



Community Health Needs Assessment

St. Luke's McCall

What is a CHNA?

St. Luke's McCall 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 McCall Area

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 care and affordable health insurance**

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 is one of our community's most significant health needs. Over 67% of the adults in our community and more than 25% of children in our state are either overweight or obese. The percent 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.

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.

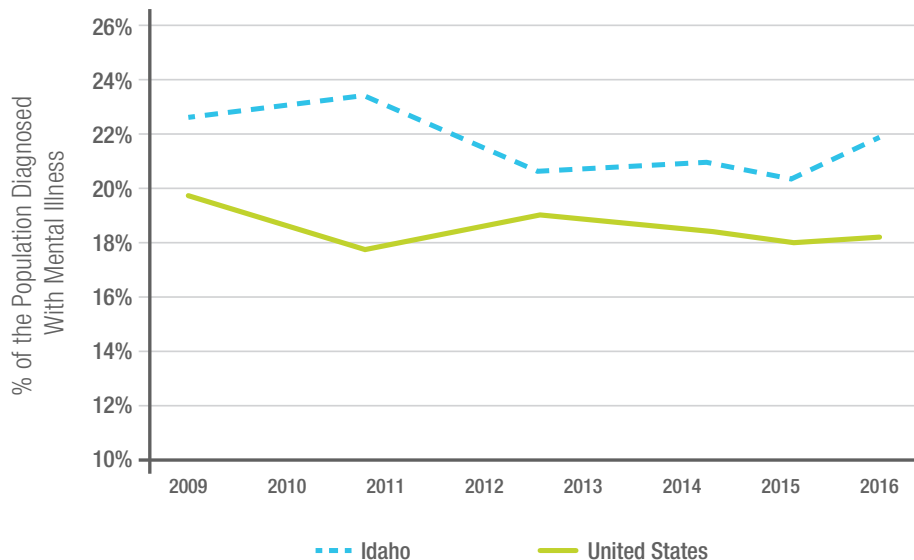
2. Improve Mental Health

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

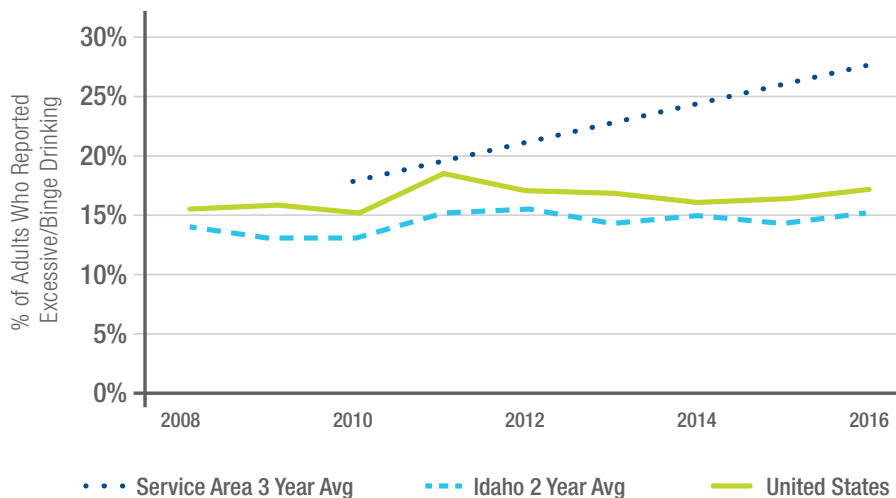




3. Reduce Substance Abuse: Drug Misuse and Excessive Drinking

Reducing substance abuse ranks among our community’s most significant health needs. Approximately 25% of the people in our community participated in excessive/binge drinking in 2016—a rate far higher than the national average. In our health research, 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. An in-depth analysis of 2016 U.S. drug overdose data shows that America’s overdose epidemic is spreading geographically and increasing across demographic groups. Drug overdoses killed 63,632 Americans in 2016.

Excessive/Binge Drinking



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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 2016 survey conducted by the Behavioral Risk Factor Surveillance System (BRFSS) showed that 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. 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.



5. Improve Access to Affordable Health Care and Affordable Health Insurance

Our CHNA process identified access to affordable health care and affordable health insurance as significant community health needs. The CHNA health indicator data and relatively high community representative scores served to rank them as some of our most urgent health issues. Access to affordable health insurance and access to affordable health care are important indicators of health, especially for the poor. The richest people in our society live between 10 to 15 years longer than the poorest, according to findings in the medical journal JAMA.

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:

- Central District Health
- McCall Donnelly School District
- Donnelly Fire and EMS
- Idaho West Central Mountain Youth Advocacy Coalition