

Community Health Needs Assessment

Mercy Hospital Perry

2025





Our Mission

As the Sisters of Mercy before us, we bring to life the healing ministry of Jesus through our compassionate care and exceptional service.

Our Values

Dignity

Excellence

Justice

Service

Stewardship

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FY22-24 Impact

The Perry County Health System 2022 community health needs assessment identified three priority health areas:



A community health improvement plan was developed and implemented to address these significant needs. Perry County Health System developed and implemented a variety of programs and initiatives to address the needs identified in the 2022 CHNA, and continued implementation throughout our transition to Mercy Hospital Perry.



FY22-24 Implementation Strategies

Behavioral Health

Implementation Strategies to address Behavioral Health included:

- Establish a Community Health Worker to be a resource liaison within the community.
- Through the Community Health Worker as well as a PCHS Licensed Clinical Social Worker (LCSW), provide education to the providers at PCHS. With the alarming percentage of adolescents seriously considering suicide, a process needs to be established to identify and support these students when they come in for physicals and other appointments.
- Have the PCHS Community Health Worker and LCSW provide education and support to the school systems in Perry County. This can be done through professional development days and other various educational opportunities. PCHS will also establish a program to have one of their LCSWs available to go into the schools and provide services to students.
- The PCHS Community Champion and other members of the leadership team will continue to address the affordable and available housing issues that is affecting the mental health of Perry County residents. PCHS will be very involved and sit on the Housing Planning Committee to develop this area.



FY22-24 Impact

Behavioral Health

- We were able to establish a partnership with Perry County Health Department (PCHD) to employ a part-time Community Health Worker (CHW) from September 2022 to April 2024. Upon departure, a CHW has not been replaced.
- Liz House, former Perry County Health Department director, presented information to our medical staff in September 2022.
- Perry County Health System was instrumental in providing education and support to our local school systems. Challenge Day was an experiential 6.5 hour program that guided approximately 175 7th grade students and 50 community facilitators through interactive activities that allowed them to practice the tools that have proven to support connection, inclusivity and break down barriers. In January 2024 and February 2025, we were able to host Hidden in Plain View, a teenagers bedroom exhibit containing over 70 items that could signal involvement in risky activities that unfortunately can lead to mental and behavioral concerns. In addition, in 2024 we provided the book, Mind Gym, and in 2025 we provided the book, Athlete Mental Health Playbook to approximately 75 athletes participating in annual High Tops & Hoodies basketball game.
- Through our involvement with a Delta grant, Perry County Health System, along with many other community partners, received notification in December 2023 that Montenot Meadows, a 40-unit housing development for Perry County, had been approved. The closing for this development took place on December 17, 2024, with groundbreaking taking place on January 17, 2025.



FY22-24 Implementation Strategies

Heart Disease

Implementation Strategies to address Heart Disease included:

- Promote and increase awareness amongst our providers of various heart disease programs offered through Perry County Health Department to share with patients.
 - Self-Monitoring Blood Pressure Program
 - Chronic Disease Self-Management Program
 - Walk with Ease Program
- Create a process for PCHD to follow up with PCHS providers who have patients in the heart disease programs.
- Promote and share resources and education available through organizations in the community, such as University of Missouri Extension Center, regarding healthy recipes, cooking, nutrition, gardening, activities, and more.



FY22-24 Impact

Heart Disease

- Perry County Health Department reported the following numbers of individuals participating in the various programs from 2022-2024. With the departure of the CHW, the Health Department indicated a decrease over the 3-year period.
 - o Self-Monitoring Blood Pressure Program (6 individuals participated in 2022, 2023, and 2024)
 - o Chronic Disease Self-Management Program (5 individuals participated in 2022, 3 in 2023 and 0 in 2024)
 - o Walk with Ease Program (Implemented in 2023, had 5 individuals participate and then 0 during 2024)
- Perry County Health System, and now Mercy Hospital Perry, has hosted a Wellness Expo for the past three years to promote and increase awareness of various heart related as well as many other aspects of health. Each year the number of participants has increased from approximately 100-150.
- The University of Missouri Extension office has participated in the Wellness Expo for the past three years offering a variety of information regarding healthy food options, gardening, etc.



FY22-24 Impact

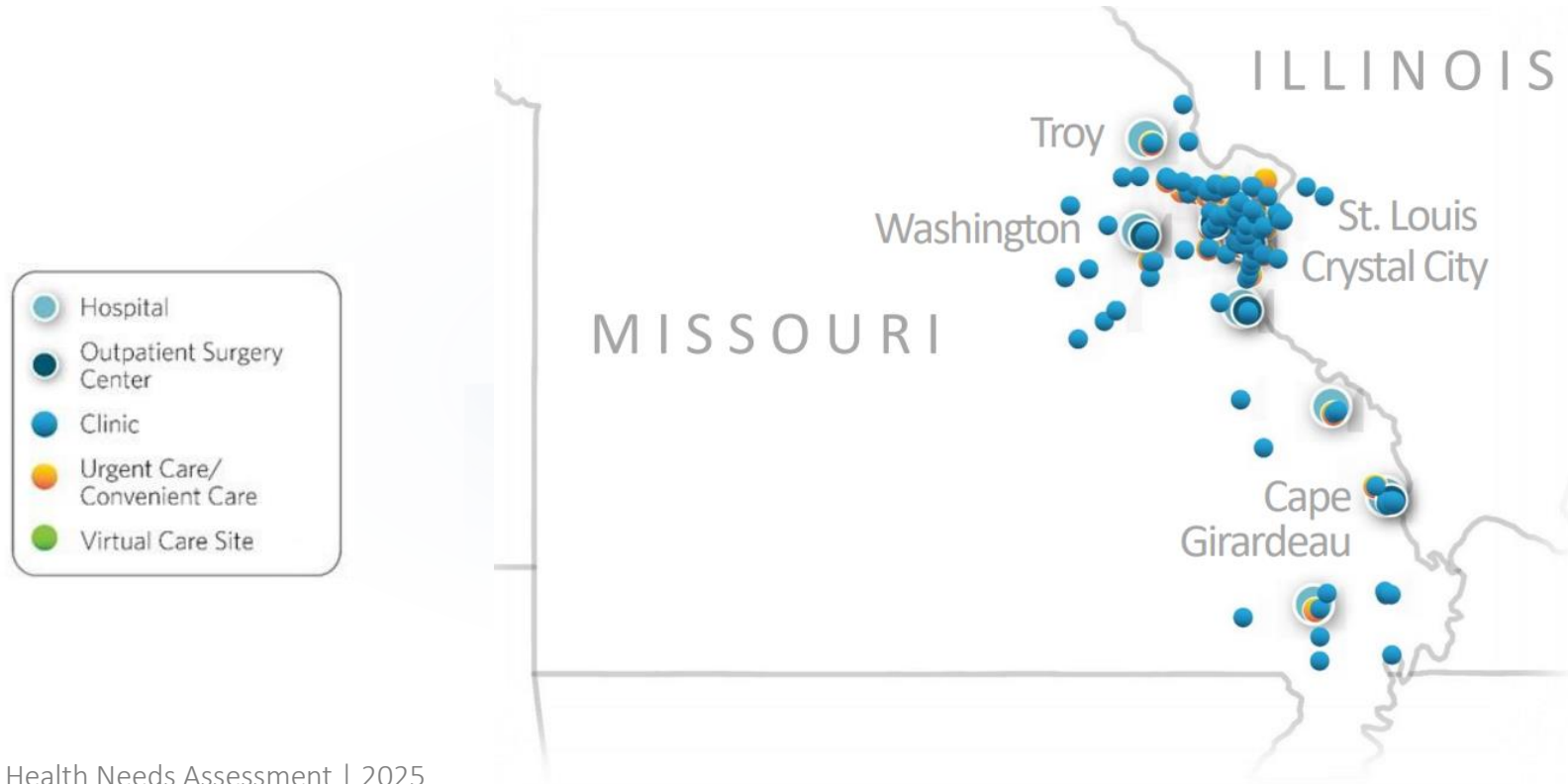
Tobacco/Substance Use

- Drug Court has been implemented and continues to grow in Perry County with the partnership of Mercy Hospital Perry
 - Since September 2021, Mercy has provided UA collection services for 18 treatment court participants; 4 of these donors have already graduated from the program; 11 of these donors are still active in which 3 are in Phase 4 and should graduate soon; 1 was terminated due to absconding and 2 relocated to the Cape Girardeau area
- The Coalition for Heroin and Opioid Prevention (CHOP) has ben dissolved and has not been active in Perry County for a couple of years.
- Perry County Health Department continues to implement and refer patients to the Baby & Me Tobacco Free program as well as provide a safe place for medication drop-off. During 2022-2024, nine individuals participated in the Baby & Me Tobacco Free program. No records are kept for medication drop-offs. The Perryville Police Department retrieves the medication monthly that has been dropped off.

Executive Summary

Mercy Hospital Perry is a 25-bed critical access facility located in Perryville, Missouri. It is one of eight hospitals in Mercy's East Region. Mercy Perry has 24-hour emergency room care and a full range of diagnostic, preventive and restorative health care services. Perry County Memorial Hospital was founded in 1951 and became a Mercy Hospital on October 1, 2023.

Mercy Perry's primary service area is Perry County. Throughout the county, Mercy operates Mercy Clinic physician offices, outpatient hospital services and Mercy Convenient Care centers.



Executive Summary *(continued)*

While the CHNA demonstrates the legacy of the ‘walking sisters’, engaging actively out in community to address urgent needs, it also fulfills a legal imperative of Mercy as a non-profit health care organization. In the Patient Protection and Affordable Care Act (PPACA) passed in March 2010, non-profit hospitals were mandated to conduct a community-based health needs assessment (CHNA) every three years. As a part of that process, each hospital is required to solicit input from those who represent the broad interests of the community served by the hospital as well as those who have special knowledge and expertise in the area of public health and underserved populations.

Mercy’s mission is to deliver “compassionate care and exceptional service” to every community member. In dedication to this mission, our work includes the development of a Community Health Needs Assessment (CHNA) during the last year, in partnership with the Perry County Health Department and in cooperation with stakeholders throughout the community.

Executive Summary *(continued)*

The Perry County Health Department and Mercy Hospital Perry (MHP) are pleased to have partnered on the 2025 Community Health Needs Assessment (CHNA). This CHNA report provides an overview of the health needs and priorities associated within Perry County, Missouri. The goal of this report is to provide residents with a deeper understanding of the health needs in their community, as well as help guide organizations in their community benefit planning efforts and development of implementation strategies that address significant health needs.

The CHNA involved review of both quantitative and qualitative data to attain the full scope of the community needs as they relate to health with a focus on the economically poor and underserved populations. Throughout this Community Health Needs Assessment (CHNA) report, health indicator data of Perry County is compared to that of Missouri, the United States, and top U.S. performers.

Executive Summary *(continued)*

Our final report includes data garnered through surveys of community residents and organizational stakeholders.

The CHNA identified 15 community needs/concerns of which five have been chosen as health needs for the Mercy Hospital Perry community.

We will strive diligently to address these needs over the next three years:

- Behavioral Health
- Access to Care
- Obesity & Maintaining a Healthy Weight
- Substance Use/Abuse
- Intellectual/Developmental Disabilities

To learn more about Mercy Hospital Perry and to find a copy of this report online, visit <https://www.mercy.net/about/community-benefits/>. As always, we seek to develop a rich and rewarding network of partnerships with our neighbors. We welcome any thoughts you may have on ways to achieve our goal for a healthier community.

Community Profile

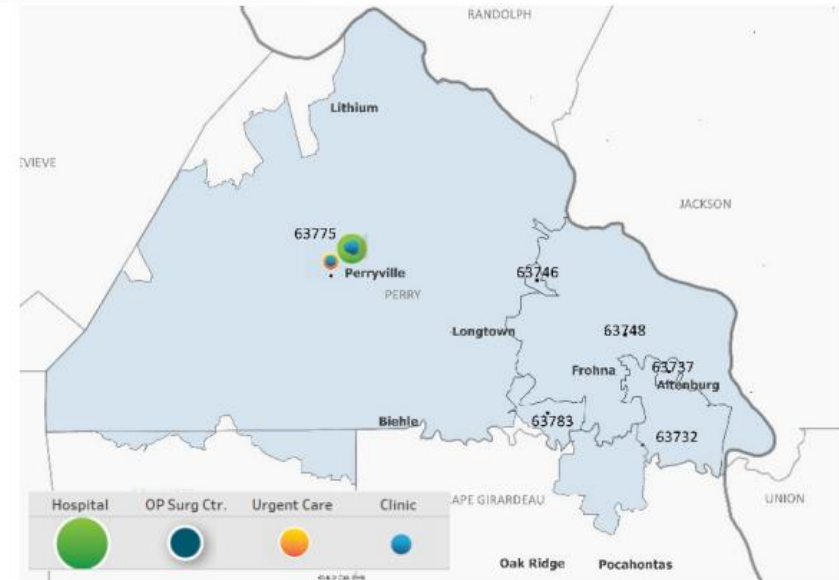
Perry County

For the purposes of this CHNA, Mercy defines its community served as the Perry County area. Perry County is located in the southeastern portion of Missouri covering 474.4 square miles of land area and is the 90th largest county in the state. There are 6 zip codes located in Perry County and its county seat is Perryville.

Perry County has one critical-access hospital, a county-wide health department, access points for healthcare, behavioral health and many social service organizations.

Perry County is also home to:

- 2 public school districts and 3 private schools
- Numerous places of worship
- 5 public parks
- 1 volunteer fire department
- 1 EMS
- Emergency shelter for victims of domestic abuse and partner violence



Community Profile *(continued)*

Demographics

Population
19,100

96% of Perry County
are White

Median household
income is \$63,356

49.6% are Female
50.4% are Male

57.5% lives in a low
population density
area

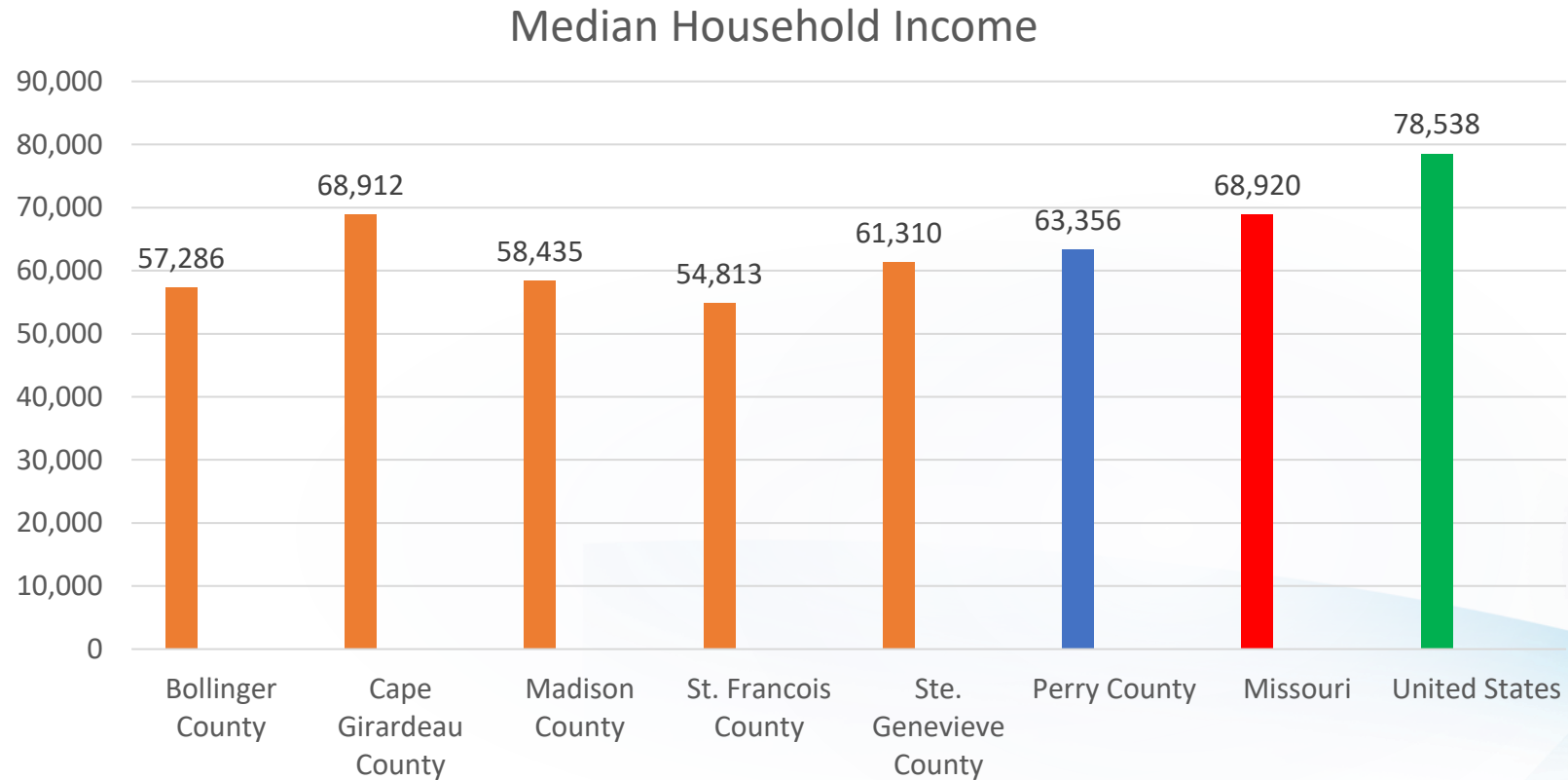
Community Profile *(Continued)*

Demographics *(Continued)*

Age & Racial Distribution	Perry	Missouri	U.S.
Population Size (number of persons)	19,100	6,245,466	340,110,988
Age Distribution			
Under 18 years	22.1%	22.2%	21.7%
18-64 years	57.3%	59.5%	61.2%
65 years and over	20.6%	18.3%	17.7%
Race Distribution			
White alone	96.0%	82.4%	75.3%
Black or African American	0.8%	11.7%	13.7%
American Indian and Alaska Native	0.6%	0.6%	1.3%
Asian	1.3%	2.3%	6.4%
Multiracial	1.2%	2.7%	3.1%
Ethnicity distribution			
Hispanic or Latino	2.6%	5.3%	19.5%

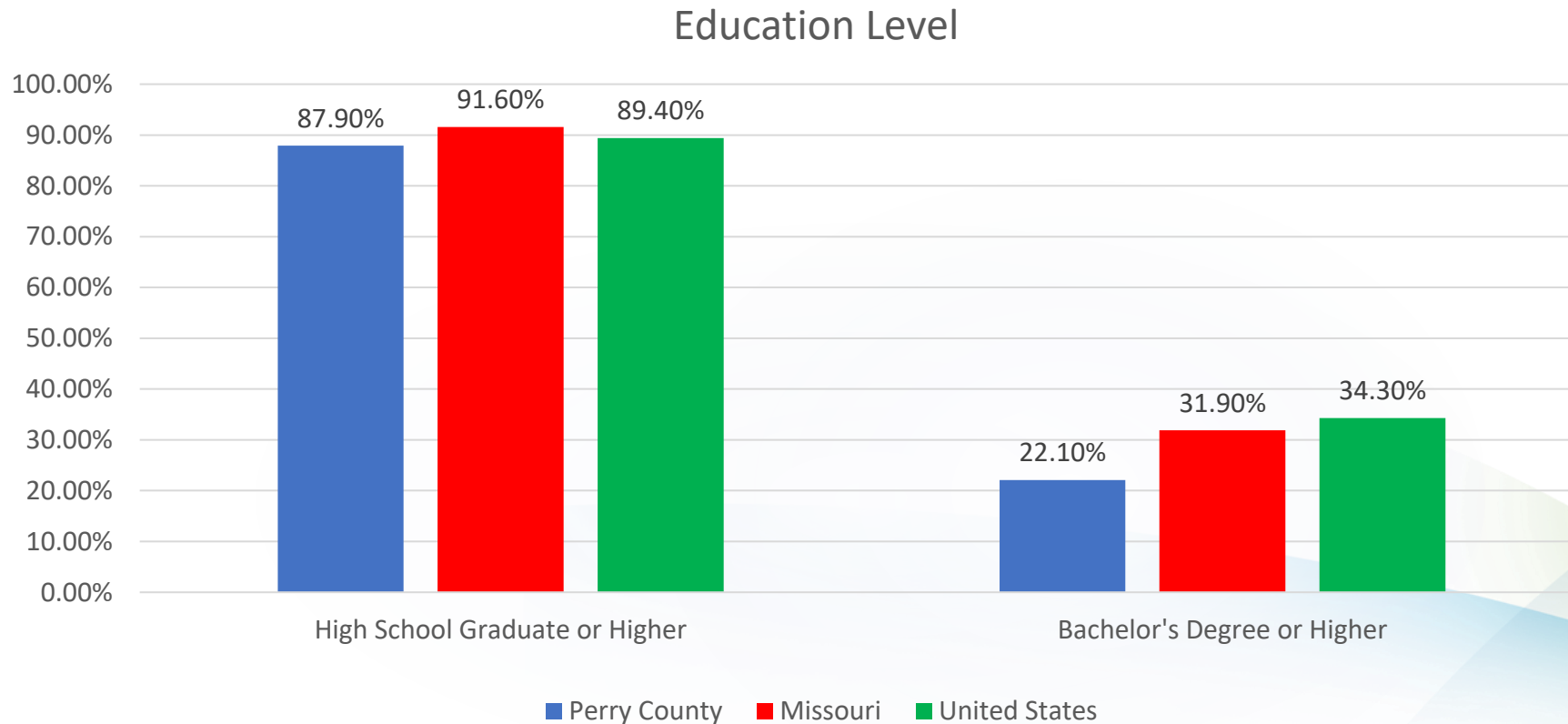
Community Profile *(Continued)*

Income



Community Profile *(continued)*

Education



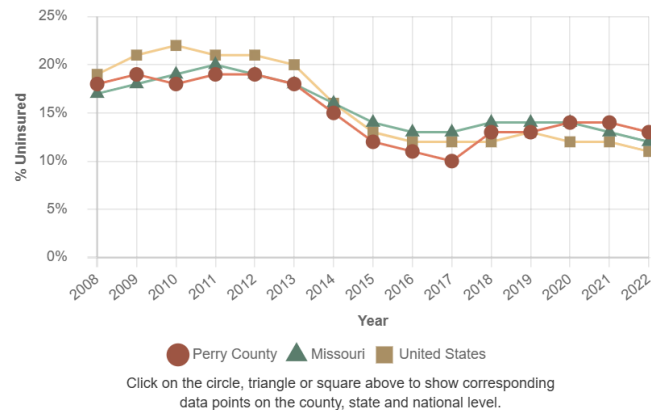
Community Profile *(continued)*

Insurance Status

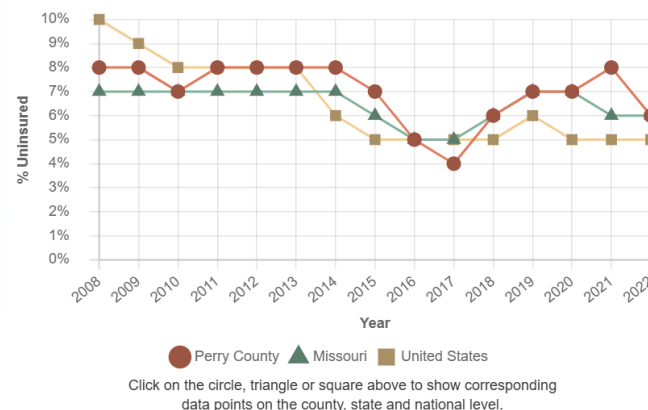
The County Health Rankings and Roadmaps, define the uninsured population as the estimated percent of the population of adults under age 65 and children under 19 that have no health insurance coverage.

According to this information, Perry County had 13% of its population under age 65 uninsured, while Missouri had 12% and the U.S. had 11%. In addition, Perry County had 6% of its population under age 19 uninsured, while Missouri also have 6% and the U.S. with 5%

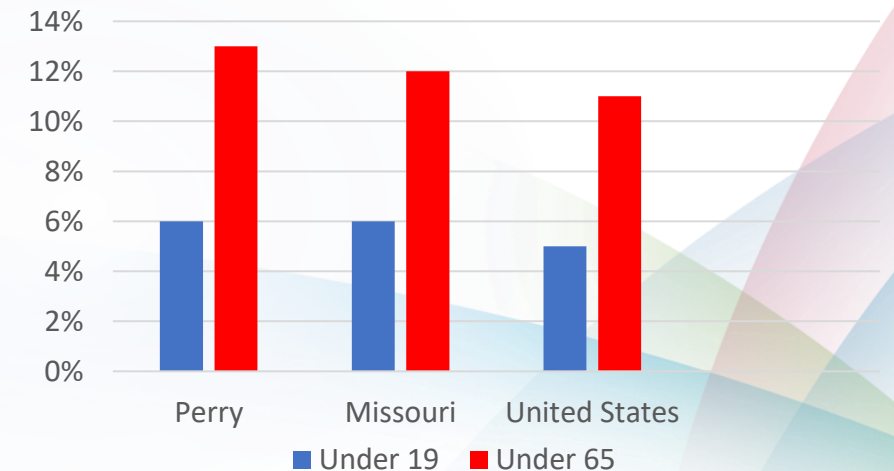
Uninsured Adults



Uninsured Children

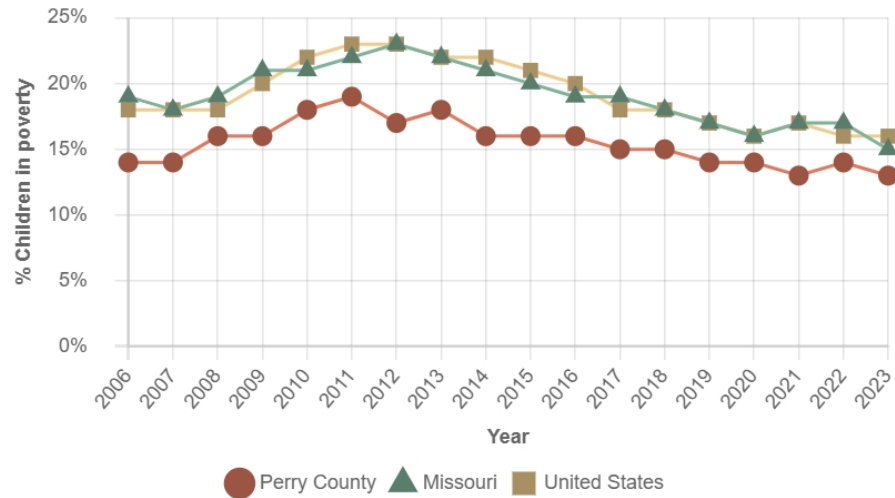


Child and Adult Uninsured Rates



Community Profile *(continued)*

Poverty Statistics



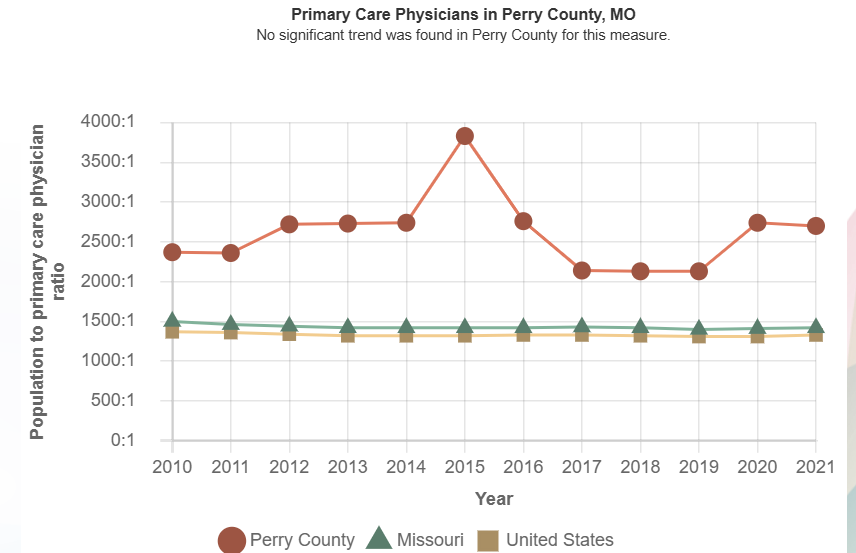
According to the County Health Rankings and Roadmaps, 13% of Perry County children under the age of 18 are living in poverty compared to 15% in the state of Missouri and 16% in the U.S.

Although the County Health Rankings and Roadmaps do not provide information on all persons living in poverty, according to the U.S. Census Bureau, 10% of Perry County persons are living in poverty compared to 12% in Missouri and 11.1% in the U.S.

Community Profile *(continued)*

Access to Care

	Perry	Missouri	United States
Primary Care Physicians	2,700:1	1,420:1	1,330:1
Dentists	1,890:1	1,600:1	1,360:1
Mental Health Providers	1,110:1	410:1	320:1



Our Assessment Process

With a goal to improve the health of those living within Perry County, MO, Mercy Perry and the Perry County Health Department collaborated their effort to create the 2025 Community Health Needs Assessment to be used as a resource for planning service delivery, establishing new programs, and appropriating funds to meet community needs.

Mercy Hospital Perry and the Perry County Health Department has an internal entity that guides the needs assessment process for their organization. Glenda Gremaud, Manager-Outreach Relations, guides the needs assessment process for MHP and Trent Mullis, Director, guides the process for the Perry County Health Department.

In conducting the Community Health Needs Assessment, we collected and analyzed a significant quantity of primary and secondary data. Primary data and community input was collected and solicited by means of Community Survey, Community Focus Groups, and Internal Agency Data. The goal was to gain insight into the perceptions of county residents on the most pressing health issues, risk factors, barriers to care and health services utilization. Secondary data was collected and analyzed from publicly available data resources listed later in the assessment.



Our Assessment Process *(continued)*

In June 2024, members met to begin creating the 2025 Community Health Needs Assessment survey.

In July 2024 members met to finalize the survey and discuss distribution to the community. Members of the community were invited to participate in the online survey through a media release by Mercy Hospital Perry. Multiple organizations and agencies collaborated to promote the online survey for residents between August and September 2024.

Over 425 Perry County residents completed the 10-minute, 33-question survey about health challenges, access to healthcare, and social determinants of health including financial status, neighborhood environment and social support networks.



Perry County Community Health Needs Assessment *Share what is important to you!*

1 TAKE THE SURVEY
Take the survey by visiting https://mercy.co1.qualtrics.com/jfe/form/SV_45XgArpTRqTPDmu or scan the QR code. The survey takes approximately 5 minutes to complete and all responses are kept completely anonymous.

2 SHARE IT WITH YOUR FRIENDS & FAMILY
Your feedback will help inform future health care programming and services in Perry County. It is important we hear back from you by 09/06/24.

SCAN ME

Mercy **Perry County Health Department** **Public Health**

Make your voice heard!

Every voice matters, and the health of our communities will benefit.

Our Assessment Process *(continued)*

In October 2024, representatives from the following agencies participated in a focus group to specifically discuss mental health priorities:

- Mercy Hospital Perry
- Community Counseling Center
- Department of Health and Senior Services
- Perry County Probation & Parole
- Saint Francis Health System
- Perry County Sheriff's Department
- City of Perryville
- Perry County Mental Health Board
- Options for Women
- Perry County Juvenile Office
- Community Task Force
- Council of Agencies
- SEMO NASV
- Perry County School District #32
- Gibson Recovery Center

In December 2024, Mercy leaders from various departments, met to review survey results and determine which health initiatives will be put forth in the hospital's three-year Community Health Improvement Plan (CHIP). The council convenes regularly and is accountable for ensuring that community benefit activities meet mission compliance and IRS guidelines.

Our Assessment Process *(continued)*



426 responses were included in the final analytic sample for Perry County. The full analysis for Perry County is included in Appendix B. Some of the highlights include:

- Mental health was identified as the top health concern for adults and children
- Healthcare costs and NO health insurance were identified as barriers which may prevent access to health care
- Affordable housing and public transportation were identified as community resources that are never or rarely available
- Places to be physically active, such as community parks, and health care services were identified as community resources that are often or always available
- Depression was identified as the top mental health concern among adults and the third highest identified mental health concern among children, behind bullying and anxiety

Assessment Process *(continued)*

Prioritizing Identified Health Needs

Fifteen identified health concerns or barriers emerged during the process of analyzing primary and secondary data for the CHNA. Needs were identified if they were ranked highly as a need by survey respondents, identified as a disparity by public health data, or were prioritized in a prior CHNA.

Mercy leaders from various departments met in December 2024 to prioritize the fifteen identified health concerns or barriers. The committee reviewed the primary and secondary data collected during the CHNA process, evaluated the strengths and resources of the community, and considered the hospital's strategic plan. The leaders narrowed the list of identified health needs by using a strategy grid to prioritize the needs using the Severity of the Need and Availability of Resources to meet the need.

Assessment Process *(continued)*

Identified Community Needs/Concerns

Top 5 Adult Health Concerns

- Mental Health
- Obesity and Maintaining Healthy Weight
- Substance Abuse
- Cancers
- Age-Related Illnesses

Top 5 Child Health Concerns

- Mental Health
- Intellectual/Developmental Disabilities
- Abuse and Neglect
- Substance Use
- Obesity and Maintaining Healthy Weight

Top 5 Barriers to Health Care

- Costs
- No Health Insurance
- Transportation
- Fear
- Scheduling

Community Conditions

- Safe Childcare
- Affordable Housing
- Public Transportation
- Mental Health and Substance Use Services

Assessment Process *(continued)*

Prioritization Process – Strategy Grid

	Magnitude of Need		
		High	Low
Availability of Resources & Barriers Mercy's ability to make a difference	High	Access to Care Substance Use/Abuse Behavioral Health Age-Related Illnesses	
	Medium	Obesity and Maintaining Healthy Weight Intellectual/Developmental Disabilities Cancers Costs of Care No Health Insurance	
	Low	Affordable Housing Abuse and Neglect Transportation Safe Childcare	Fear of receiving care Scheduling

Assessment Process *(continued)*

Prioritizing Identified Health Needs

Mercy Hospital Perry has prioritized five health needs for the 2025 CHNA. These include:

- Behavioral Health
- Substance Use/Misuse
- Access to Care
- Obesity/Maintaining Healthy Weight
- Intellectual/Developmental Disabilities

The first two of these needs will be carried over from the 2022 CHNA, and the others are newly identified needs. MHP will maintain current strategies which have been implemented and have been shown to be making positive impacts in these priority areas and will continue to seek out programs, interventions, and community partnerships to meet all the prioritized health needs.

The remaining needs did not go unnoticed in the process. Costs of care, no health insurance, fear of receiving care, scheduling and transportation are all facets that could impact the prioritized needs. Age-related illnesses and cancers have been identified as priorities in past CHNA's, and we will continue to seek opportunities to alleviate these noted concerns. Currently, there is a community focus group exploring the options of childcare in our community in which safety, abuse & neglect are top priorities. As a major employer in the community, MHP is actively participating within this group to secure quality childcare services for our caregivers who may need this service. Additionally, we were instrumental in facilitating a housing development focus group over the past several years and a groundbreaking for a 40-unit development was held in January 2025.

Our Assessment Process *(continued)*

Resources

The following external sources of published data are examples of those utilized in the data collection process.

- Mercy Ministry Maps & Stats, annual Community Update 2024
- Rural Community Snapshots, East Community, Annual Community Update 2024
- County Health Rankings and Roadmaps—2025
The Robert Wood Johnson Foundation and The University of Wisconsin-Public Health Institute
<http://www.countyhealthrankings.org/>
- U.S. Census Bureau, <https://www.census.gov/>
- 2024 Department of Health and Human Services
<https://www.cdc.gov/nchs/>

Prioritized Needs

Access to Care

Behavioral Health

Substance
Use/Abuse

Obesity/
Maintaining Healthy
Weight

Intellectual/
Developmental
Disabilities

Prioritized Needs

Access to Care

Access to health care means having "the timely use of personal health services to achieve the best health outcomes." Access to health care consists of four components:

- **Coverage:** facilitates entry into the health care system. Uninsured people are less likely to receive medical care and more likely to have poor health status.
- **Services:** Having a usual source of care is associated with adults receiving recommended screening and prevention services.
- **Timeliness:** ability to provide health care when the need is recognized.
- **Workforce:** capable, qualified, culturally competent providers.

Vulnerable populations suffer from limited access due to a variety of structural and individual factors. Respondents to the CHNA survey identified several of these factors as potential concerns for being unable to access the care they may need.



Prioritized Needs

Access to Care (continued)

The American Medical Association considers primary care physicians to be those with General Family Medicine MD's and DO's, General Practice JD's and DO's, General Internal Medicine MD's and General Pediatric MD's.

According to the 2025 County Health Rankings and Roadmaps, Perry County's population to primary care physician ratio is 2700:1. This ratio is greater than Missouri's at 1420:1 and the U.S. at 1330:1. Additionally, Perry County's population to mental health providers is 1110:1 which is also greater than Missouri's at 410:1 and the U.S. at 320:1. Meaning that Perry County residents have less access to primary care physicians and mental health providers.

Access to care was chosen as a priority health need for Mercy Perry's 2025 CHNA. Mercy Perry is committed to increasing access to care for underserved and will look to institute programs to address this need.



Access to Care

Prioritized Needs

Intellectual/Developmental Disabilities

Intellectual disability is a condition that limits intelligence and disrupts abilities necessary for living independently.

Developmental delay refers to a situation where a child doesn't reach important milestones or acquire skills at the expected or typical rate for their age. These milestones include things like walking, talking, or potty training. Various factors, such as genetic issues, health problems, or environmental factors can cause it. Children with developmental delays may catch up with time and support or need extra help and therapies to reach their full potential. It's a term to describe a wide range of possible delays in a child's growth and abilities.

Beginning with the 2020-21 school year and continuing through the 2023-24, the number of children identified in the Early Childhood Special Education Child Count for Perry County School District 32 has increased each year from 20 to 35 children. In addition, the number of children identified in the K-12 Special Education Child Count, increased from 298 children in 2020-21, to 315 children in 2021-22, and then to 321 children in 2022-23. There was a slight decrease reported in this figure during the 2023-24 school year.



Intellectual/Developmental
Disabilities

Prioritized Needs

Intellectual/Developmental Disabilities (continued)

			ID	ED	LI	SI	VI	HI	LD	OHI	MD	AU	YCDD	OI/DB/TBI
Perry	14-21	2021	11	9	24	*	*	*	32	38	*	10	*	*
Perry	5K-21	2021	25	22	71	12	*	*	81	70	*	25	*	*
Perry	Early Childhood	2021	*	*	*	*	*	*	*	*	*	*	14	*
Perry	14-21	2022	12	9	21	*	*	*	32	34	*	8	*	*
Perry	5K-21	2022	25	25	82	21	*	*	78	66	*	26	*	*
Perry	Early Childhood	2022	*	*	*	*	*	*	*	*	*	*	23	*
Perry	14-21	2023	10	*	25	*	*	*	33	37	*	6	*	*
Perry	5K-21	2023	23	15	96	22	*	*	72	65	*	29	*	*
Perry	Early Childhood	2023	*	*	*	7	*	*	*	*	*	*	25	*
Perry	14-21	2024	6	*	30	*	*	*	25	30	*	6	*	*
Perry	5K-21	2024	21	13	97	17	*	*	64	52	*	30	6	*
Perry	Early Childhood	2024	*	*	*	12	*	*	*	*	*	*	24	*

From 2021-2024, Perry County School District 32 has seen an increase in students identified with a language impairment and autism.

Intellectual/Developmental Disabilities was chosen as a priority health need for Mercy Perry’s 2025 CHNA. Mercy Perry is committed to increasing access to care for underserved and will look to institute programs to address delays for individuals to meet their highest potential.



Intellectual/Developmental
Disabilities

Prioritized Needs

Behavioral Health

Mental or behavioral health (these terms will be used interchangeably for the purposes of this CHNA) includes our emotional, psychological, and social wellbeing. Mental and physical health are equally important components of overall health. While mental illness is not the same as mental health, mental illnesses are among the most common health conditions in the United States.

According to National Alliance on Mental Illness (NAMI), Millions of people in the U.S. are affected by mental illness each year.

1 in 5 U.S. adults experience mental illness each year

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Individuals struggling with serious mental illness are at higher risk for homicide, suicide, and accidents as well as chronic conditions including cardiovascular and respiratory diseases and substance use disorders. Serious mental illness is defined as any of the mental disorders asked about and these disorders resulted in substantial impairment in carrying out major life activities. A major depressive episode is characterized by an extended period of depressed mood, loss of interest or pleasure, and impaired functioning.



Prioritized Needs

Behavioral Health (continued)

The 2023 Perry County Behavioral Health Profile indicated 252 residents received treatment for serious mental illness at publicly-funded facilities in 2022. Additionally, 16.8% of adults aged 18 years and older reported not having a good mental health for 14 days or more. Furthermore, according to this report, suicide is the 2nd leading cause of death for ages 10-34 in Missouri and in 2021, 1 Perry County resident(s) died by suicide.

According to the 2025 County Health Rankings and Roadmaps, 22% indicated a lack of social and emotional support in Perry County, while only 8% in Missouri and 10% in the U.S.

Respondents to the MHP Community Health Survey indicated that mental health was the most important health issue or problem for adults and children. 48% of respondents ranked this as the top health concern for adults and 58% of respondents ranked this as the top health concern for children.

Behavioral health was chosen as a priority health need for 2019 and 2022 CHNAs. Mercy remains committed to increasing access to care for underserved and has instituted several programs to address this need.



Prioritized Needs

Substance Use

Substance use disorder is the inability of a person to control their use of substances, whether they be legal or illegal.

The availability of county-level data on substance use is limited. According to the Centers for Disease Control and Prevention (CDC) PLACES data in Perry County, the prevalence of binge drinking among adults 18 years and older is 17.3%. The prevalence of current smoking among the same age group is 20%.

Perry County experienced 17 drug overdose deaths from 2018-2022. Most drug overdose deaths (71%) were attributed to non-opioid substances such as stimulants, followed by non-heroin opioids (29%) including Fentanyl. Since 2018, drug overdose-related ER visits have increased by 5%



Prioritized Needs

Substance Use (continued)

In 2020, Perry County residents had a total of 0 alcohol-related and 1 drug-related hospitalizations. Additionally, there were 28 alcohol-related and 28 drug-related ER visits that did not include a hospital stay.

In 2022, 164 individuals were admitted into Substance Abuse Treatment Programs. A total of 33 were primarily due to alcohol, 14 were primarily due to marijuana, and 13 were primarily due to prescription drugs.

Substance use disorder was chosen as a priority health need for 2019 and 2022 CHNAs. Mercy remains committed to increasing access to care for underserved and has instituted several programs to address this need.



Prioritized Needs

Obesity/Maintaining a Healthy Weight

Adult obesity, based on the percentage of the adult population (age 18 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m² (age-adjusted), is a chronic condition that puts individuals at increased risk of hypertension, heart disease, type 2 diabetes, breathing problems, chronic inflammation, mental illness, and some cancers.

According to the 2025 County Health Rankings and Roadmaps, 37% of adults had a BMI of 30 or greater in Perry County, Missouri. This is equal to the overall state percentage of 37% but higher than the US percentage of 34%. In Perry County, Missouri, 27% of adults reported participating in no physical activity outside of work. This is higher than the state percentage of 24% and the US percentage of 23%.

Although heart disease was chosen as a priority health need for 2022; as a major risk factor for heart disease, obesity/maintaining a health weight, was chosen as a priority health need for 2025. Mercy remains committed to increasing access to care for underserved and has instituted several programs to address this need.



Obesity/Maintaining a
Healthy Weight

Resources

Mercy Hospital Perry collaborates with many local community agencies and organizations that have similar missions and personnel dedicated to improving the health and quality of life for individuals within the Mercy Perry region. Some of these partners include:

- Agency for Healthcare Research and Quality. <https://www.ahrq.gov/topics/access-care.html>
- County Health Rankings and Roadmaps—2025
The Robert Wood Johnson Foundation and The University of Wisconsin-Public Health Institute
<http://www.countyhealthrankings.org/>
- Missouri Department of Elementary and Secondary Education. Child Count by County.
<https://apps.dese.mo.gov/MCDS/home.aspx?categoryid=5&view=2>
- Missouri Department of Mental Health. [Community Profile 2023 Perry County | dmh.mo.gov](https://dmh.mo.gov/CommunityProfile2023PerryCounty)
- National Alliance on Mental Illness. [Mental Health By the Numbers | NAMI](https://www.nami.org/mental-health-by-the-numbers)
- Missouri Department of Health & Senior Services. Perry County Drug Overdose Fact Sheet

Appendices

Appendix A: Perry County Community Health Needs Assessment Survey

Appendix B: Perry County Community Health Needs Assessment Results

Appendix A

Perry County Community Health Needs Assessment Survey

**Perry County Community Health Needs Assessment
Mercy Hospital Perry & Perry County Health Department
2024-2025**

Your community is where you live, learn, work, worship, and play. You have an important perspective on the needs in your community, and we would like to learn from you. Mercy Hospital Perry and the Perry County Health Department are working together to learn from community members and identify the top health concerns and health related needs. Your input is very important to us and will be used to help identify priorities and develop solutions. The survey will take about 5 minutes. **All responses are confidential and anonymous.** You will not be asked for your name, and we will only share combined results. Once you complete the survey, please share the link with your family, friends, and neighbors! Thank you for sharing your time and thoughts.

Q1 Enter the five-digit ZIP code of the address where you live:

Q2 Thinking about the community where you live, how available are the following resources? Choose a number from 1 to 5, where 1 means *never available* and 5 means *always available*. If you do not know, choose *not sure*.

	1 = Never (1)	2 = Rarely (2)	3 = Sometimes (3)	4 = Often (4)	5 = Always (5)	Not sure (6)
Safe childcare (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affordable healthy foods (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Affordable housing (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Public transportation (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health care services (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health and substance use services (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Places to be physically active, such as community parks (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Services that support people as they age (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clean outdoor environment (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good paying jobs (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good schools (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safe community (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3 Thinking about **yourself or other adults** in the community where you live, what are the **top three** health problems? Choose **three** items from the list that are a concern for **yourself or other adults** in your community.

- Age-related illnesses (such as memory issues, movement issues, and falls) (1)
- Cancers (2)
- Chronic pain and pain management (3)
- Diabetes and high blood sugar (4)
- Heart conditions (such as heart diseases, high blood pressure, and stroke) (5)
- Infectious diseases (such as Covid-19, Influenza, pneumonia, and measles) (6)
- Maternal and infant health (such as preterm births and adequate care for mothers and their babies) (7)
- Mental health (such as anxiety, depression, loneliness, and suicide) (8)
- Motor vehicle accidents and injuries (9)
- Obesity and maintaining healthy weight (10)
- Oral (mouth) and dental health (11)
- Reproductive and sexual health, including sexually transmitted infections (STIs and STDs) (12)
- Respiratory and lung diseases (such as allergies, asthma, and COPD) (13)
- Substance use (such as alcohol, drug, and tobacco use) (14)
- Violence (such as assaults, domestic violence, and gun violence) (15)
- Not listed here or prefer to describe: (16) _____
- Not sure (17)

Q4 Thinking about your or other children in the community where you live, what are the top three health problems? Choose three items from the list that are a concern for your or other children in your community.

- Abuse and neglect (1)
- Blood diseases (such as lead poisoning, anemia, and sickle cell) (2)
- Cancers (3)
- Diabetes and high blood sugar (4)
- Infectious diseases (such as Covid-19, RSV, Influenza, pneumonia, and measles) (5)
- Injuries (such as motor vehicle accidents and injuries, poisonings, drownings, and burns) (6)
- Intellectual / developmental disabilities (such as autism, Down Syndrome, ADHD) (7)
- Infant/baby health (such as low birth weight, health problems, and death before the age of one) (8)
- Mental health (such as anxiety, depression, loneliness, suicide, and bullying) (9)
- Obesity and maintaining healthy weight (10)
- Oral (mouth) and dental health (11)
- Reproductive and sexual health, including teen pregnancy and sexually transmitted infections (STIs and STDs) (12)
- Respiratory diseases (such as allergies and asthma) (13)
- Substance use (such as alcohol, drug, and tobacco use) (14)
- Violence (such as assaults, domestic violence, gun violence, and school shootings) (15)
- Not listed here or prefer to describe: (16) _____
- Not sure (17)

Q5 Thinking about the community where you live, which barriers prevent access to health care? Select all that apply.

- Cultural / religious beliefs (1)
- Language barriers (2)
- Fear (such as fear of doctors or not ready to discuss a health problem) (3)
- Don't feel welcome or respected (4)
- No health insurance (5)
- Costs associated with getting healthcare (6)
- Health insurance is not accepted (7)
- Transportation (getting to and from doctor's visits and appointments) (8)
- Don't know how to find healthcare services or providers (9)
- Not enough health care services or provider (10)
- Scheduling problems (such as health services not open when available) (11)
- Not listed here or prefer to describe: (12) _____
- None (13)

Q6 What health screening or services have you and your family received in the past 12 months? Select all that apply.

- Flu vaccine (1)
- Covid-19 vaccine (2)
- Blood pressure screening (3)
- Cholesterol test (4)
- Immunizations (5)
- Frequent exercise (6)
- Tobacco/smoking cessation program (7)
- Weight loss program (8)
- HIV/ADS and STD screening (9)
- CPR Training (10)
- Blood Sugar Check (11)
- Skin Screening (12)
- Cancer Screening (13)
- Fall prevention education (14)
- Hearing exam (15)
- Vision exam (16)
- Emergency preparedness training (17)
- Dental screening (18)
- Depression screening (19)
- Alcohol rehabilitation (20)
- Drug rehabilitation (21)
- Prenatal care (22)
- Check body weight (23)
- Other (24)

Q7 Thinking about **yourself or other adults** in the community where you live, what are the **top three** mental health and substance use problems? Choose three items from the list that are a concern for **yourself or other adults** in your community.

- Alcohol use (1)
- Anxiety (2)
- Depression (3)
- Domestic violence (4)
- Drug use (5)
- Eating disorders (6)
- Loneliness (7)
- Post Traumatic Stress Disorder (PTSD) (8)
- Serious mental illnesses (schizophrenia, major depressive disorders, bipolar disorder) (9)
- Suicide (10)
- Not listed here or prefer to describe: (11) _____
- Not sure (12)

Q8 Thinking about **you or other children** in the community where you live, what are the **top three** mental health and substance use problems? Choose **three** items from the list that are a concern for **you or other children** in your community.

- Alcohol use (1)
- Anxiety (2)
- Bullying (3)
- Depression (4)
- Drug use (5)
- Eating disorders (6)
- Loneliness (7)
- Post Traumatic Stress Disorder (PTSD) (8)
- Serious mental illnesses (schizophrenia, major depressive disorders, bipolar disorder) (9)
- Suicide (10)
- Not listed here or prefer to describe: (11) _____
- Not sure (12)

We strive to create programs and services that represent the full diversity of our community. We are asking the following questions about you to ensure that we are meeting this goal. You may skip any questions that you prefer not to answer. All responses are confidential and anonymous.

Q9 What is your age group?

- Under 18 (1)
- 18-24 (2)
- 25-34 (3)
- 35-44 (4)
- 45-54 (5)
- 55-64 (6)
- 65-74 (7)
- 75+ (8)
- Prefer not to disclose (9)

Q10 Gender

- Male (1)
- Female (2)
- Other or prefer to self-describe: (3) _____
- Prefer not to disclose (4)

Q11 Which of the following best describes you?

- American Indian or Alaska Native (1)
- Asian (2)
- Black or African American (3)
- Hispanic (4)
- Middle Eastern or North African (5)
- Native Hawaiian or Other Pacific Islander (6)
- White (7)
- Other or prefer to self-describe: (8) _____
- Prefer not to disclose (9)

Q12 What is the highest level of education you have completed?

- Less than high school (1)
- High school diploma/GED (2)
- Some college credit, no degree (3)
- 2-year college/Vocational training (4)
- 4-year college/Bachelor's degree (5)
- Master's, Professional, or Doctorate degree (6)
- Other or prefer to self-describe: (7) _____
- Prefer not to disclose (8)

Q14 What best describes your employment status?

- Full-time (1)
- Disabled (2)
- Not Employed (3)
- On Active Military Duty (4)
- Part-time (5)
- Retired (6)
- Self Employed (7)
- Student Full-time (8)
- Student Part-time (9)
- Other or prefer to self-describe: (10) _____
- Prefer not to disclose (11)

Q13 Which languages do you speak at home? Choose all that apply.

- English (1)
- Japanese (2)
- Kiche, (3)
- Korean (4)
- Sign Language (ASL) (5)
- Spanish (6)
- Vietnamese (7)
- Other or prefer to self-describe: (8) _____
- Prefer not to disclose (9)

Q15 What is your total household income for the year?

- Less than \$10,000 (1)
- \$10,000 to \$24,999 (2)
- \$25,000 to \$49,999 (3)
- \$50,000 to \$74,999 (4)
- \$75,000 to \$99,999 (5)
- \$100,000 to \$149,999 (6)
- \$150,000 to \$199,999 (7)
- \$200,000 or more (8)
- Prefer not to disclose (9)

Appendix B

Perry County Community Health Needs Assessment Results

426 Perry County residents participated in an online survey of community residents that was conducted in fall 2024. Respondents were asked a variety of question about themselves, their families, and their community. These questions included personal health-related questions and their perception of their community regarding health-related topics.

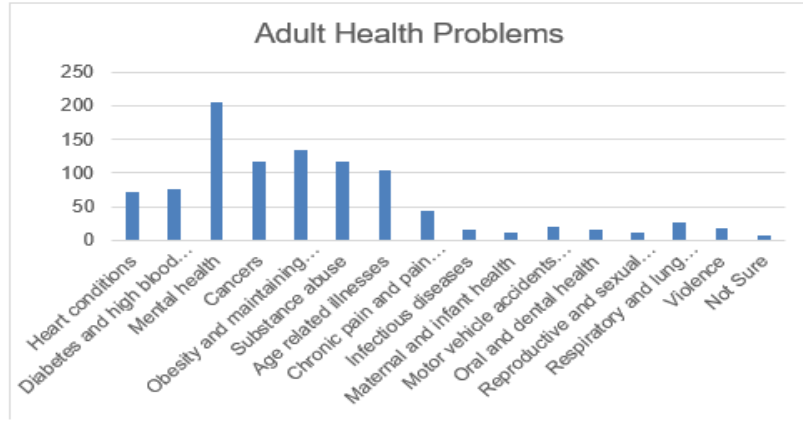
While the sample is not a perfect representation of Perry County residents, in many respects it is representative. The sample is overwhelmingly female (90%), better educated (81% had post HS education), employed full-time (80%) and between the ages of 35-64 (68%). The racial/ethnic identity (95% white) is just below the county and 76% indicate income level over \$50,000.

Available Community Resources

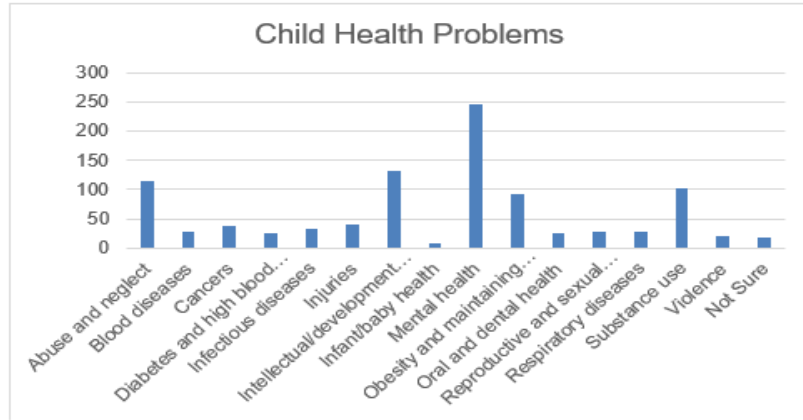
The table below indicates how 314 residents responded when asked about available community resources. A few of these, safe childcare, affordable housing, public transportation, and mental health and substance use services were identified as concerns to be considered as priorities for 2025 CHNA.

	Never	Rarely	Sometimes	Often	Always	Not Sure
Safe Childcare	2	44	78	76	47	67
Affordable healthy foods	2	44	78	76	47	67
Affordable housing	30	110	107	33	9	25
Public transportation	108	91	55	20	5	35
Health care services	5	11	62	100	131	4
Mental health and substance use services	18	49	102	61	47	37
Places to be physically active, such as community parks	4	8	35	79	183	5
Services that support people as they age	8	27	87	111	35	46
Clean outdoor environment	1	10	59	138	101	5
Good paying jobs	9	53	127	89	27	10
Good schools	6	17	65	118	101	7
Safe community	0	9	72	163	66	4

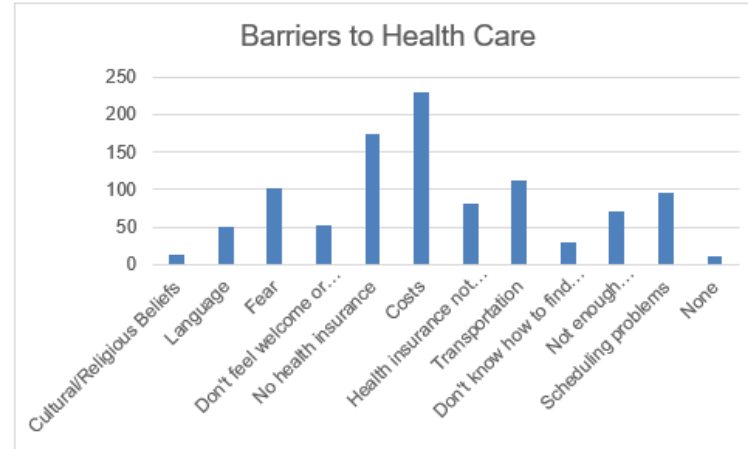
Respondents were asked to choose 3 items that are a concern for themselves or other adults in our community. The most identified health concerns for adults were mental health, obesity and maintaining a healthy weight, substance abuse, cancers and age-related illnesses.



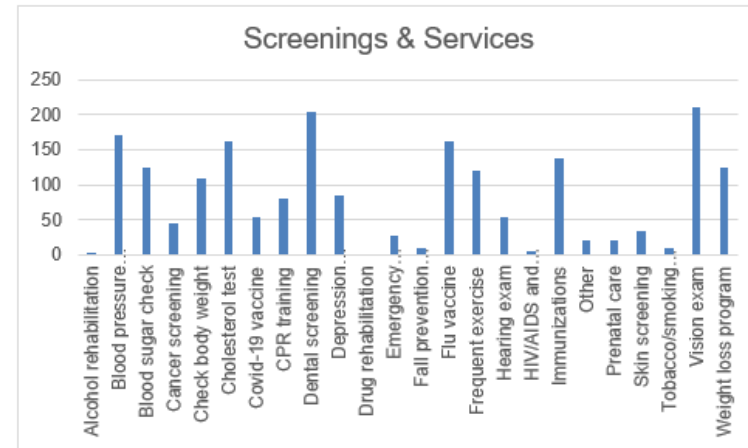
Respondents were asked to choose 3 items that are a concern for their or other children in our community. The most identified health concerns for children were mental health, intellectual/developmental disabilities, abuse and neglect, substance use and obesity and maintaining a healthy weight.



Respondents were asked to choose all barriers they believe to prevent access to health care in our community. The chart below shows the barriers identified by the participants with costs, no health insurance, transportation, fear, and scheduling problems as the top concerns.



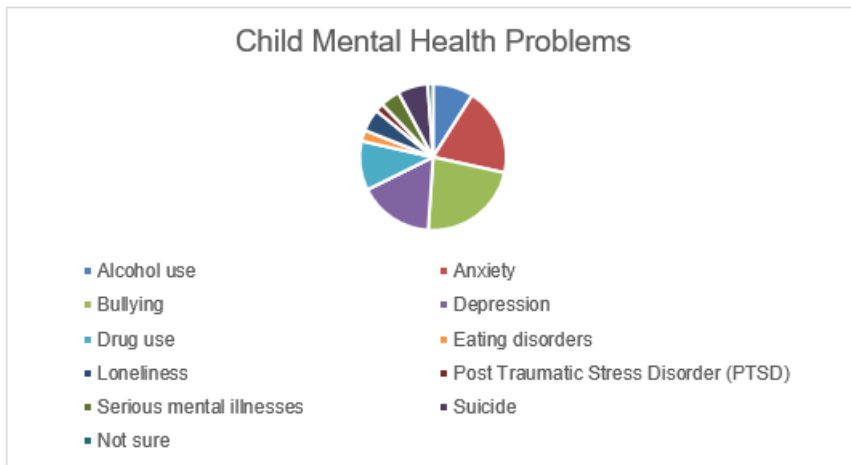
Respondents were asked to choose all screenings and services that they or family members received in the past 12 months. Behind dental screenings and vision exams are the additional preventive services of blood pressure screening, cholesterol test and flu vaccines and immunizations.



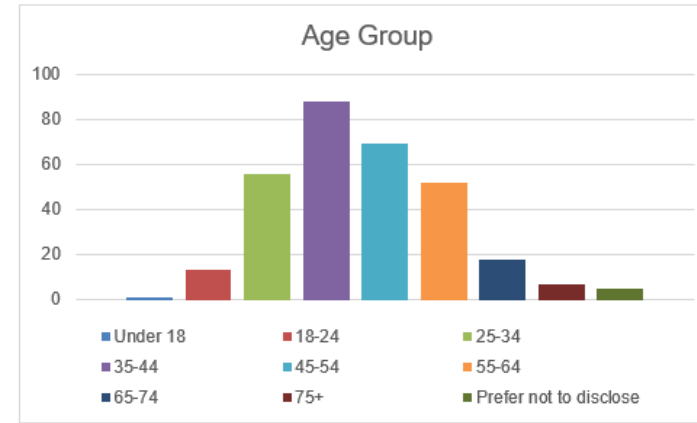
The area of mental health was examined further by asking respondents to choose 3 items that were concerns for themselves or other adults in the community. The areas of depression, alcohol use, anxiety and drug use were identified significantly higher than other areas.



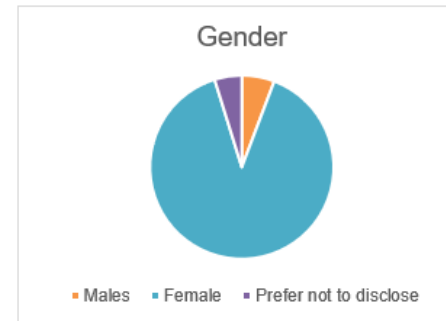
The area of mental health was examined further by asking respondents to choose 3 items that were concerns for their children or other children in the community. The areas of bullying, depression, and anxiety identified significantly higher than other areas with drug use and alcohol use not far behind.



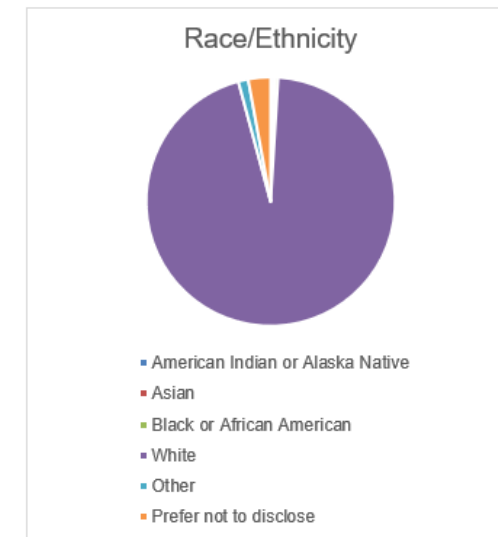
Most of the respondents were between the ages of 35-54. This combined with the ages of 25-34 and 55-64 make up over half of the survey participants.



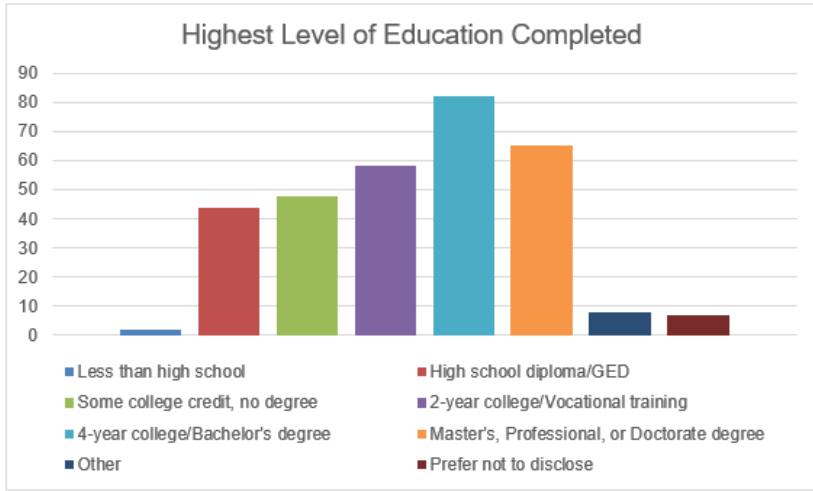
The overwhelming majority of the survey respondents were female.



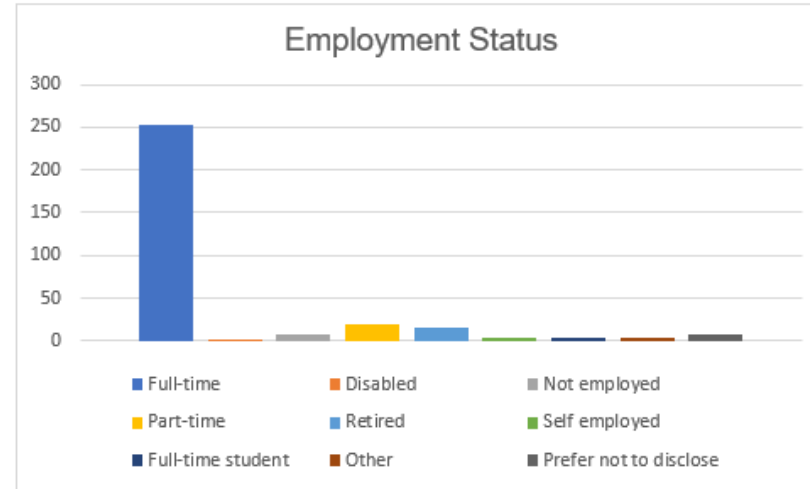
The overwhelming majority (95%) of the survey respondents were white. This is consistent with the 96% provided by the U.S. Census Bureau.



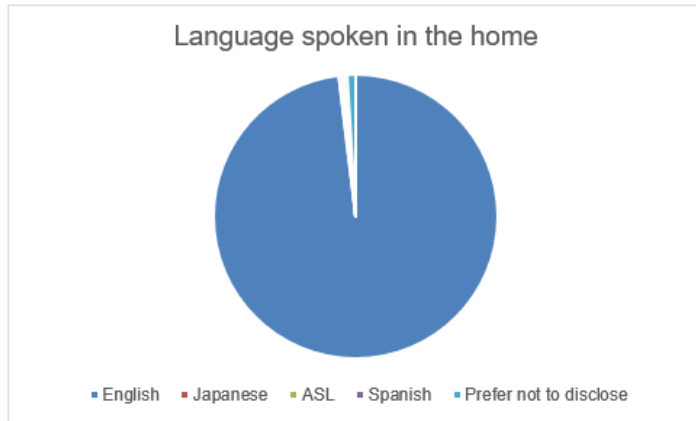
Most of the survey respondents had some level of education beyond high school. The total number of respondents with a 4-year degree or higher (147) was just slightly lower compared to those with a high school diploma, some college and 2-year college combined (150).



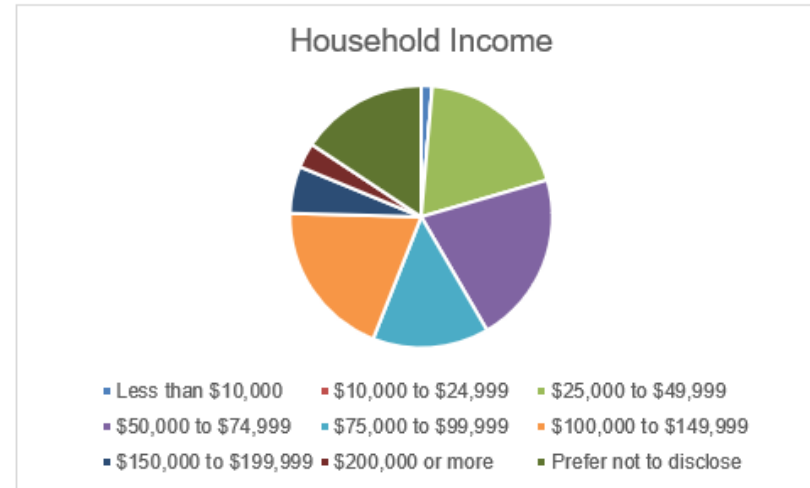
An overwhelming majority of the survey respondents are employed full-time.



The most spoken language in the home among the survey respondents is English.



One-third of the survey respondents fall in the range of the median household income of \$63,356 from the U.S. Census Bureau.





Your life is our life's work.