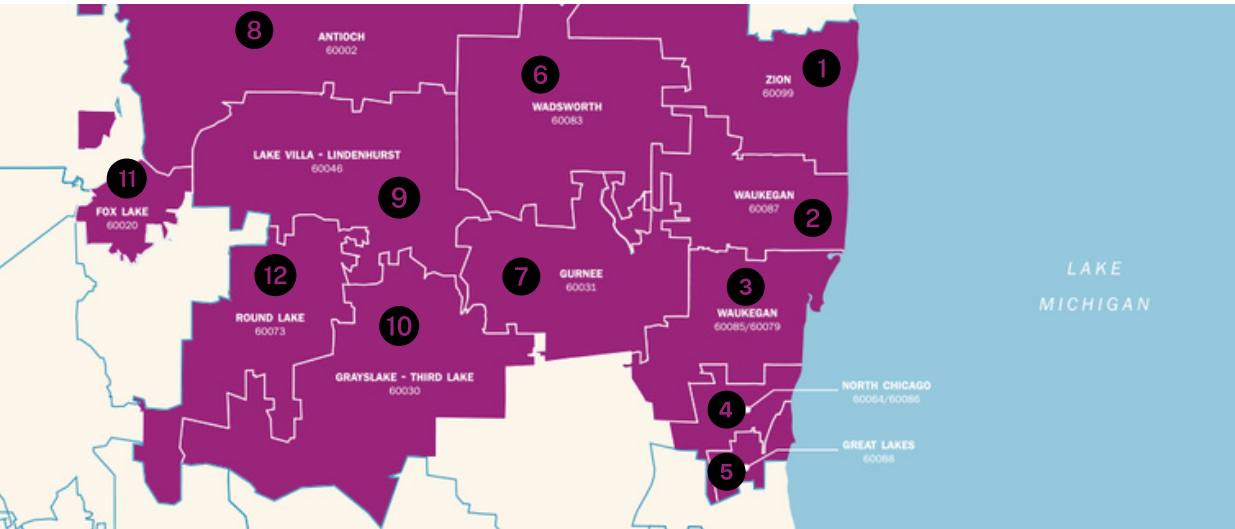


Northern Lake County and the Social Determinants of Health

Social determinants of health (SDOH) are the non-medical factors that influence health outcomes. They are also known as the social drivers of health and social influencers of health. They are the conditions in which people are born, grow, work, live, and age, and the broader set of forces and systems shaping the conditions of daily life. Outlined below are some of the SDOH impacting the residents living in the communities of northern Lake County.



1. Zion – Total population: 24,660, Age: 32.6 median age, 29% under 18, 60% 18 to 64, 12% 65 and over, Gender: 46% male, 54% female, Race/ethnicity: 29% white, 26% black, 4% Asian, 37% Hispanic, 3% two or more races/ethnicities, Income: \$27,451 per capita, \$58,431 median household income, Poverty rate: 14.9%, Foreign born population: 15.5%

Economic stability (Income)

Income is a social determinant of health because people with higher incomes have more capital to spend on health-promoting goods and services, including education, food, and housing, in a safe and accessible neighborhood. Zion's average household income is much lower than other areas of Lake County at \$58,431. Lake County's average household income is \$133,596, and Wadsworth, Zion's neighboring community to the west, is \$120,171.

Community and Social Context (Community Engagement)

Community engagement is a social determinant of health because participation in the community increases social cohesion and improves the community conditions that influence population health. The Zion Coalition for Healthy Communities and its Zion Benton Leadership Academy is a great example of how collaboration and a growing network of community partners can improve health, wellness, and social issues. Their goal is to provide the training/skills to engage more people in community leadership, giving residents voices to address current health issues.

2. & 3. Waukegan – Total population: 85,791, Age: 36.3 median age, 20% under 18, 68% 18 to 64, 12% 65 and over, Gender: 52% male, 48% female, Race/ethnicity: 19% white, 13% black, 7% Asian, 58% Hispanic, 3% two or more races/ethnicities, Income: \$29,092 per capita income, \$64,178 median household income, Poverty rate: 12.9%, Foreign born population: 34.3%

Neighborhood and Physical Environment (Safety)

Environmental Safety is a social determinant of health because communities exposed to poor environmental quality experience more sickness and disease than less polluted communities. Waukegan is home to five superfund sites, which are locations polluted with hazardous material. Superfund sites have been linked to adverse health effects including, high infant mortality, poor mental health, water and food-borne illness, and cancer.

Neighborhood and Physical Environment (Zip Code)

Zip Code is a social determinant of health because where you live affects how you live; it impacts whether you have access to healthy food, safe places to exercise, or health services when needed; it affects your personal and family's economic prosperity based on the availability of jobs, unemployment rates, education, and training opportunities. Residents of Waukegan's northern zip code (60087) are more likely to have health insurance and a higher median income when compared to residents of Waukegan's southern zip code (60085).

4. North Chicago – Total population: 30,619, Age: 23.7 median age, 18% under 18, 75% 18 to 64, 6% over 65, Gender: 60% male, 40% female, Race/ethnicity: 30% white, 25% black, 6% Asian, 35% Hispanic, 4% two or more races/ethnicities, Income: \$23,116 per capita income, \$47,884 median household income, Poverty rate: 21.4%, Foreign born population: 16.7%

Food (Access to Healthy Food Options)

Food is a social determinant of health because food insecurity is associated with poorer health outcomes and higher odds of chronic illness. Until 2021, North Chicago was categorized as a food desert, with few to no affordable and nutritious food options. The community did not have a full-service grocery store within the city limits, limiting access to fresh vegetables and fruits, uncooked meats, and dairy products.

Education (Early Childhood Education)

Education is a social determinant of health because it impacts your ability to get a job, your income, and, therefore, many other social determinants of health. Adults with higher educational attainment live healthier and longer lives compared to their less educated peers. North Chicago's school district has struggled for years with poor performance and students' educational attainment of students. The North Chicago School District has just 54% of the funding it needs to serve its students. In comparison, the surrounding affluent and white communities have over 100% of their funding targets. The graduation rate of North Chicago Community High School is 55-59%, compared to the Illinois state average of 87%. Additionally, the dropout rate is 6.8% compared to the state average of 3.4%. According to research conducted by the Center on Juvenile and Criminal Justice, dropout status significantly increases the chance an individual will interact with the criminal justice system.

5. Great Lakes – Total population: 13,251, Age: 20.8 median age, 10% under 18, 90% 18 to 64, Gender: 71% male, 29% female, Race/ethnicity: 47% white, 18% black, 7% Asian, 23% Hispanic, 5% two or more races/ethnicities, Income: \$24,801 per capita income, \$57,967 median household income, Poverty rate: 14.4%, Foreign born population: 5.9%

Health Care System (Health Coverage)

Health coverage is a social determinant of health because receiving healthcare and going to recommended providers is essential to living a healthy life. Great Lakes is home to the Navy's largest training installation and only boot camp. The U.S. Navy provides health coverage, to all members of the Navy as well as their families. The Naval Station in Great Lakes has a hospital that offers surgical and intensive care services and inpatient facilities.

6. Wadsworth – Total population: 3,460, Age: 51.4 median age, 20% under 18, 60% 18 to 64, 21% 65 and over, Gender: 49% male, 51% female, Race/ethnicity: 80% white, 3% black, 1% Asian, 11% Hispanic, 4% two or more races/ethnicities, Income: \$54,318 per capita income, \$106,991 median household income, Poverty rate: 5%, Foreign born population: 3.9%

Education (Higher Education)

Receiving an education that supports the career options within the community you live in is a social determinant of health because it provides access to many more job opportunities. More job opportunities lead to more employment and, thus, higher income and quality health care. Wadsworth prides itself on their rural character, with proximity and ownership of active farmlands. The College of Lake County has a thriving horticulture program, which includes a sustainable agriculture degree and certificate option. This program provides Wadsworth residents with career options within their community and the ability to live and grow sustainably.

7. Gurnee – Total population: 27,664, Age: 44.9 median age, 21% under 18, 62% 18-64, 17% 65 and over, Gender: 50% male, 50% female, Race/ethnicity: 86% white, 1% black, 3% Asian, 6% Hispanic, 3% two or more races/ethnicities, Income: \$43,887 per capita income, \$90,750 median household income, Poverty rate: 8.6%, Foreign born population: 5.6%

Economy (Employment)

Having a steady, dependable, and well-paying job is a social determinant of health because it ensures a sustainable source of income, health insurance coverage, and social connections. The largest industries in Gurnee are the manufacturing and retail service industries which both are growing significantly. It's important to note that both often don't pay employees a livable wage, leaving many with housing and income stress.

Healthcare System (Quality of Care)

Quality of Care is a social determinant of health, including the use of evidence-based practices and appropriate patient-to-provider ratio because poor quality results in poor health outcomes; individuals are less likely to access preventive care and are diagnosed at later stages of disease, increasing morbidity and mortality rates. Gurnee has several large physician practices that are affiliated with hospitals that have earned 5 stars in the Centers for Medicare and Medicaid Services 5-star rating system. However, according to the Health Resources and Services Administration, the United States is experiencing a critical shortage of healthcare providers, especially culturally and linguistically diverse providers, which negatively impacts healthcare quality. Studies have shown that minority communities have better health outcomes and have increased access to care when they are treated by a doctor who looks like them, has more experience with different cultures and backgrounds, or speaks their language.

8. Antioch – Total population: 27,664, Age: 44.9 median age, 21% under 18, 62% 18-64, 17% 65 and over, Gender: 50% male, 50% female, Race/ethnicity: 86% white, 1% black, 3% Asian, 6% Hispanic, 3% two or more races/ethnicities, Income: \$43,887 per capita income, \$90,750 median household income, Poverty rate: 8.6%, Foreign born population: 5.6%

Neighborhood and Physical Environment (Transportation)

Transportation is a social determinant of health because it facilitates access to essential services such as healthcare and social services or education and employment opportunities. Antioch has no public bus service. A train station connects Antioch to Chicago's hub and spoke system, requiring a person to travel into Chicago to reach other municipalities, requiring longer travel times and distances.

Health Care System (Provider Availability)

Provider availability is a social determinant of health because many people don't get recommended healthcare services when they live too far away from the healthcare providers who offer them. The closest hospital to Antioch is a 40-minute drive. Additionally, there are zero general practitioners, obstetricians/gynecologists, pediatricians, or neurologists.

9. Lake Villa/Lindenhurst – Total population: 39,985, Age: 37.4 median age, 26% under 18, 62% 18 to 64, 11% 65 and over, Gender: 51% male, 49% female, Race/ethnicity: 71% white, 3% black, 5% Asian, 18% Hispanic, 2% two or more races/ethnicities, Income: \$42,236 per capita income, \$107,255 median household income, Poverty rate: 4.7%, Foreign born population: 11.7%

Neighborhood and Physical Environment (Parks)

Quality parks and recreational spaces are a social determinant of health because they improve air, water, and environmental conditions in communities; have been shown to reduce area crime and violence; promote access to physical activity opportunities; and provide opportunities for social and civic engagement. Lake Villa is the home to eight Lake County Forest Preserves, seven lakes that allow recreational use, and a plethora of parks and playgrounds; all of which are open from sunrise to sundown. However, according to Brushwood Center's recent report; Health, Equity and Nature: A Changing Climate in Lake County, IL, 48% of residents have access, safety, or maintenance concerns when considering using a forest preserve or park.

10. Grayslake – Total population: 20,827, Age: 37.7 median age, 23% under 18, 65% 18 to 64, 12% 65 and over, Gender: 51% male, 49% female, Race/ethnicity: 72% white, 7% black, 6% Asian, 10% Hispanic, 4% two or more races/ethnicities, Income: \$50,354 per capita income, \$109,975 median household income, Poverty rate: 6.3%, Foreign born population: 11.6%

Education and Economic Stability (Higher Education/Vocational Training and Debt)

Affordable vocational training and other higher education opportunities are social determinants of health because they give individuals a chance at upward mobility, which places them in better financial circumstances to access quality health care; it also keeps them better informed about how to take care of their health. Grayslake is home to the College of Lake County's (CLC) main campus and the University Center of Lake County, which provide accessible and affordable educational and vocational opportunities. CLC has an acceptance rate of 100%, and the average financial aid package supports over 50% of the total cost of tuition, fees, and books.

11. Fox Lake – Total population: 10,945, Age: 46.2 median age, 18% under 18, 62% 18 to 64, 20% 65 and over, Gender: 45% male, 55% female, Race/ethnicity: 82% white, 2% black, 1% Asian, 11% Hispanic, 3% two or more races/ethnicities, Income: \$37,239 per capita income, \$64,221 median household income, Poverty rate: 13.1%, Foreign born population: 5.6%

Neighborhood and Physical Environment (Housing)

Housing is a social determinant of health because poor quality and inadequate housing contribute to health problems such as chronic diseases and injuries and harmful childhood development. Access to affordable housing is paramount to reducing intergenerational poverty and increasing economic stability. In Fox Lake, more than half the houses were built before 1980, requiring more maintenance and thus becoming more difficult for older and low-income homeowners to maintain. Additionally, Fox Lake's proximity to the Chain of Lakes and Fox River limits affordable starter homes; many homes are utilized as vacation homes or rentals, increasing housing competition and prices. In Fox Lake, 49% of all renters are cost-burdened, spending more than half of their household income on rent.

12. Round Lake – Total population: 18,720, Age: 37 median age, 29% under 18, 61% 18 to 64, 10% 65 and over, Gender: 48% male, 52% female, Race/ethnicity: 51% white, 4% black, 12% Asian, 27% Hispanic, 3% two or more races/ethnicities, Income: \$37,142 per capita income, \$86,451 median household income, Poverty rate: 8.6%, Foreign born population: 28.1%

Community and Social Context (Social Integration)

Social integration is a social determinant of health because those who struggle to integrate into society or have weak relationships are less likely to access the services/resources needed to improve their health or economic position. Integration into new areas is difficult, especially when opportunities and paths to success for immigrants in our county are limited. Round Lake has an immigrant population of 28.1%, over 10% above Lake County's average. Round Lake does its best to integrate these individuals into the community. A few examples include the school district's Mountaintop program, which enrolls children in the school system from birth, and Mano a Mano. This nonprofit that empowers immigrant families to become full participants in their community.

Education (Literacy and Language)

Literacy is an essential social determinant of health because limited language skills and low literacy skills are associated with lower educational attainment and poor health outcomes. Despite having English as a Second Language (ESL) and bilingual education programs, many non-English speaking immigrants experience difficulties navigating the U.S. education system and may perceive it as inequitable. Among Round Lake community members, 41.26% speak languages other than English. To address this, there are a variety of support systems in the school district and other programs, including the Together for Childhood Network, which provides GED, English as a Second language, and computer training primarily to Spanish-speaking adults. Additionally, park district and library services are offered in Spanish and English.