



Community Health Needs Assessment

St. Luke's Elmore

What is a CHNA?

St. Luke's Elmore 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 Elmore 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 and management of obesity and diabetes**
- 2. Improve mental health and reduce suicide**
- 3. Prevent and reduce tobacco use**

Read the CHNA reports for each of St. Luke's seven regions: stlukesonline.org/chna



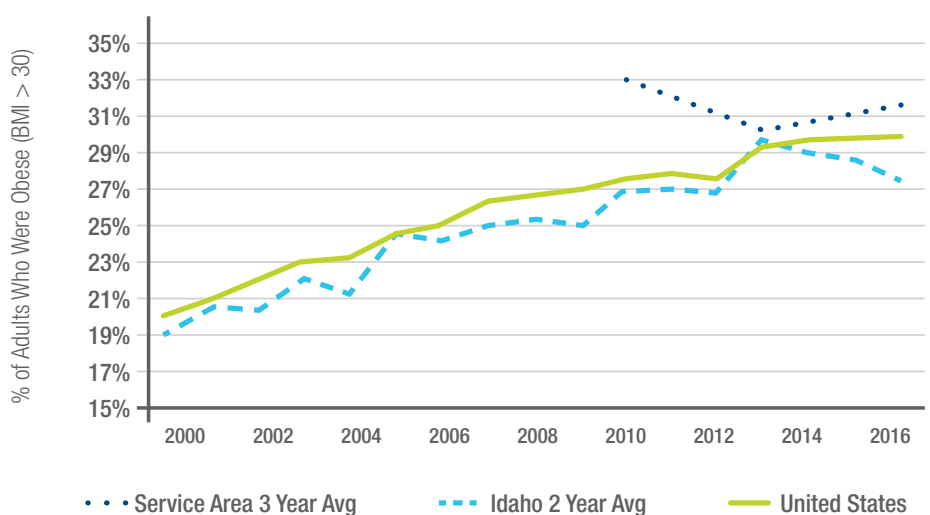
1. Improve the Prevention and Management of Obesity and Diabetes

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



Elmore 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 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.

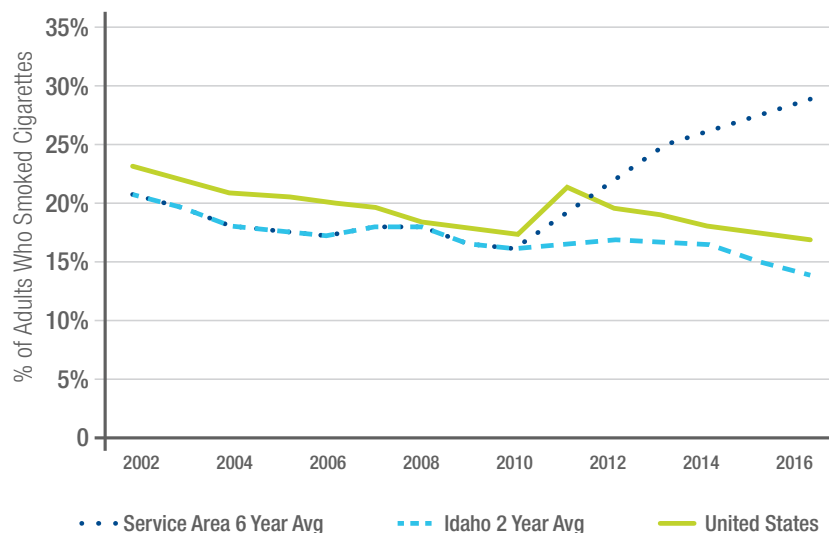
- More than 50% of Americans will be diagnosed with a mental illness or disorder at some point.
- One in five children has had a seriously debilitating mental illness.
- Young adults aged 18-25 years have the highest prevalence of mental illness.
- Suicide is the third leading cause of death for young adults.

3. Prevent and Reduce Tobacco Use

The relationship between tobacco use, particularly cigarette smoking, and adverse health outcomes is well known. In fact, cigarette smoking is the leading cause of preventable death. Smoking causes or contributes to cancers of the lung, pancreas, kidney and cervix. On average, 1,500 people die each year in Idaho as a direct result of tobacco use, per the Comprehensive Cancer Alliance for Idaho.

County-level measures from the Behavioral Risk Factor Surveillance System provided by the CDC are used to obtain the number of current adult smokers who have smoked at least 100 cigarettes in their lifetime. Looking at the last six years, it appears the trend is rising in our community. The percentage of adults who smoke in our service area is well above the national average.

Smoking



Elmore CHNA page 63

Due to BRFSS survey methodology change including cell phone surveys after 2010, the data after 2010 may not provide an accurate comparison to previous years.



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:

- Elmore County Health Coalition
- Idaho Health and Welfare – The Idaho Quitline
- Mountain Home Parks and Recreation
- The Idaho Foodbank
- Mountain Home School District