



# Community Health Needs Assessment

## St. Luke's Magic Valley

### What is a CHNA?

St. Luke's Magic Valley 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 Magic 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 and management of obesity and diabetes**
- 2. Improve mental health**
- 3. 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)*



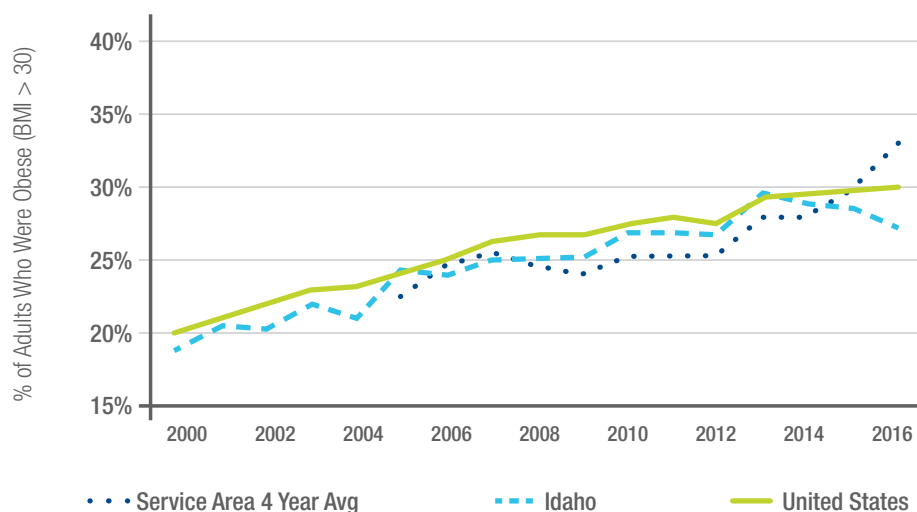
## 1. Improve the Prevention and Management of Obesity and Diabetes

Obesity and diabetes are leading causes of death in the United States. More than 60% of adults in our community and 25% of children in Idaho are overweight or obese, a trend that's risen steadily for the past 10 years.

### 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



Magic Valley CHNA page 66

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

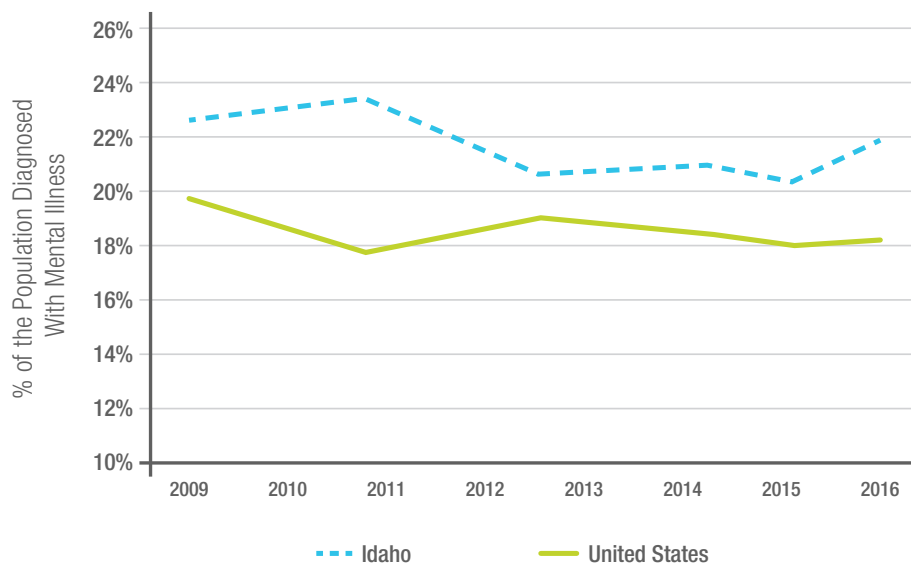
## 2. Improve Mental Health

Improving mental health ranks among our community's most significant health needs. Idaho has one of the highest percentages (21.6%) of any mental illness in the nation and shortages of mental health professionals in all counties across the state, according to SAMHSA. Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act.

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.
- One in five 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.

### Any Mental Illness



Magic Valley CHNA page 39







### 3. 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:

- South Central Public Health District
- Boys and Girls Club
- The Idaho Food Bank
- United Way of South Central Idaho
- Interlink Volunteer Caregivers