



## 4C Health 2024 CHNA Addition – White County

White County, Indiana, located 83 miles from the Indianapolis metroplex, is situated in Northwest Indiana. White County is home to a population of 24,593. The county seat and largest city is Monticello. Although 4C Health does not have a direct presence in the White County community currently, area 4C Health centers in Pulaski, Fulton, Carroll, and Cass County support the residents of this vastly rural community. This assessment will serve as an assessment in the long-term strategic planning of 4C Health’s outreach to the residents of White County. Within the community, 15,156 persons (61.3%) are classified as living in the rural community, whereas the remaining 9,532 persons live in urban areas. This blend of urban and rural areas presents both opportunities and challenges, further emphasizing the importance of organizations like 4C Health in bridging healthcare disparities and improving the overall well-being of residents across the county.

### Community Demographics

Demographic Factors	White County	Indiana	United States
<b>Population Change 2010-2020</b>	0.18%	4.6%	7.1%
<b>Median Age</b>	42	37	38
<b>Population Age 0-17</b>	23.4%	23.5%	22.5%
<b>Population Age 65+</b>	19.7%	15.6%	16.0%
<b>Hispanic Population</b>	8.8%	7.3%	18.4%
<b>Non-Hispanic White Population</b>	88.5%	77.8%	59.4%
<b>Black or African American Population</b>	0.52%	9.4%	12.5%
<b>Veteran Population</b>	8.7%	7.0%	6.8%
<b>Population with a Disability</b>	17.1%	13.6%	12.6%
<b>Population with Limited English Proficiency</b>	3.0%	3.0%	8.0%

The White County community continues to grow in its total population and in its diversity as continuous growth in manufacturing job opportunities has diversified the community as a whole:

- **Population Change:** Although there has only been a slight increase in population over the last ten years (0.18%), other rural Indiana counties in the Northwest are experiencing large declines in population. Of greatest note, has been the population growth seen across special population groups. From 2010-2020, the Hispanic population has seen a 40% increase in population growth in White County, an increase in nearly 707 persons over

the ten-year period. The Non-Hispanic White population has seen a decline in population of nearly 1,267 persons over the ten-year time span.

- **Median Age/Aging Population:** The median age in the community (42) is greater than the median age seen across the state of Indiana (37) and the United States (38). This has long-term implications on the healthcare needs of an aging population. With nearly 19% (4,854 persons) of the total population over 65, healthcare providers must prioritize the delivery of healthcare services that meet the demand for aging health conditions. Additionally, 1,647 Veterans call White County home, a greater population percentage compared to Indiana and the US. The aging population has unique healthcare needs and challenges, as well as barriers to care, that 4C Health must address.
- **Young Populations:** The largest growth in population for those under age 18 is seen in the Hispanic population, with nearly 43% of the population under age 18 being Hispanic. This growth is far greater than what is seen across Indiana (37%) and the United States (30.9%). In the same manner that healthcare providers must advance its delivery of healthcare services to match the growing aging population, pediatric healthcare and integrated health services must be available for the growing youth population to ensure healthy outcomes in the years to come through early identification, assessment, and treatment of disease.
- **Persons Living with a Disability:** The service area has a total population of 24,329 for whom disability status has been determined, of which 4,182 or 17.19% have any disability. The percentage of persons in the White County community with a disability surpasses both state (13.61%) and US (12.64%) rates, indicated a subpopulation with more specialized needs that must be met by healthcare services present in the community to reduce barriers in accessing care for those living with a disability. This indicator is relevant because disabled individuals may require targeted services and outreach by providers. Individuals with disabilities face significantly higher disparities related to health care access, behaviors, health status, and social determinants of health, and there is evidence of an increase in likelihood of substance misuse. With higher rates of people living with disabilities in the service area, there will continue to be a greater need for healthcare and supportive services from this group.

### ***Social Drivers that Impact Health Outcomes***

Social drivers of health, also known as social determinants of health, are conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life risks and outcomes. However, “determinants” suggests nothing can be done to change our health fate. By saying social factors drive our health, we reframe the conversation about health. We show that social factors do not force health to be fated or destined, but rather they are something that people and communities can overcome or change.<sup>1</sup>

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<sup>1</sup> <https://www.elevancehealth.com/our-approach-to-health/whole-health/social-drivers-vs-social-determinants-of-health-unstacking-the-deck>

White County is ranked in the lower middle range (25%-50%) of counties in Indiana on health outcomes, with an overall rank of 50 out of 92 for health outcomes and health factors in the state of Indiana.

Social Drivers	White County	Indiana	United States
<b>Unemployment Rate</b>	2.7%	3.4%	3.5%
<b>Median Household Income</b>	\$60,237	\$61,944	\$69,021
<b>Children Below 200% FPL</b>	42.1%	38.6%	37.7%
<b>Children Eligible for Free/Reduced Lunch</b>	54.0%	44.4%	51.7%
<b>Population Below 200% FPL</b>	30.3%	29.8%	29.2%
<b>Population Age 25+ with No High School Diploma</b>	10.8%	10.2%	11.1%
<b>Percent Cost-Burdened Households</b>	20.1%	23.7%	30.3%
<b>Area Deprivation Index</b>	73	63	46
<b>Uninsured Population</b>	8.0%	7.9%	8.7%
<b>Households with No Motor Vehicle</b>	2.6%	6.1%	8.3%
<b>Households with No Computer</b>	8.0%	8.3%	6.9%
<b>Food Insecurity Rate (Total Population)</b>	9.6%	10.7%	10.7%
<b>Food Insecurity Rate (Children)</b>	10.1%	11.3%	12.8%

While most factors are similar to state and US rates, barriers to care are still prevalent within the community:

- **Unemployment:** Although unemployment is slightly lower in White County (2.7%) as compared to the state of Indiana (3.4%), there are still 361 persons in the community who are unemployed and are without access to health insurance coverage that can be a barrier in accessing needed medical care services. Manufacturing is the largest employment sector in the country, causing population growth as people seek jobs that tend to not require an extensive educational background. Examples of negative health outcomes associated with unemployment include increases in depression, symptoms of distress, and low self-esteem, with a more limited body of research suggesting an association with poorer physical health, including increases in cardiovascular risk factors such as serum cholesterol, hypertension, and respiratory infections. Those that are unemployed or uninsured may forego health services, especially preventive health care. 4C Health eliminates this barrier to care, providing care to all patients regardless of their ability to pay for services.
- **Uninsured Population:** 8.0% of the White County population (or 1,968 persons) are without health insurance. The lack of health insurance is a key driver of health status. The uninsured rate in White County is greater than the state (7.9%). 11.8% of those aged 18-64 are uninsured and 5.9% of those under age 18 are uninsured.
- **Poverty:** The percentage of those (children and total population) living below 200% FPL is far greater in White County than the state and US. 42.1% of the population under age

18 (or 2,372 persons) are living below 200% FPL. This rate is higher than both the state (38%) as a whole and US (37%). Poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.

Additionally, 54% of students are eligible for free or reduced-priced lunch, compared to 44% in Indiana and 51% across the nation. Of the total population, 30.3% (or 7,349 persons) are living below 200% FPL, greater than both the state (29.8%) and US (29.2%).

- **Educational Attainment:** Nearly 1,841 (10.86%) of people in the community aged 25+ do not have a high school diploma. Of all of the Hispanic population in the service area, the percentage of the population with no high school diploma is 57%, of great concern as this population continues to migrate to the community to seek job opportunities.
- **Area Deprivation Index (ADI):** The ADI for White County is 73, compared to 63 in Indiana. ADI ranks neighborhoods and communities relative to all neighborhoods across the nation and uses a scale to indicate the levels of deprivation/disadvantage in an area, where 1 is the lowest and 100 is the highest level of deprivation. White County is more disadvantaged than the average county in Indiana.

In alignment with Healthy People 2030, 4C Health focuses on reducing health disparities for patients and Indiana communities. Health disparities are defined as differences in health or the critical determinants of health such as safe housing, discrimination, resources, and education that negatively affect marginalized populations.

**Health Outcomes**

Health Outcomes	White County	Indiana	United States
Percentage Teen Births (per 1,000)	32.8	23.1	19.3
Percentage with Asthma	4.0%	4.9%	5.0%
Medicare Beneficiaries with Diabetes	28.7%	27.8%	27.0%
Medicare Beneficiaries with Heart Disease	29.5%	28.3%	26.8%
Medicare Beneficiaries with High Blood Pressure	61.5%	59.6%	57.2%
Mortality – Cancer (per 100,000)	175.9	166.8	149.4
Mortality – Coronary Heart Disease (per 100,000)	101.3	98.1	91.5
Mortality – Lung Disease (per 100,000)	61.8	55.3	39.1
Mortality – Unintentional Injury (per 100,000)	62.8	57.7	50.4
Years of Potential Life Lost (per 100,000)	9,383	8,595	7,296
Population with Poor or Fair General Health	18.3%	17.4%	16.1%

The significant causes of morbidity and mortality and health disparities outlined above provide a clearer picture of the gaps in services that 4C Health is helping to fill.

- **Heart Disease, High Blood Pressure, and Diabetes:** Across all three health outcomes, White County ranks higher than both state and national rates. The community is plagued with chronic health conditions that lead to higher mortality rates related to these conditions. Along these lines, in White County, the estimated prevalence of fair or poor health among adults aged 18 years and older was 18.3%, far higher than both Indiana (17.4%) and the US (16.1%).
- **Mortality:** Higher rates of mortality relating to Cancer (175.9 per 100,000), Lung Disease (61.8 per 100,000), Coronary Heart Disease (101.3 per 100,000), and Unintentional Injury (62.8 per 100,000) are seen in the population. These death rates have an impact on the staggering 9,383 per 100,000 years of potential life lost due to poor health behaviors that lead to poor health outcomes.

### ***Mental Health and Substance Use***

When analyzing the need for behavioral health services specifically, White County has rates of excessive drinking, suicides, and those experiencing mental distress. The ratio of mental health providers to population is far greater than seen across the state and the US, highlighting a gap in healthcare services that needs to be addressed to improve the mental health and wellbeing of the community.

<b>Health Outcomes</b>	<b>White County</b>	<b>Indiana</b>	<b>United States</b>
<b>Excessive Drinking</b>	19%	18%	19%
<b>Ratio Population to Mental Health Providers</b>	2,050:1	530:1	340:1
<b>Age-Adjusted Death by Suicide (per 100,000)</b>	21.5	15.4	13.8
<b>Average Number of Mentally Unhealthy Days (previous 30 days)</b>	5.1	4.9	4.4

According to the National Alliance on Mental Illness, 4,426,818 people in Indiana live in a community that does not have enough mental health professionals. More than 90,000 Hoosiers aged 12-17 have depression and 54% did not receive any care in the past year.<sup>2</sup> 4C Health offers a myriad of support to patients, including integrated care delivery through specialty partnerships that allow patients to receive mental health and substance use services at their primary care office and primary care services at their 4C Health location and school-based services in 42 school corporations, addressing the dire need for mental health support in Indiana.

### ***Existing Health Services***

The following health services are available in the White County community, however as it relates to the FQHC Health Centers, only 10.5% of the total population is being served by a Health Center and only 39% of the total population is being served.

- **FQHC Health Centers:** Family Health Clinic of Monon, Family Health Clinic of Wolcott

<sup>2</sup> National Alliance on Mental Illness, Indiana State Fact Sheet – February 2021

- Hospitals: IU Health White Memorial Hospital
- Substance Use Treatment and Mental Health Facilities: Valley Oaks Health, North Central Health Services
- Health Department: White County Health Department

4C Health is the Community Mental Health Center serving the White County community, however, there is still a great need for services as suicide and overdose deaths have increased over previous years, the current workforce is aging, and the population of White County is growing and becoming more diverse.

### ***Need For Health Services***

Despite the current health services in White County, there is still a pressing need, as identified by the community. Community surveys, other local healthcare organization's CHNAS, and focus group meetings indicated a high level of concern and need surrounding behavioral healthcare and substance use disorder and the need for more behavioral health care services and substance use disorder services. The Indiana Behavioral Health Commission released a final report in September 2022 examining Indiana's behavioral healthcare system and outlining recommendations to improve the system. The Commission found that Indiana's Behavioral Health System infrastructure is grossly underfunded and in need of reforms to improve and enhance behavioral healthcare.

A 2021 Community Health Needs Assessment, conducted by Indiana University Health in collaboration with IU Health White Memorial Hospital, highlights the importance of behavioral health services in White County<sup>3</sup>:

- Compared to Indiana and national averages, White County has significantly lower rates of primary care physicians, dentists, and mental health providers. The county ranked in the bottom half of Indiana counties for each of these provider types.
- Portions of White County have been designated as Medically Underserved Areas (MUAs).
- White County has been designated as primary care and mental health care Health Professional Shortage Areas (HPSA).
- Census tracts in the south of the county have been designated as food deserts.
- The uninsured rate in White County is significantly above state and national averages.
- Mental health concerns, the stigma around mental health, access to mental health services, and the supply of mental health providers (especially for low-income populations) were identified as significant needs. Child mental health has been thought to be worsening due to high expectations in school and health. Mental health concerns were exacerbated due to COVID-19 pandemic impacts such as social isolation, loneliness, and economic impacts.

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<sup>3</sup> [https://cdn.iuhealth.org/resources/2021\\_IUH\\_White\\_Memorial\\_Hospital\\_CHNA\\_Final.pdf](https://cdn.iuhealth.org/resources/2021_IUH_White_Memorial_Hospital_CHNA_Final.pdf)

The COVID-19 pandemic has exacerbated the behavioral health and SUD crisis. Behavioral health greatly impacts physical health and integration is necessary to ensure that primary care and behavioral health is coordinated to achieve optimal health status for patients. Those with untreated behavioral health and SUD may not seek primary health care due to their conditions, stigma or even fear. 4C Health understands the importance of integration and is continually looking for ways to better meet the behavioral and SUD needs of patients in the service area to improve overall health status.

### ***Summary***

Despite existing health services in the area, there is a pressing need to address the health factors and outcomes, coupled with an aging demographic, in White County, Indiana. Plagued by alarming rates of chronic health conditions and mental health issues leading to premature death and a life expectancy lower than neighboring counties, White County is in dire need for comprehensive healthcare reform and increased access to quality medical services. 4C Health is well positioned to address the specific needs of the community and provide crucial mental health and substance use services to the population of more than 25,000 people. Community feedback noted the critical need for expanded access to mental health and substance use services in IU Health's community hospital CHNA, further driving the point that there is a need and demand for services in the community.