McLaren
PORT HURON

2025 Community Health Needs Assessment

To provide feedback about this Community Health Needs Assessment, visit www.mclaren.org/port-huron

2025 Community Health Needs Assessment

McLaren Port Huron

Table of Contents

Executive Summary

CHNA Purpose 3

Summary of Prioritized Needs 3

Summary of Needs Assessment Methodology and Process 4

Introduction and Background

About McLaren Port Huron 5

McLaren Port Huron's Approach to the CHNA 5

Community Served 6

Prioritization of Community Health Needs

Promoting Healthy Behaviors 8

Chronic Disease Prevention, Maintenance and Treatment 8

Access to High-Quality Health Care and Prevention Services 9

Reference and Resources 11

Approval 14

Executive Summary

Community Health Needs Assessment (CHNA) Purpose

The Patient Protection and Affordable Care Act (PPACA) passed by Congress in March 2010 set forth additional requirements that hospitals must meet to maintain their status as a 501(c)(3) Charitable Hospital Organization. One of the main requirements states that a hospital must conduct a Community Health Needs Assessment (CHNA) and must adopt an implementation strategy to meet the community health needs identified through the assessment.

The CHNA report must document how the assessment was done, including the community served and an assessment of the health needs of the community. The facility must solicit and consider input from persons who represent the broad interests of the community served by the hospital, including those with special knowledge of, or expertise in, public health. A written report must document the CHNA and be adopted by an authorized body of the hospital. The written report must be made public and a means to collect input must be in place. The report also includes a description of the impact of implemented strategies identified in the previous implementation strategy report.

This 2025 assessment is the sixth assessment conducted since the ACA was enacted and builds upon the information and understanding that resulted from the previous assessments. This assessment includes feedback from the community and experts in public health, clinical care, and others. This CHNA serves as the basis for implementation strategies that are required to be filed with the IRS as part of the hospital organization's 2025 Form 990, Schedule H.

Summary of Prioritized Needs

The CHNA team at McLaren Port Huron evaluated data and input sources collected to prioritize the major issues impacting the community we serve. Criteria included the number of persons affected by the various factors analyzed, the seriousness of the issues, the health needs of persons living in poverty or reflected other disparities and availability of community resources to address the needs. Strategic goals, community input and a review of the existing community benefit activities also guided this plan.

This process identified the following priority issues for the community:

1. Promoting healthy behaviors
2. Chronic disease prevention, maintenance and treatment
    a. Heart disease & stroke
    b. Cancer
    c. Diabetes
3. Access to high-quality health care and prevention services
    a. Access to medical care
    b. Trauma and injury prevention

Summary of Needs Assessment Methodology and Process

This CHNA was developed with 1) quantitative data review and analysis, 2) literature review to identify state and national benchmarks and evidence-based strategies that relate to the indicators/metrics measured through the quantitative data source, and 3) qualitative and quantitative data provided through dialogue with local residents and then filtering those needs against a set of criteria.

Health indicators, such as leading causes of death, disease rates, health risk behaviors, access to health care and review of county health rankings were collected and analyzed. Combining this analysis, input from the health and human service public agencies, community-based organizations, policy makers, and the community members, provided a basis to prioritize the current health of the community and how McLaren Port Huron could best impact these needs. This allowed for data collection across a broad range of indicators relating to overall population health, social determinants of health including geographic/location difference in health outcomes, and the needs of disadvantaged populations including uninsured persons, low-income persons, and minority groups within the service area.

This CHNA also includes information that was derived from a county-wide health needs assessment conducted in 2023, when the St Clair County Health Department published an independent Community Health Assessment and Improvement Plan. The primary goal of the study was to identify key health and health service issues in St Clair County.

Introduction and Background

About McLaren Port Huron

McLaren Port Huron is a 186-bed non-profit hospital located in Port Huron, Michigan. A community hospital founded in 1882, it has a strong history of providing quality, compassionate care to residents living in St. Clair and Sanilac Counties and has earned repeated recognition for both clinical excellence and patient safety from nationally renowned health care rating organizations.

McLaren Port Huron makes many health care specialties available to area residents, including cardiovascular care, cancer services, orthopedic care and general, bariatric and robotic-assisted surgeries. Also available at the hospital are board-certified emergency physicians and nurses who staff the county's busiest emergency center, family birthing services and the only accredited sleep center in the region.

McLaren Health Care Corporation, headquartered in Grand Blanc, Michigan, is a fully integrated health network, committed to quality, evidence-based patient care and cost efficiency.

McLaren Port Huron's Approach to the CHNA

McLaren Port Huron continually works with community partners to improve the health of its residents. The CHNA requirements have provided an opportunity to revisit our needs assessment and strategic planning processes with a focus on enhanced compliance and transparency. With this assessment and the prior CHNAs, the intent is to develop and implement a transparent, rigorous, and collaborative approach to understanding the needs and assets in our communities. From data collection and analysis, to the identification of prioritized needs and the development of an implementation strategy, the purpose was to develop a process that would yield meaningful results.

- **Data Sources** — Data for the CHNA was collected from a variety of sources and processed in multiple stages before being used for analysis. The majority of these additional variables were collected from five main data sources: (1) the 2024-2028 Community Health Improvement Plan and 2023 St Clair County Community Health Survey from the St Clair County County Health Department; (2) County Health Rankings & Roadmaps; (3) the Michigan Department of Health and Human Services (MDHHS); (4) the US Census Bureau; and (5) the Centers for Disease Control and Prevention (CDC).
- **Community Input** — Community input was provided by a broad-range of community members via community groups and health providers. Individuals with the knowledge, information, and expertise relevant to the health needs of the community were consulted.
- **Continuous Feedback** — McLaren Port Huron's current and previous CHNAs are widely available to the public on the hospital website. Anyone can comment on the report and

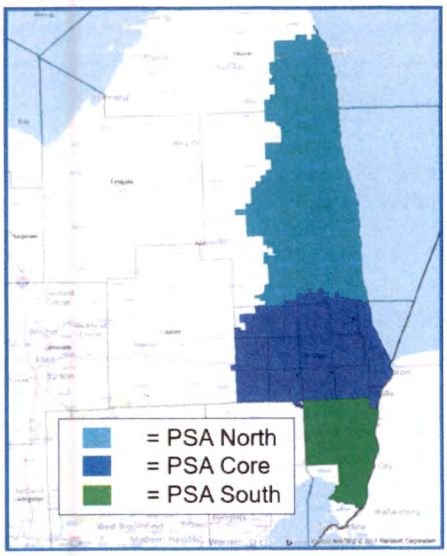
comments are forwarded to McLaren Port Huron's Community Outreach and Education personnel to be addressed and included in the next CHNA.

Community Served

For the purpose of this assessment, community is defined as the hospital's primary service area, St Clair and Sanilac counties. The target population of the assessment reflects an overall representation of the communities served by McLaren Port Huron.

Geographic Profile of Service Area

McLaren Port Huron is located in northeast St. Clair County. Market share analysis indicates the largest area surrounding Port Huron and heading west and north into Sanilac County. Data on population, age, race and poverty levels provided additional information about McLaren Port Huron's service area and individuals served.



Demographic Profile of Service Area (census.gov)

	St Clair County	Sanilac County	State of Michigan
Population estimates (2020 Census)	160,383	40,611	10,077,331
Population rank among counties in state	13th	41st	10th (in nation)
Population per square mile	226.1	42.2	178

Profile of St. Clair County Community (census.gov)

Employment rate: 58.2%

Median Household Income: $68,513

Education/Bachelor's Degree or Higher: 20%

Without healthcare coverage: 3.9%

Prioritization of Community Health Needs

For the purposes of the CHNA, McLaren Port Huron defines a "health need" as a health outcome and/or the related conditions that contribute to a defined health need. Health needs are identified by the comprehensive identification, interpretation, and analysis of a robust set of primary and secondary data.

Social Determinants of Health (including food insecurity, employment, housing, education, access to health care, health literacy and crime/violence) were considered and discussed while evaluating health data for the community we serve. Social determinants have a major impact on health outcomes, especially for the most vulnerable populations. Factors such as a patient's education, income level and environment must be considered when providing care and education and addressing needs throughout the community.

The following are summarized descriptions of the prioritized significant health needs that were identified through the CHNA process.

1. **Promoting healthy behaviors**

   Promoting healthy behaviors is a significant health need in the primary and secondary service areas for McLaren Port while addressing obesity and nutrition. These issues have a direct impact on the quality of life in the community. Residents of St. Clair County have lower life expectancy rates than adults in Michigan.

   - Obesity – The obesity rate (41%) for adults in St. Clair County has increased over the past five years. Area adults and children do not engage in physical activity as much as they should. One-quarter (25%) of St. Clair County adults report no leisure time physical activity.[1]

2. **Chronic disease prevention, maintenance and treatment**

   Chronic disease prevention, maintenance and treatment are significant health needs in the primary service area for McLaren Port Huron, including but not limited to heart disease, cancer, lung disease and diabetes.

   - **Heart disease & stroke** — Heart disease is the number one cause of death in St Clair County with 465 attributable deaths in 2023 and 93 stroke-related deaths in 2023.
   - **Cancer** — Cancer is the second leading cause of death in St Clair County, with 399 attributable deaths in 2023. The top five sites for those diagnosed and/or having their first course treatment at McLaren Port Huron in 2024 includes: prostate (152), breast (140), lung (124), colorectal (64) and bladder (43). Cancer screenings among residents in St Clair are below optimal levels. Women over age 40 indicate compliance with breast cancer screening (71.8%), cervical screening (83.2%), and colorectal screening rates for adults over 50 at 62.7%.[3]

- **Diabetes** — Diabetes is the fourth leading cause of death in St. Clair County. The diabetes incidence rate is similar in St. Clair County to the state of Michigan (10%). [1]

3. Access to high-quality health care and prevention services

Access to high-quality health and prevention services are vital for the health of our community and is a critical aspect of health prevention to understand any potential barriers that can affect access to care.

- **Access to Care**— *Healthy People 2020* states, "Access to comprehensive, quality health care services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity for all Americans." Access to care includes three major components: insurance coverage, health services, and timeliness of care. The high cost of care, the lack of insurance coverage or inadequate coverage (such as high deductibles and copayments), the lack of available services, or culturally competent care are common barriers to accessing health services.[5] These barriers lead to delays in receiving health care, unmet health needs, lack of preventative care, preventable hospital admissions, and financial burdens. [5]

  The rate of people who are uninsured in St. Clair County is estimated at 5% in 2025. The percentage of residents who say they have no personal health care provider is 11.4% and the percentage of residents who report lack of access to health care due to cost is estimated at 4.8%.[1]

- **Trauma/Injury Prevention**— Exposure to trauma and injury can have profound long-term consequences. Studies support that exposure to violence and trauma correlate with long term poor health outcomes and chronic disease. [3]

  Unintentional injuries among the leading cause of death in St. Clair County. Unintentional falls is the leading injury-related cause of death for the 65 and over population, which is at a rate 3.6 times higher than the next leading injury-related cause of death.[4] Each year, 2.8 million older people are treated in emergency departments for fall injuries.[4]

  Although many types of injury can result from a trauma, traumatic brain injuries remain a prevention focus because of its magnitude and consequences. Traumatic brain injuries contribute to a substantial number of deaths and cases of permanent disability.[4]

References and Resources

St Clair County Health Indicators

	St Clair County	Michigan
Life expectancy	75	76.2
Age adjusted death rate	468	429
Child mortality rate	59	54
Infant mortality rate	6	6
Frequent physical distress	13%	12%
Frequent mental distress	18%	18%
% adults with diabetes	10%	10%
HIV prevalence rate	84	206
% adults with obesity	41%	35%
% adults with food insecurity	14%	14%
Drug overdose mortality rate	34	29
% physically inactive	24%	23%

Source: www.countyhealthrankings.org

Chronic Disease Indicators

	2021 / County	2021 / State
Diabetes	16.3%	12.3%
COPD	8.5%	8.3%
Cancer	8.3%	9.6%
Heart Disease	5.5%	5%
Stroke	5.1%	3.5%
Heart Attack	5.0%	5.1%

Source: St Clair County County Community Health Status Assessment, 2023

Number of Deaths for the Ten Leading Causes of Death, St Clair County, 2023

Cause of Death	St Clair County
All Causes	1,882
Heart Disease	465
Cancer	399
Chronic Lower Respiratory Diseases	112
Diabetes Mellitus	101
Unintentional Injuries	95
Stroke	93

Source: www.mdch.state.mi.us

Invasive Cancer Incidence Trends, St Clair County, 2016-2020

Primary Site	Average Number in St Clair County
Lung and Bronchus	150
Prostate Gland	142
Breast	125
Colon and Rectum	95
All Other Sites	452
Total	961

Source: www.mdch.state.mi.us

Community Resources

The following resources are available to address the health needs of the community:

- Area Agency on Aging
- Blue Water Community Action Agency
- Blue Water Hospice Home
- Blue Water Recovery and Outreach Center
- Catholic Charities of Southeast Michigan
- Community First Health Centers
- The Council on Aging, serving St. Clair County
- Downriver Helping Hands
- Faith-based Community
- Farmers Markets
- Henry Ford River District Hospital
- IMPACT/The Center for Human Resources
- The Harbor for Youth
- Barbara Ann Karmanos Cancer Institute
- Lake Huron Medical Center
- Local Area Schools
- Marlette Regional Hospital
- Marwood Nursing & Rehab
- McKenzie Health System
- McLaren Port Huron
- McLaren Port Huron Foundation
- McLaren Health Care & Subsidiaries
- McLaren Health Management
- Mid-City Nutrition
- MSU Extension
- Parks & Recreation Departments
- People's Clinic for Better Health
- Primary Care and Specialist Physicians
- Region 10 Access Center
- Sacred Heart Rehabilitation Center
- Sanilac County Community Mental Health
- Sanilac County Human Development Commission
- St. Clair County Community College
- St. Clair County Community Mental Health
- St. Clair County Department of Health & Human Services
- St. Clair County Department of Veterans Affairs
- St. Clair County Health Department
- Senior Life Solutions
- Spero Pregnancy Center
- United Way of St. Clair County
- YMCA of the Blue Water Area

References

[1] St Clair County Community Health Needs Assessment &Behavior Risk Factor Survey 2023 www.scchealth.co

[2] Age-adjusted Death Rates for Ten Leading Causes by Race and Sex (by county), Michigan Residents, 2020. www.mdch.state.mi.us

[3] County Health Rankings & Roadmaps, 2025. www.countyhealthrankings.org/

[4] Centers for Disease Control and Prevention. Fatal Injury Data. www.cdc.gov

[5] Michigan Department of Health and Human Services Injury & Violence in Michigan. www.michigan.gov

[6] Blue Water Community Action Agency, 2020. Community Needs Assessment. www.bwcaa.org

[7] United States Census, 2021. Quick Facts. www.census.gov

Approval

The Community Health Needs Assessment was approved by the McLaren Port Huron Board of Trustees on September 17, 2025.

McLaren Port Huron Board of Trustees Approval:

Eric Cecava, President & CEO

9/17/25

Date