2014 PEORIA AREA COMMUNITY ASSESSMENT

As a community, we must invest our resources efficiently and in a way that will lead to long-term, positive change. The opportunity to understand and analyze our community’s education, income and health needs is what drives the Heart of Illinois United Way and our partner agencies to be the leaders in evaluating and addressing critical health and human care issues throughout central Illinois.

By establishing and funding education, income and health-related outcomes, the Heart of Illinois United Way is supporting the building blocks of a safe and stable life. We continuously engage community leaders, health and human care agencies, businesses and nonprofit organizations to set priorities and build strategies that will positively impact lives.

Our 2014 Peoria Area Community Assessment is a vital resource that helps us prioritize community needs, identify collaborative opportunities, and highlight the issues impacting the six counties we serve.

The numbers, statistics and facts within this assessment create a picture of where we need to focus our efforts. Education is the cornerstone of individual and community success. Hard-working families face income-related obstacles that prevent them from maintaining financial stability. And, whether it is someone without health insurance or someone struggling with a chronic illness, access to affordable and quality healthcare is vital to keeping our community healthy.

Through strength and experience, the Heart of Illinois United Way is the shortest distance between community investment and a stronger, healthier region. As the largest non-governmental funder of local health and human care programs, it is critical that we invest in programs and initiatives that produce tangible results and provide an exceptional return on the charitable investments made to the United Way.

Michael D. Stephan
President, Heart of Illinois United Way
EDUCATION TRENDS

- While the Peoria region has a slightly greater percentage of residents with high school degrees compared to the State of Illinois, there are fewer residents in the region with college degrees.
- Regional high school graduation rates are generally above the state average, but eight districts are below average.
- There are 24 area school districts with more than one third of its students in the low-income bracket—a 33 percent increase since 2010.
- Over 25 percent of the region’s schools are below the state average for third-grade reading performance, while more than half are below average for eighth-grade math. These figures—considered reliable predictors of educational success—have declined since 2010.
- Truancy is exceptionally high in Peoria District 150, with nearly a quarter of students considered chronically truant.

INCOME TRENDS

- In 2009, the region’s median income was $4,000 less than the state average. While it continues to lag behind the state, the gap has narrowed to less than $1,000.
- In 2011 and 2012, unemployment rates in the Peoria region fell below both state and national rates, before jumping significantly in 2013.
- Poverty rates increased for all types of households in the Peoria region from 2009 to 2012. Poverty rates are higher in households with children under 18, and increasing among those over the age of 65. Single-parent families are much more likely to be affected by poverty than two-parent households.
- The gap between the lower and upper economic classes is widening. The percentage of households earning more than $75,000 is increasing, while at the same time, there has been a decline in households making between $10,000 and $49,999 and an increase in households earning less than $10,000.

HEALTH TRENDS

- The percentage of people with healthcare coverage declined from 2009 to 2012—both regionally and statewide—and a significant percentage of the region’s population does not visit a doctor when needed due to cost. Visits for regular checkups and flu shots have also declined, although both remain higher than the state average.
- More than one third of the region’s population is considered obese—far higher than the state average. Rates of obesity and diabetes are increasing across the region.
- While asthma rates have declined, the Peoria region now has a higher rate than the state average.
- Sexually-transmitted infections continue to be a significant problem—especially in Peoria County, where infection rates are far higher than the state average.
- The overall rate of teen births in both the Peoria region and the state is declining, while substance use in the region is lower than the state average in most areas.

EXECUTIVE SUMMARY

The Heart of Illinois United Way’s 2014 Community Assessment highlights critical needs in the six-county Peoria region. Key issues and trends focus on the areas of population, education, income, and health.

Why Education, Income and Health?

Education, income and health are vital for building safe and stable lives. But for too many individuals and families in central Illinois, these fundamentals are out of reach.

- A quality education is essential to maintaining a job with a livable wage and health benefits.
- An income sufficient for today’s necessities—and savings for the future—is critical for financial stability.
- Access to quality healthcare promotes wellness for all ages, keeping children in school and adults productive at work.

By examining data in these areas, the Heart of Illinois United Way—in collaboration with the community—can create positive, lasting change: the cornerstone of our work.
EXECUTIVE SUMMARY

The 2014 Community Assessment is focused on continuing the Heart of Illinois United Way’s effectiveness at identifying, assessing and supporting key areas of social concern integral to the Peoria region.

Founded in 1921, the Heart of Illinois United Way brings together individuals from business, labor, government, health and human services to address our community’s needs. Money raised through the Heart of Illinois United Way campaign stays in our community, funding programs and services in Marshall, Peoria, Putnam, Stark, Tazewell and Woodford counties.

Our Mission: To increase the organized capacity of the people in central Illinois to care for one another.

Our Vision: To create a strong, safe and healthy community while providing the best return for the community’s charitable investment.

HEART OF ILLINOIS UNITED WAY ALLOCATION PROCESS

The primary tool used by the Heart of Illinois United Way to drive community change is our allocation process. It is important to continually demonstrate the effectiveness of the health and social service programs we fund so the community is assured their investment in the United Way is making the greatest possible impact.

By establishing outcomes—specific changes in knowledge, attitudes, skills, behaviors or conditions—the United Way is continually assessing community needs by focusing on economic conditions, historical trends, neighborhood conditions, private/public sector practices, and education and healthcare systems.

Below are the impact areas funded by the Heart of Illinois United Way and how they address statistical data within this assessment.

- **Education.** Factors addressed include early childhood learning, reading and math scores, graduation rates and truancy issues.
- **Income.** Factors addressed include poverty, employment, homelessness and persons with disabilities.
- **Health.** Factors addressed include obesity, mortality rates, asthma, dental visits and sexually transmitted infections.

HEART OF ILLINOIS 2-1-1

New to the region, the Heart of Illinois 2-1-1 is a partnership between the Heart of Illinois United Way and Advanced Medical Transport of Central Illinois, providing access to information and referral services throughout Peoria, Tazewell, Woodford, Marshall, Stark and Putnam counties. Launched in 2013, the program has had an immediate impact on the region, efficiently connecting individuals in need to the appropriate agencies to help in times of need. In addition, the service generates data that can help identify trends and needs so agencies can potentially allocate their resources more effectively. Turn to page 26 for more information.

Heart of Illinois

Get Connected. Get Answers.

Advanced Medical Transport

United Way
According to the U.S. Census Bureau, the six-county Peoria region had an estimated population of 386,481 in 2012. The large majority of residents in both the Peoria region and the State of Illinois remained in the same residence during 2012, indicating low mobility at both the local and state levels.

The six-county Peoria region encompasses the population of Peoria, Tazewell, Woodford, Marshall, Stark and Putnam counties.

**POPULATION BY COUNTY**

<table>
<thead>
<tr>
<th>County</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peoria</td>
<td>187,255</td>
</tr>
<tr>
<td>Tazewell</td>
<td>136,122</td>
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<tr>
<td>Woodford</td>
<td>38,965</td>
</tr>
<tr>
<td>Marshall</td>
<td>12,315</td>
</tr>
<tr>
<td>Stark</td>
<td>5,948</td>
</tr>
<tr>
<td>Putnam</td>
<td>5,876</td>
</tr>
</tbody>
</table>

Total Population: 386,481
POPULATION

Just over half of households in the Peoria region are married-couple families; about one third live alone. While the region as a whole increased in population from 2009 to 2012, the City of Peoria has experienced a significant decline during the same period.

TYPES OF HOUSEHOLDS

In the Peoria Region...

- 66% of people live in families, averaging 2-3 people.
- 51% live in married-couple families.
- 15% live in single-parent families.
- 29% live alone.
- 5% live in households with unrelated persons.

These numbers are similar to state averages. However, between 2009 and 2012, there was a 2.5 percent increase in the number of married-couple families in the Peoria region, compared to a 0.6 percent decrease for the state. The Peoria region has also experienced a greater decrease in the number of people living alone compared to the state average.

CHANGE IN POPULATION

2009 to 2012

<table>
<thead>
<tr>
<th>Region</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>State of Illinois</td>
<td>-0.27%</td>
</tr>
<tr>
<td>Six-County Peoria Region</td>
<td>1.30%</td>
</tr>
<tr>
<td>Peoria Region without City of Peoria</td>
<td>3.95%</td>
</tr>
<tr>
<td>City of Peoria</td>
<td>-4.33%</td>
</tr>
</tbody>
</table>

While the Peoria region increased in population from 2009 to 2012, the City of Peoria declined in population by more than four percent.
Given a supportive environment, all children have the potential to succeed and make a positive contribution to society. Investing in young children provides greater long-term returns and is less costly than retraining them later in life.
Every dollar invested in early childhood education creates at least an $8 return to the community through saved, taxpayer-funded social services. Children who receive high-quality early education are more likely to graduate from high school, more likely to be employed, and less likely to be arrested.

Educational Attainment: A Powerful Predictor

- Young adults with higher levels of education are more likely to achieve economic success. In addition to qualifying for a broader range of jobs, more education protects against future unemployment.
- Higher levels of educational attainment lead to higher wages and income. In 2012, the mean annual income for individuals with a bachelor’s degree was nearly twice that of their peers with high school diplomas—a gap that increases even further with graduate or professional degrees.
- Adults with higher levels of education report better health and higher levels of social and emotional well-being. In addition, they are less likely to be incarcerated.

More than 90 percent of residents in the Peoria region have a high school degree or higher. Looking at just high school degrees, the Peoria region has a higher percentage of residents with only high school degrees (32 percent) compared to the State of Illinois (27 percent). However, the region has fewer people who have completed a bachelor’s degree (or higher) when compared to the state average.

Enrollment diversity in the state and the region has remained very consistent for the last 15 years. While the student population in the Peoria region is disproportionately white, District 150 is disproportionately black. The region is lower than the state average for Hispanic student enrollment.
High school graduation rates in Peoria, Tazewell and Woodford counties are generally above the state average, with the exceptions of Peoria District 150, Limestone and Peoria Heights in Peoria County, and East Peoria and Pekin in Tazewell County. Of the remainder of districts in the region, only Stark County was higher than the state average. While the overall percentage of high school graduates has decreased slightly in recent years—both regionally and statewide—this is due in part to changes in the graduation rate measure.

ACT: BENCHMARK FOR SUCCESS

Not only is the ACT test a benchmark for determining if students are ready to enter college, it's an overall indicator of future success. In 2013, students in Tazewell County had the highest overall composite score (20.9), while all other counties scored slightly less (20.5). In Tazewell County, Morton had the highest score (24.0); in Peoria County, Dunlap led the way (24.3); and amongst all other counties, Metamora had the highest score (22.1).

There is a clear correlation between a high school's composite ACT score and its percentage of low-income students. In Peoria’s District 150, the gap between the State of Illinois and Peoria High School and Manual Academy grew in every category from 2010 to 2013, except for Manual’s reading and mathematics scores. Although Richwoods scored above the state average in every category in both 2010 and 2013, District 150’s scores as a whole remained well below the state average.

Lower poverty and incarceration rates are associated with higher levels of education, a pattern that persists across gender, racial and ethnic divides. According to the U.S. Census Bureau, high school dropouts can expect to earn an average annual income of $20,241—more than $10,000 less than the typical high school graduate, and over $35,000 less than those with bachelor’s degrees. In addition, while annual earnings for individuals without a college degree have been flat in recent years, those with degrees have experienced increases.
EDUCATION

Two of the most reliable predictors of academic achievement are whether or not a child can read at a third-grade level by the end of third grade and if the child has successfully completed algebra by the start of tenth grade.

READING TO CHILDREN

There is a dramatic correlation between reading to small children and academic success. Children who are not read to have a limited vocabulary, start school behind other children, and are ultimately less likely to succeed in school.

LAYING THE GROUNDWORK

From birth to age six, a child’s brain develops very rapidly; early learning is crucial as it lays the groundwork for his or her future. Early childhood development programs initiate cognitive and character skills, preparing a child for success in kindergarten and overall achievement in school. Because parents are a child’s first and most important teachers, future academic success begins at home. By actively participating in their child’s early education, parents can increase their child’s performance, growth and academic skills.

LOW-INCOME STUDENTS

The Illinois State Board of Education defines low-income students as children who come from families receiving public aid, living in institutions for neglected or delinquent children, living in foster homes receiving public funds, or who are eligible for free or reduced-price lunches.
**EDUCATION**

An understanding of mathematics is not only critical for academic success, it’s vital for success in today’s increasingly technology-driven society. Students who succeed in math are more likely to go to college and find employment upon graduation—and can earn 30 percent more than those who do not.

**MATH = SUCCESS**

Success in math is a strong predictor of a child’s overall academic success, regardless of family income. Children from low-income families who complete algebra have virtually the same chance of going to college as those from upper-income families.

**SUCCESS BY 6**

Launched in 2006, Success By 6 is an early childhood education initiative focused on early learning and pre-literacy skill development. Led by a community-based team of business leaders, educators and child advocates, it strives to guarantee that at-risk children ages birth to six are healthy, safe, nurtured and ready to succeed. Specific goals include:

- Increasing early childhood literacy
- Providing daily learning activities
- Building mathematical thinking skills
- Improving social and emotional skills.

**JOBS OF THE FUTURE**

STEM education (science, technology, engineering and math) creates critical thinkers and enables the next generation of innovators, which leads to new products and processes that build and sustain our economy. The expansion of STEM education is a top priority for the nation’s short- and long-term future. According to the U.S. Department of Labor, 15 of the 20 fastest-growing occupations projected for 2014 require significant preparation in math or science.

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**THIRD GRADE MATH LEVELS**

Peoria Region, 2012-2013

- Peoria County
- Tazewell County
- Woodford County
- Marshall County
- Putnam County
- Stark County

**EIGHTH GRADE MATH LEVELS**

Peoria Region, 2012-2013

- Peoria County
- Tazewell County
- Woodford County
- Marshall County
- Putnam County
- Stark County

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26.7 percent of schools in the Peoria region are at or below the state average for third-grade math scores.

51.1 percent of schools in the Peoria region are at or below the state average for eighth-grade math scores.

*More than 33 percent of students in this district are in the low-income bracket.*
**EDUCATION**

Truancy is an early warning sign that a student is at risk for delinquent activity, social isolation, educational failure, suspension, expulsion or dropping out of school. Chronic truancy is a major inhibitor to academic progress and overall success later in life.

**S³ – SUPPORTING STUDENT SUCCESS**

Supporting Student Success (S³) is a special initiative provided by the Heart of Illinois United Way to Peoria-area schools. Working in tandem with educators, administrators and partner agencies, S³ offers in-school social services focused on prevention, intervention and case management to build students’ social and emotional skills and ensure their success in school.

In the 2013-2014 school year, the Heart of Illinois United Way granted $157,580 to implement the S³ initiative in 14 early childhood, primary and middle schools in Peoria and Tazewell counties. Early results include reductions in classroom discipline referrals, school suspensions and reported bullying—all factors that can lead to chronic truancy.

The Illinois State Board of Education defines chronic truancy as students who were absent without valid cause for five percent or more of the academic year. School districts exceeding the state average in the Peoria region include East Peoria CHSD 309, Pleasant Valley SD 62 and Peoria SD 150. This number is exceptionally high in District 150, where 24.5 percent of students are considered chronically truant.

**CAUSES OF TRUANCY**

The causes of truancy vary depending on the age of children. Truancy in elementary school often results from the decisions and actions of the child’s parents or caregivers, while in middle and high school, students are more likely to be truant as a result of their own behavior.
INCOME

The ability of families and individuals to fulfill basic needs such as food, housing and childcare is an important step in building a stronger, more sustainable community. By helping families become more self-reliant, they can reach long-term financial stability.
INCOME

After four decades of near-stagnant wages and skyrocketing inflation for health insurance and college tuition, the middle class has experienced a sluggish recovery from a recession marked by unprecedented long-term unemployment.

AN INCREASING GAP

Income inequality has been the topic of much national discussion in recent years. In the Peoria region, the latest data shows evidence of an increasing gap between the upper and lower economic classes, paralleling national trends. While the causes and implications of this trend are much debated, it’s clear that higher levels of income are directly correlated with increased levels of educational attainment.

REGIONAL UNEMPLOYMENT

Over the last decade, unemployment rates for the Peoria region have fluctuated with the economy. From 2003 to 2008, local unemployment rates were less than the state and national averages. But in 2009, the Peoria region’s unemployment rate increased to surpass both the state and national rates. In 2011 and 2012, the Peoria region once again fell below both state and national rates, before jumping to nine percent in 2013, which was two percent higher than the national rate of seven percent.

HOUSEHOLD INCOME

Peoria Region, 2009 vs. 2012

The percentage of families making less than $10,000 increased from 2009 to 2012, while the percentage of families making between $10,000 and $49,999 declined. At the same time, every category of income above $50,000 increased (with the exception of the $200,000+ category, which decreased slightly). This pattern provides evidence that the gap between the lower and upper economic classes is widening in the Peoria region.

SOURCES OF HOUSEHOLD INCOME

Peoria Region vs. State of Illinois, 2012

More than three-fourths of the Peoria region’s income is earned via employment, slightly lower than the state average. Nearly one-third of income is derived from Social Security, and about 22 percent comes from other retirement income.

Note: Because income can come from more than one source, these figures add up to more than 100 percent.
Although the median income in the Peoria region continues to lag behind the median income in the State of Illinois, a significant increase between 2009 and 2012 has narrowed the gap from a difference of about $4,000 to less than $1,000.

**MEDIAN INCOME**

Although the median income in the Peoria region continues to lag behind the median income in the State of Illinois, a significant increase between 2009 and 2012 has narrowed the gap from a difference of about $4,000 to less than $1,000.

**MEDIAN INCOME BY RACE**
Peoria Region, 2012

In 2012, significant income disparity existed among ethnicities in the Peoria region, with black and Hispanic residents earning significantly less than white and Asian households.
AN AGE GAP

Poverty has a significant impact on the development of children and youth. Poverty rates in both the Peoria region and the State of Illinois are higher in households with children under 18 than in all households combined.

POVERTY RATES

Peoria Region vs. State of Illinois, 2012

<table>
<thead>
<tr>
<th></th>
<th>Peoria Region</th>
<th>State of Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>All households</td>
<td>13.7%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Households with child under 18</td>
<td>19.4%</td>
<td>20.7%</td>
</tr>
<tr>
<td>Households with people ages 65 and up</td>
<td>7.9%</td>
<td>8.8%</td>
</tr>
</tbody>
</table>

Poverty rates in both the Peoria region and the State of Illinois are higher in households with children under 18 than in all households combined.

INCOME

Poverty tends to be cyclical, rising in recessions and falling in recoveries, but this has not been the case during the last full business cycle. From 2000 to 2007, the poverty rate increased from 11.3 to 12.5 percent, then continued to rise to 15 percent in 2012. The declines in poverty achieved during the 1990s were erased in the 2000s, disproportionately affecting children and racial and ethnic minorities.

Poverty tends to be cyclical, rising in recessions and falling in recoveries, but this has not been the case during the last full business cycle. From 2000 to 2007, the poverty rate increased from 11.3 to 12.5 percent, then continued to rise to 15 percent in 2012. The declines in poverty achieved during the 1990s were erased in the 2000s, disproportionately affecting children and racial and ethnic minorities.

The income patterns of younger and older households have moved in opposite directions in recent years, according to the latest Census data. While the median incomes of households headed by those 65 and older have risen during the recession and recovery, younger and middle-aged households have experienced a decline since the onset of the recession.

<table>
<thead>
<tr>
<th></th>
<th>Peoria</th>
<th>Tazewell</th>
<th>Woodford</th>
<th>Marshall</th>
<th>Stark</th>
<th>Putnam</th>
</tr>
</thead>
<tbody>
<tr>
<td>All households</td>
<td>16.8%</td>
<td>8.7%</td>
<td>7.4%</td>
<td>10.2%</td>
<td>12.1%</td>
<td>13.3%</td>
</tr>
<tr>
<td>Households with child under 18</td>
<td>8.7%</td>
<td>7.4%</td>
<td>10.2%</td>
<td>12.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Households with people ages 65 and up</td>
<td>7.4%</td>
<td>10.2%</td>
<td>12.1%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Although the poverty rate among households in the Peoria region with children under 18 dropped by 1.3 percent between 2009 and 2012, the region's overall poverty rate rose by 0.7 percent, including a nearly two-percent increase among people over the age of 65.
Poverty rates are lowest in traditional families, increasing significantly in families led by single females. In 2012, 17.5 percent of Peoria-area families with children under 18 were living in poverty, up from 16.9 percent in 2009. Unfortunately, federal cuts to the SNAP program will affect this at-risk population the hardest.

The Supplemental Nutrition Assistance Program (SNAP), previously known as food stamps, can greatly improve the ability of low-income families to purchase the food they need. A family of four earning the full-time minimum wage can increase their income to the poverty line by utilizing a combination of salary, SNAP benefits and the earned income tax credit. Without SNAP benefits, however, those families are likely to fall back below the poverty line. Nearly three of every five families requiring the assistance of SNAP in 2012 had children under the age of 18 in their households.

From 2009 to 2012, poverty rates increased for all types of families in the Peoria region. Family composition and poverty are significantly related, with two-parent families much less likely to be affected by poverty than single-parent families. Poverty rates continue to be highest for families led by single mothers with children under the age of 18.

In November 2013, the federal government reduced SNAP benefits by $5 billion, impacting more than 47 million U.S. citizens. In the State of Illinois, more than two million people—roughly 16 percent of the population—are experiencing a $220-million cut in SNAP benefits from November 2013 through September 2014.

At the same time, the number of people receiving SNAP benefits in Peoria County alone has increased from 11.6 to 12.3 percent since 2010. With local food pantries struggling to keep their shelves stocked, families in need could be left with nowhere to turn. Feeding America, the nation’s network of food banks, estimates that local food banks will need to double their current levels of distribution to meet demand.
Housing cost burden—defined as having to pay 30 percent or more of a family’s income for housing—is significantly lower for individuals in the Peoria region than in the State of Illinois. However, between 2009 and 2012, housing cost burden increased for both renters (by 3 percent)—where the burden is highest—and homeowners with mortgages (by 4 percent), while it remained flat for homeowners without mortgages. This largely reflects the state of the economy, with falling incomes and rising housing costs, as well as a decrease in the supply of vacant housing options within the Peoria region for both renters and homeowners.
INCOME

Homelessness causes people to lose their connection with family and friends, resulting in a weaker support system. The effects of homelessness have a dramatic impact on children, including increased health and behavioral problems, absenteeism from school, and additional barriers to learning.

INDIVIDUALS WITH DISABILITIES

Peoria Region, 2012

Cognitive Difficulty: 7,490
Vision Difficulty: 9,155
Ambulatory Difficulty: 3,226
Self-care Difficulty: 6,929
Independent Living Difficulty: 2,778

With changing demographics resulting from the aging of baby boomers, communities will experience an increase in the number of elderly individuals living with disabilities.

Living with disabilities significantly impacts the degree of self-sufficiency among individuals. People with disabilities typically have lower incomes, higher unemployment and fewer housing options. They encounter structural and financial barriers—such as transportation options and affordable insurance—that can limit their access to healthcare. Disabilities can also affect a wide variety of healthcare issues, including excess weight, reduced physical activity and increased stress. In addition, those with mobility impairments experience health concerns associated with aging much earlier in life.

HOMELESSNESS, POINT-IN-TIME COMPARISONS

Peoria Region, 2011-2013

The Peoria region maintains sheltered assistance for much of the area’s homeless population. For each of the last two years, the Peoria region has sheltered more than 360 individuals. A “point-in-time count” is a census of homeless people on a single night in a designated community. These counts were recorded during the last week of January of their respective years.
All people in the Peoria region should have access to healthcare, dental care and medications. It is imperative to provide opportunities for all residents to achieve optimal physical and mental health while promoting healthy lifestyles and healthy communities.
The health and well-being of local residents is a strong indicator of the overall health of our community, thereby impacting all other areas. Healthier children miss fewer days of school and are more prepared to learn; when adults are not healthy, it is difficult for them to obtain and hold a job.

1. Heart disease
2. Cancer
3. Chronic lower respiratory disease (chronic bronchitis, emphysema, asthma)
4. Stroke
5. Accidents
6. Alzheimer’s disease
7. Diabetes
8. Nephritis/nephrosis (kidney disease)
9. Flu/pneumonia
10. Suicide

Heart disease and cancer are the two leading causes of death, both nationally and in the Peoria region. These figures have remained relatively stable in recent years.

PERCENTAGE OF POPULATION WITH HEALTH INSURANCE
2009 vs. 2012

The percentage of people with healthcare coverage decreased in 2012 compared to 2009—both in the Peoria region and in the State of Illinois. However, the Peoria region continues to have a higher percentage of its population with healthcare coverage than the state by a four-percent margin. While the Affordable Care Act has likely impacted these numbers, the extent of this impact will not be known until more recent data is available.
**DOCTOR VISIT RATES**
Peoria Region vs. State of Illinois, 2012

<table>
<thead>
<tr>
<th>Percentage of population who did not visit a doctor due to cost</th>
<th>Peoria Region</th>
<th>State of Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.3%</td>
<td>14.1%</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Percentage of population who did not get a routine checkup</th>
<th>Peoria Region</th>
<th>State of Illinois</th>
</tr>
</thead>
<tbody>
<tr>
<td>31.7%</td>
<td>32.3%</td>
<td></td>
</tr>
</tbody>
</table>

**THE COST IMPACT**

A significant percentage of the population does not visit a doctor when needed due to cost. Although the percentage for the Peoria region is better than the State of Illinois, this figure has increased substantially, from 8.3 percent in 2009 to 13.3 percent in 2012.

**EARLY DETECTION IS KEY!**

Numerous health problems can be minimized when detected early by routine checkups. Although a higher proportion of the population in the Peoria region visited a doctor for checkups in both 2009 and 2012 than in the state, the state’s percentage increased 3.4 percent, while the Peoria region declined 0.3 percent.

**IMMUNIZATION RATES**

The overall health of a community can be greatly impacted by preventative measures such as immunizations. The percentage of people who had a flu shot in 2012 was 35.3 percent in the Peoria region—higher than the state average of 32.6 percent, but a 2.6 percent decline from 2009. At 26.5 percent, pneumonia shots are less frequent among area residents, but have increased by 1.8 percent from 2009.
HEALTH

Obesity is a significant contributor to many of the leading causes of death in the U.S. The percentage of people in the Peoria region who are overweight or obese is increasing, leading to a substantially less healthy population that will inevitably have more health problems and higher healthcare costs in the future.

OVERWEIGHT VS. OBESE

These terms identify ranges of weight greater than what is generally considered healthy. These ranges are determined by using weight and height to calculate the "body mass index" (BMI). A BMI between 25 and 29.9 is considered overweight; a BMI of 30 or higher is considered obese.

THE OBESITY EPIDEMIC

Peoria Region vs. State of Illinois, 2009 vs. 2012

The rise in obesity among U.S. adults and children is a national epidemic, according to the Centers for Disease Control and Prevention, contributing to heart disease, stroke, diabetes and some types of cancer. Although the percentage of overweight people remained relatively the same in the Peoria region between 2009 and 2012, the percentage of obese people experienced a significant increase.

DIABETES ON THE RISE

Tri-County Peoria Area

Nearly 10 percent of residents in the tri-county Peoria area have diabetes. Compared to the State of Illinois, the prevalence of diabetes is increasing in the region, while all three counties exceed the state average. Although more than half of tri-county residents had a blood glucose test between 2007 and 2009, Peoria (52.3 percent) and Woodford (47.1 percent) counties lag behind Tazewell County (61.7 percent). Given the rapid increase of diabetes across the region, all three counties have room for improvement in this important screening mechanism.

More than one third of the Peoria-area population is considered obese—far higher than the state average.
The Peoria region has a higher percentage of residents who have been told they have a depressive disorder than the state average.

Asthma is not preventable or curable, but it is controllable. While asthma rates have declined in both the Peoria region and the State of Illinois since 2008, the region now has a higher asthma rate than the state average. These rates are higher among females, blacks and non-Hispanics.

Oral health is much more than healthy teeth—it is integral to overall health. The Illinois Department of Public Health reports that about 30 percent of students have untreated cavities requiring urgent care for pain, abscess or severe decay. The Peoria region remained relatively stable regarding the percentage of residents who visited a dentist at least once in the past 12 months (71.3 percent). Here, the State of Illinois lags behind the Peoria region.

• Approximately 860,000 people in Illinois have asthma, including 13.6 percent of children.
• 183 people died from asthma in 2010; nearly half were between the ages of 35 and 64.
• 54.7 percent of children with asthma missed at least one day of school in the past 12 months due to their asthma.
• 17.8 percent of adults with asthma are unable to buy asthma medications due to the cost.
• During the past 12 months, Illinois adults with asthma were unable to work or carry out their usual activities for a total of 3,089,968 days. Each missed work day costs the average Illinois family $151.
Sexually transmitted infections can lead to more serious diseases, and Peoria County has some of the highest rates in the state. Left untreated, chlamydia and gonorrhea can cause pelvic inflammatory disease, leading to infertility and tubal pregnancies, while chlamydia increases the risk of HIV infection.

Twenty million new STIs occur in the United States each year; nearly half of these cases are among young people aged 15 to 24 years. While chlamydia and gonorrhea can be easily cured with antibiotics, most people do not experience symptoms, so infections are often undiagnosed and untreated. Screening and testing is critical to reducing the risk of further complications and passing the infection on to others.

Preventing teen pregnancy is a priority because of the costs to teen parents, their families and to society at large. Not only is the income of teen mothers about half that of mothers who give birth later in life, teen births are costly to the federal and state governments, resulting in $12.5 billion in government expenditures in 2008, including $571 million in the State of Illinois.

STIs continue to be a significant problem in the Peoria region—especially in Peoria County. While the rates for both chlamydia and gonorrhea have declined slightly, they are still nearly twice and three times higher, respectively, than the state average.

About two out of three teen mothers drop out of school; with their education cut short, they lack job skills and must often rely on families and the government for support.

While the overall trend in both the Peoria region and the State of Illinois is declining, Marshall, Peoria and Stark counties have had higher rates than the state each of the last three years, while Putnam, Tazewell and Woodford counties have been below the state average all three years.
The consequences of youth substance abuse include lower grades, school absenteeism and an increased risk of death through suicide, homicide, accident or illness. It can also lead to mental health problems such as depression, apathy, withdrawal, personality disorders and loss of short-term memory. Teens using alcohol and other drugs often disengage from school and community activities and jeopardize many aspects of family life.

The greatest increase in substance use occurs from 6th to 8th grade, with usage doubling in the majority of cases. After this jump, there are steady increases across the board, but at lower rates. While this is cause for concern, usage in the Peoria region is lower than the state average in most areas. Exceptions include inhalant and marijuana use by Peoria County sixth-graders; marijuana use by Peoria County eighth-graders; and cigarette use by Woodford County eighth- and twelfth-graders.
Launched in 2013, the Heart of Illinois 2-1-1 information and referral service is a partnership between the Heart of Illinois United Way and Advanced Medical Transport of Central Illinois. Available 24/7, Heart of Illinois 2-1-1 provides access to critical health and human care programs throughout Peoria, Tazewell, Woodford, Marshall, Stark and Putnam counties.

**WHAT IS 2-1-1?**

2-1-1 is an abbreviated telephone number meant to provide individuals with free, anonymous and confidential access to community information and referrals of human, health and social services. First introduced in Atlanta, Georgia in 1997, the program now serves more than 283 million Americans nationwide.

**AREAS OF FOCUS**

The Heart of Illinois 2-1-1 information and referral service can assist callers and website visitors in finding help for the following needs:

- **Basic Human Needs**: food, clothing, shelter, rent and utility assistance
- **Physical and Mental Health**: healthcare, counseling, substance abuse prevention and rehabilitation
- **Employment**: education, job training, transportation
- **Elderly and Disabilities**: home healthcare, transportation assistance, meals
- **Children and Families**: childcare, after-school programs, tutoring, mentoring, protective services

**BENEFITS OF 2-1-1**

**Short-Term**: Much of 2-1-1’s success is a result of its simplicity. It is easy to remember, free and confidential. Most importantly, it connects people to agencies that can assist them in meeting basic health and human care needs, allowing them the opportunity to attain better lives for themselves.

**Long-Term**: Data collected through 2-1-1 can provide insights into the long-term health and human care trends within the community. By identifying these needs, the Heart of Illinois United Way and its partner agencies can better anticipate demand for certain services, allowing them to reallocate their resources to better serve the community.
The Heart of Illinois United Way supports 2-1-1 as the first number to call when needs arise. In the first three quarters of its inception, more than 4,700 calls have resulted in more than 19,000 referrals for help. In addition, more than 6,500 residents have visited the 211hoi.org website for assistance.

The Heart of Illinois 2-1-1 information and referral service has proven to be an invaluable asset to disaster relief efforts, as illustrated by the volume of calls and website visits received after the November 2013 tornado in Tazewell County. As with any disaster, the tornado resulted in a loss of basic human needs and confusion as to how to meet those needs. Heart of Illinois 2-1-1 was efficient in assisting those impacted by the tornado, referring callers to the relevant information, agencies and services, resulting in 137 tornado-related calls and 283 information and referral responses. In addition, to reach tornado victims directly, the Heart of Illinois 2-1-1 information and referral service met with more than 1,500 families and individuals through the American Red Cross’ Multi-Agency Resource Center that opened in Washington, Illinois the week following the tornado.

**STATE-OF-THE-ART CALL CENTER**

Advanced Medical Transport of Central Illinois’ call center operates in a state-of-the-art facility that is built to withstand an F5-rated tornado, has redundant phone lines and emergency power, and includes a self-contained HVAC system should disaster strike.

**2-1-1 IN ACTION**

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**TOP IDENTIFIED NEEDS**

**July 2013-March 2014**

By a wide margin, the most commonly identified need among 2-1-1 callers is housing and utility assistance, with more than half of all callers requesting services in this area.

1. Housing/utilities
2. Healthcare
3. Individual, family and community support
4. Food/meals
5. Clothing/personal/household needs
6. Legal, consumer and public safety services
7. Mental health/addictions
8. Transportation
9. Employment
10. Disaster services

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UNITED WAY PARTNER AGENCIES

The Heart of Illinois United Way collaborates with partner agencies throughout central Illinois, supporting 85 programs to create a strong, safe and healthy community.

- Alzheimer’s Association, Central Illinois Chapter
- American Red Cross, Central Illinois Chapter
- Arthritis Foundation, Greater Illinois Chapter
- Big Brothers Big Sisters
- Boy Scouts of America, W.D. Boyce Council
- Boys & Girls Clubs of Greater Peoria
- G.W. Carver Association
- CASA of Peoria County
- The Center for Prevention of Abuse
- Center for Youth and Family Solutions
- Central Illinois FRIENDS of PWA
- Children’s Home Association of Illinois
- Children’s Hospital of Illinois
- Common Place
- Community Workshop and Training Center
- Crittenton Centers
- Easter Seals-UCP
- EPIC
- FamilyCore
- Girl Scouts of Central Illinois
- Goodwill Industries of Central Illinois
- Habitat for Humanity, Greater Peoria Area
- Henry Community Emergency Ambulance Services
- Heartland Community Health Clinic
- Hult Center for Healthy Living
- Human Service Center
- Illinois Valley Center for Independent Living
- Lacon-Sparland Emergency Ambulance Services
- Lutheran Social Services of Illinois
- Neighborhood House Association
- Pearce Community Center
- Peoria Friendship House of Christian Service
- Planned Parenthood Heart of Illinois
- Prairie State Legal Services
- Saint Francis Community Clinic
- The Salvation Army
- South Side Office of Concern
- Tazewell County Resource Centers
- Tri-County (Peoria) Urban League
- We Care
- Greater Peoria Family YMCA
- Youth Service Bureau of Illinois Valley

COMMUNITY IMPACT

More than 100,000 people are assisted by the Heart of Illinois United Way’s Community Impact Fund each year—68 percent of which are under the age of 18. Here are just a few ways United Way-funded programs are positively impacting the region:

EDUCATION
- 85 percent of children in our Success By 6 reading program increased reading comprehension.
- More than 90 percent of low-income K-4th grade students achieved grade-level success in reading and math.
- Teens at risk of academic failure improved their reading skills by 84 percent and life skills by 96 percent.

INCOME
- 83 percent of people with developmental disabilities were able to find employment and stay employed.
- 75 percent of individuals and families who were in shelters have moved to permanent, affordable housing.
- 97 percent of seniors remained in their own homes because of home-delivered meals.

HEALTH
- Students improved their physical fitness by 70 percent and reduced future health risks.
- 96 percent of blind or low-vision people improved their overall health and safety.
- 91 percent of 3rd-grade students improved their dental health habits.
Every three years, the Heart of Illinois United Way (HOIUW) collaborates with Bradley University to conduct an assessment of the Peoria region. The assessment is designed to provide critical information to enable the organization in strategic decision making. The primary focus of the assessment is to improve HOUW's effectiveness at identifying, assessing and supporting key areas of social concern, as well as providing the basis for strategies to improve its development efforts.

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