



A healthy community is everyone's business...



2010 Healthy Community Study 6 Key Areas of Concern

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2010 Healthy Community Study

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The Rockford Health Council exists to build and improve community health in our region through education, action and advocacy.



Leading Causes of Death

72% of deaths in our county

- Heart disease
- Cancer
- Stroke
- Chronic lower respiratory diseases (COPD)
- Accidents



Leading Causes of Death

- Account for 75% of our nation's health care spending
- High rates affect business and individual health costs & reduce productivity
- 80% of heart disease, stroke, type 2 diabetes, & 40% of cancer could be prevented if we:
 - Stop smoking
 - Eat healthy
 - Exercise



Obesity

- 2 in 3 adults overweight or obese
- Greater than one-fourth Winnebago County middle and high school students overweight
- Doubling of obesity means 30% rise in healthcare costs
- If nothing is done, result will be \$340 billion in medical expenses nationally

Medical Access

Characteristic	Winnebago (2008)	Boone (2009)	Illinois (2009)
Have health coverage	91.7%	87.5%	86.1%
Have regular doctor/provider	87.5%	83.5%	84.2%
No doctor visit past year due to cost	10.1%	17.2%	13.5%

- Everyone should have access to affordable medical care



Dental Care

- 29.2% in Winnebago County have not seen a dentist; 38.8% in Boone County
- 26% report being unable to receive dental care; 43.2% of school respondents
- In 2009, US total of dental expenses for children was \$30.6 billion (1/3 of all spending)
- Dental problems are among top 5 reasons for surgery in children under 5
- Without routine dental care, tooth decay and hospitalization rise
- Can compromise growth, ability to learn, ability to speak, eat



Behavioral Health

- 26% have diagnosable mental health condition
- Underage drinking: 10% of 6th graders and 49% of 12th graders
- We do not have a 708 mental health board for funding of needed services
- More people die from alcohol consumption than from flu, motor vehicle accidents, firearms or illicit drug use
- Untreated mental health conditions are costly, and give rise to physical conditions



Early Childhood

- Infant death rate : 18.4% for African Americans (6.2% for Caucasians; 5.4% for Hispanics)
- Low birth weight = 13.8% for African Americans (7.8% for Caucasians; 7.1% for Hispanics)
- Low birth weight can impact health and development, and chronic disease later in life
- It can affect medical costs (\$75,000 more in direct care expenses in first year of life)



Next Steps

- Determine areas we can impact
- Develop and execute plan
- 3 ways to make a healthier community:
 - Ensure all people have access/eliminate disparities
 - Age appropriate screening for chronic diseases
 - Promote partnerships (individuals, families, community)



Thank You

Rockford Health Council gratefully acknowledges the contributors to the 2010 Healthy Community Study:

Boone County Health Dept.

City of Loves Park

City of Rockford

Community Foundation of
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Crusader Community Health

Employers' Coalition on Health

Goodwill Abilities Center

Guyer and Enichen PC

OSF Saint Anthony Medical
Center

Rock Valley College

Rockford Acromatic Products

Rockford Anesthesiologists
Associated, LLC

Rockford Area Association of
Realtors

Rockford Area Economic
Development Council

Rockford Bank and Trust

Rockford Chamber of
Commerce

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Rockford College

Rockford Health Council

Rockford Health System

Rockford Housing Authority

Rockford Park District

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Winnebago County Health Dept.

Winnebago County Medical
Society

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