

# 2022 Community Health Needs Assessment

## Implementation Plan Summary

### St. Luke's Elmore

The following implementation plan illustrates the strategies St. Luke's and its community partners will employ in fiscal year 2023 to address the most significant health needs identified in our 2022 Community Health Needs Assessment for Elmore County.

## Health Behaviors – Nutrition Programs, Education and Opportunities

Most Americans today do not have a healthy diet. The role of nutrition in chronic disease prevention and management is particularly crucial as diet is a modifiable risk factor for most chronic conditions.

GOALS	STRATEGIES
<p><b>Improve consumption of healthy foods.</b></p> <p><b>Reduce incidence of chronic disease associated with poor diet.</b></p> <p><b>Decrease food insecurity.</b></p>	<p><b>Improve availability and access to healthy foods.</b></p> <ul style="list-style-type: none"> <li>• Support community health workers and cultural liaisons within local foodbanks.</li> <li>• SNAP and WIC promotion and outreach.</li> </ul> <p><b>Improve understanding, education and skills to utilize healthy foods.</b></p> <ul style="list-style-type: none"> <li>• Deliver and support healthy eating as well as nutrition education and skill building.</li> </ul> <p><b>Support sustainable systems to lessen instances and duration of food insecurity.</b></p> <ul style="list-style-type: none"> <li>• Identify and implement advocacy opportunities to address food/nutrition insecurity.</li> <li>• Explore value-based-care payment models and benefits designed for nutrition supports.</li> </ul>

## Clinical Care – Availability of Mental and Behavioral Health Services

According to the National Alliance on Mental Illness, nearly a quarter of Idahoans are living with a mental illness. Substance Abuse and Mental Health Services Administration reports that all Idaho counties have shortages of mental health professionals.

GOALS	STRATEGIES
<p><b>Increase availability of mental health services.</b></p> <p><b>Decrease suicide rates.</b></p> <p><b>Decrease rates of serious mental illness without access to treatment.</b></p> <p><b>Reduce rates of substance use disorders.</b></p>	<p><b>Awareness, education and skill building.</b></p> <ul style="list-style-type: none"> <li>• Support delivery of gatekeeper trainings.</li> <li>• Provide and promote mental and behavioral health education.</li> </ul> <p><b>Population identification and intervention.</b></p> <ul style="list-style-type: none"> <li>• Support the community-school model.</li> <li>• Support school-based mental health initiatives.</li> </ul> <p><b>Increase access to mental and behavioral health services.</b></p> <ul style="list-style-type: none"> <li>• Participate and appropriately contribute to Governor's Behavioral Health Council.</li> <li>• Support implementation of Community Health Worker, Community Health EMS and Center for Community Health models.</li> <li>• Build suicide prevention and postvention strategies.</li> </ul>

## Social and Economic Factors – Housing Stability

Access to stable housing leads to better physical and mental health outcomes for all. According to a report published by the Idaho Asset Building Network, “In communities with enough affordable homes, primary care visits go up by 20%, emergency room visits go down by 18%, and accumulated medical expenses go down by 12%.”

GOALS	STRATEGIES
<b>Decrease incidence, recurrence and length of homelessness.</b>  <b>Increase affordable housing options.</b>  <b>Decrease the number of community members who are severely cost burdened.</b>	<b>Prevention, identification and outreach.</b> <ul style="list-style-type: none"><li>Support development and implementation of social determinants of health screening tool in the electronic medical record (EPIC) to assess the housing needs of patients.</li></ul>
	<b>Increase housing availability.</b> <ul style="list-style-type: none"><li>Identify and engage in advocacy opportunities to address housing stability.</li><li>Continue appropriate support of LEAP Housing and Falcons Landing.</li></ul>
	<b>Increase support services to help people secure and maintain safe, stable housing.</b> <ul style="list-style-type: none"><li>Support of quality early learning programs.</li></ul>

## Physical Environment – Accessible Modes of Transportation

Those facing the biggest transportation challenges are often those who are economically and/or socially marginalized, including lower income families, children and older adults. Ensuring access to transportation also improves access to healthier food options, medical care and employment.

GOALS	STRATEGIES
<b>Decrease commuting time and trips in single-occupancy vehicles.</b>  <b>Improve air quality.</b>  <b>Increase physical activity.</b>	<b>Create and maintain safe walking/biking paths and programs.</b> <ul style="list-style-type: none"><li>Support entities that plan improvement and expansion of natural areas via open space and trail initiatives.</li></ul>
	<b>Support infrastructure for public transportation and shared ridership models.</b> <ul style="list-style-type: none"><li>Support entities that provide transportation solutions to the community.</li></ul>

