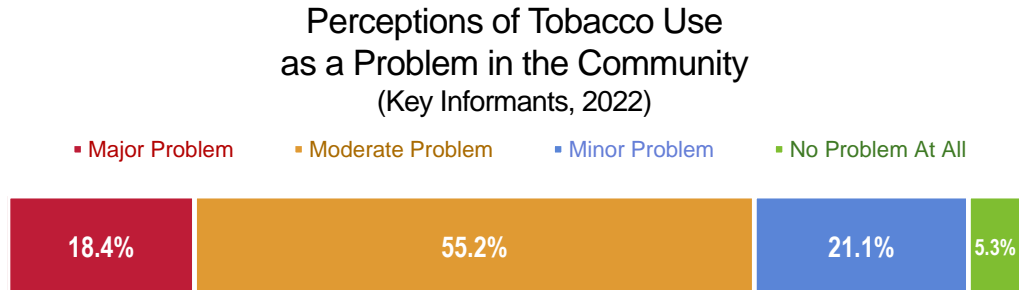
Notes:

- Asked of all respondents.
- Includes regular and occasional users (those who smoke e-cigarettes every day or on some days).



Key Informant Input: Tobacco Use

The greatest share of key informants taking part in an online survey characterized *Tobacco Use* as a “moderate problem” in the community.



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Contributing Factors

People aren't considerate of the health of others when consuming tobacco. It's too easy to access and people don't follow the no-smoking rules when in public. Lung disease due to consuming tobacco. There is risk to the entire family because of secondhand smoke. - Social Service Provider
Due to the easy access in the market and the terrible damage it causes to the health of the consumers of these products. - Community Leader

Awareness/Education

Lack of awareness of harmful effects. - Physician

E-Cigarettes

Vaping is an epidemic in our teenagers and youth. Too accessible and addictive. - Social Service Provider

Impact on Quality of Life

Tobacco use is a major issue because it can lead to so many other chronic and life-threatening diseases. - Community Leader

Incidence/Prevalence

High incidence of smoking related diseases such as lung cancer, heart diseases, and stroke. - Community Leader



SEXUAL HEALTH

ABOUT HIV & SEXUALLY TRANSMITTED INFECTIONS

Although many sexually transmitted infections (STIs) are preventable, there are more than 20 million estimated new cases in the United States each year — and rates are increasing. In addition, more than 1.2 million people in the United States are living with HIV (human immunodeficiency virus).

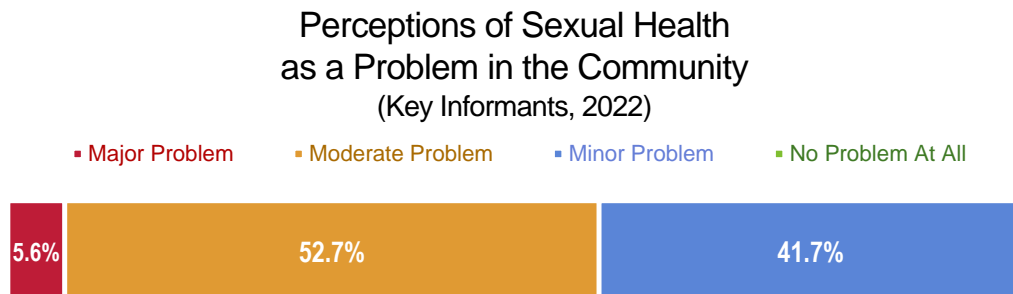
Adolescents, young adults, and men who have sex with men are at higher risk of getting STIs. And people who have an STI may be at higher risk of getting HIV. Promoting behaviors like condom use can help prevent STIs.

Strategies to increase screening and testing for STIs can assess people's risk of getting an STI and help people with STIs get treatment, improving their health and making it less likely that STIs will spread to others. Getting treated for an STI other than HIV can help prevent complications from the STI but doesn't prevent HIV from spreading.

– Healthy People 2030 (<https://health.gov/healthypeople>)

Key Informant Input: Sexual Health

A majority of key informants taking part in an online survey characterized *Sexual Health* as a “moderate problem” in the community.



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.

Among the respondent rating this issue as a “major problem,” reasons related to the following:

Teen Pregnancy

■ Increase in STI and teen pregnancy. - Community Leader





ACCESS TO HEALTH CARE

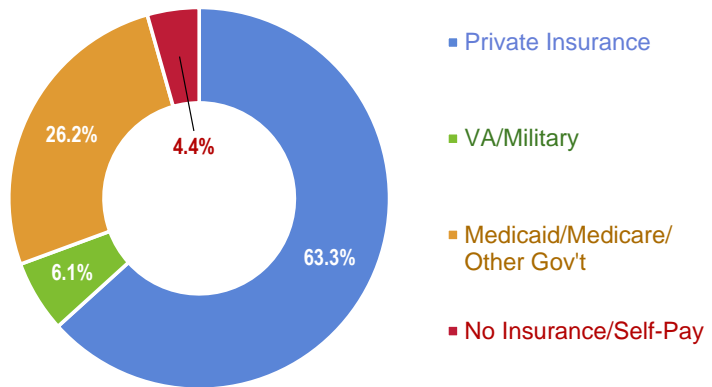
HEALTH INSURANCE COVERAGE

Type of Health Care Coverage

Survey respondents were asked a series of questions to determine their health care insurance coverage, if any, from either private or government-sponsored sources.

A total of 63.3% of Lake County adults age 18 to 64 report having health care coverage through private insurance. Another 32.3% report coverage through a government-sponsored program (e.g., Medicaid, Medicare, military benefits).

Health Care Insurance Coverage
(Adults Age 18-64; Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 137]
Notes: • Reflects respondents age 18 to 64.



Lack of Health Insurance Coverage

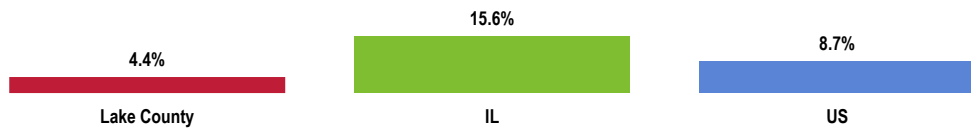
Among adults age 18 to 64, 4.4% report having no insurance coverage for health care expenses.

BENCHMARK ► Significantly better than is found either statewide or nationally.

DISPARITY ► Younger adults and those with lower incomes remain the most likely to be uninsured.

Lack of Health Care Insurance Coverage (Adults Age 18-64)

Healthy People 2030 = 7.9% or Lower

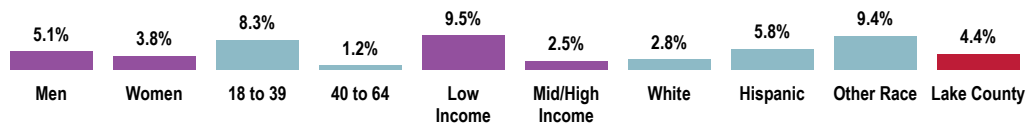


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 137]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSS Illinois data.
 • 2020 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents under the age of 65.

Lack of Health Care Insurance Coverage (Adults Age 18-64; Lake County, 2022)

Healthy People 2030 = 7.9% or Lower



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 137]
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes: • Asked of all respondents under the age of 65.



DIFFICULTIES ACCESSING HEALTH CARE

ABOUT HEALTH CARE ACCESS

Many people in the United States don't get the health care services they need. ...About 1 in 10 people in the United States don't have health insurance. People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need. Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.

Sometimes people don't get recommended health care services, like cancer screenings, because they don't have a primary care provider. Other times, it's because they live too far away from health care providers who offer them. Interventions to increase access to health care professionals and improve communication — in person or remotely — can help more people get the care they need.

– Healthy People 2030 (<https://health.gov/healthypeople>)

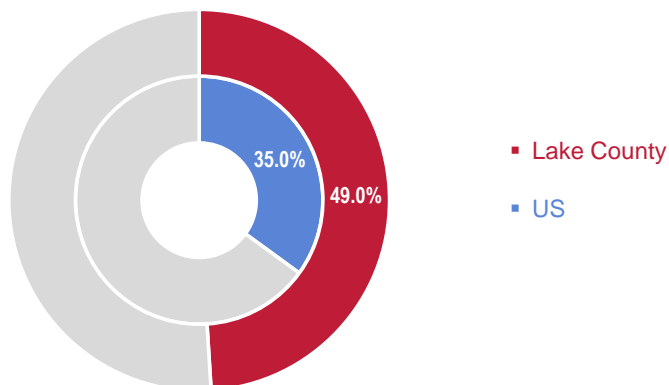
Difficulties Accessing Services

Nearly one-half (49.0%) of Lake County adults report some type of difficulty or delay in obtaining health care services in the past year.

BENCHMARK ► Dramatically higher than found nationally.

DISPARITY ► Increases to well over 50% among younger adults and those in lower-income households.

Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 140]

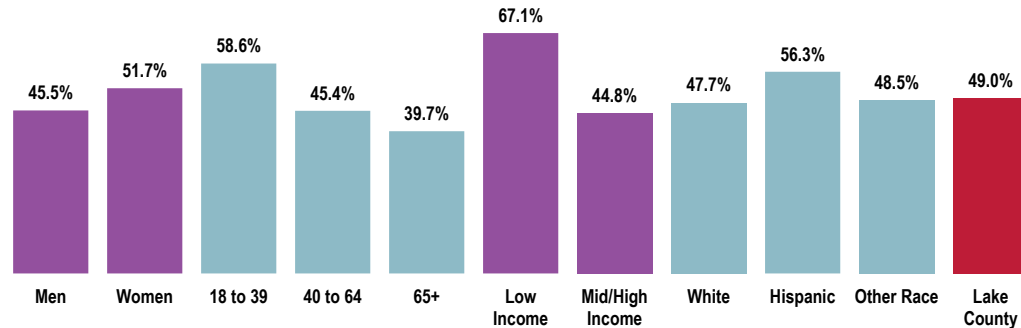
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

• Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.



Experienced Difficulties or Delays of Some Kind in Receiving Needed Health Care in the Past Year (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 140]

Notes: • Asked of all respondents.

• Percentage represents the proportion of respondents experiencing one or more barriers to accessing health care in the past 12 months.

Barriers to Health Care Access

Of the tested barriers, appointment availability impacted the greatest share of Lake County adults, followed by inconvenient office hours, and ability to find a doctor.

BENCHMARK ► For each of the three barriers mentioned above, the local impact is significantly greater than found nationally.

Note also the percentage of adults who have skipped or reduced medication doses in the past year in order to stretch a prescription and save costs.

To better understand health care access barriers, survey participants were asked whether any of seven types of barriers to access prevented them from seeing a physician or obtaining a needed prescription in the past year.

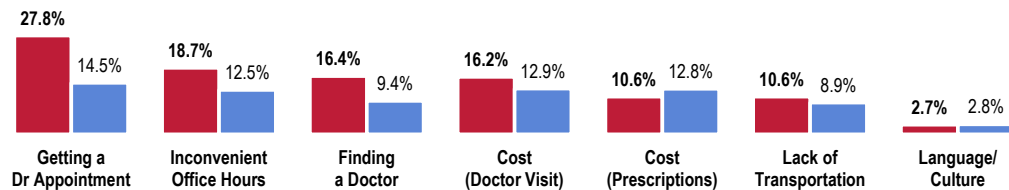
Again, these percentages reflect the total population, regardless of whether medical care was needed or sought.

Barriers to Access Have Prevented Medical Care in the Past Year

■ Lake County ■ US

LAKE COUNTY

In addition, 11.0% of adults have skipped doses or stretched a needed prescription in the past year in order to save costs.



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 7-13]

• 2020 PRC National Health Survey, PRC, Inc.

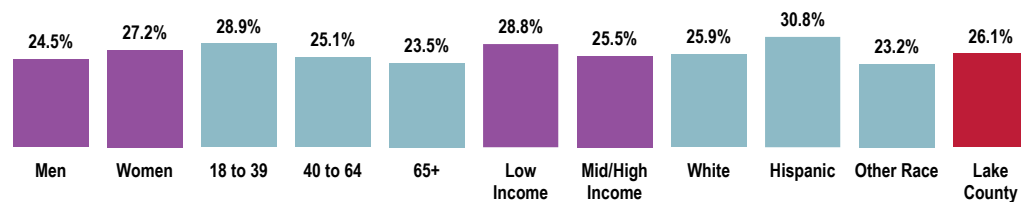
Notes: • Asked of all respondents.



Care Avoidance Due to the COVID-19 Pandemic

Over one-fourth (26.1%) of county residents report a time since the start of the pandemic when they needed medical care or had a medical appointment scheduled, but chose to avoid receiving care due to concerns about coronavirus/COVID-19.

Have Avoided Medical Care Because of Concerns Over COVID-19 (Lake County, 2022)



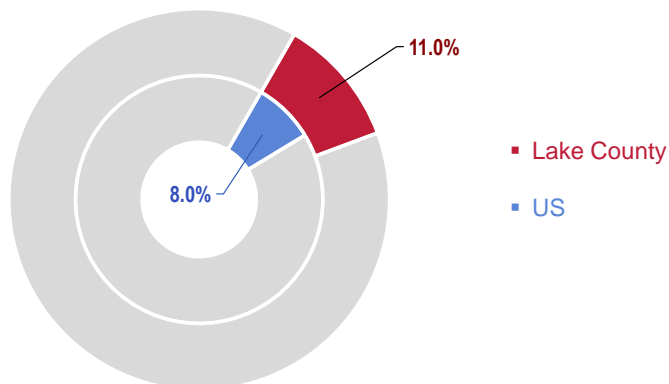
Sources: • 2021 PRC Community Health Survey, PRC, Inc. [Item 309]
Notes: • Asked of all respondents.
• Beginning of pandemic specified as March 2020.

Accessing Health Care for Children

A total of 11.0% of parents say there was a time in the past year when they needed medical care for their child but were unable to get it.

Had Trouble Obtaining Medical Care for Child in the Past Year (Parents of Children 0-17)

LAKE COUNTY	
Age 0-9	11.9%
Age 10-17	9.6%



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 104]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents with children 0 to 17 in the household.



Key Informant Input: Access to Health Care Services

Key informants taking part in an online survey most often characterized *Access to Health Care Services* as a “moderate problem” in the community.

Perceptions of Access to Health Care Services as a Problem in the Community (Key Informants, 2022)

■ Major Problem ■ Moderate Problem ■ Minor Problem ■ No Problem At All



Sources: ● PRC Online Key Informant Survey, PRC, Inc.
Notes: ● Asked of all respondents.

Among those rating this issue as a “major problem,” reasons related to the following:

Contributing Factors

- Transportation is a barrier that lacks access to health care. Also, access to primary care due to capacity issues at the local community health centers. - Community Leader
- Lack of transportation, flexible scheduling for first or second shift positions, and health care locations in all areas of Lake County. - Community Leader
- Access to reliable transportation to get to and from appointments is a major issue for many of our residents. Additionally, a number of people do not have access to a medical home, which makes it difficult for patients to receive care or preventative education/services as well as increased emergency calls and visits to the emergency department. Another major issue is having a qualified workforce to provide culturally competent care to the diverse needs of our community residents. People may not feel comfortable accessing care from someone who does not speak their language, regardless of interpretation services. Lastly, there is a lack of trust of the medical community among our Black and brown neighbors. If we truly want to move the needle on increasing access to healthcare, trust needs to be the foundation of that. - Community Leader
- Transportation, health literacy and language barriers. - Community Leader
- One, the lack of health insurance among some residents, especially undocumented immigrants. Two, limited transportation options, especially east-west. Three, limited language and cultural competency. - Community Leader
- Lack of/inadequate insurance, physicians accepting new patients, access to quality care, transportation, and health literacy. - Community Leader
- Regarding the Latino community, lack of medical insurance, transportation, trust in the health system, inequity. - Community Leader
- Language barrier, insurance, education, and transportation. - Community Leader
- Availability of services, transportation, language, documentation, lack of pediatric specialty services for children, parent involvement. - Community Leader
- Affordability, access, transportation and available appointments are challenges that were present even during “normal” times, all are increased challenges now during the pandemic. - Community Leader
- Many subspecialties have long wait times for new patients, and are mostly available only to patients with insurance. Mental health and substance abuse resources remain woefully inadequate in Lake County (good facilities/programs but too few of them). Most of our patients require cars for transportation but this is a challenge for the disabled or those who cannot drive for medical or legal reasons. We do have reasonable provisions for primary care, but continuity of care suffers significantly for our uninsured/under-insured population. - Physician



Vulnerable Populations

Precarious Work: Jobs that are unstable, unpredictable, or otherwise unhealthy for workers. Workers in precarious jobs often do not have access to paid sick leave, health insurance, unemployment insurance, retirement, or other benefits that promote healthy lifestyles, and many work in low-income industries that trap workers and their families in poverty. Accessing preventative care or treating chronic diseases is difficult due to lack of insurance or PTO, and so workers default to the emergency room as their primary source of care. Thousands of Lake County workers are employed in these types of jobs, especially in the manufacturing, hospitality, retail, transportation, gig, and service industries. These workers are disproportionately women, immigrants, and people of color. - Public Health Expert

Health disparities based on race and social/structural determinants of health. - Physician

The African American and Latinx communities in the county have reasons to distrust the healthcare systems. Access to healthcare does not mean quality healthcare. In addition, there is a large number of undocumented members of our community that lack any type of healthcare coverage. Transportation and lack of Spanish-speaking providers are an issue. We also have an erroneous idea that just because we have a health department and non for profit entities providing care, we have access. that is not the case. It takes a long time to get seen and get an appointment. - Community Leader

LGBTQ+ Healthcare Services

Gender affirming care for trans individuals and LGBTQ+ knowledgeable doctors. We shouldn't have to go all the way to Chicago for competent providers when there are good hospitals in Lake County. - Community Leader

LGBTQ care and community access to information on HIV prevention. - Community Leader

Affordable Care/Services

Patients ability to access affordable health care, able to receive follow up for this health care, and also affording prescriptions. Unfortunately many patients are unable to afford health care, and this results in limited care until small chronic issues such as diabetes, hypertension, obesity, chronic pain, etc. become major problems. With patients limited access, they not only wait until they have major issues before seeking a doctor, but when they do have these major issues, it becomes hard to address them because of their limited access to health care. As a primary care physician our goal is to prevent disease and take care of chronic issues, along with improving the lifestyle and health of our community. With limited access to resources, limited health care coverage, and patients not seeking doctors until having major issues, it becomes hard to practice preventative medicine. - Physician

Insurance Issues

The main challenge is that most people do not have access to health insurance, in addition to the costs of health services for people who do not have health insurance. Also the fact that many undocumented people find it even more difficult to access health services despite the fact that many of them suffer from chronic illnesses. - Community Leader

Health Literacy

Health literacy and ability of average people to navigate complicated health system. - Public Health Expert

Specialty Care

Specialty care access for the uninsured and underinsured. - Public Health Expert

Health Disparities

Health disparities based on race and social/structural determinants of health. - Physician



PRIMARY CARE SERVICES

ABOUT PREVENTIVE CARE

Getting preventive care reduces the risk for diseases, disabilities, and death — yet millions of people in the United States don't get recommended preventive health care services.

Children need regular well-child and dental visits to track their development and find health problems early, when they're usually easier to treat. Services like screenings, dental check-ups, and vaccinations are key to keeping people of all ages healthy. But for a variety of reasons, many people don't get the preventive care they need. Barriers include cost, not having a primary care provider, living too far from providers, and lack of awareness about recommended preventive services.

Teaching people about the importance of preventive care is key to making sure more people get recommended services. Law and policy changes can also help more people access these critical services.

— Healthy People 2030 (<https://health.gov/healthypeople>)

Specific Source of Ongoing Care

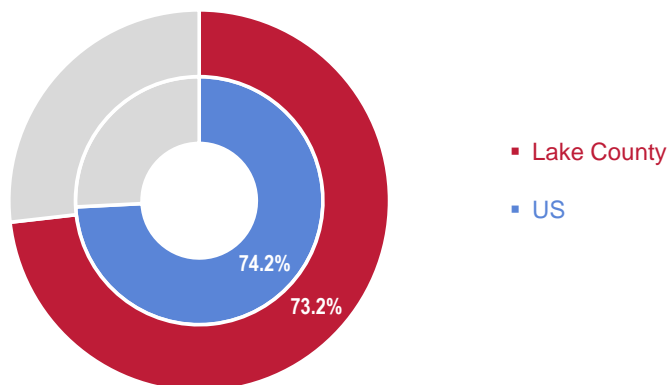
Nearly three-fourths (73.2%) of Lake County adults were determined to have a specific source of ongoing medical care.

BENCHMARK ► Fails to satisfy the Healthy People 2030 objective.

DISPARITY ► Men, younger adults, and those living at lower incomes are less likely to have a specific source of care (not shown).

Have a Specific Source of Ongoing Medical Care

Healthy People 2030 = 84.0% or Higher



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 139]
- 2020 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- Asked of all respondents.

Having a specific source of ongoing care includes having a doctor's office, clinic, urgent care center, walk-in clinic, health center facility, hospital outpatient clinic, HMO or prepaid group, military/VA clinic, or some other kind of place to go if one is sick or needs advice about his or her health. This resource is crucial to the concept of "patient-centered medical homes" (PCMH).

A hospital emergency room is not considered a specific source of ongoing care in this instance.



Utilization of Primary Care Services

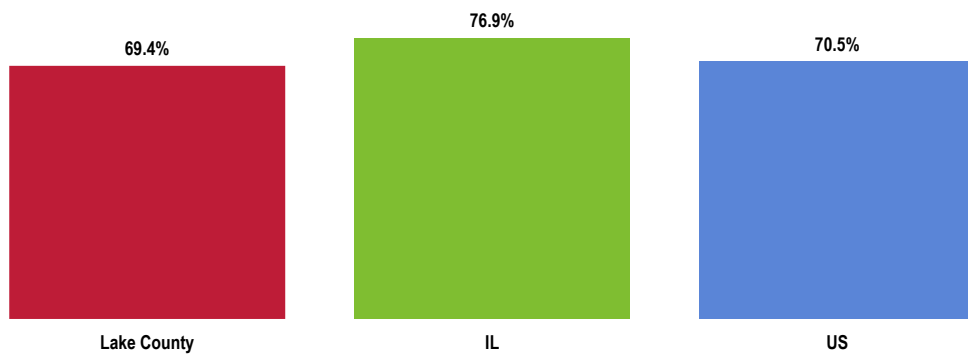
Adults

Over two-thirds (69.4%) of adults have visited a physician for a routine checkup in the past year.

BENCHMARK ► Lower than is found across Illinois.

DISPARITY ► Lower in Lake County among younger adults, as well as White or Hispanic respondents.

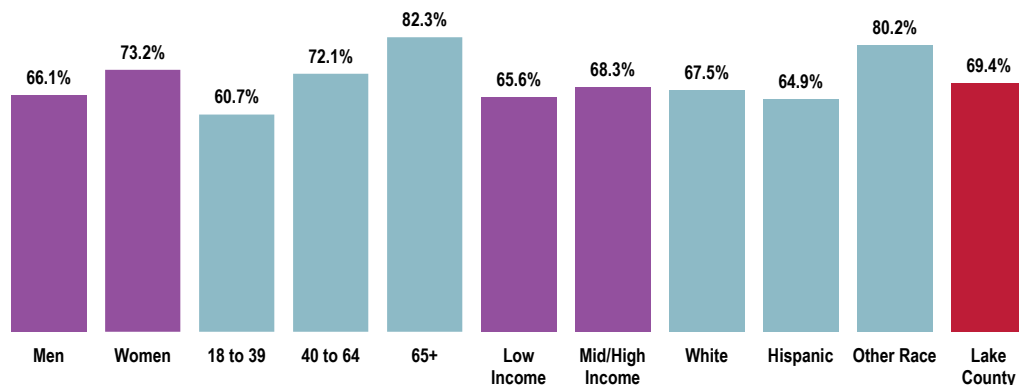
Have Visited a Physician for a Checkup in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 18]
• Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSYSR Illinois data.
• 2020 PRC National Health Survey, PRC, Inc.

Notes: • Asked of all respondents.

Have Visited a Physician for a Checkup in the Past Year (Lake County, 2022)



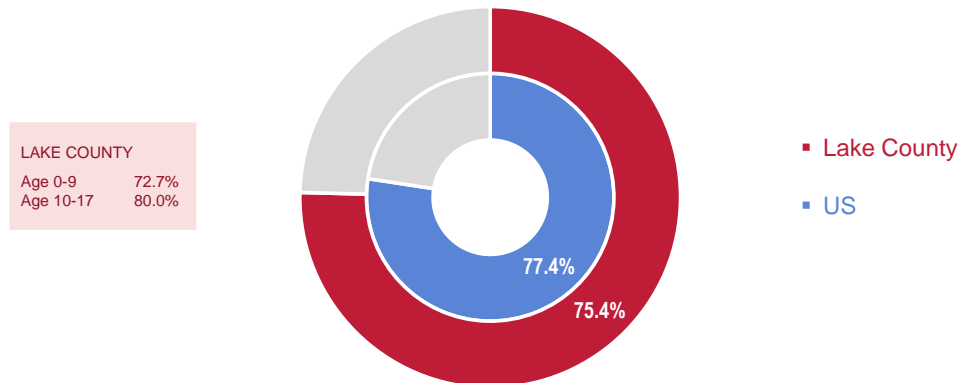
Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 18]
Notes: • Asked of all respondents.



Children

Among surveyed parents, 75.4% report that their child has had a routine checkup in the past year.

Child Has Visited a Physician for a Routine Checkup in the Past Year (Parents of Children 0-17)



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 105]
- 2020 PRC National Health Survey, PRC, Inc.

Notes:

- Asked of all respondents with children 0 to 17 in the household.

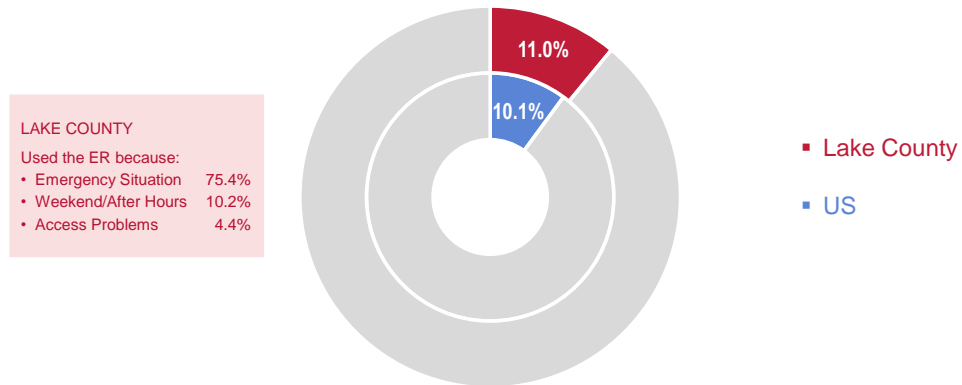


EMERGENCY ROOM UTILIZATION

A total of 11.0% of Lake County adults have gone to a hospital emergency room more than once in the past year about their own health.

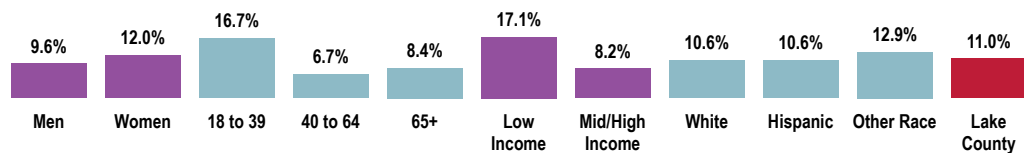
DISPARITY ► Emergency room utilization appears highest among younger adults and lower-income populations.

Have Used a Hospital Emergency Room More Than Once in the Past Year



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Items 22, 301]
 • 2020 PRC National Health Survey, PRC, Inc.
 Notes: • Asked of all respondents.

Have Used a Hospital Emergency Room More Than Once in the Past Year (Lake County, 2022)



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 22]
 Notes: • Asked of all respondents.



ORAL HEALTH

ABOUT ORAL HEALTH

Tooth decay is the most common chronic disease in children and adults in the United States. ...Regular preventive dental care can catch problems early, when they're usually easier to treat. But many people don't get the care they need, often because they can't afford it. Untreated oral health problems can cause pain and disability and are linked to other diseases.

Strategies to help people access dental services can help prevent problems like tooth decay, gum disease, and tooth loss. Individual-level interventions like topical fluorides and community-level interventions like community water fluoridation can also help improve oral health. In addition, teaching people how to take care of their teeth and gums can help prevent oral health problems.

– Healthy People 2030 (<https://health.gov/healthypeople>)

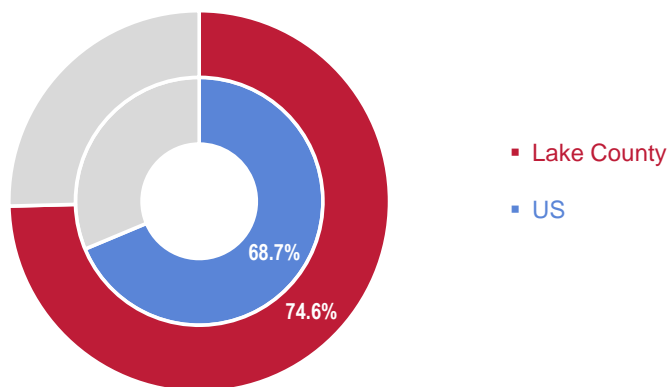
Dental Insurance

Nearly three-fourths (74.6%) of Lake County adults have dental insurance that covers all or part of their dental care costs.

BENCHMARK ► Well above the national prevalence and satisfying the Healthy People 2030 goal.

DISPARITY ► Older adults (65+) and lower-income residents are less likely to have dental insurance coverage (not shown).

**Have Insurance Coverage
That Pays All or Part of Dental Care Costs**
Healthy People 2030 = 59.8% or Higher [Adults <65]



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 21]
• 2020 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
Notes: • Asked of all respondents.



Dental Care

Adults

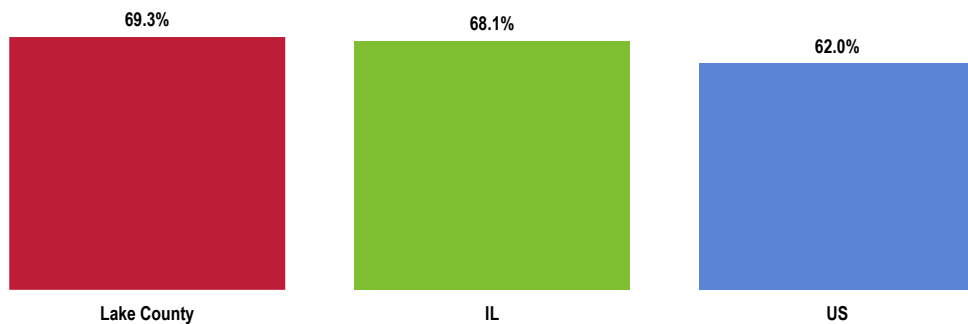
A total of 69.3% of Lake County adults have visited a dentist or dental clinic (for any reason) in the past year.

BENCHMARK ► Better than found nationally.

DISPARITY ► Particularly low among younger adults and (especially) those living below 200% of the federal poverty level. Also low among individuals without dental insurance coverage.

Have Visited a Dentist or Dental Clinic Within the Past Year

Healthy People 2030 = 45.0% or Higher



Sources:

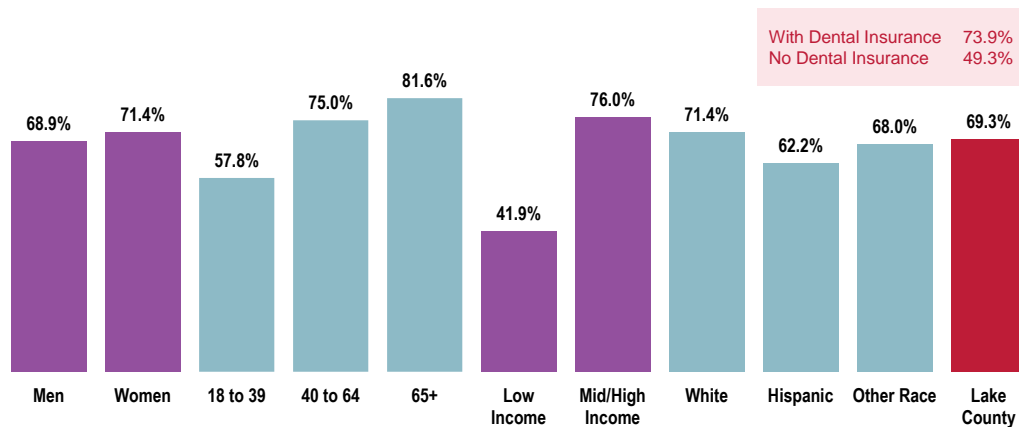
- 2022 PRC Community Health Survey, PRC, Inc. [Item 20]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): BRFSSYR Illinois data.
- 2020 PRC National Health Survey, PRC, Inc.
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- Asked of all respondents.

Have Visited a Dentist or Dental Clinic Within the Past Year (Lake County, 2022)

Healthy People 2030 = 45.0% or Higher



Sources:

- 2022 PRC Community Health Survey, PRC, Inc. [Item 20]
- US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Notes:

- Asked of all respondents.



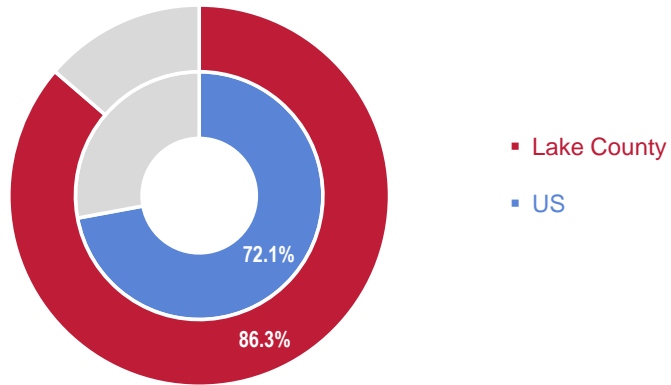
Children

A total of 86.3% of parents report that their child (age 2 to 17) has been to a dentist or dental clinic within the past year.

BENCHMARK ► Much better than found nationally.

Child Has Visited a Dentist or Dental Clinic Within the Past Year (Parents of Children Age 2-17)

Healthy People 2030 = 45.0% or Higher

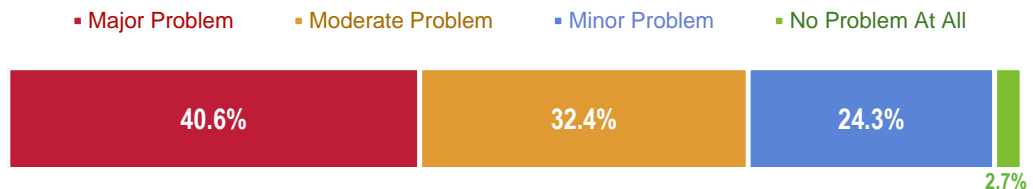


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 108]
• 2020 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
Notes: • Asked of all respondents with children age 2 through 17.

Key Informant Input: Oral Health

Key informants taking part in an online survey most often characterized *Oral Health* as a “major problem” in the community.

Perceptions of Oral Health as a Problem in the Community (Key Informants, 2022)



Sources: • PRC Online Key Informant Survey, PRC, Inc.
Notes: • Asked of all respondents.



Among those rating this issue as a “major problem,” reasons related to the following:

Access to Care for Uninsured/Underinsured

Difficult to get routine dental checkups because there aren't enough providers who will see you without insurance. Getting emergency help is a problem because they have to pay out-of-pocket to someone who would be available. Would be helpful to have a dental emergency room for these situations. - Social Service Provider

Lack of access to affordable dental care, particularly if you are on Medicare or are uninsured. - Public Health Expert

Very limited resources in Lake County to get timely dental care without insurance or Medicaid. - Social Service Provider

Few dentists willing to serve uninsured patients. - Community Leader

Limited access for uninsured and vulnerable patients. - Physician

There are not enough providers for low income families, especially children. - Community Leader

Access to oral care/dental care for uninsured individuals, especially in the Eastern and Northeastern parts of the county (Waukegan, Park City, North Chicago, Zion, Fox Lake, etc.). - Community Leader

Contributing Factors

Dental health is a challenge due to the cost and the lack of affordable places to get care. It takes a long time to get care at the LCHD and Spanish speaking providers are few. - Community Leader

High costs of dental and oral treatments and also little access to information for oral health care. - Community Leader

Access to Care/Services

Lack of services, lack of providers, lack of insurance. - Community Leader

Impact on Quality of Life

It has an effect on overall health and dental visits are way down the list for those living in poverty. - Community Leader

Incidence/Prevalence

Increase in children in need of dental assistance. - Community Leader

Insurance Barriers

Many patients have described difficulties with finding providers in network, especially oral surgeons. - Physician

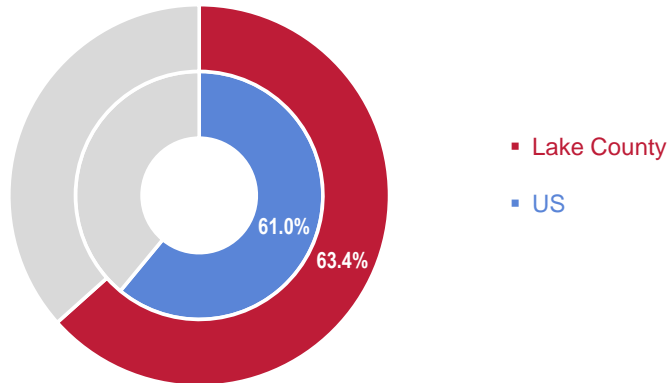


VISION CARE

A total of 63.4% of Lake County residents had an eye exam in the past two years during which their pupils were dilated.

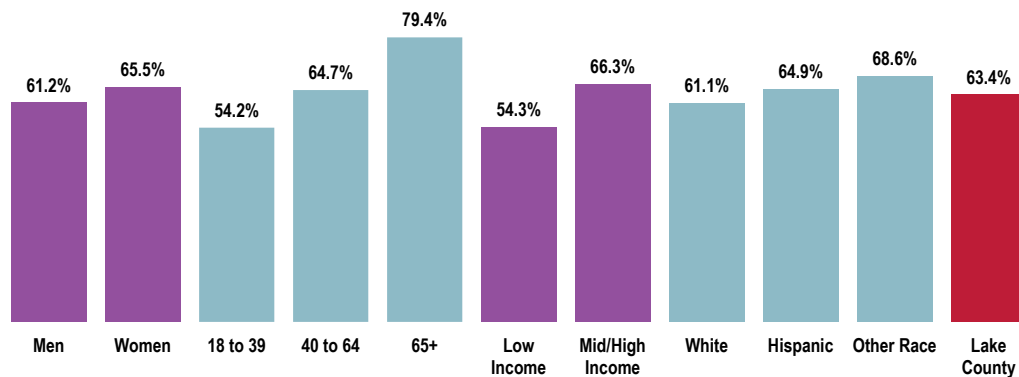
DISPARITY ► Less prevalent among younger adults and lower-income residents.

Had an Eye Exam in the Past Two Years During Which the Pupils Were Dilated
Healthy People 2030 = 61.1% or Higher



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 19]
• 2020 PRC National Health Survey, PRC, Inc.
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
Notes: • Asked of all respondents.

Had an Eye Exam in the Past Two Years During Which the Pupils Were Dilated
(Lake County, 2022)
Healthy People 2030 = 61.1% or Higher



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 19]
• US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>
Notes: • Asked of all respondents.



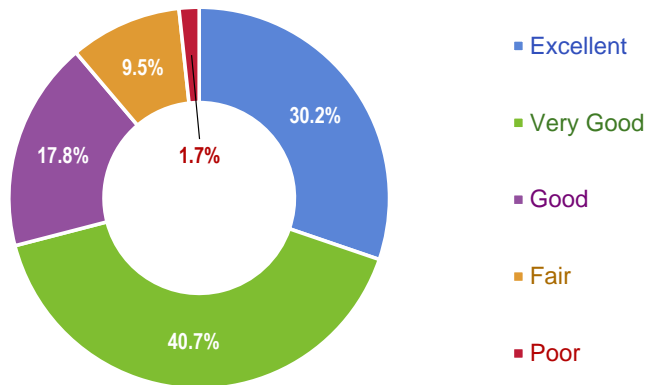


LOCAL RESOURCES

PERCEPTIONS OF LOCAL HEALTH CARE SERVICES

Most Lake County adults rate the overall health care services available in their community as “excellent” or “very good.”

**Rating of Overall Health Care
Services Available in the Community
(Lake County, 2022)**

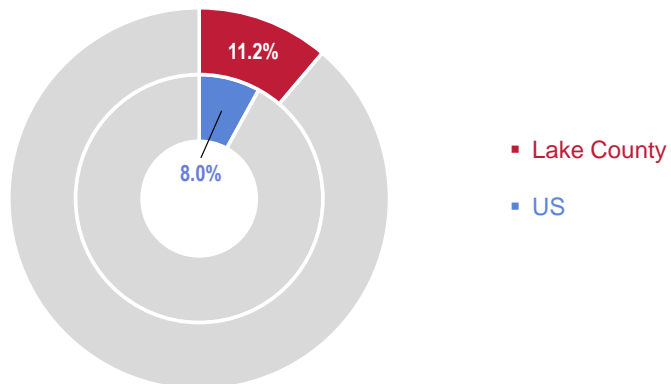


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 6]
Notes: • Asked of all respondents.

However, 11.2% of residents characterize local health care services as “fair” or “poor.”

DISPARITY ► Lower-income residents are particularly critical of local health care services, as are those who have encountered recent difficulty accessing health care. Older adults are least critical in their ratings.

Perceive Local Health Care Services as “Fair/Poor”

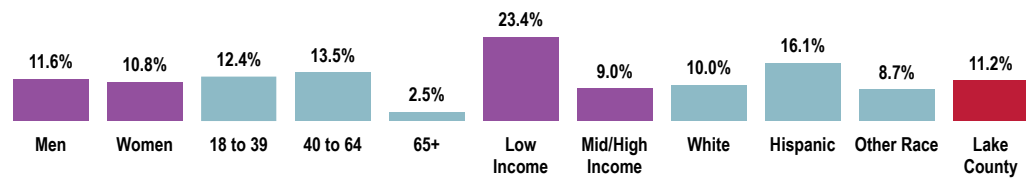


Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 6]
• 2020 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.



Perceive Local Health Care Services as “Fair/Poor” (Lake County, 2022)

With Access Difficulty 18.7%
No Access Difficulty 4.0%



Sources: • 2022 PRC Community Health Survey, PRC, Inc. [Item 6]
Notes: • Asked of all respondents.



HEALTH CARE RESOURCES & FACILITIES

Resources Available to Address the Significant Health Needs

The following represent potential measures and resources (such as programs, organizations, and facilities in the community) identified by key informants as available to address the significant health needs identified in this report. This list only reflects input from participants in the Online Key Informant Survey and should not be considered to be exhaustive nor an all-inclusive list of available resources.

Access to Health Care Services

211
Anitoch Area Accessibility Alliance
Catholic Charities
Community Health Workers
Erie Clinic
Erie Family Health Centers
Erie HealthReach
Federally Qualified Health Centers
Hospitals
Josselyn Center
Lake County Health Department
Mano a Mano
Mano a Mano Family Resource Center
Mano a Mano Healthy Families Program
Mobile Integrated Healthcare
NAMI
NICASA Organization
Northwestern Medicine
Northwestern Medicine Lake Forest Hospital
Now-Pow
Oak Street Health
Patient and Insurance Navigators
Rosalind Franklin University
Round Lake Area Public Library
Round Lake School District
School System
Staben House
YMCA/YWCA

Lake County Public Health Department
Lovell Federal Health Care Center
Mano a Mano Family Resource Center
Northwestern Medicine Lake Forest Hospital
Rosalind Franklin University
YMCA/YWCA

Coronavirus

211
Advocate Hospital
African American Community Partnership Group
Asociacion Comunitario Latino
Catholic Charities
Chicago Workers' Collaborative Public Health Program
Erie Family Health Centers
Erie Medical
Federal Health Care System
FERA
Food Pantries
Health Department
Healthcare Systems
IDPH
Lake County Health Department
Lake County Public Health Department
Mano a Mano
Mano a Mano Community Health Workers
Mano a Mano Family Resource Center
Mano a Mano Healthy Families Program
NM Outpatient Center
Nonprofit Programs
Northern Illinois Food Bank
Northwestern Medicine
Northwestern Medicine Lake Forest Hospital
PADS
Regional Office of Education
Roberti Community House
Rosalind Franklin University

Cancer

Advocate
American Cancer Society
Cancer Treatment Centers of America
Erie Clinic
Erie Family Health Centers
Lake County Health Department



- Round Lake School District
- School System
- Walgreens
- Waukegan Public Library
- Workforce Development
- YMCA/YWCA
- Youth and Family Counseling

- Public Aid
- Rosalind Franklin University
- Round Lake Area Public Library
- School System
- SNAP
- Vista Health Patient Education Program
- Waukegan Public Library
- YMCA/YWCA

Chronic Kidney Disease

- Advocate
- Erie Clinic
- Erie Family Health Centers
- Fresenius and Davita Dialysis Centers
- IDPH
- Lake County Health Department
- Rosalind Franklin University

Disabilities

- Doctor's Offices
- Erie Family Health Centers
- Federally Qualified Health Centers
- Hospitals
- Lake County Health Department
- Lake County Public Health Department
- Northwestern Medicine Lake Forest Hospital
- PADS
- Public Aid
- Public Library
- Rosalind Franklin University

Dementia/Alzheimer's Disease

- Lessons in Care

Diabetes

- Advocate
- Advocate Aurora Health
- Advocate Condell
- African American Community Partnership Group
- American Diabetes Association
- Beacon Place
- Catholic Charities
- Diabetes Health and Wellness Center
- Diabetic Educators
- Doctor's Offices
- Erie Clinic
- Erie Family Health Centers
- Erie Health Promotions
- Erie HealthReach
- Federally Qualified Health Centers
- Food Pantries
- George's Fresh Market
- Healthcare Systems
- Healthy Nutrition Programs
- Lake County Health Department
- Lake County Public Health Department
- Mano a Mano
- Mano a Mano DEEP
- Mano a Mano Family Resource Center
- Northern Illinois Food Bank
- Northwestern Medicine
- Northwestern Medicine Lake Forest Hospital
- Programs to Encourage Physical Activity

Infant Health and Family Planning

- Childcare Homes
- Doula Programs
- Erie Family Health Centers
- Erie HealthReach
- Home Visiting Programs
- Lake County Health Department
- Mountaintop Project

Heart Disease

- Advocate
- Advocate Aurora Health
- Advocate Condell
- Ambulance Services
- American Heart Association
- Condell Health
- Doctor's Offices
- Erie Clinic
- Erie Family Health Centers
- Erie HealthReach
- Hospitals
- Lake County Health Department
- Mano a Mano
- Mano a Mano Family Resource Center
- Northwestern Medicine
- Northwestern Medicine Lake Forest Hospital
- Parks and Recreation
- Roberti Community House



Rosalind Franklin University
YMCA/YWCA

Injury and Violence

A Safe Place
Beacon Place
Catholic Charities
Foss Park
Jail
Josselyn Center
Lake County Domestic Violence Council
Lake County Health Department
Mano a Mano Family Resource Center
NICASA Organization
North Chicago Community Partners
North Chicago Library
Police Department
School System
Teen Court
Zacharias Center

Mental Health

211
A Safe Place
Advocate Aurora Health
Art Impact Project
Aurora Health
Beacon Place
Bradley Center
CABS
College of Lake County
Community Health Workers
Condell Health
CYN Counseling Center
Doctor's Offices
Elgin
Erie Family Health Centers
Erie HealthReach
HPH Inpatient Psych
Independence Center
Inpatient Psychiatric Facilities
Josselyn Center
Lake County Behavioral Health Programs
Lake County Government
Lake County Health Department
Mental Health First Aid
NAMI
NICASA Organization
Nonprofit Programs
North Shore University System
Northwestern Hospital
Northwestern Medicine Lake Forest Hospital

Outpatient Psychiatrists
Perakis, Resis, Woods and Associates
Rosecrance
Round Lake Area Public Library
Round Lake School District
School System
TASC
Thresholds
Waukegan Public Library
YMCA/YWCA
Youth and Family Counseling
Zencare.com

Nutrition, Physical Activity, and Weight

Advocate Aurora Health
Advocate Condell
Advocate Good Shephard Hospital
Beacon Place
Churches
County and Local Municipality Planning
Departments
Erie Clinic
Erie Health Promotions
Erie HealthReach
Food Pantries
Foss Park
George's Fresh Market
Hospitals
Lake County Forest Preserve
Lake County Health Department
Local Community Gardens
Mano a Mano
Mano a Mano Family Resource Center
NAACP
North Chicago Community Partners
Northern Illinois Food Bank
Northwestern Medicine
Northwestern Medicine Lake Forest Hospital
Parks and Recreation
Roberti Community House
Rosalind Franklin University
Round Lake Area Public Library
Round Lake School District
School System
The Military System
University of Illinois Extension
WIC Program
YMCA/YWCA



Oral Health

- College of Lake County
- Dental Dreams
- Erie Clinic
- Erie Family Health Centers
- Erie HealthReach
- Lake County Health Department
- Rosalind Franklin University
- School System
- UIC
- Zion Benton Children's Services
- Zion Benton Dental Program

Sexual Health

- Lake County Health Department
- YMCA/YWCA

Tobacco Use

- Doctor's Offices
- Illinois Tobacco Quitline
- Lake County Health Department
- NICASA Organization

Substance Abuse

- AA/NA
- Advocate Aurora Health
- Allendale
- Compass
- CYN Counseling Center
- Erie HealthReach
- Gateway Foundation
- Josselyn Center
- Lake County Health Department
- Lake County Opioid Initiative
- Live4Lali
- NAMI
- NICASA Organization
- Police Department
- Rosecrance
- Round Lake Area Public Library

Respiratory Diseases

- Advocate
- Doctor's Offices
- Erie Clinic
- Erie Family Health Centers
- Lake County Health Department

