

COMMUNITY HEALTH IMPROVEMENT PLAN

MCLEAN COUNTY/ILLINOIS
2026-2028



McLean County IL

Community Health Improvement Plan

2026 – 2028

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I. Introduction from the McLean County Community Health Council's Executive Steering Committee

a) Philosophy and Development of Collaborative

The formation of the McLean County Community Health Council, and the decision for the four entities to collaborate to produce a joint community health needs assessment (CHNA) and joint community health improvement plan (CHIP), in April 2015, marked an important milestone for community health in McLean County. Prior to the formation of the Council, the two hospitals in McLean County and the McLean County Health Department each conducted their own community health needs assessments, resulting in three separate community health plans for the county. At the same time, United Way of McLean County conducted a broad-based community needs assessment. To better serve the community, the four organizations listed above decided to collaborate and develop a joint 2016 McLean County CHNA Report and joint McLean County 2017 – 2019 CHIP. For the 2019, 2022 and 2025 McLean County Community Health Needs Assessment, Chestnut Health Systems replaced United Way as the fourth partner for the joint reports. Chestnut Health Systems, like the hospitals, is required by federal guidelines to complete a community health needs assessment every three years. All four organizations are dedicated to working with partners to improve the health of the community and strongly believe in the philosophy of collaboration.

The Executive Steering Committee of the McLean County Community Health Council, consisting of at least one member from each of the four organizations required to complete periodic community health needs assessments (Carle BroMenn Medical Center, McLean County Health Department, OSF St. Joseph Medical Center and Chestnut Health Systems), was identified to lead this collaborative process and worked together to produce the 2025 McLean County Community Health Needs Assessment. The 2025 CHNA was posted on each organization's website for public access in August 2025. The McLean County Community Health Council met three times in 2025 to oversee the needs assessment and plan development as well as to monitor progress made through the three priority action teams formed for each of the three significant health needs identified through the needs assessment and subsequent McLean County Community Health Council meetings: Behavioral Health, Access to Care and Healthy Eating/Active Living.

The result of the third round of this collaborative process was the production of a joint community health needs assessment in 2025 followed by a joint community health improvement plan for McLean County for 2026 - 2028.

b) Community Health Improvement Plan Report Approval

Carle BroMenn Medical Center and OSF St. Joseph Medical Center are utilizing this joint Community Health Improvement Plan to meet their 2025 Community Health Needs Assessment and 2026 – 2028

Community Health Improvement/Implementation Plan requirements under 501(r) added to the Internal Revenue Code as part of the Patient Protection and Affordable Care Act. The McLean County Health Department will utilize the joint 2025 Community Health Needs Assessment and 2026 – 2028 Community Health Improvement Plan to meet Illinois Project for Local Assessment of Need requirements for local health department certification for 9/15/2022- 9/14/2027 by the Illinois Department of Public Health. Chestnut Health Systems will use these documents to meet their federal compliance requirement through the Health Resources Services Administration Bureau of Primary Care. Beyond meeting requirements, this collaborative approach will help many local organizations better serve the health needs of McLean County.

The 2026 – 2028 McLean County Community Health Improvement Plan is a joint implementation plan developed in partnership with representatives from over 25 organizations. The McLean County Community Health Council is comprised of 44 individuals representing the following sectors (county and city government, public health, social services, housing/unhoused, healthcare, education, business/economic development, faith community, youth and senior services and civic organizations/service clubs). The four entities represented in the Executive Steering Committee (Carle BroMenn Medical Center, the McLean County Health Department, OSF St. Joseph Medical Center and Chestnut Health Systems) are responsible for ensuring that the plan is implemented, and all are implied resources and partners for the plans addressing each significant health need.

The 2026 – 2028 McLean County Community Health Improvement Plan was approved by Carle Health Central Region Board on December 16, 2025, the McLean County Board of Health on January 14, 2026, Chestnut Health Systems' Board of Directors on January 28, 2026 and OSF HealthCare System's Board of Directors on January 26 , 2026.

The McLean County Community Health Council Executive Steering Committee reserves the right to amend this 2026 - 2028 Community Health Improvement Plan as needed to reflect each organization's role and responsibilities in executing the plan as well as the resources each organization is committing. In addition, certain significant health needs may become even more significant and require amendments to the strategies developed to address that need. Other entities or organizations in the community may develop programs to address the same health needs or joint programs may be adopted. Finally, in compliance with Internal Revenue Code Section 501(r) requirements for hospitals, Carle BroMenn Medical Center or OSF St. Joseph Medical Center may refocus the limited resources the organization committed to the plan to best serve the community.

Carle BroMenn Medical Center, the McLean County Health Department, OSF St. Joseph Medical Center and Chestnut Health Systems are the primary organizations responsible for guiding the 2026 – 2028 McLean County Community Health Improvement Plan that will be developed based upon the McLean County 2025 Community Health Needs Assessment. Like the 2023 - 2025 McLean County Community Health Improvement Plan, the 2026 – 2028 McLean County Community Health Improvement Plan was developed in partnership with other community social service agencies and organizations.

II. Acknowledgements

a) McLean County Community Health Council Executive Steering Committee

Representatives from the four primary organizations comprise the McLean County Community Health Council's Executive Steering Committee:

[Carle BroMenn Medical Center: Sally Gambacorta, MS, MA, Community Health Director](#)

Carle BroMenn Medical Center, a 200-bed hospital in Normal, Illinois, provides highly accessible, high-quality care to improve health in several central Illinois counties serving a total population of more than 227,000. Among its nearly 2,000 team members are more than 150 doctors and advanced practice providers. Carle BroMenn holds Magnet® designation for nursing excellence and is designated as a Primary Stroke Center. It is a part of Carle Health, an integrated system of healthcare services based in Urbana, Illinois, which includes eight, award-winning hospitals, multispecialty physician group practices, Carle Illinois College of Medicine, Methodist College and the Stephens Family Clinical Research Institute. Driven by a deep philanthropic spirit, Carle Health is dedicated to solving real-world health issues now and into the future.

Sally Gambacorta is the Community Health Director for Carle BroMenn Medical Center and Carle Eureka Hospital. Both hospitals are in central Illinois. She has worked for Carle BroMenn for 30 years in Community Health. Sally holds a Bachelor of Science degree in Business Administration from Augustana College, a Master of Science degree in Industrial/Organizational Science from Illinois State University and a Master of Arts degree in Leisure Studies with a concentration in Corporate Fitness and Health Promotion from the University of Iowa. In her community health role, Ms. Gambacorta is responsible for the community health needs assessment and community benefits at both hospitals. She has extensive experience collaborating with community partners to improve the health of the community. Ms. Gambacorta is a member of the McLean County Community Health Council Executive Steering Committee and facilitates the McLean County Behavioral Health Priority Action Team. She also serves on the board for the Partnership for a Healthy Community for Woodford, Tazewell and Peoria Counties.

[Chestnut Health Systems: Dietra Kulicke, BS, CHCEF, Vice President of Integrated Care](#)

Chestnut Health Systems™ offers prevention and community education, substance use treatment, mental health counseling, primary care, dental care, services for military veterans and their families and housing. Chestnut's Lighthouse Institute is a leader in substance use-related research. Chestnut was established in a house on West Chestnut Street in Bloomington, Illinois, in 1973. It started with two employees and offered a single healthcare service – substance use treatment for adults. In the years since, Chestnut has added four service lines, eight locations in central and southern Illinois and in Missouri and 800 employees. Chestnut believes that people who are underinsured and uninsured deserve the same high-quality care as those with greater access to resources. To that end, Chestnut Family Health Center, a Federally Qualified Health Center (FQHC), provides integrated primary, behavioral health and dental care with a focus on McLean County community members with limited

resources or who are living at or below 200 percent of Federal Poverty Guidelines. Chestnut has earned The Joint Commission's (TJC) Gold Seal of Approval®, which reflects the organization's commitment to providing safe and effective care. TJC has continuously accredited Chestnut since 1973.

Dietra Kulicke has over 33 years of experience in the healthcare industry. Ms. Kulicke has worked for Chestnut Health Systems since 1991 and has held a variety of clinical and non-clinical positions during her tenure. Ms. Kulicke was the Director of Chestnut Family Health Center from 2011 to 2019 before her transition into the vice president position. She is responsible for leadership and directing the provision of integrated prevention, medical, behavioral and dental services at Chestnut Health Systems' locations in Logan, Mason, McLean, Livingston, Ford, Grundy and Southern Will counties. Ms. Kulicke received her Bachelor of Science degree in Business Education from Bowling Green State University in Bowling Green, Ohio, in 1991. She completed the 11-month Community Health Center Executive Fellowship program through the University of Kansas Medical Center Department of Health Policy and Management in November 2012.

[McLean County Health Department: Jessica McKnight, Administrator and Megan Wilson, BS, Health Promotion Program Manager](#)

Since 1946, the McLean County Health Department has worked to protect and promote the health and wellness of McLean County citizens. The department serves the largest geographic county in Illinois, with more than 172,052 residents. Many people may never walk through the doors of the health department, but they all benefit from the various services offered as well as from the enforcement of local and state regulations that protect individuals and communities through the control of infectious diseases, sewage management, assurance of drinkable water and provision of accurate health information. The mission of the McLean County Health Department is to protect and promote health. This is accomplished through the provision of public health leadership, convening and collaborating with community partners and assuring strong business practices to create healthy people and healthy places.

Jessica McKnight has been the Administrator of the McLean County Health Department since January 2020. Ms. McKnight received her Bachelor of Science degree from Southern Illinois University Carbondale with a major in Speech Communication-Public Relations and minors in Marketing and Journalism and her Master of Public Administration degree from Southern Illinois University Edwardsville. Ms. McKnight has been in public health for over 10 years having previously been employed at Southern Illinois Healthcare Foundation, a Federally Qualified Health Center, in Bethalto Illinois and as the Assistant Director and then Director of the St. Francois County Health Center in Park Hills, Missouri.

Megan Wilson is the Health Promotion Program Manager at McLean County Health Department, with 10 years of experience in public health. She holds a Bachelor of Science degree in Social Work from Illinois State University. In her role, Megan leads a range of initiatives that support healthy living, including the Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program, the Illinois Tobacco-Free Communities Grant, and the McLean County Employee Wellness Program. She also oversees outreach efforts such as the mobile health unit and the distribution of educational resources to residents and community stakeholders. In addition to her program leadership, Megan stays involved in the community through several local committees and is the newest member of the Executive Steering Committee. Her work reflects a deep commitment to building healthier, more informed communities through education, outreach, and collaboration.

[OSF St. Joseph Medical Center: Jill Hanson-Murray, Manager of the Community Resource Center](#)

OSF St. Joseph Medical Center is a 177-bed acute care facility. The medical center has been serving Bloomington - Normal and the surrounding communities since 1880. OSF HealthCare is a Catholic, 17-hospital health system serving Illinois and the Upper Peninsula of Michigan, driven by the mission to serve with the greatest care and love. OSF St. Joseph Medical Center is fully accredited by The Joint Commission, an independent organization established to set the standards for measuring healthcare quality. OSF St. Joseph Medical Center is a designated Magnet® hospital. OSF St. Joseph Medical Center is part of OSF HealthCare System, an integrated health system owned and operated by The Sisters of the Third Order of St. Francis. In the spirit of Christ and the example of Francis of Assisi, the mission of OSF HealthCare is to serve persons with the greatest care and love in a community that celebrates the gift of life.

Jill Hanson-Murray is the Manager of the Community Resource Center at OSF St. Joseph Medical Center. With over 10 years of experience in the non-profit sector, she has focused on supporting vulnerable populations and promoting community well-being. Prior to this role, she worked as a Performance Improvement Specialist, managing hospital initiatives to optimize processes and outcomes. In her current position, Ms. Hanson-Murray leads program development, coordinates the community health needs assessment and improvement planning and manages community benefit reporting. She also oversees the Volunteer Services Department and the Communications team. Dedicated to improving public health, she focuses on creating impactful initiatives that enhance health education and encourage collaboration across community partners. She values strong partnerships that drive lasting positive change in the Bloomington–Normal community. In addition to her programmatic responsibilities, Ms. Hanson-Murray facilitates the Worksite Wellbeing Committee and contributes to local organizations such as the BN (Bloomington–Normal) Parents Coalition and Women Empowered. She holds a Bachelor of Business Administration, is a graduate of the Multicultural Leadership Program (MCLP), is a National Certified Guardian (NCG) and is currently pursuing a graduate certificate in Human Resources.

Additional Assistance to the Executive Steering Committee

In addition to the previously listed individuals serving on the Executive Steering Committee, Dr. Laurence G. Weinzimmer was contracted by OSF HealthCare for assistance during the community health needs assessment to conduct the 2024 McLean County Community Health Survey of adults, a primary data source for the needs assessment. Dr. Weinzimmer has a PhD. and is the Caterpillar Inc. Professor of Strategic Management in the Foster College of Business at Bradley University in Peoria, Illinois. An internationally recognized thought-leader in organizational strategy and leadership, he is a sought-after consultant to numerous Fortune 100 companies and not-for-profit organizations. Dr. Weinzimmer has authored over 100 academic papers and four books, including two national best sellers. His work appears in 15 languages, and he has been widely honored for his research accomplishments by many prestigious organizations, including the Academy of Management. Dr. Weinzimmer has served as principle investigator for numerous community assessments, including the United Way, Economic Development Council and numerous hospitals. His approach to community health needs assessments was identified by the Healthcare Financial Management Association (HFMA) as a best-in-practice methodology.

a) 2025 McLean County Community Health Council Members

The Executive Steering Committee would like to acknowledge and thank the following individuals and organizations that contributed their time as members of the McLean County Community Health Council to complete the joint 2025 McLean County Community Health Needs Assessment and the joint 2026 – 2028 McLean County Community Health Improvement Plan.

Organization	Name	Stakeholder Role
Bloomington Normal Boys & Girls Club	Elizabeth Holtz	Social service/youth
Bloomington Normal Economic Development Council	Patrick Hoban	Business development
Bloomington Normal Faith in Action	Darla Heath	Social service/seniors
Carle BroMenn Medical Center	Logan Frederick	Healthcare
Carle BroMenn Medical Center	Sally Gambacorta	Healthcare
Carle BroMenn Medical Center	Sarah Kolokolo	Healthcare
Carle BroMenn Medical Center	Angie McLaughlin	Healthcare
Carle BroMenn Medical Center	Chris Schilling	Healthcare
Chestnut Health Systems	Dietra Kulicke	Healthcare
City of Bloomington	Jason Greer	Fire department
City of Bloomington	William Bessler	City government
District 87	Leslie Blockman	Education/schools
East Central Illinois Area Agency on Aging	Mike O'Donnell	Social service/seniors
East Central Illinois Area Agency on Aging	Kathryn Johnson	Social service/seniors
EasterSeals of Central Illinois	Eric Glow	Social services/youth
Faith in Action	Darla Heath	Social services/seniors
Heartland Community College	Kelly Pyle	Education/schools
Heartland Community College	Susan Carl	Education/schools
Home Sweet Home Ministries	Matt Burgess	Social service/homeless
Home Sweet Home Ministries	Kathleen Lorenz	Social service/homeless
Illinois State University	Jackie Lanier	Education/schools
Illinois State University	Amelia Ennis	Education/schools
Illinois State University	Anne Alexander	Education/schools
Illinois State University	Alicia Wodika	Education/schools
Immigration Project	Rocio Peralta	Social services/immigrants
McLean County Government	Marita Landreth	County government, behavioral health
McLean County Health Department	Maureen Sollars	Public health
McLean County Health Department	Kim Anderson	Public health; maternal/child health
McLean County Health Department	Jessica McKnight	Public health
McLean County Health Department	Megan Wilson	Public health
McLean County Regional Planning Commission	Raymond Lai	County government/planning
NAACP of Bloomington Normal	Willie Holton-Halbert	Civic organization
NAACP of Bloomington Normal	Linda Foster	Civic organization
NAACP of Bloomington Normal	Charles Halbert	Civic organization

Organization	Name	Stakeholder Role
NAACP of Bloomington Normal	Ginny Riggins	Civic organization
OSF HealthCare System	Dawn Tuley	Healthcare
OSF St. Joseph Medical Center	Adrianna Ramirez	Healthcare
OSF St. Joseph Medical Center	Erin Kennedy	Healthcare
Project Oz	Joanne Glancy	Social service/youth
Regional Office of Education	Mark Jontry	Education/schools
Regional Office of Education	Trisha Malott	Education/schools
Town of Normal	Doug Damery	Parks & Recreation
The Baby Fold	Clete Winkelmann	Social service
The Salvation Army	Dan Leisher	Social service/homeless
The Salvation Army	Adam Lovell	Social service/homeless
Unit 5	Kristal Shelvin	Education/schools
YMCA	Brad Ruehrdanz	Social service
YWCA	Alicia Evans	Social service

III. Executive Summary - McLean County Joint Community Health Improvement Plan (2026 - 2028)

a) Statement of Purpose

The purpose of the 2026 – 2028 McLean County Community Health Improvement Plan is to improve the health of McLean County residents by developing and maintaining partnerships to implement community health improvement plan interventions, working together to encourage health and healthcare access awareness and to foster systemic approaches that will improve the health and well-being of county residents and the community.

With substantial support from the community, this fourth cycle of a joint Community Health Needs Assessment (2025) and Community Health Improvement Plan (2026 – 2028) process builds upon the considerable progress made during the first three cycles of the joint process, facilitated by representatives from Carle BroMenn Medical Center, Chestnut Health Systems, McLean County Health Department, and OSF St. Joseph Medical Center, which make up the Executive Steering Committee of the McLean County Community Health Council. The process receives input/oversight from the 44 members of the McLean County Community Health Council, with representation from 25 organizations from the following sectors: civic organizations/service clubs, county and city government, business/economic development, education, faith community, healthcare, housing, public health, social service youth services and senior services. The development and implementation of this 2026 – 2028 McLean County Community Health Improvement Plan is due in large part to the three priority action teams, with one team assigned to each of the three health priorities: behavioral health, access to care and healthy eating/active living. Each priority action team has between 38 and 52 members, with each a

stakeholder in the significant health need area and eager to continue their mission and journey to improve the health and well-being of McLean County residents.

b) Development Process for the Community Health Improvement Plan

The completion and approval of the joint 2025 McLean County Community Health Needs Assessment in the summer of 2025 included a summary of 2023 – 2025 Community Health Improvement Plan key accomplishments for the first two years of the plan (found [here](#) on pages 19 – 45) and the identification of three health priorities. It provided the groundwork for the development of the 2026 – 2028 McLean County Community Health Improvement Plan from September through December of 2025. Approvals of the document were attained by the McLean County Community Health Council on December 12, 2025, and all four governing bodies represented in the Executive Steering Committee by the end of January 2026.

For the development of the 2025 McLean County Community Health Needs Assessment, at least one member from each of the four primary organizations made up the Executive Steering Committee of the McLean County Community Health Council. The Executive Steering Committee met twice a month and analyzed an extensive quantity of both primary and secondary data in the fall and winter of 2024 – 2025. The Executive Steering Committee was able to analyze some additional hospital data at a more detailed level and through it was able to identify health disparities for gender, age, race/ethnicity and ZIP code for a variety of health outcomes.

In January and February 2025, the Executive Steering Committee presented six health issues to the McLean County Community Health Council during a series of three two-hour meetings. The McLean County Community Health Council consists of 44 individuals from 25 organizations in McLean County representing public entities, faith-based and private organizations, education, social service organizations, healthcare facilities, youth and senior services and city and regional planning. Although a standard prioritization methodology was not utilized at this stage in the process, the following factors were taken into consideration in the decision-making process when analyzing the data:

- Size of the issue.
- Rates worse than Illinois counties or state rate.
- Disparities by race/ethnicity, age and gender.
- Disparities by ZIP code.
- Percent of indicators trending unfavorably in a statistically significant direction.
- Data that does not meet Healthy People (HP) 2030 target.
- Does working on the issue impact other issues for collective impact?

The six significant health needs that rose to the top for McLean County are listed below in alphabetical order and were presented to the McLean County Community Health Council for eventual prioritization at three meetings held on January 30, February 13, and February 27, 2025:

- Access to Care.
- Behavioral Health (mental health and substance use).
- Chronic Disease.
- Healthy Eating and Active Living (exercise, nutrition, obesity and food access/insecurity).
- Infectious Disease.

- Oral Health.

The Executive Steering Committee facilitated three meetings of the McLean County Community Health Council to prioritize the health needs derived from the data analysis.

[January 30, 2025](#)

The purpose of the first meeting was to explain the collaborative nature of the joint 2025 Community Health Needs Assessment with Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center and the end goal of producing a joint community health improvement plan for McLean County. A feedback session was also conducted to solicit input from the council members for the top six issues in the county.

[February 13, 2025](#)

During the second meeting, the Executive Steering Committee presented data on the significant health needs identified for prioritization. Age, gender, race/ethnicity and ZIP code disparities were shared when available. Questions from council members were addressed throughout the data presentation. At the conclusion of the meeting, data summaries for the top six health needs were emailed to the council members, in addition to the presentation given by the Executive Steering Committee during the meeting.

[February 27, 2025](#)

At the final meeting, a prioritization method was used for the McLean County Community Health Council to select the three most significant health needs for the 2025 McLean County Community Health Needs Assessment and around which the 2026 - 2028 McLean County Community Health Improvement Plan will be developed.

The following three significant health needs were selected by the McLean County Community Health Council to be addressed in the 2026-2028 McLean County Community Health Improvement Plan:

- Access to Care.
- Behavioral Health (including mental health and substance abuse).
- Healthy Eating/Active Living (exercise, nutrition, obesity and food access/insecurity).

Exhibit 1 below illustrates the Hanlon Method prioritization results.

Exhibit 1: Hanlon Method Prioritization Results, 2025

Health Concern	A	B	C	D	E
	Size	Seriousness	Effectiveness of Interventions	Priority Score (A+2B)*C	Rank
Access to Care	6.7	8.1	7.0	161.4	1
Healthy Eating/Active Living	7.1	7.7	7.1	158.3	2
Behavioral Health	4.2	8.0	7.1	143.1	3
Oral Health	4.5	5.8	6.8	108.8	4
Chronic Disease	2.7	6.6	6.5	104.2	5
Infectious Disease	1.6	5.5	7.0	88.2	6

Source: McLean County Community Health Council Meeting February 27, 2025.

c) The Health Needs Not Selected

As illustrated in Exhibit 1 above, there was a clear divide in the scores between the top three health concerns and the bottom three health concerns. Documentation below reflects further discussion held by the McLean County Community Health Council on February 27, 2025, regarding the choice to not select chronic disease, infectious disease or oral health as a top health priority.

The council acknowledged the importance of these three issues, but the prioritization scores for the three selected issues were higher than those for the issues not selected. The council also discussed that some of these issues might be addressed in the broader health priorities selected.

Chronic Disease

Chronic disease will not be directly addressed because it ranked fifth with a priority score of 104.2 and the McLean County Community Health Council did not feel that there was a compelling reason to eliminate one of the top three ranked health issues. Council members also felt that chronic disease improvements could be made with a focus on access to care and healthy eating/active living.

Infectious Disease

Infectious disease will not be directly addressed because it was ranked sixth according to its priority score of 88.2 and the McLean County Community Health Council did not feel that there was a compelling reason to eliminate one of the health issues that ranked in the top three. The council did discuss that improving access to care may also improve health outcomes for infectious disease.

Oral Health

Although oral health is deemed as an extremely important issue in McLean County, the McLean County Community Health Council agreed to address the three needs that received the highest priority scores. Oral health was ranked fourth with a score of 108.8. The council did discuss that oral health can be addressed under access to care. The opening of dental clinics at the Community Health Care Clinic in 2019 and The Chestnut Family Health Center in 2024 is improving oral health care access.

d) The Three Health Priorities Selected for McLean County

As previously illustrated in Exhibit 1, access to care, healthy eating/active living and behavioral health received the top three priority scores according to the Hanlon method calculations with scores of 161.4, 158.3 and 143.1 respectively. There was a clear divide in the scores between the top three issues and the bottom three: chronic disease, infectious disease and oral health. Following a group discussion, the McLean County Community Health Council agreed to select the top three health needs as the ones with the highest priority scores.

After identification of the top three health priorities, the next step in the process included pulling key stakeholders together to set high-level goals for each health priority. Separate meetings were held in April and May 2025 with each priority action team (one for each health priority) to set a high-level goal. Meeting dates were as follows: Access to Care Priority Action Team (5/6/25), Behavioral Health Priority Action Team (4/17/25) and Healthy Eating/Active Living Priority Action Team (5/8/25). The 2025 CHNA health priorities are listed below along with the high-level goal selected for each.

Health Priority #1: Access to Care

Access to care was selected as a significant health need to be addressed by the McLean County Community Health Council not only because of its high priority score (161.4), but also because it is an issue that affects many health outcomes. Improving access in certain areas and for certain populations can have a widespread impact on a variety of health outcomes. The council felt that by prioritizing access to care, it could positively impact health issues not selected such as chronic disease. Data presented to the council also indicated that there are significant geographic and racial/ethnic disparities

in McLean County that may be related to access to care. Additionally, access to healthcare was rated by the 2024 McLean County Community Health Survey respondents as the number one issue affecting quality of life. Access to care was also selected as a health priority for the 2016, 2019 and 2022 McLean County Community Health Needs Assessments.

High-level goal: Champion integrated systemic community approaches that enhance access to health and wellness services for all by 2029.

Health Priority # 2: Healthy Eating/Active Living

Healthy eating/active living was selected as a significant health need to be addressed by the McLean County Community Health Council because it ranked as number two according to its priority score of 158.3. Additionally, the council felt that by focusing on healthy eating/active living, many other health outcomes for issues such as heart disease, cancer and diabetes could also be positively impacted. This issue was also selected because obesity was the second top perceived health issue, according to the 2024 McLean County Community Health Survey respondents, and poor eating habits was the second most important perceived issue impacting health. Food insecurity and food access are also areas needing improvement in McLean County. Healthy eating/active living was selected as a health priority for the 2019 and 2022 McLean County Community Health Needs Assessment. Obesity was selected as a health priority for the 2016 McLean County Community Health Needs Assessment.

High-level goal: Champion integrated systemic community approaches to healthy eating, active living and well-being accessible to all by 2029.

Health Priority #3: Behavioral Health (Mental Health and Substance Abuse)

Behavioral health was selected as a significant health need to be addressed by the McLean County Community Health Council for several reasons. Behavioral health received the third highest priority score (143.1), indicating the need for further improvements in this area in McLean County. There are numerous geographic and racial/ethnic disparities for behavioral health related indicators. In addition, mental health was rated as the top health issue by 2024 McLean County Community Health Survey respondents. There has been a great deal of public support and momentum behind behavioral health in McLean County for the last several years. McLean County is well situated to continue to collaborate on mental healthcare due to the ongoing efforts of numerous organizations and the support of the McLean County Government. Behavioral health was also previously selected as a key health priority for the 2016, 2019 and 2022 McLean County Community Health Needs Assessments.

High-level goal: Champion integrated systemic community approaches to behavioral health and well-being accessible to all by 2029.

After the three priority action teams met in September through November 2025, the joint 2026 -2028 McLean County Community Health Improvement plan for the top three priorities was developed. The priority action teams identified strategies and specific interventions to address the priorities and work towards achieving the goals listed above. In addition, potential resources and partners, as well as related efforts in the community, were identified. The results of the meetings for each of the three

health priorities are documented later in this document in the “McLean County Community Health Improvement Plan Summary”.

For the three-year period of 2026 – 2028, McLean County community partners will be working together to implement the 2026 – 2028 McLean County Community Health Improvement Plan in order to positively impact the three health priorities.

The following pages of this document provide additional information on the 2026 – 2028 McLean County Community Health Improvement Plan by taking each of the three health priorities and providing:

- Description of the health priority.
- Chart of health problem risk factors and direct/indirect contributing factors.
- Rationale for choice as a health priority.
- McLean County Community Health Improvement Plan Summary, including the following components for each health priority
 - Overall goal.
 - Outcome objective (with baseline and State of Illinois Health Improvement Plan [SHIP] alignment).
 - Impact objectives (with baseline and Healthy People 2030 alignment)
 - Strategies.
 - Interventions (with emphasis on evidenced-based interventions whenever possible).
 - Evaluation plan (with process and outcome indicators).
 - List of potential resources and potential community partners.
- Funding for implementing interventions.
- Barriers to achieving health improvements.
- Evaluation and monitoring plan.

e) Community Involvement

Community involvement was essential for the development of both the 2025 McLean County Community Health Needs Assessment and the 2026 – 2028 McLean County Community Health Improvement Plan.

The 2025 McLean County Community Health Needs Assessment began with the collection of primary data through a survey of McLean County adults in July and August 2024. The 2024 McLean County Community Health Survey (Appendix 4 of the 2025 McLean County Community Health Needs Assessment found [here](#)), conducted by a Bradley University researcher under contract with OSF Healthcare, consisted of demographic and health-related questions that were administered from July through August of 2024 to adults age 18 and over, yielding a total usable sample of 684 respondents from McLean County residents. Of these, 107 respondents were persons with low incomes. The survey provided valuable information about healthcare utilization and obstacles to access, rationales for health choices, perceptions of health and health problems and the health behaviors of county residents. Analysis of the survey responses, along with the assessment of the available secondary data, fueled the significant health needs prioritization process as well as the identification of interventions for the three priority health concerns identified in the 2026 – 2028 McLean County Community Health Improvement Plan. The 44 members of the McLean County Community Health Council, with substantial community

representation from 25 organizations from various sectors (civic organizations/service clubs, county and city government, business/economic development, education, faith community, healthcare, housing, public health, social service, youth and senior services) lead the prioritization process in January – February 2025 for the 2025 McLean County Community Health Needs Assessment.

In April and May 2025, 38 - 54 individuals were invited to participate in one of three priority action team meetings. These teams developed the high-level goals for the 2026 – 2028 McLean County Community Health Improvement Plan.

Additional priority action team meetings were convened in August through October 2025 to develop objectives and identify interventions for the plan. The priority action team participants had direct input into the 2026 – 2028 McLean County Community Health Improvement Plan, resulting in a strong plan with actionable interventions for McLean County. Their input is vital to the success of the plan and their knowledge of community resources and current efforts to improve health were invaluable. Their participation expanded community involvement in the plan, cultivated investment in it and improved the quality of it. These stakeholders are positioned for collaboration and ready to move forward with implementation in 2026 to help improve the health and well-being of McLean County residents.

IV. Health Priority #1: Access to Care

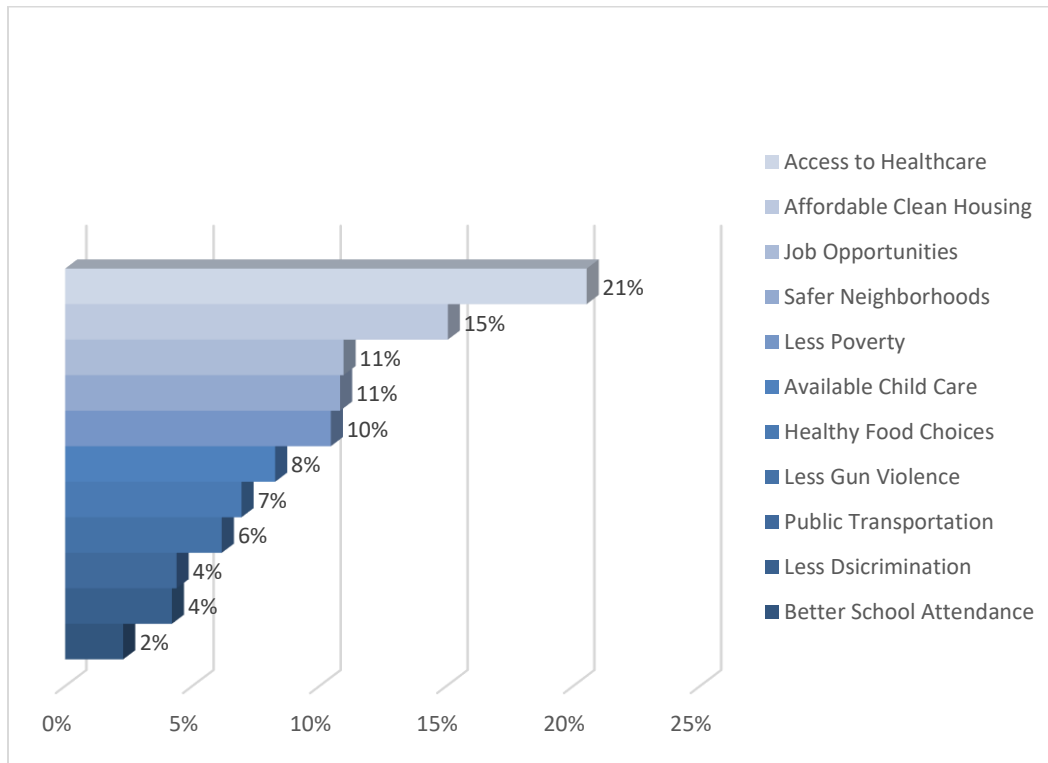
a) Description of the Health Priority

Access to care is of vital importance in order to maintain optimal health, increase life expectancy and improve quality of life. With access to ambulatory care and an established medical home, individuals are more likely to accept preventive care, promptly treat and control acute episodes of illness and control chronic diseases to prevent further morbidity or even mortality from them.

Health Perceptions in McLean County

McLean County residents agree about the importance of healthcare access. In the 2024 McLean County Community Health Survey of adults as performed as a component of the 2025 Community Health Needs Assessment process, 684 county residents were asked their perception regarding the three most important factors impacting their well-being in this community. Access to healthcare was rated first, at 21 percent. In 2021, access to healthcare was rated at 20%. See Exhibit 2 below for an illustration of the 2024 survey results.

Exhibit 2: Issues Impacting Well-Being in McLean County, 2024



Source: McLean County Community Health Survey, 2024.

Statistics Supporting Access to Care as a Health Priority

With access to healthcare as the top factor impacting well-being in McLean County, it is important to examine the factors that assist with gaining access to healthcare as well as the barriers to access. A comparison of the results from the three McLean County Community Health Surveys of adults from 2018 – 2024 assists with this analysis. See Exhibit 3 below.

Exhibit 3: Comparison of Types of Insurance Coverage and Choice of Care (Responses to "When You Get Sick, Where do You Go?") for McLean County Adults Completing the McLean County Community Health Survey, 2018 - 2024

INDICATOR	2018 SURVEY	2021 SURVEY	2024 SURVEY
Have Private Insurance	74%	61%	60%
No Insurance	10%	3%	2%
Have Personal Physician	89%	89%	81%
Does Not Seek Care: General Population	3%	5%	6%
Does Not Seek Care: At-Risk Population	0%	7%	10%
Use Clinic/Physician Office: General Population	73%	72%	46%
Use Clinic/Physician Office: At-Risk Population	53%	57%	59%
Use Urgent Care Center: General Population	21%	19%	44%
Use Urgent Care Center: At-Risk Population	27%	19%	22%
Use the Emergency Department: General Population	3%	4%	3%
Use the Emergency Department: At-Risk Population	19%	16%	8%

Sources: McLean County Community Health Survey, 2018, 2021 and 2024.

The above comparison of survey data from 2018 – 2024 suggests that some improvements in access to care have been seen in McLean County:

- A decrease in those individuals reporting no insurance, from 10 percent (2018) to two percent (2024).

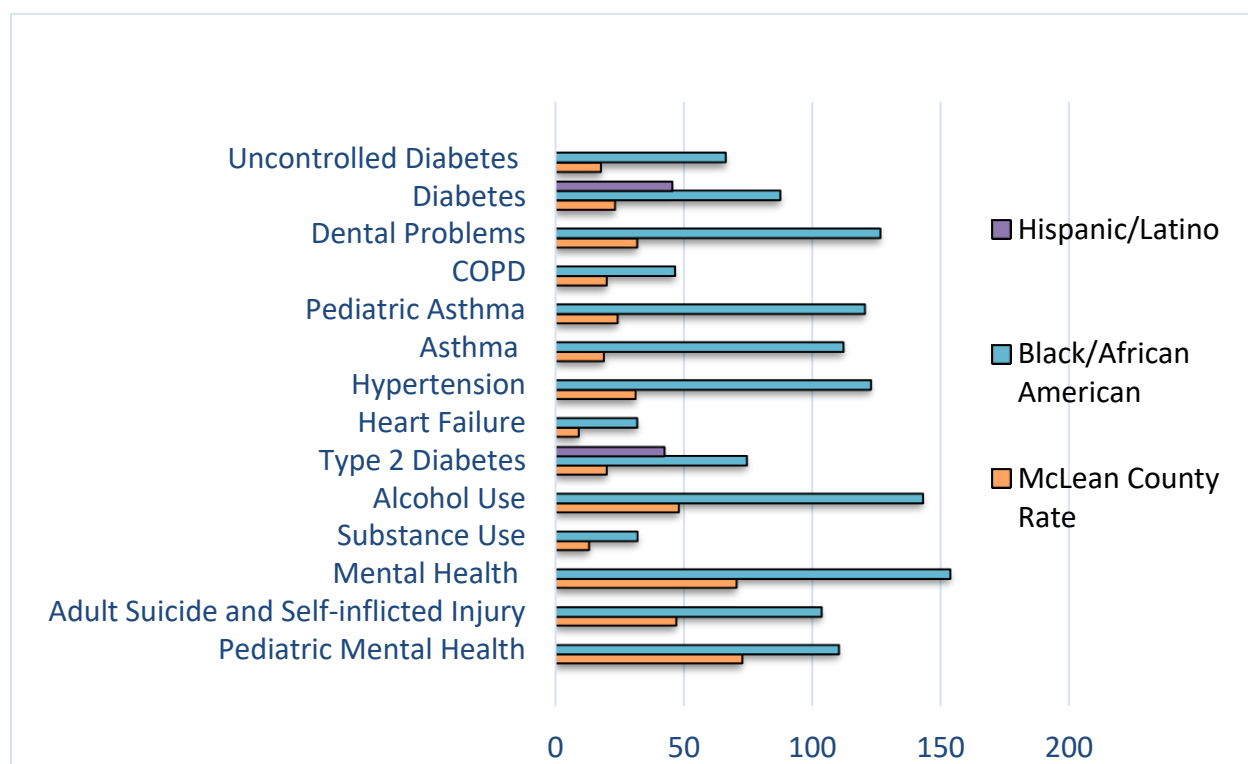
Although some improvements in access to care have been documented in the surveys, comparing the McLean County Community Health Survey data from 2018 – 2024 (Exhibit 3 above), also reveals some areas of concern regarding access to care:

- A decrease in those that indicated they had a personal physician, from 89 percent (2018 and 2021) to 81 percent (2024).
- An increase in the general and at-risk population that do not seek care from 2018 – 2024 (general population – 3 percent in 2018 and 6 percent in 2024); (at-risk population – 0 percent in 2018 to 10 percent in 2024).
- Emergency department data indicates that although only three percent of the general population selected the emergency department as their choice of medical care in 2024, eight percent of the at-risk population chose it.

Disparities

When looking at the chronic conditions listed in Exhibit 4 below, Blacks or African Americans have higher rates of disparities than any other race in McLean County, based on emergency room visits. Similarly, Hispanics or Latinos have greater disparities in Type 2 diabetes and diabetes when compared to the rate for McLean County.

**Exhibit 4: Age-Adjusted Emergency Room Visits per 10,000 Population
by Race and Ethnicity in McLean County, 2021 - 2023**



Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 - 2023.

Many of these chronic conditions could be addressed in a primary care setting. With regular monitoring by a healthcare provider, some emergency room visits may be avoided and healthcare costs reduced. Identifying barriers to accessing a medical home could be an important step towards improving health and well-being.

In addition to the disparities illustrated above, McLean County has several communities that have a greater risk of experiencing health inequities or have a higher relative need compared to other communities in the county. The Health Equity Index for McLean County is illustrated in Exhibit 5. McLean County has two ZIP codes with a ranking of 5, two ZIP codes with a ranking of 4 and three ZIP codes with a ranking of 3.

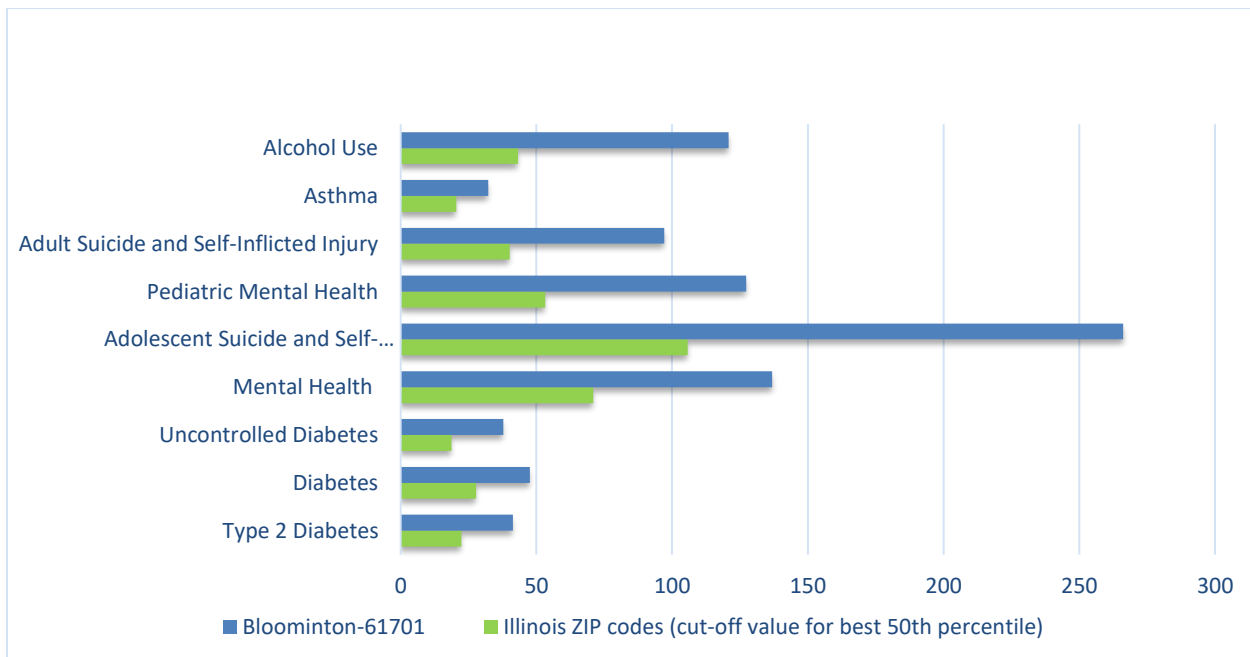
Exhibit 5: High Health Equity Needs ZIP Codes - McLean County, 2024

City/Town	ZIP Code	Health Equity Ranking	Health Equity Index	Population
Ellsworth	61737	5	87.4	447
Arrowsmith	61722	5	78.8	515
Saybrook	61770	4	70.2	990
Stanford	61774	4	70.2	848
Cooksville	61730	3	56.1	348
Bloomington	61701	3	48.5	33,855
McLean	61754	3	46.2	1,115

Source: Conduent Healthy Communities Institute, 2025.

During the analysis of secondary data for the 2025 Community Health Needs Assessment, some geographic disparities became clear, particularly when analyzing the emergency room data. Individuals living in specific geographic areas of McLean County experience worse health outcomes than individuals living in other geographic areas. The most significant geographic disparity is evident in Bloomington – 61701, compared to McLean County. Exhibit 6 below shows that emergency room visit rates due to many chronic conditions are higher for Bloomington – 61701 than the rates for McLean County overall.

Exhibit 6: Age-Adjusted Emergency Room Visit Rates per 10,000 Population (various age categories) in McLean County vs. Bloomington ZIP Code 61701, 2021 - 2023



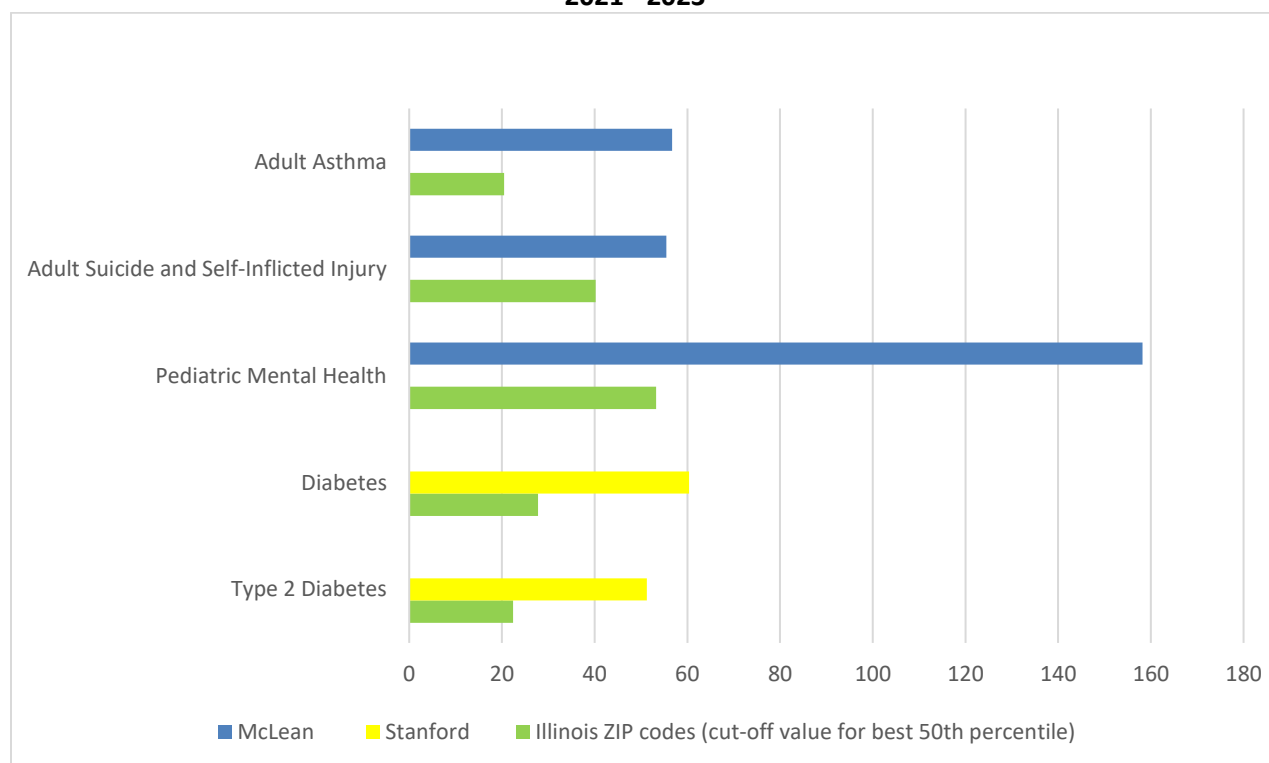
Source: Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 - 2023.

In addition to the geographic disparities illustrated above for emergency room visits for Bloomington ZIP code 61701, there are also several disparities based on hospitalizations for Bloomington ZIP code 61701

and Saybrook ZIP code 61770. Hospitalizations for alcohol use, diabetes, short-term complications due to diabetes, Type 2 diabetes, diabetes and COPD are higher for Bloomington ZIP code 61701 in comparison to other ZIP codes in Illinois. Hospitalizations due to COPD are higher for Saybrook ZIP code 61770 in comparison to other ZIP codes in Illinois.

Like Bloomington ZIP code 61701, two rural Health Equity Needs ZIP codes with a ranking of 3, 4, or 5 (McLean ZIP code 61754 and Stanford ZIP code 61770) have several disparities for emergency room visits compared to other ZIP codes in Illinois. McLean ZIP code 61754 has higher emergency room visits for adult asthma, adult suicide and self-inflicted injury and pediatric mental health in comparison to other ZIP codes in Illinois. Stanford ZIP code 61774 has higher emergency room visits for diabetes and Type 2 diabetes compared to other ZIP codes in Illinois. See Exhibit 7 below for an illustration of these disparities.

Exhibit 7: Age-Adjusted Emergency Room Visit Rates per 10,000 Population (various age categories) for Rural Health Equity Needs ZIP Codes with a Ranking of 3, 4 or 5 versus Illinois ZIP Codes, 2021 - 2023



Source: Conduent Healthy Communities, Illinois Hospital Association, 2021 – 2023.

Additional barriers to accessing care were identified through responses to the 2024 McLean County Community Health Survey of adults who responded that they were unable to access various types of care in the past year when they needed it. The top three reasons for each type of care are listed below.

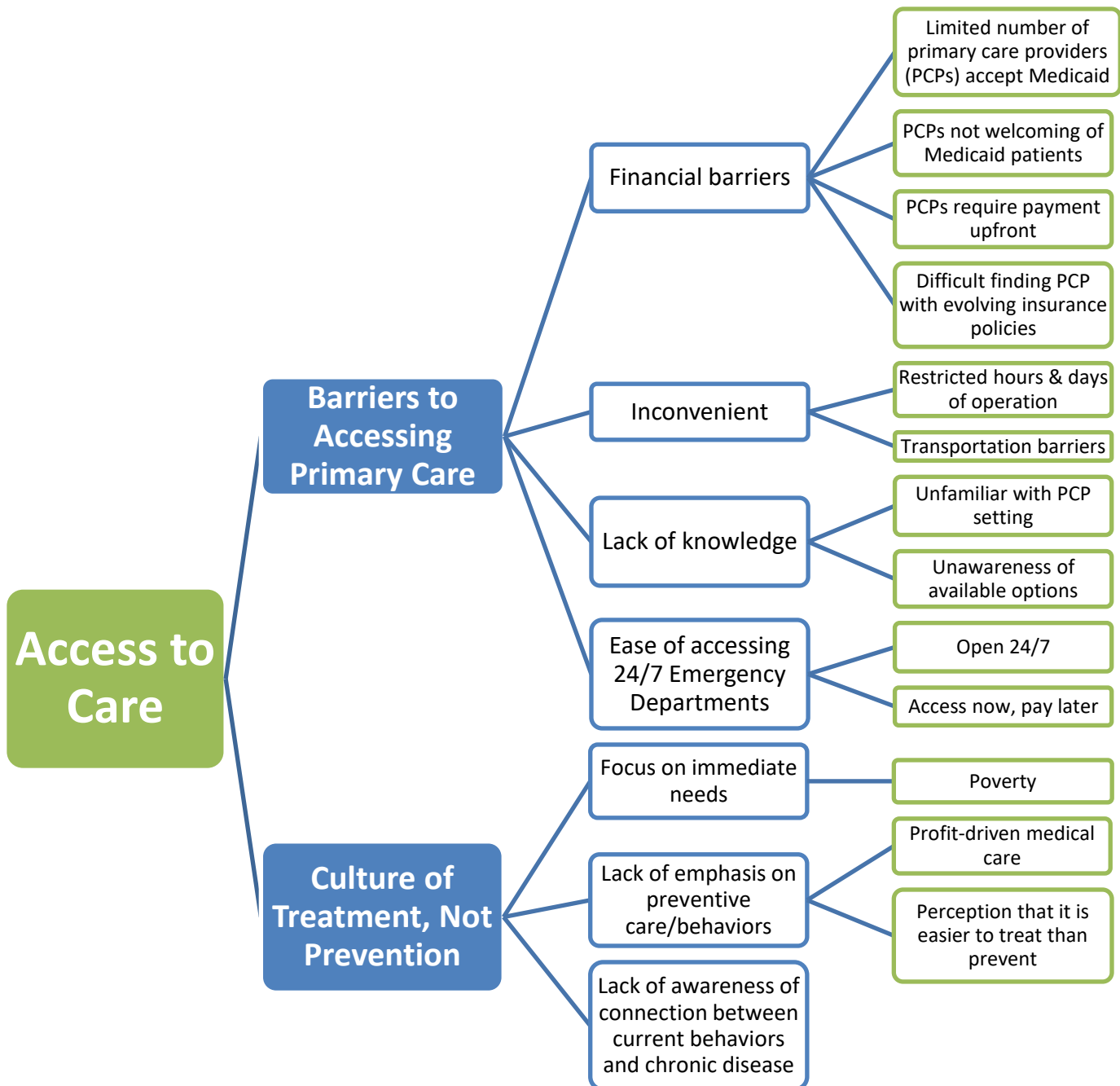
- The top three reasons for not being able to access medical care were: 1) Too long to wait 2) Could not afford co-pay and 3) No insurance.
- The top three reasons for not being able to access prescription medication were: 1) Could not afford co-pay 2) No insurance and 3) Pharmacy refused insurance.

- The top three reasons for the inability to access dental care were: 1) Could not afford co-pay 2) Could not find and 3) Dentist refused insurance.
- The top three reasons for the inability to access counseling were: 1) Wait too long 2) Could not afford co-pay and 3) Wait too long.

b) Chart of Health Priority Risk Factors and Direct/Indirect Contributing Factors

Below is a list of risk factors as well as direct and indirect contributing factors for the development of access to healthcare issues.

Health Problem	Risk Factor	Direct Contributing Factor	Indirect Contributing Factor
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c) Rationale for Choice as a Health Priority

Access to care was selected as a significant health need to be addressed by the McLean County Community Health Council not only because of its high priority score (161.4), but also because it is an issue that affects many health outcomes. Improving access in certain areas and for certain populations can have a widespread impact on a variety of health outcomes. The council felt that by prioritizing access to care, it could positively impact health issues not selected such as chronic disease. Data presented to the council also indicated that there are significant geographic and racial/ethnic disparities in McLean County that may be related to access to care. Additionally, access to healthcare was rated by the 2024 McLean County Community Health Survey respondents as the number one issue affecting quality of life. Access to care was also selected as a health priority for the 2016, 2019 and 2022 McLean County Community Health Needs Assessments.

Access to care is an important issue that affects many health outcomes. Many factors contribute to improving healthcare access, including increased hours of operation for urgent care clinics and primary care offices, identifying transportation options, providing healthcare navigation services and expanding the opportunities for education of consumers on how to obtain and use health insurance, providing more mobile health opportunities and using community health workers and case managers in a variety of settings to encourage and link individuals to a medical home.

d) McLean County Community Health Improvement Plan Summary: Access to Care

The Access to Care high-level goal-setting meeting, held on May 6, 2025, was comprised of approximately 10 individuals from the Access to Care Priority Action Team. Each individual brought unique insights on healthcare access issues in McLean County.

The Access to Care Priority Action Team reconvened on August 25, September 18 and October 7, 2025, to identify strategies and interventions to formulate the 2026 – 2028 Access to Care Community Health Improvement Plan Summary, included on pages 26 – 42. The importance of addressing some of the barriers to access were discussed and led to the development of strategies and interventions with the potential to impact the social determinants of health as well as capacity and availability issues in our community.

The Access to Care Community Health Improvement Plan for 2026 – 2028 focuses on six key strategies:

- **Strategy 1:** Support assertive linkage navigation/engagement programs which link lower resourced community members with a medical home, community resources and/or insurance coverage.
- **Strategy 2:** Increase the capacity of organizations providing dental services to low-resourced residents of McLean County.
- **Strategy 3:** Increase service delivery models outside brick and mortar, face-to-face services to increase access and availability of community-based services for low-resourced McLean County residents.
- **Strategy 4:** Increase the capacity of organizations providing STI testing and treatment services to lower resourced residents of McLean County.
- **Strategy 5:** Increase the capacity of organizations providing primary care services to lower resourced residents of McLean County.
- **Strategy 6:** Strengthen workforce supply to meet evolving community needs for medical, dental, behavioral health and community resources.

An overview of the goal and objectives to address Access to Care are listed below:

High-Level Goal for Access to Care: *Champion integrated systemic community approaches that enhance access to health and wellness services for all by 2029.*

Outcome Objective: By 2029, reduce the percentage of individuals utilizing McLean County hospital emergency rooms for non-emergent conditions.

- Impact Objective #1: By 2029, decrease the number of McLean County residents identifying the emergency department as their choice of medical care.
- Impact Objective #2: By 2029, increase the number of McLean County residents indicating they have access to a dentist.
- Impact Objective #3: By 2029, decrease the number of McLean County residents indicating that they do not seek care.
- Impact Objective #4: By 2029, decrease the number of McLean County residents testing positive for infectious diseases (chlamydia, gonorrhea, syphilis, HIV/AIDS, TB and others).
- Impact Objective #5: By 2029, increase the proportion of McLean County adults indicating they have access to a physician.
- Impact Objective #6: By 2029, increase the number of internships, residencies, and other learning opportunities for McLean County students studying healthcare and related fields.

The following 18 pages (26 - 43) contain the 2026 – 2028 McLean County Community Health Improvement Plan Summary for Access to Care.

McLean County

Community Health Improvement Plan Summary: Access to Care

January 1, 2026 - December 31, 2028

HEALTH PRIORITY: ACCESS TO CARE

GOAL: Champion integrated systemic community approaches that enhance access to health and wellness services for all by 2029.

Related Social Drivers of Health: Access to Care; Housing Instability/Quality of Housing; Transportation, Employment

OUTCOME OBJECTIVE: By 2029, reduce the percentage of individuals utilizing McLean County hospital emergency rooms for non-emergent conditions.

Baseline

- 8% of McLean County residents identified as “at risk” (Medicaid Population) reported the emergency department as their choice of medical care (McLean County Health Survey, 2024).

State Health Improvement Plan (SHIP) 2028 Alignment

- *Increase community-clinical linkages to reduce the incidence and burden of chronic diseases.*
- *Strengthen workforce capacity and infrastructure to screen for, assess and treat mental health conditions and substance use disorders among pregnant/postpartum persons.*

Healthy People 2030 Alignment

- *Increase access to comprehensive, high-quality health care services.*

See alignment items noted in the Impact Objective Areas.

THREE YEAR MEASURES	STRATEGIES and INTERVENTIONS	ANNUAL EVALUATION MEASURES	POTENTIAL RESOURCES/PARTNERS*
IMPACT OBJECTIVE #1:	STRATEGY 1: SUPPORT ASSERTIVE LINKAGE NAVIGATION/ENGAGEMENT PROGRAMS WHICH LINK LOWER INCOME COMMUNITY MEMBERS WITH A MEDICAL HOME, COMMUNITY RESOURCES AND/OR INSURANCE COVERAGE.		

By 2029, decrease the number of McLean County residents identifying the emergency department as choice of medical care. BASELINE DATA 8% of the at-risk population identified the emergency room as their primary choice of medical care (McLean County Community Health Survey, 2024) 3% of the general population identified the emergency room as their primary choice of medical care (McLean County Community Health Survey, 2024) Healthy People 2030 Alignment - Increase the proportion of people with health insurance — AHS-01 - Increase the proportion of people with dental insurance — AHS-02 - Increase the proportion of people with prescription drug insurance — AHS-03 - Increase the proportion of people with a usual primary care provider — AHS-07	<u>Intervention 1.1:</u> Utilize trained and certified community members and/or workers to assist McLean County residents who have no insurance coverage in enrolling in either Medicaid or a Marketplace product.	<u>Intervention 1.1: Process Indicators</u> # of community members receiving assistance with Medicaid or Marketplace enrollment (baseline: 88 community members in 2024) # of community members enrolled in Medicaid or Marketplace (baseline: 88 community members in 2024) # of community members who have completed the CMS and/or State of IL Certified Application Counselor training and obtained certification (baseline: 9 community members in 2024) <u>Intervention 1.1: Outcome Indicators</u> - Not Available	<u>Intervention 1.3: Resource/Partners</u> - Carle BroMenn Medical Center - Chestnut Health Systems - McLean County Health Department
	<u>Intervention 1.2:</u> Screen for and connect patients and community members to care or services related to social drivers of health (SDOH) utilizing validated screening tools.	<u>Intervention 1.2: Process Indicators</u> # of organizations screening for Social Drivers of Health (baseline: to be established) # of individuals screened for Social Drivers of Health (baseline to be established) # of referrals made based on Social Drivers of Health	<u>Intervention 1.3: Resource/Partners</u> - Carle BroMenn Medical Center - Central Illinois Friends - Chestnut Health Systems - Home Sweet Home Ministries - OSF St. Joseph Medical Center

		Screeners (baseline: to be established) <u>Intervention 1.2: Outcome Indicators</u> Not Available	McLean County Health Department
IMPACT OBJECTIVE #2: By 2029, increase the number of McLean County residents indicating they have access to a dentist. BASELINE DATA 28 of 684 respondents reported “no insurance” as their reason for inability to access dental care (McLean County Community Health Survey, 2024) 39 of 684 respondents reported “dentist refused insurance” as	STRATEGY 2: INCREASE THE CAPACITY OF ORGANIZATIONS PROVIDING DENTAL SERVICES TO LOW-RESOURCED RESIDENTS OF MCLEAN COUNTY.		

their reason for inability to access dental care (McLean County Community Health Survey, 2024) 89 of 684 of respondents reported “could not afford co-pay” as their reason for inability to access dental care (McLean County Community Health Survey, 2024) Healthy People 2030 - Reduce the proportion of people who can't get the dental care they need when they need it — AHS-05 - Reduce the proportion of children and adolescents with lifetime tooth decay — OH-01 - Reduce the proportion of children and adolescents with active and untreated tooth decay — OH-02 - Reduce the proportion of adults with active or untreated tooth decay — OH-03	Intervention 2.1: Increase the number of full-time equivalent (FTE) dentists and hygienists available to serve low-resourced McLean County residents. Note FTE includes volunteer dentists and hygienists. Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/allied-dental-professional-scope-of-practice	Intervention 2.1: Process Indicators # of clinical full-time equivalent (FTE) dentists and hygienists working with lower income McLean County residents (baseline: 1.93 FTE dentists and 3.9 hygienists in 2024) # of patients served and unique visits through the Community Health Care Clinic (baseline: 189 patients and 927 visits in 2024) # of patients served and # of unique visits through the McLean County Health Department (baseline: 2,600 visits in 2024) # of patients served and unique visits through Chestnut Family Health Center (baseline: 673 patients and 1451 visits in 05/01 – 12/31/2024) Intervention 2.1: Outcome Indicators - Not available	Intervention 2.1: Resource/Partners - Chestnut Health Systems - Community Health Care Clinic - McLean County Health Department
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• Reduce the proportion of older adults with untreated root surface decay — OH-04 • Reduce the proportion of adults aged 45 years and over who have lost all their teeth — OH-05 • Reduce the proportion of adults aged 45 years and over with moderate and severe periodontitis — OH-06 • Increase use of the oral health care system — OH-08 • Increase the proportion of low-income youth who have a preventive dental visit — OH-09 • Increase the proportion of children and adolescents who have dental sealants on 1 or more molars — OH-10 • Reduce the proportion of adults with disabilities who delay preventive care because of cost — DH-01	Intervention 2.2: Expand performance of fluoride application in pediatric and primary care settings serving low-income pediatric McLean County residents. <i>Evidence:</i> https://pediatrics.aappublications.org/content/115/1/e69	Intervention 2.2: Process Indicators • # of primary care/ pediatric practices performing fluoride applications in the primary care/ pediatric settings (baseline: 4 practices (Carle Pediatrics Bloomington and Carle Family Medicine Normal, OSF Medical Group Pediatrics, Chestnut Family Health Center in 2024) • # of pediatric patients receiving fluoride applications in the primary care/pediatric settings (baseline: 1694 patients (647 patients Carle Pediatrics Bloomington and Carle Family Medicine Normal and 1047 patients OSF St. Joseph Medical Center in 2024) Intervention 2.2: Outcome Measures • Not Available	Intervention 2.2: Resource/Partners • Carle Pediatrics Bloomington • Carle Family Medicine Normal • Chestnut Health Systems • OSF Medical Group Pediatrics
IMPACT OBJECTIVE #3: By 2029, decrease the number of McLean	STRATEGY 3: INCREASE SERVICE DELIVERY MODELS OUTSIDE BRICK AND MORTAR, FACE-TO-FACE SERVICES, TO INCREASE ACCESS AND AVAILABILITY OF COMMUNITY-BASED SERVICES FOR LOWRESOURCED MCLEAN COUNTY RESIDENTS.		

County residents indicating that they do not seek care. BASELINE DATA 6% of survey respondents indicated that they do not seek care when asked to choose the type of healthcare they use when they are sick (McLean County Community Health Survey, 2024) Healthy People 2030 - Reduce the proportion of people who can't get medical care when they need it — AHS-04 - Decrease the proportion of adults who report poor communication with their health care provider — HC/HIT-02 - Increase the proportion of people who can view, download, and send their electronic health information — HC/HIT-D09 - Increase the proportion of adults offered online access to their medical record — HC/HIT	Intervention 3.1: Provide patients with options for virtual visits to support accessing care. <i>Evidence:</i> http://www.healthycommunityalliance.org/promisepractice/index/viw?pid=3230	Intervention 3.1: Process Indicators # of organizations offering virtual health services (baseline: 3 organizations (Carle BroMenn Medical Center, Chestnut Health Systems, OSF St. Joseph Medical Center) # of unduplicated patients (baseline: 10,069 patients in 2024). # of unique virtual visits provided (baseline: 11,419 virtual visits in 2024). Intervention 3.1: Outcome Indicators - Not available	Intervention 3.1: Resource/Partners - Carle BroMenn Medical Center - Chestnut Health Systems - OSF St. Joseph Medical Center - Central Illinois Friends
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	Intervention 3.2: Expand the use of mobile health in McLean County. <i>Evidence:</i> The scope and impact of mobile health clinics in the United States: a literature review - PMC (nih.gov) Carle Foundation Hospital :: Promising Practices: Care-A-Van Mobile Medical Clinic (thehcn.net)	Intervention 3.2: Process Indicators • # of organizations with mobile units (baseline 3 organizations in 2024) • # of sites hosting mobile clinics (baseline: 43 sites in 2024) • # of mobile clinics days in operation (baseline: 118 days in 2024) • # of patients connected with a medical home (baseline: 144 patients in 2024) • # of patients served at mobile health clinics (baseline: to be established) Intervention 3.2: Outcome Indicators • Not available	Intervention 3.2: Resource/Partners • Abundant Life • Bloomington Housing Authority (Woodhill Towers, Holton Homes) • Carle Health Mobile Health Clinic ○ Carle BroMenn Medical Center ○ Carle Community Health Initiatives ○ City of Bloomington ○ Laborers International Union of North America ○ McLean County Government ○ McLean County Health Department ○ Tinervin Family Foundation ○ Town of Normal ○ United Way of McLean County • Central Illinois Friends • Chestnut Health Systems • Danvers Community Center • Home Sweet Home Ministries
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			• McLean County Health Department • Ridgeview School • Rural McLean County Communities • Salvation Army • School Districts: ○ District 87 ○ Olympia School District ○ Ridgeview School District ○ Unit 5 • Municipalities (Rural) ○ Arrowsmith ○ Carlock ○ Chenoa ○ Colfax ○ Danvers ○ Gridley ○ LeRoy ○ McLean/Funks Grove ○ Stanford • Hosting Sites * (will update in annual progress reports) ○ Activity & Recreation Center (ARC) ○ Bloomington Housing Authority (Woodhill Towers)
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			○ Christ Community Church, Gridley ○ Colfax Village Hall ○ Habitat ReStore ○ Heartland Community College ○ Holy Trinity Catholic Church ○ McLean/Funks Grove Park District ○ Stanford Township ○ United Presbyterian Church, LeRoy ○ Western Avenue Community Center (monthly operations as well as site for large scale <i>Back to School Events</i>) ○ White Oak Community Building, Carlock ○ YWCA McLean County
	<u>Intervention 3.3:</u> Expand the use of mobile units to rural McLean County communities.	<u>Intervention 3.3: Process Indicators</u> ● # of McLean County rural communities hosting mobile	<u>Intervention 3.3: Resource/Partners</u> ● Carle BroMenn Medical Center ● Chestnut Health Systems

		clinics (baseline: 16 rural communities in 2025) • # of mobile clinics days in operation at rural McLean County sites (baseline: 26 days in 2025) <u>Intervention 3.3: Outcome Indicators</u> • Not available	• McLean County Health Department • Central Illinois Friends <i>Partner Rural Communities</i> • Anchor • Arrowsmith • Bellflower • Carlock • Chenoa • Colfax • Danvers • Downs • Gridley • Heyworth • Hudson • LeRoy • Lexington • McLean/Funks Grove Park District • Saybrook • Stanford • Towanda
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	<u>Intervention 3.4: Increase the use of patient portals to schedule appointments, improve access to their medical record and communication with their provider and/or provider office.</u> <i>Evidence:</i> U.S. Department of Health and Human Services, Office of the National Coordinator for Health Information Technology. (n.d.). Patient Engagement Playbook. Retrieved from https://www.healthit.gov/playbook/pe/	<u>Intervention 3.4: Process Indicators</u> • # of healthcare organizations with patient portals (baseline: to be established) • # of patients using patient portals to schedule appointments, access records or communication with provider/provider organization (baseline: to be established) <u>Intervention 3.4: Outcome Indicators</u> • Not available	<u>Intervention 3.4: Resource/Partners</u> • Carle BroMenn Medical Center • Chestnut Health Systems • OSF St Joseph Medical Center
	<u>Intervention 3.5: Expand provision of medical services at colocation sites with non-medical community partners.</u>	<u>Intervention 3.5: Process Indicators</u> • # of non-medical organizations with colocation space for medical providers (baseline: to be established) • # of unduplicated patients receiving medical services at non-medical service organizations (baseline: to be established) • # of visits provided by medical personnel at non-medical colocation sites (baseline: to be established) <u>Intervention 3.5: Outcome Indicators</u>	<u>Intervention 3.5: Resource/Partners</u> • Chestnut Health Systems • District 87 • Home Sweet Home Ministries • Illinois State University Athletic Department • Illinois State University Mennonite College of Nursing • Illinois Wesleyan University School of Nursing & Health Sciences • Lifelong Access • OSF St. Joseph Medical Center

		Not available	- Regional Alternative School - Unit 5
	<u>Intervention 3.6:</u> Expand the medical respite model in shelter sites in collaboration with community partners to provide medical services following hospital encounters (ED visits & admissions) for people experiencing homelessness.	<u>Intervention 3.6: Process Indicators</u> # of unduplicated patients receiving respite services at shelter sites (baseline: to be established) # of respite visits provided by medical personnel at shelter sites (baseline: to be established) <u>Intervention 3.3: Outcome Indicators</u> - Not available	<u>Intervention 3.6: Resource/Partners</u> - Home Sweet Home Ministries - Chestnut Health Systems
IMPACT OBJECTIVE #4	STRATEGY 4: INCREASE THE CAPACITY OF ORGANIZATIONS PROVIDING STI TESTING & TREATMENT SERVICES TO LOW-RESOURCED RESIDENTS OF MCLEAN COUNTY.		
By 2029, Decrease the number of McLean County residents testing positive for infectious diseases (Chlamydia, Gonorrhea, Syphilis, HIV/AIDS, TB and others). BASELINE DATA: 1,041 Chlamydia cases in 2022 (Illinois Department of Public Health, IQuery; IPLAN Home,	<u>Intervention 4.1:</u> Expand the number of organizations providing STI testing to low-resourced McLean County community members.	<u>Intervention 4.1: Process Indicator</u> # of organizations offering STI testing to lower resourced McLean County Community Members (baseline: to be established) <u>Intervention 4.1: Outcome Indicators</u> - Not available	<u>Intervention 4.1: Resource/Partners</u> - Carle BroMenn Medical Center - Central Illinois Friends - Chestnut Health Systems - Community Health Care Clinic - McLean County Health Department

Infectious Disease Indicators; Chlamydia, Case Counts and Crude Rates, 2018-2022) 221 Gonorrhea cases in 2022 (: Illinois Department of Public Health, IQuery; IPLAN Home, Infectious Disease Indicators; Gonorrhea, Case counts and Crude Rates, 2018-2022) 2.9 cases of syphilis per 100,000 population in 2023 (Conduent Healthy Communities Institute, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2011 – 2023) Healthy People 2030 - Reduce the syphilis rate in females — STI-03 - Increase the proportion of sexually active female adolescents and young women who get screened for chlamydia — STI-01 - Increase knowledge of HIV status — HIV-02 - Reduce gonorrhea rates in male adolescents and young men — STI-02	Intervention 4.2: Increase the number of individuals in McLean County receiving STI testing.	Intervention 4.2: Process Indicator # of unduplicated patients (baseline: to be established). # of tests performed (baseline: to be established) Intervention 4.2: Outcome Indicators - Not available	OSF St. Joseph Medical Center
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• Reduce pelvic inflammatory disease in female adolescents and young women — STI-07 • Reduce the proportion of adolescents and young adults with genital herpes — STI-D01 • Reduce the rate of acute hepatitis B — IID-11 • Increase the proportion of people who know they have chronic hepatitis B — IID-13			
IMPACT OBJECTIVE #5: By 2029, increase the proportion of McLean County adults indicating they have access to a physician. BASELINE DATA: 59% of survey respondents indicated that they have access to a physician (McLean County Community Health Survey, 2024) Healthy People 2030 • Increase the proportion of adults who get recommended	STRATEGY 5: INCREASE THE CAPACITY OF ORGANIZATIONS PROVIDING PRIMARY CARE SERVICES TO LOW-RESOURCED RESIDENTS OF MCLEAN COUNTY.		
	<u>Intervention 5.1:</u> Increase the number of providers (physicians or mid-level providers) accepting and providing primary care services to lower-resourced community members.	<u>Intervention 5.1 Process Indicators:</u> • # of clinical full-time equivalents (FTEs) providers (physicians and mid-level providers) providing services to low-resourced McLean County community members (baseline: 6.1 (3.5 FTE Chestnut Health Systems and 2.6 FTE Community Health Care Clinic in 2018) • # of patients served and unique visits through the Community Health Care Clinic	<u>Intervention 5.1 Resource/Partners</u> • Chestnut Health Systems • Community Health Care Clinic • Carle BroMenn Medical Center • OSF Medical Group • OSF St. Joseph Medical Center St. Joseph Family Medicine Residency

evidence-based preventive health care — AHS-08 • Increase the proportion of people with a usual primary care provider — AHS-07 • Reduce the proportion of people who can't get medical care when they need it — AHS-04		(baseline: 386 patients in 2024) • # of patients served at Chestnut Health Systems Federally Qualified Health Center [FQHC] (baseline: 2,292 in 2018) <u>Intervention 5.1: Outcome Indicators</u> • Not available	
IMPACT OBJECTIVE #6: By 2029, increase the number of internships, residencies and other learning opportunities for McLean County students studying healthcare and related fields. BASELINE DATA: To be established Healthy People 2030 • Expand public health pipeline programs that include service or experiential learning — PHI-R02	STRATEGY 6: STRENGTHEN WORKFORCE SUPPLY IN MCLEAN COUNTY TO MEET EVOLVING COMMUNITY NEEDS FOR MEDICAL, DENTAL, BEHAVIORAL HEALTH AND COMMUNITY RESOURCES.		
	Intervention 6.1: Increase the number of internship/residency/structured-learning opportunities for students in McLean County working on degrees or certifications in helping profession-related areas.	<u>Intervention 6.1 Process Indicators:</u> • # of organizations hosting students (baseline: to be established) • # of unduplicated educational programs hosted by participating organizations (baseline to be established) • # of students hosted (baseline to be established) <u>Intervention 6.1: Outcome Indicators</u> • # of students hosted who transitioned into an employee (baseline to be established)	<u>Intervention 6.1 Resource/Partners</u> • Behavioral Health Coordinating Council • Carle BroMenn Medical Center • Chestnut Health Systems • Community Health Care Clinic • Home Sweet Home Ministries • Illinois Wesleyan University School of Nursing and Health Sciences • Integrity Counseling • McLean County Health Department • OSF St. Joseph Medical Center

			• The Center for Youth and Family Solutions
Related Efforts			
The following organizations received grants for implementation in 2025 for implementation in 2025/2026 or FY26 (May 1, 2025– April 30, 2026) from the John M. Scott Health Commission. Although the grants are tied to the health priorities selected for the 2022 McLean County Community Health Needs Assessment, the grant programs will also apply to the 2025 McLean County Community Health Needs Assessment and 2026 – 2028 McLean County Community Health Improvement Plan as the health priorities are the same. • The Community Health Care Clinic received funding to support operating costs. • The Community Health Care Clinic received funding to support access to dental care. • The Community Health Care Clinic received funding to support patient medication. • Homes of Hope received funding for dental services support. • West Bloomington Revitalization Project received funding to support their Westside Rides project. A leader from Carle BroMenn Medical Center and OSF St. Joseph Medical Center will continue to serve on the City of Bloomington’s John M. Scott Health Care Commission Grants Committee. Other related efforts: • Carle BroMenn Medical Center ○ Carle BroMenn Medical Center, in collaboration with the Illinois Breast and Cervical Cancer Program and Prairie State Women's Health, will continue to offer free, walk-in mammograms to uninsured and underinsured community members. ○ Carle BroMenn Medical Center will continue to support one-time assistance needs (transportation, prescription, etc.) for patients. ○ Carle BroMenn Medical Center and OSF HealthCare St. Joseph Medical Center will continue to provide support for the Community Health Care Clinic (CHCC). The CHCC is a free clinic which provides services to the medically underserved population of McLean County to ensure that all populations in the community have access to healthcare. All emergency room visits, diagnostic testing and hospital services are provided free of charge by Carle BroMenn Medical Center and OSF HealthCare St. Joseph Medical Center. Carle BroMenn Medical Center also owns the building where the clinic is located and provides maintenance for the clinic at no charge. OSF provides human resources support for the clinic. ○ Carle BroMenn Medical Center will continue to lead the Carle LGBTQIA Community Advisory Council. The council fosters increased access to care by giving voice to the LGBTQIA community and allies, in order to provide more sensitive and respectful care. ○ Carle BroMenn Medical Center will leverage the 340B program to assist uninsured patients with high-cost medications. ○ Carle West Physician Group, in collaboration with Illinois Wesleyan University, has been providing operational oversight and management of IWU’s student health services center. Carle plans to renew this partnership for another three years and will continue to provide management oversight,			

nursing care for basic and immediate care needs and coordinate care with the behavioral health specialist on site and laboratory and emergency services conducted at on Carle BroMenn's campus.

- Chestnut Health Systems
 - Chestnut Health Systems will continue work with OSF St. Joseph Medical Center to streamline the process for referrals of Medicaid patients receiving services at the Emergency Department or the OSF Prompt Cares reporting no medical home to the Family Medicine Residency clinic hosted at Chestnut Family Health Center.
 - Chestnut Health Systems is investigating leveraging 340B programming to assist uninsured patients with high-cost medications.
 - Chestnut Health Systems will continue its strategic initiative to grow dental services for lower resourced McLean County residents and will investigate mobile dentistry.
 - Chestnut Health Systems will continue its strategic initiative to increase the use of the mobile unit in collaboration with other community partners/agencies.
 - Chestnut Health Systems will continue to offer community partners and organizations the use of Chestnut's 702 West Chestnut Street Community Health and Wellness rooms to offer health and wellness-related programs for McLean County community members.
- McLean County Health Department continues to support access to preventive services, including immunizations and STI-related care, and remains open to partnerships that expand outreach and service availability within the community.
- The Bloomington-Normal Branch of the NAACP
 - The Bloomington-Normal Branch of the NAACP plans on developing a check list of questions for people of color to ask their providers.
 - The Bloomington-Normal Branch of the NAACP plans on developing and conducting a questionnaire seeking input from people of color to identify barriers to accessing health care.
 - The Bloomington-Normal Branch of the NAACP plans on partnering with community organizations to host the second annual health & wellness fair at the Juneteenth Celebration.
 - The Bloomington-Normal Branch of the NAACP plans on developing and distributing access to care resources, with diverse representation, to the black and brown community.
 - The Bloomington-Normal Branch of the NAACP plans on reaching out to organizations that provide healthcare to partner on ways to increase recruitment of black and brown health professions.
- Central Illinois Friends
 - Central Illinois Friends will continue to support assistance needs (transportation, prescription assistance, etc.) for patients.
 - Central Illinois Friends will continue to leverage the 340B program to assist uninsured patients with high-cost medications.
 - Central Illinois Friends will continue its strategic initiative to increase the use of their mobile unit in collaboration with other community partners/agencies.
 - Central Illinois Friends will continue to support the health navigation needs of patients to assist in identifying local primary care providers and medical homes.
 - Central Illinois Friends will continue to offer telehealth PrEP and gender affirming hormone therapy services to patients with transportation and other access barriers.

- Central Illinois Friends will continue to provide low-to-no cost STI testing and treatment to lower resourced McLean County community members.
- OSF St. Joseph Medical Center
 - OSF St. Joseph Medical Center will continue expanding cancer services to uninsured and underinsured community members, via treatment and screenings.
 - OSF St. Joseph Medical Center will continue to provide medical and behavioral health services through Illinois State University and Illinois Wesleyan University Athletic Departments.
 - OSF St. Joseph Medical Center will expand the Family Medicine Residency program.
 - OSF St. Joseph Medical Center will continue to partner with District 87 and Unit 5 Schools to reduce first day of exclusion for students who are medically non-compliant.

*****The Four Organizations comprising the McLean County Executive Steering Committee—Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center—are all implied resources/partners for Access to Care.***

e) Funding for Implementing Interventions

After approval of the 2026 – 2028 McLean County Community Health Improvement Plan, the Access to Care Priority Action Team will further address funding options, including grant opportunities as they become available, to address interventions impacting access to care. For several of the activities listed in the plan, initial funding has been secured, but ongoing funding may be tenuous and sustainability issues will need to be considered.

Many of these stakeholders have worked together throughout the needs assessment and health plan development process, making the community better positioned for collaborative efforts, with or without grants or other funding. In addition, since many of the intervention strategies for this health priority fall within the mission of some of the priority action team agencies, underpinning efforts through collaborative programs, activities with other community partners and/or generating letters of support for grant proposal submissions will be encouraged.

As of 2019, a source of local funding has been available through the John M. Scott Commission Trust, with the Trust providing grants from one to three years for health-related projects that demonstrate a connection to the health priorities identified in the current McLean County Community Health Needs Assessment. Subsequent grant proposals may also consider the concerns and interventions identified in the 2026 – 2028 McLean County Community Health Improvement Plan.

f) Barriers to Achieving Health Improvements

A list of barriers to achieving health improvements was created during the development of the previous Community Health Improvement Plan (2017 – 2019). In 2025, discussions during the Access to Care Priority Action Team meetings identified additional barriers that were added to the existing list. This list of potential barriers is included below in Exhibit 8.

Exhibit 8: Potential Barriers to Accessing Care in McLean County

	Barriers to Care
Insurance & Payment	Clients with insurance may not be able to cover the costs associated with deductibles, co-pays and out-of-pocket maximums.
	No insurance or insurance that does not cover needed care or medications.
	Some providers do not accept Medicaid or limit the number of Medicaid patients they will accept.
	Many independent specialty providers do not accept Medicaid or limit the number of Medicaid patients they will accept.
	Some providers require payment at time of service (i.e. full payment or co-payment).
	Difficulty knowing who primary care provider is when insurance is restrictive or constantly changing.
Convenience	Many providers are not open early in the morning, at night or on weekends.
	Transit decisions have moved bus stops several blocks away from healthcare facilities for the under-served.

	Public transportation to healthcare care facilities may be lacking, unreliable or inconvenient.
	Access to virtual services may be limited by Wi-Fi access or cell plans coverage.
	Limited transportation resources for those who live outside of Bloomington/Normal city limits.
Knowledge & Awareness	Patients may not be aware of options outside of primary care. (i.e. urgent care, virtual services, on-call or after-hours nursing).
	Cultural differences or language gaps may limit access and/or communications.
	Not familiar with primary care provider or primary care setting.
	Navigating the healthcare system can be overwhelming or difficult for some community members, potentially resulting in limited access to care or coordinated care.
Health Behaviors	Low-income population may have a greater focus on meeting immediate needs rather than preventing health issues from occurring down the road; therefore, making and keeping healthcare-related appointments may be a lower priority.
	Lack of emphasis on prevention (versus treatment) by patients, providers and the community overall.
	Lack of awareness of the connection between current behaviors and chronic disease.

According to the 2024 McLean County Community Health Survey of adults, two percent of McLean County residents do not have health insurance, and six percent of the general population and ten percent of the at-risk population report not seeking medical care.

Additional barriers to accessing care were identified through responses to the 2024 McLean County Community Health Survey of adults who responded that they were unable to access various types of care in the past year when they needed it. The top three reasons for each type of care are listed below.

- The top three reasons for not being able to access medical care were: 1) Too long to wait, 2) Could not afford co-pay and 3) No insurance.
- The top three reasons for not being able to access prescription medication were: 1) Could not afford co-pay 2) No insurance and 3) Pharmacy refused insurance.
- The top three reasons for the inability to access dental care were: 1) Could not afford co-pay, 2) Could not find and 3) Dentist refused insurance.
- The top three reasons for the inability to access counseling were: 1) Wait too long, 2) Could not afford co-pay and 3) Wait too long.

Systems barriers are also present. As healthcare organizations and other entities seek to control costs and gain efficiencies, the ability to add programs or staff or to adjust service lines is problematic and creates challenges that are difficult to overcome despite a willingness to change.

g) Evaluation and Monitoring Plan

Within the 2026 – 2028 McLean County Community Health Improvement Plan Summary: Access to Care, there is an “Annual Evaluation Measures” column that contains both process indicators and outcome indicators. Each year, with the assistance of the Access to Care Priority Action Team, these indicators

will be tracked throughout the three-year cycle ending in 2028. The Executive Steering Committee will be responsible for assuring that the indicator data is being tracked and that it is shared on at least an annual basis with the McLean County Community Health Council and the priority action team for each health priority.

Early in 2029, data will be compared to the outcome objectives and impact objectives listed in the 2026 – 2028 McLean County Community Health Improvement Plan Summary: Access to Care, in order to evaluate and measure progress toward meeting objectives. Through evaluation, accountability will be increased, modifications to the plan considered and a stronger commitment to improving the health of McLean County citizens will be communicated to its residents.

The McLean County Community Health Executive Steering Committee reserves the right to amend this 2026 – 2028 McLean County Community Health Improvement Plan as needed to reflect each organization's particular role and responsibilities in executing the plan as well as the resources each organization is committing. In addition, certain significant health needs may become a community priority during this three-year plan period and require amendments to the strategies developed to address the emerging significant health need. Other entities or organizations in the community may develop programs to address the same health needs or joint programs may be adopted. Finally, in compliance with Internal Revenue Code Section 501(r) requirements for hospitals, Carle BroMenn Medical Center or OSF St. Joseph Medical Center may refocus the limited resources the organization committed to the Plan to best serve the community.

V. Health Priority #2: Behavioral Health (Mental Health and Substance Use)

a) Description of the Health Priority

Mental illnesses are one of the leading causes of disability in the United States. In any given year, approximately 13 million American adults have a seriously debilitating mental illness. Unstable mental health can lead to suicide. An individual's mental health is affected by a combination of factors, including biology (genes/brain chemistry), life experiences (trauma/abuse) and family history regarding mental health problems (Conduent Healthy Communities Institute, 2025).

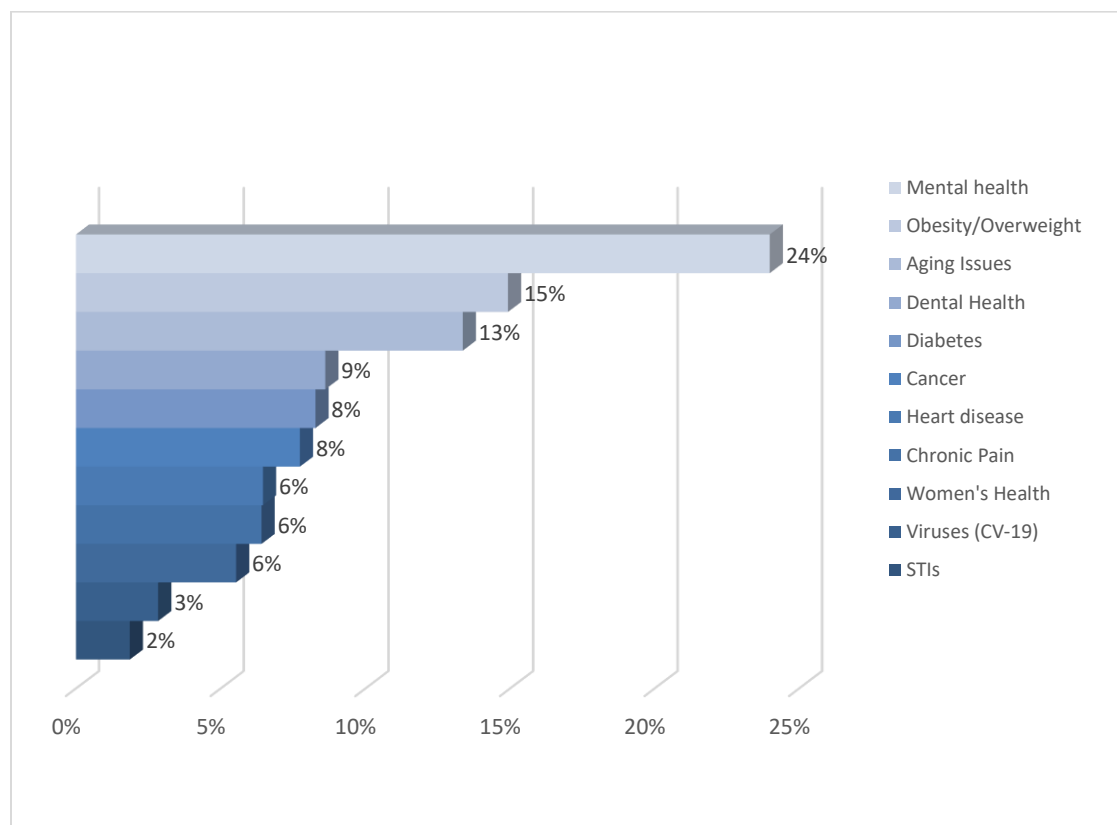
Substance use is a major public health issue that has a strong impact on individuals, families and communities. The use of illicit drugs, abuse of alcohol and addiction to pharmaceuticals is linked to health conditions such as heart disease, cancer and liver diseases. Substance use also contributes to a wide range of social, physical, mental and public health problems such as teenage pregnancy, HIV/AIDs, sexually transmitted infections, domestic violence, child abuse, motor vehicle crashes, crime, homicide and suicide (Conduent Healthy Communities Institute, 2025.)

Because these disorders often occur together, the McLean County Community Health Council chose to include both in one health priority category: Behavioral Health.

Health Perceptions in McLean County

The 2024 McLean County Community Health Survey asked adult respondents to rate the three most important health issues in the community. The health issue that was ranked highest was mental health. It was identified by 24 percent of respondents. It was also selected as the most important health issue for the 2021 survey. See Exhibit 9 below.

Exhibit 9: Perception of Health Issues in McLean County, 2024



Source: McLean County Community Health Survey, 2024.

The 2024 McLean County Community Health survey indicated that 27 percent of respondents reported that they do not have access to counseling services when needed. This is an increase of 10 percent from the 2021 survey. The top three reasons for the inability to access counseling are: 1) Wait too long (90%), 2) Could not afford co-pay (65%) and 3) Could not find (49%).

Statistics Supporting Behavioral Health as a Health Priority

Like many illnesses, early detection and access to outpatient care as well as consistent ongoing treatment for those with mental health and substance use disorders can improve health outcomes as well as an individual's quality of life. Care received in the emergency room may indicate inadequacies in or the absence of the healthcare received outside of it. In McLean County, emergency room data from the two local hospitals (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 - 2023) and other secondary data provides a snapshot of the consequences of delayed access to care, inadequate care or insufficient treatment for mental health and substance use disorders.

- Adolescents/Pediatrics:

- The rate for age-adjusted emergency room visits due to adolescent suicide and intentional self-inflicted injury in McLean County is 191.0 emergency room visits per 10,000 population 10 - 17 years of age. This is in the worst 25th percentile range (red indicator) compared to other counties in Illinois and is higher than the Illinois value of 98.9 emergency room visits per 10,000 population 10 – 17 years of age (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 – 2023). The rate is trending unfavorably, in a statistically significant direction (Conduent Healthy Communities Institute, Illinois Hospital Association, 2016 – 2023). The rate for Bloomington ZIP code 61701 is 266.2 emergency room visits per 10,000 population 10 – 17 years of age. Like the county rate, this is also in the worst 25th percentile range (red indicator) compared to other ZIP codes in Illinois.
- The rate for age-adjusted emergency room visits due to pediatric mental health (<18 years) for McLean County is 72.8 emergency room visits per 10,000 population. This is in the worst 50th to 75th percentile range (yellow indicator) compared to other counties in Illinois (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 – 2023). The McLean County value is higher than the Illinois value of 52.7 emergency room visits per 10,000 population less than 18 years of age, but is trending favorably, in a statistically significant direction (Conduent Healthy Communities Institute, Illinois Hospital Association, 2016 – 2023). The rate for Bloomington ZIP code 61701 (127.3 emergency room visits per 10,000 population <18 years) is in the worst 25th percentile range (red indicator) compared to other ZIP codes in Illinois.

- Adults:

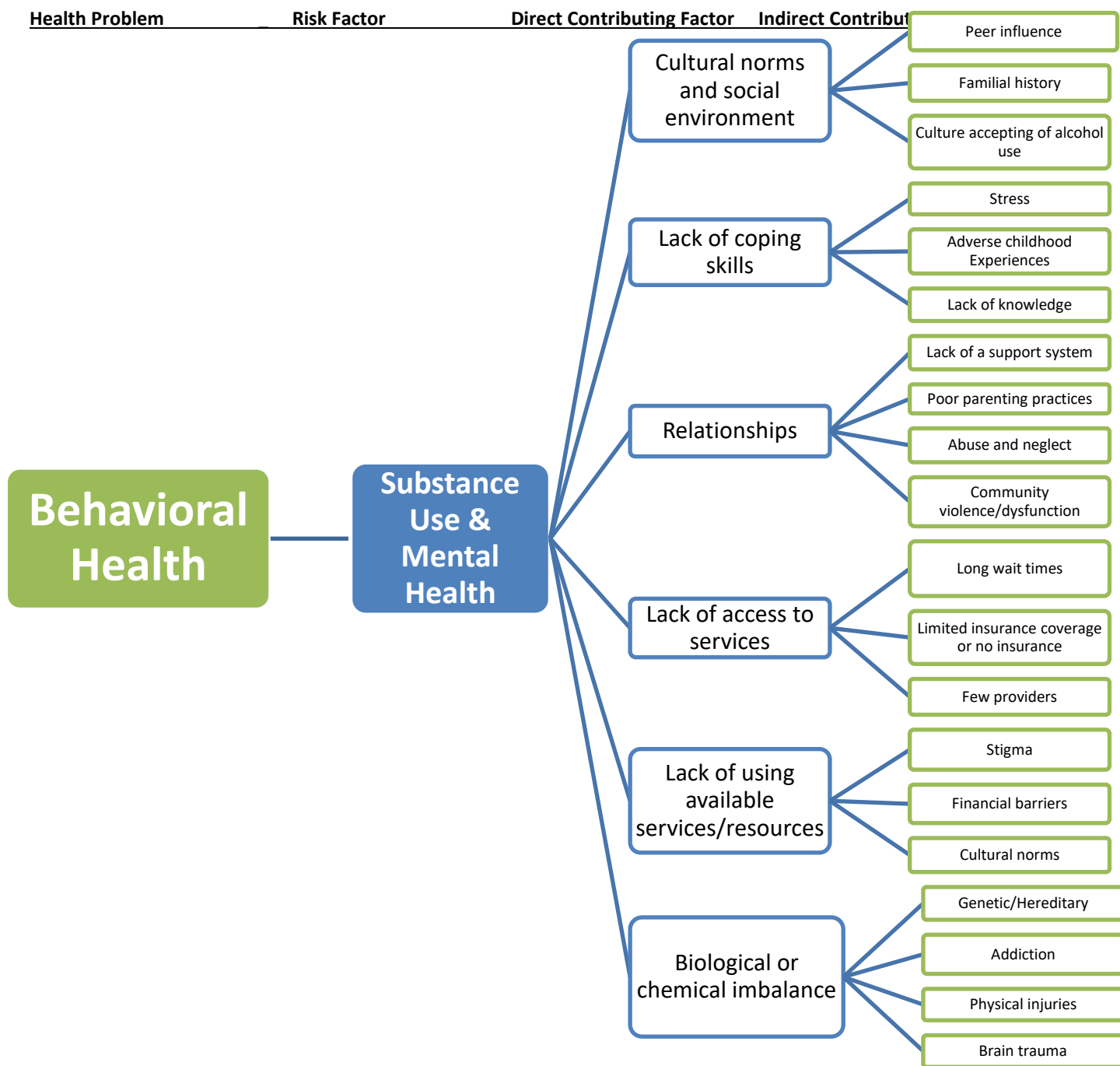
- The rate for age-adjusted emergency room visits for adults due to suicide and intentional self-inflicted injury in McLean County is 47.1 emergency room visits per 10,000 population ages 18 years and older (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 – 2023). This is in the best 0 - 50th percentile range (green indicator) compared to other counties in Illinois but is higher than the Illinois value (39 emergency room visits per 10,000 population 18 + years). The rate is trending unfavorably, albeit not in a statistically significant direction (Conduent Healthy Communities Institute, Illinois Hospital Association, 2016 – 2023). The rate for Bloomington ZIP code 61701 (97.1 emergency room visits per 10,000 population 18 years and older) is in the worst 25th percentile range (red indicator) compared to other ZIP codes in Illinois.

- The age-adjusted death rate due to suicide in McLean County is 12.9 deaths per 100,000 population. This is in the best 0 - 50th percentile range (green indicator) compared to other counties in the United States but it is higher than the Illinois value (10.9 deaths per 100,000 population) and does not meet the Healthy People 2030 target (12.8 deaths per 100,000 population) (Conduent Healthy Communities Institute, Centers for Disease Control and Prevention, 2018 - 2020). The rate is trending unfavorably in a statistically significant direction (Conduent Healthy Communities Institute, Centers for Disease Control and Prevention, 2007 - 2020).
- The age-adjusted emergency room rate due to mental health for Bloomington ZIP code 61701 (136.9 emergency room visits per 10,000 population 18+ years) is in the worst 25th percentile range (red indicator) compared to other ZIP codes in Illinois.
- The percentage of adults who stated that their mental health was not good 14 or more days in the past month in McLean County is 17.7 percent (Conduent Healthy Communities Institute, CDC – Places, 2022). This is in the worst 25th percentile range (red indicator) compared to other counties in Illinois. The percentages for Bloomington ZIP code 61701 (18.3 percent) and Saybrook ZIP code 61770 (18.2 percent) are also in the worst 25th percentile range (red indicator) in comparison to other ZIP codes in Illinois.
- Twenty percent of McLean County Survey respondents reported having depression or anxiety (McLean County Community Health Survey, 2024).

Since Carle BroMenn Medical Center has the only hospital-based inpatient mental health unit in McLean County, the need to promote and encourage early access to the available mental health and substance abuse care and treatment services outside of the hospital is essential and could improve quality of life. Providing more resources and evidenced-based programs to reduce behavioral health stigma and improve coping skills may assist McLean County residents to access care and treatment earlier and decrease substance abuse, which may reduce self-inflicted injuries as well as deaths due to suicide.

b) Chart of Health Priority Risk Factors and Direct/Indirect Contributing Factors

Both the Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration acknowledge that mental health and substance use disorders can have social, psychological and biological components. Intervention strategies could target modifiable factors. Refer to the chart on the following page for a list of risk factors as well as direct and indirect contributing factors for the development of behavioral health concerns.



c) Rationale for Choice as a Health Priority

Behavioral health was selected as a significant health need to be addressed by the McLean County Community Health Council for several reasons. Behavioral health received the third highest priority score (143.1), indicating the need for further improvements in this area in McLean County. There are numerous geographic and racial/ethnic disparities for behavioral health related indicators. In addition, mental health was rated as the top health issue by 2024 McLean County Community Health Survey respondents. There has been a great deal of public support and momentum behind behavioral health in McLean County for the last several years. McLean County is well situated to continue to collaborate on mental healthcare due to the ongoing efforts of numerous organizations and the support of the McLean County Government. Behavioral health was also previously selected as a key health priority for the 2016, 2019 and 2022 McLean County Community Health Needs Assessments.

The county is well-situated to collaborate on mental health and substance use due to the ongoing efforts of numerous organizations, committees, the Behavioral Health Priority Action Team, the Mental Health Advisory Board and the Behavioral Health Coordinating Council, which together reflect the community's commitment at the local, non-profit level as well as the government level. With various plans in place across individual organizations, programs and county government, it is important that information is shared at meetings so that a systemic approach to addressing mental health and substance use needs is pursued and that the 2026 – 2028 McLean County Community Health Improvement Plan works alongside and supports these plans, including the McLean County Behavioral Health Coordinating Council 2026 – 2029 Behavioral Health Action Plan.

d) McLean County Community Health Improvement Plan Summary: Behavioral Health

Behavioral Health has been identified as a priority health issue in community health plans in McLean County since at least 2012. In addition, in 2015, a Comprehensive Mental Health Action Plan was developed along with the formation of the Behavioral Health Coordinating Council by the McLean County Government. From 2012 to 2024, many new programs and services were implemented to address needs, but much remains to be done.

Significant needs have been noted in both the prevention and treatment areas. The McLean County Community Health Plan and Needs Assessment (2012 – 2017), as well as the joint plans from 2017 – 2019, 2020 – 2022, and 2023 – 2025 took a preventive approach to addressing mental health and substance use and endeavored to unite local efforts through the use of coalitions and committees in order to strengthen the impact of interventions. The newest plan continues to support movement toward a systemic community approach to addressing behavioral health needs.

The Behavioral Health Priority Action Team, consisting of approximately 54 individuals representing approximately 20 entities, held a goal-setting meeting on April 17, 2025, in preparation for the development of the 2026 – 2028 Community Health Implementation Plan. This was followed by meetings on August 14 and October 9, 2025, to formulate the 2026 – 2028 Behavioral Health Community Health Improvement Plan Summary, included below.

The Behavioral Health Community Health Improvement Plan for 2026 – 2028 focuses on three key strategies:

Strategy 1:

- Support educational programs aimed at reducing behavioral health stigma, increasing mental health awareness and/or improving mental health status.
 - Efforts may include the use of evidence-based programs (e.g., Ending the Silence) and evidence-informed programs (e.g., Mental Health First Aid).

Strategy 2:

- Support drug and alcohol educational programs and collaborative coalitions to increase knowledge and decrease substance use.
 - Efforts may include the use of evidence-based programs (e.g., Too Good for Drugs) and coordination of Recovery Oriented Systems of Care (ROSC) community-based recovery services.

Strategy 3:

- Increase access to behavioral health services at various sites within the community.
 - Efforts may include a) supporting telepsychiatry, embedded behavioral health in schools, on-site or integrated behavioral health at primary care offices, Frequent Users System Engagement (FUSE), Central Illinois Bridge Academy, Behavioral Health Urgent Care, integration of counseling/therapy services for vulnerable populations at various sites in the community, and b) offering evidence-based programming to address later-life depression (e.g., PEARLS).

An overview of the goals and objectives to address Behavioral Health are listed below.

High-Level Goal for Behavioral Health: Champion integrated systemic community approaches to behavioral health and well-being accessible to all by 2029.

- Outcome Objective #1: By 2029, reduce the number of deaths due to suicide and emergency room visits due to suicide and intentional self-inflicted injury.
- Outcome Objective #2: By 2029, reduce the death rate due to drug poisoning and emergency room visits due to alcohol use.
 - Impact Objective #1: By 2029, increase the percent of McLean County residents reporting good mental health and feeling less sad, depressed, stressed or anxious.
 - Impact Objective #2: By 2029, decrease the percent of McLean County residents reporting heavy or binge drinking and the use of any type of substance.
 - Impact Objective #3: By 2029, increase access to behavioral health services in McLean County.

The following 17 pages (53 – 69) contain the 2026 – 2028 McLean County Community Health Improvement Plan Summary for Behavioral Health.

McLean County
Community Health Improvement Plan Summary: Behavioral Health
January 1, 2026 - December 31, 2028

HEALTH PRIORITY: BEHAVIORAL HEALTH

GOAL: Champion integrated systemic community approaches to behavioral health and well-being, accessible to all by 2029.

Related Social Drivers of Health: Access to Care; Housing Instability/Quality of Housing

OUTCOME OBJECTIVES: By 2029, reduce the number of deaths due to suicide and emergency room visits due to suicide and intentional self-inflicted injury.
By 2029, reduce the death rate due to drug poisoning and emergency room visits due to alcohol use.

Baseline

- 19 deaths due to suicide, McLean County Coroner's Office, 2024.
- 47.1 emergency room visits per 10,000 population ages 18 years and older due to suicide and intentional self-inflicted injury (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 – 2023).
- 191 emergency room visits per 10,000 population 10 - 17 years of age due to adolescent suicide and self-inflicted injury (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 – 2023).
- 14.6 deaths/100,000 population due to drug poisoning (Conduent Healthy Communities Institute, County Health Rankings, 2019 – 2021).
- 48.1 emergency room visits per 10,000 population 18 years and older due to alcohol use (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021 – 2023).

McLean County Behavioral Health Coordinating Council: 2026 – 2028 Behavioral Health Action Plan Alignment

State Health Improvement Plan (SHIP) 2028 Alignment

- *Improve the mental health and SUD system's infrastructure to support and strengthen prevention and treatment.*
- *Reduce mortality due to mental health conditions and SUD through harm reduction and preventative care strategies.*

Healthy People 2030 Alignment

- *Improve mental health*
- *Reduce drug and alcohol addiction*

See alignment items noted in the Impact Objective Areas

THREE YEAR MEASURES	STRATEGIES and INTERVENTIONS	ANNUAL EVALUATION MEASURES	POTENTIAL RESOURCES/PARTNERS*
IMPACT OBJECTIVE #1: By 2029, increase the percent of McLean County residents reporting good mental health and feeling less sad, depressed, stressed or anxious. BASELINE DATA 30% of 8th, 10th and 12th grade students reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (Illinois Youth Survey, 2024) - Residents reported that their mental health was not good 4.4 days in the past 30 days (County Health Rankings, 2021) 19% of survey respondents reported their overall mental health as good (McLean County Community Health Survey, 2024) 30% of survey respondents reported feeling depressed for 3 or more days in the 30 days prior	STRATEGY 1: SUPPORT EDUCATIONAL PROGRAMS AIMED AT REDUCING BEHAVIORAL HEALTH STIGMA, INCREASING MENTAL HEALTH AWARENESS AND/OR IMPROVING MENTAL HEALTH STATUS. Intervention 1.1: Offer Mental Health First Aid (MHFA) courses to the community (evidence- based program). Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/mental-health-first-aid	Intervention 1.1: Process Indicators # of MHFA courses sponsored by Carle BroMenn Medical Center in collaboration with the McLean County Health Department (baseline: 3 courses –McLean County MHFA Collaborative, 2024) # of MHFA courses sponsored by OSF St. Joseph Medical Center in collaboration with the McLean County Health Department (baseline: 4 courses– McLean County MHFA Collaborative, 2024) # of MHFA courses offered by the Center for Human Services (baseline to be established) # of MHFA courses offered by the Regional Office of Education #17 (3 Youth MHFA courses and 1 Teen MHFA course, 2024) # of courses offered by District 87 (3 Youth MHFA courses, 2024) # of McLean County community members trained in MHFA per year (baseline: 278 community members; 152 through MHFA collaborative, 36 through District 87 and 90	Intervention 1.1: Resources/Partners - Carle BroMenn Medical Center - Center for Human Services - Chestnut Health Systems - District 87 - Illinois State University - Illinois Wesleyan University - McLean County employers - McLean County faith community - McLean County Health Department - McLean County schools - OSF St. Joseph Medical Center - Project Oz

to the survey (McLean County Community Health Survey, 2024) 25% of survey respondents reported feeling stressed or anxious for 3 or more days in the 30 days prior to the survey (McLean County Community Health Survey, 2024) Healthy People 2030 - Increase the proportion of children and adolescents who get preventive mental health care in school — EMC-D06 - Increase the proportion of trauma-informed early childcare settings and elementary and secondary schools — AH-D01 - Increase the proportion of children and adolescents with symptoms of trauma who get treatment — AH-D02 - Increase the proportion of children and adolescents who show resilience to challenges and stress — EMC-D07 - Increase the proportion of children with mental health problems who get treatment — MHMD-03		through ROE. #17 (includes 22 students trained in Teen MFHA) <u>Intervention 1.1: Outcome Indicators</u> % of MHFA course participants that “may” or are “very likely ” post MHFA training to have a supportive conversation with an adult experiencing signs and symptoms of a mental health or substance use challenge or crisis (baseline: to be established) % of MHFA course participants that report that they would not find it difficult at all or only somewhat difficult to “refer... someone showing signs & symptoms of a mental health or substance use challenge(s) to a health professional. % of MHFA course participants report they Agree or Strongly agree that “Currently, I am confident that I can: Ask anyone directly whether they are considering killing themselves.”	- Regional Office of Education (ROE) #17 - Unit 5
	<u>Intervention 1.2: Offer National Alliance on Mental Health (NAMI) Ending the Silence in McLean County public schools (evidence-based program).</u> <u>Evidence:</u> https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-	<u>Intervention 1.2: Process Indicators</u> # of public schools in McLean County where Ending the Silence is implemented (baseline: 19 public schools, Project Oz, 2024) # of students in McLean County public schools participating in Ending the Silence (baseline: 3,180 students, Project Oz, 2024)	<u>Intervention 1.2: Resources/Partners</u> - Central Catholic High School - International Interior Design Association - McLean County Health Department

• Increase the proportion of children and adolescents who get appropriate treatment for anxiety or depression — EMC-D04 • Increase the proportion of children and adolescents who get appropriate treatment for behavior problems — EMC-D05 • Reduce emergency department visits for nonfatal intentional self-harm injuries — IVP-19 • Reduce the suicide rate — MHMD-01 • Reduce drug overdose deaths — SU-03	health/policies/universal-school-based-suicide-awareness-education-programs	<u>Intervention 1.2: Outcome Indicators</u> • % of Ending the Silence student participants agreeing with the following statement, “As a result of this presentation, I know how to help myself or a friend if I notice any of the warning signs” (baseline: 93% of students, Project Oz, 2024) • % of Ending the Silence student participants agreeing with the following statement, “I know the early warning signs of mental illness” (baseline: 93% of students, Project Oz, 2024) • % of students reaching out for help as a direct result of Ending the Silence presentations (baseline: 14% of students who completed an evaluation, Project Oz, 2024)	• McLean County Juvenile Detention Center • McLean County public school districts • National Alliance on Mental Illness (NAMI) NAMI Mid Central Illinois • Project Oz • Regional Alternative School • Trinity Lutheran School • University High School
IMPACT OBJECTIVE #2: By 2029, decrease the percent of McLean County residents reporting heavy or binge drinking and the use of any type of substance. BASELINE DATA	STRATEGY 2: SUPPORT DRUG AND ALCOHOL EDUCATIONAL PROGRAMS and COLLABORATIVE COALITIONS TO INCREASE KNOWLEDGE AND DECREASE SUBSTANCE USE.		
	<u>Intervention 2.1:</u> Offer Too Good for Drugs in McLean County public schools (evidence-based program). <i>Evidence:</i>	<u>Intervention 2.1: Process Indicators</u> • # of public-school districts in McLean County where Too Good for Drugs is implemented (baseline: 7 public school districts, Project Oz, 2024)	<u>Intervention 2.1: Resources/Partners</u> • Illinois Department of Human Services • McLean County Board of Health

• 18.3% of adults reported heavy or binge drinking (County Health Rankings, 2021) • 12% of survey respondents reported using marijuana one or more times/day (McLean County Community Health Survey, 2024)	http://www.toogoodprograms.org/too-good/evidence-base/	• # of students in McLean County public schools participating in Too Good for Drugs (baseline: 2,923 Project Oz, 2024) <u>Intervention 2.1: Outcome Indicator(s)</u> • Average improvement in student pre and post-test scores for Too Good for Drugs (baseline: +3.1, Project Oz, 2024)	• McLean County Health Department • McLean County public school districts • Project Oz
• 26% of survey respondents reported having an alcoholic drink one or more times/day (McLean County Community Health Survey, 2024) • 5% of survey respondents reported the use of illegal substances one or more times/day (McLean County Community Health Survey, 2024) • 7% of survey respondents reported the improper use of prescription medication one or more times/day (McLean County Community Health Survey, 2024) • 24% of 12th grade students reported that they drank alcohol during the 30 days prior to the survey (Illinois Youth Survey, 2024)	<u>Intervention 2.2: Coordinate Recovery Oriented Systems of Care (ROSC) community-based recovery services in McLean County for the following behavioral health areas: Behavioral Health & Wellness, Sober Living, Spirituality, Recovery Recreation, Diversity in Recovery and various activities organized by the McLean County ROSC.</u> <u>Evidence:</u> Strategic Prevention Framework SAMHSA William White Papers Chestnut Health Systems	<u>Intervention 2.2: Process Indicators</u> • # of community sectors participating in ROSC council meetings. (baseline: 13 community sectors, 2025) • # of community agencies participating in ROSC council meetings (baseline: 44 community agencies, 2025) • # of outreach events attended (baseline: 9 events, 2024) • # of unduplicated participants served during outreach events (baseline: 106 unduplicated participants, 2024) • # of NARCAN boxes distributed (baseline: 600 individual boxes, 2024) • # of outreach materials distributed (baseline: 1,200 materials, 2024) <u>Intervention 2.2: Outcome Indicator(s)</u> • Substance use and mental health stigma reduction • Increased knowledge/awareness of substance use resources and how to access	<u>Intervention 2.2: Resources/Partners</u> • A New Horizon RCC • Allies Against Trafficking • Bloomington Housing Authority • Bloomington Police Department • Bloomington-Normal Libraries • Bridgeway • Carle BroMenn Medical Center • Center for Human Services • Chestnut Health Systems • Children's Home + Aid • City of Bloomington - Township • Community Health Care Clinic • Cruisin' Outta Poverty Services

• 12% of 12th grade students reported using marijuana 1 or more times in the past 30 days (Illinois Youth Survey, 2024) Healthy People 2030 • Increase the proportion of adolescents who think substance abuse is risky — SU-R01 • Reduce the proportion of people under 21 years who engaged in binge drinking in the past month — SU-09 • Reduce the proportion of adolescents who drank alcohol in the past month — SU-04 • Reduce the proportion of adolescents who used drugs in the past month — SU-05 • Reduce the proportion of adolescents who used marijuana in the past month — SU-06 • Reduce current tobacco use in adolescents — TU-04 • Reduce current e-cigarette use in adolescents — TU-05 • Reduce current cigarette smoking in adolescents — TU-06 • Reduce current cigar smoking in adolescents — TU-07		• Increased knowledge/awareness of harm reduction services and supports	• Family Community Resource Center • Gateway Foundation • Heartland Community College • Heartlife Ministries • Illinois Coalition to End Permanent Punishments • Illinois Department of Mental Health • Illinois Department of Substance Use Prevention and Recovery • Integrity Counseling • Illinois State University • Joy Care Center/Jobs Partnership • Labyrinth House • LifeCil • Lifelong Access • Living Well United • McLean County Health Department • Mid Central Community Action • NAACP • NAMI • Normal Police Department • OMNI Youth Services
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• Reduce current use of smokeless tobacco products among adolescents — TU-08 • Eliminate cigarette smoking initiation in adolescents and young adults — TU-10 • Reduce the proportion of people who had alcohol use disorder in the past year — SU-13 • Reduce the proportion of people who had opioid use disorder in the past year — SU-18 • Reduce the proportion of people who had marijuana use disorder in the past year — SU-14 • Reduce the proportion of people who had drug use disorder in the past year — SU-15			• Oxford House • PATH • Prairie Pride Coalition • Prairie State Legal Services • Project Oz • Salvation Army • Synergy Home Care • Treatment Alternatives for Safe Communities (TASC) • Veterans Treatment Court • Wayman AME Church • YWCA
<u>IMPACT OBJECTIVE #3</u> By 2029, increase access to behavioral health services in McLean County. BASELINE DATA • 27% of McLean County residents reported that they needed counseling and were not able to get it (McLean County Community Health Survey, 2024)	STRATEGY 3: INCREASE ACCESS TO BEHAVIORAL HEALTH SERVICES AT VARIOUS SITES WITHIN THE COMMUNITY.		
	<u>Intervention 3.1:</u> Support on-site or integrated behavioral health at primary care offices. <i>Evidence:</i> https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-	<u>Intervention 3.1: Process Indicators</u> • # of organizations that have integrated or co-located behavioral health services at primary care locations (baseline: 3 organizations - Chestnut Family Health Center, OSF Medical Group Primary Care offices and Center for Youth and Family Solutions at the Community Health Care Clinic)	<u>Intervention 3.1:</u> <u>Resources/Partners</u> • Center for Youth and Family Solutions • Chestnut Family Health Center • Community Health Care Clinic

Healthy People 2030 • Increase the ability of primary care and behavioral health professionals to provide more high-quality care to patients who need it — AHS-R01 • Increase the use of telehealth to improve access to health services — AHS-R02 • Increase the proportion of adults with serious mental illness who get treatment — MHMD-04 • Increase the proportion of homeless adults with mental health problems who get mental health services — MHMD-R01 • Increase the proportion of adults with serious mental illness who get treatment — MHMD-04 • Increase the proportion of people with substance use and mental health disorders who get treatment for both — MHMD-07 • Increase the proportion of people who need alcohol and/or drug treatment who got treatment in the past year — SU-01 • Increase the proportion of public schools with a counselor, social	health/policies/behavioral-health-primary-care-integration	Intervention 3.1: Outcome Indicators • Not available	• OSF Medical Group Primary Care Offices
	Intervention 3.2: Support telepsychiatry. Evidence : https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/telemental-health-services	Intervention 3.2: Process Indicators • # of sites where telepsychiatry is available (baseline: 5 sites, 2024) • # of individuals receiving services via telepsychiatry (baseline: Total of at least 1,857 individuals, 2024 – some data not available by individual) Intervention 3.2: Outcome Indicator(s) • Not available	Intervention 3.2: Resources/Partners • Carle BroMenn Medical Center • Chestnut Health Systems • McLean County Government • McLean County Jail • OSF St. Joseph Medical Center
	Intervention 3.3: Support Frequent Users System Engagement (FUSE). FUSE is a program designed to break the cycle of homelessness and crisis among individuals with complex medical and behavioral health challenges who are intersecting the justice, homeless or emergency systems of care frequently. Evidence: https://www.csh.org/fuse/	Intervention 3.3: Process Indicators • # of FUSE participants (baseline: 37 participants, McLean County Government, 2024) Intervention 3.3: Outcome Indicators • Decrease in average # mental health emergency room contacts pre-FUSE (18 months prior to joining FUSE) versus post-FUSE (baseline: average of 3.1 mental health emergency room contacts pre-FUSE versus 1 contact post-FUSE, McLean County Government, 2024) • Reduction in average # of justice contacts pre-FUSE (18 months prior to joining FUSE) versus post-FUSE (baseline: average of 3.3 justice contacts pre-FUSE versus .36 justice contacts post-FUSE, McLean County Government, 2024)	Intervention 3.3: Resources/Partners • Bloomington Housing Authority • Bloomington Illinois Secretary of State Facility • Bloomington Police Department • Carle BroMenn Medical Center • Center for Human Services • Center for Human Services • Chestnut Health Systems • Department of Human Services (Bloomington)

worker, and psychologist — AH-R09 • Increase the proportion of adults with depression who get treatment — MHMD-05 • Increase the proportion of trauma-informed early childcare settings and elementary and secondary schools — AH-D01 • Increase the proportion of children and adolescents with symptoms of trauma who get treatment — AH-D02 • Increase the proportion of children and adolescents who show resilience to challenges and stress — EMC-D07 • Increase the proportion of children and adolescents with ADHD who get appropriate treatment — EMC-04 • Increase the proportion of children with mental health problems who get treatment — MHMD-03 • Increase the proportion of children and adolescents who get appropriate treatment for anxiety or depression — EMC-D04		• Decrease in average # of shelter bed contacts pre-FUSE (18 months prior to joining FUSE) versus post-FUSE (baseline: average of 1.4 shelter bed contacts pre-FUSE versus .38 shelter bed contacts post-FUSE, McLean County Government, 2024)	• God’s Mission Ministry • Home Sweet Home Ministries • Illinois State University Police Department • JOLT • McLean County Court Services • McLean County Government • McLean County Jail • McLean County Public Defender’s Office • McLean County Sheriff • Mid Central Community Action • Normal Police Department • OSF St. Joseph Medical Center • PATH • Prairie State Legal Services • Recycling Furniture for Families • Re-entry Council • Salvation Army • Treatment Alternatives for Safe Communities (TASC)
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Increase the proportion of children and adolescents who get appropriate treatment for behavior problems — EMC-D05			U.S. Social Security Administration (Normal)
	<u>Intervention 3.4: Support Behavioral Health Urgent Care.</u> Behavioral Health Urgent Care is a walk-in option for individuals experiencing a behavioral health crisis. <i>Evidence:</i> https://www.nlc.org/resource/triage-centers-as-alternatives-to-jail-for-people-in-behavioral-health-crises/ https://www.gicpp.org/pdfs/2013-007-final-20130930.pdf	<u>Intervention 3.4: Process Indicators</u> # of clients served (baseline: 161 clients, McLean County Center for Human Services, 2024) - Total # of encounters (baseline: 698 encounters, McLean County Center for Human Services, 2024) - Average number of encounters per client (baseline: 4.34 services, McLean County Center for Human Services, 2024) <u>Intervention 3.4: Outcome Indicator(s)</u> % of client interactions that do not result in a psychiatric hospitalization (baseline: 96.7%, McLean County Center for Human Services, 2024) % of client interactions that do not result in law enforcement involvement post initial hand-off (100%, McLean County Center for Human Services, 2024)	<u>Intervention 3.4: Resources/Partners</u> Center for Human Services
	<u>Intervention 3.5: Offer PEARLS to McLean County Older Adults in the home.</u> The Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based program for late-life depression. PEARLS brings high quality mental health care into community-based settings that reach vulnerable older adults.	<u>Intervention 3.5: Process Indicators</u> # of persons served (baseline: 54 older adults, CCSI Case Coordination LLC, FY2021) # of units/hours for individuals in PEARLS (657 units/hours, CCSI Case Coordination LLC, FY2021) <u>Intervention 3.5: Outcome Indicator(s)</u>	<u>Intervention 3.5: Resources/Partners</u> - CCSI Case Coordination LLC - East Central Illinois Area Agency on Aging

	Evidence: https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/pearls-evidence/	Average PHQ-9 score pre-PEARLS versus six months post PEARLS (baseline to be established)	
	Intervention 3.6: Support Embedded Behavioral Health in Schools. Defined as a community agency providing services through a school setting in McLean County. Community agency can bill Medicaid or Medicare.	Intervention 3.6: Process Indicators - Number of school districts with embedded behavioral health in schools (baseline: 5 school districts, Center for Human Services and Chestnut Health Systems, 2024) - Number of students receiving counseling services in school setting through Embedded Behavioral Health in Schools (baseline: 849 students, Center for Human Services and Chestnut Health Systems, 2024) Intervention 3.6: Outcome Indicators - Not available	Intervention 3.6: Resources/Partners - Bloomington District 87 - Center for Human Services - Chestnut Health Systems - Lexington CUSD #7 - McLean County Unit District #5 - Olympia CUSD #16 - Ridgeview CUSD #19 - Tri-Valley CUSD #3
	Intervention 3.7: Support Central Illinois Bridge Academy. Central Illinois Bridge Academy is a specialized alternative educational program under ROE #17 to serve adolescents in 6th through 12th grade with internalizing mental health concerns at risk for hospitalization, returning from hospitalization, or utilizing significant resources that exceed their school's ability. Students attend for full days,	Intervention 3.7: Process Indicators - The number of students served by Bridge Academy (baseline: 2023 – 2024 school year: 30 students served; 2024 – 2025 school year: 21 students enrolled on first day of school, 30 students enrolled (as of January 10, 2025), Regional Office of Education #17, 2024 - The number of school districts and/or schools served within ROE (baseline: 7 districts served as of January 10, 2025; 8	Intervention 3.7: Resources/Partners - Original training resources for staff; The Baby Fold, Mental Health First Aid Collaborative and Lifelong Access - All districts within ROE #17 counties (DeWitt,

	meet state standards for their academics through project-based learning, with full access to case managers, a therapist and sensory room onsite, as well as community connections for ongoing resources. Evidence: https://safesupportivelearning.ed.gov/sites/default/files/13-ImpSchMnHlthSprtBtPrt-508_0.pdf https://store.samhsa.gov/sites/default/files/d7/priv/pep19-school-guide.pdf https://oschool.org/	districts served within 2024 – 2025 school year, 13 total districts served since opening Fall 2022, Regional Office of Education #17, 2024) <u>Intervention 3.7: Outcome Indicators</u> • The average percentage of full-day attendance pre-Bridge Academy enrollment versus post Bridge Academy enrollment (baseline: 47% pre-Bridge Academy versus 75% post-Bridge Academy; 18 students remained the same or had an increase in attendance compared to prior year attendance (pre-Bridge Academy attendance data not available for 12 students). Students who had a decrease in attendance rate was due to hospitalization impacting dates in attendance, Regional Office of Education #17, 2024) • Behavioral Assessment System for Children 3rd Edition (BASC – 3) scores upon enrollment at Bridge Academy versus one-year post-Bridge Academy enrollment (baseline: to be established)	Livingston, Logan and McLean) • Lifelong Access • Community social service agencies • Harmonium Music Therapy, LLC
	<u>Intervention 3.8: Support integration of counseling/therapy services for vulnerable populations at various sites in the community.</u> The Center for Youth and Family Solutions provides counseling services that are trauma-informed, strengths-based, and family	<u>Intervention 3.8: Process Indicators</u> • # of individuals receiving counseling services at the Community Health Care Clinic • # of individuals receiving counseling services at Home Sweet Home Ministries	<u>Intervention 3.8 Resources/Partners</u> • Center for Youth and Family Solutions • Community Health Care Clinic • Evergreen Senior Living

	focused. Feedback Informed Therapy, an evidenced based practice, is utilized to increase engagement and track outcomes. Evidence: Using Formal Client Feedback to Improve Retention and Outcome: Making Ongoing, Real-Time Assessment Feasible. https://scottdmiller.com/wp-content/uploads/1%20Using%20Formal%20Client%20Feedback.pdf	# of seniors receiving counseling services at assisted living, congregate care, or in-home setting. Intervention 3.8: Outcome Indicators % of clients experiencing improvement in their overall sense of well-being and functioning % of clients who report feeling heard, understood, and respected in the therapeutic relationship	- Home Sweet Home Ministries - Luther Oaks - McLean County Health Department
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RELATED IMPROVEMENT PLAN EFFORTS

The following organizations received grants for implementation in 2025 for implementation in 2025/2026 or FY26 (May 1, 2025– April 30, 2026) from the John M. Scott Health Commission. Although the grants are tied to the health priorities selected for the 2022 McLean County Community Health Needs Assessment, the grant programs will also apply to the 2025 McLean County Community Health Needs Assessment and 2026 – 2028 McLean County Community Health Improvement Plan as the health priorities are the same.

- Project Oz received a grant for its Transitional Living Program for homeless youth.
- Youthbuild of McLean County received a grant for mental health services and interventions.
- The Boys & Girls Club of Bloomington-Normal received a grant to support mental health services to children.
- The Center for Youth and Family Solutions received a grant to support child, adolescent and family behavioral health services.
- Integrity Counseling received a grant to support mental health services to the uninsured and underinsured.
- The Girls Scouts of Central Illinois received a grant for behavioral health support.

A leader from Carle BroMenn Medical Center and OSF St. Joseph Medical Center will continue to serve on the City of Bloomington’s John M. Scott Health Care Commission Grants Committee.

Other related efforts:

- Carle Behavioral Health Bloomington and United Way of McLean County plan on continuing their partnership entitled *ThriveMind* to increase rural access to behavioral health services for kindergarten through twelfth grade students, who do not readily have access to these services, in Olympia, Ridgeview and Lexington schools. As a part of the collaboration, students are able to receive counseling services at no charge and without a limit on the number of services received.
- Carle BroMenn Medical Center
 - Carle BroMenn will continue to partner with National Youth Advocate Program for the Front Door Diversion Program (FDDP). FDDP empowers individuals who are being considered for possible long-term mental health care with a community-living option following hospital discharge. FDDP assists and transitions individuals into independence while offering supportive community programming that best fits their needs as an alternative to long-term care facilities.
 - Carle BroMenn will continue to offer the Adult Mental Health Day Program, which consists of three levels of care: Partial Hospitalization Program (PHP), Intensive Outpatient program (IOP) and Continuing Care. PHP and IOP are structured, group-based outpatient programs that incorporate group counseling, psychoeducation, and individualized recovery planning through Wellness Recovery Action Plans (WRAPS). Continuing Care provides step-down support, allowing patients to sustain recovery by continuing to implement and refine their WRAPS.
 - Carle BroMenn, in partnership with Cook County, the State of Illinois and McLean County courts, will support the Assisted Outpatient Therapy (adult psychiatry/care management) (AOT) pilot program for McLean County. The pilot will expand the successful use of court ordered outpatient behavioral health treatment. Court ordered outpatient treatment is an underutilized resource in the State of Illinois; this program will create models that can be expanded and replicated in other Illinois counties.
- Project Oz
 - Project Oz will continue to have Restorative School Counselors in local public schools. School counselors offer individual counseling/mentoring, family outreach, and training and leadership through Restorative Practices. The program helps students succeed in school, resolve conflicts, overcome challenges and build positive community connections. Currently there are counselors in the following schools: Normal Community High School, Normal West High School, Bloomington High School, Bloomington Junior High School, Sheridan Elementary School and Irving Elementary School.
 - Project Oz will continue to provide print and electronic documents for parents and caregivers of youth dealing with mental health challenges.
 - Project Oz will continue to conduct virtual and in-person presentations in community settings to assist individuals in addressing youth mental health concerns.
- Chestnut Health Systems
 - Chestnut Health Systems will work with local community collaborators to expand outpatient and intensive outpatient substance use treatment programming for adolescents and young adults.
 - Chestnut Health Systems will investigate leveraging 340B to assist uninsured patients with high-cost medications for behavioral-health related conditions.

- Chestnut Health Systems will continue to offer on-site pharmacy services through Genoa Healthcare to assist in removing transportation as a barrier to accessing pharmacy services for those receiving services.
- Chestnut Health Systems will continue to provide domestic violence intervention programs for both those who have committed and survived acts of domestic abuse utilizing evidence based treatment protocols that comply with the Illinois Protocol for Partner Abuse Intervention Programs.
- Chestnut Health Systems will continue to collaborate with local community partners to provide specialized programming for court-involved community members.
- Chestnut Health Systems will continue to offer training on overdose prevention education and proper use of Naloxone.
- Chestnut Health Systems will continue to provide access to and distribute Naloxone throughout McLean County.
- McLean County's Behavioral Health Coordination department, supported by the Mental Health and Public Safety Fund, will continue to coordinate efforts between public and private entities for the support of community behavioral health initiatives, as supported by the Behavioral (Mental) Health Action Plan. This includes providing administrative support to the Behavioral Health Coordinating Council (BHCC), administering programs or initiatives like the Children's Mental Health Initiative System of Care Grant (ends October 2027) and providing local funding opportunities for behavioral health initiatives to the community, including initiatives aimed at increasing access. Both the BHCC and the System of Care Council have identified access to behavioral health care as an important category for growth in McLean County and are exploring a multi-stage, robust assessment of access to behavioral health care in McLean County in 2026.
- Heartland Community College will continue to offer the Certified Recovery Support Specialist (CRSS) program during the three-year period of this 2026 – 2028 McLean County Community Health Improvement Plan. This unique certificate program prepares students for entry-level positions as a recovery support specialist, specifically in substance abuse and mental health recovery. Through a combination of academic courses, practical experience, and professional training, students learn how to facilitate recovery, build resilience of people in recovery, and use principles to guide ethical decision-making. Upon completion, students demonstrate competency in advocacy, mentoring and education, professional responsibility, recovery support and wellness skills.
- BN Parents, a prevention coalition consisting of community sectors whose mission is to work to improve parent/teen communication to reduce risks during the teen years, will continue to provide and support multiple educational prevention campaigns to several target populations. Campaigns include: Parents Make a Difference (for parents of Bloomington-Normal students with a goal to educate, inform and empower parents to assist their students in making the best decisions around alcohol, marijuana, and other substances); Always Unstoppable (targeted toward high school students in BloomingtonNormal Schools encouraging them to recognize their strengths and help to make healthy decisions regarding substance use); Becoming Unstoppable (campaign focused towards junior high students in Bloomington-Normal, supporting them in positive decision making). Chestnut Health Systems is the fiscal agent for these projects. Through the Partnership for Success Federal Project, supportive efforts have been expanded to the local college communities and local elementary schools in the Bloomington-Normal community.
- PATH will continue to offer PATH Pals, a children's mental health program that uses puppetry and storytelling to promote emotional well-being. The program helps children identify and express emotions, reinforces that they are not alone, and provides caregivers and educators with tools to support healthy development.
- McLean County Unit 5

- Unit 5 will continue to offer telehealth therapy services through Daybreak for students and families regardless of insurance status. The Daybreak care programs are personalized to an individual's unique needs.
- Unit 5 will continue to partner with the Illinois State University School Psychology program to expand social-emotional supports for students and contribute to the pipeline of future school-based mental health providers.
- District 87 will continue to offer virtual mental health services through Cartwheel for students and families.
- The Center for Human Services (CHS)
 - CHS will offer an outpatient fitness restoration program to increase prompt access to clinically appropriate outpatient fitness restoration services for adults and juveniles determined to be unfit to stand trial (UST) who do not require the restrictiveness of a hospital setting, and to monitor and report the progress and/or fitness to the courts for individuals who are found UST or not guilty by reason of insanity (NGRI).
 - CHS will continue to receive referrals from PATH for clients who meet the criteria for permanent supported housing/rapid rehousing and assist clients in locating housing in the community.
 - CHS will continue to offer The Recovery Community Center (RCC). RCC is a peer-driven, person-centered program that offers recovery support services for those with a substance use disorder or co-occurring disorder. These services are available to individuals and/or their families, significant others, and allies. Services may include employment coaching, peer coaching, recovery coaching, recovery skills, and spiritual support. The RCC also provides education on mental health awareness training to the community.
- Brightpoint will continue to offer Healing Beyond Violence. This program provides counseling services to children and youth, ages 0-18, who have been exposed to domestic violence. Staff members work with children and their safe caregivers to grow their attachment and heal beyond violence. Case management is also offered to help families with stressors or barriers so they can focus on their healing.
- CCSI Case Coordination LLC
 - CCSI Case Coordination LLC, funded through the East Central Illinois Area Agency on Aging, will continue to offer Caregiver Advisory services which includes grandparents or relatives raising minor children. TCARE is a caregiver assessment and referral tool to identify stressors and provide personalized support plans. The goal is to prevent burnout in caregivers of older adults and families caring for minor children that are not biologically their own. Through a TCARE assessment with a caregiver advisor, participants receive validation of their identity as a caregiver and connect with resources like counseling, support groups, training & education, or respite services, ensuring they can better manage their role and well-being.
 - CCSI Case Coordination, funded through the East Central Illinois Area Agency on Aging, will continue to offer *Stress Busters for Family Caregivers*. This is an evidence-based, 9-week training series for informal family caregivers of individuals with Alzheimer's or related dementias, equipping them with vital knowledge, skills, and self-care strategies. This healthy aging program was developed through research at the University of Texas Health Science Center, San Antonio and has measurable positive health outcomes for those participants who complete the class.
- The Bloomington-Normal Branch of the NAACP
 - The Bloomington-Normal Branch of the NAACP plans on encouraging and promoting the usage of puzzles, walks, and other activities associated with brain health.
 - The Bloomington-Normal Branch of the NAACP plans on offering sessions on the power of laughter, affirmation statements and motivational reading or audio-visual materials.

- Girls Scouts Central Illinois plans on offering the Mental Wellness Patch Program. The national organization, GSUSA, introduced its Mental Wellness patch program, made possible by the HCA Healthcare Foundation and developed in collaboration with the National Alliance on Mental Illness (NAMI), which GSCI promotes to the Council's 10,000 Girl Scouts and 3,000 adult volunteers. This new Girl Scouts patch program reminds girls that they are never alone in facing challenges and further invites them to dive into and understand their emotions. They do this by participating in activities, such as making art or writing poetry, that foster resilience and help them to better understand their world. With free activity sheets and facilitator guides online, this initiative supports the well-being of Girl Scouts – and all girls – grades 4-12, as they learn about their emotions, find their voices, and learn ways to support each other and themselves.
- OSF Healthcare will continue to expand access to behavioral health services by recruiting additional providers, monitoring community needs, and collaborating with local partners to strengthen the behavioral health network.

****The four organizations comprising the McLean County Executive Steering Committee—Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center—are all implied resources/partners for Behavioral Health.***

e) Funding for Implementing Interventions

After approval of the 2026 – 2028 McLean County Community Health Improvement Plan, the Behavioral Health Priority Action Team will further address funding options, including grant opportunities as they become available, to address behavioral health interventions. For several activities listed in the plan, initial funding has been secured, but ongoing funding may be tenuous and sustainability issues will need to be considered.

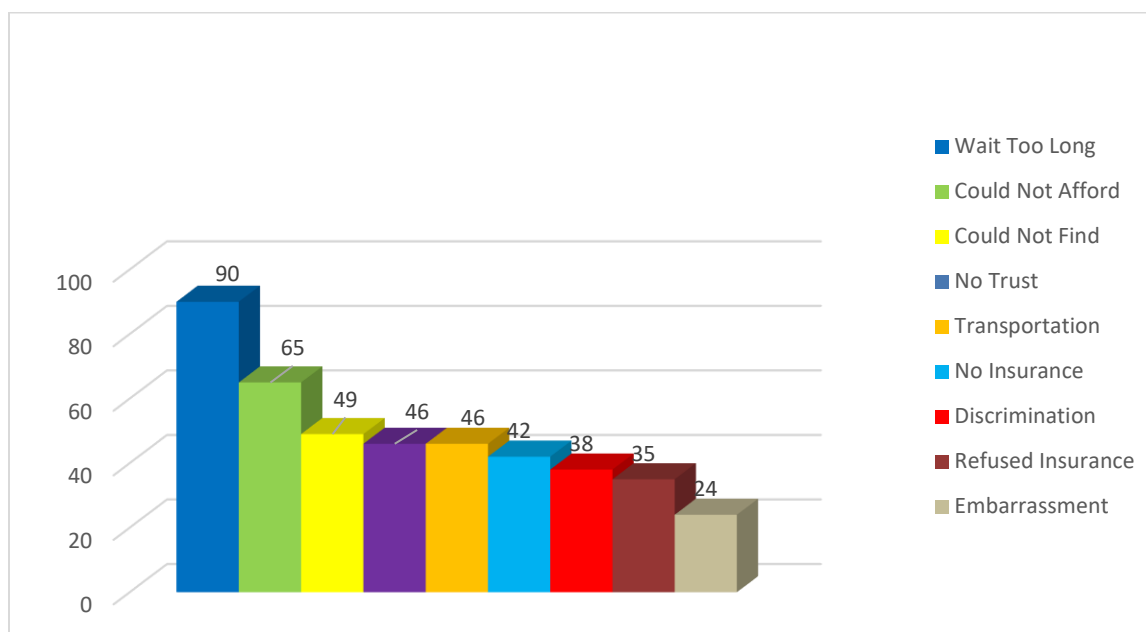
Many of these stakeholders have worked together throughout the needs assessment and health plan development process, making the community better positioned for collaborative efforts, with or without grants or other funding. In addition, since many of the intervention strategies for this health priority fall within the mission of some of the priority action team agencies, underpinning efforts through collaborative programs, activities with other community partners, and/or generating letters of support for grant proposal submissions, will be encouraged.

As of 2019, a source of local funding has been available through the John M. Scott Commission Trust, with the Trust providing grants from one to three years for health-related projects that demonstrate a connection to the health priorities identified in the current McLean County Community Health Needs Assessment. Subsequent grant proposals may also consider the concerns and interventions identified in the 2026 – 2028 McLean County Community Health Improvement Plan.

f) Barriers to Achieving Health Improvements

Multiple barriers exist for individuals and families seeking behavioral health services. Although mental health and substance abuse services are available in McLean County, the largest geographic county in Illinois, they are located primarily in the twin cities of Bloomington and Normal; few services exist in rural areas, transportation options to get to services anywhere are limited, and throughout the county, service capacity is limited. Additional barriers were identified in the responses to the 2024 McLean County Community Health Survey of adult county residents. The survey identified that 27 percent of respondents did not have access to needed counseling services within the past year. Exhibit 10 below illustrates the reasons for being unable to access counseling.

Exhibit 10: Causes of Inability to Access Counseling for McLean County Survey Respondents, 2024



Source: McLean County Community Health Survey, 2024.

In addition to the above barriers, the number of behavioral health providers, particularly psychiatrists, in the community is limited and often there are eligibility requirements for services, which at times restricts the ability of the provider to offer services in a timely manner. Stigma/embarrassment continues to influence care-seeking behaviors; even if reduced so that behavioral health care is sought out early, county residents may still not be able to access local services quickly due to the lack of providers, transportation issues and financial barriers.

g) Evaluation and Monitoring Plan

Within the 2026 – 2028 McLean County Community Health Improvement Plan Summary: Behavioral Health, there is an “Annual Evaluation Measures” column that contains both process indicators and outcome indicators. Each year, with the assistance of the Behavioral Health Priority Action Team, these indicators will be tracked throughout the three-year cycle ending in 2028. The Executive Steering Committee will be responsible for assuring that the indicator data is being tracked and that it is shared on an annual basis with the McLean County Community Health Council and the priority action team for each health priority.

Early in 2029, data will be compared to the outcome objectives and impact objectives listed in the 2026 – 2028 McLean County Community Health Improvement Plan Summary: Behavioral Health, in order to evaluate and measure progress toward meeting objectives. Through evaluation, accountability will be increased, modifications to the plan considered and a stronger commitment to improving the health of McLean County citizens will be communicated to its residents.

The McLean County Community Health Executive Steering Committee reserves the right to amend this 2026 – 2028 McLean County Community Health Improvement Plan as needed to reflect each organization’s role and responsibilities in executing the plan, as well as the resources each organization is committing. In addition, certain significant health needs may become a community priority during this three-year plan period and require amendments to the strategies developed to address the emerging significant health need. Other entities or organizations in the community may develop programs to address the same health needs or joint programs may be adopted. Finally, in compliance with Internal Revenue Code Section 501(r) requirements for hospitals, Carle BroMenn Medical Center or OSF St. Joseph Medical Center may refocus the limited resources the organization committed to the plan to best serve the community.

VI. Health Priority #3: Healthy Eating/Active Living (HEAL)

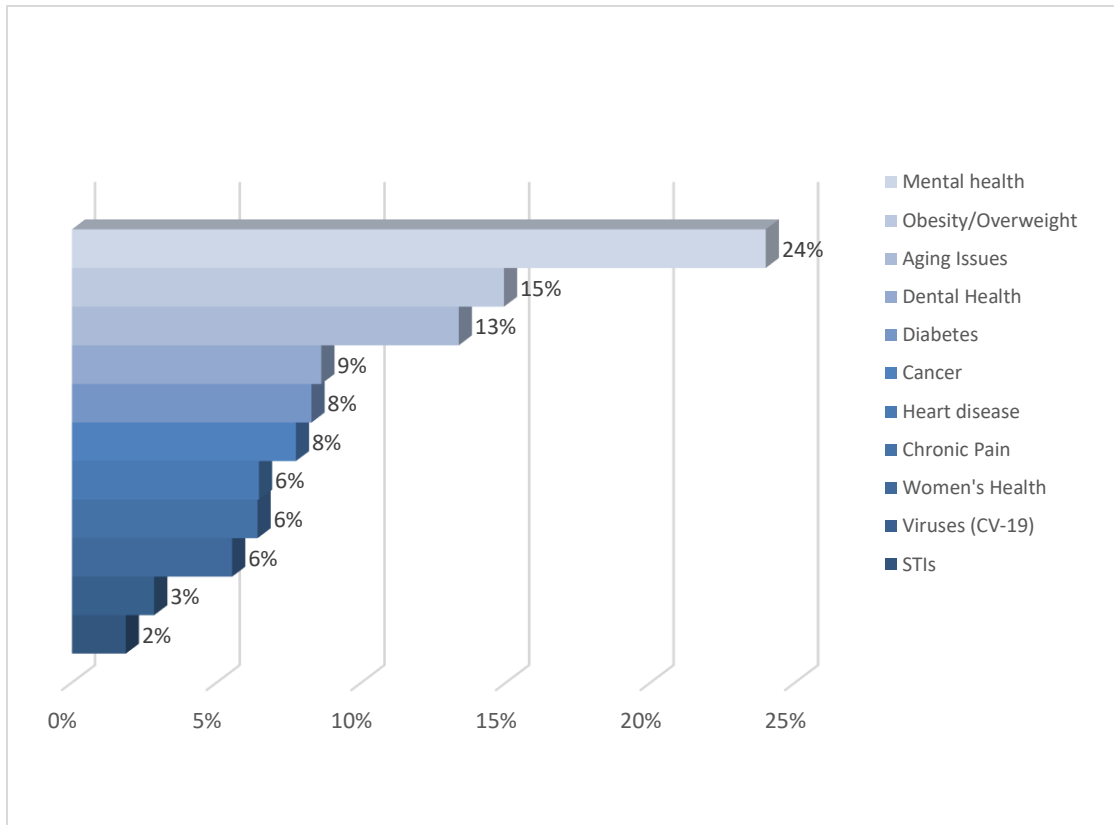
a) Description of the Health Priority

Improving healthy eating and physical activity in McLean County can reduce obesity and improve overall health. This priority addresses a key concern for residents and supports better outcomes for chronic conditions like diabetes, heart disease, and mental health.

Health Perceptions in McLean County

In the 2024 McLean County Community Health Survey of 716 adults, obesity was identified as the second most important health issue by 15 percent of respondents (see Exhibit 11). Similarly, in the previous 2021 survey, obesity also ranked second at 16 percent, indicating continued concern in the community.

Exhibit 11: Perception of Health Issues, McLean County, 2024



Source: McLean County Community Health Survey, 2024.

In the same 2024 McLean County Community Health Survey, 13 percent of adult respondents identified "Poor Eating Habits" as the second most common unhealthy behavior affecting overall health in the community, out of a list of ten possible choices. This result highlights growing awareness of the impact that daily nutrition and dietary choices have on health perceptions among residents.

Statistics Supporting Healthy Eating/Active Living as a Priority

Obesity

According to a Centers for Disease Control and Prevention (CDC) report based on data from August 2021 through August 2023, approximately 40.3 percent of U.S. adults are classified as obese (BMI ≥ 30). Obesity remains one of the most significant public health challenges in the United States, including here in Illinois and in McLean County. Approximately 35 percent of McLean County adults are classified as obese, which is higher than the Illinois statewide rate of 33 percent (County Health Rankings, 2025). The 2024 Illinois Youth Survey also indicates growing concern among local youth, with an average of 9.6 percent of 8th, 10th, and 12th grade students in McLean County classified as obese and an additional 16 percent considered overweight. The CDC highlights that obesity is linked to several of the leading causes of death, including Type 2 diabetes, stroke, heart disease, and certain cancers. Beyond its serious health

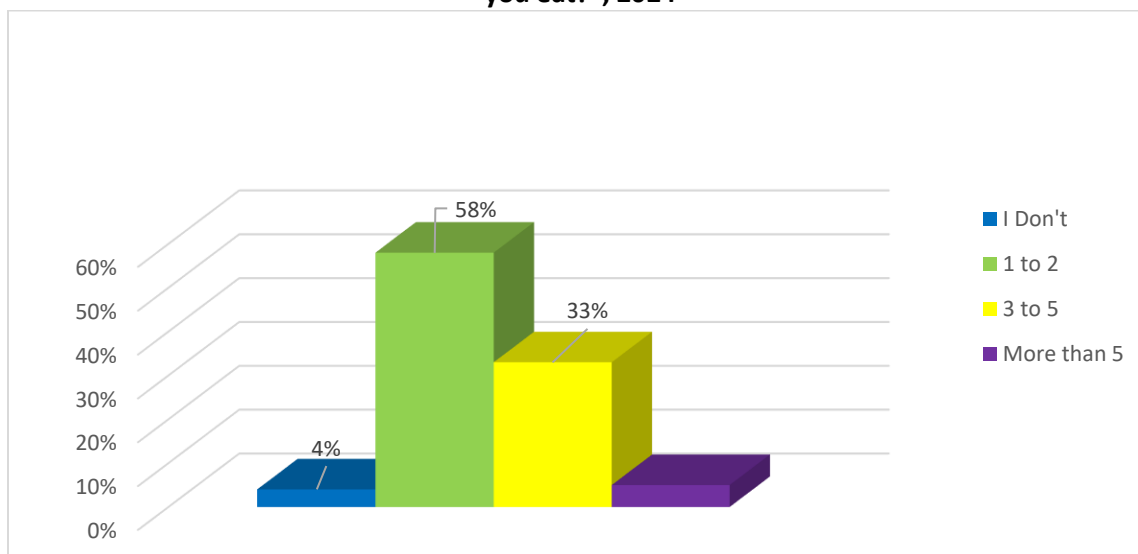
consequences, obesity places a heavy financial strain on the healthcare system—costing the U.S. nearly \$173 billion annually in medical expenses ([CDC, 2025](#)).

Healthy Eating

According to the 2024 McLean County Community Health Survey, 58 percent of county residents reported either no consumption or low consumption (defined as one to two servings per day or less) of fruits and vegetables (see Exhibit 12). Additionally, 95 percent of respondents reported consuming fewer than five servings of fruits and vegetables per day.

Among those who reported not eating fruits or vegetables, common reasons included not liking them, not knowing how to prepare them, or not being able to afford them. Alarming, only eight percent of students in grades 8, 10, and 12 reported consuming fruits or vegetables four or more times per day. These findings highlight the critical need for community-driven nutrition education, better access to affordable healthy foods, and focused efforts to support healthier eating habits across all age groups.

Exhibit 12: Responses to “On a typical day, how many servings of fruit and/or vegetables do you eat?”, 2024



Source: McLean County Community Health Survey, 2024

Food insecurity continues to impact individuals and families across McLean County, limiting access to the nutritious food needed for a healthy life. While overall rates are relatively low compared to national averages, disparities remain—especially among racial and ethnic minorities and children. Limited access to grocery stores in some neighborhoods further compounds the issue, with food deserts reducing the availability of affordable, healthy options. This directly affects fruit and vegetable consumption and contributes to poor diet quality and health outcomes.

- **Food Insecurity**

Food insecurity affects 10.9% of McLean County residents, indicating that over one in ten people experienced uncertainty or lack of consistent access to enough food during the year. While this rate places the County in the best 50th percentile nationally, it masks significant racial disparities. Black/African American residents experience food insecurity at a rate 156 percent higher than the

County average, and Hispanic/Latino residents at a rate 74 percent higher. Additionally, three percent of surveyed McLean County residents reported going hungry three to five days per week, highlighting the presence of chronic food hardship for a portion of the community. These disparities and persistent hunger underscore the need for targeted interventions to address food insecurity at both community-wide and subgroup levels.

- **Food Insecure Children**

While overall food insecurity rates are relatively low, the County ranks in the worst 25th percentile nationally for indicators related to food insecure children and access to assistance. An estimated 40 percent of children live in households with incomes above 185% of the federal poverty level, which likely makes them ineligible for federal nutrition assistance programs such as SNAP or free/reduced-price school meals. Despite being above traditional income thresholds, many of these families still struggle to afford enough nutritious food, creating a significant service gap for children in need.

Data from the Illinois Youth Survey adds further context:

- Six percent of youth reported sometimes going hungry in the past 30 days due to insufficient food at home.
- 1.6 percent reported being hungry most of the time and lacking enough food consistently.

These findings point to a growing population of food-insecure children who are not being adequately reached by existing safety net programs.

- **Access to Grocery Stores**

Access to full-service grocery stores remains a significant barrier in parts of McLean County. Much of Bloomington's 61701 ZIP code is designated as a food desert, meaning residents must travel long distances to reach a grocery store offering fresh, affordable, and nutritious food. This issue also affects students at Illinois State University, which is located within a food desert. Many students face additional challenges such as limited budgets, unfamiliarity with the area, and restricted access to transportation. As a result, they are often forced to rely on convenience stores or fast food restaurants, which typically offer fewer healthy options. The combination of economic hardship and limited geographic access to healthy food contributes to poor diet quality and increases the risk of chronic health issues in these communities.

Active Living

Regular physical activity and healthy eating are key lifestyle behaviors that can help reduce obesity, manage chronic diseases, and support long-term weight maintenance. The *Physical Activity Guidelines for Americans, 2nd Edition* (U.S. Department of Health and Human Services, 2018) remains the most current national guideline, and its core recommendations continue to be supported by a wide body of ongoing scientific research. These recommendations include:

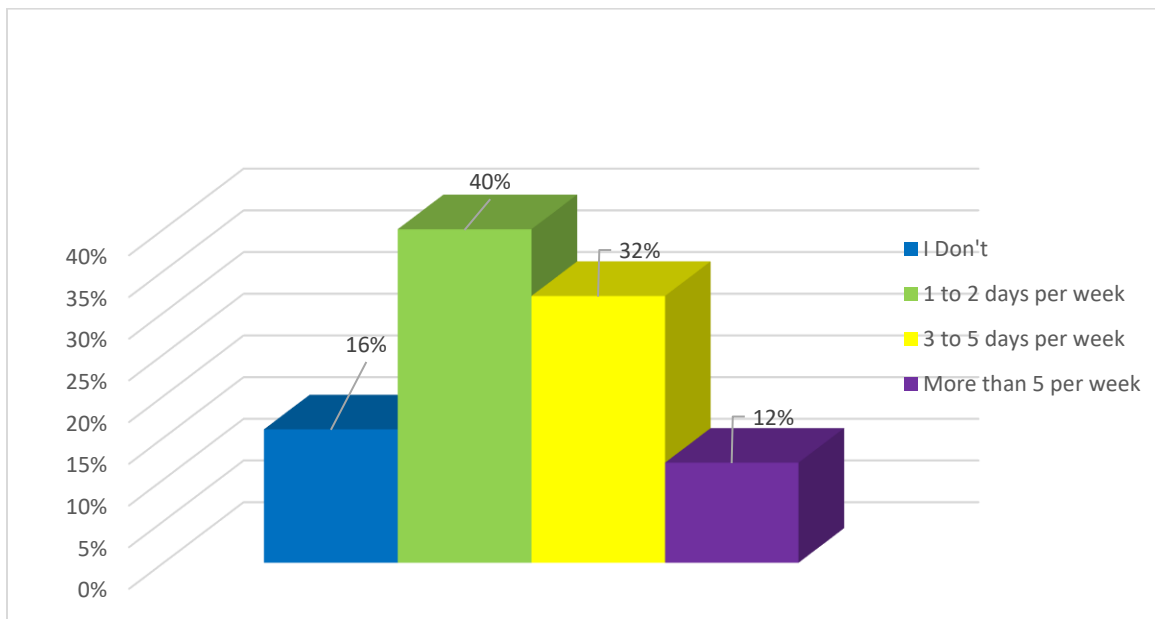
- For adults: engaging in at least 150 to 300 minutes of moderate-intensity activity, or 75 to 150 minutes of vigorous-intensity activity per week—or an equivalent combination of both. Adults

should also incorporate muscle-strengthening activities on two or more days per week that work all major muscle groups.

- For children and adolescents (ages 6–17): at least 60 minutes of moderate to vigorous physical activity daily, which should include aerobic, muscle-strengthening, and bone-strengthening activities across the week.

The 2024 McLean County Community Health Survey revealed that 16 percent of McLean County adults do not exercise, and 40 percent reported exercising one to two times per week. See Exhibit 13.

Exhibit 13: Exercise Frequency for McLean County Residents, 2024



Source: McLean County Community Health Survey, 2024.

Compared to the 2021 McLean County Community Health Survey, the percentage of adults who reported no physical activity decreased by eight percent in 2024. Despite this improvement, the most commonly cited barriers have remained consistent across survey years: feeling too tired, a dislike of exercise, and a lack of time.

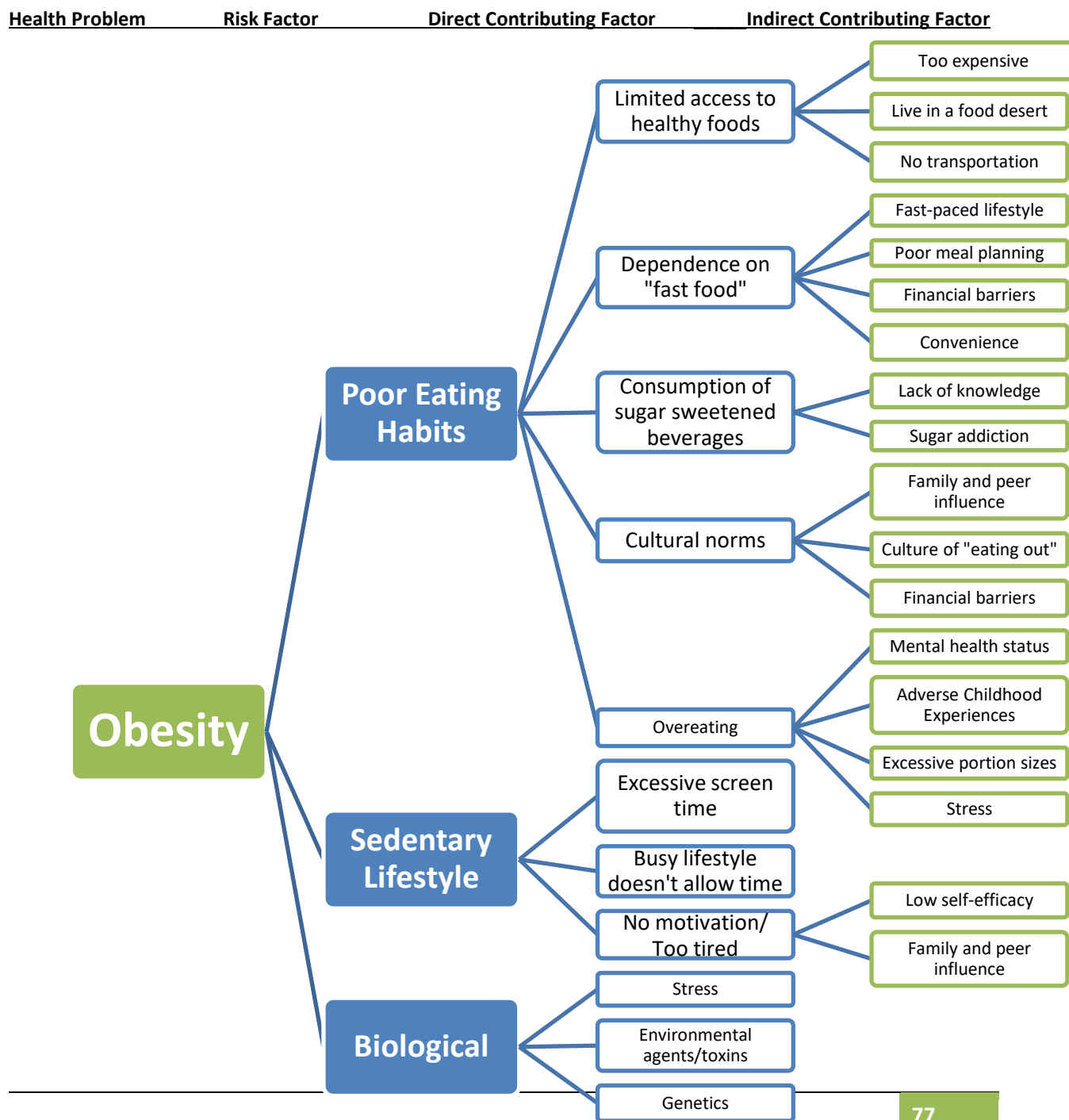
As part of the 2026–2028 McLean County Community Health Improvement Plan, identifying these ongoing barriers and developing strategies to address them will be a central focus. Stakeholders involved in the plan will work to implement policy, systems, and environmental changes that make it easier for residents to be physically active and adopt healthier eating habits.

b. Chart of Health Priority Risk Factors and Direct/Indirect Contributing Factors

According to the Centers for Disease Control and Prevention (CDC), obesity is a complex condition with multiple causes and contributing factors. While often influenced by barriers to healthy eating and active living, obesity can also result from a combination of behavioral, biological, and environmental factors.

These include modifiable behaviors such as physical inactivity and unhealthy dietary patterns, as well as non-modifiable influences like genetics, certain health conditions (e.g., Cushing’s disease, polycystic ovary syndrome), and the use of specific medications (e.g., corticosteroids, some antidepressants) (CDC, 2023). Behaviors related to physical activity and diet are particularly important, as they can be positively modified to support healthy weight management.

Refer to the chart below for a detailed overview of risk factors contributing to obesity, including direct and indirect contributing factors, many of which can be addressed through improved nutrition and increased physical activity.



c) Rationale for Choice as a Health Priority

Healthy eating and active living were identified as key health priorities by the McLean County Community Health Council, ranking third overall with a priority score of 158.3. The council selected this focus area not only because of its high ranking, but also due to its potential to positively influence a range of chronic conditions, including heart disease, cancer, and diabetes. Results from the 2024 McLean County Community Health Survey further reinforced this need: obesity was identified as the second most pressing health concern, and poor eating habits were named the second most important issue affecting overall health. Additionally, food insecurity and limited access to nutritious food remain ongoing challenges in the county. Healthy eating and active living were also prioritized in McLean County's 2019 and 2022 Community Health Needs Assessments, while obesity was identified as a top priority in the 2016 assessment—demonstrating a consistent community focus on improving nutrition, increasing physical activity, and reducing related health risks.

d) McLean County Community Health Improvement Plan Summary: Healthy Eating and Active Living (HEAL)

The Healthy Eating/Active Living (HEAL) Priority Action Team, composed of approximately 45 community members and stakeholders, played an active role in shaping the 2026–2028 McLean County Community Health Improvement Plan (CHIP) through sustained collaboration and a variety of engagement efforts. The team began with a goal-setting session on May 8, 2025, and remained engaged throughout the planning process. A follow-up meeting on August 5, 2025, provided an opportunity for participants to share input on current initiatives they'd like to continue, new strategies to explore, and key areas to prioritize in the HEAL section. Their collective contributions are reflected in the Healthy Eating and Active Living section of the CHIP, located on pages 80 – 98.

The Healthy Eating/Active Living Community Health Improvement Plan for 2026 – 2028 focuses on three key strategies.

- **Strategy 1:** Support, promote and educate the community about the availability of fruits and vegetables in McLean County.
- **Strategy 2:** Promote active living in the workplace and community.
- **Strategy 3:** Promote and support community-based programs focused on chronic disease prevention, risk reduction, and overall wellness.

An overview of the goal and objectives to address Healthy Eating/Active Living are listed below:

High-Level Goal for Healthy Eating/Active Living: Champion integrated systemic community approaches to healthy eating, active living, and wellbeing accessible to all by 2029.

- Outcome Objective: By 2029, maintain or increase the percentage of people living at a healthy body weight in McLean County, and increase the percentage of residents who engage in regular physical activity.
 - Impact Objective #1: By 2029, increase opportunities for healthy eating.
 - Impact Objective #2: By 2029, increase opportunities for active living.
 - Impact Objective #3: Promote opportunities for chronic condition prevention and wellness programs in the community.

The following thirteen pages (80- 96) contain the 2026 – 2028 McLean County Community Health Improvement Plan Summary for Healthy Eating/Active Living.

McLean County
Community Health Improvement Plan Summary: Healthy Eating/Active Living
January 1, 2026 - December 31, 2028

HEALTH PRIORITY: HEALTHY EATING/ACTIVE LIVING (HEAL)

GOAL: Champion integrated systemic community approaches to healthy eating, active living, and wellbeing accessible to all by 2029.

Related Social Drivers of Health: Food Insecurity, Transportation

OUTCOME OBJECTIVE: By 2029, maintain or increase the percentage of people living at a healthy body weight in McLean County, and increase the percentage of residents who engage in regular physical activity.

Baseline

- Adults: 35% of McLean County adults are classified as obese (County Health Rankings, 2025).
- Adolescents: 10% of 8th graders, 9% of 10th graders, 10% of 12th graders in McLean County are obese (Illinois Youth Survey, 2024).
- 20.5% of adults (ages 20 and older) in McLean County reported no leisure-time physical activity outside of their regular job (Conduent Healthy Communities Institute, Center for Disease Control and Prevention, 2021).
- According to the 2024 McLean County Community Health Survey, 16% of respondents are not engaging in any form of exercise.
- 17.3% of McLean County 8th, 10th, and 12th graders were physically active for at least 60 minutes on five of the past seven days, while 8.6% reported no physical activity during that time (Illinois Youth Survey, 2024).

State Health Improvement Plan (SHIP) 2028 Alignment

- *Increase opportunities for active living.*
- *Decrease preventable chronic diseases through nutrition.*
- *Increase community-clinical linkages to reduce the incidence and burden of chronic disease.*
- *Increase opportunities for tobacco-free living.*

Healthy People 2030

- *Improve health by promoting healthy eating and making nutritious foods available.*
- *Reduce overweight and obesity by helping people eat healthy and get physical activity.*
- *Improve health, fitness, and quality of life through regular physical activity.*

THREE YEAR MEASURES	STRATEGIES and INTERVENTIONS	ANNUAL EVALUATION MEASURES	POTENTIAL RESOURCES/ PARTNERS*
IMPACT OBJECTIVE #1: By 2029, increase opportunities for healthy eating. BASELINE DATA 35% of adults (18+) are obese; 28.9% of adults (20+) are obese (Conduent Healthy Communities Institute, County Health Rankings, 2025) 95% of McLean County residents do not consume 5+ servings of fruit and vegetables per day; citing transportation issues or “don’t like”. (McLean County Community Health Survey, 2024)	STRATEGY #1: SUPPORT, PROMOTE, AND EDUCATE THE COMMUNITY ABOUT THE AVAILABILITY AND ACCESSIBILITY OF FRUITS AND VEGETABLES IN MCLEAN COUNTY.		
	Intervention 1.1: Develop and deliver educational initiatives that improve residents’ knowledge of healthy food choices, meal preparation and local nutrition resources.	Intervention 1.1: Process Indicators # of free programs that help identify healthy food choices and preparation (baseline: 39 free programs, 2024) # of participants who attend free programs that help identify healthy food choices and preparation (baseline: 1,700 participants, 2024) # of paid programs that help identify healthy foods choices and preparation (baseline: 3 paid programs, 2024) # of participants who attend programs (with a fee) that help identify healthy food choices and preparation (Baseline: 63 participants, 2024)	Intervention 1.1: Resources/Partners - Bloomington Normal YMCA - Bloomington Parks and Recreation (data TBD) - Carle Health & Fitness Center - Chestnut Health Systems - McLean County Health Department - OSF St. Joseph Medical Center - Town of Normal - University of Illinois Extension

10.9% of people in McLean County experience food insecurity (Conduent Healthy Communities Institute, Feeding America, 2025) - An average of 18 percent of 8th, 10th and 12th graders ate fruit two times per day in the last seven days and an average of 14 percent ate three or more vegetables per day in the last seven days (Illinois Youth Survey, 2024) Healthy People 2030 Alignment - Reduce household food insecurity and hunger—NWS-01 - Eliminate very low food security in children—NWS-02		# of promotional activities taking place to encourage healthy eating (QR code, newsletters, websites, chat boxes, social media, etc.) (baseline: 8 activities, 2024) <u>Intervention 1.1: Outcome Indicators</u> % of participants who report increased knowledge of how to prepare healthy foods- TBD	
	<u>Intervention 1.2: Enhance support for families enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), including nutrition education and breastfeeding promotion.</u> <i>Evidence:</i> https://www.fns.usda.gov/wic/helps	<u>Intervention 1.2: Process Indicators</u> # of WIC participants receiving nutrition education (baseline: 6,670 participants, 2024) # of WIC participants receiving services (baseline: 8,012 participants, 2024) # of breastfeeding support contacts (2,675 contacts, 2024) # of ounces of human milk donated to MCHD milk depot (baseline: 3,057 ounces, 2024) <u>Intervention 1.2: Outcome Indicators</u> % of WIC infants exclusively breastfed (baseline: 13.7%, FY2025)	<u>Intervention 1.2: Resources/Partners:</u> McLean County Health Department

• Increase fruit consumption by people aged 2 years and over—NWS-06 • Increase vegetable consumption by people aged 2 years and older—NWS-07 • Reduce the proportion of adults with obesity—NWS-03 • Reduce the proportion of children and adolescents with obesity—NWS-04	Intervention 1.3: Promote healthy food accessibility in McLean County. Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-gardens https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/healthy-food-initiatives-in-food-banks	• % of WIC infants partially breastfed (baseline: 28%, FY2025) • % of WIC infants ever breastfed (baseline: 55.2%, FY2025) Intervention 1.3: Process Indicators Veggie Oasis: • # of pounds of produce donated to the community (baseline: 5,200 pounds, 2024) OSF SmartMeals: • # of meals given (baseline: 2,086 meals, 2024) Midwest Food Bank: • # of cases of healthier foods donated (baseline: 342,589 cases, 2023) • # of organizations reached (baseline: 127 organizations, 2023) Food Farmacy • # of members in program (baseline: 115 members, 2024) • # of visits (baseline: 307 visits, 2024) Soup Kitchen: • # of participants who consume a salad	Intervention 1.3: Resources/Partners: • Carle BroMenn Medical Center • Carle BroMenn Faith Community Partners • Chestnut Health Systems • City of Bloomington • Community Health Care Clinic • District 87 Schools • East Central Illinois Area Agency on Aging • Food Pantry Network • Home Sweet Home Ministries • McLean County Health Department • Midwest Food Bank
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		(baseline: 9,745 participants, 2024) • % of healthier foods offered (baseline: 80% healthier foods offered, 2024) • # of meals given: ○ Lunch 12,606 - 2024 ○ Dinner 15,237 - 2024 ○ Sack Lunches 11,533 – 2024 Bread for Life Co-op: • # of visits 1,655 - 2024 • # of shopping carts 1,854 - 2024 Community Gardens: • # of pounds of produce donated (baseline: 543 pounds, 2024) • 2 community gardens (OSF St. Joseph Medical Center, Mayors Manor) Community Food Drives • # of healthy food drives (baseline: 2 food drives, 2024) • # of partnerships (baseline: 2 partnerships, 2024) Farmer's Market • # of Double Snap participants (baseline: 208 unique participants, 2024)	• Mount Pisgah Church • OSF St. Joseph Medical Center • Saint Vincent DePaul • Salvation Army • Tinervin Foundation • Unit 5 Schools • United Way • Unity Community Center • University of Illinois Extension Office • West Bloomington Revitalization Project • Western Ave Community Center
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		• # of Farmers Market coupons distributed to WIC participants (baseline: 1200 coupons, 2024) • # of Farmers Market coupons distributed to low-income adults 60+ (baseline: 700 coupons, 2024) Prepared Food Boxes: • # of boxes donated (baseline: 1160 boxes, 2023) OSF Peace Meal Senior Nutrition Program • # of meals served (baseline: 162,615 meals, 2024) Carle BroMenn Medical Center Compassion Cupboard • # of healthy food bags given to patients (baseline: 70 food bags, 2024) Salvation Army Safe Harbor Kitchen • # of meals provided (baseline: 35, 541 meals, 2024) Salvation Army Youth Program (weekly program for youth 4-17, meeting once a week for 22 weeks annually. Each session includes a healthy meal.)	
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		# of meals provided: (baseline: 660 meals served, 2024) <u>Intervention 1.3: Outcome Indicators</u> % of Peace Meal clients who can stay home because meals are being delivered (baseline: 88.2%, 2024) % of Peace Meal clients who are eating healthier due to the meals served (baseline: 93.1%, 2024) % of WIC farmers market coupons used (baseline: 25.5% or 306 coupons used, 2024) % of farmers market coupons for adults 60+ used (baseline: 66.77% used, 2024)	
	<u>Intervention 1.4: Enhance food security and access to nutritious meals for students and their families through school-based initiatives, including meal programs and in school food pantries.</u> <i>Evidence:</i>	<u>Intervention 1.4: Process Indicators</u> # of schools operating in-school food pantries (baseline: TBD) - Monthly average # of families utilizing school pantries # of free meals provided to students (baseline: 630,606 meals, 2024)	<u>Intervention 1.4: Resources/Partners:</u> - District 87 Schools - Unit 5 Schools

	https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/healthy-school-lunch-initiatives	# of reduced priced meals provided to students (33,863 reduced price meals, 2024) <u>Intervention 1.4: Outcome Indicators</u> % of eligible students participating in school breakfast and lunch programs (baseline: TBD) # of schools maintaining or expanding food access initiatives (baseline: TBD)	
IMPACT OBJECTIVE #2: By 2029, increase opportunities for active living. BASELINE DATA: - Access to exercise opportunities <i>Adults</i>: 83% have access (Conduent Healthy Communities Institute, County Health Rankings, 2025) - Physical Activity: <i>Adults</i>: 20.5% did not	STRATEGY #2: PROMOTE ACTIVE LIVING IN THE WORKPLACE AND COMMUNITY. <u>Intervention 2.1: Promote access to wellbeing programs in the workplace.</u> <i>Evidence:</i> https://www.thecommunityguide.org/findings/obesity-worksite-programs https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-fitness-programs	<u>Intervention 2.1: Process Indicators</u> # of employers offering at least 3 worksite wellbeing opportunities in the workplace per year (EAP, Employee Surveys, education programs) (13 employers, 2024) <u>Intervention 2.1: Outcome Indicators</u> - Not available	<u>Intervention 2.1: Resources/Partners:</u> - Carle BroMenn Medical Center - Carle Health & Fitness Center - Chestnut Health Systems - City of Bloomington - Heartland Head Start

participate in any leisure-time physical activities in the past month (Conduent Healthy Communities Institute, County Health Rankings, 2025) 88% of McLean County residents are not meeting exercise guidelines (150 minutes per week); 28% report being too tired to exercise, 21% report they don't like to exercise (McLean County Community Health Survey, 2024) - An average of 26% of 8th, 10th and 12th graders were physically active for at least 60-minutes for 5 days, during the past 7 days (Illinois Youth Survey, 2024) - An average of 27% of 8th, 10th and 12th graders reported being			- Home Sweet Home Ministries - Illinois State University - McLean County Health Department - OSF St. Joseph Medical Center - Project Oz - The Baby Fold - Town of Normal - Western Avenue Community Center
	Intervention 2.2: Promote access to wellbeing programs in the community. Evidence: https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/community-based-social-support-for-physical-activity https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/community-based-social-support-for-physical-activity	Intervention 2.2: Process Indicators # of free programs/events promoting physical activity in the community (baseline: 18 programs, 2024) # of community members participating in free programs/events promoting physical activity (baseline: 515 community members, 2024) # of public spaces (parks, trails, school facilities) used to host free physical activity events (baseline: TBD) - Adult memberships (ages 55+) at the Activity & Recreation Center:	Intervention 2.2: Resources/Partners: - Activity and Recreation Center - Bloomington Normal YMCA - Bloomington Parks & Recreation (data TBD) - Carle Health & Fitness Center - Chestnut Health Systems - Heartland Community College

physically active for a total of 60 minutes per day for 7 days a week (Illinois Youth Survey, 2024) 215.7 emergency room visits/10,000 population 18+ years due to unintentional falls (Conduent Healthy Communities Institute, Illinois Hospital Association, 2021-2023)		- annual membership (\$30/year) - baseline: 3,351 members, 2024 - Health incentive memberships- baseline: 1,439 members, 2024 - Free or reduced-cost memberships- baseline: 63 members, 2024 Intervention 2.2: Outcome Indicators % of participants in free/low-cost programs who report increased physical activity (baseline: TBD)	- Illinois Extension Office - Normal Parks and Recreation - OSF St. Joseph Medical Center
Healthy People 2030 Alignment - Increase the proportion of worksites that offer an employee nutrition program ECBP-D05 - Increase the proportion of adults who do enough aerobic and muscle strengthening activity—PA-05 - Reduce the proportion of adults who do no physical activity in their free time—PA-01	Intervention 2.3: Offer A Matter of Balance to older adults. Evidence: https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-017-0509-8	Intervention 2.3: Process Indicators # of people participating in the A Matter of Balance course (baseline: 26 participants, 2024) # of Matter of Balance courses offered (baseline: 4 courses, 2024) Intervention 2.3: Outcome Indicators % of participants reported “feeling a reduction in a fear of falling” (baseline: 94.1%, 2023) % of participants reported “feeling improved strength” (baseline: 88.3%, 2023)	Intervention 2.3: Resources/Partners: CCSI Case Coordination LLC

• Increase the proportion of children who do enough aerobic physical activity—PA-09 • Reduce the rate of emergency department visits due to falls among older adults—OA-03	<u>Intervention 2.4: Offer Partnership in Health to individuals with developmental and intellectual disabilities and to their support workers</u> <i>Evidence:</i> https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-10-18	<u>Intervention 2.4: Process Indicators</u> • # of people participating in the Partnership in Health program (baseline: 21 participants, Carle Health & Fitness Center, 2024) <u>Intervention 2.4: Outcome Indicators</u> • % of participants who decreased their blood pressure (baseline: 45% of participants decreased their systolic pressure, 50% of participants decreased their diastolic pressure, Carle Health & Fitness Center, 2024) • % of participants who improved or maintained their waist circumference (baseline: 60%, Carle Health & Fitness Center, 2024) • % of participants who improved their BMI (baseline: 60%, Carle Health & Fitness Center, 2024)	<u>Intervention 2.4: Resources/Partners:</u> • Carle Health & Fitness Center • Homes of Hope • Lifelong Access • McLean County Board for the Care and treatment of Persons with a Developmental Disability
	<u>Intervention 2.5: Promote the 5-2-1-0 Campaign amongst school-aged kids.</u> <i>Evidence:</i> https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-wide-physical-activity-campaigns	<u>Intervention 2.5: Process Indicators</u> • Track # of facilities who promote the 5-2-1-0 campaign (baseline: 3 facilities, 2024) • Track # of children educated on the 5-2-1-0 Campaign amongst school-aged kids	<u>Intervention 2.5 Resources and Partners:</u> • Boys & Girls Club of BN • Heartland Head Start

	https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/screen-time-interventions-for-children	(baseline: 880 children, OSF St. Joseph Medical Center, 2024) <u>Intervention 2.5: Outcome Indicators</u> • Not available	• Illinois Extension Office • McLean County Health Department • OSF St. Joseph Medical Center • YMCA • YWCA
	Intervention 2.6: Increase physical activity access in the pediatric population through Healthy Kids University. Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/multi-component-obesity-prevention-interventions	<u>Intervention 2.6: Process Indicators</u> • # of participants (baseline: 50 kids, 2024) <u>Intervention 2.6: Outcome Indicators</u> • % of individuals who report feeling healthier (100%, 2024) • % of individuals that adopted healthier behaviors (100%, 2024)	<u>Intervention 2.6 Resources and Partners:</u> • Bloomington Normal YMCA • OSF St. Joseph Medical Center
	Intervention 2.7: Promote and implement Girls on the Run program in McLean County. Evidence: Our Impact Girls Empowerment Program Girls on the Run	<u>Intervention 2.7: Process Indicators</u> • # of participants (baseline: 142 participants, 2024) • # of programs offered in McLean County (baseline: 9 sites, 2024) <u>Intervention 2.7: Outcome Indicators</u>	<u>Intervention 2.7 Resources and Partners:</u> • District 87 • OSF St. Joseph Medical Center

		• % of participants who increased physical activity (37%, 2024) • % of participants who improved confidence and connection (94%, 2024)	
IMPACT OBJECTIVE #3: By 2029, increase opportunities for chronic disease prevention and community wellness programs. BASELINE DATA: • 77% of adults have taken medication for high blood pressure (Conduent Healthy Communities Institute, CDC – Places, 2025) • 30.4% of adults have been told that their cholesterol is high (Conduent Healthy Communities, CDC-Places, 2021) • 8.2% of adults (>=20 years) have been	STRATEGY #3: PROMOTE AND SUPPORT COMMUNITY-BASED PROGRAMS FOCUSED ON CHRONIC DISEASE PREVENTION, RISK REDUCTION, AND OVERALL WELLNESS.		
	Intervention 3.1: Offer community-based programs and screenings focused on heart disease prevention and management. <i>Evidence:</i> https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/chronic-disease-management-programs	Intervention 3.1: Process Indicators • # of blood pressure screening participants (baseline: 328 participants, 2024) • # of heart disease educational classes offered (14 classes, 2024) • # of participants in heart disease educational classes (baseline: 988 participants, 2024) • # of cholesterol screening participants (baseline: 579 participants, 2024) Intervention 3.1: Outcome Indicators • Not available	Intervention 3.1 – 3.8: Resources and Partners: • Activity and Recreation Center • Boys & Girls Club • Carle BroMenn Medical Center • Carle Cancer Institute Normal • Carle Health & Fitness Center • CCSI Case Coordination LLC • Chestnut Health Systems • Community Health Care Clinic

diagnosed with diabetes (Conduent Healthy Communities Institute, Centers for Disease Control and Prevention, 2021) 10.1% of adults have been told by a healthcare provider that they have asthma (Conduent Healthy Communities Institute, CDC – Places, 2022). Healthy People 2030 Alignment - Reduce the proportion of adults who don't know they have prediabetes—D-02 - Increase the proportion of eligible people completing CDC recognized type 2 diabetes prevention programs - Increase control of high blood pressure in adults—HDS-05	<u>Intervention 3.2: Provide stress reduction programs and resources to support mental and physical well-being.</u> <i>Evidence:</i> https://onlinelibrary.wiley.com/doi/full/10.4073/csr.2017.11?msocid=2fc0ddeca8886e600372cbdfa90e6f05	<u>Intervention 3.2: Process Indicators</u> # of participants in stress reduction classes (baseline: 1,282 participants, 2024) # of stress reduction classes offered (baseline: 14 classes, 2024) <u>Intervention 3.2: Outcome Indicators</u> - Not available	- District 87 - McLean County Health Department - OSF St. Joseph Medical Center - Town of Normal - Unity Community Center - University of Illinois Extension Office - Western Avenue
	<u>Intervention 3.3: Offer Diabetes Prevention Program and other classes related to diabetes risk reduction and management to community members.</u> <i>Evidence:</i> https://coveragetoolkit.org/about-national-dpp/evidence/	<u>Intervention 3.3: Process Indicators</u> # of Diabetes Prevention Program participants (41 participants, 2024) # of Diabetes Prevention Program classes (52 classes, 2024) <u>Intervention 3.3: Outcome Indicators</u> # of persons who decreased their body weight (baseline: 35 participants, 2024) # of people who increased physical activity (baseline: 37 participants, 2024)	
	<u>Intervention 3.4: Offer programs related to cancer prevention/diagnosis to community members.</u>	<u>Intervention 3.4: Process Indicators</u> - Cancer support group # of participants	

• Increase cholesterol treatment in adults—HDS-07 • Improve cardiovascular health in adults—HDS-01 • Reduce current tobacco use in adults—TU-01 • Increase use of smoking cessation counseling and medication in adults who smoke—TU-13 • Reduce current cigarette smoking in adolescents—TU-06	Evidence: https://pubmed.ncbi.nlm.nih.gov/37830356/	(baseline: 46 participants, 2024) ○ # of programs offered (baseline: 10 programs) • Cancer group fitness classes ○ # of participants (baseline to be established) ○ # of classes offered (baseline to be established) • Cancer education classes ○ # of participants (baseline: 89 participants, 2024) ○ # of classes offered (baseline: 3 classes, 2024) <u>Intervention 3.4: Outcome Indicators</u> • Not available	
	<u>Intervention 3.5:</u> Offer programs related to achieving a healthy body weight to community members.	<u>Intervention 3.5: Process Indicators</u> • Healthy weight education classes ○ # of participants (baseline: 66 participants, 2024) ○ # of classes offered (baseline: 2 classes) <u>Intervention 3.5: Outcome Indicators</u> • Not available	

	Intervention 3.6: Provide smoking cessation programs and resources to support tobacco-free living to community members. <i>Evidence:</i> Best Practices for Comprehensive Tobacco Control Programs - Healthy People 2030 health.gov	Intervention 3.6: Process Indicators - Freedom From Smoking Program # of participants (baseline: 26 participants, 2024) # of classes offered (baseline: 4, 2024) - Vaping for Teens Program # of participants (baseline to be established) # of classes offered (baseline to be established) Intervention 3.6: Outcome Indicators # of participants who quit smoking (baseline: 2 participants, 2024)	
	Intervention 3.7: Offer programs related to chronic disease management to community members. <i>Evidence:</i> https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/chronic-disease-management-programs	Intervention 3.7: Process Indicators - Chronic Disease Management Course # of participants (baseline: 83 participants, 2024) # of classes offered (baseline: 1 class, 2024) Intervention 3.7: Outcome Indicators Not available	

RELATED IMPROVEMENT PLAN EFFORTS The following organizations received grants for implementation in 2025 for implementation in 2025/2026 or FY26 (May 1, 2025– April 30, 2026) from the John M. Scott Health Commission. Although the grants are tied to the health priorities selected for the 2022 McLean County Community Health Needs Assessment, the grant programs will also apply to the 2025 McLean County Community Health Needs Assessment and 2026 – 2028 McLean County Community Health Improvement Plan as the health priorities are the same. • Project Oz received a grant for its Transitional Living Program for homeless youth. • Youthbuild of McLean County received a grant for mental health services and interventions. • The Boys & Girls Club of Bloomington-Normal received a grant to support mental health services to children. • The Center for Youth and Family Solutions received a grant to support child, adolescent and family behavioral health services. • Integrity Counseling received a grant to support mental health services to the uninsured and underinsured. • The Girls Scouts of Central Illinois received a grant for behavioral health support. A leader from Carle BroMenn Medical Center and OSF St. Joseph Medical Center will continue to serve on the City of Bloomington’s John M. Scott Health Care Commission Grants Committee. Other related efforts: • The Carle Health & Fitness Center ○ The Carle Health & Fitness Center will continue to offer <i>Free Friend Friday</i> on the first Friday of each month. Members are allowed to bring a non-member friend to utilize the center on this day to encourage physical activity. ○ The Carle Health & Fitness Center will continue to offer their <i>Exercise is Medicine</i> program to the community. The program includes referrals from a variety of healthcare providers such as physicians, dentists, and chiropractors. Referred individuals receive a discount on the membership for two months and have full access to all the services and programs offered by the health and fitness center. Individuals also receive two-hour sessions with a certified fitness specialist to receive guidance and an individual exercise prescription. • Carle BroMenn Medical Center			

- Carle BroMenn Medical Center will continue to partner with the Tinervin Foundation to offer food boxes at mobile health clinics.
- Carle BroMenn Medical Center will continue a food waste composting pilot that began in August 2024 to divert food waste from landfills.
- The Spiritual Care department at Carle BroMenn Medical Center, in cooperation with the Carle BroMenn Faith Community Partners, will continue to manage the Compassion Cupboard. The Compassion Cupboard began in May 2023 as a pilot program to provide bags of basic food items such as canned fruits, vegetables, proteins and grains to individuals experiencing food insecurity that were discharged from the hospital or sought services at an outpatient clinic. The intent of the food bags is to aid with food insecurity in the short term. Information about local food pantries and support programs is also included in each bag.
- Carle Cancer Institute Normal will continue to host *Trail Tuesdays* from June to October to boost physical activity for current and previous cancer patients.
- Chestnut Health Systems
 - Chestnut Health Systems will collaborate with McLean County organizations to provide meeting space to community agencies at the 702 West Chestnut Street Community Health and Wellness rooms which includes access to a teaching kitchen.
 - Chestnut Health Systems will continue to screen patients for social drivers of health and when food security is identified as an issue, staff will connect patients with local resources.
 - Chestnut Health Systems will continue to collect height, weight, and body mass index (BMI) on all patients 3–17 years of age who had an outpatient visit with a primary care physician and will provide counseling for nutrition and physical activity.
 - Chestnut Health systems will continue to collect height, weight and body mass index (BMI) on all patients aged 18 years and older and will work with the patient on a follow-up plan if BMI was outside of normal parameters.
 - Chestnut Health Systems will continue to collaborate with Home Sweet Home Ministries on a Food Pharmacy project focused on providing applicable Chestnut patients with prescriptions for healthy foods at Home Sweet Home Ministries along with access to nursing support.
 - Chestnut Health Systems will continue to pursue opportunities to further integrate food into medicine leveraging the health center’s teaching kitchen and collaborations with local, state and national partners.
 - Chestnut Health Systems will continue to pursue opportunities to expand education/training opportunities for students participating in allied health-related programs.
- OSF HealthCare
 - OSF HealthCare will continue to sponsor the Peace Meal Senior Nutrition Program to seniors living in McLean County.
 - OSF HealthCare will continue to sponsor Girls on the Run for local programming to improve the wellbeing of grade school girls.
 - OSF HealthCare will continue to sponsor Student Health 101 emails to all student homes attending Normal Community West and Normal Community High Schools. These weekly emails promoted overall health and wellbeing education and resources to parents and students.
- McLean County Health Department will continue to promote and educate the community on the importance of a healthy lifestyle.
- The Bloomington-Normal Branch of the NAACP
 - The Bloomington-Normal Branch of the NAACP will offer quarterly healthy eating classes and healthy meals.

- The Bloomington-Normal Branch of the NAACP will offer weekly group physical exercise classes via zoom or in person utilizing local resources currently available.
- The Bloomington-Normal Branch of the NAACP will host a Matter of Balance workshop.
- The Bloomington-Normal Branch of the NAACP will participate in annual events in McLean County to support health and wellness including Juneteenth, Culture Fest, Pride, etc.
- East Central Illinois Area Agency on Aging will continue to offer funding opportunities for older adult programs that support nutrition, active living, and overall wellness.
- Unit 5 School District will continue to provide physical education five days a week, exceeding the Illinois state requirement of three days, as part of their ongoing commitment to student health and wellness.
- Faith in Action will continue to provide transportation for older adults to grocery stores, food pantries, and chronic disease management appointments. Will also continue to share articles on nutrition and chronic disease and offer friendly visits and calls to support social connection.
- The Activity and Recreation Center will continue to promote healthy aging through daily fitness classes, nutrition support, and over 50 free monthly activities. The ARC maintains strong partnerships, continually seeks new collaborations, and will continue these efforts to provide valuable services to its members.

****The four organizations comprising the McLean County Executive Steering Committee—Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center—are all implied resources/partners for Healthy Eating/Active Living.***

e) Funding for Implementing Interventions

Following approval of the 2026–2028 McLean County Community Health Improvement Plan (CHIP), the Healthy Eating/Active Living (HEAL) Priority Action Team will continue exploring funding opportunities—including grants—as they become available to support implementation of HEAL-related interventions. While initial funding has been secured for several activities outlined in the plan, long-term sustainability remains a concern, and additional resources will be needed to maintain and expand these efforts.

Stakeholders involved in the HEAL Priority Action Team have participated throughout the McLean County Community Health Needs Assessment and planning process, helping to build connections that may support future collaborative efforts. Many of the strategies align with the missions of participating organizations, so ongoing collaboration through shared programs, activities, and letters of support for funding opportunities will continue to be encouraged.

As of 2019, a source of local funding has been available through the John M. Scott Commission Trust, offering one-to-three-year grants for health-related projects that align with priorities identified in the McLean County Community Health Needs Assessment. Future funding proposals may also reflect the evolving priorities and interventions outlined in the 2026–2028 McLean County Community Health Improvement Plan.

Additionally, in 2024, members of the Executive Steering Committee—alongside the Community Development Division of the City of Bloomington—secured an Invest Health planning grant, funded by the Robert Wood Johnson Foundation and the Reinvestment Fund. Bloomington was one of 50 mid-sized U.S. cities selected. While the grant primarily focused on housing, it also served as an opportunity to engage diverse community partners and consider ways to enhance the built environment to support healthier living.

f) Barriers to Achieving Health Improvements

The 2024 County Community Health Survey, which included responses from 716 McLean County adults, shed light on several barriers that may hinder efforts to increase the percentage of individuals maintaining a healthy body weight. Among respondents, 16 percent reported not engaging in any exercise. The primary reasons cited for not exercising were feeling too tired, disliking exercise, and lacking sufficient time.

To effectively promote active living, strategies may need to focus on integrating more physical activity into locations where adults already spend time—such as workplaces or social settings.

Healthy eating, including reducing consumption of sugar-sweetened beverages, plays a crucial role in weight management. Survey results showed that only five percent of adults consumed more than five servings of fruits and vegetables per day; 33 percent ate three to five servings; 58 percent had one to two servings; and 4 percent did not consume any fruits or vegetables. Among those who did not eat fruits or vegetables, common reasons included disliking them, not knowing how to prepare them, and affordability concerns.

Enhancing access to healthy foods, coupled with education on preparing nutritious meals, may help increase daily fruit and vegetable consumption.

In addition to dietary habits, other barriers to healthy eating and active living must be addressed to support positive change. These barriers include:

- Inadequate community infrastructure, such as lack of sidewalks, recreational spaces, and presence of food deserts in some areas.
- Limited access to healthy options in some areas to include healthy food, parks and play areas.
- Financial challenges, as healthier foods often cost more than processed or less nutritious options.
- School-based weekend backpack programs focus on easily prepared foods that are often high in calories, high in carbohydrates and less nutritious.
- Time constraints due to busy schedules, multiple jobs, and fast-paced lifestyles that reduce time for exercise and meal preparation.
- Rural specific challenges such as fewer healthcare resources, limited community programs, and social isolation.
- Lack of motivation or time to exercise or to prepare a healthy meal or snack.
- Lack of support system for making healthy changes.
- Lack of knowledge of the health impacts of obesity and how to maintain a healthy weight.

g) Evaluation and Monitoring Plan

The 2026–2028 McLean County Community Health Improvement Plan (CHIP) Summary for Healthy Eating and Active Living includes a column for “Annual Evaluation Measures,” outlining both process and outcome indicators. These indicators will be tracked each year throughout the plan period, with support from the Healthy Eating/Active Living (HEAL) Priority Action Team. The Executive Steering Committee will be responsible for overseeing data collection and ensuring that results are shared at least annually with the McLean County Community Health Council and relevant priority action teams.

Early in 2029, data will be reviewed and compared to the outcome and impact objectives outlined in the CHIP. This evaluation process will help measure progress, identify needed adjustments, and support continuous improvement. Ongoing evaluation promotes transparency, strengthens accountability, and demonstrates the community’s commitment to improving health outcomes.

The Executive Steering Committee reserves the right to revise the CHIP during the three-year period to reflect updated organizational roles, available resources, and emerging community priorities. If new or significant health needs arise, existing strategies may be adjusted, and additional programs may be introduced. Other organizations across the community may also develop their own initiatives or join collaborative efforts to address shared priorities.

In alignment with IRS Section 501(r) requirements, Carle BroMenn Medical Center and OSF St. Joseph Medical Center may refocus the limited resources the organization committed to the plan to best serve the community.

VII. Vehicle for Community Feedback

We welcome your feedback regarding the 2025 McLean County Community Health Needs Assessment (CHNA) Report and the 2026 – 2028 McLean County Community Health Improvement Plan (CHIP). If you would like to comment on this report, please send an email to one of the two links below. We will respond to your questions/comments within thirty days. Your comments will also be considered during our next CHNA assessment cycle. You can also provide feedback by clicking on the link to the McLean County Health Department's website below and completing the CHNA feedback form.

Email contacts:

CarleHealthPublicRelations@carle.com

CHNAFeedback@osfhealthcare.org

A paper copy of this report may be requested by contacting the public relations departments within Carle BroMenn Medical Center, Chestnut Health Systems' Chestnut Family Health Center, OSF St. Joseph Medical Center or the McLean County Health Department. In addition, an electronic copy of this CHNA Report is available on each organization's website.

Carle BroMenn Medical Center: <https://carle.org/about-us/community-health-needs-assessments>

Chestnut Health Systems: <https://www.chestnut.org/chestnut-family-health-center/data-reports/>

McLean County Health Department: <https://health.mcleancountyil.gov/112/Community-Health-Needs-Assessment-Health>

OSF St. Joseph Medical Center [Community Health | OSF HealthCare](#)

VIII. Appendices

Appendix 1 - 2026 – 2028 McLean County Community Health Improvement Plan Data Sources

Centers for Disease Control and Prevention, August, 2025. <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.html>

Centers for Disease Control and Prevention, May, 2024. [Adult Obesity Facts | Obesity | CDC](#)

City of Bloomington Existing Conditions Report, 2015. [636229414190370000 \(bloomingtonil.gov\)](#).

Conduent Healthy Communities Institute. 2025 The following data sources were accessed through Conduent Healthy Communities Institute: <https://carle.org/about-us/community-report-card>.

Centers for Disease Control and Prevention, 2007 – 2020

CDC – Places, 2022.

County Health Rankings, 2021.

Illinois Hospital Association, 2016 – 2023.

Feeding America, 2019.

U.S. Department of Agriculture – Food Environment Atlas, 2015 - 2018.

County Health Rankings, 2025. [McLean, Illinois | County Health Rankings & Roadmaps](#)
[Feeding America, 2023 Data.](#)

Illinois Youth Survey, 2024. [Illinois Youth Survey](#)

McLean County Behavioral Health Coordinating Council 2026 – 2028 Behavioral Health Action Plan
www.mcleanbhcc.com.

McLean County Community Health Survey of Adults, 2018, 2021 and 2024; Conducted by Laurence G. Weinzimmer, PhD, Bradley University, Peoria, IL; under contract with OSF HealthCare.

United States Department of Health and Human Services. Physical Activity Guidelines for Americans: 2nd Edition. Washington DC., 2018.
https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf.
<https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>.

U. S Department of Agriculture – Food Environment Atlas