

## APPENDIX A

### MCHENRY COUNTY HEALTH PRIORITIES

#### PRIORITY #1 – BEHAVIORAL HEALTH

##### OUTCOME OBJECTIVES

- By 2030, reduce the suicide rate in McHenry County by 10% compared to baseline (2020 suicide rate).
- By 2030, reduce drug overdose deaths in McHenry County. In line with Healthy People 2030, target goal is no increase compared to baseline (2020 accidental drug overdose rate).

##### IMPACT OBJECTIVES

- By 2026, reduce the suicide rate in McHenry County by 5% compared to baseline (2020 suicide rate).
- By 2026, reduce overdose deaths in McHenry County. Target goal is no increase compared to baseline (2020 accidental drug overdose rate).

#### PRIORITY #2 – DIABETES

##### OUTCOME OBJECTIVES

- By 2030, reduce yearly incidence of diabetes cases in McHenry County. Target goal is no more than a 10% increase in diabetes prevalence compared to baseline (2021 prevalence estimate from Healthy Community Study).
- By 2030, reduce annual hospitalizations for diabetes in McHenry County by 10% compared to baseline (2021 hospitalization rate).

##### IMPACT OBJECTIVES

- By 2026, reduce yearly incidence of diabetes cases in McHenry County. Target goal is no more than a 5% increase in diabetes prevalence compared to baseline (2021 prevalence estimate from Healthy Community Study).
- By 2026, reduce annual hospitalizations for diabetes in McHenry County by 5% compared to baseline (2021 hospitalization rate).

#### PRIORITY #3 – OBESITY AND ACTIVE LIVING

##### OUTCOME OBJECTIVES

- By 2030, reduce the proportion of children and adolescents in McHenry County with obesity by 10% compared to baseline (2021 prevalence estimate from Illinois Youth Survey).
- By 2030, reduce the proportion of adults in McHenry County with obesity by 7% compared to baseline (2021 prevalence estimate from Healthy Community Study).
- By 2030, reduce household food insecurity and hunger in McHenry County by 50% compared to baseline (2019 estimate from Feeding America).

##### IMPACT OBJECTIVES

- By 2026, reduce the proportion of children and adolescents in McHenry County with obesity by 5% compared to baseline (2021 prevalence estimate from Illinois Youth Survey).
- By 2026, reduce the proportion of adults in McHenry County with obesity by 3.5% compared to baseline (2021 prevalence estimate from Healthy Community Study).
- By 2026, reduce household food insecurity and hunger in McHenry County by 25% compared to baseline (2019 estimate from Feeding America).

#### PRIORITY #4 – ACCESS TO CARE

##### OUTCOME OBJECTIVES

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- By 2030, increase the proportion of McHenry County adults under 65 years of age with medical insurance by 5% compared to baseline (insurance rate estimate from 2021 Healthy Community Study).

### IMPACT OBJECTIVES

- By 2026, increase the proportion of McHenry County adults under 65 years of age with medical insurance by 2.5% compared to baseline (insurance rate estimate from 2021 Healthy Community Study).