



# 2025 Community Health Needs Assessment

Parkview Kosciusko Hospital

# Foreword

*This report shares the results of the 2025 Community Health Needs Assessment (CHNA) for Parkview Health. The Health Services and Informatics Research (HSIR) team at the Mirro Center for Research and Innovation led data collection and analysis efforts for this report. HSIR worked with Parkview and community leaders to prioritize health needs, reflecting the voice of community members.*

*This report is divided into sections identified by orange banners for headings. The report will first give context about the CHNA process, how primary data was collected from the community, how secondary data was analyzed to support the report and a demographic overview. Next, the report integrates primary and secondary data focused on social drivers of health and key health behaviors. Finally, the outcomes from the community prioritization sessions are presented.*

*It is important to note that the data presented in this report is just a snapshot and there may be supplemental data about the county not presented. While every effort was made to thoroughly understand the health of the community, information gaps may persist due to variations in geography and time span of data collection across different sources.*

*The Parkview team hopes that the findings from this report help to identify current needs to support the health and well-being of the community. Past and current reports for all counties, along with prioritization session presentations and implementation strategies, can be found on the Parkview website. Detailed data for each county included in the Parkview Health service area can be found on our Community Data Hub: <https://parkview.metop.io>.*

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# ABOUT PARKVIEW HEALTH



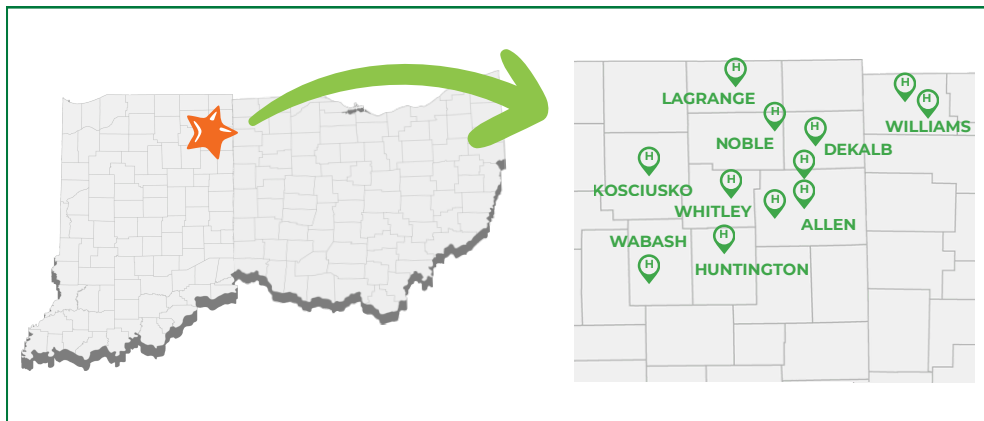
Parkview Health is a not-for-profit, community-based health system. It serves a population of more than 1.3 million in northeast Indiana and northwest Ohio. With more than 16,000 employees, Parkview is the region's largest employer. Parkview started as Fort Wayne City Hospital and has been serving the community since 1878. Parkview Health formed in 1995, and the heritage of care and compassion continues today with 14 hospitals and over 200 outpatient centers and physician offices.

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*Parkview Health has a mission to improve health and inspire well-being in the communities we serve.*

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For the purposes of this Community Health Needs Assessment, the Parkview Health service area consists of the counties where a full-service Parkview hospital is located. This includes Allen, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Wabash and Whitley Counties in Indiana and Williams County in Ohio.



# INTRODUCTION TO CHNA PROCESS

The goals of the Community Health Needs Assessment (CHNA) are to learn about the health needs of the community and create plans to address those needs. In this CHNA for Parkview Health, several types of data were gathered to accomplish this:

- Surveys
- Focus groups
- Secondary data (through Metopio, a health data tool)

These data sources were chosen to broadly understand the community's health. We looked at needs across income level, race, ethnicity, age (18 years and older) and rural and urban areas. After all data was gathered and analyzed, the top health needs were shared with each community. Representatives selected the most important needs to address from 2025 to 2028.

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*Attention was given to learning the needs of specific groups, major health concerns and service gaps based on feedback from the community and key informants.*

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## Priority Health Needs

Through a step-by-step process, we identified the top needs in each county.

### Kosciusko County's Top Five Health Concerns

- Cancers
- Diabetes
- Housing Affordability
- Mental Health and Mental Disorders
- Obesity



Community and hospital leaders took part in a prioritization process to select the needs that were most pressing, widespread and fit for intervention. The top needs chosen for Parkview Health, Kosciusko County were Obesity/Diabetes, Mental Health and Mental Disorders and Cancers. Mental Health was selected as the Parkview systemwide priority.



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*The CHNA identifies the greatest health needs in the region.  
It also helps find ways to address those needs in a manner  
that aligns with Parkview's mission, expertise and resources.*

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Since 2012, the CHNA has taken place every three years in accordance with the Affordable Care Act. It has helped Parkview Health understand the community's changing health needs. Since 2022, the CHNA has been led by the Health Services and Informatics Research (HSIR) group at Parkview's Mirro Center for Research and Innovation.

The CHNA helps Parkview learn more about what health concerns are important to the communities we serve in three ways:



### **1. Understand Community Needs**

Pinpoint the health and social problems that each community faces.



### **2. Prioritize Needs**

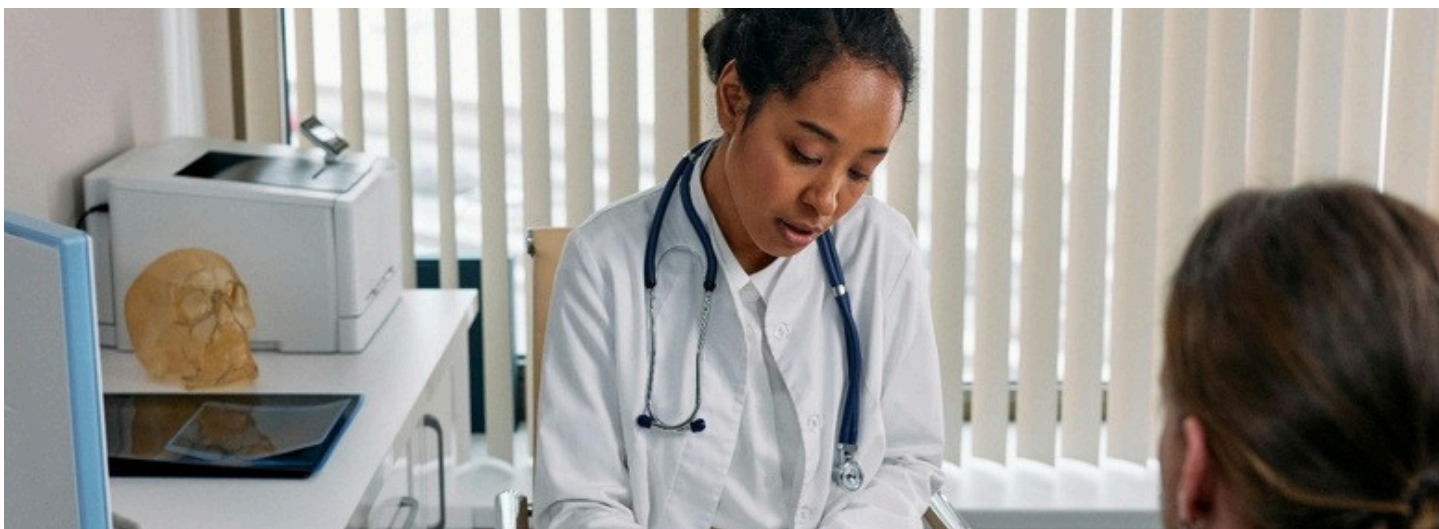
Guide strategic plans based on what each community needs most.



### **3. Identify Resources and Challenges**

Determine what is available and what is missing to address needs.





## Conducting the Assessment

Parkview Health's HSIR team carried out the CHNA from February 2024 to September 2025. By using various data sources, we identified the top health needs in the community. We compared needs at the county level with those of the Parkview Health service area and the entire state. Findings were shared with the community and hospital partners to determine which health needs were most pressing.



## Primary Data

Data were collected from the community using **surveys** and **focus groups**. The survey included questions aimed at both the respondent's personal health problems as well as their perceptions about top health concerns and other aspects impacting community well-being. Survey data was gathered from both people living in the community and individuals ("key informants") working for organizations that serve the community (e.g., schools, hospitals). Focus groups were held with a subset of community members and were used to gather deeper insights and experiences through conversation, allowing people to share thoughts that might not be mentioned in survey answers.

## Community Survey Overview

- Carried out from September 2024 to December 2024
- Completed by 5,030 residents and 960 key informants in the Parkview Health service area, including 331 residents and 70 key informants in Kosciusko County
- Collected from residents aged 18 and older
- Available online and on paper in English, Spanish, Burmese, Karen and Arabic
- Shared through MyChart patient portal, mail, in-person, press release and blog posts
- Collected at in-person events: festivals, sporting events, health fairs for seniors, families and those experiencing homelessness, food banks, YMCAs, public libraries & markets
- Twenty questions for residents and nine questions for key informants
- Assessed demographics, top health concerns, top quality of life concerns, health care access, mental health and digital access
- Aimed to include people of all ages (18+), races, ethnicities, income levels and the urban-rural continuum

## Focus Group Overview

- Carried out from March 2025 to May 2025
- Thirty-four focus groups held during local Community Forums across the Parkview Health service area
- Five to 15 people in each focus group
- Participants were 18 years and older, from diverse backgrounds and provided a range of services to community members
- Each hospital's community health leaders sent email invites to participants
- Aimed to understand top community health needs, related barriers and available resources and solutions for addressing health needs

## Secondary Data

The Metopio platform helped us gather data from several public sources. Combined with survey and focus group findings, this data helped us better understand each community's health landscape. We used Metopio to examine health behaviors, outcomes and social factors across groups. This allowed us to pinpoint the areas of greatest need within the Parkview Health service area. For each health theme, data is reported using the most recent five-year average or single year of data.

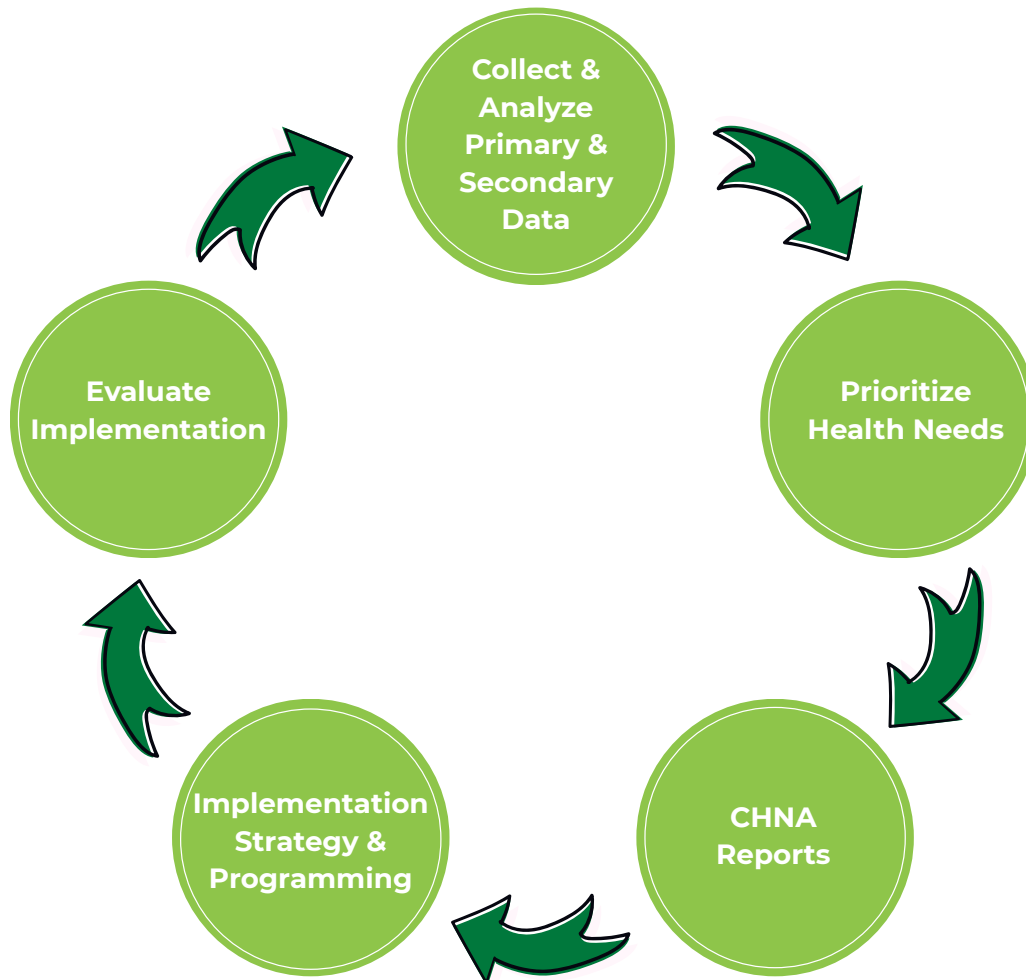
To learn more about each community in the Parkview Health system, please visit our **Parkview Health Community Data Hub**: <https://parkview.metop.io>

# Closing the Loop

The CHNA is not just one report. Instead, it is a continuous three-year cycle where Parkview:

- Collects and analyzes community-based data
- Pinpoints needs within each county and within the health system
- Implements action plans to address those needs

## Three-year CHNA Cycle; Parkview Health CHNA Process



## Priority Health Needs & Impact from 2022 CHNA

During the 2022 CHNA prioritization session, Kosciusko County chose Substance Use Disorders and Obesity as their top health needs, along with Mental Health, the Parkview Health systemwide priority. The Impact Report for Kosciusko County can be found in Appendix A. Parkview did not receive written comments in response to the 2022 CHNA. For comments on the 2025 CHNA, please email [Community.Health@Parkview.com](mailto:Community.Health@Parkview.com).

# DEMOGRAPHIC FACTORS



## Who Lives in Kosciusko County?

Demographic factors impact a person's ability to lead a healthy life. Understanding these factors helps shape plans to improve community health.

### Population



**80,357**

residents<sup>1</sup>

### Sex



**40,207**

(50.0%)  
males<sup>1</sup>



**40,150**

(50.0%)  
females<sup>1</sup>

1. US Census Bureau, American Community Survey (2019-2023)



## Age

Age <sup>1</sup>	Population	Percentage
0 - 4 years	4,850	6.0%
5 - 17 years	14,211	17.7%
18 - 39 years	22,002	27.4%
40 - 64 years	25,207	31.4%
65 and older	14,087	17.5%



Different age groups and racial or ethnic groups may have unique needs to consider when looking at health

## Race and Ethnicity

Race/Ethnicity <sup>1</sup>	Population	Percentage
Non-Hispanic White	68,887	85.9%
Hispanic or Latino	7,643	9.5%
Two or more races	1,879	2.3%
Non-Hispanic Black	573	0.7%
Asian	1,184	1.5%
Native American	38	0.0%



### 1 in 10

Kosciusko County residents identify as Hispanic or Latino<sup>1</sup>



## Rural-Urban Continuum Code<sup>2</sup>

Codes range from 1-9

**1 = highly-populated metro areas**

**9 = fully rural areas**

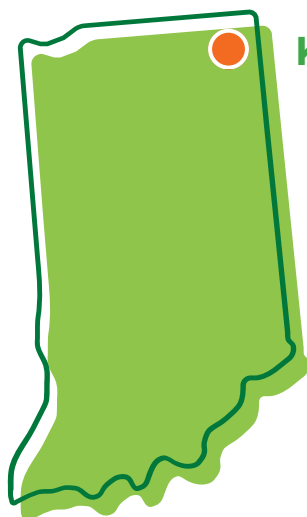
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1. US Census Bureau, American Community Survey (2019-2023)

2. US Department of Agriculture (USDA) - Economic Research Service (2023)



# Parkview Kosciusko County Service Area



Kosciusko County, IN

**21**  
zip codes<sup>2</sup>

**531**  
square miles<sup>1</sup>



**5**  
towns<sup>3</sup>



predominantly  
**rural**<sup>4</sup>

## Kosciusko County Community Service Area Zip Codes<sup>2</sup>

46502	46504	46506	46508	46510	46524
46538	46539	46542	46550	46555	46562
46567	46580	46582	46590	46732	46787
46910	46962	46982			

1. US Census Bureau, American Community Survey (2019-2023)

2. United States Zip Code Database (2025)

3. Indiana Department of Local Government Finance (2023)

4. US Department of Agriculture (USDA) - Economic Research Service (2023)

# SOCIAL DRIVERS OF HEALTH (SDOH)



Healthy People 2030 defines social drivers of health (SDOH) as the conditions in the environments where people are born, live, learn, work, play, worship and age. These conditions affect a wide range of health, functioning and quality-of-life outcomes and risks. The five domains of SDOH include economic stability, education access and quality, health care access and quality, neighborhood and built environment and social and community context. For this report, the primary and secondary data are presented in order of the SDOH topics.

Access to care refers to the resources a community has to meet a range of health needs. Examples include having insurance and available health care providers.



**11.1%** of Kosciusko County residents have **no health insurance**<sup>1</sup>



The uninsured rate in Kosciusko County (11.1%) is **above** the rate of the Parkview Health service area (10.8%) and the state rate (7.6%).<sup>1</sup>



**11.5%** lack access to **the internet**<sup>1</sup>



**21.3%** lack access to **non-ER medical care**<sup>2</sup>

## What we heard from the community<sup>3</sup>

- **Many people don't understand** why regular checkups and preventive care are important.
- **Health often takes a backseat** to more urgent needs like food, rent or utilities.
- Medical visits are usually during business hours. This makes it **hard for working individuals and families to get to appointments**.
- Some people are **afraid to get care** because of legal concerns (like immigration or child services).
- **Health insurance is confusing and expensive.**
- Many people **don't trust the health care system**, especially for routine or long-term care.

1. US Census Bureau, American Community Survey (2019-2023)

2. Parkview Community Health Survey - Kosciusko County (2024)

3. Parkview Community Forum - Kosciusko County (2025)

## PER CAPITA INDICATORS

Rates per 100,000 residents



46.1

Primary Care  
Providers



20.9

Pharmacies



13.7

Specialty  
Physicians

People in Kosciusko County have **less access** to primary care providers / specialty physicians (lower rate per 100,000 residents) compared to Indiana (75.8 / 77.8) and those living in the Parkview Health service area (62.8 / 50.3).<sup>1</sup> People in Kosciusko County also have **less access** to pharmacies than those across Indiana (25.9) and those living in the Parkview Health service area (23.5).<sup>2</sup>

## PROBLEMS GETTING CARE



24.1%

Primary Care  
Providers



14.9%

Pharmaceutical  
Care



28.6%

Specialty  
Care

CHNA survey respondents in Kosciusko County said they had a hard time getting the health care they needed. Nearly **1 in 3** had a hard time getting in to see a provider who specializes in a particular illness (e.g., heart conditions), while **1 in 4** had a hard time getting an appointment with a primary care provider.<sup>3</sup>

1. Health Resources & Services Administration, Area Health Resources Files (2022)

2. Centers for Medicare & Medicaid Services, National Provider Identifier Files (2025)

3. Parkview Community Health Survey - Kosciusko County (2024)

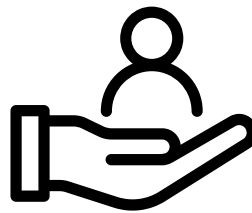
Many factors can affect access to fresh, healthy and affordable food. These include how far someone lives from a grocery store, the presence of school lunch programs and if fruits and vegetables are available.



Access to food is an important social factor that affects health. 'Food Access' can be measured by many factors, such as the number of residents who are food insecure, households receiving SNAP (food stamp) benefits and those who are in poverty not receiving SNAP.

The **rate of food insecurity** in Kosciusko County (13.6%) is **similar** to Parkview Health service area (13.9%), but **lower** than Indiana (15.1%). Kosciusko County rates are highest in the non-Hispanic Black community (27.0%) and the Hispanic/Latino community (23.0%).<sup>1</sup>

**5.9%**  
of households receive  
SNAP (food stamp)  
benefits<sup>2</sup>



**73.6%**  
of households in  
poverty do not receive  
SNAP benefits<sup>2</sup>

## What we heard from the community<sup>3</sup>

- Some neighborhoods **don't have stores that sell healthy food** (food deserts).
- Local farms often ship food out of the county which **limits the food they sell locally**.
- Food programs are available, but **signing up can be difficult and confusing**.

1. Feeding America, Map the Meal Gap (2023)

2. US Census Bureau, American Community Survey (2019-2023)

3. Parkview Community Forum - Kosciusko County (2025)

The quality and cost of housing directly impact well-being. If housing is too expensive or if there are too many empty or crowded homes, it can lead to problems like losing one's home or becoming homeless. These issues can affect a person's health.

## What we heard from the community<sup>1</sup>

- Many **homes are overcrowded**, especially mobile homes.
- There **aren't enough affordable homes being built**, especially outside of cities.
- Some people earn too much to qualify for help but still **can't afford a decent place to live**.

## Housing Cost Burden

The percent of households spending more than 30% of their income on housing.<sup>2</sup>



21.0%

## Housing Insecurity

The percent of adults who were not able to pay their mortgage, rent or utility bills in the past 12 months.<sup>3</sup>



10.6%

The housing cost burden in Kosciusko County is **about the same** as the Parkview Health service area average of 21.3% and **lower** than the state average of 24.3%.<sup>2</sup>

Housing insecurity in Kosciusko County is **below** the rates of both the Parkview Health service area (11.7%) and the state of Indiana (12.2%).<sup>3</sup>

1. Parkview Community Forum - Kosciusko County (2025)

2. US Census Bureau, American Community Survey (2019-2023)

3. CDC, PLACES Project (2022)

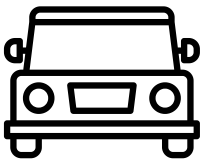


Not having transportation can make it difficult for people to get to the doctor, work, school and grocery stores that have healthy food options. This can lead to poor health outcomes and social isolation.

## What we heard from the community<sup>1</sup>

- **Community transportation is limited** and doesn't run at night or on weekends.
- **Scheduling rides is hard** and often has to be done far in advance.
- Due to the high cost of taxis and lack of other options, people are **using ambulance services for non-emergency health needs**.

## Lack of Transportation



**7.3%**  
of adults lack  
transportation

The lack of transportation in Kosciusko County is **lower** than that of Indiana (8.5%) and the Parkview Health service area (8.2%).<sup>2</sup>



1. Parkview Community Forum - Kosciusko County (2025)

2. CDC, PLACES Project (2022)

## Socio-Economic Factors

## Kosciusko County, IN

Socio-economic factors strongly impact community health and well-being. These include things like how many people graduate from high school, how much money they earn and whether they have jobs.



88.0%

graduate high school<sup>1</sup>



Kosciusko County



88.5%

graduate high school<sup>1</sup>



Parkview Health



90.2%

graduate high school<sup>1</sup>



Indiana

Factor	Kosciusko County	Indiana
<b>Childcare Cost Burden</b> Childcare costs for a household with two children as a percent of median household income. <sup>2</sup>	32.7%	30.8%
<b>Median Household Income</b> Income in the past 12 months. <sup>1</sup>	\$73,922	\$70,051
<b>Poverty Rate</b> Percent of residents in families that are below the Federal Poverty Level. <sup>1</sup>	9.7%	12.2%
<b>Unemployment Rate</b> Percent of residents 16 and older in the civilian labor force who are actively seeking employment. <sup>1</sup>	2.9%	4.3%

1. US Census Bureau, American Community Survey (2019-2023)

2. University of Wisconsin Population Health Institute, County Health Rankings (2024)



## Violent Crime

## Kosciusko County, IN

Violent crime includes homicide, criminal sexual assault, robbery, aggravated assault and aggravated battery.



**212.9 crimes per  
100,000 residents**

Kosciusko County has a **lower** rate compared to Indiana (323.3) and a **higher** rate compared to the Parkview Health service area (197.3).<sup>1</sup>

*\*Please note that county-level crime totals may appear lower than expected due to changes in reporting systems, resulting in incomplete crime data reported to the FBI.*

## Built Environment

## Kosciusko County, IN

The built environment refers to the man-made places around us. This includes things like buildings, streets, parks and transportation systems.



**Walkability Index**  
**6.8/20**

Kosciusko County is **harder to walk around** compared to the Parkview Health service area and Indiana (both 7.7/20).<sup>2</sup>



**Access to Exercise**  
**59.7%**

Kosciusko County has **fewer places to exercise** compared to the Parkview service area (70.8%) and Indiana (76.2%).<sup>3</sup>

### What we heard from the community<sup>4</sup>

- There is a **need for more trails and sidewalks** to get people outdoors and moving.

*"Building more paths will create an 'if you build it, they will come' mentality."*

1. Federal Bureau of Investigation, FBI Crime Data Explorer (2017-2021)

2. US Environmental Protection Agency, National Walkability Index (2024)

3. University of Wisconsin Population Health Institute, County Health Rankings (2024)

4. Parkview Community Forum - Kosciusko County (2025)

# KEY HEALTH THEMES

**Overall Health**

**Chronic Disease**

**Behavioral Health**

**Maternal/Child Health**

**Elder Health**

**Infectious Diseases**

**Oral/Dental Care**

**STD/STI/HIV**

**Health Behaviors**

For this CHNA report, primary and secondary data were gathered and analyzed around the top health themes and concerns listed above. The report highlights the county's key statistics from surveys and secondary data. Key insights gathered through focus groups are also included. A closer look at the data for each of these themes will be provided in this report.

Overall health refers to how well people feel both physically and mentally. This includes factors like how long people live, self-reported health and quality of life.

## Life Expectancy

76.1 years

Average age at death of all people born in this place, or all people who have lived to the start of the specified age bracket.<sup>1</sup>



## Self-Reported Poor Physical Health

12.1%

Percent of resident adults aged 18 and older who report 14 or more days during the past 30 days during which their physical health was not good.<sup>2</sup>



## Visited Doctor for Routine Checkup

76.0%

Percent of resident adults aged 18 and older who report having been to a doctor for a routine checkup (in the previous year).<sup>2</sup>



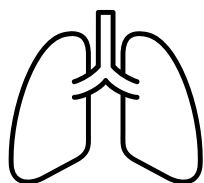
- In Kosciusko County, people tend to **live about the same** length as those in the Parkview Health service area (76.0 years) and Indiana (75.1 years).<sup>1</sup>
- Around 12.1% of adults in Kosciusko County say they have **poor physical health**, which is **about the same** as Indiana (12.9%)<sup>3</sup> and the Parkview Health service area (13.0%).<sup>2</sup>
- A **similar** number of adults in Kosciusko County **visit the doctor regularly** compared to those in Indiana (76.9%)<sup>3</sup> and the Parkview Health service area (75.6%).<sup>2</sup>

1. University of Wisconsin Population Health Institute, County Health Rankings (2020-2022)

2. CDC, PLACES Project (2022)

3. CDC, Behavioral Risk Factor Surveillance System-BRFSS (2022)

Chronic diseases and related factors often cause the greatest burden on health in a community. This includes conditions like diabetes, heart disease, asthma and obesity. The following conditions are highlighted due to prevalence, mortality trends and concern from community and key informant survey respondents.



**7.5%**

of residents have been diagnosed with **chronic obstructive pulmonary disease (COPD)**.<sup>1</sup>



**6.3%**

of residents have been diagnosed with **coronary heart disease (CHD)**.<sup>1</sup>



**10.6%**

of residents have been diagnosed with **asthma**.<sup>1</sup>







Metabolic & Cardiovascular Health		Diagnosed % Kosciusko County	Diagnosed % Indiana
	Diabetes	10.5% <sup>1</sup>	11.1% <sup>2</sup>
	High Blood Pressure	30.1% <sup>1</sup>	32.2% <sup>2</sup>
	Obesity	39.5% <sup>1</sup>	37.9% <sup>2</sup>
	High Cholesterol	28.7% <sup>3</sup>	30.6% <sup>4</sup>

1. CDC, PLACES Project (2022)

2. CDC, Behavioral Risk Factor Surveillance System (2022)

3. CDC, PLACES Project (2021)

4. CDC, Behavioral Risk Factor Surveillance System (2021)

Chronic Disease Mortality <sup>1</sup>		Deaths Per 100,000 Kosciusko Residents	Deaths Per 100,000 Indiana Residents
	Heart Disease	222.9	184.3
	Cancer	210.6	163.9
	Lower Respiratory Disease	71.5	53.1
	Stroke	58.8	41.9
	Diabetes	42.5	28.5
	Kidney Disease	22.8	17.7

In Kosciusko County, the diagnosis rates for many chronic diseases are **similar to or slightly lower** than the diagnosis rates seen in the Parkview Health service area and Indiana. However, chronic disease mortality rates are **higher** in Kosciusko County than in Indiana. These mortality rates are also **higher** than the Parkview service area except for diabetes and stroke, where the rates are **similar**.<sup>1</sup> Data for Parkview service area can be found here: <https://parkview.metop.io>

### What we heard from the community<sup>2</sup>

- People often rely on medicine **instead of making healthy lifestyle changes.**
- **Parents struggle with their own diets** while trying to feed their kids well.
- Many don't realize that **small changes in diet can help them avoid expensive treatments** like insulin.
- Even when doctors refer patients to dietitians, they **often don't go because of cost or transportation issues.**

1. CDC, National Vital Statistics System-Mortality (2019-2023)

2. Parkview Community Forum - Kosciusko County (2025)

Cancer Incidence <sup>1</sup>	New Diagnoses Per 100,000 Kosciusko Residents	New Diagnoses Per 100,000 Indiana Residents
All Cancers	442.8	450.0
Breast Cancer	140.3	131.0
Lung and Bronchus Cancer	68.5	68.2
Colorectal Cancer	41.0	40.2
Prostate Cancer	91.4	95.4

Cancer Mortality <sup>2</sup>	Deaths Per 100,000 Kosciusko Residents	Deaths Per 100,000 Indiana Residents
Breast Cancer	13.5	11.2
Lung and Bronchus Cancer	53.0	41.3
Colorectal Cancer	19.0	15.1
Prostate Cancer	13.0	8.1

In Kosciusko County, the diagnosis rates and mortality rates for many types of cancers are **higher** than the rates across the Parkview Health service area and in Indiana. Data for Parkview service area can be found here: <https://parkview.metop.io>

1. Indiana Department of Health, Indiana Cancer Data Dashboard (2016-2020)

2. CDC, National Vital Statistics System-Mortality (2019-2023)

Behavioral health refers to a state of mental, emotional and social well-being or behaviors and actions that affect wellness. It also includes how people get support and treatment. Behavioral health is an overarching term that refers to mental health (well-being, mental health conditions), suicidality and substance use disorders.

## Mental Health Conditions



**24.1%**

of adults living in Kosciusko County have depression, which is **similar to** both Indiana (24.4%) and the Parkview service area (24.9%).<sup>1</sup>



**12.5**

is the suicide mortality rate (deaths per 100,000 residents) in Kosciusko County, which is **lower** than the rates in Indiana (15.8) and the Parkview Health service area (14.7).<sup>2</sup>

## Substance Use Disorders



### Drug Overdose Mortality

Kosciusko County has a rate of 21.8 drug overdose deaths (per 100,000 residents), which is **lower** than the rates in Indiana (36.3) and the Parkview service area (25.7).<sup>2</sup>



### Alcohol-Related Mortality

Kosciusko County's rate of alcohol-related mortality is 18.3 (per 100,000 residents). This is **higher** than the rates in Indiana (13.3) and the Parkview service area (14.6).<sup>2</sup>

1. CDC, PLACES Project (2022)

2 CDC, National Vital Statistics System-Mortality (2019-2023)

# Access to Mental Health and Addiction Services

<b>Number of Mental Health Providers</b> <i>(per 100,000 residents)<sup>1</sup></i>	<b>369.9</b> Kosciusko	<b>430.5</b> Parkview	<b>545.0</b> Indiana
<b>Number of Psychiatrists</b> <i>(per 100,000 residents)<sup>2</sup></i>	<b>7</b> Kosciusko	<b>8</b> Parkview	<b>16</b> Indiana

## CHNA Community Survey Findings<sup>3</sup>

**19.6%** of survey respondents reported being **anxious**

**16.3%** of survey respondents reported being **depressed**

**60.3%** listed **mental health** as one of the **top health concerns** in their community

**15.4%** said they had **trouble** getting **mental health or addiction help**

## What we heard from the community<sup>4</sup>

- There is still a great deal of **stigma** around mental health, so people avoid getting help.
- It **takes a long time** to get an appointment, and **there aren't enough** mental health facilities.
- Insurance often **doesn't cover enough visits**, and private care is **too expensive**.
- Language and cultural **differences make it harder for some groups to get the help they need**.
- Caregivers are **stressed and don't have enough support**.
- There **aren't enough support groups** for people dealing with grief or emotional struggles.

1. Centers for Medicare & Medicaid Services, National Provider Identifier Files (2025)

2. Health Resources & Services Administration, Area Health Resources Files (2025)

3. Parkview Community Health Survey - Kosciusko County (2024)

4. Parkview Community Forum - Kosciusko County (2025)



The health of mothers and children is important to the overall well-being of a community. This can be affected by factors such as limited access to health care, mental health issues and feeling disconnected.

## Low Birth Weight



**6.5%**

of live births are less than 5 lbs, 8 oz. in Kosciusko County. This is **lower** than the Parkview Health service area (8.1%) and Indiana (8.4%).<sup>1</sup>

## Prenatal Care in 1st Trimester



**71.7%**

of mothers-to-be received care in the first three months of pregnancy. This is **similar** to the Parkview Health service area (71.4%) and **lower** than Indiana (76.0%).<sup>1</sup>

## Infant Mortality



**7.8**

infant deaths - deaths of infants in the first year of life - per 1,000 live births were recorded for Kosciusko County.<sup>1</sup>

This data highlights the need for targeted interventions to improve infant health outcomes in Kosciusko County.

## Child Abuse and Neglect

**7.4**



per 1,000 children are subject to child abuse and neglect.<sup>2</sup>

## Smoking During Pregnancy



**10.4%**

of births were to mothers who smoked cigarettes during their pregnancy.<sup>1</sup>

1. Health Resources & Services Administration, Maternal and Child Health Bureau (2020-2022)

2. Indiana Department of Child Services, Indiana University Child Abuse and Neglect Rates (2023)

Elder health focuses on concerns like falls, Alzheimer's disease and other dementias. These problems are often the biggest health challenges for older people.

10.0

deaths per 100,000 residents  
are a result of a fall

30.0

deaths per 100,000 residents  
are due to Alzheimer's disease



In Kosciusko County, women were roughly 1.5 times more likely to die from Alzheimer's than men from 2019-2023.<sup>2</sup>

In Kosciusko County, the rate of deaths from falls is **lower** than the Parkview Health service area (14.3), but **higher** than Indiana (8.3).<sup>1</sup>

The rate of deaths due to Alzheimer's in Kosciusko County is **lower** than the Parkview Health service area rate (35.3) and **similar** to Indiana's rate (30.2).<sup>2</sup>



1. CDC, National Vital Statistics System-Mortality (2022)

2. CDC, National Vital Statistics System-Mortality (2019-2023). Deaths per 100,000 residents due to Alzheimer's disease (ICD-10 code G30)

Infectious diseases are illnesses caused by germs like viruses and bacteria. Public health tools like prevention and vaccination are key to stopping and managing disease outbreaks.

## Medicare Flu Vaccination Rate

People enrolled in Medicare who received a flu shot at any point during the year<sup>1</sup>



43.0%

## Influenza and Pneumonia Mortality

Deaths per 100,000 residents due to influenza and pneumonia<sup>2</sup>



13.8



In Kosciusko County, **fewer** Medicare beneficiaries received a flu shot than in Indiana (47.0%) and the Parkview Health service area (45.8%). More than half of this population, which is at higher risk of dying from the flu, remains unvaccinated.<sup>1</sup>

Kosciusko County has **more** deaths per 100,000 people from flu and pneumonia than Indiana (10.9) and the Parkview Health service area (11.6).<sup>2</sup>

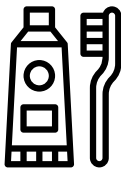
1. US Health and Human Services, Vaccines & Immunizations (2023)

2. CDC, National Vital Statistics System-Mortality (2019-2023)



Oral health has a strong impact on overall health. Dental check-ups, preventive care and education help people lead healthier lives. Access to dental care is important.

## Problem Getting Dental Care



20.2%

## Visited Dentist in previous year



62.9%

**1 in 5** CHNA survey respondents reported having trouble getting dental care.<sup>1</sup>

The number of people who visited a dentist in Kosciusko County (62.9%)<sup>2</sup> is **similar to** the state of Indiana (62.8%)<sup>3</sup> and **slightly higher** than the overall Parkview service area (60.0%).<sup>2</sup>



1. Parkview Community Health Survey - Kosciusko County (2024)  
2. CDC, PLACES Project (2022)  
3. CDC, Behavioral Risk Factor Surveillance System (2022)

Sexually transmitted diseases (STDs), sexually transmitted infections (STIs) and human immunodeficiency virus (HIV) are major public health concerns. They impact a person's physical health, emotional well-being and quality of life. Access to testing, treatment and education are key to preventing the spread of these infections.

## HIV Cases<sup>1</sup>

## STI Cases<sup>1</sup>

For every 100,000 people, there are:

**56.1**

HIV cases in  
**Kosciusko County**



**375.2**

STI cases in  
**Kosciusko County**

**129.2**

HIV cases in  
**Parkview Health  
service area**



**671.4**

STI cases in  
**Parkview Health  
service area**

**223.0**

HIV cases in  
**Indiana**



**918.6**

STI cases in  
**Indiana**

Health behaviors are actions and habits that can help or hurt a person's physical, mental and social well-being. These include diet, exercise, substance use, preventive screenings and vaccinations.

### Cigarette Smoking



16.7%

### No Exercise



26.4%

16.7%<sup>1</sup> of adults in Kosciusko County **smoke cigarettes**, which is **less** than the Parkview Health service area (19.1%)<sup>1</sup> and **similar** to Indiana (16.5%).<sup>2</sup> Compared to Indiana (26.5%)<sup>2</sup> and the Parkview Health service area (27.3%),<sup>1</sup> **about the same** number of people (26.4%)<sup>1</sup> **do not exercise** in Kosciusko County.



1. CDC, PLACES Project (2022)

2. CDC, Behavioral Risk Factor Surveillance System (2022)

## Prioritization Overview

After gathering and analyzing the data—including applying additional weighting to survey responses from individuals identified as part of vulnerable populations—the HSIR team used a structured process to pinpoint the community's most urgent health needs. This process was meant to be inclusive and data-driven, ensuring that the chosen priorities represented both community members' experiences and health trends. The process involved meetings with community stakeholders and final selection of top health needs by hospital leaders.

## Community Prioritization Sessions

- Carried out between March 2025 and May 2025 for each hospital.
- Attendees were professionals who provide a wide range of services to community members from diverse backgrounds. *(See Appendix B for list of attendees.)*
- Ahead of the meeting, attendees were sent a printed scorecard with the top health needs identified for their county and related data.
- Presentation at the meeting covered data trends on the top health needs, with a focus on geographic, socioeconomic, racial, ethnic, gender and age-related disparities. *(These slides are posted on the website where you found this report.)*
- Attendees discussed the benefits and challenges to addressing the health needs.
- Attendees voted to rank the top health needs based on significance, severity, relation to social drivers of health and suitability for intervention.

## Selected Health Priorities

The list of top health needs from each session and qualitative summaries from Community Forums were shared with Parkview Health - Kosciusko County hospital leadership in June 2025. Hospital leaders reached consensus on the final top health priorities with consideration given to resources, prevalence of the health need, impact on vulnerable populations and suitability to address the health need.

### Selected Priorities for Parkview Health – Kosciusko County

- Obesity/Diabetes
- Mental Health and Mental Disorders
- Cancers





The following is a list of datasets used during the analysis of secondary data. All datasets were accessed via the Metopio platform. A URL for each dataset is available upon request.

1. CDC, Agency for Toxic Substances and Disease Registry - Environmental Justice Index
2. U.S. Census Bureau, American Community Survey (ACS)
3. Health Resources & Services Administration, Area Health Resources Files (AHRF)
4. CDC, Behavioral Risk Factor Surveillance System (BRFSS)
5. University of Wisconsin Population Health Institute, County Health Rankings
6. Dwyer-Lindgren, Mokdad, et al. (Population Health Metrics, 2014)
7. Diabetes Atlas
8. U.S. Department of Agriculture (USDA) - Economic Research Service
9. Federal Bureau of Investigation, FBI Crime Data Explorer
10. Indiana Department of Child Services, Indiana University Child Abuse and Neglect Rates
11. Indiana Department of Local Government Finance
12. Feeding America, Map the Meal Gap
13. Centers for Medicare & Medicaid Services (CMS), Mapping Medicare Disparities
14. Health Resources & Services Administration, Maternal and Child Health Bureau (MCHB)
15. CDC, National Center for Health Statistics
16. Centers for Medicare & Medicaid Services (CMS), National Provider Identifier Files (NPI)
17. CDC, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention; Atlas Plus
18. CDC, National Vital Statistics System-Mortality (NVSS-M)
19. CDC, National Vital Statistics System-Natality (NVSS-N)
20. Parkview Community Health Survey and Community Forums - **Kosciusko County**
21. CDC, PLACES Project
22. Razzaghi, Wang, et al. (MMWR Morb Mortal Wkly Rep 2020)
23. State public health departments
24. U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA)
25. United States Zip Code Database



## Appendix A - Community Impact Report

This report highlights the progress and measurable outcomes of Parkview Health's community outreach initiatives carried out between 2022 and 2024, as guided by our 2023 Implementation Strategy. Each program and service detailed herein reflects our commitment to addressing the key needs identified in the 2022 Community Health Needs Assessment. The following results demonstrate our ongoing dedication to equity, access, and measurable health improvements in the communities we serve. As we reflect on our progress and outcomes, we remain committed to building healthier communities through innovation, partnership, and compassionate care.

### Overview

The findings of the 2022 CHNA guided the decision to adopt two health priorities for Kosciusko and Whitley Counties:

- Substance use disorder/Mental health
- Obesity

Mental health and substance use disorders were combined as a shared priority because they are so closely tied to one another. The majority of programming and partnerships supported through our hospital's community health improvement (CHI) program serve vulnerable populations of all ages residing in Whitley and Kosciusko counties.

### Substance Use Disorder/Mental Health

#### Preventative Programs for Youth

Preventative Programs for Youth is a program of The Center for Whitley County Youth. The center offers after school programming, snacks, meals and family examples to middle and high school students from the three school systems in the county. They have multiple programs investing in the well-being of students. The objective of this program is to expose students to healthy/trusting adult relationships to improve their mental health.

#### Highlighted Outcomes

- This program continued to thrive and grow. There was a 43% increase in total program participation compared to the previous school year.
- Additional programs have been developed on an ongoing basis
- Preventive Programs for Youth parents felt that their youth were better prepared to face future challenges due to this programming
- The goal measurement was that 75% of students felt a sense of belonging at the center

Year	Student sense of belonging	Parents that feel students are better prepared for future challenges	Hours staff spent with students outside of programming	Students feel they are valued at The Center
2022	80%	93%	1,100	89%
2023	70%	87%	680	100%
2024	100%	88%	1,772	100%

## The Pathway Program

The Pathway Program is designed to provide individuals with mental health and substance abuse the tools and resources for recovery, prevention and transition. Mission 25 is a certified recovery residence that provides programming to meet housing, food and necessities needed to change the detrimental cycles and support mental, physical and spiritual goals.

### Highlighted Outcomes

- This program is not your typical homeless shelter. The residents learn parenting skills, obtain jobs, learn to cook and so much more.
- Residents receive assistance getting signed up for insurance and finding jobs
- Residents are given a mental health assessment to determine what services are needed

The outcomes in terms of behavior changes are summarized in the table below:

Year	Mental health assessment	Child clients who received therapy services and/or skills coaching	Rate of those served with substance use disorder and received services	Those served that had mental health diagnosis and received therapy and/or medication services
2022	100%	20%	67%	78%
2023	100%	45%	75%	100%
2024	100%	50%	69%	95%

## Mama Bear's Support Group-BABE of Whitley County

BABE of Whitley County began as an incentive program designed to encourage pregnant women and their families to participate in services and programs that support the health and well-being of infants and young children. By providing education and essential resources, the initiative aimed to reduce the county's high rates of low birth-weight babies. The success of the program has been remarkable, and the offerings have continued to grow. The Mama Bear Support program helps moms cope with mental health concerns through education and the support of others.

## Highlighted Outcomes

- The program continued to grow in distribution of incentive coupons
- The number of families served continues to rise
- Diaper distribution was the most popular incentive; thousands of diapers were distributed each year
- Relieving the stress of purchasing diapers, clothing and other supplies helped improve the mental health of moms and families

The outcomes for BABE of Whitley County are below:

Year	Number of moms in Mama Bear Support Group
2022	12 average per month
2023	14 average per month

## Obesity/Food Insecurity

### TROY Mental Health/School Lunches

Teaching and Reaching Our Youth (TROY) was founded in 1997. It is an accredited independent alternative school helping middle and high school students to gain an education and earn a diploma at their own pace while supported by loving teachers, counselors, and support staff. They offer an alternative path toward graduation that meets students where they are and empowers them to meet their full potential. Many of these students are unsuccessful in the public schools and often fall through the cracks.

### Highlighted Outcomes - Mental Health

- In 2022, the funding from Parkview Whitley Hospital was used toward mental health
- The school was able to have mental health counseling for students at no cost to the family
- Students received behavior plans to support them while at the school
- Students participated in small group social skills

The outcomes for the mental health initiatives for 2022 are as follows:

Year	% enrolled in on-site mental health counseling	Rate of students that received a behavior plan	Percentage of students that participated in small group sessions
2022	50%	33%	60%

## Highlighted Outcomes - School lunches

In 2023 and 2024, TROY school applied for funding for their healthy lunch program. This falls into the Obesity/Food Insecurity category. Many of their students fall into the free/reduced lunch category and some students would not bring a lunch or have very unhealthy lunches. Every lunch included a healthy vegetable and a fruit option. A student with an empty stomach has difficulty learning.

Year	Percent of students who fall into the free & reduced lunch category as assigned by the federal government	Number of meals served over the course of the school year	Rate of free/reduced lunch eligible students that ate the healthy lunches provided to them at TROY
2023	72%	5,760	80%
2024	82%	7,200	85%

## Kids Connect

Kids Connect is a summer lunch program for children in the South Whitley area. One Community provides this program to the community by partnering with other organizations and businesses. Healthy lunches, physical activities, social engagement and relationships are provided each day for eight weeks during summer break. Active and physically fit children are more likely to continue the same habits into adulthood. Lunches are provided free of charge by positive role models in a safe environment.

## Highlighted Outcomes

- The program was well received in the community
- Parents who responded to an annual survey said that this program relieved the stress of providing meals for their children during the day
- Many of the meals were provided for children that fall in the income guidelines for free/reduced meals

The outcomes in terms of behavior changes resulting from Kids Connect are summarized in the tables below:

Year	Number of unique children served	Meals served over the eight week program	Rate of children that stayed for the activity
2022	70	718	Data not compiled
2023	89	1,040	98%
2024	80	945	96%

# Access to Care

## Free Clinic Lab Services

Providing free labs is often necessary to diagnose and treat patients that come to free clinics for care. In Whitley County there is the Multi-County Medical Outreach Clinic and in Kosciusko County there is St. Anthony's Free Medical Clinic. These two clinics serve community members with a place to receive their medical care when they are underinsured or uninsured. They are funded through free lab tests at Parkview Whitley and Parkview Kosciusko hospitals.

### Highlighted Outcomes

- The clinics worked to meet the medical needs of the underserved in the community

**Kosciusko free clinic (St. Anthony's) lab services**

Year	Number of patients served
2023	34
2024	50

**Multi County Medical Outreach Clinic lab services**

Year	Number of patients served
2023	166
2024	229

## Appendix B - Prioritization Participating Organizations

Prioritization session attendees represented several organizations in Kosciusko County.

Organization/Department	Area of Work
Bowen Health	Health Care, Mental/Behavioral Health
Court Appointed Special Advocates	Non-profit/Community-based/Social Service
City of Warsaw	Business, Government/Public Health/Safety
Combined Community Services	Non-profit/Community-based/Social Service
Fellowship Missions	Non-profit/Community-based/Social Service
Heartline Pregnancy Center	Faith/Cultural, Non-profit/Community-based/Social Service
HELP Kosciusko County	Government/Public Health/Safety
K21	Non-profit/Community-based/Social Service
Kosciusko Area Bus Service	Non-profit/Community-based/Social Service
Kosciusko County	Government/Public Health/Safety, Health Care
Kosciusko County Community Foundation	Non-profit/Community-based/Social Service
Kosciusko County Council	Government/Public Health/Safety
Kosciusko County Head Start/EMS	Non-profit/Community-based/Social Service

Organization/Department	Area of Work
Kosciusko County Health Department	Health Care
Live Well Kosciusko	Non-profit/Community-based/Social Service
Mentone Fire Department	Government/Public Health/Safety
Milford Collective	Non-profit/Community-based/Social Service, Faith/Cultural
Parkview	Health Care
Pavilion Help Center	Non-profit/Community-based/Social Service
St Anthony's Free Medical Clinic	Health Care
Warsaw Community Schools	Education, Health Care
Parkview Warsaw YMCA	Non-profit/Community-based/Social Service

## Appendix C - Community Resources

This list highlights health care facilities and community organizations that are available to address significant health needs identified in this CHNA.

Organization Name	City	Zip Code
<b>Obesity/Diabetes</b>		
Baker Youth Club	Warsaw	46580
Beyer Farm Boardwalk Trail	Warsaw	46580
Chinworth Bridge Trail	Warsaw	46580
Heritage Trail	Winona Lake	46590
Live Well Kosciusko Obesity/Chronic Disease Coalition	Warsaw	46580
Lutheran Kosciusko Hospital	Warsaw	46580
Parkview Warsaw YMCA	Warsaw	46582
Parkview's FitKids 360 Program	Fort Wayne	46808
Parkview's My Best Health Program	Warsaw	46582
Parkview's Veggie Rx Program	Fort Wayne	46808
Planet Fitness	Warsaw	46580
Syracuse - Wawasee Trails	Syracuse	46567
Pavilion Help Center	Warsaw	46580
Winona Trails	Winona Lake	46590
Fat & Skinny Tire Fest	Winona Lake	46590
Kosciusko County Velo	Winona Lake	46590
<b>Access to Care</b>		
BABE Boutique	Warsaw	46580
Bowen Health	Warsaw	46580



## Access to Care, continued

C.A.R.E.S . Program	Warsaw	46808
Cardinal Services	Warsaw	46580
Combined Community Services	Warsaw	46582
Community Healthcare Navigators	Warsaw	46580
Dementia Dialogue Support Group	Warsaw	46852
Head Start/Early Head Start	Warsaw	46580
Heartline Pregnancy Center	Warsaw	46580
KABS	Warsaw	46580
Kosciusko County Clerk's Office	Warsaw	46580
Kosciusko County Health Department	Warsaw	46580
Launch Pad	Warsaw	46580
Live Well Kosciusko	Warsaw	46580
Lutheran EMS Services	Warsaw	46580
Lutheran Kosciusko Hospital	Warsaw	46580
Milford Collective	Milford	46542
Milford Food Bank	Milford	46542
Parkinsons Support Group	Warsaw	46580
Francine's Friends Mobile Mammography	Allen	46845
Parkview Kosciusko Hospital	Warsaw	46582
Ryan's Place	Goshen	46527
Senior Services	Warsaw	46580
St. Anthony's Free Medical Clinic	Warsaw	46580
Stillwater Hospice	Warsaw	46580
Pavilion Help Center	Warsaw	46580

Mental Health and Mental Disorders		
Bowen Health	Warsaw/Syracuse/ Pierceton/North Webster	46580
Fellowship Missions - Addiction Recovery Hub	Warsaw	46580
KCODE	Warsaw	46580
Kosciusko Cares - Strengthening Families	Warsaw	46580
Lifetouch Ministries & Counseling Center	Warsaw	46580
McArthur Counseling Center	Warsaw	46582
Pavilion Help Center	Warsaw	46580
Cancers		
Pavilion Help Center	Warsaw	46580
Parkview Francine & Friends	Fort Wayne	46845
Parkview Cancer Institute - Parkview Kosciusko Hospital	Warsaw	46582
Live Well Kosciusko Cancer Coalition	Warsaw	46580
Livestrong - Parkview Warsaw YMCA	Warsaw	46582
Kosciusko County Community Foundation - Cancer Care Fund	Warsaw	46580
K21 Health Foundation	Winona Lake	46590
Celebrating Survivorship - Parkview Warsaw YMCA	Warsaw	46582
Cancer Services of Northeast Indiana - Kosciusko County	Warsaw	46582

Housing Affordability		
Brightpoint	Fort Wayne	46802
Combined Community Service: Family Self-Sufficiency programs	Warsaw	46582
Good Housekeeping Award Program	Milford	46542
Housing Authority Program	Warsaw	46542
Housing Choice Voucher Rental Assistance Program	Warsaw	46542
Kosciusko County Community Foundation	Warsaw	46580
Pavilion Help Center	Warsaw	46580
Warsaw Housing Authority	Warsaw	46542

### Additional resources for a broad range of assistance:

Findhelp.org is an online tool that connects people to support, including financial assistance, food pantries, medical care, and other free or reduced-cost help.

<https://www.findhelp.org/>

211 is a free and confidential service that helps people find local resources like food, housing, health care, and job support by calling or texting 211.

<https://www.211.org/>