



# Community Health Needs Assessment

## St. Luke's Boise/Meridian

### What is a CHNA?

St. Luke's Boise/Meridian 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 Ada County

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)*



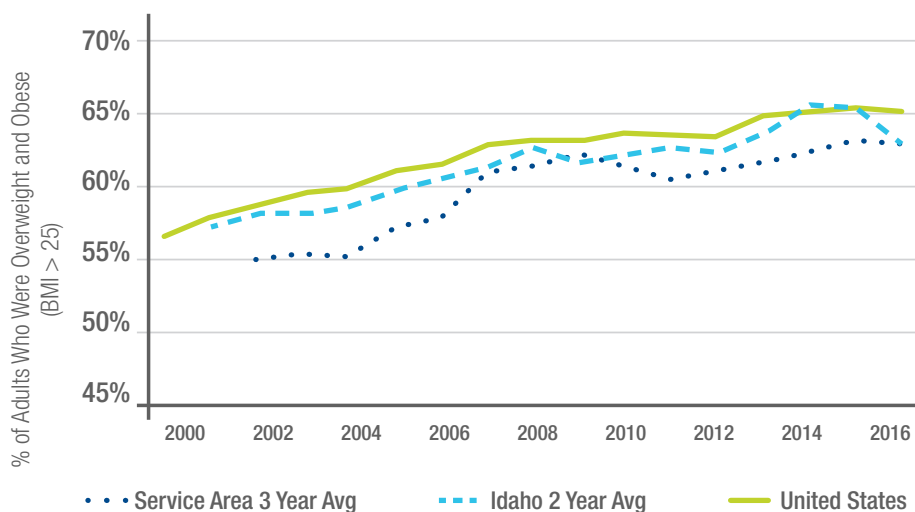
## 1. Improve the Prevention, Detection and Treatment of Obesity and Diabetes

Obesity and diabetes are 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.

## Overweight & Obese Adults



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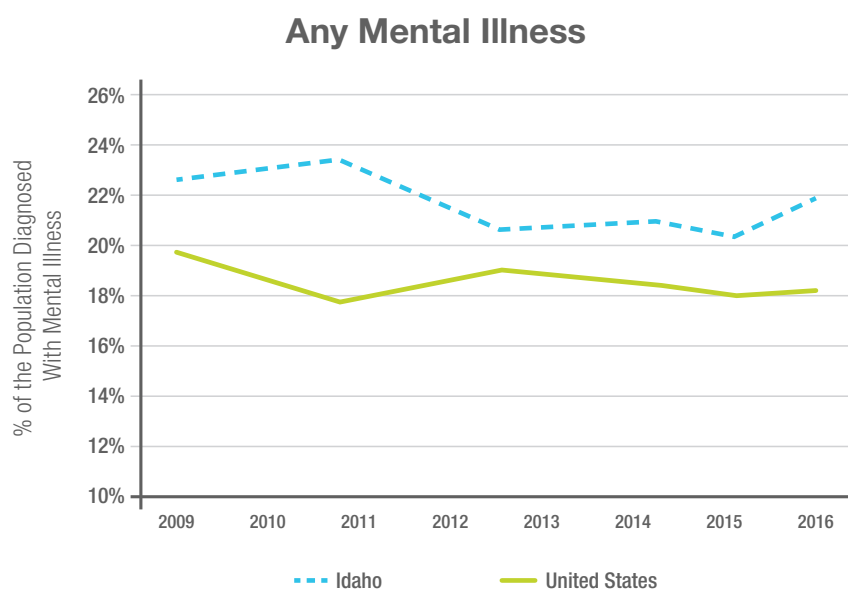
\*Due to BRFSS survey methodology change, data after 2010 may not provide an accurate comparison to previous years.

## 2. Improve Mental Health and Reduce Suicide

Idaho has one of the highest percentages (21.6%) of any mental illness in the nation and suicide rates that are consistently higher than the national average. Idaho is also near the top of the list when it comes to a shortage of mental health professionals. One out of four people with mental illness are unable to get the treatment they need, according to one recent study.

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 children has had a seriously debilitating mental illness.
- Young adults aged 18-25 years have the highest prevalence of mental illness.
- Suicide is the third leading cause of death for young adults.



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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:

- Idaho Association for the Education of Young Children
- Valley Regional Transit
- YMCA
- The Idaho Foodbank
- Mexican Consulate Health Window
- Idaho Resilience Project