



Community Health Needs Assessment

St. Luke's Wood River

What is a CHNA?

St. Luke's Wood River 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 Wood River 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**
- 2. Improve mental health**
- 3. Reduce substance abuse: drug misuse and excessive drinking**
- 4. Improve access to affordable dental care**
- 5. Improve access to affordable health insurance**

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



Impact:

- Obesity costs the U.S. \$150 billion per year, or 10% of the national medical budget.

1. Improve the Prevention and Management of Obesity

Obesity is one of our community's most significant health needs. Approximately 50% of adults in our community and more than 25% of children in our state are either overweight or obese. The percentage of overweight/obese individuals is now higher in our community than in the nation as a whole, and is rising at a faster rate. Obesity is a serious concern because it's associated with poorer mental health outcomes and reduced quality of life, and is a leading cause of death in the U.S. and worldwide, according to the CDC.

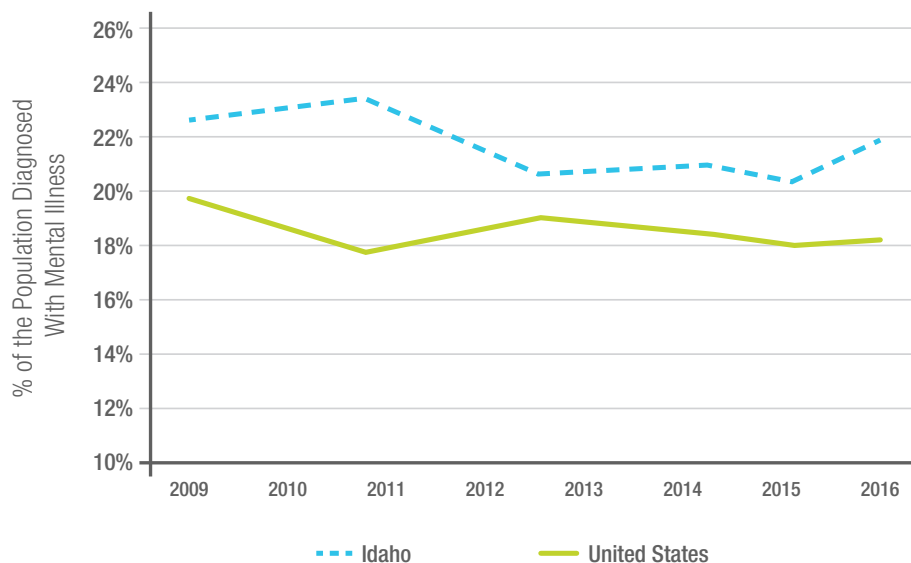
2. Improve Mental Health

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 has 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 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.

Any Mental Illness

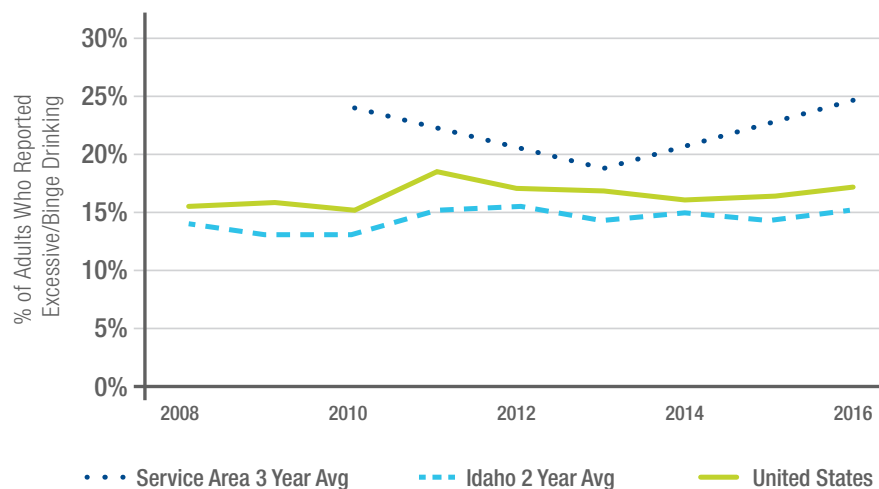




3. Reduce Substance Abuse: Drug Misuse and Excessive Drinking

Approximately 25% of people in our community participated in excessive/binge drinking in 2016—a rate far higher than the national average. Our community representatives also recognized substance abuse as one of their highest concerns. The rate of deaths due to drug misuse has been climbing in our community and across the nation. Reducing drug misuse can have a positive impact on society on multiple levels. Directly or indirectly, every community is affected by drug misuse and addiction, as is every family. This includes health care expenditures, lost earnings, and costs associated with crime and accidents.

Excessive/Binge Drinking



Wood River CHNA page 77

4. Improve Access to Affordable Dental Care

Our community representatives identified improving access to affordable dental care as one of their highest health needs. Backing up their assessment, a survey conducted by the Behavioral Risk Factor Surveillance System (BRFSS) in 2016 showed nearly 45% of adults in our community did not have a dental visit over the last year. These factors served to rank affordable dental care as one of our most important health issues.

Impact:

- Oral health is essential to general health and well-being. Poor oral health can cause pain and suffering that devastate overall health and result in financial and social costs that diminish quality of life and burden society.
- New research is pointing to associations between chronic oral infections and heart and lung diseases, stroke, low birth weight and premature birth.



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:

- 5B Suicide Prevention Alliance
- The Hunger Coalition
- Wood River Community YMCA
- Your Health Idaho