

2014 Healthy Community Study

Executive Summary



BACKGROUND

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

STUDY ELEMENTS

The *2014 Healthy Community Study* is comprised of three key elements. Details about each of these elements are outlined below.

Community Analysis

This element of the study is comprised of extant data from Community Commons that provides an overview of community health and demographic and socioeconomic characteristics; these data include comparisons to state and national data. Specifically, the *Community Health Needs Assessment (CHNA) Full Health Indicators Report* was used to inform this analysis. As such, the community analysis consists of data from the following six (6) categories:

- Demographics
- Social & Economic Factors
- Physical Environment
- Clinical Care
- Health Behaviors
- Health Outcomes



Summary reports detailing the data within each of these six categories are available through the Rockford Health Council.

Healthy Community Survey

The *Healthy Community Survey* is designed to provide approximately 50 forced-response items annually. Of these 50 items, one portion of the survey provides static items about General Health; these items are repeated each year to support longitudinal comparisons. The remaining items are designed to address key focus areas of the Rockford Health Council.

The *2014 Healthy Community Survey* consists of two sections. Section I contains 51 items in four categories – general health (17 items); behavioral health (12 items); maternal, prenatal, and early childhood health (10 items); and chronic disease and obesity (12 items). Section II contains six (6) demographic questions. Surveys were developed for distribution in English- and Spanish-language forms, as well as electronic and paper-pencil formats.

Distribution of the surveys occurred in three phases.

- Phase 1: This phase targeted distribution of the survey to Rockford residents through Rockford Public School District 205. With the help of staff in the Rockford Public School District 205 office and schools, survey packets were distributed by student backpacks to all third graders, early childhood students, and students in alternative programs.
- Phase 2: In this phase surveys were distributed to residents of Boone and Winnebago counties through a third-party vendor via email. Follow-ups and reminders were controlled through the third-party vendor at a cost that was unbudgeted and cost-prohibitive, limiting the impact of this methodology on collecting responses.
- Phase 3: In the third phase of survey administration, a postcard was delivered to a random sample of households within Winnebago County providing access information to the survey on the Rockford Health Council website. Contact information was also provided so interested parties could request a paper-pencil version of the survey. At the same time, paper copies of the survey were distributed to a random sample of households in Boone County.

Given the difference in sampling techniques, data from Phase 1 were summarized separately from Phase 2 and 3.



Summary reports detailing the results from the Rockford Public School and Community administrations of the *2014 Healthy Community Study* are available through the Rockford Health Council.

Key Informant Questionnaire

As a result of the 2010 Healthy Community Study, the Rockford Health Council identified key focus areas through which they would focus their efforts. Key informants were asked to rate their awareness of efforts, regional improvement, and additional regional need in those areas through an electronic questionnaire.



A summary report detailing the results from the Key Informant Questionnaire is available through the Rockford Health Council.

EXECUTIVE SUMMARY

This summary report is designed to provide a synopsis of the following:

- Regional Demographics: Current population demographics and changes in demographic composition over time for Boone and Winnebago Counties are described. These data inform the types of health and social services needed by communities.
- Synthesis of Results to Inform Identified Key Focus Areas: Results across the three key elements of the Healthy Community Study will be summarized. Specifically these summaries will focus on general health issues, as well as issues of the key focus areas identified by the Rockford Health Council as a result of the 2010 Healthy Community

Study and targeted for this study, namely Behavioral Health; Maternal, Prenatal, and Early Childhood Health, and Chronic Disease.



Summary reports with additional data and data details from the three key elements of the study are available through the Rockford Health Council.

REGIONAL DEMOGRAPHICS

POPULATION

Overall Population

An estimated total of 348,574 people live in the 793.9 square mile report area of Boone and Winnebago counties (US Census Bureau, American Community Survey 2008-12). The population density for this area, estimated at 439.1 persons per square mile, is greater than the national average population density of 87.9 persons per square mile. Table 1 details overall population by the report region, county, state, and nation.

Table 1: Overall Population

	Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Report Area	348,574	793.9	439.1
Boone County, IL	54,141	280.7	192.9
Winnebago County, IL	294,433	513.2	573.7
Illinois	12,823,860	55,504.3	231.0
United States	309,138,709	3,530,997.6	87.6

Between 2000 and 2010, the population of this area grew by 29,227 people, a change of 9.1%, which is higher than the change in population for the state, but just less than the 9.7% change in population nationally. Table 2 details change in population by the report region, county, state, and nation.

Table 2: Change in Total Population

	Total Population, 2000 Census	Total Population, 2010 Census	Total Population Change, 2000-2010	Percent Population Change, 2000-2010
Report Area	320,204	349,431	29,227	9.1%
Boone County, IL	41,786	54,165	12,379	29.6%
Winnebago County, IL	278,418	295,266	16,848	6.1%
Illinois	12,419,231	12,830,632	411,401	3.3%
United States	280,421,907	307,745,539	27,323,632	9.7%

Urban and Rural Population

Urban areas are identified using population density, count, and size thresholds; they include territory with a high degree of development. Rural areas are all areas that are not urban. Within Boone and Winnebago counties, an estimated 315,575 (90.3%) people live in urban areas as compared to 33,856 (9.7%) that live in rural areas. More people in this area live in urban areas as compared to the state and nation. The population of Boone County is similar in terms of urban and rural dispersion to the nation, but slightly more rural when compared to the state. Winnebago County is more urban when compared to both the state and the nation. Table 3 provides details of urban and rural population by the report region, county, state, and nation.

Table 3: Rural and Urban Population

	Total Population	Urban Population	Rural Population	Percent Urban	Percent Rural
Report Area	349,431	315,575	33,856	90.3%	9.7%
Boone County, IL	54,165	43,677	10,488	80.6%	19.4%
Winnebago County, IL	295,266	271,898	23,368	92.1%	7.9%
Illinois	12,830,632	11,353,553	1,477,079	88.5%	11.5%
United States	312,471,327	252,746,527	59,724,800	80.9%	19.1%

Family Households with Children

Approximately one-third (33.7%) of all occupied households in Boone and Winnebago counties are family households (i.e., any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption) with at least one (1) under the age of 18 (US Census Bureau, American Community Survey 2008-12). Table 4 details information about family households with children by the report region, county, state, and nation.

Table 4: Family Households with Children

	Total Households	Total Family Households	Family Households with Children (Under Age 18)	Family Households with Children (Under Age 18), Percent of Total Households
Report Area	130,983	88,516	44,110	33.7%
Boone County, IL	17,864	14,138	7,469	41.8%
Winnebago County, IL	113,119	74,378	36,641	32.4%
Illinois	4,774,275	3,142,347	1,583,014	33.7%
United States	115,226,800	76,595,552	37,985,004	33.0%

EDUCATION ATTAINMENT RATES

Research suggests that education is one of the strongest predictors of health ([Freudenberg & Ruglis, 2007](#)). These data look at three educational attainment rates – population with no high school diploma, high school graduation rate, and associate’s degree or higher rate – to inform the regional health of Boone and Winnebago Counties.

Population with No High School Diploma

These data examine individuals living in the area aged 25 and older that have not attained at least a high school diploma or its equivalency. Of those in Boone and Winnebago counties, 33,185 individuals (14.4%) have no high school diploma, which is higher than the rate of those without a high school diploma in the state and nation. These data are detailed in Table 5.

Table 5: Population 25 or Older with No High School Diploma

	Total Population Age 25+	Population Age 25+ with No High School Diploma	Percent Population Age 25+ with No High School Diploma
Report Area	230,223	33,185	14.4%
Boone County, IL	34,117	4,935	14.5%
Winnebago County, IL	196,106	28,250	14.4%
Illinois	8,459,947	1,102,449	13.0%
United States	204,336,016	29,179,820	14.3%

High School Graduation Rate

High school graduation rate is provided from the US Department of Education through EDFacts and through the National Center for Educational Statistics (NCES). Results from both sources are provided below.

EDFacts data indicate that within Boone and Winnebago counties, 3,154 (72.3%) of the 4,360 students in the identified cohort receive a high school diploma. The percent of high school students graduating in Boone (79.6%) and Winnebago (70.5%) counties are lower than both state and national averages. Figure 1 demonstrates the comparison of graduation rate within the Boone and Winnebago county region as compared to state and national rates.

NCES data indicate that within Boone and Winnebago counties, 3,794 (80.0%) of the 4,742 students in the identified cohort receive a high school diploma. The percent of high school students graduating in Boone County (75.4%) is lower than the state and national graduation rates; however, the percent of students graduating in Winnebago County (81.0%) is higher than both state and national averages. NCES graduation rates for both Boone and Winnebago counties, however, are lower than the 82.4% target identified in [Healthy People 2020](#). Figure 2 demonstrates the comparison of graduation rate within the Boone and Winnebago county region as compared to state and national rates.

Figure 1: Cohort Graduation Rate (EDFacts)

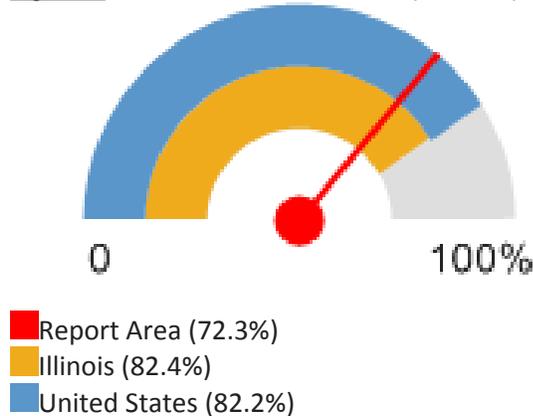
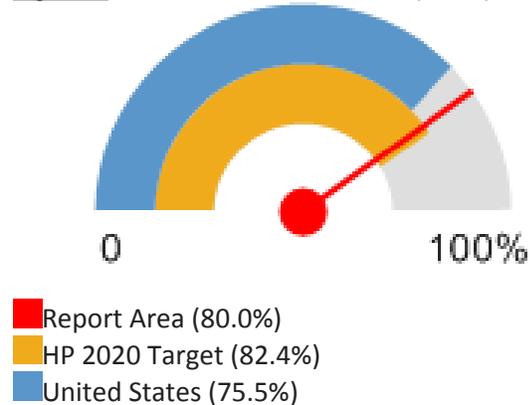


Figure 2: Cohort Graduation Rate (NCES)



Population with Associate's Degree or Higher

Of those individuals living within the area of Boone and Winnebago counties, 65,225 (28.3%) have obtained an Associate's degree or higher. This rate of degree attainment is lower than state and national rates. Similar rates for each of these counties also demonstrate a degree attainment rate that is lower than state and national rates. These data are detailed in Table 6.

Table 6: Population 25 or Older with Associate’s Degree or Higher

	Total Population Age 25+	Population Age 25+ with Associate's Degree or Higher	Percent Population Age 25+ with Associate's Degree or Higher
Report Area	230,223	65,225	28.3%
Boone County, IL	34,117	9,325	27.3%
Winnebago County, IL	196,106	55,900	28.5%
Illinois	8,459,947	3,251,304	38.4%
United States	204,336,016	73,941,024	36.2%

POVERTY

Population in Poverty

Poverty is defined by households with income below the Federal Poverty Level (FPL) and is a key indicator of the status of health. Poverty creates barriers to access, including health services, healthy food, and other necessities.

Within the area of Boone and Winnebago counties, 54,709 individuals (16.0%) are living in poverty at 100% FPL and 119,622 individuals (34.9%) are living in poverty at 200% FPL. Data also indicate that the poverty rate in this two county area has steadily increased in recent years (see Table 7). Across all time periods reviewed, the poverty rate of the area of Boone and Winnebago counties has been higher than the rate of those living in poverty in the state and the nation. Figures 3, 4, and 5 detail this information.

Figure 3: Percent of Population in Poverty (100% FPL)

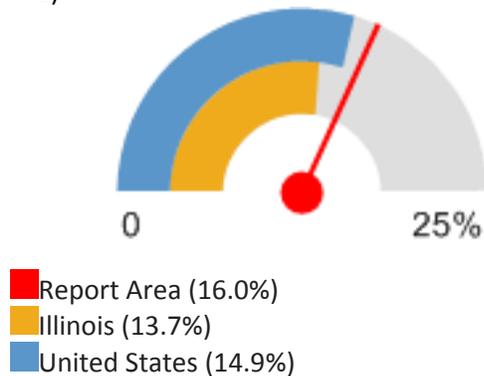
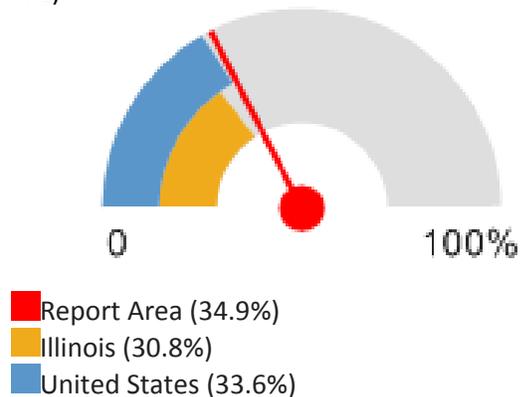


Figure 4: Percent of Population in Poverty (200% FPL)

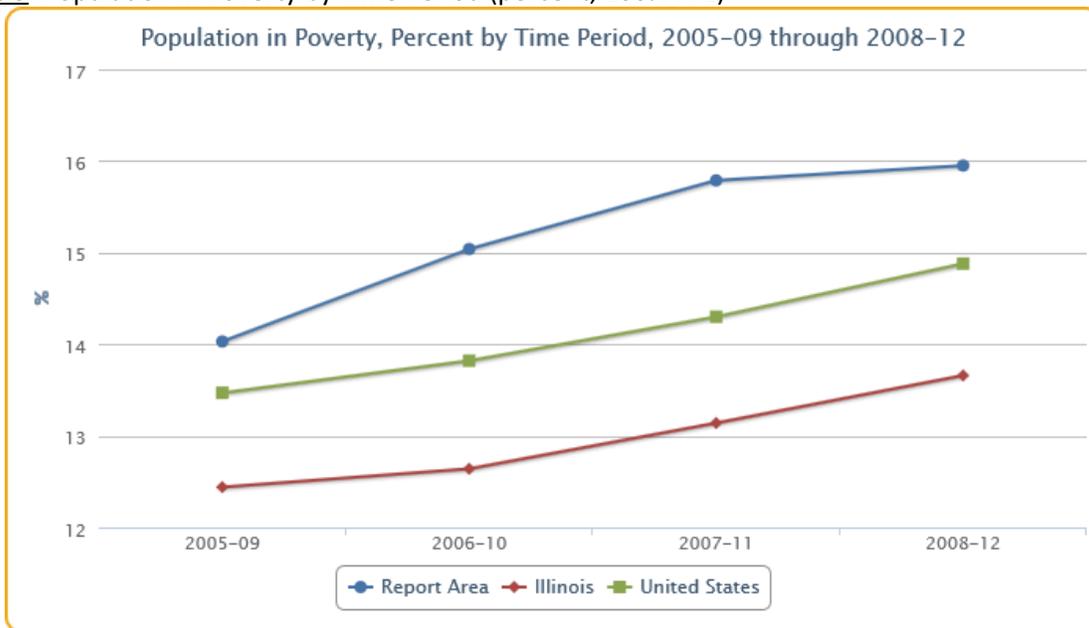


The rate of individuals living in poverty in Boone County (10.1%) is less than the rate of individuals in Winnebago County (17.0%) living in poverty. Poverty rate of those living in Boone County has shown a decline in recent year while that of those living in Winnebago County has shown a noticeable increase (see Table 4).

Table 7: Population in Poverty by Time Period (percent, 100% FPL)

Report Area	2005-09	2006-10	2007-11	2008-12
Report Area	14.0%	15.0%	15.8%	16.0%
Boone County, IL	9.8%	10.4%	10.2%	10.1%
Winnebago County, IL	14.8%	16.0%	16.8%	17.0%
Illinois	12.4%	12.6%	13.1%	13.7%
United States	13.5%	13.8%	14.3%	14.9%

Figure 5: Population in Poverty by Time Period (percent, 100% FPL)



Children Eligible for Free/Reduced Price Lunch and Living in Poverty

Free/reduced-price lunch status and poverty identify vulnerable populations which are more likely to have multiple health access, health status, and social support needs that contribute to poor health status. These data represent children age 0-17 living in households with income 200% of the Federal Poverty Level (FPL).

Within the area of Boone and Winnebago counties, 31,850 (55.4%) public school students are eligible for free/reduced-price lunch out of 57,474 total students enrolled. The percent of children eligible for free/reduced-price lunch in Boone (46.4%) and Winnebago (57.5%) counties are higher than both state and national averages. Figure 6 demonstrates the comparison of eligible children within the Boone and Winnebago county region as compared to state and national rates.

Similarly, 21,000 (24.1%) of the 87,020 children under age 18 in the area of Boone and Winnebago counties live in poverty. The percent of children under age 18 living in poverty in Boone County (13.9%) is lower than that of the state and nation; however, the percent of those under age 18 living in poverty in Winnebago County (24.1%) is higher than both state and national averages. Figure 7 demonstrates the comparison of eligible children within the Boone and Winnebago county region as compared to state and national rates.

Figure 6: Percent of Students Eligible for Free or Reduced Price Lunch

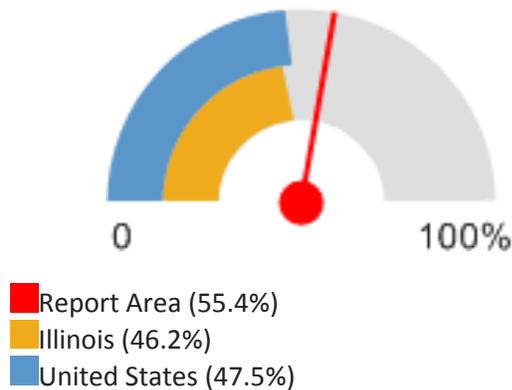
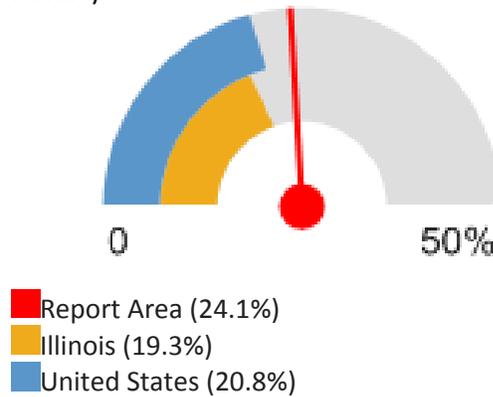


Figure 7: Percent of Population under Age 18 in Poverty



GENERAL HEALTH

ACCESS TO CARE

Most respondents to the Key Informant Questionnaire indicated that they were aware of the efforts to address access to care in the region, but almost half (47.1%) also identify this as an area that they strongly agree needs continued improvement in both Boone and Winnebago counties.

In their responses to General Health items on the Healthy Community Survey, between 70 and 75% of respondents indicate that they have access to affordable health care in their neighborhood; see Table 8. Furthermore, at least half indicated that they visit a doctor more often than when they are sick or injured.

Table 8: Responses to General Health Items that Address Access to Care

	Percent of Strongly Agree/Agree Responses	
	Community	Rockford Public Schools
My neighborhood has health care I can afford.	74.8	71.2
My health has generally improved in the past five years.	51.6	65.8
	Percent of Disagree/Strongly Disagree Responses	
	Community	Rockford Public Schools
I only visit a doctor when I am sick or injured.	51.8	70.2

Results from the Key Informant Questionnaire and the Healthy Community Survey are consistent with extant data that informed the Community Analysis, particularly the following data points:

Access to Primary Care

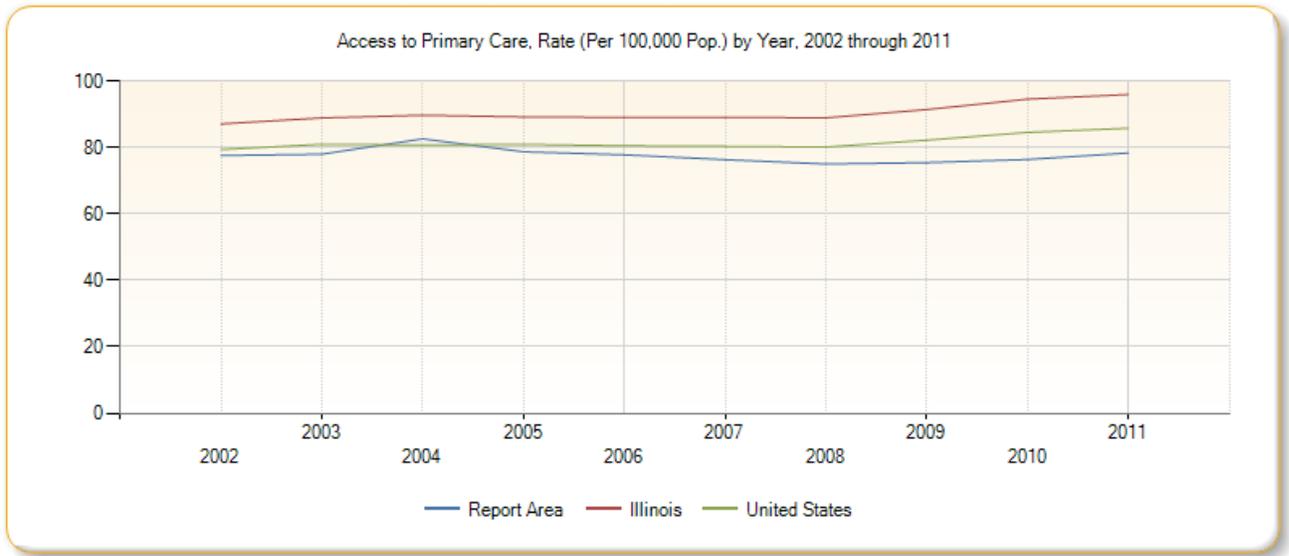
This indicator reports the number of primary care physicians per 100,000 population. A limited number of primary care physicians contribute to access to health care and health status issues. Data in Table 9 indicate that the area of Boone and Winnebago counties has a lower rate of primary care physicians (78.4%) as compared to the state (96.0%) and the nation (85.8%). Looking within this two-county area, the rate of access to primary care is lower for Boone County (58.9%) than for Winnebago County (82.0).

A multiyear look at rate of access to primary care illustrates that these limits to access to primary care in the region of Boone and Winnebago counties is persistent across time (see Figure 8). These data also suggest that while the rate of access to primary care has shown improvement in recent years, the gap in that access as compared to state and national rates appears to be widening over time.

Table 9: Access to Primary Care

	Total Population, 2011	Total Primary Care Physicians, 2011	Primary Care Physicians, Rate per 100,000 Pop.
Report Area	348,360	273	78.4
Boone County, IL	54,367	32	58.9
Winnebago County, IL	293,993	241	82.0
Illinois	12,869,257	12,353	96.0
United States	311,591,917	267,437	85.8

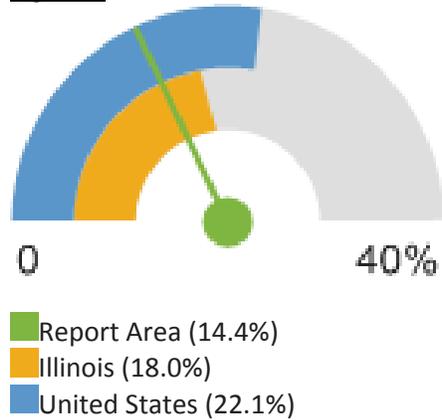
Figure 8: Rate of Access to Primary Care (per 100,000) by Year



Lack of Consistent Source of Primary Care

Access to regular primary care is important to the prevention of major health issues and emergency care visits. The data illustrated in Figure 9 reports the percentage of adults aged 18 and over who report that they do not have at least one person who they consider their personal doctor or health care provider. These data indicate the percentage of adults in the region of Boone and Winnebago counties without a regular doctor (14.4%) is lower than the state (18.0%) and nation (22.1%), suggesting that people in this area are more likely to have identified a primary doctor than at the state or national level.

Figure 9: Percent of Adults without Any Regular Doctor



Population Living in a Health Professional Shortage Areas

Health professional shortage areas (HSPA) have shortages of primary medical care, dental or mental health providers. Such shortages contribute to access and health status issues. Data in Table 10 report the percentage of the population living in a geographic area designated as a HSPA. These data indicate that the area of Boone and Winnebago counties has a higher percentage of population living in a HSPA (54.1%) than the state (37.0%) and nation (37.6%). When these data are examined by county within this area, the percentage of population living within HSPA is higher for Boone County (72.1%) than Winnebago County (50.0%).

Table 10: Percent of Underserved Population

	Total Population Living in a HSPA	HSPA Designation Population	Underserved Population	Percent of Designated Population Underserved
Report Area	86,340	45,670	24,717	54.1%
Boone County, IL	21,298	8,627	6,226	72.2%
Winnebago County, IL	65,042	37,043	18,491	49.9%
Illinois	5,993,089	3,392,149	1,254,345	37.0%
United States	107,167,492	58,371,691	21,919,540	37.6%

Preventable Hospital Events

These data examine the discharge rates for conditions such as pneumonia, dehydration, asthma, and diabetes (i.e., ambulatory care sensitive (ACS) conditions) that could have been prevented if adequate primary care resources were available to and accessed by the patients. Better access to primary care resources can reduce such hospital events. Data indicate that the ACS discharge rate in the area of Boone and Winnebago counties (70.5) is lower than that of

the state (75.0) but higher than the nation (66.5); see Table 11, suggesting fewer preventable hospital events for the area as compared to the state and more as compared to the nation.

Table 11: Preventable Hospital Events

	Total Medicare Part A Enrollees	Ambulatory Care Sensitive Condition Hospital Discharges	Ambulatory Care Sensitive Condition Discharge Rate
Report Area	34,487	2,429	70.5
Boone County, IL	4,734	311	65.9
Winnebago County, IL	29,753	2,117	71.2
Illinois	1,365,587	102,364	75.0
United States	56,167,590	3,737,659	66.5

BEHAVIORAL HEALTH

Almost all of the respondents (93.8%) to the Key Informant Questionnaire indicated that that they were aware of the efforts to address behavioral health in the region, but fewer (64.7%) indicated that noticeable improvements have been made. Furthermore, a majority of key informants (94.1%) indicated that continued improvement is needed to address behavioral health in the two-county region.

Table 12 summarizes responses to Behavioral Health items on the Healthy Community Survey related to mental health issues. These data indicate that over half of the respondents perceive that mental health issues impact their neighborhoods and that approximately half know where to find resources in their neighborhood to help with mental health. Additionally, the data indicate that approximately half of the respondents perceive that suicide has impacted their neighborhood and that approximately half know where to find resources in their neighborhood to help with suicide issues.

Table 12: Responses to Behavioral Health Items that Mental Health Issues

	Percent of Strongly Agree/Agree Responses	
	Community	Rockford Public Schools
Mental health issues have no impact on my neighborhood.	34.9	45.0
I know where to find resources in my neighborhood to help with mental health.	53.5	54.5
Suicide issues have no impact on my neighborhood.	47.3	52.8
I know where to find resources in my neighborhood to help with suicide issues.	49.0	52.1

Results from the Key Informant Questionnaire and the Healthy Community Survey are consistent with extant data that informed the Community Analysis, particularly the following data points:

Lack of Social or Emotional Support

Social and emotional support is critical for individuals in navigating the challenges of daily life. This support fosters good mental health and is linked to educational achievement and economic stability. Social and emotional support is reported out as the percentage of adults age 18 and over self-reporting that they receive insufficient social or emotional support all or most of the time.

Approximately 20% of the population in the area of Boone and Winnebago counties report a lack of social or emotional support, which is consistent with state and national averages. The rate of those reporting lack of social or emotional support in Boone County (16.1%) is lower than that of the two-county region, the state, and the nation while the same figure for Winnebago County (21.4%) is higher than comparative regions. These data are detailed in Table 13.

Table 13: Population without Adequate Social/Emotional Support

	Total Population Age 18+	Estimated Population Without Adequate Social / Emotional Support	Crude Percentage	Age-Adjusted Percentage
Report Area	259,176	52,473	20.25%	20.6%
Boone County, IL	38,305	6,090	15.9%	16.1%
Winnebago County, IL	220,871	46,383	21%	21.4%
Illinois	9,654,603	1,969,539	20.4%	20.4%
United States	232,556,016	48,104,656	20.69%	20.7%

Suicide

Suicide, an indicator of poor mental health, is reported as the rate of death due to intentional self-harm per 100,000 population. The suicide mortality rate of the areas of Boone and Winnebago counties (9.7) is slightly higher than that of the state (9.1) but lower than that of the nation (11.8). Table 14 illustrate these data.

Table 14: Suicide Mortality

	Total Population	Average Annual Deaths, 2007-2011	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate (Per 100,000 Pop.)
Report Area	348,999	33	9.57	9.7
Boone County, IL	54,082	5	8.88	9.3
Winnebago County, IL	294,918	29	9.7	9.8
Illinois	12,787,914	1,177	9.21	9.1
United States	306,486,831	37,085	12.1	11.8

MATERNAL, PRENATAL, AND EARLY CHILDHOOD HEALTH

Almost all of the respondents (99%) to the Key Informant Questionnaire indicated that that they were aware of the efforts to address maternal, prenatal, and early childhood health in the region, but fewer (70.5%) indicated that noticeable improvements have been made. Furthermore, a majority of key informants (94.2%) indicated that continued improvement is needed to address behavioral health in Boone and Winnebago counties.

Table 15 summarizes responses to Maternal, Prenatal, and Early Childhood Health items on the Healthy Community Survey. These data indicate that most respondents believe that regular prenatal care is necessary, and a majority of respondents believe that children should go the doctor more often than when they are sick or injured. A majority also believe that it is easy to get the resources that mothers and children need within their neighborhood and that their neighborhoods have safe places to help pregnant women.

When asked about teen pregnancy, respondents from the sample collected through Rockford Public Schools were less likely to indicate that it is a problem in their neighborhood than those from the community sample; however, a majority from both samples indicated that they did not believe teen pregnancy was a problem in their neighborhoods.

Table 15: Responses to Maternal, Prenatal, and Early Childhood Health

	Percent of Strongly Agree/Agree Responses	
	Community	Rockford Public Schools
Regular prenatal care is necessary.	96.2	82.3
It is easy to get the resources mothers and children need in my neighborhood.	66.4	61.2
My neighborhood has safe places that help pregnant women.	54.6	65.4
	Percent of Disagree/Strongly Disagree Responses	
	Community	Rockford Public Schools
Children only go to the doctor when they are sick or injured.	75.3	67.5
Teen pregnancy is a problem in my neighborhood	76.3	59.7

Results from the Key Informant Questionnaire and the Healthy Community Survey are supported by extant data that informed the Community Analysis, particularly the following data points:

Lack of Prenatal Care

Engaging in prenatal care decreases the likelihood of maternal and infant health risks. Examining rates of mothers with late or no prenatal care can also illuminate barriers to access, health knowledge, provider outreach, and use of service. In the area of Boone and Winnebago counties, the percentage of mothers with late or no prenatal care (5.8%) approximates that of the state (5.4%) and is lower than that of the nation (17.3%); see Table 16.

Table 16: Mothers with Late or No Prenatal Care

	Total Births	Mothers Starting Prenatal Care in First Semester	Mothers with Late or No Prenatal Care	Prenatal Care Not Reported	Percent Mothers with Late or No Prenatal Care
Report Area	16,155	2,614	938	12,603	5.81%
Boone County, IL	no data	no data	no data	no data	suppressed
Winnebago County, IL	16,155	2,614	938	12,603	5.81%
Illinois	693,994	119,027	37,372	537,595	5.39%
United States	16,693,978	7,349,554	2,880,098	6,464,326	17.25%

Infant Mortality

Infant mortality is defined by the rate of deaths to infants less than one year of age per 1,000 births. High rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health. Data in Table 17 indicate that the infant mortality rate for the area of Boone and Winnebago counties (7.4) is higher than that of the state (6.9) and the nation (6.5). When the two-county region is examined by county, the data indicate that while the infant mortality rate for Boone County is lower than state and national rates (5.3 as compared to 6.9 and 6.5 respectively), the rate for Winnebago County is higher (7.8).

Table 17: Infant Mortality Rate

	Total Births	Total Infant Deaths	Infant Mortality Rate (Per 1,000 Births)
Report Area	23,965	178	7.43
Boone County, IL	3,535	19	5.3
Winnebago County, IL	20,430	159	7.8
Illinois	879,035	6,065	6.9
United States	20,913,535	136,369	6.52

Low Birth Weight

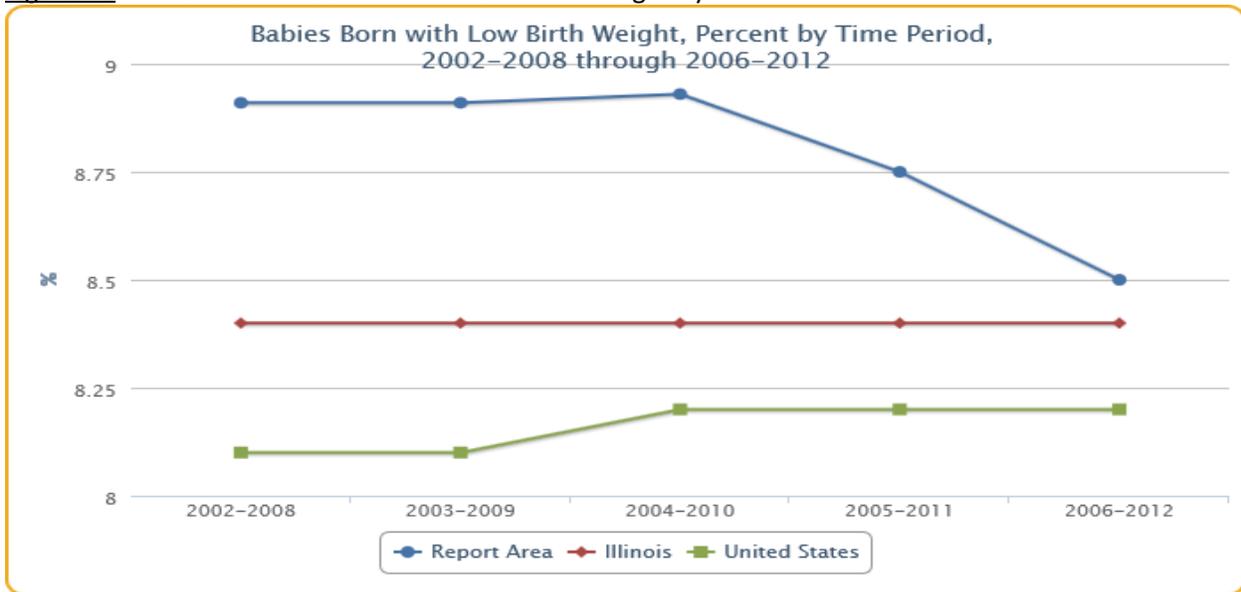
Low birth weight in infants is defined by the percentage of total births that are low birth weight (Under 2500g). Low birth weight indicates a high risk for health problems and highlights the existence of health disparities. Data in Table 18 indicate that the rate of low birth rates in the area of Boone and Winnebago counties (8.5%) approximates that of the state (8.4%) and nation (8.2%). Examining these data by county within this region, however, suggest a disparity. Boone County reports a lower rate of low birth rate (7.3%) as compared to Winnebago County (8.7%).

A multiyear analysis of low birth weight is shown in Figure 10. These data suggest that the gap between the two-county area and the state, as well as the between the area and the nation, has narrowed in recent years.

Table 18: Low Birth Weight

	Total Live Births	Low Weight Births (Under 2500g)	Low Weight Births, Percent of Total
Report Area	33,208	2,822	8.5%
Boone County, IL	4,830	353	7.3%
Winnebago County, IL	28,378	2,469	8.7%
Illinois	1,251,656	105,139	8.4%
United States	29,300,495	2,402,641	8.2%

Figure 10: Percent of Babies Born with Low Birth Weight by Year



Teen Birth Rate

Teen birth rate reports the total births to women between the age of 15 and 19 per 1,000 female population within that age range. The teen birth rate in the area of Boone and Winnebago counties is 43.5%, which is higher than the state and national teen birth rates. Looking within this two county area, the teen birth rate of Boone County (29.8%) is lower than the other comparative groups, but the teen birth rate of Winnebago County (46.3%) is higher than that of the other comparative groups. These data are detailed in Table 19.

Table 19: Birth to Mothers Age 15-19

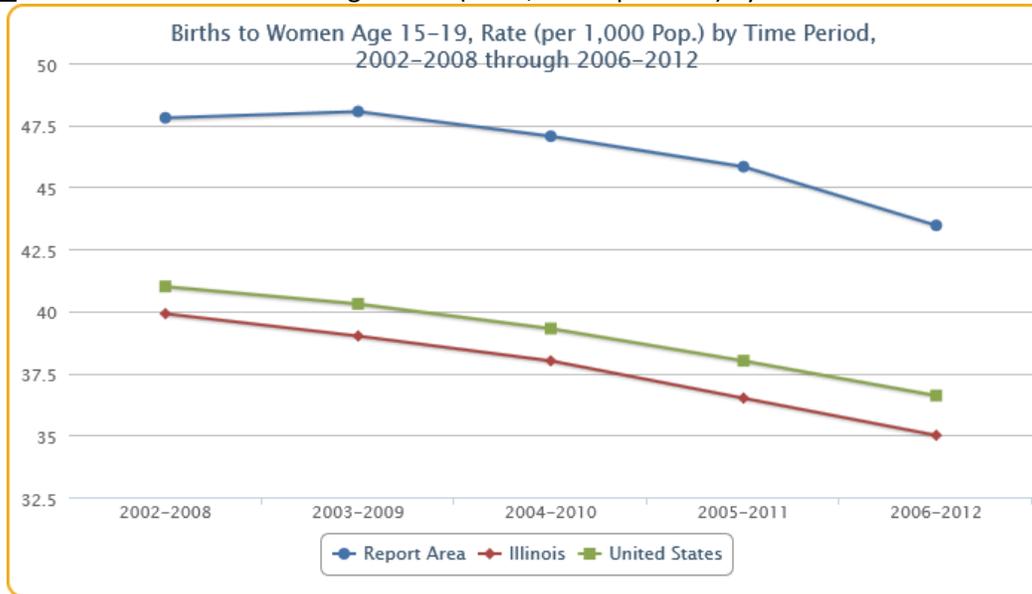
	Female Population Age 15 - 19	Births to Mothers Age 15 - 19	Teen Birth Rate (Per 1,000 Population)
Report Area	12,196	530	43.46
Boone County, IL	2,091	62	29.8
Winnebago County, IL	10,105	468	46.3
Illinois	448,356	15,692	35
United States	10,736,677	392,962	36.6

While the teen birth rate of the two county area is higher than state and national rates, longitudinal data suggest that it has been declining over time. Table 20 and Figure 11 illustrate this pattern over time.

Table 20: Rate of Births to Women Age 15-19 (Per 1,000 Population) by Time Period

	2002-2008	2003-2009	2004-2010	2005-2011	2006-2012
Report Area	47.8	48.05	47.06	45.83	43.46
Boone County, IL	35.4	33.9	32.8	31.4	29.8
Winnebago County, IL	50.4	51	50	48.8	46.3
Illinois	39.9	39	38	36.5	35
United States	41	40.3	39.3	38	36.6

Figure 11: Rate of Births to Women Age 15-19 (Per 1,000 Population) by Time Period



CHRONIC DISEASE

Almost all of the respondents (99%) to the Key Informant Questionnaire indicated that they were aware of the efforts to address maternal, prenatal, and early childhood health in the region, but fewer (70.5%) indicated that noticeable improvements have been made. Furthermore, a majority of key informants (94.2%) indicated that continued improvement is needed to address behavioral health in Boone and Winnebago counties.

Table 21 summarizes responses to Chronic Disease and Obesity items on the Healthy Community Survey. When asked about the availability of healthy food options, respondents from the sample collected through Rockford Public Schools were less likely to indicate that they were available than those from the community sample; however, a majority from both samples indicated that healthy food options were readily available in their neighborhoods.

These data also indicate that most respondents believe that their neighborhood has resources necessary to help them live a healthy life. Between 30 and 40 percent believe that chronic disease has no impact on their neighborhood. However, when asked about the availability of resources to assist with chronic disease issues, respondents from the sample collected through Rockford Public Schools were less likely to indicate that such resources were available than respondents from the community sample. Furthermore, a majority of respondents indicate that obesity has an impact on the health of their neighborhood.

Table 21: Responses to Chronic Disease and Obesity Issues

	Percent of Strongly Agree/Agree Responses	
	Community	Rockford Public Schools
Healthy food options are readily available in my neighborhood.	74.4	56.5
My neighborhood is a place with resources to help me live a healthy life.	76.1	60.0
Chronic disease has no impact on my neighborhood.	28.9	37.0
I can find resources in my neighborhood to help with chronic disease issues.	60.8	42.6
	Percent of Disagree/Strongly Disagree Responses	
	Community	Rockford Public Schools
Obesity has an impact on the health of my neighborhood.	38.7	45.4

Results from the Key Informant Questionnaire and the Healthy Community Survey are supported by extant data that informed the Community Analysis, particularly the following data points:

ACCESS TO HEALTHY FOOD OPTIONS

Population with Low Food Access

This indicator reports the percentage of the population living in designated food deserts (i.e., a census tract where a substantial number of residents have low access to supermarket or large grocery store). Data in Table 21 and Figure 12 indicate that the area of Boone and Winnebago counties has a higher percent of population with low food access (25.8%) as compared to the state (20.4%) and the nation (23.6%). Furthermore, the percent of population living in a food desert is higher for Boone County (26.8%) as compared to Winnebago County (25.7%).

Table 22: Population with Low Food Access

	Total Population	Population with Low Food Access	Percent Population with Low Food Access
Report Area	349,431	90,273	25.83%
Boone County, IL	54,165	14,490	26.75%
Winnebago County, IL	295,266	75,783	25.67%
Illinois	12,830,632	2,623,048	20.44%
United States	308,745,538	72,905,540	23.61%

Figure 12: Percent of Population with Low Food Access

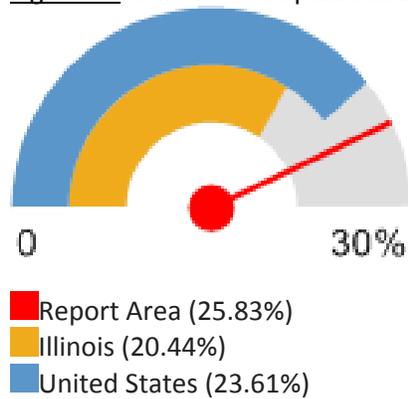


Table 22 shows a racial disparity index for the population with low or no healthy food access. These data indicate high disparity for the area of Boone and Winnebago counties (18.3). While lower than the disparity index for the state (18.6), this score exceeds that of the nation (16.6). When looking at the disparity index for each county, however, the score for Boone County (31.1) is higher than that of Winnebago County (9.2).

Table 23: Racial Disparity Index of Population with Low or No Healthy Food Access

	Disparity Index Score (0 = No Disparity; 1 - 15 = Some Disparity; Over 15 = High Disparity)
Report Area	18.3
Boone County, IL	31.1
Winnebago County, IL	9.2
Illinois	18.6
United States	16.6

PARK, RECREATION, AND FITNESS FACILITY ACCESS

Access to parks, recreation, and fitness facilities promotes indoor and outdoor recreation activity that can increase physical activity and other healthy behaviors.

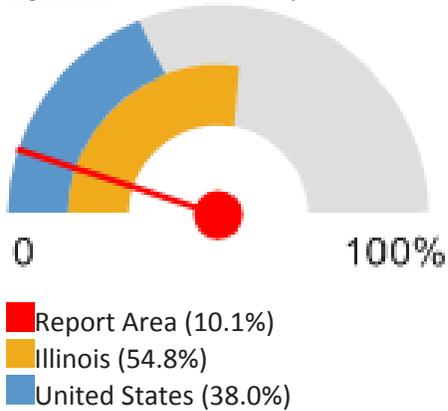
Park Access

This indicator reports the percentage of population living within half a mile of a park. Data in Table 23 and Figure 13 indicate that within the area of Boone and Winnebago counties, fewer people (10.1%) live within a half mile of a park as compared to those in the state (54.8%) and nation(38.0%). Data in Table 23 also indicates that the population of Boone County (5.3%) is less likely to live nearby a park than that of Winnebago County (11.0%).

Table 24: Population within ½ Mile of a Park

	Total Population, 2010 Census	Population Within 1/2 Mile of a Park	Percent Within 1/2 Mile of a Park
Report Area	349,431	35,231	10.1%
Boone County, IL	54,165	2,842	5.3%
Winnebago County, IL	295,266	32,389	11.0%
Illinois	12,830,632	7,024,779	54.8%
United States	308,745,538	112,471,792	38.0%

Figure 13: Percent of Population within 1/2 Mile of a Park



Recreation and Fitness Facility Access

These data illustrate the number per 100,000 population of recreation and fitness facilities (e.g., athletic clubs, gymnasiums, dance centers, tennis clubs, and swimming pools). Data in Table 24 and Figure 14 suggest that access to recreation and fitness facilities in the region of Boone and Winnebago counties is lower (8.3) than that of the state (10.1) and nation (9.4). Data in Table 24 also indicates that the population of Boone County (5.5) is less likely to live nearby a park than that of Winnebago County (8.8).

Figure 15 illustrates the multiyear trend access to recreation and fitness facilities per 100,000 population. These data indicate that while recreation and fitness facility access in the region is lower than that of the state and nation, access has increased in a pattern that is similar to that of the state while the national trend is decline.

Table 25: Rate of Recreation and Fitness Facilities (Per 100,000 Population)

	Total Population	Number of Establishments	Establishments, Rate per 100,000 Population
Report Area	349,431	29	8.3
Boone County, IL	54,165	3	5.5
Winnebago County, IL	295,266	26	8.8
Illinois	12,830,632	1,290	10.1
United States	312,471,327	29,511	9.4

Figure 14: Rate of Recreation and Fitness Facilities (Per 100,000 Population)

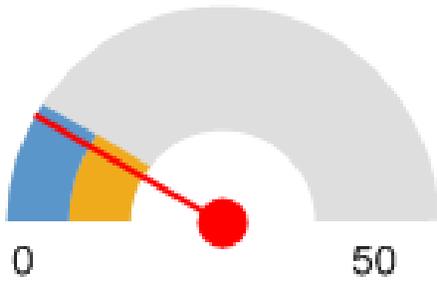
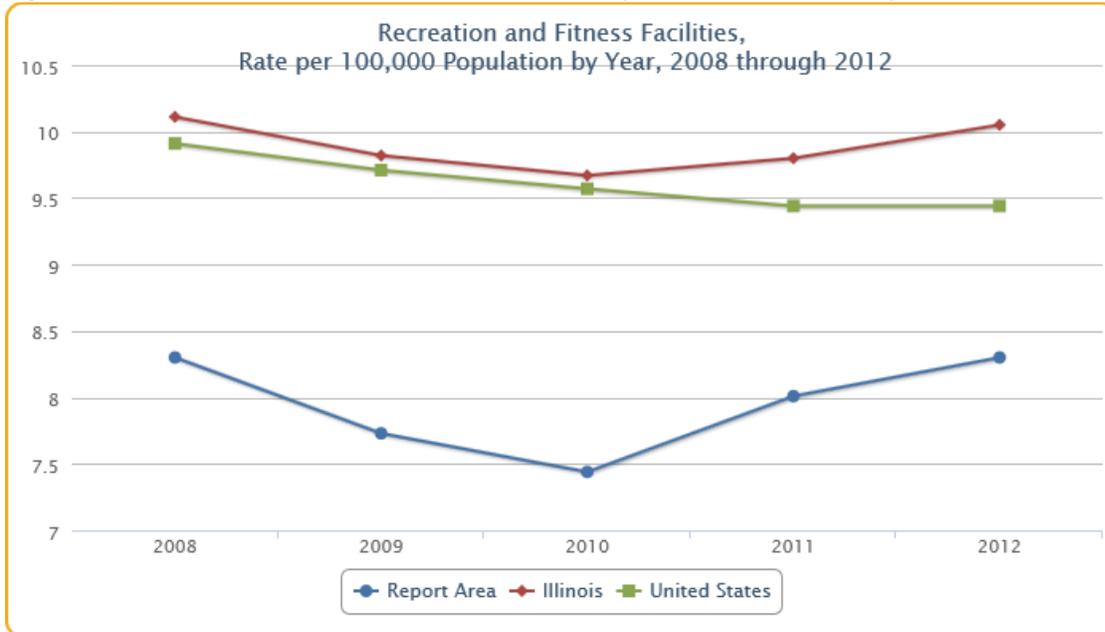


Figure 15: Rate of Recreation and Fitness Facilities by Year (Per 100,000 Population)



Physical Inactivity (Adults)

Current behaviors are determinants of future health, and physical inactivity may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health. Adults age 20 and older reported the degree to which they participated in physical activities or exercise outside of their regular job. Data in Table 25 show results. These data indicate that approximately one quarter of adults in the area of Boone and Winnebago counties (25.5%) report no leisure time physical activity, which is higher than the 23.4% reported for the state and nation. These data suggest that adults within Boone and Winnebago counties are less likely to engage in leisure time physical activity.

Table 26: Adult Population with No Leisure Time Physical Activity

	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity
Report Area	251,157	65,824	25.5%
Boone County, IL	37,040	9,297	24.6%
Winnebago County, IL	214,117	56,527	25.7%
Illinois	9,361,500	2,217,069	23.4%
United States	226,142,005	53,729,295	23.4%

EXCESS WEIGHT

Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues. Data are reported out in two categories – overweight and obese populations – defined by Body Mass Index (BMI). Details for each of these indicators are provided below.

Overweight Population

This indicator is defined by a Body Mass Index (BMI) between 25.0 and 30.0. Data in Table 26 indicate that the percentage of the population within the area of Boone and Winnebago counties that is overweight (35.8%) is comparable to that of the nation (35.8%) and lower than that of the state (36.4%). Looking at each county within this area, the data suggests that the people in Boone County are less likely to be overweight than those in Winnebago County (i.e., 32.3% obesity rate as compared to 36.6%).

Table 27: Adults with BMI between 25.0 and 30.0 (Overweight)

	Survey Population (Adults Age 18+)	Total Adults Overweight	Percent Adults Overweight
Report Area	243,530	87,185	35.8%
Boone County, IL	43,348	14,003	32.3%
Winnebago County, IL	200,182	73,182	36.6%
Illinois	9,476,490	3,448,247	36.4%
United States	224,991,207	80,499,532	35.8%

Obese Population

This indicator is defined by a Body Mass Index (BMI) greater than 30.0. Data in Table 27 indicate that the area of Boone and Winnebago counties has a larger percentage of obese population (29.1%) as compared to the state (27.4%) and the nation (27.3%). Looking at each county within this area, the data suggests that the people in Boone County are more likely to be obese than those in Winnebago County (i.e., 30.1% obesity rate as compared to 29.0%).

A multiyear analysis of obesity rates is illustrated in Figure 16. These data indicate a pattern of increasing rates of obesity in the area of Boone and Winnebago counties. Furthermore, the gaps between obesity rates of the area compared to the state and between the area and the nation appear to be widening.

Table 28: Adults with BMI Greater Than 30.0 (Obese)

	Total Population Age 20+	Adults with BMI > 30.0 (Obese)	Percent Adults with BMI > 30.0 (Obese)
Report Area	251,046	73,609	29.1%
Boone County, IL	36,967	11,312	30.1%
Winnebago County, IL	214,079	62,297	28.9%
Illinois	9,354,655	2,590,658	27.4%
United States	226,126,076	62,144,711	27.3%

Figure 16: Obese Adults by Year

