



# Boise/Meridian Community Health Needs Assessment Executive Summary



St. Luke's 2022 Boise/Meridian Community Health Needs Assessment (CHNA) provides a comprehensive evaluation of people's most important health needs in Boise, Meridian and the surrounding areas. Identifying and addressing these needs is essential to improving population health, enhancing patient care and lowering health care costs. In our assessment, we divide health needs into four distinct determinants of health categories:

## Determinants of Health

### 20% Clinical Care and Access



Quality Care



Access to Care

### 30% Health Behaviors



Nicotine Use



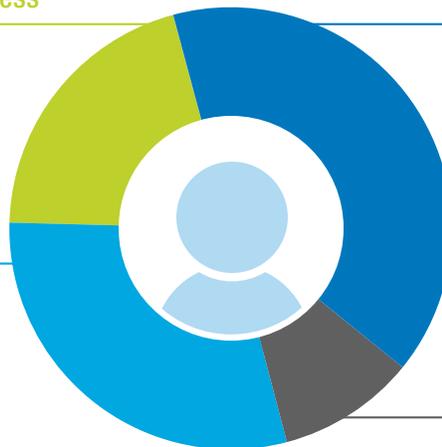
Alcohol Use



Activity



Nutrition



### 40% Social and Economic



Education



Income



Family/Social Support



Job Status



Housing



Community Safety

### 10% Physical Environment



Transportation Options



Air and Water Quality

We rank and score these health needs by analyzing a broad range of data, including:

- Interviews with community leaders representing organizations that serve medically under-resourced, low income and minority populations.
- National, state and local health indicators collected from governmental and other authoritative sources.
- Input from St. Luke's health professionals.
- Availability of evidence-based interventions as identified by Healthy People 2030.

## Prioritized Community Health Needs in Boise/Meridian

The 2022 CHNA helps us better understand the most current, significant health challenges facing our community. In collaboration with community partners, St. Luke's will deploy resources to meet the following long-term community health objectives:

- Address high-priority health needs with a focus on prevention.
- Expand access to appropriate St. Luke's and community-based services.
- Coordinate and integrate clinical patient care and community health strategies.
- Advance health equity by addressing social determinants of health and reducing health disparities.

The following health needs received the highest score within each category in Boise/Meridian:

### Health Behaviors – Nutrition Programs, Education and Other Opportunities

According to the Centers for Disease Control and Prevention, fewer than 1 in 10 adults and adolescents eat enough fruits and vegetables, 9 in 10 consume too much sodium and 5 in 10 consume too much sugar, all of which are linked to poor health outcomes. We also know that diet is a modifiable risk factor for most chronic conditions. Public health interventions that focus on helping people access healthy foods as well as nutrition education, programs and opportunities are a vital part of a comprehensive health program.

### Clinical Care – Availability of Behavioral Health Services

For the third consecutive year, in 2022 Idaho ranked 49th of 50 states on a composite score of 15 key mental health indicators for youth and adults, according to data compiled by Mental Health America, a leading mental health nonprofit. A critical component to improving mental health is access to mental health care. The lack of availability of mental health providers is a significant need across the St. Luke's service area. Our health system has increased its behavioral health provider base 350% across our footprint in the last three years and continues to engage with community partners to address this health need.

### Social and Economic Factors – Housing Stability

Access to a safe, quality, affordable home leads to better physical and mental health outcomes for all, as well as higher academic achievement for youth. High housing costs can make it even harder for individuals and families to meet other important needs such as medications, transportation costs, utilities, food, etc. Finding ways to increase and maintain the supply of affordable, stable housing within our community that is also near schools, jobs, transportation options and health care will have a positive impact on the overall health of our community, particularly some of its disproportionately affected groups.

### Physical Environment – Healthy Air and Water Quality

Poor air quality is associated with heart and lung issues. Access to safe drinking water is foundational to overall health and can help prevent poor health outcomes such as birth defects, infectious disease and premature death. As our population grows, so does the demand for water for our communities and agricultural economies. And as an anchor institution in the community, St. Luke's recognizes that we have a responsibility to examine our facilities and business practices, to better understand our climate impact and ability to lessen our carbon footprint, and thus improve air and water quality for all.

### Next Steps

Visit [stlukesonline.org](http://stlukesonline.org) to view the complete Boise/Meridian CHNA, which provides an in-depth look at our community's health and how we can make improvements. St. Luke's will collaborate with the people, leaders and organizations in our community to develop and execute plans to address the significant community health needs identified in the assessment.