



Nampa Community Health Needs Assessment Executive Summary



St. Luke’s 2022 Nampa Community Health Needs Assessment (CHNA) provides a comprehensive evaluation of people’s most important health needs in Nampa and the West Treasure Valley. Identifying and addressing these needs is essential to improving population health, enhancing patient care and lowering health care costs. In our assessment, we divide health needs into four distinct determinants of health categories:

Determinants of Health

20% Clinical Care and Access



Quality Care



Access to Care

30% Health Behaviors



Nicotine Use



Alcohol Use



Activity



Nutrition

40% Social and Economic



Education



Income



Family/Social Support



Job Status



Housing



Community Safety

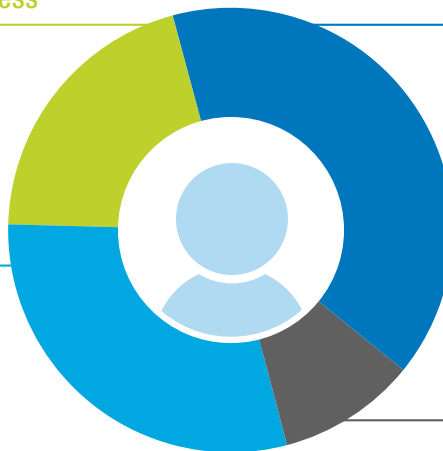
10% Physical Environment



Transportation Options



Air and Water Quality



We rank and score these health needs by analyzing a broad range of data, including:

- Interviews with community leaders representing organizations that serve medically under-resourced, low income and minority populations.
- National, state and local health indicators collected from governmental and other authoritative sources.
- Input from St. Luke’s health professionals.
- Availability of evidence-based interventions as identified by Healthy People 2030.

Prioritized Community Health Needs in Nampa

The 2022 CHNA helps us better understand the most current, significant health challenges facing our community. In collaboration with community partners, St. Luke's will deploy resources to meet the following long-term community health objectives:

- Address high-priority health needs with a focus on prevention.
- Expand access to appropriate St. Luke's and community-based services.
- Coordinate and integrate clinical patient care and community health strategies.
- Advance health equity by addressing social determinants of health and reducing health disparities.

The following health needs received the highest score within each category in Nampa:

Health Behaviors – Substance Use Disorder Prevention and Treatment

More deaths, illnesses and disabilities are associated with substance misuse and abuse than any other preventable health condition in the U.S., including tobacco and poor diet/physical activity. The availability of prevention and treatment programs for substance use disorder is especially scarce in rural areas of Idaho. It is imperative that St. Luke's works closely and expediently with our partners to begin developing effective and sustainable prevention and treatment programs to improve the overall well-being and safety of our communities.

Clinical Care – Availability of Behavioral Health Services

For the third consecutive year, in 2022 Idaho ranked 49th of 50 states on a composite score of 15 key mental health indicators for youth and adults, according to data compiled by Mental Health America, a leading mental health nonprofit. A critical component to improving mental health is access to mental health care. The lack of availability of mental health providers is a significant need across the St. Luke's service area. Our health system has increased its behavioral health provider base 350% across our footprint in the last three years and continues to engage with community partners to address this health need.

Social and Economic Factors – Services for Children and Families Experiencing Adversity

Adverse Childhood Experiences (ACEs) are traumatic experiences in a child's life that can have lasting effects well into adulthood. Only four states report a higher prevalence of children experiencing three or more ACEs than Idaho. Research shows that building resilience can be an antidote to adversity. In addition, protective factors like a connection to a trusted adult, concrete support in times of need and a safe, stable, nurturing environment can significantly reduce the harmful impacts of childhood adversity. St. Luke's is investing significant financial and personnel resources to bolster supports for children and families impacted by adversity.

Physical Environment – Accessible Modes of Transportation

Transportation barriers greatly impact many people's ability to access crucial services such as medical care, filling prescriptions, grocery shopping, employment, education and social connections. Those facing the biggest transportation challenges are often those who have been economically and/or socially marginalized, including lower income families, children and older adults. Communities that work to develop easily accessible, reliable and varied forms of transportation, including safe options for walking and biking, help boost both physical and mental health of community members as well as reduce air pollution.

Next Steps

Visit stlukesonline.org to view the complete Nampa CHNA, which provides an in-depth look at our community's health and how we can make improvements. St. Luke's will collaborate with the people, leaders and organizations in our community to develop and execute plans to address the significant community health needs identified in the assessment.