



# Community Health Needs Assessment

## St. Luke's Nampa

### What is a CHNA?

St. Luke's Nampa Community Health Needs Assessment (CHNA) helps us better understand the most significant health challenges facing the people and families in the communities we serve.

The comprehensive analysis allows St. Luke's to pinpoint, assess and address our community's most critical needs. We use the information to guide the types of health improvement programs we provide and support with community partners. The goal is to address the top health needs, provide the best care and lower the overall cost of health care. The CHNA combines extensive national, state and local health data with in-depth expert interviews.

### Top Health Needs in the West Treasure Valley

We analyzed more than 60 potential health needs and health factors. Researchers looked at health behaviors, clinical care, social and economic factors, and the physical environment. The top health priorities are:

- 1. Improve the prevention, detection and treatment of obesity and diabetes**
- 2. Improve mental health and reduce suicide**
- 3. Reduce drug misuse**
- 4. Improve access to affordable health insurance**

*Read the CHNA reports for each of St. Luke's seven regions: [stlukesonline.org/chna](https://stlukesonline.org/chna)*



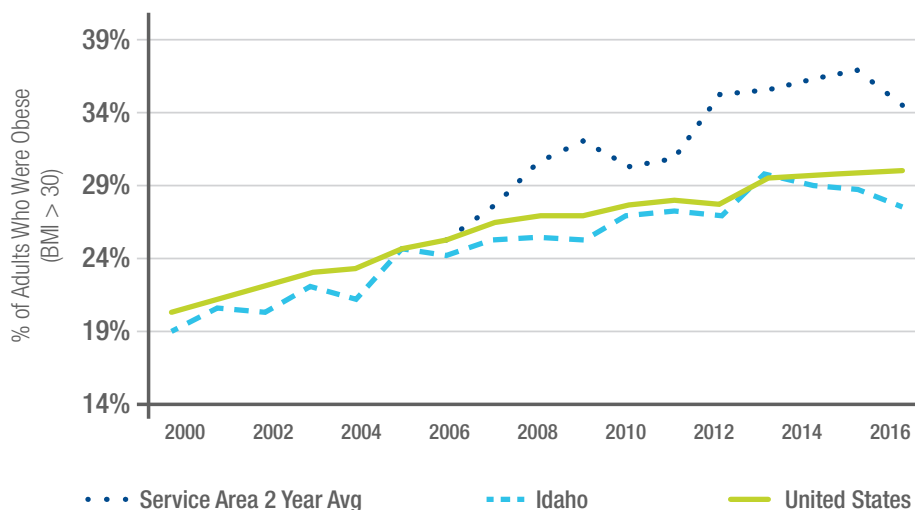
## 1. Improve the Prevention, Detection and Treatment of Obesity and Diabetes

Obesity and diabetes are two of our community's most significant health needs. Over 70% of adults in our community and more than 25% of children in our state are either overweight or obese. Obesity and diabetes are serious concerns because they are associated with poorer mental health outcomes and reduced quality of life, and are leading causes of death in the U.S. and worldwide, according to the CDC.

### Impact:

- Obesity costs the U.S. \$150 billion per year, or 10% of the national medical budget.
- Direct medical costs for type 2 diabetes account for nearly \$1 of every \$10 spent on medical care in the U.S.

### Adult Obesity



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Due to BRFSS survey methodology change, data after 2010 may not provide an accurate comparison to previous years.

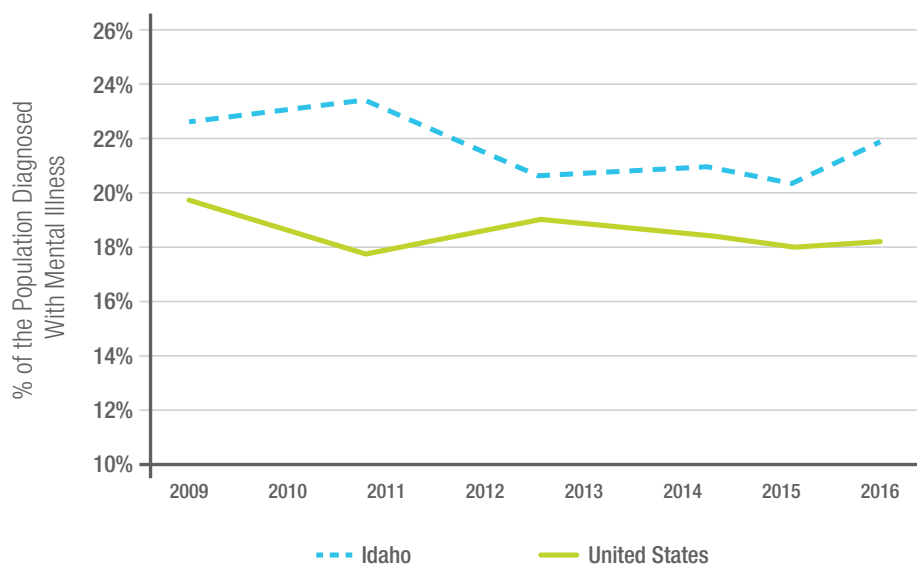
## 2. Improve Mental Health and Reduce Suicide

Improving mental health and reducing suicide rank among our community's most significant health needs. Idaho has one of the highest percentages (21.6%) of any mental illness (AMI) in the nation, shortages of mental health professionals in all counties across the state, and suicide rates that are consistently higher than the national average.

Mental illnesses are among the most common health conditions in the U.S.

- More than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime.
- One in five Americans will experience a mental illness in a given year.
- One in five children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- Suicide is the third leading cause of death for young adults.

### Any Mental Illness



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## 3. Reduce Drug Misuse

An in-depth analysis of U.S. drug overdose data shows America's overdose epidemic is spreading geographically and across demographic groups. Drug overdoses killed 63,632 Americans in 2016. Nearly two-thirds of these deaths (66%) involved a prescription or illicit opioid. One way to measure the size of the problem is to look at the rate of drug-induced deaths. While the rate is not as high in our community as in the nation as whole, the rate has been rising dramatically.



### Impact:

- Yearly estimated economic impact of alcohol misuse is \$249 billion and \$193 billion for illicit drug use.
- 50-80% of all child abuse and neglect cases substantiated by child protective services involve some degree of substance abuse by the child's parent(s).





#### 4. Improve Access to Affordable Health Insurance

Uninsured adults have less access to recommended care, receive poorer quality of care, and 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.
- On average receive less treatment for their condition.
- Have a 25% higher mortality rate than the insured population, according to the Institute of Medicine.

### Addressing the Needs

St. Luke's collaborates with leaders and organizations in the community to carry out an implementation plan designed to address the top health needs identified in the CHNA. We make an annual financial commitment through Community Health Improvement Fund (CHIF) grants to support community partners and organizations that are helping address high-priority health needs. In 2019, St. Luke's provided nearly \$1 million in CHIF grants to community partners across our service area.

#### CHNA partners include:

- Southwest District Health
- Boys & Girls Club of Nampa
- Nampa School District
- Marsing School District