Table of Contents

Introduction ........................................................................................................................................... 1

Executive Summary ............................................................................................................................ 2

St. Luke’s Wood River Overview ....................................................................................................... 12

The Community We Serve ................................................................................................................. 14

Community Health Needs Assessment Methodology ....................................................................... 20

Health Outcome Measures and Findings ............................................................................................. 23

Mortality Measure ............................................................................................................................... 23

  • Length of Life Measure: Years of Potential Life Lost ................................................................. 23

Morbidity Measures ............................................................................................................................... 24

  • "Fair or Poor" General Health ................................................................................................. 25
  • Poor Physical Health Days ........................................................................................................... 27
  • Poor Mental Health Days ............................................................................................................. 27
  • Low Birth Weight ......................................................................................................................... 28

Chronic Disease Prevalence ................................................................................................................ 30

  • AIDS ......................................................................................................................................... 31
  • Arthritis ..................................................................................................................................... 32
  • Asthma ....................................................................................................................................... 34
  • Diabetes ..................................................................................................................................... 35
  • High Blood Pressure .................................................................................................................... 37
  • High Cholesterol .......................................................................................................................... 39
  • Mental Illness ............................................................................................................................... 41

Top 10 Causes of Death ......................................................................................................................... 42

  • Cancer (malignant neoplasms) .................................................................................................... 42
    o Lung Cancer .............................................................................................................................. 44
    o Colorectal Cancer ...................................................................................................................... 45
- Breast Cancer .............................................................................................................. 46
- Prostate Cancer ........................................................................................................... 47
- Pancreatic Cancer ......................................................................................................... 48
- Skin Cancer (Melanoma) ............................................................................................. 49
- Leukemia ....................................................................................................................... 51
- Non-Hodgkin’s Lymphoma ......................................................................................... 52
- Diseases of the Heart .................................................................................................... 53
- Chronic Lower Respiratory Diseases .......................................................................... 54
- Accidents ....................................................................................................................... 55
- Cerebrovascular Diseases ............................................................................................ 56
- Alzheimer’s Disease ..................................................................................................... 57
- Diabetes Mellitus .......................................................................................................... 58
- Suicide ........................................................................................................................... 59
- Influenza and Pneumonia .............................................................................................. 60
- Nephritis ......................................................................................................................... 61

Health Factor Measures and Findings ............................................................................. 63

Health Behavior Factors .................................................................................................. 63
- Adult Smoking ................................................................................................................ 64
- Adult Obesity .................................................................................................................. 66
- Physical Inactivity: Adults ............................................................................................ 68
- Excessive Drinking ........................................................................................................ 70
- Motor Vehicle Crash Death Rate .................................................................................. 71
- Teen Birth Rate ............................................................................................................. 72
- Sexually Transmitted Infections ................................................................................... 74
- Overweight and Obese Adults ..................................................................................... 75
- Nutritional Habits: Adults – Fruit and Vegetable Consumption .................................... 76
- Overweight and Obese Teens ....................................................................................... 77
- Nutritional Habits: Youth – Fruit and Vegetable Consumption .................................... 79
• Levels of Physical Activity: Youth ................................................................. 80
• Illicit Drug Use ......................................................................................... 81

Clinical Care Factors .................................................................................. 83
• Uninsured Adults ...................................................................................... 83
• Primary Care Providers ............................................................................. 86
• Preventable Hospital Stays ........................................................................ 87
• Diabetes Screening .................................................................................... 88
• Mammography Screening ......................................................................... 89
• Cholesterol Screening ................................................................................ 90
• Colorectal Screening .................................................................................. 92
• Prenatal Care Begun in First Trimester ....................................................... 93
• Dental Visits .............................................................................................. 95
• Childhood Immunizations ......................................................................... 97
• Mental Health Service Providers ............................................................... 98

Social and Economic Factors ....................................................................... 99
• Education: High School Graduation and Some College .......................... 99
• Unemployment .......................................................................................... 102
• Children in Poverty ................................................................................... 103
• Inadequate Social Support and Single-Parent Households ...................... 104
• Homicide Rate/ Community Safety .......................................................... 106

Physical Environment Factors ...................................................................... 107
• Air Pollution Particulate Matter ................................................................. 107
• Air Pollution Ozone Days .......................................................................... 108

Built Environment ......................................................................................... 109
• Fast Food Restaurants .............................................................................. 109
• Limited Access to Healthy Foods .............................................................. 110
• Access to Recreational Facilities .............................................................. 111

Community Input .......................................................................................... 112
Introduction

St. Luke’s Wood River Community Health Needs Assessment (CHNA) is designed to help us better understand the most significant health challenges facing the individuals and families in our service area. The information, conclusions, and needs identified in our assessment will assist us in:

- Developing health improvement programs for our community
- Providing better care at lower cost
- Defining our operational and strategic plans
- Fulfilling our mission: “To improve the health of people in our region”

Stakeholder involvement in determining and addressing community health needs is vital to our process. We thank, and will continue to collaborate with, all the dedicated individuals and organizations working with us to make our community a healthier place to live.

For the purpose of sharing the results of this assessment with the community we serve, a full copy is available on our public website, www.stlukesonline.org/wood_river.
Executive Summary

St. Luke’s Wood River 2013 Community Health Needs Assessment (CHNA) provides a comprehensive analysis of our community’s most important health needs. Our complete CHNA offers trend, magnitude, and preventive information related to each community health need. This Executive Summary contains a brief overview of our process and terminology as well as a prioritized review of the community health needs we identified.

The first step in the process of defining our most important community health needs is to understand the health of our community. Two variables fundamental to understanding our community’s health are health outcomes and health factors.

Health outcomes help us determine the current health status of our community. Health outcomes include measures such as how long people live, how healthy people feel, rates of chronic disease, and the top causes of death. Health factors are key influencers of health outcomes. Examples of health factors are nutritional habits, exercise, substance abuse, and childhood immunizations.

Once we understand our community health outcomes and the factors that influence them, we use this information to define our community health needs. Community health needs are the programs, services, and policies needed to positively impact health outcomes and their related health factors. St. Luke’s views the fulfillment of our health needs as an essential opportunity to achieve better health, better patient care, and lower overall cost.

In our CHNA, we divide our health needs into four distinct categories: 1) health behaviors; 2) clinical care; 3) social and economic; and 4) physical environment. Each identified health need is included in one of these categories.

We employ a rigorous prioritization system designed to rank health needs based on the greatest potential to impact community health. Our health needs, factors, and outcomes are identified and measured through the study of a broad range of data, including:

- Primary research from focus groups and affected population surveys
- In-depth interviews and conversations with community leaders
- An extensive set of national, state, and local health information collected from governmental and other authoritative sources

The chart on the following page provides a graphical summary of the approach used to develop our CHNA.
Summary of Community Health Needs

The following tables provide a summary of the community health needs identified in our CHNA. Our health needs are ranked using a numerical prioritization system. Points are allocated to each need based on scores provided by our community leaders as well as scores for related health factors. The more points the health need and factor receive, the higher the priority and the higher the potential to positively impact community health when the need is effectively addressed. Health needs and factors scoring above the median are highlighted in light orange in the tables below. Health needs and factors with scores in the top 20th percentile are highlighted in dark orange and are considered to be high priorities.

The tables below also provide demographic information about the most affected populations. Demographic data about affected populations is important because it tells us when people with low incomes, no college education, or ethnic minorities suffer disproportionately from specific health conditions or from barriers to health care access.
Health Behavior Category Summary

Our community’s high priority needs in the health behavior category are: Substance abuse programs; weight management programs; and wellness and prevention programs for mental illness. Substance abuse ranks as a high priority need due to its high community leader score and because our community has an above average level of binge drinking. Weight management ranks as a high priority because obesity is trending higher in our community and is a contributing factor to a number of other health conditions. Mental illness ranks high because Idaho has one of the highest percentages (22.5%) of any mental illness (AMI) in the nation.

Some populations are more affected by these health needs than others. For example, low income individuals and those without high school diplomas have significantly higher rates of obesity. Those not graduating from high school, the unemployed, and males 18 to 34 years of age have much higher rates of illicit drug use.

Health Behavior Need Summary Table

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance abuse services and programs</td>
<td>Alcohol</td>
<td>Ages 18-64</td>
<td>18.7</td>
</tr>
<tr>
<td></td>
<td>Illicit drug use</td>
<td>Income &lt;$35,000, No high school diploma, Males 18-34</td>
<td>17.7</td>
</tr>
<tr>
<td></td>
<td>Vehicle crash death rate</td>
<td></td>
<td>17.7</td>
</tr>
<tr>
<td>Weight management</td>
<td>Obese/overweight adults</td>
<td>Income &lt;$35,000, Hispanic, No high school diploma</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Obese/overweight teens</td>
<td>Income &lt;$35,000, Hispanic</td>
<td>19</td>
</tr>
<tr>
<td>Wellness/prevention</td>
<td>Mental illness</td>
<td></td>
<td>18.5</td>
</tr>
<tr>
<td>Exercise programs/education</td>
<td>Teen exercise</td>
<td></td>
<td>13.5</td>
</tr>
<tr>
<td>Safe-sex education programs</td>
<td>Sexually transmitted infections</td>
<td></td>
<td>16.1</td>
</tr>
<tr>
<td></td>
<td>Teen birth rate</td>
<td></td>
<td>15.1</td>
</tr>
<tr>
<td>Identified Community Need</td>
<td>Related Health Outcome or Factor</td>
<td>Populations Affected Most *</td>
<td>Total Score</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------------------------------</td>
<td>-----------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Tobacco cessation programs</td>
<td>Smoking</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>15</td>
</tr>
<tr>
<td>Wellness and prevention</td>
<td>Accidents</td>
<td></td>
<td>13.5</td>
</tr>
<tr>
<td></td>
<td>Breast cancer</td>
<td></td>
<td>14.5</td>
</tr>
<tr>
<td></td>
<td>Cerebrovascular diseases</td>
<td></td>
<td>13.5</td>
</tr>
<tr>
<td></td>
<td>Suicide</td>
<td></td>
<td>16.5</td>
</tr>
<tr>
<td>Exercise programs/education</td>
<td>Adult physical activity</td>
<td>Income &lt; $50,000, Hispanic, No college</td>
<td>12.5</td>
</tr>
<tr>
<td>Nutrition education</td>
<td>Adult nutrition</td>
<td>No college</td>
<td>12.8</td>
</tr>
<tr>
<td></td>
<td>Teen nutrition</td>
<td></td>
<td>14.8</td>
</tr>
<tr>
<td>Wellness and prevention</td>
<td>AIDS</td>
<td>African American, Males &lt;24</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>Alzheimer’s</td>
<td></td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Arthritis</td>
<td>Income &lt; $35,000, Non-Hispanic, No college, Overweight, Age 65 +</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Asthma</td>
<td>Income &lt; $35,000</td>
<td>7.5</td>
</tr>
<tr>
<td></td>
<td>Colorectal cancer</td>
<td></td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>Diabetes</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>12.5</td>
</tr>
</tbody>
</table>
### Health Behavior Need Summary Table, Continued

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness and prevention, continued</td>
<td>Flu/pneumonia</td>
<td></td>
<td>9.5</td>
</tr>
<tr>
<td></td>
<td>Heart disease</td>
<td></td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>High blood pressure</td>
<td>Income &lt; $35,000, No college, Overweight, Age 65 +</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>High cholesterol</td>
<td>Income &lt; $35,000, No high school diploma, Age 55 +</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>Leukemia</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>Lung cancer</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Leukemia</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>Nephritis</td>
<td></td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>Non-Hodgkin’s lymphoma</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>Pancreatic cancer</td>
<td></td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>Prostate cancer</td>
<td>Male age 60+</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Respiratory disease</td>
<td></td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Skin cancer</td>
<td></td>
<td>11.5</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Clinical Care Category Summary

High priority clinical care needs include: Affordable care and availability of behavioral health services. Affordable care ranks as a high priority need due to its high community leader score and because an increasing number of people in our community are living in poverty (especially children). Availability of behavioral health services ranks as a top priority due to our health leader’s scores and because Idaho has a shortage of behavioral health professionals.

As shown in the table below, high priority clinical care needs are often experienced most by people with low incomes and those who have not attended college. In addition, a number of our community leaders expressed concern about people just above the poverty level who are left without health insurance because they don’t qualify for Medicaid.

### Clinical Care Need Summary Table

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable care</td>
<td>Children in poverty</td>
<td>Income &lt; $50,000, Age &lt; 19</td>
<td>18.4</td>
</tr>
<tr>
<td>Availability of behavioral health services</td>
<td>Mental health service providers</td>
<td>Income &lt; $50,000</td>
<td>19.4</td>
</tr>
<tr>
<td>Affordable health insurance</td>
<td>Uninsured adults</td>
<td>Income &lt; $50,000, Hispanic, No college</td>
<td>15.5</td>
</tr>
<tr>
<td>More providers accept public health insurance</td>
<td>Children in poverty</td>
<td>Income &lt; $35,000</td>
<td>15.5</td>
</tr>
<tr>
<td>Screening programs</td>
<td>Cholesterol</td>
<td>Income &lt; $35,000, No high school diploma, Age 55 +</td>
<td>14.7</td>
</tr>
<tr>
<td></td>
<td>Diabetic screening</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>15.7</td>
</tr>
<tr>
<td>Affordable dental care</td>
<td>Dental visits preventive</td>
<td>Income &lt; $50,000</td>
<td>10.4</td>
</tr>
<tr>
<td>Availability of primary care providers</td>
<td>Primary care providers</td>
<td></td>
<td>12.1</td>
</tr>
</tbody>
</table>
### Clinical Care Need Summary Table, Continued

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic disease management</td>
<td>Arthritis</td>
<td>Income &lt; $35,000, Non-Hispanic, No college, Overweight, Age 65 +</td>
<td>11.4</td>
</tr>
<tr>
<td></td>
<td>Asthma</td>
<td>Income &lt; $35,000</td>
<td>8.4</td>
</tr>
<tr>
<td></td>
<td>Diabetes</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>13.4</td>
</tr>
<tr>
<td></td>
<td>High blood pressure</td>
<td>Income &lt; $35,000, No college, Overweight, Age 65 +</td>
<td>13.4</td>
</tr>
<tr>
<td>Immunization programs</td>
<td>Children immunized</td>
<td></td>
<td>8.1</td>
</tr>
<tr>
<td></td>
<td>Flu/pneumonia</td>
<td></td>
<td>13.1</td>
</tr>
<tr>
<td>Improved health care quality</td>
<td>Preventable hospital stays</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Integrated, coordinated care (less fragmented)</td>
<td>Preventable hospital stays</td>
<td>Hispanics, Age 65 +</td>
<td>12.6</td>
</tr>
<tr>
<td>Prenatal care programs</td>
<td>Low birth weight</td>
<td></td>
<td>12.8</td>
</tr>
<tr>
<td></td>
<td>Prenatal care 1st trimester</td>
<td>Hispanic, No high school diploma</td>
<td>12.8</td>
</tr>
<tr>
<td>Screening programs</td>
<td>Colorectal screening</td>
<td>Income &lt; $35,000, No college, Age 50 +</td>
<td>11.7</td>
</tr>
<tr>
<td></td>
<td>Mammography screening</td>
<td>Income &lt; $50,000</td>
<td>9.7</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Social and Economic Category Summary

Children and family services for low income populations is the only high priority social and economic health need. The increasing number of children living in poverty in our service area drives this need.

Social and Economic Need Summary Table

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children and family services</td>
<td>Children in poverty</td>
<td>Income &lt; $35,000</td>
<td>17.9</td>
</tr>
<tr>
<td>Education support and assistance programs</td>
<td>Education</td>
<td></td>
<td>15.8</td>
</tr>
<tr>
<td>Homeless services</td>
<td>Unemployment rate</td>
<td></td>
<td>13.4</td>
</tr>
<tr>
<td>Children and family services</td>
<td>Inadequate social support</td>
<td></td>
<td>12.9</td>
</tr>
<tr>
<td>Disabled services</td>
<td></td>
<td></td>
<td>12.9</td>
</tr>
<tr>
<td>Job training services</td>
<td>Unemployment rate</td>
<td></td>
<td>13.1</td>
</tr>
<tr>
<td>Senior services</td>
<td>Inadequate social support</td>
<td>Age 65 +</td>
<td>11.6</td>
</tr>
<tr>
<td>Veterans’ services</td>
<td>Inadequate social support</td>
<td></td>
<td>11.4</td>
</tr>
<tr>
<td>Violence and abuse services</td>
<td>Safety - homicide rate</td>
<td></td>
<td>11.4</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Physical Environment Category Summary

In the physical environment category, there are no identified high priority needs. Both our community leaders and the health factor data indicate we have a physical environment that supports good health.

**Physical Environment Need Summary Table**

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of recreation and exercise facilities</td>
<td>Recreational facilities</td>
<td>Income &lt; $50,000</td>
<td>7.9</td>
</tr>
<tr>
<td>Availability or access to healthy foods</td>
<td>Limited access to healthy foods</td>
<td>Income &lt; $50,000</td>
<td>10.1</td>
</tr>
<tr>
<td>Healthier air quality, water quality, etc.</td>
<td>Air pollution</td>
<td></td>
<td>10.7</td>
</tr>
<tr>
<td>Transportation to and from appointments</td>
<td></td>
<td>Income &lt; $35,000, Rural populations, Age 65 +</td>
<td>13.1</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Next Steps

The main body of this CHNA provides more in-depth information describing our community’s health as well as how to improve it. St. Luke’s will continue to collaborate with the people, leaders, and organizations in our community to carry out an Implementation Plan designed to address many of the most pressing community health needs identified in this assessment. Utilizing effective, evidence-based programs and policies, we will work together toward the goal of attaining the healthiest community possible.
St. Luke’s Wood River Overview

Background

In 1996, St. Luke's Medical Center of Boise was invited to oversee the construction and future operations of a new hospital in the Wood River Valley. Three years later, thanks to the overwhelming support of St. Luke's, registered voters and community philanthropists, a new $32 million, 110,000 square foot hospital was constructed.

In November 2000, St. Luke's Wood River Medical Center opened its doors to serve the health care needs of people living in the greater Blaine County area. During the design process, special care was taken to ensure a facility that would complement the surrounding terrain, with the hospital's exterior and interior reflecting the beauty of Idaho's world-renowned Sun Valley area. To best accommodate the needs of the people in this region, the hospital site was located immediately off Highway 75.

Services at Wood River Medical Center include a 24-hour emergency department, inpatient and outpatient surgery, diagnostics, maternity services, physical and occupational therapy, mammography, orthopedics, intensive care and medical/surgical units. St. Luke’s Center for Community Health’s main office can be found in the neighboring town of Hailey, Idaho.

Known for our clinical excellence, St. Luke's Wood River has been nationally recognized for quality and patient safety, and we are proud to be in the top 10% of hospitals nationwide for our patient satisfaction score. We are also proud to be on the Magnet designation journey which would make us the second critical access hospital in the state to achieve such designation.

St. Luke’s Wood River is part of the St. Luke’s Health System (SLHS). Today SLHS is the only locally governed, Idaho-based, not-for-profit health system, with a network of six separately licensed full service medical centers and more than 100 outpatient centers and clinics serving people throughout southern Idaho, eastern Oregon, and northern Nevada.

St. Luke’s Wood River is fortunate to have over 250 volunteers, more than 50 physicians on the medical staff, and a dedicated governing board comprised of independent civic leaders who volunteer their time to serve.
**Mission, Vision, and Core Values**

All SLHS medical centers are committed to our overall mission, vision, and values.

Our mission is “To improve the health of people in our region.”

Our vision is to “transform health care by aligning with physicians and other providers to deliver integrated, seamless, and patient-centered quality care across all St. Luke’s settings.”

Our core values are:

- Integrity
- Compassion
- Accountability
- Respect
- Excellence

**Governance Structure**

Each SLHS hospital is responsive to the people it serves, providing a scope of service appropriate to community needs. Because leaders from within the community served know what’s best for their own families, friends, and neighbors, local control is one of the tenets of SLHS.

Local boards have oversight over their business affairs and have decision-making authority. Our volunteer boards include representatives from each SLHS service area, helping to ensure local needs and interests are addressed.
The Community We Serve

This section describes our community in terms of its geography and demographics. Blaine County represents the geographic area used to define the community we serve also referred to here as our primary service area or service area. The criteria used in selecting this area as the community we serve was to include the entire population of the county or counties where at least 70% of our inpatients reside. The residents of Blaine County comprise about 74% our inpatients. Blaine County is part of Idaho Health District 5, as shown in the maps below.

Idaho Health District Map

Blaine County Map

1 Idaho Behavioral Risk Factor Surveillance System Annual Report 2009
Our patients in the surrounding counties are important to us as well. To help us serve these patients, we have built positive, collaborative relationships with regional providers where legal and appropriate. A philosophy of shared responsibility for the patient has been instrumental in past successes and remains critical to the future of SLHS. Partnerships, such as those shown below, allow us to meet patients’ medical needs close to home and family.

**St. Luke’s Regional Relationships Map**
Community Demographics

The demographic makeup of our nation, state, and service area populations are provided in the table below. This information helps us understand the size of various populations and possible areas of community need. Our goal is to reduce disparities in health care access and quality due to income, education, race, or ethnicity.

Both Idaho and our service territory are comprised of about a 95% white population while the nation as a whole is 72% white. The Hispanic population in Idaho represents 11% of the overall population and about 20% of our defined service area.

Population by Race and Ethnicity 2010²

<table>
<thead>
<tr>
<th>Residence</th>
<th>Total</th>
<th>White</th>
<th>Black</th>
<th>American Indian or Alaska Native</th>
<th>Asian or Pacific Islander</th>
<th>Non-Hispanic</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blaine County</td>
<td>21,376</td>
<td>20,711</td>
<td>125</td>
<td>320</td>
<td>220</td>
<td>17,104</td>
<td>4,272</td>
</tr>
<tr>
<td></td>
<td></td>
<td>96.9%</td>
<td>0.6%</td>
<td>1.5%</td>
<td>1.0%</td>
<td>80.0%</td>
<td>20.0%</td>
</tr>
<tr>
<td>Idaho</td>
<td>1,567,582</td>
<td>1,496,784</td>
<td>15,104</td>
<td>29,801</td>
<td>25,893</td>
<td>1,391,681</td>
<td>175,901</td>
</tr>
<tr>
<td></td>
<td></td>
<td>95.5%</td>
<td>1.0%</td>
<td>1.9%</td>
<td>1.7%</td>
<td>88.8%</td>
<td>11.2%</td>
</tr>
<tr>
<td>National (000)</td>
<td>308,746</td>
<td>223,533</td>
<td>38,929</td>
<td>2,932</td>
<td>15,187</td>
<td>258,268</td>
<td>50,478</td>
</tr>
<tr>
<td></td>
<td></td>
<td>72.4%</td>
<td>12.6%</td>
<td>0.9%</td>
<td>4.9%</td>
<td>83.7%</td>
<td>16.3%</td>
</tr>
</tbody>
</table>

Idaho experienced a 21% increase in population from 2000 to 2010 ranking it as the fourth fastest growing state in the country.³ Blaine County has followed that trend experiencing a 13% increase in population within that timeframe.⁴ Our service area is expected to grow by over 20% by the year 2020.⁵ St. Luke’s Wood River is constantly working to manage the volume and scope of its services in order to meet the needs of an increasing population.

² Bureau of Vital Records and Health Statistics, Idaho Department of Health and Welfare (1/2012). The bridged-race April 1, 2010 population estimates were produced by the Population Estimates Program of the U.S. Census Bureau in collaboration with the National Center for Health Statistics (NCHS). Internet release date November 17, 2011.
³ U.S. Census Bureau: http://quickfacts.census.gov/qfd/index.html
⁴ Idaho Vital Statistics County Profile Year 2000
⁵ Idaho Economics, 2012 Forecasts, P.O. Box 45694 Boise, ID
Population Growth 2000-2010

<table>
<thead>
<tr>
<th>Region</th>
<th>Population April 1 2000</th>
<th>Population April 1 2010</th>
<th>Percent Change</th>
<th>Numeric Change</th>
<th>Ranked by Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blaine County</td>
<td>18,991</td>
<td>21,376</td>
<td>13%</td>
<td>2,385</td>
<td></td>
</tr>
<tr>
<td>Idaho</td>
<td>1,293,953</td>
<td>1,567,582</td>
<td>21%</td>
<td>273,629</td>
<td>4</td>
</tr>
<tr>
<td>United States</td>
<td>281,421,906</td>
<td>308,745,538</td>
<td>10%</td>
<td>27,323,632</td>
<td></td>
</tr>
</tbody>
</table>

Aging

Over the past ten years the 45 to 64 year old age group was the fastest growing segment of our community. Over the next ten years, however, the 65 years or older age group is expected to grow by about 50% making it the fastest growing segment. Currently, about 12% of the people in our community are over the age of 65, and by 2020 about 19% of our population is expected to be over the age of 65.

<table>
<thead>
<tr>
<th>Year</th>
<th>Population by Age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Age 0-19</td>
</tr>
<tr>
<td>2000</td>
<td>5,077</td>
</tr>
<tr>
<td>Percent of total</td>
<td>27%</td>
</tr>
<tr>
<td>2010</td>
<td>5,561</td>
</tr>
<tr>
<td>Percent of total</td>
<td>26%</td>
</tr>
</tbody>
</table>

---

6 Ibid
7 Bureau of Vital Records and Health Statistics, Idaho Department of Health and Welfare (1/2012)
Poverty Levels

The official United States poverty rate increased from 13.3% in 2005 to 15.3% in 2010. Our service area poverty rate has also increased since 2005. In 2005 it was 7.1% and by 2010 it was about 10.1% but still well below the national average. The poverty rate in our community for children under the age of 18 is 14.6%, which is also up over the past several years but well below the national average.\(^8\)

---

\(^8\) Small Area Income and Poverty Estimates (SAIPE)
Median Household Income

Median income in the United States has risen by 8% since 2005. Despite decreasing by over 10% since 2007, median income in Blaine County is still significantly higher than the national median income.\(^9\)

\(^9\) Ibid
Community Health Needs Assessment Methodology

We developed the St. Luke’s Wood River 2013 Community Health Needs Assessment (CHNA) to help us better understand and meet our most significant community health challenges. The process and methodology used to accomplish this goal is described below.

The first step in our process for defining community health needs is to understand the health status of our community. Health outcomes help us determine overall health status. Health outcomes include measures of how long people live, how healthy people feel, rates of chronic disease, and the top causes of death. While measuring health outcomes is critical to understanding health status, defining health factors is essential to improving health. Health factors are key influencers of health outcomes. Examples of health factors are nutritional habits, exercise, substance abuse, and childhood immunizations.

Once we understand our community health outcomes and the factors that influence them, we use this information to define our community health needs. Community health needs are the programs, services, and policies needed to positively impact health outcomes and their related health factors. St. Luke’s views the fulfillment of our health needs as an essential opportunity to achieve better health, better patient care, and lower overall cost.

In our CHNA, we divide our health needs into four distinct categories: 1) health behaviors; 2) clinical care; 3) social and economic; and 4) physical environment. Each identified health need is included in one of these categories.

Our health needs, factors, and outcomes are identified and measured through the analysis of a broad range of research including:

1. The County Health Rankings methodology for measuring community health. The University of Wisconsin Population Health Institute in collaboration with the Robert Wood Johnson Foundation developed the County Health Rankings. The County Health Rankings provides a thoroughly researched process for selecting health factors that, if improved, can help make our community a healthier place to live. A detailed description of their recommended health outcomes and factors is provided in the following sections of our CHNA.

2. Building on the County Health Rankings measures, we gathered a wide range of community health outcome and health factor measures from national, state, and local perspectives. We added these measures to our CHNA to ensure a comprehensive appraisal of the underlying causes of our community’s most pressing health issues.

3. In addition, we collaborated with the United Way and Saint Alphonsus Health System to complete an extensive set of primary market research, taking into account input from affected population groups in our region. Utilizing the results from this primary research, we conducted in-depth interviews with local organizational leaders representing the
broad interests of our community. During this process our community leaders helped us define and rank our community’s most important health needs, and provided valuable input on programs and legislation they felt would be effective in addressing these needs.

4. Finally, we employed a rigorous prioritization system designed to identify and rank our most impactful health needs, incorporating input from our community leaders as well as the secondary research data collected on each health outcome and factor.

The chart below provides a graphical summary of the approach used to develop our CHNA.

**St. Luke’s Approach to Improving Community Health**
Health Outcome and Health Factor Scoring System

An important part of our CHNA methodology involves incorporating an objective way to measure each health outcome and factor’s potential to impact community health. Measuring the potential to impact community health is accomplished using the process described below.

- Each health outcome or factor receives a **trend** score from 0 to 4, based on whether the measured value is getting better or worse compared to previous years. If the trend is getting worse, community health may be improved by understanding the underlying causes for the worsening trend and addressing those causes.

- A **prevalence** score from 0 to 4 is assigned based on whether the community’s health outcome or factor measured value is better or worse than the national average. The worse the value is compared to the national average, the more room there is for improvement.

- The **severity** of the health outcome or factor is scored from 0 to 4 based on the direct influence it has on general health and whether it can be prevented. Therefore, leading causes of death or debilitating conditions receive high severity scores when the health problem is preventable. For example, there are few evidence-based ways to prevent pancreatic cancer. Since little can be done to prevent this health concern, its severity score potential is not as high as the severity score for a condition such as diabetes which has many evidence-based prevention programs available.

- The **magnitude** of the health outcome or factor is scored from 0 to 4 based on whether the problem is a root cause or contributing factor to other health problems. The magnitude score is the highest when the health outcome or factor is also manageable or can be controlled. For example, obesity is a root cause of a number of other health problems such as diabetes, heart disease, and high blood pressure. Obesity may also be controlled through diet and exercise. Consequently, obesity has the potential for a high point score for “magnitude.”

The scores for the four measures defined above are totaled up for each health outcome and factor – the higher the total score, the higher the potential impact on the health of our population. These scores are utilized as an important part of our prioritization process. Tables like the example below are used to score each health outcome and factor.

<table>
<thead>
<tr>
<th>Health Factor Name</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example factor</td>
<td>0 to 4 points</td>
<td>0 to 4 points</td>
<td>0 to 4 points</td>
<td>0 to 4 points</td>
<td>0 to 16 points</td>
</tr>
</tbody>
</table>
Health Outcome Measures and Findings

Health outcomes represent a set of key measures that describe the health status of a population. These measures allow us to compare our community’s health to that of the nation as a whole and determine whether our health improvement programs are positively affecting our community’s health over time. The health outcomes recommended by County Health Rankings are based on one length of life measure (mortality) and a number of quality of life measures (morbidity).

Mortality Measure

- Length of Life Measure: Years of Potential Life Lost

The length of life measure, Years of Potential Life Lost (YPLL), focuses on deaths that could have been prevented. YPLL is a measure of premature death based on all deaths occurring before the age of 75. By examining premature mortality rates across communities and investigating the underlying causes of high rates of premature death, resources can be targeted toward strategies that will extend years of life.\(^\text{10}\)

![Years of Potential Life Lost](chart.png)

The chart above shows our service area YPLL for 2010 is not only significantly lower (better) than the national average but it is also close to ranking in the national top 10\(^\text{th}\) percentile. This is an excellent outcome indicating that on average people in our service area are not dying prematurely.\(^\text{11}\)

---

\(^{10}\) County Health Rankings 2012. Accessible at [www.countyhealthrankings.org](http://www.countyhealthrankings.org) (used for national YPLL 2006 - 2008 average)

\(^{11}\) Bureau of Vital Records and Health Statistics, Idaho Department of Health and Welfare (1/2012) (Idaho and county data provided for 2010 YPLL)
Morbidity Measures

Morbidity is a term that refers to how healthy people feel while alive. To measure morbidity, County Health Rankings recommends the use of the population’s health-related quality of life defined as people’s overall health, physical health, and mental health. They also recommend the use of birth outcomes – in this case, babies born with a low birth weight. The reasons for using these measures and the specific outcome data for our community are described below.

Health Related Quality of Life (HRQOL)

Understanding the health related quality of life of the population helps communities identify unmet health needs. Three measures from the CDC’s Behavioral Risk Factor Surveillance System (BRFSS) are used to define health-related quality of life: The percent of adults reporting fair or poor health, the average number of physically unhealthy days reported per month, and the number of mentally unhealthy days reported per month.

Researchers have consistently found self-reported general, physical, and mental health measures to be informative in determining overall health status. Analysis of the association between mortality and self-rated health found that people with “poor” self-rated health had a twofold higher mortality risk compared with persons with “excellent” self-rated health. The analysis concludes that these measures are appropriate for measuring health among large populations.\(^\text{12}\)

---

• "Fair or Poor" General Health

Fifteen point four percent (15.4%) of Idaho adults reported their health status as fair or poor in 2010, which is up from 13.4% in 2002. The BRFSS data show a large increase in reported poor or fair health occurred in Blaine County especially since the economic downturn in 2008. For our service area the percent of people reporting fair or poor health has doubled from 5.6% in 2002 to 12.1% in 2010 but is still below the national average. Percentages in District 5 have also increased and our now above (worse than) the national average.\textsuperscript{13}

The charts below show that income and education greatly affect the levels of reported fair or poor general health. For example, people with incomes of less than $15,000 are seven times more likely to report fair or poor general health than those with incomes above $75,000. In addition, Hispanics are significantly more likely to report fair or poor health than non-Hispanics.

\textsuperscript{13} Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• **Poor Physical Health Days**

The number of reported poor physical health days for Blaine County is well below the national average and ranks in the national top 10th percentile (2.6 days).\(^{14}\)

![Poor Physical Health Graph]

• **Poor Mental Health Days**

The number of poor mental health days is also well below the national average for our community. The national top 10th percentile is 2.3 days per month.

![Poor Mental Health Graph]

\(^{14}\) *County Health Rankings 2012. Accessible at [www.countyhealthrankings.org](http://www.countyhealthrankings.org).*
• **Low Birth Weight**

Low birth weight (LBW) is unique as a health outcome because it represents two factors: maternal exposure to health risks and the infant’s current and future morbidity, as well as premature mortality risk. The health associations and impacts of LBW are numerous.  

The percent of LBW babies in our service area and in Idaho is significantly below (better than) the national average. This is a key indicator of future health. The national top 10\textsuperscript{th} percentile for LBW is 6.0%.

Low birth weight can be addressed in multiple ways, including:\textsuperscript{17}

- Expanding access to prenatal care and dental services
- Focusing intensively on smoking prevention and cessation
- Ensuring that pregnant women get adequate nutrition
- Addressing demographic, social, and environmental risk factors

![Low Birth Weight Chart](chart.png)

**Health Factor Score**

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S.</td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>


\textsuperscript{17} America’s Health Rankings 2011, [www.americashealthrankings.org](http://www.americashealthrankings.org)
County Health Rankings Health Outcomes Ranking for Our Community

County Health Rankings ranks the counties within each state on the health outcome measures described above. Blaine County’s 2012 overall outcome rank is #1 out of a total of 42 counties in Idaho. This shows our community is very healthy compared to Idaho in general and very likely the nation. Although we have excellent current health in our community, it is our goal to use the health factor and health needs information, described later in our CHNA, to develop programs to ensure these health outcomes measures stay excellent and even improve over the course of the next three years.
Additional Health Outcome Measures and Findings

In addition to the *County Health Ranking* general outcome measures, we collected a set of community health outcomes measures from national, state, and local perspectives to create a more specific set of health indicators and measures for our community.

The health outcome measures provided below include information on chronic disease prevalence and the top 10 causes of death. These outcomes help identify the underlying reasons why people in our community are dying or are in poor health. Knowing the trend, prevalence, severity, and magnitude of common chronic diseases and the top causes of death can assist us in determining what kind of preventive and early diagnosis programs are most needed or where adding health care providers would have the greatest impact on health.

**Chronic Disease Prevalence**

Chronic disease prevalence provides insights into the underlying reasons for poor mental and physical health. Many of these diseases are preventable or can be treated more effectively if detected early. Consequently, we added measurement and trend data on the following chronic conditions: AIDS, arthritis, asthma, diabetes, high blood pressure, high cholesterol, and mental illness.
• AIDS

The AIDS rate in Idaho is well below the national rate. The trend in Idaho has been flat from 2004 to 2009 with some uptick in 2010 that warrants watching in future years.

African Americans are more likely to have HIV than any other racial/ethnic group in the United States (US). In 2009, African Americans accounted for 44% of new HIV infections while representing only 14% of the population. In 2009, African American men accounted for 70% of the estimated new HIV infections among all African Americans. Young people in the US are also more at risk for HIV infection accounting for 39% of all new HIV infections in 2009. This risk is particularly high for young gay, bisexual, and other men who have sex with men (MSM). HIV prevention programs, including education on abstinence and safe sex, will be helpful to younger people who did not benefit from the outreach conducted in the 1980s and 1990s.

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aids</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>

18 www.statehealthfacts.org
20 http://www.cdc.gov/HIV/TOPICS/aa/
21 http://www.cdc.gov/hiv/youth/
• Arthritis

In 2009, 23.7% of Idaho adults had ever been told by a medical professional that they had arthritis. The prevalence of arthritis in our service area is below the national average and has not changed significantly since 2002.

The majority of those with arthritis (54.5 percent) reported that their activities were limited due to health problems. The likelihood of having arthritis increases with age. More than half of those surveyed ages 65 and older had been diagnosed with arthritis.

Other Highlights:
- Idaho residents with incomes below $35,000 per year were significantly more likely to have arthritis than those with incomes of $50,000 or higher (28.5% compared with 18.9%).
- College graduates were significantly less likely to have arthritis compared with those with some college or less education (19.7% vs 25.5%).
- Hispanics were significantly less likely than non-Hispanics to have been diagnosed with arthritis (13.0% compared with 24.5%).
- More than one-in-four (27.5%) of overweight adults (BMI ≥ 25) had arthritis compared to 18.1% of those who were not overweight.  

Some types of arthritis can be treated and possibly prevented by making healthy lifestyle choices. Common tips for prevention and treatment include:

- Maintain recommended weight. Women who are overweight have a higher risk of developing osteoarthritis in the knees.
- Regular exercise can help by strengthening muscles around joints and increasing bone density.
- Avoid smoking and limit alcohol consumption to help avoid osteoporosis. Both habits weaken the structure of bone increasing the risk of fractures.

---

22 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
Health Factor Score

Low score = Low potential for health impact           High score = High potential for health impact

Trend: Better/Worse  
Prevalence versus U.S.  
Severe/Preventable  
Magnitude: Root Cause  
Total Score

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>0</td>
<td>5</td>
</tr>
</tbody>
</table>

*Data only available every other year; no U.S. data available for 2002-2003. Service area data not available.
• Asthma

The percentage of people with asthma in our service area has decreased from about 5% in 2002 to about 2% in 2010 and is now well below the national average. Asthma has a significant effect on how healthy people feel. Thirty percent (30%) of adults with current asthma reported their general health status as “fair” or “poor,” which is more than twice as high as people who did not have asthma (only 13.7% of people without asthma reported fair or poor health). Those with incomes below $35,000 are somewhat more likely to have current asthma.24

Asthma is a long-term disease that can’t be cured or prevented. The goal of asthma treatment is to control the disease. To control asthma, it is recommended that people partner with their provider to create an action plan that avoids asthma triggers and includes guidance on when to take medications or to seek emergency care.25

Asthma Service Area

Trend: Better/Worse
Prevalence versus U.S. Average
Severe/Preventable
Magnitude: Root Cause
Total Score

Asthma
0
0
2
0
2

*Service area data only available for 2002, 2006, & 2010

24 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• Diabetes

Only .4% of the people in our community report that they have been told they have diabetes which is substantially better than the national average. The percent of people living with diabetes in the United States is up by about 50% over the past ten years but has dropped significantly in Blaine County. Our extremely low rates of diabetes are likely related to our community’s relatively high rate of physical activity and low obesity rate. Diabetes is a serious health issue that can contribute to heart disease, stroke, high blood pressure, kidney disease, and blindness and can even result in limb amputation or death.  

Other Highlights:

- Overweight (BMI ≥ 25) adults reported diabetes more than three times as often as those who were not overweight. Among overweight adults, 10.6% had diabetes compared with 3.4% of those who were not overweight or obese.
- Those who did not engage in leisure time physical activity reported diabetes more than twice as often as those who did have leisure time physical activity.
- Those with a high school diploma or less education were significantly more likely to have diabetes than college graduates.
- Those with lower incomes were significantly more likely to have diabetes than those with mid-level or high incomes.

---

26 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
27 Ibid.
Studies indicate that the onset of type 2 diabetes can be prevented through weight loss, increased physical activity, and improving dietary choices. Diabetes can be prevented through weight loss, increased physical activity, and improving dietary choices.
managed through regular monitoring, following a physician-prescribed care regimen, adjusting diet, and maintaining a physically active life.\textsuperscript{28}

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S.</td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td>Diabetes</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

- **High Blood Pressure**

The incidence of high blood pressure in the United States has continued to rise steadily through the years. Currently, about one in every three Americans suffers from high blood pressure.\textsuperscript{29} Idaho is ranked 6\textsuperscript{th} (best) in the nation for high blood pressure. Blood pressure rates in District 5 are below the national level. High blood pressure is highly correlated with being overweight. Since the percent of overweight people in our community is well below that of District 5, Idaho, and the nation, we will assume our community’s blood pressure levels are also well below the national level. High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.

\begin{figure}
\centering
\includegraphics[width=\textwidth]{high_blood_pressure_graph.png}
\caption{High Blood Pressure}
\end{figure}

\begin{itemize}
  \item *Data only available for odd-numbered years. Service area data not available.*
\end{itemize}

\textsuperscript{28} America’s Health Rankings 2011, www.americashealthrankings.org
\textsuperscript{29} Ibid
Other Highlights:

- Those with incomes below $25,000 per year were significantly more likely to have been told they had high blood pressure than those with annual incomes of $50,000 or more.
- Those who were overweight (BMI > 25) reported having high blood pressure twice as often as those who were not overweight (BMI < 25). About 33% of overweight adults had high blood pressure compared with 13.9% of adults who were not overweight.
- Adults with high blood pressure reported their general health status as “fair” or “poor” nearly three times as often as those who did not have high blood pressure (29.7% compared with 10.1%).
- Adults who had been told they had high blood pressure were significantly more likely to have been told by a health professional that they also have angina or coronary heart disease (11.4% compared with 1.3%).

Healthy blood pressure may be maintained by changing lifestyle or combining lifestyle changes with prescribed medications.

<table>
<thead>
<tr>
<th>Health Factor Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low score = Low potential for health impact</strong></td>
</tr>
<tr>
<td><strong>Trend:</strong> Better/Worse</td>
</tr>
<tr>
<td>High Blood Pressure</td>
</tr>
</tbody>
</table>

---

30. Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
31. Ibid
• **High Cholesterol**

Among those who had ever been screened for cholesterol in Idaho, 37.3% reported that they were told their cholesterol was high in 2009 which is 21st (a little better than average) in the nation. The percentage of screened adults with high cholesterol has increased significantly since 2001 in District 5, Idaho, and nationally. High cholesterol is highly correlated with being overweight. Since the percent of overweight people in our community is well below that of District 5, Idaho, and the nation we will assume our community’s cholesterol levels are also well below the national level. Sustained, increased cholesterol levels can lead to heart disease, heart attack, and other circulatory problems. 

![High Cholesterol Chart](image)

**Other Highlights:**

- Those with yearly incomes below $25,000 were significantly more likely to have high cholesterol than those with annual incomes above $75,000 (43.3% compared with 30.8%).
- Prevalence of high cholesterol decreased with higher levels of education. Among those with a high school diploma or less education, 41.3% had been told they had high cholesterol compared with 32.9% of college graduates.
- Adults who had been screened and told they had high cholesterol reported their general health status as “fair” or “poor” significantly more often than those who had not been told they had high cholesterol (26.9% compared with 14.4%).

---

32 Ibid.
Forty-three percent (43%) of those who were overweight had been told they had high cholesterol. This compares with 26.6% of those who were not overweight.

Adults aged 55 and older were almost twice as likely to have had high blood cholesterol levels as those under age 55 (50.6% compared with 28.2%).

While some factors that contribute to high cholesterol are out of our control, like family history, there are many things a person can do to keep cholesterol in check, such as following a healthy diet, maintaining a healthy weight, and being physically active. For some individuals, a physician-recommended pharmacological intervention may be necessary.\textsuperscript{33}

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Cholesterol</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>

\textsuperscript{33} America’s Health Rankings 2011, www.americashealthrankings.org
• Mental Illness

Community mental health status can help explain suicide rates as well as help us understand the need for mental health professionals in our service area. The percentage of people aged 18 or older having any mental illness (AMI) (2008-2009 latest year available) was 22.5% for Idaho. This was the third highest percentage of mental illness in the nation. The percentage of people having any mental illness for the United States as a whole was 19.7%.\textsuperscript{34}

Idaho, along with other western and rural states, provided a disproportionate number of military service members to the wars in Iraq and Afghanistan. Up to fifty percent of soldiers returning from active duty report psychological problems and depression symptoms.\textsuperscript{35} Returning veterans and our slow economy are likely to put pressure on levels of mental illness in Idaho in the coming years.

![](Mental_Illness.png)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Mental Illness</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

\textsuperscript{34} Mental Health, United States, 2010 Report, SAMHSA, www.samhsa.gov

\textsuperscript{35} Idaho Council on Suicide Prevention, Report to Governor C.L. Otter, November 2009
Top 10 Causes of Death

The top 10 causes of death can help identify opportunities to improve community health by comparing the local death rates and trends to the national average. The section below provides data and analysis for the top 10 causes of death for Idaho and our community.

- **Cancer (malignant neoplasms)**

  Cancer is the leading cause of death in Idaho and the second leading cause of death in the United States. In Idaho, about one in two men and one in three women will be diagnosed with cancer sometime in their lives. About 22% of all deaths in Idaho each year are from cancer.

  Although cancer may occur at any age, it is generally a disease of aging. Nearly 80% of cancers are diagnosed in persons 55 or older. Cancer is caused both by external factors such as tobacco use and exposure, chemicals, radiation and infectious organisms, and by internal factors such as genetics, hormonal factors, and immune conditions.

  Cancer is among the most expensive conditions to treat. Individuals face financial challenges because of lack of insurance or underinsurance, resulting in high out-of-pocket expenses.\(^ {36} \)

  The chart below shows that cancer death rates in Idaho are 10% below the national average (7\(^{th}\) best in the nation) and the cancer rate in our service area is 40% below the national average. The trend for cancer deaths is down nationally and has been flat in our service area for the past ten years.\(^ {37} \)

---


The CDC estimates that if tobacco use, poor diet, and physical inactivity were eliminated, 40% of cancers would be prevented. Therefore, opportunities exist to reduce the risk of developing some cancers.  

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score</th>
<th>High score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Cancer</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

Although our service area’s cancer rate is low compared to the nation, cancer is a term that includes more than 100 different diseases. Some cancer death rates may be relatively high in our service area, so we have collected data on the most common forms of cancer in Idaho below.

---

38 America’s Health Rankings 2011, www.americashealthrankings.org
Lung Cancer

Lung cancer is the leading cause of cancer death in Idaho. However, the trend for lung cancer deaths in our service area is improving and the death rate is well below the national average. Current science does not support population-based efforts to screen for lung cancer even among those at higher risk for the disease. Because of the invasive nature of diagnostic testing and the possibility of false-positive tests, there is potential for significant harm from screening. More than 80% of lung cancers occur because of tobacco smoking.

Health Factor Score

<table>
<thead>
<tr>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Trend: Better/Worse</td>
<td></td>
</tr>
<tr>
<td>Prevalence versus U.S. Average</td>
<td></td>
</tr>
<tr>
<td>Severe/Preventable</td>
<td></td>
</tr>
<tr>
<td>Magnitude: Root Cause</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
</tr>
</tbody>
</table>

Lung Cancer

| 0 | 0 | 4 | 1 | 5 |

---

Colorectal Cancer

In Idaho, colorectal cancer is the second most common cancer-related cause of death among males and females combined. The trend for colorectal cancer deaths in our service area is flat, and the death rate is well below the national average. There is evidence that cancers of the colon are associated with obesity and that preventing weight gain can reduce the risk. Early detection is effective in reducing colorectal cancer death rate.

---

**Health Factor Score**

<table>
<thead>
<tr>
<th></th>
<th>Trend</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colorectal Cancer</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>6</td>
</tr>
</tbody>
</table>

---

42 America’s Health Rankings 2011, www.americashealthrankings.org
**Breast Cancer**

Breast cancer is the second leading cause of cancer death after lung cancer among Idaho women. The breast cancer death rate in our service area is about the same as the national average. Although nationally breast cancer rates have continued to rise since 1980, there has been a steady decline in the death rate from breast cancer. Survival rates differ significantly by stage of diagnosis. For women under age 65, uninsured women have the highest rates of more advanced stages of breast cancer (48%) compared to those with private insurance (33%), Medicare (25%), and Medicaid (43%).

![Breast Cancer Deaths](image)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>1</td>
<td>9</td>
</tr>
</tbody>
</table>

---

44 America’s Health Rankings 2011, www.americashealthrankings.org
Prostate Cancer

Prostate cancer is the second overall cause of death in Idaho men and is the most common cancer among males. In our service area, the prostate cancer death rate has been decreasing and is below the national average. Known risk factors for prostate cancer that are not modifiable include age, ethnicity, and family history. One modifiable risk factor is a diet high in saturated fat and low in vegetable and fruit consumption. While good evidence exists that prostate-specific antigen (PSA) screening along with digital rectal exam can detect early-stage prostate cancer, the evidence is inconclusive that early detection improves health outcomes.

---

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

---

Pancreatic Cancer

In our service area, the pancreatic cancer death rate is about the same as the national average.\textsuperscript{47} There are no established guidelines for preventing pancreatic cancer and the survival rate is low. Possible factors increasing the risk of pancreatic cancer include smoking and type 2 diabetes, which is associated with obesity.\textsuperscript{48}

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Pancreatic Cancer</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

\textsuperscript{47} Idaho Vital Statistics Annual Reports, Years 2000 - 2010, National Vital Statistics Report - Deaths: Data 2010

**Skin Cancer (Melanoma)**

In 2008, more than 1 million people were diagnosed with skin cancer, making it the most common of all cancers. More people were diagnosed with skin cancer in 2008 than with breast, prostate, lung, and colon cancer combined. About 1 in 5 Americans will develop skin cancer during their lifetime. For people born in 2005, 1 in 55 will be diagnosed with melanoma—nearly 30 times the rate for people born in 1930.  

Idaho had the highest melanoma death rate nationally from 2001-2005—26% higher than the U.S. average. About 50 people in the state die of melanoma every year. New diagnoses of melanoma increased at a rate of about 3.6% per year in Idaho from 1975 to 2006. The rate of increase was higher for males (4.2% per year) than for females (2.8% per year).

The chart shows that melanoma death rates continue to be higher in Idaho than in the rest of the nation although our service area death rate is significantly better than nation’s. In 2010, the rate of people diagnosed with melanoma was significantly lower for Health District 5 than the rest of the state.

Exposure to ultraviolet (UV) radiation appears to be the most significant factor in the development of skin cancer. Less than one-third of youth aged 11-18 practiced any sun protection behavior, and only 31% of adults surveyed in 1998 reported wearing protective clothing, staying in the shade, or using sunscreen (national data).

Skin cancer is largely preventable when sun protection measures are used...

---

49 www.epa.gov/sunwise/statefacts.html
51 Cancer Data Registry of Idaho – December 2011 release
consistently. These results highlight the need for effective interventions that reduce harmful UV light exposure.\textsuperscript{52}

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S.</td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td>Skin Cancer Death Rate</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

\textsuperscript{52} Comprehensive Cancer Alliance for Idaho, Idaho Comprehensive Cancer Strategic Plan 2004-2010, www.ccaidaho.org
- **Leukemia**

The leukemia death rate in our service area is below the national average and the trend is flat.  \(^{53}\) Leukemia is a cancer of the bone marrow and blood. Scientists do not fully understand all the causes of leukemia, although researchers have found some associations. Chronic exposure to benzene at work, large doses of radiation, and smoking tobacco all are risk factors associated with some forms of leukemia.  \(^{54}\) Because the causes are not well understood, evidence-based preventive programs are not available (other than avoiding the risk factors described above).

---

**Health Factor Score**

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leukemia</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>3</td>
</tr>
</tbody>
</table>

---


\(^{54}\) [www.cdc.gov/Features/HematologicCancers/](http://www.cdc.gov/Features/HematologicCancers/)
Non-Hodgkin’s Lymphoma

The non-Hodgkin’s lymphoma death rate in our service area is well below the national average. Lymphoma is a general term for cancers that start in the lymph system; mainly the lymph nodes. The causes of lymphoma are unknown. Because the causes are not understood, evidence based preventive programs are not available.

Non-Hodgkin’s Lymphoma Deaths

<table>
<thead>
<tr>
<th>Year</th>
<th>Service Area 4 Year Avg</th>
<th>Idaho</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>8.5</td>
<td>8.0</td>
<td>6.4</td>
</tr>
<tr>
<td>2002</td>
<td>7.5</td>
<td>7.0</td>
<td>5.4</td>
</tr>
<tr>
<td>2004</td>
<td>7.0</td>
<td>6.5</td>
<td>5.0</td>
</tr>
<tr>
<td>2006</td>
<td>6.0</td>
<td>5.5</td>
<td>4.5</td>
</tr>
<tr>
<td>2008</td>
<td>5.5</td>
<td>5.0</td>
<td>4.0</td>
</tr>
<tr>
<td>2010</td>
<td>5.0</td>
<td>4.5</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Health Factor Score

<table>
<thead>
<tr>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Non-Hodgkin’s lymphoma</td>
<td>2</td>
</tr>
</tbody>
</table>

---

56 www.cdc.gov/Features/HematologicCancers/
• Diseases of the Heart

The heart disease death rate has been in steady decline over the past 10 years. ⁵⁷ It’s important to note that even though mortality rates are declining, many individuals are living with chronic cardiac disease as new procedures prolong their lives.

Heart disease remains the leading cause of death in the United States for both men and women. It is the second leading cause of death in Idaho. Idaho has the 7th lowest rate (best) of heart disease in the nation. ⁵⁸ The death rate from heart disease in our service area is greater than 60% below the national average.

Heart disease is a long-term illness that many individuals can manage through lifestyle changes and healthcare interventions. However, many interventions place a burden on affected individuals by constraining options and activities available to them and can result in costly and ongoing expenditures for health care. It’s important to keep cholesterol levels and blood pressure in check to prevent heart disease. ⁵⁹

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart disease deaths</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>1</td>
<td>7</td>
</tr>
</tbody>
</table>

⁵⁸ America’s Health Rankings 2011, www.americashealthrankings.org
⁵⁹ Ibid.
- **Chronic Lower Respiratory Diseases**

The chronic lower respiratory diseases death rate in our service area is well below the national average and the trend has been improving since 2006. Chronic lower respiratory diseases are the third leading cause of death in Idaho. Of the diseases included in the data, chronic bronchitis and emphysema account for the majority of the deaths. The main risk factors for these diseases are smoking, repeated exposure to harsh chemicals or fumes, air pollution, or other lung irritants.

---

### Health Factor Score

<table>
<thead>
<tr>
<th>Respiratory disease deaths</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>5</td>
</tr>
</tbody>
</table>

---

Accidents

Accidents are the fourth leading cause of death in Idaho and include unintentional injuries which comprise both motor vehicle and non-motor vehicle accidents. The accident death rate in our service area is above the national average and the trend is improving.\(^{62}\)

![Accident Deaths Graph](image)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accidental deaths</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>0</td>
<td>8</td>
</tr>
</tbody>
</table>

- Cerebrovascular Diseases

The number of deaths due to cerebrovascular disease has decreased substantially over the past 10 years. However, they are still the 5th leading cause of death in Idaho and the nation. In our service area, the cerebrovascular diseases death rate has been trending up since the year 2006 but is still significantly lower than the national average. Cerebrovascular diseases include a number of serious disorders, including stroke and cerebrovascular anomalies such as aneurysms. Cerebrovascular diseases can be reduced when people lead a healthy lifestyle that includes being physically active, maintaining a healthy weight, eating well, and not using tobacco.\(^\text{63,64}\)

### Health Factor Score

<table>
<thead>
<tr>
<th>Cerebrovascular Deaths</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
<td>0</td>
<td>4</td>
<td>1</td>
<td>8</td>
</tr>
</tbody>
</table>

\(^{63}\) America’s Health Rankings 2011, www.americashealthrankings.org

\(^{64}\) Idaho Vital Statistics Annual Reports, Years 2000 - 2010, National Vital Statistics Report - Deaths: Data 2010
Alzheimer’s Disease

Alzheimer’s is the sixth leading cause of death in Idaho. The death rate from Alzheimer’s in Idaho and the nation has increased significantly over the past 10 years. The death rate in our service area is much lower than the national rate.\textsuperscript{65}

Alzheimer’s is the most common form of dementia, a general term for serious loss of memory and other intellectual abilities. Alzheimer’s disease accounts for 50 to 80\% of dementia cases. Alzheimer’s is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer’s are 65 and older. Although current treatments cannot stop Alzheimer’s from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer’s and their caregivers.\textsuperscript{66}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|c|c|c|}
\hline
\textbf{Alzheimer’s Deaths} & Trend: Better/Worse & Prevalence versus U.S. Average & Severe/Preventable & Magnitude: Root Cause & Total Score \\
\hline
3 & 0 & 1 & 1 & 5 \\
\hline
\end{tabular}
\end{table}

\textsuperscript{65} Vital Statistics Annual Reports, Years 2000 - 2010, National Vital Statistics Report - Deaths: Data 2010

\textsuperscript{66} Alzheimer’s Association, www.alz.org
- **Diabetes Mellitus**

The diabetes death rate in our community is far below the national average and has a declining trend. Diabetes is a serious health issue that can contribute to heart disease, stroke, high blood pressure, kidney disease, and blindness and can even result in limb amputation or death. It is the seventh leading cause of death in Idaho.\(^\text{67}\)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td>Diabetes Deaths</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

• Suicide

Suicide is the eighth leading cause of death in Idaho. The suicide death rate per 100,000 people in Idaho was 18.5 in 2010 which is more than 50% higher than the national average rate of 12.2. The suicide rate for our service area is 17.5 which is better than our state’s rate but still over 40% higher than the national average. As shown in the chart below, the suicide rate in our service area, Idaho, and the nation has been trending up for the last few years beginning with the recession in 2008. A strong relationship exists between unemployment, economy, and suicide.

![Suicide Deaths chart](image)

The suicide rate for males is over four times higher than the rate for females.\(^{68}\) Those most at risk are teenage males (15 to 17 years of age), elderly males aged 75 and older, working age males (18 to 64 years of age), and older and teenage Native American males.

U.S. male veterans are twice as likely to die by suicide as males without military service. Idaho, along with other western and rural states, provided a disproportionate number of military service members to the wars in Iraq and Afghanistan. Farmers are also at increased risk of suicide due to farm-related stressors and relative isolation.

Many suicides can be prevented by ensuring people are aware of warning signs, risk factors, and protective factors.\(^{69}\)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>0</td>
<td>11</td>
</tr>
</tbody>
</table>

---

\(^{68}\) Idaho Vital Statistics Annual Reports, Years 2000 - 2010, National Vital Statistics Report - Deaths: Data 2010

\(^{69}\) Idaho Council on Suicide Prevention, Report to Governor C.L. Otter, November 2009
• Influenza and Pneumonia

The death rates from flu and pneumonia have been decreasing in our service area and are significantly lower than the national average.\(^\text{70}\)

Influenza is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year.\(^\text{71}\)

Pneumonia is an infection of the lungs that is usually caused by bacteria or viruses. Globally, pneumonia causes more deaths than any other infectious disease. However, it can often be prevented with vaccines and can usually be treated with antibiotics or antiviral drugs. People with health conditions, like diabetes and asthma, should be encouraged to get vaccinated against the flu and bacterial pneumonia.\(^\text{72}\)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low score = Low potential for health impact</strong></td>
</tr>
<tr>
<td>Trend: Better/Worse</td>
</tr>
<tr>
<td>** Flu/ Pneumonia</td>
</tr>
</tbody>
</table>


\(^\text{71}\) [http://www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm)

\(^\text{72}\) [http://www.cdc.gov/Features/Pneumonia/](http://www.cdc.gov/Features/Pneumonia/)
• **Nephritis**

The death rate for nephritis is much lower in our community than it is nationally and our local trend is flat.\(^73\)

Nephritis is an inflammation of the kidney, which causes impaired kidney function. A variety of conditions can cause nephritis, including kidney disease, autoimmune disease, and infection. Treatment depends on the cause. Kidney disease damages kidneys, preventing them from cleaning blood effectively. Chronic kidney disease eventually can cause kidney failure if it is not treated.\(^74\)

![Nephritis Deaths](image)

Because chronic kidney disease often develops slowly and with few symptoms, many people aren’t diagnosed until the disease is advanced and requires dialysis. Blood and urine tests are the only ways to determine if a person has chronic kidney disease. It's important to be diagnosed early. Treatment can slow down the disease, and prevent or delay kidney failure.

Steps to help keep kidneys healthy include:

- Keep blood pressure below 130/80 mm/Hg. If blood pressure is high, it should be checked regularly and brought under control through diet, exercise, or blood pressure medication.

---

\(^73\) Idaho Vital Statistics Annual Reports, Years 2000 - 2010, National Vital Statistics Report - Deaths: Data 2010

\(^74\) [www.cdc.gov/Features/WorldKidneyDay/](www.cdc.gov/Features/WorldKidneyDay/)
- Stay in target cholesterol range.
- Eat less salt and salt substitutes.
- Eat healthy foods.
- Stay physically active.

If a person has diabetes, they should take these steps, too:

- Meet blood sugar targets.
- Have an A1c test at least twice a year, but ideally up to four times a year. An A1c test measures the average level of blood sugar over the past three months.⁷⁵

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td>Nephritis Deaths</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

Health Factor Measures and Findings

The health outcomes described in the previous section tell us how healthy we are now. Health factors give us clues about how healthy we are likely to be in the future.

Health factors represent key influencers of poor health that if addressed with effective, evidence-based programs and policies can improve health outcomes. Diet, exercise, educational attainment, environmental quality, employment opportunities, quality of health care, and individual behaviors all work together to shape community health outcomes and well being.76

The County Health Rankings uses four categories of health factors: Health behaviors, clinical care, social and economic, and physical environment factors. In turn, these health factors each have a number of measures:

- Health behaviors (6 measures)
- Clinical care (5 measures)
- Social and economic (7 measures)
- Physical environment (4 measures)

In addition to County Health Ranking measures, we collected community health factors from national, state, and local perspectives to create a broader set of health indicators and measures for our community. These additional indicators were determined by the Department of Health and Welfare, the Centers for Disease Control and Prevention (CDC), or other authoritative sources to represent important health risk factors.

One tool we utilized was the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing surveillance program developed and partially funded by the CDC. The tool’s recent data and comprehensive scope make it an ideal mechanism to monitor and track key health factors nationally and throughout Idaho.

Health Behavior Factors

County Health Rankings Health Behavior Factors

The six measures for community health behavior are described below. This next section also includes the specific data trends for our community and when possible compares our local data to state and national averages.

• Adult Smoking

The relationship between tobacco use, particularly cigarette smoking, and adverse health outcomes has been well known for decades. In fact, cigarette smoking is the leading cause of preventable death. Smoking causes or contributes to cancers of the lung, pancreas, kidney, and cervix. An average of 1,500 people die each year in Idaho as a direct result of tobacco use.\(^77\)

County-level measures from the Behavioral Risk Factor Surveillance System (BRFSS) provided by the CDC were used to obtain the number of current adult smokers who have smoked at least 100 cigarettes in their lifetime. The trend for smoking nationally and in District 5 is down.\(^78\) The top 10\(^{th}\) percentile nationally is less than 14% of the population currently smoking.

The percent of people who smoke declines significantly with higher levels of income and education as shown in the charts below.

\(^78\) Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>0</td>
<td>2</td>
<td>4</td>
<td>4</td>
<td>10</td>
</tr>
</tbody>
</table>
• Adult Obesity

The obesity measure represents the percent of the adult population that has a body mass index greater than or equal to 30. Obesity is used as a key health factor because it is an issue that can be addressed within communities by changing unhealthy conditions that contribute to poor diet and exercise. Being overweight or obese increases the risk for a number of health conditions: Coronary heart disease, type 2 diabetes, cancer, hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, gynecological problems (infertility and abnormal menses), and poor health status. Additionally, there are direct and indirect economic costs associated with obesity. In 1998, the U.S. spent 9.1% of total medical expenses on obesity- and overweight-associated medical costs.\(^7^9\)

The trend for obesity has been increasing steadily for the past 10 years both nationally and in our community. However, our community ranks in the top 10% (best) nationally with 18.3% of people surveyed reporting having a BMI ≥ 30. 25% is top 10\(^{th}\) percentile.\(^8^0\)

\(^7^9\) University of Wisconsin Population Health Institute. County Health Rankings 2012. Accessible at www.countyhealthrankings.org.

\(^8^0\) Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
In our community, Hispanics and those with incomes below $25,000 annually are more likely to be obese.  

### Health Factor Score

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese Adults</td>
<td>4</td>
<td>0</td>
<td>4</td>
<td>4</td>
<td>12</td>
</tr>
</tbody>
</table>

81 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• **Physical Inactivity: Adults**

Decreased physical activity has been related to several disease conditions such as type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality. A person is considered physically inactive if during the past month, other than a regular job, they did not participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise.  

As shown in the chart below, physical inactivity in our community is significantly lower (better) than the national average and is below (better than) the national top 10th percentile (21%). However, the trend has been worsening since 2002.  

Physical inactivity is significantly higher among those people with annual incomes below $75,000, those without a college degree, and among Hispanics as shown in the charts below.  

---


83 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System

84 Ibid.
### Health Factor Scoring

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical inactivity Adults</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>3</td>
<td>8</td>
</tr>
</tbody>
</table>
Alcohol Use

Two measures are combined to assess alcohol use in a county: Percent of excessive drinking in the adult population and the crude motor-vehicle death rate per 100,000 people.

- Excessive Drinking

The excessive drinking statistic comes from the Behavioral Risk Factor Surveillance System (BRFSS). The measure aims to quantify the percentage of females that consume four or more and males who consume five or more alcoholic beverages in one day at least once a month. Excessive drinking is a risk factor for a number of adverse health outcomes. These include alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes. From 2001–2005, there were approximately 80,000 deaths annually attributable to excessive drinking. It is the third leading lifestyle-related cause of death for people in the U.S.  

The percent of people engaging in excessive drinking in our community is significantly above the national average with the trend being flat over the past five years. The top 10\textsuperscript{th} percentile (best) is 8% nationally, so our community is well above that level.  

<table>
<thead>
<tr>
<th>Health Factor Scoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
</tr>
<tr>
<td>Excessive Drinking</td>
</tr>
</tbody>
</table>

86 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• Motor Vehicle Crash Death Rate

Motor vehicle crash deaths are calculated by the National Vital Statistics System (NVSS) at CDC. Motor vehicle crash deaths are reported as the crude mortality rate per 100,000 people due to on- or off-road accidents involving a motor vehicle. Over the past several years, the motor vehicle crash death rate has decreased significantly for our community and nationally. However, our crash death rate is still substantially above the national average.87

### Health Factor Score

![Vehicle Crash Deaths](image)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Motor vehicle crash death rate</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

---

Unsafe Sex

Two measures are used to represent the Unsafe Sex focus area: Teen birth rates and sexually transmitted infection incidence rates. First, the birth rate per 1,000 female population ages 15-19 as measured and provided by the National Center for Health Statistics (NCHS) is reported. Additionally, the chlamydia rate per 100,000 people was provided by the Centers for Disease Control and Prevention (CDC). Measuring teen births and the chlamydia incidence rate provides communities with a sense of the level of risky sexual behavior.

- Teen Birth Rate

Evidence suggests teen pregnancy significantly increases the risks for repeat pregnancy and for contracting a sexually transmitted infection (STI), both of which can result in adverse health outcomes for mother and child as well as for the families and community. A systematic review of the sexual risk among pregnant and mothering teens concludes that pregnancy is a marker for current and future sexual risk behavior and adverse outcomes. The review found that nearly one-third of pregnant teenagers were infected with at least one STI. Furthermore, pregnant and mothering teens engage in exceptionally high rates of unprotected sex during pregnancy and postpartum, and are at risk for additional STIs and repeat pregnancies.

Teen pregnancy is associated with poor prenatal care and pre-term delivery. Pregnant teens are more likely than older women to receive late or no prenatal care, have gestational hypertension and anemia, and achieve poor maternal weight gain. They are also more likely to have a pre-term delivery and low birth weight, increasing the risk of child developmental delay, illness, and mortality.88

Although our rate of teen pregnancy is decreasing and below (better than) the national average, our community’s rate is still well above the national top 10th percentile rate of 22.89

---

Teen Birth Rate

<table>
<thead>
<tr>
<th>Health Factor Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low score = Low potential for health impact                                      High score = High potential for health impact</td>
</tr>
<tr>
<td><strong>Trend:</strong> Better/Worse <strong>Prevalence versus U.S. Average</strong> <strong>Severe/Preventable</strong> <strong>Magnitude: Root Cause</strong> <strong>Total Score</strong></td>
</tr>
<tr>
<td>Teen birth rate</td>
</tr>
</tbody>
</table>
• Sexually Transmitted Infections

Sexually transmitted infections (STI) data are important for communities because the burden of STIs is not only on individual sufferers, but on society as a whole. Chlamydia, in particular, is the most common bacterial STI in North America and is one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease, and chronic pelvic pain. Additionally, STIs in general are associated with significantly increased risk of morbidity and mortality, including increased risk of cervical cancer, pelvic inflammatory disease, involuntary infertility, and premature death.\textsuperscript{90}

The rate of chlamydia infections has increased significantly over the past six years both in our community and nationally. Although we are well below the national average, we are still above the national top 10\textsuperscript{th} percentile rate which is 84.\textsuperscript{91}

\begin{table}
\centering
\begin{tabular}{|c|c|c|c|c|c|}
\hline
\textbf{Sexually Transmitted Infections} & \textbf{Trend: Better/Worse} & \textbf{Prevalence versus U.S. Average} & \textbf{Severe/Preventable} & \textbf{Magnitude: Root Cause} & \textbf{Total Score} \\
\hline
\textbf{Low score = Low potential for health impact} & 4 & 0 & 3 & 3 & 10 \\
\hline
\textbf{High score = High potential for health impact} &  &  &  &  &  \\
\hline
\end{tabular}
\end{table}

\textsuperscript{90} County Health Rankings 2012. Accessible at \url{www.countyhealthrankings.org}.
\textsuperscript{91} National data source: 2010 Sexually Transmitted Diseases Surveillance, table 1 \url{http://www.cdc.gov/std/}.
Idaho and Service Area Source: Idaho Reported Sexually Transmitted Disease, 2004-2010
**Additional Health Behavior Factors**

- **Overweight and Obese Adults**

In addition to the percent of obese adults we included as part of our *County Health Rankings* factors, we added the percentage of overweight and obese adults. Being overweight or obese increases the risk for a number of health conditions: Coronary heart disease, type 2 diabetes, cancer, hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, gynecological problems (infertility and abnormal menses), and poor health status.

The trend for overweight and obese adults has been increasing steadily for the past 10 years both nationally and in our community.\(^92\)

---

**Health Factor Score**

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td></td>
<td>Severe/Preventable</td>
<td>Magnitude: Root Cause</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total Score</td>
</tr>
<tr>
<td>Overweight or Obese Adults</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11</td>
</tr>
</tbody>
</table>

\(^92\) Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• **Nutritional Habits: Adults – Fruit and Vegetable Consumption**

Eating a diet high in fruits and vegetables is important to overall health, because these foods contain essential vitamins, minerals, and fiber that may help protect from chronic diseases. The current dietary guidelines recommend that at least half of your plate consist of fruit and vegetables and that half of your grains be whole grains. This combined with reduced sodium intake, fat-free or low-fat milk and reduced portion sizes lead to a healthier life. Data collected for this measure focus on the consumption of vegetables and fruits at the recommended five portions per day.\(^{93}\) These data are collected through the Behavioral Risk Factor Surveillance System.

To estimate the number of people who did not eat five servings of fruits and vegetables each day, we used BRFSS data from District 5 since county and service area data was not available. As shown in the chart below, about 77% of people in District 5 did not eat the recommended amounts of fruits and vegetables. The national average was about 77% as well. The trend is relatively flat in District 5 and nationally. People with college educations are about 10% more likely to eat the recommended amount of fruits and vegetables, but there are no large differences in nutritional habits based on income.\(^ {94}\)

\[\text{Health Factor Scoring Table}\]

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutritional habits adults</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>8</td>
</tr>
</tbody>
</table>

\(^{93}\) America’s Health Rankings 2011, www.americashealthrankings.org

\(^{94}\) Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• **Overweight and Obese Teens**

We included the percentage of obese and overweight teenagers in our community to ensure an understanding of youth health behavior risks. People who were already overweight in adolescence (14-19 years old) have an increased mortality rate from a range of chronic diseases as adults: endocrine, nutritional and metabolic diseases, cardiovascular diseases, colon cancer, and respiratory diseases. There were also many cases of sudden death in this group.\(^95\) Overweight children and adolescents:

- Are more likely than other children and adolescents to have risk factors associated with cardiovascular disease (e.g., high blood pressure, high cholesterol and type 2 diabetes).
- Are more likely to be obese as adults.
- Are more likely to experience other health conditions associated with increased weight including asthma, liver problems and sleep apnea.
- Have higher long-term risk of chronic conditions such as stroke; breast, colon, and kidney cancers; musculoskeletal disorders; and gall bladder disease.

Some methods of preventing and treating overweight children are listed below:

- Reducing caloric intake is the easiest change. Highly restrictive diets that forbid favorite foods are likely to fail. They should be limited to rare patients with severe complications who must lose weight quickly.
- Becoming more active is widely recommended. Increased physical activity is common in all studies of successful weight reduction. Create an environment that fosters physical activity.
- Parents' involvement in modifying overweight children's behavior is important. Parents who model healthy eating and physical activity can positively influence their children's health.\(^96\)

The percent of overweight or obese teens in Idaho is much lower than the average percent of overweight teens across the nation. However, the trend for obesity and overweight youth is increasing both in Idaho and across the United States. Overweight youth are defined as being ≥85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts. Obese youth are defined by the CDC as being ≥95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts.\(^97\)

---

\(^{95}\) Overweight In Adolescence Gives Increased Mortality Rate, ScienceDaily (May 20, 2008)

\(^{96}\) American Heart Association, Understanding Childhood Obesity, 2011 Statistical Sourcebook, PDF

Health Factor Score

Low score = Low potential for health impact  
High score = High potential for health impact

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese Teens</td>
<td>4</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>13</td>
</tr>
</tbody>
</table>

*Data collected every other year. No district or service area data available.
**Nutritional Habits: Youth – Fruit and Vegetable Consumption**

More than 80% of Idaho youth do not eat the recommended amount of fruits and vegetables. This is slightly worse than the national average and has been relatively flat for the past ten years. 

---

### Health Factor Score

<table>
<thead>
<tr>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Severe/Preventable</td>
<td>Magnitude: Root Cause</td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
</tr>
<tr>
<td>Nutritional habits youth</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

---

*Data collected every other year. No service area data available. No consistent U.S. data available for 2011.*

---

- **Levels of Physical Activity: Youth**

Physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, reduce fat, and improve mental health (including mood and cognitive function). It also helps prevent sudden heart attack, cardiovascular disease, stroke, some forms of cancer, type 2 diabetes and osteoporosis. Additionally, regular physical activity can reduce other risk factors like high blood pressure and cholesterol.

As children age, their physical activity levels tend to decline. That’s why it’s important to establish good physical activity habits as early as possible. A recent study suggests that teens who participate in organized sports during early adolescence maintain higher levels of physical activity during late adolescence compared to their peers, although their activity levels do decline. And youth who are physically fit are much less likely to be obese or have high blood pressure in their 20s and early 30s.99

The chart below shows that about 50% of Idaho teens do not exercise as much as recommended. However, the trend is improving and the percentage of Idaho youth who exercise less than what is recommended is slightly below (better than) the national average.100

---

### Health Factor Score

<table>
<thead>
<tr>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Teen exercise</td>
<td>1</td>
</tr>
</tbody>
</table>

---

99 American Heart Association, Understanding Childhood Obesity, 2011 Statistical Sourcebook, PDF
• Illicit Drug Use

The use of illicit drugs has harmful and sometimes devastating effects on individuals, families, and society.\textsuperscript{101} The percent of people who reported using illicit drugs in our service area is about the same as in Idaho. Illicit drug use is higher among males less than 34 years old, the unemployed, and those without a high school degree. Income levels did not have a large effect on illicit drug use.\textsuperscript{102}

\textsuperscript{101}www.samhsa.gov/newsroom/advisories/1109075503.aspx
\textsuperscript{102}Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
Illicit Drug Use - by Gender & Age

% of adults who used illicit drugs in the last 12 months

- Male 18-34
- Male 35-64
- Male 65+
- Female 18-34
- Female 35-64
- Female 65+

Trend: Better/Worse
Prevalence versus U.S. Average
Severe/Preventable
Magnitude: Root Cause
Total Score

Illicit drug use

Health Factor Score
Low score = Low potential for health impact
High score = High potential for health impact
Health Care Access

- **Uninsured Adults**

Health care access is represented with two measures. The first measure is the adult population without health insurance.

Evidence shows that uninsured individuals experience more adverse outcomes (physically, mentally, and financially) than insured individuals. The uninsured are less likely to receive preventive and diagnostic health care services, are more often diagnosed at a later disease stage, and on average receive less treatment for their condition compared to insured individuals. At the individual level, self-reported health status and overall productivity are lower for the uninsured. The Institute of Medicine reports that the uninsured population has a 25% higher mortality rate than the insured population.\(^\text{103}\)

The chart shows the number of adults without health care coverage has been flat in our service area for the past ten years despite growing steadily worse nationally and in Idaho. The number of uninsured in our service area is lower than the national average. The national top 10\(^{\text{th}}\) percentile is less than 11% of the population being uninsured.\(^\text{104}\)

---


\(^\text{104}\) Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
The charts below show that income and education greatly affect the likelihood of people having health insurance. For example, those with incomes of less than $25,000 are about 10 times more likely to report being without health care coverage than those with incomes above $50,000. In addition, Hispanics are more than three times as likely to not have health insurance coverage as non-Hispanics.\textsuperscript{105}

\textsuperscript{105} Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
### Health Factor Score

**Low score** = Low potential for health impact  
**High score** = High potential for health impact

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uninsured adults</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>9</td>
</tr>
</tbody>
</table>
• Primary Care Providers

The second measure of health care access reports the ratio of population in a county to primary care providers in a county (i.e., the number of people per primary care provider). The measure is based on data obtained from the Health Resources and Services Administration (HRSA). While having health insurance is a crucial step toward accessing the different aspects of the health care system, health insurance by itself does not ensure access. In addition, evidence suggests that access to effective and timely primary care has the potential to improve the overall quality of care and help reduce costs. One analysis found that primary care physician supply was associated with improved health outcomes including reduced all-cause cancer, heart disease, stroke, and infant mortality; a lower prevalence of low birth weight; greater life expectancy; and improved self-rated health. The same analysis also found that each increase of one primary care physician per 10,000 people is associated with a reduction in the average mortality by 5.3%. ¹⁰⁶

The chart below shows the population to primary care provider ratio is significantly below (better than) the national average for our service area as a whole and ranks in the national top 10th percentile (ratio < 631 to 1).

---

Health Care Quality

- Preventable Hospital Stays

Three separate measures are used to report health care quality. The first measure is preventable hospitalizations, or the hospitalization rate for ambulatory-care sensitive conditions per 1,000 Medicare enrollees. Ambulatory-care sensitive conditions (ACSC) are usually addressed in an outpatient setting and do not normally require hospitalization if the condition is well managed.

The rate of preventable hospital stays for our service area is significantly below (better than) the national average and is even well below (better than) the national top 10th percentile (top 10th percentile rate is 49). The trend is also improving over time in our service area and to some degree nationally. This indicates a high level of health care quality in our service area.

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Preventable Hospital Stays</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
• **Diabetes Screening**

The second measure of health care quality, diabetes screening, records the percent of diabetic Medicare enrollees that receive HbA1c screening. Regular HbA1c screening among diabetic patients is considered the standard of care. When high blood sugar, or hyperglycemia, is addressed and controlled, complications from diabetes can be delayed or prevented. ¹⁰⁷

The chart shows the trend for diabetes screening is improving nationally but is going down slightly in our service area. The percent of people receiving A1c screening is now about the same in our service area as in the nation. ¹⁰⁸ The top 10th percentile (best) is 89% of the people with diabetes receiving screening.

---

**Health Factor Score**

<table>
<thead>
<tr>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td></td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td></td>
<td>Magnitude: Root Cause</td>
</tr>
<tr>
<td></td>
<td>Total Score</td>
</tr>
<tr>
<td>Diabetes screening</td>
<td>3</td>
</tr>
<tr>
<td><strong>Diabetes screening</strong></td>
<td><strong>2</strong></td>
</tr>
<tr>
<td><strong>Diabetes screening</strong></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td><strong>Diabetes screening</strong></td>
<td><strong>3</strong></td>
</tr>
<tr>
<td><strong>Diabetes screening</strong></td>
<td><strong>11</strong></td>
</tr>
</tbody>
</table>


¹⁰⁸ Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
- **Mammography Screening**

  The third measure of health care quality, mammography screening, is the percent of female Medicare enrollees age 67-69 having at least one mammogram over a two-year period. Evidence suggests that screening reduces breast cancer mortality, especially among older women. A physician’s recommendation or referral—and satisfaction with physicians—are major facilitating factors among women who obtain mammograms.

  The trend for the overall percent of women aged 67 to 69 receiving mammography screenings has been improving for the past several years. The percent for our service area is better than the national and is ranked in the top 10th percentile (> 74%).

The data underlying all three measures comes from the Dartmouth Atlas, a project that documents variations in health care throughout the country through use of Medicare claims data.

The National Cancer Institute recommends that women aged 40 and older receive screening for breast cancer with mammography every one to two years. To obtain the percentage of Idaho women aged 40 and older that had received this breast cancer screening, we used data from BRFSS. As shown in the chart below, the percentage has not changed significantly over the past decade and overall is consistent with the percentage of women ages 65 to 67 receiving breast cancer screenings. Women with

---

annual incomes of less than $50,000 are significantly less likely to have had a mammogram and breast exam in the last two years.  

### Additional Clinical Health Factors

In this section, we include a number of additional preventive and screening measures as quality of care health factors influencing community health.

- **Cholesterol Screening**

  Cholesterol screening is important for good health because knowing cholesterol levels can spur actions to control it. Idaho is ranked 49th in the nation for cholesterol screening, and District 5 has an even lower percent of people receiving cholesterol checks than Idaho. However, it is worth noting that Blaine County’s health factor results are often better than those for District 5 or for Idaho.

---

110 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
111 America’s Health Rankings 2011, www.americashealthrankings.org
112 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
Lower income people and those without college educations are significantly less likely to have their cholesterol checked.\textsuperscript{113}

\textsuperscript{113} Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
• **Colorectal Screening**

The five-year survival rate in early localized stage colorectal cancer is 90%. Only 35% of colorectal cancers are detected at the early localized stage. Many organizations are working to raise awareness about the importance of colorectal cancer screening and the serious nature of the disease.

The trend for people receiving colorectal screening has been improving over the past ten years. The percent of people receiving colorectal screening in our service area is about the same as it is for the nation as a whole.  

People with annual incomes of less than $25,000 as well as those with no college education are significantly less likely to have ever had a colonoscopy when compared to people with higher incomes or with a college education.  

---

114 Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
115 Ibid.
• **Prenatal Care Begun in First Trimester**

Prenatal care measures how early women are receiving the care they require for a healthy pregnancy and development of the fetus. Mothers who do not receive prenatal care are three times more likely to deliver a low birth weight baby than mothers who received prenatal care, and babies are five times more likely to die without the care. Early prenatal care allows health care providers to identify and address health conditions and behaviors that may reduce the likelihood of a healthy birth, such as smoking and...
drug and alcohol abuse.\textsuperscript{116}

As shown in the chart below, more women in our community are receiving early prenatal care than in Idaho or the nation. The trend in our service area for receiving early prenatal care has improved from 2007 to 2010. About 76% in Blaine County received early prenatal care in 2010.

When it comes to receiving early prenatal care, there is a large disparity between women graduating from high school and those not graduating from high school. For Idaho, 76.6% of women graduating from high school received early prenatal care whereas only 57.3% of those not graduating from high school received early care. Although the difference is not as large as high school graduation status, there is also a disparity between Hispanic and non-Hispanic women receiving early prenatal care. For Idaho as a whole in 2010, 75.8% of non-Hispanic women and 62.1% of Hispanic women received prenatal care in the first trimester. Also, only 63.3% of women who smoked received early prenatal care in Idaho. High school graduation, ethnicity, and smoking data related to early prenatal care was not available on a county or health district level.\textsuperscript{117}

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal care 1\textsuperscript{st} Trimester</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>8</td>
</tr>
</tbody>
</table>

\textsuperscript{116} America’s Health Rankings 2011, www.americashealthrankings.org

\textsuperscript{117} Idaho Vital Statistics Annual Reports, Years 2000 - 2010, National Vital Statistics Report - Deaths: Data 2010
• Dental Visits

Oral health is vital to a comprehensive preventive health program. Nearly 1/3 of all adults in the U.S. have untreated tooth decay, while one in seven adults aged 35 to 44 years has gum disease. This increases to one in every four adults aged 65 years and older. Oral cancers, if caught early, are more responsive to treatment. Annual dental visits are one part of a healthy regimen of oral care.\textsuperscript{118}

According to the Behavioral Risk Factor Surveillance System surveys, the percentage of people not receiving preventive dental visits in our service area is much better than the nation as a whole. The trend appears to be improving significantly over the past ten years.\textsuperscript{119}

![Preventive Dental Visits](chart)

Those with incomes below $50,000 are much less likely to have preventive dental visits than those with incomes above $75,000. In addition, those with less than a college degree are significantly less likely to have preventive dental visits.\textsuperscript{120}

\begin{itemize}
\item \textsuperscript{118} America’s Health Rankings 2011, www.americashealthrankings.org
\item \textsuperscript{119} Idaho and National 2002 - 2010 Behavioral Risk Factor Surveillance System
\item \textsuperscript{120} Ibid.
\end{itemize}
Health Factor Score

Low score = Low potential for health impact
High score = High potential for health impact

<table>
<thead>
<tr>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Visits</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>
• **Childhood Immunizations**

Almost 90% of children ages 19 to 35 months in the United States are immunized. Vaccines protect children from illnesses and death caused by infectious diseases by helping prepare their bodies to fight serious and, at times, deadly diseases.

In the US, vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease and death still exist and can be passed on to people who are not protected by vaccines. Vaccine-preventable diseases have many social and economic costs: sick children miss school and this can cause parents to lose time from work. These diseases also result in doctor’s visits, hospitalizations, and even premature deaths.

The immunization coverage measure used here is the average of the percentage of children ages 19 to 35 months who have received the following vaccinations: diphtheria, tetanus, pertussis (DTP), poliovirus, meningococcal conjugate vaccine (MCV) and hepatitis B (HepB). The immunization rate in Idaho has been improving over the past two years and in 2010 was about the same as the national average. In the past, Idaho’s immunization rates have often been among the worst in the nation.121

There are proven methods to increase the rate of vaccinations that include ways to increase demand or improve access through provider-based innovations.

<table>
<thead>
<tr>
<th>Health Factor Scoring</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S.</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childhood immunizations</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>9</td>
</tr>
</tbody>
</table>

121 America’s Health Rankings 2011, www.americashealthrankings.org
Mental Health Service Providers

The percentage of Idaho’s population facing a high shortage of mental health providers in 2006 (latest year available) was 31.6%. This represents the largest percentage shortage of mental health professionals in the nation.

In 2006, over 97% of Idaho’s population lived in a county with a high shortage of prescribing mental health professionals.\(^{122}\) Blaine County has areas listed as mental health professional shortage areas as of March 2012.\(^ {123}\) The shortage of mental health professionals is especially concerning given the high suicide and mental illness rates in Idaho as documented earlier in those sections of our CHNA.

Specifically, the rate of psychiatrists per 100,000 people in Idaho was 6.6 in 2006. This is the lowest rate of psychiatrists in the nation and less than half of the national average of 14.4 psychiatrists per 100,000 people. Idaho’s rate of psychologists was 14.1 per 100,000 which also represented less than half the national average of 30.9. The rate of family therapy counselors and social workers in Idaho was also below the national average (although the rate of general counselors was above the national average).\(^ {124}\)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health service providers</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>11</td>
</tr>
</tbody>
</table>

\(^{122}\) Mental Health, United States, 2010 Report SAMHSA [www.samhsa.gov](http://www.samhsa.gov)

\(^{123}\) Health Services and Resource Administration Data Warehouse, Mental Health Care HPSAs PDF [http://datawarehouse.hrsa.gov/hpsadetail.aspx#table](http://datawarehouse.hrsa.gov/hpsadetail.aspx#table)

\(^{124}\) Mental Health, United States, 2010 Report SAMHSA [www.samhsa.gov](http://www.samhsa.gov)
Social and Economic Factors

County Health Rankings Social and Economic Factors

- Education: High School Graduation and Some College

Several theories attempt to explain how education affects health outcomes. First, education often results in higher incomes, on average, and more resources than a job that does not require education. Access to health care is a particularly important resource that often is linked to jobs requiring a certain level of educational attainment. However, when income and health care insurance are controlled for, the magnitude of education’s effect on health outcomes remains substantive and statistically significant.

The labor market environment is also thought to contribute to health outcomes. People with lower educational attainment are more likely to be affected by variations in the job market. Unemployment rates are highest for individuals without a high school diploma compared with college graduates. Evidence shows that the unemployed population experiences worse health and higher mortality rates than the employed population.

Health literacy can help explain an individual’s health behaviors and lifestyle choices. There is a striking difference between health literacy levels based on education. Only 3% of college graduates have below basic health literacy skills, while 15% of high school graduates and 49% of adults who have not completed high school have below basic health literacy skills. Adults with less than average health literacy are more likely to report their health status as poor.

One’s education level affects not only his or her health, but education can have multigenerational implications that make it an important measure for the health of future generations. Evidence links maternal education with the health of her children. The education of parents affects their children’s health directly through resources available to the children, and also indirectly through the quality of schools that the children attend.

Finally, education influences a variety of social and psychological factors. Evidence shows the more education an individual has, the greater his or her sense of personal control. This is important to health because people who view themselves as possessing a high degree of personal control also report better health status and are at lower risk for chronic disease and physical impairment.

Two measures are used in an attempt to capture the formal years of education within the population. The first measure reports the percent of the ninth grade cohort that graduates high school in four years. The measure is from the National Center for Education Statistics (NCES) as well as from some state data sources that are not represented in the NCES. The second measure reports the percentage of the population
ages 25-44 with some post-secondary education. These data are from the American Community Survey (ACS).\textsuperscript{125}

The high school graduation rate for our service area is lower than the national average and has been trending downward. Service area post-secondary education is above the national average but slightly below the Idaho average.

Public higher education in Idaho received low marks from a state report titled “Leaders and Laggers,” issued in 2012 by the Institute for a Competitive Workforce at the U.S. Chamber of Commerce. The state’s public four-year postsecondary schools received poor rankings for “Student Access & Success” and “Efficiency & Cost-Effectiveness.” Bill Goesling, a member of the Idaho State Board of Education who sits on the board’s Instruction, Research, and Student Affairs Committee, suggested that part of the reason for Idaho’s generally low rankings could be that we’re fairly rural. He said that many of the young men and women that do go to college are called back to the family farm to work especially when the economy is poor.\textsuperscript{126}

\begin{figure}
\centering
\includegraphics[width=\textwidth]{high_school_graduation_rate.png}
\caption{High School Graduation Rate}
\end{figure}

\textsuperscript{125} University of Wisconsin Population Health Institute. \textit{County Health Rankings} 2012. Accessible at \url{www.countyhealthrankings.org}.
\textsuperscript{126} \url{http://www.idahoreporter.com/2012/idaho-education-board-member-reacts/}
**Health Factor Score**

Low score = Low potential for health impact  
High score = High potential for health impact

<table>
<thead>
<tr>
<th></th>
<th>Trend: Better/Worse</th>
<th>Prevalence versus U.S. Average</th>
<th>Severe/Preventable</th>
<th>Magnitude: Root Cause</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>11</td>
</tr>
</tbody>
</table>

*Prior to 2009, County Health Rankings recorded the rate of adults with a college degree. Starting in 2009, they recorded adults with some college.*
• Unemployment

For the majority of people, employers are their source of health insurance and employment is the way they earn income for sustaining a healthy life and for accessing healthcare. Numerous studies have documented an association between employment and health. Unemployment may lead to physical health responses ranging from self-reported physical illness to mortality, especially suicide. It has also been shown to lead to an increase in unhealthy behaviors related to alcohol and tobacco consumption, diet, exercise, and other health-related behaviors, which in turn can lead to increased risk for disease or mortality.\textsuperscript{127}

The unemployment rate in Idaho and our service area, although trending down for the last year, is well above the long term rate for our area.\textsuperscript{128}

\begin{figure}[h]
\centering
\includegraphics[width=\textwidth]{unemployment_rate.png}
\caption{Unemployment Rate}
\end{figure}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|c|c|c|c|}
\hline
\textbf{Health Factor Score} & \textbf{Low score = Low potential for health impact} & \textbf{High score = High potential for health impact} \\
\hline
\textbf{Trend:} & \textbf{Prevalence versus U.S. Average} & \textbf{Severe/Preventable} & \textbf{Magnitude: Root Cause} & \textbf{Total Score} \\
\hline
Unemployment & 2 & 2 & 1 & 3 & 8 \\
\hline
\end{tabular}
\end{table}

\textsuperscript{127} University of Wisconsin Population Health Institute. \textit{County Health Rankings} 2012. Accessible at \url{www.countyhealthrankings.org}.

• Children in Poverty

Income and financial resources enable individuals to obtain health insurance, pay for medical care, afford healthy food, safe housing, and access other basic goods. A 1990s study showed that if poverty were considered a cause of death in the U.S., it would have ranked among the top 10. Data on children in poverty is used from the Census' Current Population Survey (CPS) Small Area Income and Poverty Estimates (SAIPE). 129

The percent of children in poverty increased substantially since 2003. The prevalence of children in poverty for our service area as a whole is under the national average but the gap has closed since 2003. 130

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td>Children in Poverty</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

Inadequate Social Support and Single-Parent Households

Evidence has long demonstrated that poor family and social support is associated with increased morbidity and early mortality. Family and social support are represented using two measures: (1) percent of adults reporting that they do not receive the social and emotional support they need and (2) percent of children living in single-parent households.

The association between socially isolated individuals and poor health outcomes has been well-established in the literature. One study found that the magnitude of risk associated with social isolation is similar to the risk of cigarette smoking for adverse health outcomes. The social isolation measure reports the percentage of adults without social/emotional support.\textsuperscript{131}

The percent of people with inadequate social support in Blaine County is well below the national average. The national top 10\textsuperscript{th} percentile is < 14%.\textsuperscript{132}

Similar to socially isolated individuals, adults and children in single-parent households are at risk for both adverse health outcomes such as mental health problems (including substance abuse, depression, and suicide) and unhealthy behaviors (including smoking and excessive alcohol use). Not only is self-reported health worse among single parents,

\textsuperscript{131} University of Wisconsin Population Health Institute. \textit{County Health Rankings} 2012. Accessible at \url{www.countyhealthrankings.org}.

\textsuperscript{132} Ibid
but mortality risk also is higher. Likewise, children in these households also experience increased risk of severe morbidity and all-cause mortality.

The percent of people living in single parent households is well below the national average for Blaine County.\textsuperscript{133}

\[
\begin{array}{cccccc}
\text{Low score} = \text{Low potential for health impact} & \text{High score} = \text{High potential for health impact} \\
\hline
\text{Trend: Better/Worse} & \text{Prevalence versus U.S. Average} & \text{Severe/Preventable} & \text{Magnitude: Root Cause} & \text{Total Score} \\
\hline
\text{Inadequate social support} & 2 & 0 & 1 & 3 & 6 \\
\end{array}
\]

\textsuperscript{133} Ibid
- **Homicide Rate/ Community Safety**

The health impacts of community safety are far-reaching, from the obvious impact of violence on the victim to the symptoms of post-traumatic stress disorder (PTSD) and psychological distress felt by those who are routinely exposed to violence. Community safety impacts various other health factors and outcomes as well, including birth weight, diet and exercise, and family and social support. In an effort to understand community safety, homicide death rate per 100,000 residents was used.\(^{134}\)

The homicide rate in our service area is substantially below the national average, but it is above average for Idaho. The trend has been flat for the past ten years.\(^{135}\)

![Homicide Rate Chart](image)

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homicide rate/ Community safety</td>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Magnitude: Root Cause</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total Score</td>
</tr>
<tr>
<td>Homicide rate/ Community safety</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>6</td>
</tr>
</tbody>
</table>

\(^{134}\) Ibid.

Physical Environment Factors

County Health Rankings Physical Environment Factors

Environmental Quality

- **Air Pollution Particulate Matter**

Population-based and cohort studies have demonstrated that several pollutants, notably ozone and fine particulate matter, can contribute to increased morbidity and mortality. The health risks of ambient air pollution were based on these two commonly measured pollutants. The negative consequences of ambient air pollution include decreased lung function, chronic bronchitis, asthma, and other adverse pulmonary effects. Exposure to excess levels of ozone or fine particulate matter are correlated with increased hospital emergency room visits and hospitalizations among asthmatics and others with compromised respiratory function. Increases in these pollutants are associated with greater risk of death due to cardiopulmonary and cardiovascular conditions and ischemic heart disease. All-cause mortality also is associated with greater concentrations of ozone and fine particulate matter.

Particulate matter air pollution in our service area is well above the national average with no well defined trend indicating improvement. The 90\textsuperscript{th} percentile (worst) is 4 unhealthy air particulate days and our community’s reading is more than 3 times that level.

![Air Pollution: Particulate Matter](chart.png)

- **Air Pollution Ozone Days**

  Our community is in the top 10\textsuperscript{th} percentile (0 days) for ozone days.\textsuperscript{137}

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td>Air pollution</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**Built Environment**

The built environment refers to human-made (versus natural) resources and infrastructure designed to support human activity, such as buildings, roads, parks, and other amenities. The characteristics of the built environment can affect the health of residents in multiple ways. This focus area seeks to measure the availability of healthy food and recreational facilities in the local built environment.\(^{138}\)

- **Fast Food Restaurants**

  There is strong evidence that access to fast food restaurants correlates with a high prevalence of overweight, obesity, and premature death. Fast food density is a measure of the amount of fast food restaurants in a certain area such as a county. Ratios of fast food stores compare the number of fast food sources to the total number of restaurants in a specific area. Blaine County has a substantially lower percentage of restaurants that are fast food than the nation as a whole.\(^{139}\)

---


139 Ibid
Limited Access to Healthy Foods

The County Health Rankings measure of food insecurity takes into account both proximity and income – two important barriers to consuming healthy food. The specific measure is the percent of population in poverty and greater than 10 miles from a grocery store. This measure is an indication of whether or not individuals have access to healthy foods such as fruits and vegetables. These are commonly available in large grocery stores, but not as available in convenience stores or small grocery stores where a large percentage of Americans purchase their food. Blaine County has a much lower percentage of people in poverty who live more than 10 miles from a grocery store than the nation as a whole.140

<table>
<thead>
<tr>
<th>Health Factor Score</th>
<th>Low score = Low potential for health impact</th>
<th>High score = High potential for health impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trend: Better/Worse</td>
<td>Prevalence versus U.S. Average</td>
<td>Severe/Preventable</td>
</tr>
<tr>
<td>Access to healthy foods</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

• Access to Recreational Facilities

Similarly, recent research demonstrates a strong relationship between access to recreational facilities and physical activity among adults and children. Studies have demonstrated that proximity to places with recreational opportunities is associated with higher physical activity and lower obesity levels. The evidence is so strong that the Centers for Disease Control and Prevention (CDC) recommend improving access to recreational facilities as one of the 24 environmental- and policy-level strategies to reduce obesity in its Common Community Measures for Obesity Prevention Project.

Drawbacks of the County Business Patterns data used for this measure is that the method used to identify recreational facilities does not include YMCAs and intramural/amateur sports clubs, both of which may be important venues for physical activity in many communities, and especially for low- and middle-income members of communities. Furthermore, this measure does not account for the opportunity to engage in natural fitness activities, such as parks or other public areas. These other venues and opportunities for recreation vary in importance depending on characteristics of the community such as proximity to other urban and rural areas, socioeconomic composition, and weather patterns.\textsuperscript{141} Not recognizing these venues will result in an under estimation of recreational facilities in our community because we have an abundance of outdoor recreational opportunities.

\begin{figure}[h]
\centering
\includegraphics[width=\textwidth]{access_to_recreational_facilities}
\caption{Access to Recreational Facilities}
\end{figure}

\begin{table}[h]
\centering
\begin{tabular}{|c|c|c|c|c|}
\hline
\textbf{Health Factor Scoring} & \textbf{Trend: Better/Worse} & \textbf{Prevalence versus U.S. Average} & \textbf{Severe/Preventable} & \textbf{Magnitude: Root Cause} & \textbf{Total Score} \\
\hline
Access to recreational facilities & 1 & 0 & 2 & 2 & 5 \\
\hline
\end{tabular}
\end{table}

\textsuperscript{141} University of Wisconsin Population Health Institute. \textit{County Health Rankings 2012}. Accessible at \url{www.countyhealthrankings.org}.
Community Input

Community input for our needs assessment was obtained through two primary research methods:

- First, affected population surveys and focus groups.
- Second, in-depth interviews with local community leaders.

These primary research studies, their findings, and how the information was used are described in detail below.

Affected Population Group Research and Findings

In the summer of 2011, the United Way of Treasure Valley in collaboration with St. Luke’s Health System and Saint Alphonsus Health System, contracted with Boise State University to conduct affected population group surveys and focus groups. During this process, 934 affected population intercept surveys and two affected population focus groups on health needs were completed. The lead researcher was Carole Nemnich, associate director, The Public Policy Center, Boise State University. We utilized the information gathered from the affected population surveys and the focus groups to help us create an initial set of potential community health needs as a starting point for our CHNA community leader input process.

Affected Population Survey Findings

The affected population survey was targeted (not a random sample) to groups such as parents, youth, the homeless, senior citizens, and groups using medical and mental health services in the communities served by United Way agencies. Specifically, the affected population survey research included people from these constituencies:

- 20% Homeless
- 10% Medical Health
- 19% Mental Health
- 24% Other
- 13% Parents and Children
- 14% Seniors

Fifty-three percent (53%) of the affected population survey constituents reported having health insurance and 47% indicated that they did not have health insurance coverage.¹⁴²

When the affected populations were asked to rank the most important aspects of living a healthy and productive life, “access to all types of medical services” was the most frequently

¹⁴² The United Way of Treasure Valley 2011 Community Assessment Health and Wellness Findings
chosen option as shown in the chart below. However, “access to affordable health care insurance coverage” was selected more times as most important.  

Which three of the following statements describe best what you and your family need to live healthy and productive lives?

The affected population survey also asked respondents to rank which basic needs were most important to them. The results are shown below:

---

143 United Way 2011 Community Health Needs Assessment, Affected Population Survey Results
Affected Population Survey: Basic Services that Helped Their Family Most

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent of Answers Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency food assistance such as food stamps or a food pantry</td>
<td>24%</td>
</tr>
<tr>
<td>Basic health care services such as a clinic that charges based on ability to pay</td>
<td>23%</td>
</tr>
<tr>
<td>Emergency shelter</td>
<td>13%</td>
</tr>
<tr>
<td>Transportation assistance</td>
<td>9%</td>
</tr>
<tr>
<td>Legal assistance</td>
<td>8%</td>
</tr>
<tr>
<td>Case management such as having one agency coordinate care</td>
<td>7%</td>
</tr>
<tr>
<td>Crisis child care services such as when your child is sick and you need to work</td>
<td>5%</td>
</tr>
<tr>
<td>Elder care assistance such as an in-home aide or a day care program for seniors</td>
<td>5%</td>
</tr>
<tr>
<td>Long term and comprehensive services for those with disabilities</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
</tr>
</tbody>
</table>

Affected Population Focus Group Concerns

- Lack of affordable health insurance was a major concern across all groups and their most often mentioned comments are listed below:
  - Those with limited income but ineligible for Medicaid/Medicare were particularly frustrated with not being able to get and keep health insurance
  - Frustrations were expressed with restrictive Medicaid criteria
  - Finding providers who accept Medicaid or public insurance was an issue for some
  - High costs of medical care that insurance does not cover was an issue
  - Jobs that do not offer adequate health insurance benefits was a frustration

- Transportation barriers

- Frustration at lack of case management and fragmentation of care

- Cost of basic care (and out of pocket costs)

- Better access to:
  - Dental care
  - Mental health care
  - Substance abuse services
  - Follow-up care after medical visits
We utilized the information gathered from the affected population surveys and the focus groups along with information from prior community health needs assessments to help us create an initial set of potential community health needs. These potential needs were integrated into the questionnaire developed for our community leader interviews described below.

**Community Leader Interview Summary**

A series of interviews with organizational leaders representing the broad interests of our community were conducted in order to assist us in further defining, prioritizing, and understanding our most important community health needs. Many leaders participating in our process are individuals who have devoted decades to helping others lead healthier and more independent lives. We greatly appreciate their contributions to our community and for the time, thought, and valuable input they provided during our community health needs assessment process. The openness of our community leaders allowed us to explore a broad range of health needs and issues.

All of the leaders we interviewed have significant knowledge of our community. To ensure they came from distinct and varied backgrounds, we included multiple representatives from each of these categories:

**Category I: Persons with special knowledge of or expertise in public health**

**Category II: Federal, regional, State, or local health or other departments or agencies** (with current data or other information relevant to the health needs of the community served by the hospital)

**Category III: Leaders, representatives, or members of medically underserved, low income, and minority populations, and populations with chronic disease needs**

Appendix I contains information on how and when we consulted with each community health leader and representative as well as each individual’s organizational affiliation.
Leader Interview Findings

Using the questionnaire in Appendix II, we asked our community leaders to help us further define and prioritize the list of potential community health needs compiled from the results of our affected population surveys, focus groups, and prior community health needs assessments. In addition, we invited the leaders to suggest programs, legislation, or other measures they believed to be effective in addressing the needs. The table below summarizes the list of potential health needs identified through our research, the affected population surveys, and by our community leaders during the interview process.

Each potential need was scored by the community leaders on a scale of 1 to 10. Higher scores represent potential needs our leaders believed were important to address with additional resources. Lower scores usually meant our leaders thought our community was healthy in that area already or we had relatively good programs addressing the potential need. Specifically, a score below 5 represents an item our leaders, in general, did not believe required additional programs or services over the next three years.

The community leaders’ scores were added together for each need and an average score was calculated. The average leader score is shown in the second column of the table below. Finally, the leaders’ comments about each need as well as suggested solutions are documented in the third column of the table.

<table>
<thead>
<tr>
<th>Potential Needs</th>
<th>Leader Score</th>
<th>Leader Comments</th>
</tr>
</thead>
</table>
| Exercise programs/education      | 4.5          | We need find ways to make people aware of existing exercise opportunities and effectively motivate people to exercise especially children.  
Suggested solution: Promote benefits of existing exercise programs and encourage more youth participation. |
<p>| Nutrition education              | 4.8          | Suggested solution: We need more education showing people how to shop and eat healthy. The food stamp program needs to be more prescriptive about the kinds of foods people can buy. Possibly partner with schools to provide more nutrition education for children. |</p>
<table>
<thead>
<tr>
<th>Area</th>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe-sex education</td>
<td>6.1</td>
<td>Our community needs sex education, especially for seniors. Seniors have the highest incidence of STDs of any age group. Hispanics have very high teen pregnancy rates.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suggested solutions: Use the “Cuidate” pregnancy prevention program for Latino students. Start safe-sex education early in high school. We need to continue to support organizations such as Planned Parenthood.</td>
</tr>
<tr>
<td>Substance abuse services and programs</td>
<td>7.7</td>
<td>We have a healthy community overall, but we do have substance abuse problems. We need more substance abuse counselors and education.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suggested solution: We have good substance abuse programs. However, they need more promotion, and they need to include follow-up support so people don’t relapse. Blaine County Drug Coalition is working to get more substance abuse counselors.</td>
</tr>
<tr>
<td>Tobacco cessation programs</td>
<td>5.0</td>
<td>The only way smoking cessation works is for the person to be ready.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suggested solutions: The Quit Net has been a highly successful internet based smoking cessation program. Emphasize prevention programs in schools.</td>
</tr>
<tr>
<td>Wellness and prevention programs</td>
<td>5.5</td>
<td>Wellness programs are in place, but people don’t know about them or use them. No publicly funded programs are available unless you break the law or are pregnant. Most people wait for a crisis before they make changes. Stress reduction programs are also needed.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suggested solutions: We need to promote our existing wellness programs and tell people how they can gain access to them. Need more public programs for low income people. The programs need to be more motivational.</td>
</tr>
<tr>
<td>Weight management programs</td>
<td>6</td>
<td>Existing weight management programs are underutilized, and they typically target adults and not children.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suggested solution: Partner with Idaho Community Foundation and create free online weight management programs. Idaho Community Foundation is doing research on health issues and how to address them. In Northern Idaho they are working on childhood obesity – perhaps our community could work with them.</td>
</tr>
<tr>
<td>Potential Needs</td>
<td>Leader Score</td>
<td>Leader Comments</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>--------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Affordable health insurance                   | 6.5          | Universal affordable insurance is the most important need. We have Medicare for seniors over age 65. However, affordable health insurance is a problem for early age seniors. The population just over the poverty-level is the most vulnerable because they don’t qualify for Medicaid or have insurance. We need to have insurance rates based on income.  
Suggested solutions: Adopt some kind of universal health insurance. |
| Affordable care for low income individuals    | 7.4          | We need to make health care more efficient and lower cost.  
Suggested solutions: We need a profound reorganization of the health system, making it more efficient and lowering costs. Medicaid can help lead this transformation because our data is public and Medicare and Medicaid represent over 50% of all health care costs. Medicaid numbers will increase another 50% by 2014 due to health care reform. |
| Availability of primary care providers        | 5.1          |                                                                                                                                               |
| Affordable dental care for low income individuals | 6.4          | Dental services for low income people are is a huge problem, especially for seniors and children.  
Suggested solutions: Start a program for dentists to come into schools to treat low income children. |
| Availability of behavioral health services (providers, suicide hotline, etc) | 8.4          | Mental health is our biggest problem. The community is physically well, but not so emotionally well. Adding mental health services providers is a top priority for our community especially for low income people. We have only one designated psychiatric examiner in our area.  
Suggested solutions: Start with a suicide prevention hotline. Sources of Strength program in North Dakota cut |
suicide rate by 45%. We should adopt a program like this. Health and Welfare has cut back behavioral health services, especially in small rural communities. We need to advocate for more funding for behavioral health. Community needs to support mental health, wellness, coping skills, and resilience symposium. Recruit more mental health providers into the area.

<table>
<thead>
<tr>
<th>Chronic disease management programs</th>
<th>6.4</th>
</tr>
</thead>
<tbody>
<tr>
<td>We have good programs for chronic disease management already, but low income people still have problems with affordability.</td>
<td></td>
</tr>
<tr>
<td>Suggested solutions: Promote our chronic disease management programs and put them on a sliding fee schedule based on ability to pay for low income individuals.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Immunization programs</th>
<th>4.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>We have immunization programs. The biggest problem is getting people to access them.</td>
<td></td>
</tr>
<tr>
<td>Suggested solutions: South Central District Health has a lot of immunization programs, but we need more promotion to increase participation.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Improved health care quality</th>
<th>4.0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health care quality could improve in patient relations.</td>
<td></td>
</tr>
<tr>
<td>Suggested solutions: Provide education to health care providers on culturally-appropriate care, childhood emotional trauma, and advanced care directives.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Integrated, coordinated care (less fragmented care)</th>
<th>6.6</th>
</tr>
</thead>
<tbody>
<tr>
<td>More coordinated care is one of the most important things we could be doing to improve health care.</td>
<td></td>
</tr>
<tr>
<td>Suggested solution: We need a single person to coordinate each person’s care using a concept like the medical home. We need to be able to sit down with people one to one, make sure they understand what they need to do to be healthy, and provide incentives for them to do what is healthy for them based on their specific health profile.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>More providers accept public health insurance</th>
<th>4.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>We have enough health care providers who accept Medicaid. Our community needs dentists and mental health providers who accept Medicaid.</td>
<td></td>
</tr>
<tr>
<td>Potential Needs</td>
<td>Leader Score</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Prenatal care programs</td>
<td>4.8</td>
</tr>
<tr>
<td>Screening programs (cholesterol, diabetes, mammography, etc)</td>
<td>4.7</td>
</tr>
<tr>
<td>Children and family services</td>
<td>6.9</td>
</tr>
<tr>
<td>Service</td>
<td>Rating</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Disabled services</td>
<td>4.9</td>
</tr>
</tbody>
</table>
| High school and college education support and assistance programs | 4.8    | In many schools, 70% of Hispanic students are dropping out before they graduate from high school. The majority of Idaho students are forecasted to be Hispanic by 2014. Hispanics are an emerging workforce, and we are missing an opportunity here.  

Suggested solutions: We need more support programs to help students (especially Hispanics) complete high school and college. |
| Homeless services               | 5.4    | Homeless services for families are a greater need than for individuals. Youth and adult male shelters are probably not practical for a community of our size. |
| Job training services           | 5.1    | There are job training programs, but our community has a shortage of jobs with salaries that people can live comfortably on.  

Suggested solution: CSI is very proactive in helping with job training. |
| Senior services                 | 5.6    | Elderly people use the majority of our health care dollars. Seniors and their caregivers need more support in our community, especially caregivers who work full time.  

Suggested solutions: We need adult day care. The Senior Center is doing this, but just one day a week. For someone trying to take care of their parents at home, they need to be able to go to work. We need better training to help elderly people take care of themselves. We need to make it easier for elders to use food stamps because it will keep them healthier and out of the hospital. Upgrade our nursing home. |
| Veterans’ services              | 5.4    | Most leaders believe the Boise VA Medical Center is an excellent health care resource for veterans and that it serves veteran’s health needs well. However, transportation to and from the Medical Center can be an issue depending on where they live. |
We need better rehabilitation services for violent and abusive people

| Violence and abuse services | 5.4 |

**Physical Environment**

<table>
<thead>
<tr>
<th>Potential Needs</th>
<th>Leader Score</th>
<th>Leader Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of recreation and exercise facilities</td>
<td>2.9</td>
<td>Our community has plenty of opportunities for recreation and exercise.</td>
</tr>
<tr>
<td>Availability or access to healthy foods</td>
<td>3.6</td>
<td></td>
</tr>
<tr>
<td>Healthier air quality, water quality, etc</td>
<td>1.7</td>
<td></td>
</tr>
<tr>
<td>Transportation to and from appointments</td>
<td>5.1</td>
<td>We have good transportation systems in Blaine, but there isn’t a way for people to get to Twin Falls or Boise when they need to. Suggested solution: Medicaid has a single dispatch contractor providing transportation statewide for Medicaid patients.</td>
</tr>
</tbody>
</table>

We utilized the community leader interviews in a number of ways. First, the leaders’ input ensured we collected a comprehensive list of potential health needs. Second, their score was an important component of our overall prioritization process. The community leader need score was weighted with more than twice as many points (10 points) as the individual health factor data scores for magnitude, severity, prevalence, or trend. Therefore, the health leader input had a significant influence on the overall prioritization of our health needs.

During the interview process, many leaders espoused a philosophy for how they believe we could effectively improve community health. Their philosophies acted as the underlying driver for the way they selected and scored the potential health needs. A summary of some of their philosophies is provided below.

- A number of leaders held the belief that the best way to improve the health of the people in our community was to offer more social programs such as affordable universal health insurance and/or offering more clinics that charged based on the ability for a person to pay. For example, many of these leaders saw significant impacts to community health due to the cuts to state Medicaid programs. Some leaders felt that programs to change health behavior, such as weight loss, were not
effective. They did not believe there is good evidence that behavioral change programs are able to motivate most people to change. They felt that unless people want to change, they won’t. Leaders with this view tended to give low scores to potential health behavior needs.

- Many leaders felt the largest determining factor in community health was how people behaved. These leaders held the belief that the kind of behaviors leading to teen pregnancy, obesity, and drug abuse would cause our population to be unhealthy even if health care were free. These leaders thought that unless people take responsibility for their own wellness, we would see rising health care costs and poor community health. In their view, the key to better community health was to provide programs able to influence health behavior. These leaders believed social programs were unaffordable, unless we held people accountable to a central wellness component. Without accountability for healthy behavior, they felt social programs create unhealthy dependencies that could be passed on from generation to generation.

- Finally, some leaders thought that neither social programs nor health behavior programs would solve the health care crisis our nation faces. These leaders believed we need a profound reorganization of our health care system making it more efficient and cost-effective. For example, these leaders thought we needed a single health care advisor to coordinate each person’s care using a concept like the medical home. Others thought we needed to do away with the fee-for-service model entirely.

The leaders’ philosophies demonstrate the complexity of community health. There is, however, wisdom in each of these philosophies and together they add up to a course of action that can enable lasting change.

- Improving social programs may be the most effective way to ensure a safety net for those who have special needs and where health behavior change is not effective.

- We do need more effective ways to motivate people to adopt healthy behaviors. Our current programs are not turning the tide fast enough for unhealthy behaviors such as obesity and smoking. There is, therefore, a need to innovate around behavioral change. For example, employers who offer benefit plan incentives encouraging health and wellness, such as St. Luke’s Healthy U, may help pioneer more effective behavioral change. The eating and exercise habits learned as children last a lifetime. Could parents be motivated to change their behavior out of a desire to help their children?

- Finally, our health care system needs to be more efficient. There is evidence that medical homes and population health management programs are effective in providing better health at a lower cost for the chronically ill portion of our population, who are the largest consumers of health care resources.
Community Health Needs Prioritization

This section combines the community leader need scores with the health factor scores to arrive at a single, ranked set of health needs and factors. The more points a combined health need and factor receive, the higher the overall priority. The process for combining the health leader and health factor scores is described in the steps below.

1. Matching Health Needs to Related Health Factors

First, each health leader need is matched to one or more health factors or outcomes. For example, the leader need “wellness and prevention” is matched to related health outcomes such as diabetes, heart disease, and high blood pressure.

2. Combining the Community Leader and Health Factor Scores to Rank the Needs

Next, the community leader need score is added to its related health factor score to arrive at a combined total score. This process effectively utilizes both the community leader information and the secondary health factor data to create a transparent and balanced approach for prioritization. The health leader score represents insights based on direct community experience while the health factor score provides an objective way to measure the potential impact on population health.

The combined results offer information relevant to determining what specific kinds of programs have the greatest potential to improve population health. For instance, if the combined score for wellness and prevention programs for diabetes is 21 and the wellness and prevention score for arthritis is 12, it becomes clear that wellness and prevention programs for diabetes have the higher potential population health impact. Combining leader and health factor scores can also help prioritize adult versus teen needs allowing us to build programs for the most affected population groups.

Key Takeaways

The median value for the total of the leader and health factor scores is 13.4. Scores above the median are highlighted in orange in the tables below. Six (6) out of the 31 potential health needs have scores of 16.7 or higher. These needs represent the top 20th percentile and are considered to be high priority. The high priority needs are highlighted in dark orange in the tables.

The tables below provide the prioritization score as well as demographic information about the most affected populations. Demographic data for affected populations is important because it tells us when people with low incomes, no college education, or ethnic minorities suffer disproportionately from specific health conditions or from barriers to health care access.
Health Behavior Category Summary

Our community’s high priority needs in the health behavior category are: Substance abuse programs; weight management programs; and wellness and prevention programs for mental illness. Substance abuse ranks as a high priority need due to its high community leader score and because our community has an above average level of binge drinking. Weight management ranks as a high priority because obesity is trending higher in our community and is a contributing factor to a number of other health conditions. Mental illness ranks high because Idaho has one of the highest percentages (22.5%) of any mental illness (AMI) in the nation.

Some populations are more affected by these health needs than others. For example, low income individuals and those without high school diplomas have significantly higher rates of obesity. Those not graduating from high school, the unemployed, and males 18 to 34 years of age have much higher rates of illicit drug use.

Health Behavior Need Summary Table

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance abuse services and programs</td>
<td>Alcohol</td>
<td>Ages 18 - 64</td>
<td>18.7</td>
</tr>
<tr>
<td></td>
<td>Illicit drug use</td>
<td>Income &lt;$35,000, No high school diploma, Males 18-34</td>
<td>17.7</td>
</tr>
<tr>
<td></td>
<td>Vehicle crash death rate</td>
<td></td>
<td>17.7</td>
</tr>
<tr>
<td>Weight management</td>
<td>Obese/overweight adults</td>
<td>Income &lt;$35,000, Hispanic, No high school diploma</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Obese/overweight teens</td>
<td>Income &lt;$35,000, Hispanic</td>
<td>19</td>
</tr>
<tr>
<td>Wellness/prevention</td>
<td>Mental illness</td>
<td></td>
<td>18.5</td>
</tr>
<tr>
<td>Exercise programs/education</td>
<td>Teen exercise</td>
<td></td>
<td>13.5</td>
</tr>
<tr>
<td>Safe-sex education programs</td>
<td>Sexually transmitted infections</td>
<td></td>
<td>16.1</td>
</tr>
<tr>
<td></td>
<td>Teen birth rate</td>
<td></td>
<td>15.1</td>
</tr>
<tr>
<td>Identified Community Need</td>
<td>Related Health Outcome or Factor</td>
<td>Populations Affected Most *</td>
<td>Total Score</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>----------------------------------</td>
<td>------------------------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Tobacco cessation programs</td>
<td>Smoking</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>15</td>
</tr>
<tr>
<td>Wellness and prevention</td>
<td>Accidents</td>
<td></td>
<td>13.5</td>
</tr>
<tr>
<td></td>
<td>Breast cancer</td>
<td></td>
<td>14.5</td>
</tr>
<tr>
<td></td>
<td>Cerebrovascular diseases</td>
<td></td>
<td>13.5</td>
</tr>
<tr>
<td></td>
<td>Suicide</td>
<td></td>
<td>16.5</td>
</tr>
<tr>
<td>Exercise programs/education</td>
<td>Adult physical activity</td>
<td>Income &lt; $50,000, Hispanic, No college</td>
<td>12.5</td>
</tr>
<tr>
<td>Nutrition education</td>
<td>Adult nutrition</td>
<td>No college</td>
<td>12.8</td>
</tr>
<tr>
<td></td>
<td>Teen nutrition</td>
<td></td>
<td>14.8</td>
</tr>
<tr>
<td>Wellness and prevention</td>
<td>AIDS</td>
<td>African American, Males &lt;24</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>Alzheimer’s</td>
<td></td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Arthritis</td>
<td>Income &lt; $35,000, Non-Hispanic, No college, Overweight, Age 65 +</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Asthma</td>
<td>Income &lt; $35,000</td>
<td>7.5</td>
</tr>
<tr>
<td></td>
<td>Colorectal cancer</td>
<td></td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>Diabetes</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>12.5</td>
</tr>
</tbody>
</table>
## Health Behavior Need Summary Table, Continued

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness and prevention, continued</td>
<td>Flu/pneumonia</td>
<td></td>
<td>9.5</td>
</tr>
<tr>
<td></td>
<td>Heart disease</td>
<td></td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>High blood pressure</td>
<td>Income &lt; $35,000, No college, Overweight, Age 65 +</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>High cholesterol</td>
<td>Income &lt; $35,000, No high school diploma, Age 55 +</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td>Leukemia</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>Lung cancer</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Leukemia</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>Nephritis</td>
<td></td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>Non-Hodgkin’s lymphoma</td>
<td></td>
<td>8.5</td>
</tr>
<tr>
<td></td>
<td>Pancreatic cancer</td>
<td></td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>Prostate cancer</td>
<td>Male age 60+</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Respiratory disease</td>
<td></td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td>Skin cancer</td>
<td></td>
<td>11.5</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Clinical Care Category Summary

High priority clinical care needs include: Affordable care and availability of behavioral health services. Affordable care ranks as a high priority need due to its high community leader score and because an increasing number of people in our community are living in poverty (especially children). Availability of behavioral health services ranks as a top priority due to our health leader’s scores and because Idaho has a shortage of behavioral health professionals.

As shown in the table below, high priority clinical care needs are often experienced most by people with low incomes and those who have not attended college. In addition, a number of our community leaders expressed concern about people just above the poverty level who are left without health insurance because they don’t qualify for Medicaid.

Clinical Care Need Summary Table

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable care</td>
<td>Children in poverty</td>
<td>Income &lt; $50,000, Age &lt; 19</td>
<td>18.4</td>
</tr>
<tr>
<td>Available behavioral health services</td>
<td>Mental health service providers</td>
<td>Income &lt; $50,000</td>
<td>19.4</td>
</tr>
<tr>
<td>Affordable health insurance</td>
<td>Uninsured adults</td>
<td>Income &lt; $50,000, Hispanic, No college</td>
<td>15.5</td>
</tr>
<tr>
<td>More providers accept public health insurance</td>
<td>Children in poverty</td>
<td>Income &lt; $35,000</td>
<td>15.5</td>
</tr>
<tr>
<td>Screening programs</td>
<td>Cholesterol</td>
<td>Income &lt; $35,000, No high school diploma, Age 55 +</td>
<td>14.7</td>
</tr>
<tr>
<td></td>
<td>Diabetic screening</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>15.7</td>
</tr>
<tr>
<td>Affordable dental care</td>
<td>Dental visits, preventive</td>
<td>Income &lt; $50,000</td>
<td>10.4</td>
</tr>
<tr>
<td>Availability of primary care providers</td>
<td>Primary care providers</td>
<td></td>
<td>12.1</td>
</tr>
</tbody>
</table>
### Clinical Care Need Summary Table, Continued

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chronic disease management</strong></td>
<td>Arthritis</td>
<td>Income &lt; $35,000, Non-Hispanic, No college, Overweight, Age 65 +</td>
<td>11.4</td>
</tr>
<tr>
<td></td>
<td>Asthma</td>
<td>Income &lt; $35,000</td>
<td>8.4</td>
</tr>
<tr>
<td></td>
<td>Diabetes</td>
<td>Income &lt; $35,000, No high school diploma</td>
<td>13.4</td>
</tr>
<tr>
<td></td>
<td>High blood pressure</td>
<td>Income &lt; $35,000, No college, Overweight, Age 65 +</td>
<td>13.4</td>
</tr>
<tr>
<td><strong>Immunization programs</strong></td>
<td>Children immunized</td>
<td>8.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flu/pneumonia</td>
<td>13.1</td>
<td></td>
</tr>
<tr>
<td><strong>Improved health care quality</strong></td>
<td>Preventable hospital stays</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Integrated, coordinated care (less fragmented)</strong></td>
<td>Preventable hospital stays</td>
<td>12.6</td>
</tr>
<tr>
<td></td>
<td>Hispanics, Age 65 +</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Prenatal care programs</strong></td>
<td>Low birth weight</td>
<td>12.8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prenatal care 1st trimester</td>
<td>Hispanic, No high school diploma</td>
<td>12.8</td>
</tr>
<tr>
<td><strong>Screening programs</strong></td>
<td>Colorectal screening</td>
<td>Income &lt; $35,000, No college, Age 50 +</td>
<td>11.7</td>
</tr>
<tr>
<td></td>
<td>Mammography screening</td>
<td>Income &lt; $50,000</td>
<td>9.7</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Social and Economic Category Summary

Children and family services for low income populations is the only high priority social and economic health need. The increasing number of children living in poverty in our service area drives this need.

Social and Economic Need Summary Table

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children and family services</td>
<td>Children in poverty</td>
<td>Income &lt; $35,000</td>
<td>17.9</td>
</tr>
<tr>
<td>Education support and assistance programs</td>
<td>Education</td>
<td></td>
<td>15.8</td>
</tr>
<tr>
<td>Homeless services</td>
<td>Unemployment rate</td>
<td></td>
<td>13.4</td>
</tr>
<tr>
<td>Children and family services</td>
<td>Inadequate social support</td>
<td></td>
<td>12.9</td>
</tr>
<tr>
<td>Disabled services</td>
<td></td>
<td></td>
<td>12.9</td>
</tr>
<tr>
<td>Job training services</td>
<td>Unemployment rate</td>
<td></td>
<td>13.1</td>
</tr>
<tr>
<td>Senior services</td>
<td>Inadequate social support</td>
<td>Age 65 +</td>
<td>11.6</td>
</tr>
<tr>
<td>Veterans’ services</td>
<td>Inadequate social support</td>
<td></td>
<td>11.4</td>
</tr>
<tr>
<td>Violence and abuse services</td>
<td>Safety - homicide rate</td>
<td></td>
<td>11.4</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Physical Environment Category Summary

In the physical environment category, there are no identified high priority needs. Both our community leaders and the health factor data indicate we have a physical environment that supports good health.

**Physical Environment Need Summary Table**

<table>
<thead>
<tr>
<th>Identified Community Need</th>
<th>Related Health Outcome or Factor</th>
<th>Populations Affected Most *</th>
<th>Total Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of recreation and exercise facilities</td>
<td>Recreational facilities</td>
<td>Income &lt; $50,000</td>
<td>7.9</td>
</tr>
<tr>
<td>Availability or access to healthy foods</td>
<td>Limited access to healthy foods</td>
<td>Income &lt; $50,000</td>
<td>10.1</td>
</tr>
<tr>
<td>Healthier air quality, water quality, etc.</td>
<td>Air pollution</td>
<td></td>
<td>10.7</td>
</tr>
<tr>
<td>Transportation to and from appointments</td>
<td></td>
<td>Income &lt; $35,000, Rural populations, Age 65 +</td>
<td>13.1</td>
</tr>
</tbody>
</table>

* Information on affected populations included in table when known.
Implementation Plan Overview

St. Luke’s will continue to collaborate with the people, leaders, and organizations in our community to carry out an implementation plan designed to address many of the most pressing community health needs identified in this assessment. Utilizing effective, evidence-based programs and policies, we will work together to improve community health outcomes and well-being toward the goal of attaining the healthiest community possible.

Future Community Needs Assessments

We intend to reassess the health needs of our community on an ongoing basis and conduct a full community health needs assessment once every three years. St. Luke’s next Community Health Needs Assessment is scheduled to be completed in 2016.
Resources Available to Meet Community Needs

This section provides a description of resources available within our community to meet the needs identified in this CHNA. For ease in locating a resource addressing a particular need, the resources have been organized into the following categories:

Abuse/Violence Advocacy & Services
After School Programs / Youth Mentoring
At-Risk Youth Services
Behavioral Health and Substance Abuse Services
Disability Services
Educational Services
Government Contacts
Housing
Hospices
Hospitals
Legal Services
Nursing Homes
Public Health Resources
Referral and Miscellaneous Services
Refugee Services
Senior Services
Veteran Services
Abuse/Violence Advocacy & Services

The Advocates for Survivor’s of Domestic Violence and Sexual Assault
PO Box 3216
Hailey, Idaho 83333
Phone: (208) 788-4191
www.theadvocatesorg.org
Description: The Advocates provides services to past and present victims of domestic violence and sexual assault and their children. The Advocates also provides services to victims of dating violence, date rape, bullying and stalking.

After School Programs/Youth Mentoring

Blaine County Drug Coalition – IDFY Program
Blaine County IDFY Advisor
1450 Aviation Drive, Suite 200
Hailey, ID 83333
(2nd floor of St. Luke’s Hailey Medical Clinic)
Phone - 208-727-8768
Fax - 208-727-8730
www.bbbsidaho.org
Description: Idaho Drug Free Youth is a continually growing mix of middle school students who pledge not to drink alcohol or use drugs. In return, the group gets to do fun, free activities such as dinner and a movie, skiing/snowboarding, skating and tubing. These activities help support healthy living and provide a method for youth to make positive connections and new friendships. This summer, Blaine County IDFY plans to explore the wilds on a camping trip in Yellowstone National Park! IDFY has also recently expanded to the high school level, encompassing more than 30 students to begin the IDFY- Above the Influence (ATISB) chapter.

Blaine County Recreation District
1050 Fox Acres Road
Hailey, Idaho 83333
Main: (208) 578 2273
Fax: (208) 788 2168
www.bcrd.org
Description: The BCRD is a non-profit recreation organization whose mission is to enhance the quality of life in the greater Blaine County through healthy, active recreation. We strive to make our community a place that feels like home, a good place for all kinds of people where recreation is the cornerstone of healthy, active and productive lives. For over 30 years, the BCRD has been the primary resource for recreational opportunities for kids, families and adults in the Wood River Valley. The
BCRD has a strong tradition of improving the quality of recreation while working to meet the needs of our growing community.

**Wood River Community YMCA**

101 Saddle Road  
Ketchum, Idaho 83340  
Phone: 208.727.9622  
[www.woodriverymca.org](http://www.woodriverymca.org)  
Description: At the Y, children and teens learn values and positive behaviors as they’re encouraged to explore their unique interests and gifts. This helps to develop confident kids today and contributing adults tomorrow. No one will be denied Y services due to inability to pay.

**At-Risk Youth Services**

**Blaine County Drug Coalition – IDFY Program**

1450 Aviation Drive, Suite 200  
Hailey, ID  83333  
(2nd floor of St. Luke's Hailey Medical Clinic)  
Phone - 208-727-8768  
Fax - 208-727-8730  
[www.bbbsidaho.org](http://www.bbbsidaho.org)  
Description: Idaho Drug Free Youth is a continually growing mix of middle school students who pledge not to drink alcohol or use drugs. In return, the group gets to do fun, free activities such as dinner and a movie, skiing/snowboarding, skating and tubing. These activities help support healthy living and provide a method for youth to make positive connections and new friendships. This summer, Blaine County IDFY plans to explore the wilds on a camping trip in Yellowstone National Park! IDFY has also recently expanded to the high school level, encompassing more than 30 students to begin the IDFY- Above the Influence (ATISB) chapter.

**St. Luke’s Center for Community Health**

1450 Aviation Drive, Ste 200  
Hailey, ID 83333  
Phone: (208) 727-8733  
[www.stlukesonline.org](http://www.stlukesonline.org)  
Description: St. Luke’s Center for Community Health staff can provide resources and referrals to programs targeted to at-risk youth services.
Behavioral Health and Substance Abuse Services

St. Luke’s Canyon View
228 Shoup Ave W Twin Falls, ID 83301
Phone: (208) 734-6760
www.stlukesonline.org
Description: St. Luke's Canyon View Behavioral Health Services provides treatment for adolescents, adults, and seniors. St. Luke's Canyon View offers intensive inpatient programs that address acute psychiatric issues in addition to medical detoxification from alcohol and drugs. We utilize individual, family, and group counseling to address personal, family, emotional, psychiatric, behavioral, and addiction-related problems.

Disability Services

Sun Valley Adaptive Sports
PO Box 6791
Ketchum, ID 83340
Phone: 208-727-9298
www.svasp.org
Description: Sun Valley Adaptive Sports enriches the lives of people with disabilities through sports and recreation.

Educational Services

College of Southern Idaho
1050 Fox Acres Road
Hailey, ID 83333
Phone: (208) 788-2033
www.offcampus.csi.edu
Description: The CSI Blaine County Center promotes higher education and lifelong learning programs in the beautiful rural area of the Wood River Valley. Students can work toward an associate’s degree, prepare to transfer to a four-year institution, gain skills for a career change, and explore new interests, right here in Blaine County!

Government Contacts

Blaine County Commissioners
206 1st Avenue South
Hailey, ID 83333
(208) 788-5500
www.co.blaine.id.us
Description: Blaine County government improves quality of life by providing efficient and effective public services. As stewards of citizens’ resources, we serve our diverse community with integrity, teamwork, innovation and commitment to excellence.

Housing

**Blaine County Housing Authority**  
POBox 550  
Hailey, ID 83333  
[www.bcoha.org](http://www.bcoha.org)  
Description: The Blaine County Housing Authority's mission is to advocate, promote, plan and preserve the long-term supply of desirable and affordable housing choices in all areas of Blaine County in order to maintain an economically diverse, vibrant, and sustainable community.

Hospice

**Hospice and Palliative Care of the Wood River Valley**  
507 1st Ave North  
Ketchum, ID 83340  
Phone: (208) 726-8464  
[www.hpcwrv.org](http://www.hpcwrv.org)  
Description: As the sole provider of hospice and palliative care in Blaine County, the HPCWRV serves a jurisdiction of 2,644 square miles that includes the cities of Sun Valley, Ketchum, Hailey, Bellevue, Picabo, and Carey, Idaho. She is also the vice President of the Idaho State End of Life Coalition.

Hospitals

**St. Luke's Boise Medical Center**  
190 E. Bannock Street  
Boise, Idaho 83712  
(208) 381-2222  
[www.stlukesonline.org](http://www.stlukesonline.org)

**St. Luke's Children's Hospital**  
190 E. Bannock Street  
Boise, Idaho 83702  
(208) 381-2804  
[www.stlukesonline.org/childrens_hospital](http://www.stlukesonline.org/childrens_hospital)
Legal Services

Idaho Legal Aid Services
310 N. 5th Street
Boise, Idaho 83702
Phone: 208.336.8980
Fax: 208.342.2561
www.idaholegalaid.org
Description: Idaho Legal Aid Services, Inc. (ILAS) provides free legal services to low income Idahoans. Every year we help thousands of Idahoans with critical legal problems such as escaping domestic violence and sexual assault, housing (including wrongful evictions, illegal foreclosures, and homelessness), guardianships for abused/neglected children, legal issues facing seniors (such as Medicaid for seniors who need long term care and Social Security), and discrimination issues. Our Indian Law Unit provides specialized services to Idaho's Native Americans. The Migrant Farmworker Law Unit provides legal services to Idaho's migrant population.

Nursing Homes

Blaine Manor
706 S. Main
Hailey, ID 83333
(208) 788-7180

Public Health Resources

South Central Public Health District, District 5
1020 Washington Street North
Twin Falls, ID 83301
Phone: (208) 737-5900
www.phd5.idaho.gov
Description: Idaho South District Health provides community health programs including Women, Infants, and Children (WIC), prevention for a range of health conditions, as well as immunization programs. District 3 provides services for Adams, Canyon, Gem, Owyhee, Payette, and Washington counties.

Referral & Miscellaneous Services

2-1-1 Idaho CareLine
Phone: Dial 2-1-1 or (800) 926-2588
www.211.idaho.gov
Description: A free statewide community information and referral service program
the Idaho Department of Health and Welfare. This comprehensive database includes programs that offer free or low cost health and human services or social services, such as rental assistance, energy assistance, medical assistance, food and clothing, child care resources, emergency shelter, and more.

**St. Luke’s Center for Community Health**
1450 Aviation Drive, Ste 200
Hailey, ID 83333
Phone: (208) 727-8733
[www.stlukesonline.org](http://www.stlukesonline.org)
Description: Information and Referral: Connecting people to local health and mental health care providers, social services agencies, government agencies, emergency services, and non-profit organizations. Health and Wellness Promotion: Health education talks, events, and screenings aimed at promoting health and preventing illness. Emergency Services: Non-perishable food, financial assistance for mental health, and access to limited funds for health-related urgent needs. Support Groups: Breast Cancer Networking and Information Group, Cancer Support and Networking Group, New Moms Group. Parenting and Family Education: Childbirth Education, New Moms Group, breastfeeding support, Car Seat Safety Checks, Super Sitter Seminar, puberty education, and parenting and youth classes on a variety of topics.

**Senior Services**

**Blaine County Senior Connection**
721 3rd Avenue South
Hailey, Idaho 83333
[www.blainecountyseniors.org](http://www.blainecountyseniors.org)
Description: Resource center in The Wood River Valley for older adults and their families. At the Connection we offer a variety of services; trips, in-home care, meal programs, games, adventure, exercise, educational programs, creative classes and forums.

**Veteran Services**

**Veterans Administration Medical Center**
500 Fort Street
Boise, Idaho 83702
(208) 422-1000
[www.boise.va.gov](http://www.boise.va.gov)
Description: Provides health care and behavioral health services to veterans.
Appendix I: Community Leader Descriptions

The process of developing our CHNA included obtaining and taking into account input from persons representing the broad interests of our community. This appendix contains information on how and when we consulted with community health leaders and representatives as well as each individual’s organizational affiliation. We interviewed community leaders and representatives in each of the following categories and indicated which category they were in.

**Category I: Persons with special knowledge of or expertise in public health**

**Category II: Federal, tribal, regional, State, or local health or other departments or agencies** (with current data or other information relevant to the health needs of the community served by the hospital facility)

**Category III: Leaders, representatives, or members of medically underserved, low income, and minority populations and populations with chronic disease needs**

Community Leaders/Representatives Contacted

1. **Affiliation:** Blaine County  
   **Date Contacted:** 6/6/12  
   **How input was obtained:** Phone interview and questionnaire  
   **Health leader category:** II and III  
   Populations represented/served:

   - Children
   - Disabled
   - Hispanic population
   - Homeless
   - Low income individuals and families  
   - Migrant and seasonal farm workers
   - Populations with chronic conditions
   - Refugees
   - Senior citizens
   - Those with behavioral health issues
   - Veterans

2. **Affiliation:** Blaine County School District  
   **Date Contacted:** 5/22/12  
   **How input was obtained:** Phone interview and questionnaire  
   **Health leader category:** II and III
Populations represented/served:

Yes  Children
__  Disabled
Yes  Hispanic population
Yes  Homeless
Yes  Low income individuals and families
__  Migrant and seasonal farm workers
__  Populations with chronic conditions
__  Refugees
__  Senior citizens
__  Those with behavioral health issues
__  Veterans

3. **Affiliation:** Emmanuel Episcopal Church  
**Date Contacted:** 5/9/12  
**How input was obtained:** Phone interview and questionnaire  
**Health leader category:** II and III

Populations represented/served:

Yes  Children
__  Disabled
__  Hispanic population
__  Homeless
Yes  Low income individuals and families
__  Migrant and seasonal farm workers
Yes  Populations with chronic conditions
__  Refugees
Yes  Senior citizens
Yes  Those with behavioral health issues
__  Veterans

4. **Affiliation:** The Senior Connection  
**Date Contacted:** 5/8/12  
**How input was obtained:** Phone interview and questionnaire  
**Health leader category:** III

Populations represented/served:
Children
Yes Disabled
Hispanic population
Homeless
Low income individuals and families
Migrant and seasonal farm workers
Populations with chronic conditions
Refugees
Senior citizens
Those with behavioral health issues
Veterans

5. Affiliation: Blaine County Center for the College of Southern Idaho
Date Contacted: 5/4/12
How input was obtained: Phone interview and questionnaire
Health leader category: Category II and III

Populations represented/served:

Children
Disabled
Hispanic population
Homeless
Low income individuals and families
Migrant and seasonal farm workers
Populations with chronic conditions
Refugees
Senior citizens
Those with behavioral health issues
Veterans

6. Affiliation: Hailey/Bellevue Police
Date Contacted: 5/9/12
How input was obtained: Phone interview and questionnaire
Health leader category: II and III

Populations represented/served:
7. **Affiliation:** Idaho Department of Health and Welfare, Regions 5, 6, and 7  
   **Date contacted:** 4/27/2012  
   **How input was obtained:** Phone interview and questionnaire  
   **Health leader category:** Categories I and III  

   Populations represented/served:  
   - Yes  Children  
   - Yes  Disabled  
   - Yes  Hispanic population  
   - Yes  Homeless  
   - Yes  Low income individuals and families  
   - Yes  Migrant and seasonal farm workers  
   - Yes  Populations with chronic conditions  
   - Yes  Refugees  
   - Yes  Senior citizens  
   - Yes  Those with behavioral health issues  
   - Yes  Veterans

8. **Affiliation:** Woodside Elementary  
   **Date Contacted:** 5/8/12  
   **How input was obtained:** Phone interview and questionnaire  
   **Health leader category:** Category II and III  

   Populations represented/served:  
   - Yes  Children
9. **Affiliation:** South Central Public Health  
   **Date contacted:** 5/9/12  
   **How input was obtained:** Phone interview and questionnaire  
   **Health leader category:** Categories I and III

   Populations represented/served:

   - Yes Children  
   - Yes Disabled  
   - Yes Hispanic population  
   - Yes Homeless  
   - Yes Low income individuals and families  
   - Yes Migrant and seasonal farm workers  
   - Yes Populations with chronic conditions  
   - Yes Refugees  
   - Yes Senior citizens  
   - Yes Those with behavioral health issues  
   - Yes Veterans

10. **Affiliation:** Hospice and Palliative Care of the Wood River  
    **Date Contacted:** 5/17/12  
    **How input was obtained:** Phone interview and questionnaire  
    **Health leader category:** I and III

    Populations represented/served:

    - Yes Children  
    - Yes Disabled  
    - Yes Hispanic population
11. Affiliation: The Advocates for Survivors of Domestic Violence
   Date Contacted: 5/30/12
   How input was obtained: Phone interview and questionnaire
   Health leader category: I and III

   Populations represented/served:

   Yes  Children
   Yes  Disabled
   Yes  Hispanic population
   Yes  Homeless
   Yes  Low income individuals and families
   Yes  Migrant and seasonal farm workers
   Yes  Populations with chronic conditions
   ___  Refugees
   Yes  Senior citizens
   Yes  Those with behavioral health issues
   Yes  Veterans

12. Affiliation: St. Luke’s Center for Community Health
    Date Contacted: 5/19/12
    How input was obtained: Phone interview and questionnaire
    Health Leader Category: III
    Description of Expertise:

    Manager for St. Luke’s Center for Community Health. St. Luke’s Center for Community Health provides comprehensive, community-based wellness services. The Center for Community Health provides programs and services such as health education and screenings, support groups, information and referral to local and regional resources, YAK! (Youth Adult Konnections), disease state and lifestyle management initiatives, and
mental health support. Additionally, they partner with a significant number of community organizations to avoid duplication and to maximize limited resources.

Populations represented/served:

Yes  Children
Yes  Disabled
Yes  Hispanic population
Yes  Homeless
Yes  Low income individuals and families
Yes  Migrant and seasonal farm workers
Yes  Populations with chronic conditions
Yes  Refugees
Yes  Senior citizens
Yes  Those with behavioral health issues
Yes  Veterans

13. Affiliation: Boise VA Medical Center
   Date contacted: 4/11/2012
   How input was obtained: Phone Interview and questionnaire
   Health leader category: Category III

Populations represented/served:

___  Children
___  Disabled
___  Hispanic population
___  Homeless
___  Low income individuals and families
___  Migrant and seasonal farm workers
___  Populations with chronic conditions
___  Refugees
___  Senior citizens
___  Those with behavioral health issues
Yes  Veterans

14. Affiliation: Idaho Department of Labor
   Date contacted: 3/5/2012 and 3/23/2012
   How input was obtained: Phone and email
   Health leader category: Categories II
   Description of expertise:
State of Idaho Department of Labor helped obtain specific unemployment related information for our service area.

15. Affiliation: Idaho Health and Welfare
   Date contacted: Contacted numerous times from November 2011 through February 2012 to obtain and ensure appropriate collection of Behavioral Risk Factor Surveillance System data for our service area.
   How input was obtained: Phone conversations, emails, in person meeting
   Health leader category: Category II

   Date contacted: Contacted numerous times from November 2011 through February 2012 to obtain and ensure appropriate collection of Vital Statistics data for our service area.
   How input was obtained: Phone conversations, emails, in person meeting
   Health leader category: Category II

17. Affiliation: Idaho Department of Health and Welfare
   Date contacted: 6/6/12
   How input was obtained: Phone interview and questionnaire
   Health leader category: Categories I and II

   Populations represented/served:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yes</strong></td>
<td>Children</td>
</tr>
<tr>
<td></td>
<td>Disabled</td>
</tr>
<tr>
<td></td>
<td>Hispanic population</td>
</tr>
<tr>
<td></td>
<td>Homeless</td>
</tr>
<tr>
<td><strong>Yes</strong></td>
<td>Low income individuals and families</td>
</tr>
<tr>
<td></td>
<td>Migrant and seasonal farm workers</td>
</tr>
<tr>
<td><strong>Yes</strong></td>
<td>Populations with chronic conditions</td>
</tr>
<tr>
<td><strong>Yes</strong></td>
<td>Refugees</td>
</tr>
<tr>
<td></td>
<td>Senior citizens</td>
</tr>
<tr>
<td><strong>Yes</strong></td>
<td>Those with behavioral health issues</td>
</tr>
<tr>
<td></td>
<td>Veterans</td>
</tr>
</tbody>
</table>

18. Affiliation: College of Southern Idaho Office on Aging
   Date contacted: 4/30/2012
   How input was obtained: Phone interview and questionnaire
   Health leader category: III
Populations represented/served:

- Children
- Disabled
- Hispanic population
- Homeless
- Low income individuals and families
- Migrant and seasonal farm workers
- Populations with chronic conditions
- Refugees
- Senior citizens
- Those with behavioral health issues
- Veterans

19. **Affiliation:** Family Medicine Residency of Idaho  
   **Date contacted:** 6/28/12  
   **How input was obtained:** Phone interview and questionnaire  
   **Health leader category:** Category III

20. **Affiliation:** Substance Abuse and Mental Health Services Administration U.S. Department of Health and Human Services, Region X  
    **Date contacted:** 4/16/2012  
    **How input was obtained:** Email and phone  
    **Health leader category:** Category II

21. **Affiliation:** CARES (Children At Risk Evaluation Services) at SLMV  
    **Date contacted:** 5/1/2012  
    **How input was obtained:** Phone interview and questionnaire  
    **Health leader category:** Category III
Populations represented/served:

*Yes*  Children

___  Disabled

___  Hispanic population

___  Homeless

*Yes*  Low income individuals and families

___  Migrant and seasonal farm workers

___  Populations with chronic conditions

___  Refugees

___  Senior citizens

*Yes*  Those with behavioral health issues

___  Veterans
Appendix II: Community Leader Interview Questions

Leader Name:
Title:
Affiliation:
Date:

Thank you for agreeing to participate in St. Luke’s 2012/2013 Community Health Needs Assessment. We will utilize the valuable information you provide to help us better understand and address the health needs of our community.

We are required to publish the names and qualifications of the community leaders we interview. So, with your permission, we would like to start by asking you a few questions about your professional background.

1) Please briefly describe any special knowledge or expertise you have in public health in terms of degrees, positions, experience, or affiliations

2) Please briefly describe data or other information your organization may collect relevant to helping us understand the health needs of our community.

3) What geography does your expertise apply to? (If your expertise pertains to more than one St. Luke’s hospital location, we will ask you to note where your response differs by location.)
4) Do you feel able to represent the current health needs of any of the following population groups?

_____ Children  
_____ Disabled  
_____ Hispanic population  
_____ Homeless  
_____ Low income individuals and families  
_____ Migrant and seasonal farm workers  
_____ Populations with chronic conditions  
_____ Refugees  
_____ Senior citizens  
_____ Those with behavioral health issues  
_____ Veterans

If you are able to represent the health needs of any additional affected population groups, please specify the group(s):

Briefly describe your experience with, qualifications, or knowledge of the groups you selected.
5) We have compiled a list of potential community health needs, based on the results of health assessments and surveys conducted in our community and across the nation. We would like your feedback on the relative importance to our community of each of the potential health needs. As you review the list, please provide us with a score on a scale of 1 to 10 for each potential need. A score of 10 would mean you believe addressing this need with additional resources is highly important to people leading healthy, productive lives in our community. A score below 5 would represent an item you believe is not as important for our community to address with additional resources over the next three years. Also in the space provided, please define and score additional health needs you believe are important to our community.

Clinical care access and quality (potential needs)

- Affordable health insurance
- Affordable care for low income individuals
- Availability of primary care providers
- Affordable dental care for low income individuals
- Availability of behavioral health services (providers, suicide hotline, etc)
- Chronic disease management programs
- Immunization programs
- Improved health care quality
- Integrated, coordinated care (less fragmented care)
- More providers accept public health insurance (example: Medicaid)
- Prenatal care programs
- Screening programs (cholesterol, diabetes, mammography, etc)

Please describe and score any additional clinical care needs you believe are important:

- 
- 
- 
- 
- 

Please provide your feedback on the relative importance of each potential health need.
Health behavior (potential needs)

_____ Exercise programs/education
_____ Nutrition education
_____ Safe-sex education programs
_____ Substance abuse services and programs
_____ Tobacco cessation programs
_____ Wellness and prevention programs
_____ Weight management programs

Please describe and score any additional health behavior needs you believe are important:

_____  
_____  
_____  

Social and economic (potential needs)

_____ Children and family services
_____ Disabled services
_____ High school and college education support and assistance programs
_____ Homeless services
_____ Job training services
_____ Senior services
_____ Veterans’ services
_____ Violence and abuse services

Please describe and score any additional social/economic needs:

_____  
_____  
_____  

Physical environment (potential needs)

_____ Availability of recreation and exercise facilities
_____ Availability or access to healthy foods
_____ Healthier air quality, water quality, etc
_____ Transportation to and from appointments

Please describe and score any additional physical environment needs:

_____  
_____  
_____  

153
6) Please describe any programs, legislation, organizations, or other measures you believe are effective in addressing these needs.

   a. Affected/vulnerable population programs/legislation

   b. Clinical care access and quality programs/legislation

   c. Health behavior programs/legislation

   d. Social and economic programs/legislation

   e. Physical environment programs/legislation

7) What additional feedback do you have for St. Luke’s on our community health needs?
### Appendix III: Summary Scoring Table: Leader Need Scores Combined with Related Health Outcomes and Factors

**Health Behavior Category**

<table>
<thead>
<tr>
<th>Community Identified Needs</th>
<th>Leader Score</th>
<th>Related Health Factors and Outcomes</th>
<th>Health Factor Score</th>
<th>Combined Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise programs/education</td>
<td>4.5</td>
<td>Adult physical inactivity</td>
<td>8</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Teen exercise</td>
<td>9</td>
<td>13.5</td>
</tr>
<tr>
<td>Nutrition education</td>
<td>4.8</td>
<td>Adult nutrition</td>
<td>8</td>
<td>12.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Teen nutrition</td>
<td>10</td>
<td>14.8</td>
</tr>
<tr>
<td>Safe-sex education programs</td>
<td>6.1</td>
<td>Sexually transmitted infections</td>
<td>10</td>
<td>16.1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Teen birth rate</td>
<td>9</td>
<td>15.1</td>
</tr>
<tr>
<td>Substance abuse services and programs</td>
<td>7.7</td>
<td>Excessive drinking</td>
<td>11</td>
<td>18.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Illicit drug use</td>
<td>9</td>
<td>16.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vehicle crash death rate</td>
<td>10</td>
<td>17.7</td>
</tr>
<tr>
<td>Tobacco cessation programs</td>
<td>5</td>
<td>Smoking adult</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>Weight management programs</td>
<td>6</td>
<td>Obese adults</td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Obese/Overweight teenagers</td>
<td>13</td>
<td>19</td>
</tr>
<tr>
<td>Wellness and prevention programs</td>
<td>5.5</td>
<td>Accidents</td>
<td>8</td>
<td>13.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AIDS</td>
<td>7</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alzheimer’s</td>
<td>5</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Arthritis</td>
<td>5</td>
<td>10.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Asthma</td>
<td>2</td>
<td>7.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breast cancer</td>
<td>9</td>
<td>14.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cerebrovascular diseases</td>
<td>8</td>
<td>13.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Colorectal cancer</td>
<td>6</td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diabetes</td>
<td>7</td>
<td>12.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flu/pneumonia</td>
<td>4</td>
<td>9.5</td>
</tr>
<tr>
<td>Condition</td>
<td>Count</td>
<td>Percent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>-------</td>
<td>---------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart disease</td>
<td>7</td>
<td>12.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High blood pressure</td>
<td>7</td>
<td>12.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High cholesterol</td>
<td>7</td>
<td>12.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leukemia</td>
<td>3</td>
<td>8.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung cancer</td>
<td>5</td>
<td>10.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental illness</td>
<td>13</td>
<td>18.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nephritis</td>
<td>6</td>
<td>11.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Hodgkin’s lymphoma</td>
<td>3</td>
<td>8.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancreatic cancer</td>
<td>6</td>
<td>11.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>5</td>
<td>10.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin cancer (melanoma)</td>
<td>6</td>
<td>11.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respiratory disease</td>
<td>5</td>
<td>10.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suicide</td>
<td>11</td>
<td>16.5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Clinical Care Category

<table>
<thead>
<tr>
<th>Community Identified Needs</th>
<th>Leader Score</th>
<th>Related Health Factors and Outcomes</th>
<th>Health Factor Score</th>
<th>Combined Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affordable care for low income individuals</td>
<td>7.4</td>
<td>Children in poverty</td>
<td>11</td>
<td>18.4</td>
</tr>
<tr>
<td>Affordable dental care for low income individuals</td>
<td>6.4</td>
<td>Dental visits preventive</td>
<td>4</td>
<td>10.4</td>
</tr>
<tr>
<td>Affordable health insurance</td>
<td>6.5</td>
<td>Uninsured adults</td>
<td>9</td>
<td>15.5</td>
</tr>
<tr>
<td>Availability of behavioral health services (providers, suicide hotline, etc)</td>
<td>8.4</td>
<td>Mental health service providers</td>
<td>11</td>
<td>19.4</td>
</tr>
<tr>
<td>Availability of primary care providers</td>
<td>5.1</td>
<td>Primary care providers</td>
<td>7</td>
<td>12.1</td>
</tr>
<tr>
<td>Chronic disease management programs</td>
<td>6.4</td>
<td>Arthritis</td>
<td>5</td>
<td>11.4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Asthma</td>
<td>2</td>
<td>8.4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diabetes</td>
<td>7</td>
<td>13.4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>High blood pressure</td>
<td>7</td>
<td>13.4</td>
</tr>
<tr>
<td>Immunization programs</td>
<td>4.1</td>
<td>Children immunized</td>
<td>9</td>
<td>13.1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flu/pneumonia</td>
<td>4</td>
<td>8.1</td>
</tr>
<tr>
<td>Improved health care quality</td>
<td>4</td>
<td>Preventable hospital stays</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>Integrated, coordinated care (less fragmented care)</td>
<td>6.6</td>
<td>Preventable hospital stays</td>
<td>6</td>
<td>12.6</td>
</tr>
<tr>
<td>More providers accept public health insurance (example: Medicaid)</td>
<td>4.5</td>
<td>Children in poverty</td>
<td>11</td>
<td>15.5</td>
</tr>
<tr>
<td>Prenatal care programs</td>
<td>4.8</td>
<td>Prenatal care 1st trimester</td>
<td>8</td>
<td>12.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Low birth weight babies</td>
<td>8</td>
<td>12.8</td>
</tr>
<tr>
<td>Screening programs</td>
<td>4.7</td>
<td>Cholesterol screening</td>
<td>10</td>
<td>14.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Colorectal screening</td>
<td>7</td>
<td>11.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diabetic screening</td>
<td>11</td>
<td>15.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mammography screening</td>
<td>5</td>
<td>9.7</td>
</tr>
</tbody>
</table>
## Social and Economic Category

<table>
<thead>
<tr>
<th>Community Identified Needs</th>
<th>Leader Score</th>
<th>Related Health Factors and Outcomes</th>
<th>Health Factor Score</th>
<th>Combined Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children and family services</td>
<td>6.9</td>
<td>Children in poverty</td>
<td>11</td>
<td>17.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Inadequate social support</td>
<td>6</td>
<td>12.9</td>
</tr>
<tr>
<td>Disabled services *</td>
<td>4.9</td>
<td>* See note below</td>
<td>8</td>
<td>12.9</td>
</tr>
<tr>
<td>High school and college education support and assistance programs</td>
<td>4.8</td>
<td>Education</td>
<td>11</td>
<td>15.8</td>
</tr>
<tr>
<td>Homeless services</td>
<td>5.4</td>
<td>Unemployment rate</td>
<td>8</td>
<td>13.4</td>
</tr>
<tr>
<td>Job training services</td>
<td>5.1</td>
<td>Unemployment rate</td>
<td>8</td>
<td>13.1</td>
</tr>
<tr>
<td>Senior services</td>
<td>5.6</td>
<td>Inadequate social support</td>
<td>6</td>
<td>11.6</td>
</tr>
<tr>
<td>Veterans’ services</td>
<td>5.4</td>
<td>Inadequate social support adults</td>
<td>6</td>
<td>11.4</td>
</tr>
<tr>
<td>Violence and abuse services</td>
<td>5.4</td>
<td>Safety - homicide rate</td>
<td>6</td>
<td>11.4</td>
</tr>
</tbody>
</table>

* Disabled services did not have an objective health factor measure associated with it. Therefore, we used a health factor value in the middle of the possible range of scores.
### Physical Environment Category

<table>
<thead>
<tr>
<th>Community Identified Needs</th>
<th>Leader Score</th>
<th>Related Health Factors and Outcomes</th>
<th>Health Factor Score</th>
<th>Combined Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Availability of recreation and exercise facilities</td>
<td>2.9</td>
<td>Recreational facilities</td>
<td>5</td>
<td>7.9</td>
</tr>
<tr>
<td>Availability or access to healthy foods</td>
<td>3.6</td>
<td>Limited access to healthy foods</td>
<td>6.5</td>
<td>10.1</td>
</tr>
<tr>
<td>Healthier air quality, water quality, etc</td>
<td>1.7</td>
<td>Air pollution</td>
<td>9</td>
<td>10.7</td>
</tr>
<tr>
<td>Transportation to and from appointments *</td>
<td>5.1</td>
<td>* See note below</td>
<td>8</td>
<td>13.1</td>
</tr>
</tbody>
</table>

* Transportation did not have an objective health factor measure associated with it. Therefore, we used a health factor value in the middle of the possible range of scores.