

Community Data Profile: City of Mounds, Illinois

Introduction

This report gives a quick overview of the current situation in City of Mounds, Illinois, a small town in Pulaski County with about 1,500 residents. While the people are strong and resilient, the community faces many challenges including high poverty, limited access to jobs and healthcare, and aging infrastructure. This summary highlights key data to help guide support and investment in important areas like housing, workforce development, and small business growth.

People and Housing	City of Mounds	State-IL	Nation-US
Population Estimate	1,513	12,812,508	331,526,933
HS. Diploma or More (% of Adults 25+)	95.0%	90.6%	89.8%
BS or More (% Adults 25+)	23.6%	38.3%	36.2%
Households	651	5,071,288	131,332,360
Total Housing Units	727	5,470,727	145,333,462
Occupied	651	5,071,288	131,332,360
Vacant	76	399,439	14,001,102

Employment and Income	City of Mounds	State-IL	Nation-US
Labor Force ⁵	659	6,665,114	173,038,795
Unemployment Rate ¹	3.0%	4.7%	4.3%
Median Household Income ³	70,175	80,306	77,719
Median Family Income ⁴	76,458	101,886	96,401
Poverty Rate ²	46.6%	11.6%	12.5%
Mean Travel Time to Work (min) ⁶	23.9	28.1	26.8

Community Characteristics	City of Mounds	State-IL	Nation-US
Population	1,513	12,812,508	331,526,933
Poverty Rate	46.6%	11.6%	12.5%
Median Age (Overall)	45.0	39.5	39.2
Median Age (Males)	41.0	38.5	38.1
Median Age (Females)	47.3	40.6	40.3
% Without Healthcare Coverage ⁷	0.7%	6.2%	7.9%
% Without Access to Broadband ⁸	16.8%	8.2%	7.8%

Race	City of Mounds	State-IL	Nation-US
White	98.9%	60.7%	60.5%
Black or AA	0.3%	13.3%	12.1%
American Indian / Alaska Native	0.3%	0.7%	1.0%
Asian	0.3%	6.0%	6.0%

Native Hawaiian or Pacific Islander	0.0%	0.0%	0.2%
Other	1.6%	8.1%	7.4%
2+ Races	0.7%	11.1%	12.8%
Hispanic/Latino	1.4%	19.0%	19.4%

Health Outcomes

Arthritis	35.9%	24.5%	26.3%
Asthma	11.6%	9.5%	10.3%
High Blood Pressure	44.9%	33.5%	34.0%
Cancer	6.4%	7.5%	8.4%
Coronary Heart Disease	10.0%	7.9%	8.5%
Diabetes	18.8%	12.2%	11.5%
Depression	20.2%	18.1%	22.0%
Obesity ⁹	44.2%	36.0%	34.3%
Fair/Poor Health Prevalence ¹⁰	29%		12.4%
Poor Mental Health Prevalence	18.1%	13.7%	15.4%
Poor Physical Health Prevalence	17.1%	11.7%	12.6%

Health Risk Behaviors

Binge Drinking	14.1%	18.7%	16.7%
Physical Inactivity ¹¹	35.3%	21.4%	24.2%
Short Sleep Time ¹²	42.3%	36.0%	35.5%

Glossary of Terms

Unemployment Rate¹	The percentage of people who are looking for a job but don't have one.
Poverty Rate²	The percentage of people whose income is too low to afford basic needs like food and housing.
Median Household Income³	The middle income for all households.
Median Family Income⁴	The middle income for families (people related by blood or marriage).
Labor Force⁵	People who are working or looking for work in that area (age 16+).
Mean Travel Time to Work⁶	The average number of minutes people take to get to work.
% Without Healthcare Coverage⁷	The percentage of people who don't have any form of health insurance.
% Without Access to Broadband⁸	The percentage of homes without reliable, high-speed internet.
Obesity⁹	A condition where a person has too much body fat, which may affect their health.
Fair/Poor Health Prevalence¹⁰	The percent of people who rate their health as "fair" or "poor."
Physical Inactivity¹¹	The percentage of adults who don't do any exercise outside of work.
Short Sleep Time¹²	The percentage of adults who sleep fewer than 7 hours each night.

Key Findings

High Poverty and Housing Need

Nearly 1 in 2 Mounds residents live below the poverty line. Meanwhile, 76 homes remain vacant, highlighting both an economic need and an opportunity for affordable housing renovation or modular home development.

Chronic Health Conditions

Residents face high rates of obesity, hypertension, diabetes, and fair/poor health ratings well above state and national averages. Access to care may be limited despite low uninsured rates.

Mental & Behavioral Health Concerns

Rates of depression (20.2%), inactivity (35.3%), and sleep deficiency (42.3%) signal a need for community wellness, recreation, and mental health support services.

Digital Divide

Over 16% of households lack broadband access, limiting opportunities for telehealth, remote work, and education.

Education & Workforce

High school attainment is strong (87.7%), bachelor's degree attainment is lower (23.6%). The small labor force (659) suggests a need for upskilling, training, and regional job access strategies.

Conclusion

Mounds is a historically underserved community with deep potential. It has the foundation to grow but there is need for targeted investments in housing, health, and workforce development to reduce poverty and improve long-term quality of life. Given the urgency and scope of the need, strategic funding and coordination can make Mounds a model for rural revitalization in Southern Illinois.

Sources

<https://www.cdc.gov/places/index.html>

<https://data.census.gov/>

<https://www.americashealthrankings.org>

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