

# COMMUNITY NEEDS ASSESSMENT

HEALTH

EDUCATION

INCOME

2016



## Executive Summary

The 2016 Community Needs Assessment: Health, Education & Income (CNA) focused on Health, Education and Income and was accomplished through a collaborative effort spearheaded by the Twin County United Way, St. Joseph Regional Medical Center and Public Health – Idaho North Central District. The Community Needs Assessment was conducted in a five-county area of North Central Idaho encompassing Clearwater, Idaho, Latah, Lewis, and Nez Perce counties and one bordering eastern Washington county; Asotin. Nearly 1,700 respondents provided input via a survey and dozens of individuals provided input through community conversations and board meetings. A very special thank you to all the volunteers, survey respondents and individuals who contributed to this project.



The CNA is intended to identify the health, education and income needs and issues facing the region. The results of the assessment provide useful information to public health, hospitals, health care providers, policy makers, collaborative groups, social service agencies, community groups, nonprofit organizations, churches, businesses and consumers who are interested in improving the health and overall status of the community and region. Joining forces helps ensure that good use is being made of our community's charitable resources by identifying the most urgent needs of the underserved. In turn, this maximizes effort by reducing costs and coordinating research findings into a comprehensive document for use by others.

The following are the top three identified needs from each category that emerged from the findings of the 2016 Community Needs Assessment: Health, Education & Income survey:

| ASSESSED NEEDS                | HEALTH  | EDUCATION                               | INCOME                                   |
|-------------------------------|---|---|--|
| <b>TOP NEED</b>               | Overweight/ Obesity & Chronic Diseases (Diabetes, Heart Disease, Obesity) | Post High School/ College Opportunities | Affordable Housing                       |
| <b>2<sup>ND</sup> HIGHEST</b> | Health Insurance  | Tutoring for At-Risk                    | Food Assistance                          |
| <b>3<sup>RD</sup> HIGHEST</b> | Mental Health   | Before & After School Options           | Managing Finances/ Employment Assistance |

The results of this collaborative assessment reveals several opportunities for improvement and enable organizations to more strategically establish priorities, develop interventions and commit resources. The selected areas will provide many opportunities for community groups, working together, to make the biggest impact on the community's health, education and income. The following pages provide some of the information necessary to make informed decisions, set priorities and allocate resources.



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## Demographic Snapshot

This Community Needs Assessment: Health, Education & Income (CNA) focused on the overlapping service areas of the Twin County United Way St. Joseph Regional Medical Center and Public Health – Idaho North Central District and, which includes the five north central Idaho counties: Clearwater, Idaho, Latah, Lewis and Nez Perce, as well as the Washington county: Asotin. Collectively these six counties represent nearly 130,000 people, of which 93% are White, 49% female and 18% over the age of 65 years. Within these counties, over 60% of the population resides in either Nez Perce or Latah County, wherein Lewiston, Idaho and Moscow, Idaho are located.



| <b>People QuickFacts<sup>1</sup></b><br>July 1, 2014<br>Unless otherwise Indicated | <b>Asotin</b> | <b>Clearwater</b> | <b>Idaho</b> | <b>Latah</b> | <b>Lewis</b> | <b>Nez Perce</b> | <b>Totals/<br/>Average</b> |
|--|---------------|-------------------|--------------|--------------|--------------|------------------|----------------------------|
| <b>Population</b><br>Estimates, July 1, 2015                                       | 22,105        | 8,496             | 16,272       | 38,778       | 3,789        | 40,048           | 129,488                    |
| <b>Median Income Per Person</b><br>(in 2014 dollars), 2010-2014                    | \$24,836      | \$20,154          | \$19,527     | \$22,575     | \$21,542     | \$24,570         | \$23,006                   |
| <b>Median household income</b><br>(in 2014 dollars), 2010-2014                     | \$42,689      | \$39,750          | \$38,320     | \$41,944     | \$36,159     | \$46,608         | \$42,733                   |
| <b>Persons in poverty</b><br>% below federal poverty level                         | 16%           | 17%               | 16%          | 20%          | 14%          | 15%              | 17%                        |
| <b>Persons under 18 years</b>  | 21%           | 16%               | 20%          | 19%          | 23%          | 22%              | 20%                        |
| <b>Persons 65 years and over</b>   | 21%           | 25%               | 24%          | 12%          | 24%          | 19%              | 18%                        |
| <b>Female persons</b>  | 52%           | 45%               | 48%          | 49%          | 50%          | 51%              | 49%                        |
| <b>White Only</b>  | 94%           | 94%               | 94%          | 93%          | 90%          | 90%              | 93%                        |
| <b>Persons without health insurance</b><br>Under age 65 years                      | 15%           | 20%               | 22%          | 16%          | 23%          | 16%              | 17%                        |

<sup>1</sup> www.census.gov

## HEALTH CONCERNS

### #1: OVERWEIGHT/OBESITY & CHRONIC DISEASES

The number one ranked health concern among all respondents, those without health insurance and those with income less than \$50,000 is Overweight/ Obesity. Closely tied to obesity is chronic diseases, which is the third highest health need among respondents with income less than \$50,000 and those without health insurance.



The rate of obesity raises concern because of its implications for the health of Americans. Obesity increases the risk of many diseases and health conditions including<sup>2</sup>:

- Coronary Heart Disease
- Cancers (endometrial, breast, and colon)
- Osteoarthritis
- Liver and Gallbladder Disease
- Dyslipidemia (high total cholesterol or high levels of triglycerides)
- Type-2 Diabetes
- Hypertension (high blood pressure)
- Sleep Apnea and Respiratory Problem
- Gynecological Problems
- Stroke

Diabetes is the seventh leading cause of death in Idaho and about one third of Idaho adults living with diabetes do not know they have the disease<sup>3</sup>. Effectively managing diabetes will help Idahoans living with the disease lead more productive and healthier lives. An estimated 100,000 Idaho adults, or 8.4% of the adult population, live with diabetes and an estimated 84,000 Idaho adults, or 7.5% of the adult population, live with pre-diabetes.

| HEALTH FACTORS BY COUNTY <sup>4</sup>   | Clear-water | Idaho | Latah | Lewis | Nez Perce | ID State | Asotin | WA State | US Median |
|---|-------------|-------|-------|-------|-----------|----------|--------|----------|-----------|
| <b>Adult obesity</b> Percent of adults that report a BMI >= 30  | 29%         | 27%   | 27%   | 29%   | 32%       | 28%      | 32%    | 27%      | 31%       |
| <b>Food Environment Index</b> Measure ranging from 0 (worst) to 10 (best)   | 6.3         | 5.8   | 6.7   | 5.7   | 7.4       | 7.1      | 7.3    | 7.5      | 7.2       |
| <b>Access to exercise opportunities</b> Percent of the population with adequate access to locations for physical activity | 21%         | 59%   | 66%   | 40%   | 79%       | 75%      | 73%    | 88%      | 62%       |
| <b>Diabetic monitoring</b> — Percent of diabetic Medicare enrollees that receive HbA1c screening                          | 83%         | 81%   | 88%   | 82%   | 84%       | 82%      | 82%    | 86%      | 85%       |

<sup>2</sup> NHLBI. 2013. Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel. <http://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf>

<sup>3</sup> Idaho Department of Health and Welfare, Division of Public Health, Get Healthy Idaho, 2015

<sup>4</sup> [www.countyhealthrankings.org](http://www.countyhealthrankings.org)



## #2 HEALTH INSURANCE

The second highest ranking health concern among all respondents, those without health insurance and those with income less than \$50,000 was health insurance. This indicates that even those with health insurance acknowledge that a lack of health insurance is a leading need in the community.

| HEALTH CONCERNS BY RANK* | All Respondents | Income less than \$50,000 | No Insurance |
|--------------------------|-----------------|---------------------------|--------------|
| Health Insurance         | 2               | 2                         | 2            |

Nearly one in five people in the service area are without health insurance (19%). Compared to people with health insurance, uninsured children and adults experience worse health and die sooner. Families can suffer emotionally and financially when even a single member is un- or under insured. Lack of health insurance at the community level is associated with financial instability for health care providers and institutions, reduced hospital services and capacity, and significant cuts in public health programs, which may diminish access to certain types of care for all residents, even those who have adequate coverage. The nation as a whole is economically disadvantaged as a result of the poorer health and premature death of uninsured Americans. The Institute of Medicine estimated the lost economic value of uninsurance is between \$65 billion and \$130 billion annually.<sup>5</sup>



| HEALTH FACTORS BY COUNTY*  | Clearwater | Idaho | Latah | Lewis | Nez Perce | ID State | Asotin | WA State | US Median |
|--|------------|-------|-------|-------|-----------|----------|--------|----------|-----------|
| Uninsured adults — Percent of population under age 65 without health insurance | 20%        | 22%   | 16%   | 23%   | 16%       | 19%      | 15%    | 16%      | 17%       |

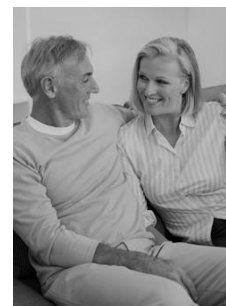
Within the service area there is a significant difference in uninsured rates between Asotin county, located in Washington state, and all other counties which are located in Idaho. This is likely due to the expansion of Medicaid in Washington and the lack of Medicaid expansion in Idaho.

<sup>5</sup> (Institute of Medicine. 2004. *Insuring America's Health*. Washington, DC: National Academy Press, p. xi)

### #3: MENTAL HEALTH & DRUG/ ALCOHOL USE

Mental health services and drug/alcohol prevention, education and treatment were both ranked in the top half of health concerns of all respondents. Mental health was the third-highest ranking health concerns. Sixteen percent of respondents, or more than one in six people, reported a need for mental health services over the last year and nearly as many who needed care did not receive it. While only 3% of respondents indicated a need for drug/alcohol prevention, education and treatment, 33% of those who needed that care did not receive it. Mental health also has an impact on income concerns and is the second highest need within the income category, specifically getting help for mental illness.

| HEALTH CONCERNS  | BY RANK<br>All Respondents | % Needing<br>Care         | % Did Not Receive<br>Needed Care |
|--|----------------------------|---------------------------|----------------------------------|
| <b>Mental Health Services</b>                                  | 3                          | 18%                       | 16%                              |
| <b>Drug/ Alcohol Prevention,<br/>Education &amp; Treatment</b> | 6                          | 3%                        | 33%                              |
| INCOME CONCERNS  | BY RANK-All Respondents    | Income less than \$50,000 |                                  |
| <b>Getting Help for Mentally Ill</b>                           | 2                          | 5                         |                                  |



The National Bureau of Economic Research (NBER) reports that there is a “definite connection between mental illness and the use of addictive substances”. Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society. There is increasing awareness and concern in the public health sector regarding the impact of stress, its prevention and treatment, and the need for enhanced coping skills. Stress may be experienced by any person and provides a clear demonstration of mind-body interaction.

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental and public health problems. There are no substance abuse facilities in the six-county area.

| HEALTH FACTORS<br>BY COUNTY <sup>6</sup>  | Clear-<br>water | Idaho | Latah | Lewis | Nez<br>Perce | ID<br>State | Asotin            | WA<br>State | US<br>Median |
|---|-----------------|-------|-------|-------|--------------|-------------|-------------------|-------------|--------------|
| <b>Poor mental health days</b> Average number of mentally unhealthy days reported in past 30 days | 3.4             | 3.5   | 3.5   | 3.8   | 3.6          | 3.7         | 3.5               | 3.4         | 3.7          |
| <b>Excessive drinking</b> Binge plus heavy drinking   | 15%             | 17%   | 21%   | 14%   | 17%          | 18%         | 16%               | 20%         | 17%          |
| <b>Mental health providers</b> Ratio of population to mental health providers                     | 780:1           | 900:1 | 670:1 | 960:1 | 470:1        | 460:1       | 520:1             | 380:1       | 1060:1       |
| <b>Suicide rates (per 100,000)</b> 5-Year Avg. Annual Rate 2010-2014                              | 27.8            | 19.7  | 13.2  | 25.9  | 30.8         | 18.8        | 24.0 <sup>7</sup> | 15.9        | 12.93        |

<sup>6</sup> [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

<sup>7</sup> Washington State Department of Health, Suicide Deaths in Washington, Sabel 2013 (2008-2012)

## EDUCATION CONCERNS

### #1: OPPORTUNITIES FOR COLLEGE EDUCATION OR POST HIGH SCHOOL TRAINING

The top ranking education concerns, among all respondent groups, is opportunities for college education or other post high school training.

A projected 60% of new jobs in the next decade will require job seekers to have some college, training or certification beyond high school.

Another 27% are projected to require a Bachelor's degree or higher. Idaho is in the bottom 10 states in the nation when it comes to people continuing education after high school and completing a four-year college degree. Additionally, Idaho is 46th (of 50 states) of high school graduates continuing on to college directly from high school, 47th in the nation in the percentage of 18-24 year olds enrolled in college, 46th in retention rates for first time college freshman returning for their second year, and 44th in graduation rates from college (BA degree in 6 years)<sup>8</sup>.

Compared to Idaho and Washington state averages, the service area is significantly under-educated beyond high school<sup>9</sup>. Except for Latah county, wherein the University of Idaho is located, every other county has more than 42% of the population with a high school diploma as the highest education level and for some areas, more than 50% of the population has at most a high school diploma.

| EDUCATION CONCERNS BY RANK*                                      | All Respondents | Respondents with Children | Income less than \$50,000 with Children |
|--|-----------------|---------------------------|---|
| Opportunities for college education or post high school training | 1               | 1                         | 1                                       |



| EDUCATION LEVEL                       | Clearwater | Idaho | Latah | Lewis | Nez Perce | ID State | Asotin | WA State |
|---------------------------------------|------------|-------|-------|-------|-----------|----------|--------|----------|
| % with NO High School Diploma         | 15         | 11    | 5     | 12    | 10        | 11       | 10     | 10       |
| % High School Only                    | 37         | 41    | 21    | 35    | 32        | 28       | 34     | 24       |
| SUBTOTAL: At most High School Diploma | 52%        | 52%   | 26%   | 47%   | 42%       | 39%      | 44%    | 34%      |
| % Some College                        | 24         | 26    | 23    | 28    | 28        | 27       | 28     | 25       |
| % Associate Degree                    | 8          | 7     | 7     | 9     | 9         | 9        | 10     | 10       |
| % Bachelor's Degree                   | 11         | 11    | 26    | 15    | 15        | 17       | 11     | 20       |
| % Graduate/ Professional Degree       | 5          | 4     | 48    | 7     | 7         | 8        | 6      | 12       |

<sup>8</sup> National Information Center for Higher Education Policy Analysis

<sup>9</sup> US Census Bureau, American Community Survey



## #2: TUTORING AT-RISK

The second highest ranking education concern, among all respondent groups, is tutoring for children/youth at-risk of failure. “At-Risk” implies

children, youth and teens whom face greater barriers to being successful in life due to a lifecycle of poverty, exposure to drug and alcohol use, abuse and neglect and/or trauma or other adverse childhood experiences.

The Center for Disease Control and Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect and later-life health and well-being. The study has uncovered how ACEs are strongly tied to development of risk factors for disease and well-being throughout the life course. ACE definitions include abuse (emotional, physical, sexual), household challenges (violence, substance abuse, mental illness, divorce, criminal history), and neglect (emotional and physical).

As the number of ACEs increase so does the risk for the following\*:

- Alcoholism and Alcohol Abuse
- Chronic Obstructive Pulmonary Disease
- Depression
- Fetal Death
- Health-related Quality of Life
- Illicit Drug Use
- Ischemic Heart Disease
- Liver Disease
- Poor Work Performance
- Financial Stress
- Risk for Intimate Partner Violence



- Multiple Sexual Partners
- Sexually Transmitted Diseases
- Smoking
- Suicide Attempts
- Unintended Pregnancies
- Early Initiation of Smoking
- Early Initiation of Sexual Activity
- Adolescent pregnancy
- Risk for Sexual Violence
- Poor Academic Achievement

\*This list is not exhaustive.

Below are selected county health ranking that may be indicative of an adverse childhood experience.

| COUNTY HEALTH RANKINGS   | Clearwater | Idaho | Latah | Lewis | Nez Perce | ID State | Asotin | WA State |
|--|------------|-------|-------|-------|-----------|----------|--------|----------|
| Children in poverty — <b>Percent of children under age 18 in poverty</b>   | 24%        | 23%   | 16%   | 26%   | 18%       | 19%      | 24%    | 18%      |
| Violent Crime Rate — <b>Violent crime rate per 100,000 population</b>  | 201        | 108   | 120   | 139   | 151       | 210      | 192    | 301      |
| Children in single-parent households — <b>Percent of children that live in household headed by a single parent</b> | 24%        | 24%   | 19%   | 25%   | 36%       | 25%      | 37%    | 24%      |

### #3 CHILD DAY CARE

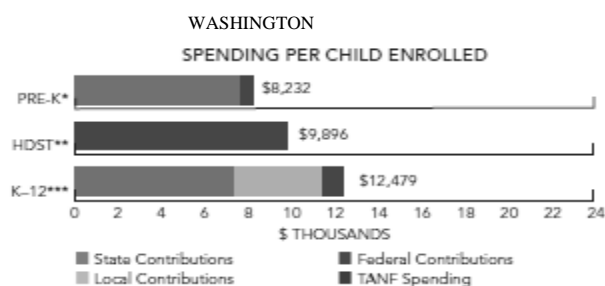
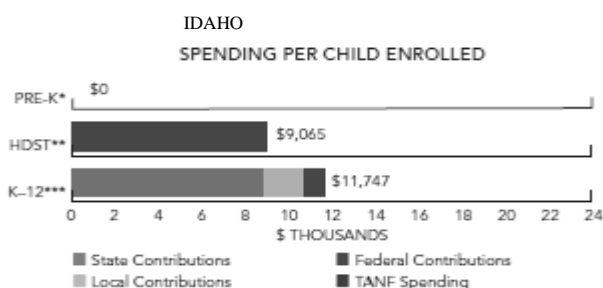
The third highest need regarding education concerns among respondents with children and those with children/ income less than \$50,000 was child day care. This was the fourth highest need among all respondents.

| EDUCATION CONCERNS BY RANK | All Respondents | Respondents with Children | Income less than \$50,000 with Children |
|----------------------------|-----------------|---------------------------|---|
| Child Day Care             | 4               | 3                         | 3                                       |

In the context of educational needs, many 3- and 4-year olds still lack access to high-quality preschool education despite modest gains in enrollment, quality, and funding, according to an annual report by the nonpartisan National Institute for Early Education Research (NIEER) at Rutgers University. While several states made significant progress through a concerted effort to increase enrollment and funding and improve quality, progress is slow and uneven nationally, and quality standards are particularly low in some of the nation's largest states.



Idaho remains one of eight states in the 2014-2015 year without a state-funded pre-K program. Washington created the Washington State Early Childhood Education and Assistance Program in 1985 with the intention of creating safe, healthy, and nurturing learning experiences for the state's 3- and 4-year-old citizens.<sup>10</sup>



Within the region, the ALICE report<sup>11</sup> indicates that between 22-31% of total monthly expenses for four person households with one infant and one toddler is child care.

| CHILD CARE COST FOR 1 INFANT & 1 PRESCHOOLER | Clearwater | Idaho | Latah | Lewis | Nez Perce | ID State | Asotin | WA State |
|--|------------|-------|-------|-------|-----------|----------|--------|----------|
| Total Child Care Costs                       | \$807      | \$807 | \$939 | \$939 | \$939     | \$902    | \$1395 | \$1223   |
| % of Monthly Cost for Child Care             | 22%        | 22%   | 24%   | 24%   | 24%       | 23%      | 31%    | 28%      |

<sup>10</sup> The State of Preschool 2015.

<sup>11</sup> <http://www.unitedwayalice.org/reports.php>

## INCOME CONCERNS

### #1: HOUSING

The number one ranking income concern was housing for all respondents and for those with income under \$50,000. Additionally, a needs assessment completed by Community Action Partnership (CAP)<sup>12</sup> in 2015 also states affordable housing as “one of the top needs identified by program participants and focus group respondents.”

| INCOME CONCERNS BY RANK* | All Respondents | Income less than \$50,000 |
|--------------------------|-----------------|---------------------------|
| HOUSING                  | 1               | 1                         |

The CAP survey reported that on average, over 60% of survey respondents reported they are unable to find affordable housing to purchase, while 67% reported they are unable to find affordable housing to rent. Survey responses indicated that Asotin county is the most difficult county in which to find affordable housing.



A benchmark for affordable housing is 30% of income. Families who pay more than 30% of their income for housing are considered “cost burdened” and may have difficulty affording necessities such as food, clothing, transportation and medical bills. A family with one full-time worker earning the minimum wage cannot afford the local fair-market rent for a 2-bedroom apartment anywhere in the U.S. (U.S. Department of Housing and Urban Development). The 2015 *Corporation for Enterprise Development (CFED) Scorecard* for Idaho reports that 47.7% of renters are “housing cost burdened”.

**ALICE<sup>13</sup>**, an acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed, are households that earn more than the U.S. poverty level, but less than the basic cost of living for the county. The average annual Household Survival Budget for a family of four ranges from \$46,176 in Idaho to \$52,152 in Washington, double the U.S. poverty rate of \$23,550. The number of poverty and ALICE households combined equals the total population struggling to afford basic needs. **In Idaho and Washington one in three households face financial hardships as ALICE households.** Part of the reason these numbers are so high is that jobs are not located near housing that is affordable and the cost of housing has gone up 11-17% between 2007-2013.

| ALICE. Factors BY COUNTY*                                | Clear-water  | Idaho        | Latah        | Lewis        | Nez Perce    | ID State     | Asotin       | WA State     |
|--|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| % of Population at Poverty and ALICE                     | 40%          | 40%          | 43%          | 48%          | 33%          | 37%          | 37%          | 32%          |
| % of Monthly Expenses for Housing (1 Adult)              | 35%<br>\$501 | 33%<br>\$475 | 35%<br>\$513 | 35%<br>\$506 | 31%<br>\$402 | 34%<br>\$470 | 31%<br>\$402 | 37%<br>\$528 |
| % of Monthly Expenses for Housing (2 Adults, 2 Children) | 17%<br>\$626 | 17%<br>\$626 | 17%<br>\$661 | 16%<br>\$626 | 17%<br>\$657 | 17%<br>\$656 | 15%<br>\$657 | 19%<br>\$805 |

<sup>12</sup> Community Action Partnership 2015 Community Needs Assessment

<sup>13</sup> <http://www.unitedwayalice.org/reports.php>

## #2: FOOD ASSISTANCE

Food Assistance was the second highest ranking income concern among respondents with income less than \$50,000, and the fourth highest need among all respondents. Additionally, access to health food was indicated under health concerns as a top five need by all respondents and those without health insurance.

| INCOME CONCERNS<br>BY RANK | All<br>Respondents | Income less than<br>\$50,000 |
|----------------------------|--------------------|------------------------------|
| Food Assistance            | 4                  | 2                            |
| HEALTH CONCERNS<br>BY RANK | All<br>Respondents | No Health Insurance          |
| Access to Healthy Food     | 5                  | 4                            |

Access to an adequate quantity of food and more specifically healthy food plays a significant role in a person's overall health. Diet is a major contributing factor to body weight. Fruits and vegetables contain essential vitamins, minerals, and fiber that may provide protection from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Additionally when children are hungry it can have adverse effects on learning and education. Throughout the region the percent of free and reduced lunch varies from county to county and more so from school to school. As an example, Grantham Elementary in Asotin county has nearly 90% of students on free or reduced price lunches<sup>14</sup>. The Supplemental Nutrition Assistance Program (SNAP) is a helpful resource for those receiving it<sup>15</sup>, however the CAP survey<sup>16</sup> noted that some eligible people do not participate in the program because they feel the small amount is not worth it or there is too much pride to apply.



|   | Clear-<br>water | Idaho | Latah | Lewis | Nez Perce | ID State | Asotin | WA<br>State |
|---|-----------------|-------|-------|-------|-----------|----------|--------|-------------|
| <b>Households Receiving SNAP Total</b>              | 327             | 705   | 1,478 | 175   | 1,559     | 70,901   | 1,621  | 358,728     |
| <b>% Households Receiving SNAP</b>                  | 9%              | 11%   | 10%   | 11%   | 10%       | 12%      | 18%    | 14%         |
| <b>Number of Free/ Reduced Price Lunch Eligible</b> | 567             | 849   | 1,762 | 548   | 2,084     | 134,560  | 1,867  | 474,940     |
| <b>% of Free/ Reduced Price Lunch</b>               | 58%             | 50%   | 36%   | 62%   | 38%       | 48%      | 56%    | 45%         |

<sup>14</sup> (<http://elementaryschools.org/directory/wa/cities/clarkston/grantham-elementary>)

<sup>15</sup> US Census Bureau, American Community Survey, 2009-2013

<sup>16</sup> Community Action Partnership 2015 Community Needs Assessment

### #3: MANAGING FINANCES & EMPLOYMENT ASSISTANCE

The third highest income concern among respondents with incomes less than \$50,000, those households considered living at the ALICE<sup>17</sup> level and for all respondents was Support to Better Manage Finances. Closely tied to managing finances is employment, which is noted as the fourth highest need among respondents with income less than \$50,000.



| INCOME CONCERNS BY RANK* | All Respondents | Income less than \$50,000 |
|--------------------------|-----------------|---------------------------|
| Manage Finances          | 3               | 3                         |
| Employment Assistance    |                 | 4                         |

According to the ALICE report, when households cannot make ends meet they are forced to make difficult choices such as forgoing health care, accredited child care, healthy foods or car insurance. Effective financial management reduces mental stress, crises, risk taking, utilization of costly alternative financial systems to bridge gaps, hunger, homelessness and illness. Within the community as a whole, effective financial management creates a more stable workforce and reduces costs for homeless shelters, foster care homes and emergency health care.

Financial management is especially important when the bare minimum budget does not allow for savings, leaving a household vulnerable to unexpected expenses. Below is an example of the Household Survival Budget for Nez Perce county, as reported by the ALICE report. The budget calculates the actual costs of basic necessities (housing, child care, food, health care and transportation). This bare-minimum budget does not allow for savings, leaving a household vulnerable to unexpected expenses. Affording only a very modest living in each community, this budget is still significantly more than the U.S. poverty level of \$11,490 for a single adult and \$23,550 for a family of four.

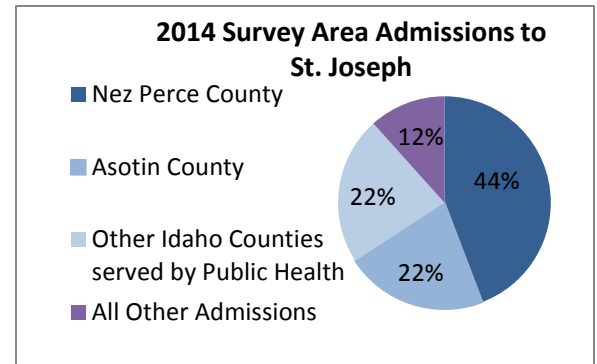
| HOUSEHOLD SURVIVAL BUDGET | Nez Perce County |                                 | Asotin County |                                 |
|---------------------------|------------------|---------------------------------|---------------|---------------------------------|
|                           | Single Adult     | 2 Adults, 1 Infant, 1 Preschool | Single Adult  | 2 Adults, 1 Infant, 1 Preschool |
| Housing                   | \$402            | \$657                           | \$402         | \$657                           |
| Child Care                | \$-              | \$939                           | \$-           | \$1,395                         |
| Food                      | \$191            | \$579                           | \$191         | \$579                           |
| Transportation            | \$350            | \$700                           | \$350         | \$700                           |
| Health Care               | \$119            | \$474                           | \$119         | \$474                           |
| Misc.                     | \$118            | \$354                           | \$118         | \$403                           |
| Taxes                     | \$119            | \$192                           | \$115         | \$221                           |
| Monthly Total             | \$1,299          | \$3,895                         | \$1,295       | \$4,429                         |
| ANNUAL TOTAL              | \$15,588         | \$46,740                        | \$15,540      | \$53,148                        |
| Hourly Wage               | \$7.79           | \$23.37                         | \$7.77        | \$26.57                         |

<sup>17</sup> <http://www.unitedwayalice.org/reports.php>



## Communities Served

The Twin County United Way defines its service area as Asotin county, Washington state, and Nez Perce County in Idaho. Public Health – Idaho North Central District is funded to provide services to the five North Central Idaho counties. St. Joseph Regional Medical Center, located in Lewiston, Idaho defines its primary service area as Lewiston, Idaho, Clarkston, Washington, and a number of other communities throughout the region which are included in this needs assessment. Its catchment area can extend further into Washington and northeastern Oregon for certain services. As a non-profit medical center, St. Joseph's patient population is not dependent on insurance coverage or type of coverage. For the purposes of the CNA the selected six counties surveyed accounted for 88% of all patient admissions to St. Joseph in Fiscal Year 2014 (07/01/14-06/30/15).



## Demographics

| People QuickFacts <sup>18</sup>   | Asotin County, Washington | Clearwater County, Idaho | Idaho County, Idaho | Latah County, Idaho | Lewis County, Idaho | Nez Perce County, Idaho |
|---|---------------------------|--------------------------|---------------------|---------------------|---------------------|-------------------------|
| Population estimates, July 1, 2015  | 22,105                    | 8,496                    | 16,272              | 38,778              | 3,789               | 40,048                  |
| Population estimates base, April 1, 2010                                    | 21,623                    | 8,761                    | 16,267              | 37,244              | 3,821               | 39,265                  |
| Population, percent change - April 1, 2010 (estimates base) to July 1, 2015 | 2.20%                     | -3.00%                   | Z                   | 4.10%               | -0.80%              | 2.00%                   |
| Population, Census, April 1, 2010   | 21,623                    | 8,761                    | 16,267              | 37,244              | 3,821               | 39,265                  |
| Persons under 5 years, percent, July 1, 2014                                | 5.40%                     | 4.00%                    | 5.20%               | 5.80%               | 5.30%               | 6.20%                   |
| Persons under 18 years, percent, July 1, 2014                               | 21.00%                    | 16.30%                   | 20.00%              | 18.50%              | 23.00%              | 21.70%                  |
| Persons 65 years and over, percent, July 1, 2014                            | 20.90%                    | 25.40%                   | 24.00%              | 11.80%              | 24.10%              | 18.90%                  |
| Female persons, percent, July 1, 2014                                       | 51.80%                    | 45.20%                   | 47.80%              | 48.50%              | 49.80%              | 50.50%                  |
| White alone, percent, July 1, 2014,   | 94.40%                    | 94.40%                   | 94%                 | 93.30%              | 90%                 | 90.10%                  |
| Black or African American alone, percent, July 1, 2014                      | 0.60%                     | 0.50%                    | 0.40%               | 1.10%               | 0.40%               | 0.50%                   |
| American Indian and Alaska Native alone, percent, July 1, 2014,             | 1.60%                     | 2.20%                    | 3%                  | 0.90%               | 6%                  | 5.80%                   |
| Asian alone, percent, July 1, 2014,   | 0.90%                     | 0.60%                    | 0.50%               | 1.90%               | 0.5                 | 0.9                     |
| Native Hawaiian and Other Pacific Islander alone, percent, July 1, 2014     | 0.20%                     | 0.10%                    | 0.10%               | 0.20%               | 0.20%               | 0.10%                   |
| Two or More Races, percent, July 1, 2014,                                   | 2.40%                     | 2.10%                    | 2.10%               | 2.70%               | 2.80%               | 2.50%                   |
| Hispanic or Latino, percent, July 1, 2014                                   | 3.60%                     | 3.60%                    | 3.10%               | 4.10%               | 4%                  | 3.70%                   |
| White alone, not Hispanic or Latino, percent, July 1, 2014,                 | 91.30%                    | 91.30%                   | 91.50%              | 89.80%              | 86.80%              | 87.40%                  |

<sup>18</sup> [www.census.gov](http://www.census.gov)

| People QuickFacts <sup>19</sup>  | Asotin<br>County,<br>Washington | Clearwater<br>County,<br>Idaho | Idaho<br>County,<br>Idaho | Latah<br>County,<br>Idaho | Lewis<br>County,<br>Idaho | Nez<br>Perce<br>County,<br>Idaho |
|--|---------------------------------|--------------------------------|---------------------------|---------------------------|---------------------------|----------------------------------|
| Housing units, July 1, 2014, (V2014)   | 9,843                           | 4,479                          | 8,648                     | 16,330                    | 1,868                     | 17,417                           |
| Owner-occupied housing unit rate, 2010-2014  | 67.10%                          | 78.60%                         | 79.80%                    | 54.50%                    | 73.30%                    | 69.30%                           |
| Median value of owner-occupied housing units, 2010-2014                                | \$170,000                       | \$131,200                      | \$151,600                 | \$189,100                 | \$114,800                 | \$166,000                        |
| Median selected monthly owner costs - with a mortgage, 2010-2014                       | \$1,217                         | \$1,132                        | \$980                     | \$1,263                   | \$943                     | \$1,191                          |
| Median selected monthly owner costs - without a mortgage, 2010-2014                    | \$371                           | \$341                          | \$310                     | \$410                     | \$351                     | \$355                            |
| Median gross rent, 2010-2014   | \$681                           | \$629                          | \$602                     | \$655                     | \$573                     | \$667                            |
| Building permits, 2014   | 35                              | 19                             | 1                         | 136                       | 10                        | 55                               |
|  |                                 |                                |                           |                           |                           |                                  |
| Households, 2010-2014  | 9,405                           | 3,560                          | 6,523                     | 15,069                    | 1,657                     | 16,159                           |
| Persons per household, 2010-2014   | 2.3                             | 2.14                           | 2.41                      | 2.31                      | 2.26                      | 2.39                             |
| Living in same house 1 year ago, percent of persons age 1 year+, 2010-2014             | 82.00%                          | 84.20%                         | 85.30%                    | 70.60%                    | 86.70%                    | 84.90%                           |
| Language other than English spoken at home, percent of persons age 5 years+, 2010-2014 | 3.60%                           | 5.10%                          | 2.10%                     | 5.60%                     | 3.90%                     | 4.10%                            |
| High school graduate or higher, percent of persons age 25 years+, 2010-2014            | 88.70%                          | 85.70%                         | 89.80%                    | 95.80%                    | 88.50%                    | 90.50%                           |
| Bachelor's degree or higher, percent of persons age 25 years+, 2010-2014               | 18.50%                          | 15.80%                         | 16.80%                    | 44.00%                    | 16.50%                    | 22.10%                           |
| Persons without health insurance, under age 65 years, percent                          | 14.70%                          | 20%                            | 22.30%                    | 16.10%                    | 22.60%                    | 15.50%                           |
|  |                                 |                                |                           |                           |                           |                                  |
| Mean travel time to work (minutes), workers age 16 years+, 2010-2014                   | 15.4                            | 24.8                           | 18.3                      | 18                        | 19.9                      | 16.5                             |
| Median household income (in 2014 dollars), 2010-2014                                   | \$42,689                        | \$39,750                       | \$38,320                  | \$41,944                  | \$36,159                  | \$46,608                         |
| Per capita income in past 12 months (in 2014 dollars), 2010-2014                       | \$24,836                        | \$20,154                       | \$19,527                  | \$22,575                  | \$21,542                  | \$24,570                         |
| Persons in poverty, percent  | 16.30%                          | 16.60%                         | 16.30%                    | 19.90%                    | 13.70%                    | 14.60%                           |
|  |                                 |                                |                           |                           |                           |                                  |
| Population per square mile, 2010   | 34                              | 3.6                            | 1.9                       | 34.6                      | 8                         | 46.3                             |
| Land area in square miles, 2010  | 636.21                          | 2,457.27                       | 8,477.35                  | 1,076                     | 478.8                     | 848.09                           |

<sup>19</sup> www.census.gov

## Process and Methodology

The Community Needs Assessment: Health, Education & Income is based on both primary and secondary data sources. The process of collecting this data included a publicly available survey, community meetings, an examination of existing health data, and input from professionals within our communities.

The top needs identified in this report are based on the facts (demographics and secondary data) and circumstances (survey results).



To ensure that the implementation strategies specifically meet the true needs of the most vulnerable in the community, the assessment process involved the community at every phase, including planning, data collection, evaluation, identification of health issues and community strengths and development of strategies to address identified problems.

The Community Needs Assessment: Health, Education & Income was approved by the St. Joseph Board of Directors in June 2016.

### Survey

A Community Needs Assessment: Health, Education & Income survey was used to collect primary quantitative data. The survey was developed and disseminated to provide insight into the issues of importance of the community. Paper copies were widely distributed through partner agencies and an on-line survey link was advertised through local and social media. A total of 1685 surveys were completed by the broad community.

### Secondary Data

Secondary data was gathered from a wide range of sources that are cited throughout the full document.

### Persons Representing the Broad Interest of the Community

Given the vital importance of community input in understanding the health, education and income needs of a community several methods were used to gather primary data. Representatives from the Twin County United Way, St. Joseph Regional Medical Center and the Public Health – Idaho North Central District held and attended numerous community meetings to collect information from community leaders, professionals and residents who have firsthand knowledge of the needs of the community

## Community Feedback and Attendees

Below summarizes the solicited input gathered from the community meetings, which included representatives from Public Health- Idaho North Central District, the Snake River Community Clinic (a free health clinic for the under/un-insured patient population), County Commissioners, Senior services, including home health agencies, assisted living facilities and skilled nursing facilities, business owners, school districts, health care providers and nonprofit and community based organizations.



| Community Meeting Input  |  |
|--|--|
| Strengths and Opportunities  | Weaknesses and Challenges  |
| <ol style="list-style-type: none"> <li>1. A community that Cares</li> <li>2. Key information and resources for the public</li> <li>3. Snake River Community Clinic</li> <li>4. National Night Out</li> <li>5. ACE's training</li> <li>6. Partnerships</li> <li>7. Health Care providers</li> <li>8. Getting people to events</li> <li>9. Increase opportunities for multiple events</li> <li>10. Job force training</li> <li>11. Partnerships</li> <li>12. ACE's training</li> <li>13. Idaho expand Medicaid – grass roots</li> <li>14. Fund SRCC 5 days a week</li> <li>15. Communication Network (Partnerships)</li> <li>16. Inventory of Recourses (YWCA May 2016)</li> <li>17. Early Childhood Education Ages 0-5</li> </ol> | <ol style="list-style-type: none"> <li>1. Isolation in Seniors</li> <li>2. Drug issues are generational</li> <li>3. Caregivers need support</li> <li>4. Need to document Transportation options</li> <li>5. No evening childcare to work around jobs</li> <li>6. Hopelessness</li> <li>7. Generational low education</li> <li>8. Lack of connections</li> <li>9. Need to increase sharing of resources</li> <li>10. Stigmas around Mental/Behavioral Health</li> <li>11. Access to Healthcare</li> <li>12. Lack of Dental services</li> <li>13. Lack of Mental Health providers</li> <li>14. Provider Shortage all areas</li> <li>15. Root Problems Mental Health/Behavioral Health</li> <li>16. Affordable Housing shortage- low income</li> <li>17. Working Poor – transportation, food issues</li> <li>18. Child Abuse</li> <li>19. Suicide</li> <li>20. Homeless – Unemployment</li> <li>21. Access to food/hunger- Children, Seniors</li> </ol> |



## Twin County United Way Board Meeting

### Individual/ Community Leader Input

- 1. What is the biggest health issue in our community?** Obesity, access to health care, prevention, mental health literacy, diabetes, lack of low income providers in either NP county or Asotin.
- 2. What do you think is causing these issues?** Food, poor nutritional choices, income, access is also affected by income, community funding for health districts. Hospitals and doctors are seeing sicker patients because people are waiting to be treated because they cannot afford health care. Idaho's refusal to expand Medicare.
- 3. What are some challenges or barriers that communities face on these issues?** Lack of resources.
- 4. Are there opportunities to improve and where are they?** Exercise, partnerships, education, program development, sometimes we think people know what we know. Education is key.



Photo Credit: Steven Reed @ Northwest Media



## COMMUNITY INPUT

### Community Needs Assessment Kick Off, Non-Profit Community Agencies, 26-Jan-2016

|   |                                     |  |                               |
|---|-------------------------------------|--|-------------------------------|
| Aging & Long Term Care (WA)             | Habitat for Humanity                | Lewiston City Library                        | Twin County United Way        |
| Boys and Girls Club of the LC Valley    | Idaho Foodbank                      | Lewiston School District                     | Valley Meals on Wheels        |
| CASA                                    | Idaho Legal Aid                     | Lewis-Clark Service Corps                    | Valley Medical Center         |
| City of Lewiston Fire Dept.             | Idaho Stars (U of I)                | Public Health - Idaho North Central District | WA-ID Volunteer Center        |
| Clarkston Police Department             | Interlink Volunteers                | Quality Behavioral Health                    | Walla Walla Community College |
| Clarkston School District: EPIC program | Lewis-Clark Early Childhood Program | Snake River Community Clinic                 | Willow Center                 |
| Community Action Partnership            | Lewis-Clark State College           | St. Joseph Regional Medical Center           | YoungLife                     |
| Family Promise                          | Lewis-Clark Valley Young Life       | Tri-State Hospital                           | YWCA                          |

### North Central Idaho Board of Health, Broad Community, 25-Feb-2016

|                     |                     |                          |                                 |
|---------------------|---------------------|--------------------------|---------------------------------|
| Don Davis, Chair    | John Allen          | Douglas Zenner           | Jerry Zumalt                    |
| County Commissioner | County Commissioner | County Commissioner      | Disaster Management Coordinator |
| Latah County        | Clearwater County   | Nez Perce County         |                                 |
| Dave McGraw         | Shirley Greene      | Glenn Jefferson, M.D.    | Idaho County                    |
| County Commissioner | Representative      | Physician Representative | Carol Moehrle                   |
| Latah County        | Latah County        | Nez Perce County         | District Director               |

### Care Coalition North Central Idaho, Healthcare & Seniors, 17-Feb-2016

|                                      |                                 |  |   |
|--------------------------------------|---------------------------------|--|---|
| Clearwater Health & Rehab            | Lewis-Clark State College       | Prestige Care Center                         | Royal Plaza Assisted Living & Care Center |
| Clearwater Valley Hospital & Clinics | Norco                           | Public Health - Idaho North Central District | St. Joseph Regional Medical Center        |
| Elite Home Health and Hospice        | North Idaho Acute Care Hospital | Pullman Regional Hospital                    | Syringa Hospital & Clinics                |
| Kindred Care (Skilled Nursing)       | Orchards Rehab & Care Center    | Rehab Hospital North                         | Tri-State Memorial Hospital               |

### Twin County United Way Board of Directors, Broad Community, 18-Feb-2016

|   |   |  |  |
|---|---|--|--|
| Debra Ausman, Stonebraker McQuary Agency    | Susan Colburn, St. Joseph Regional Medical Center | Kim Matson, State of Idaho Dept. of Health & Welfare | Bert Sahlberg, Lewis-Clark State College     |
| Nick Bacon, Community Volunteer             | Robert Donaldson, Lewiston School District        | Mike Moser, P1FCU                                    | Scott Shelden, Dwyer Chiropractic Center     |
| Scott Baldwin, Stifel                       | Janis Forsmann, Clearwater Paper                  | Travis Myklebust, Lewiston Fire Department           | Tim Winter, Clarkston School District        |
| Tim Barker, City of Lewiston                | Barb Fry, Nez Perce County Treasurer              | Crystal Nelson, Wells Fargo Home Mortgage            | Cathy Jo Witters, Stonebraker McQuary Agency |
| Mike Bly, Inland Cellular                   | Lisa Huddleston, Clements, Brown and McNichols    | Jessanne Price, Public Consulting Group              | Samantha Skinner, Executive Director         |
| Kim Casey, Avista                           | Michelle King, WideOrbit                          | Charity Rapiere, Clearwater Paper Corporation        |  |
| Beverly Kloepper, Lewis-Clark State College | Rhonda Mason, Tri-State Memorial Hospital         | Steven Reed, Northwest Media                         |  |

## 2012 Community Health Needs: Progress

St. Joseph Regional Medical Center conducted a Community Health Needs Assessment (CHNA) in 2012. Listed below are the four health needs were identified as priority needs and the progress and actions that were taken to address the needs.

|  |  |
|--|--|
| <b>Priority Need</b>   | <b>Obesity, Heart Disease &amp; Stroke &amp; Diabetes as risk factors for chronic disease such as Type 2 Diabetes, COPD and overall health</b>   |
| <b>Target Population</b>   | <b>Local population – All ages at-risk</b>   |
| <b>Goal</b>  | <b>Promote health lifestyle choices through increased awareness and education of healthy behaviors and risk factors contributing to advancement of chronic disease. Improve access to treatment services related to needs identified</b> |
| <b>Progress and Accomplishments to Date:</b>   |  |
| <b>Obesity:</b>  |  |
| <ul style="list-style-type: none"> <li>St. Joseph's Outpatient Nutrition services collaborated with area schools, business, churches, and community health care agencies to provide free, onsite educational presentations regarding healthy eating and healthy weight. The Registered Dietitian provided four (4) presentations in both 2013 and 2014. In 2015, ten (10) presentations were provided</li> </ul>   |  |
| <b>Heart Disease and Stroke:</b>   |  |
| <ul style="list-style-type: none"> <li>Expanded cardiology and neuro and interventional radiology services to provide preventative, diagnostic, follow-up, and emergency intervention and treatment. Patient are now about to receive care locally.</li> <li>Community Open House – Grand Opening of New Cath Lab – Provided education on services provided and heart/stroke health.</li> <li>Joined the Providence Telehealth Stroke Network</li> <li>Outreach conversations with area healthcare providers on care of stroke patients, services St. Joseph can provide and how to work together to support needs of the patients we jointly serve.</li> <li>Promoted heart health and healthy living via "Paint the Valley Red" Awareness Campaign and community GO RED Heart Health &amp; Wellness Fair.</li> <li>Provided education at various community health fairs/events on heart healthy living/eating and signs &amp; symptoms of stroke and heart attack</li> <li>Partner with local Public Health department to provide tobacco cessation program at free or low cost. Courses are held at St. Joseph and promoted via our website and social media</li> <li>Continue to operate the American Heart Association Training Center which provides BLS, ACLS and PALS training and education to the public and AHA instructors.</li> <li>Actively participate in Idaho's TSE ensuring patients experiencing cardiac and stroke emergencies receive timely care and work with surrounding facilities to evaluate this care and identify areas of opportunity we can work on as a region to improve.</li> <li>Physicians provided community education via "Your Doctor Speaks". Topics included:               <ul style="list-style-type: none"> <li>"Preventative Cardiology What Are Your Risk Factors"</li> <li>"Signs, Symptoms, Treatment for Acute Ischemic Stroke".</li> </ul> </li> </ul> |  |

|   |  |
|---|--|
| <b>Priority Need</b>  | <b>Obesity, Heart Disease &amp; Stroke &amp; Diabetes as risk factors for chronic disease such as Type 2 Diabetes, COPD and overall health</b>   |
| <b>Target Population</b>  | <b>Local population – All ages at-risk</b>   |
| <b>Goal</b>   | <b>Promote health lifestyle choices through increased awareness and education of healthy behaviors and risk factors contributing to advancement of chronic disease. Improve access to treatment services related to needs identified</b> |
| <b>Progress and Accomplishments to Date:</b>  |  |
| <b>Diabetes:</b>  |  |
| <ul style="list-style-type: none"> <li>Implemented the insulin assistance program, “Project Hope” which provides insulin assistance for uninsured, under insured and individuals, at no cost, who are experiencing financial hardship.</li> <li>The Diabetes Center staff (Diabetes educator, registered dietitian, and support staff) attended various community health fairs providing free educational materials and blood glucose testing.</li> <li>Established a Type 1 Youth Diabetes Support Group</li> <li>Provided Free Pre-Diabetes/Diabetes Education presentations to local churches, assisted living facilities and businesses</li> <li>Offered the annual Diabetes Boot Camp each fall which focuses on management of diabetes in the school. All schools in the area are invited and the course is free.</li> <li>Certified Diabetes Educator/RN volunteers at the regional diabetes camp “Camp Stix”. Camp Stix is a week long, sleep away camp specifically for children with Diabetes</li> <li>Hosted the annual Diabetes Awareness Fair each November. This event is free to public</li> <li>Diabetes staff participates in local Diabetes Coalition group.</li> </ul> |  |

|   |  |
|---|--|
| <b>Priority Need</b>  | <b>Mental Health</b>   |
| <b>Target Population</b>  | <b>Local population – All ages at-risk</b>   |
| <b>Goal(s)</b>  | <b>Increase awareness of the community and care providers of mental health programs and resources within the region. Advocate for implementation of programs/services to address mental health needs</b> |
| <b>Progress and Accomplishments to date:</b>  |  |
| <ul style="list-style-type: none"> <li>Supported the efforts to gain funding for the implementation of a drug treatment center in Nez Perce County.</li> <li>Throughout Mental Health Month (May), various activities were held to educate the community and care providers of available resources in the area.</li> <li>Provided Mental Health 1<sup>st</sup> Aid Training for both adults and youth to educate non-professionals to identify the warning signs of a mental health crisis, how to respond appropriate and learn where to get help.</li> <li>Provided mental health depression screenings at various health fairs</li> <li>Held Annual Rural Mental Health Symposium providing educational opportunities for community members and behavioral/mental health providers</li> <li>Maintain a presence on and participate in the Regional Mental Health Board</li> <li>Recruitment of mental health providers.</li> <li>Expanded therapy services by adding additional staff</li> <li>Mental health staff gave numerous presentations regarding mental health awareness, healthy strategies, and available resources and services to organizations, agencies and community partners.</li> <li>Implemented a Crisis team.</li> <li>Hosted and participated in Crisis Intervention Training for law enforcement.</li> </ul> |  |

|   |   |
|---|---|
| <b>Priority Need</b>  | <b>Cancer</b>   |
| <b>Target Population</b>  | <b>Local population – All ages at-risk</b>  |
| <b>Goal</b>   | <b>Continue to provide and enhance cancer treatment services. Increase awareness and promote healthy behaviors, reduce risk factors contributing to advancement of the cancer</b> |
| <b>Progress and Accomplishments to date:</b>  |   |
| <ul style="list-style-type: none"> <li>Expanded access to cancer treatment options and clinical advances through a formal affiliation with the Seattle Cancer Care Alliance</li> <li>Expanded services to provide oral chemotherapy</li> <li>Provide prescription assistance program to support patients in accessing available resources to obtain needed prescriptions</li> <li>Acquired and installed a module interfaced to our Comprehensive Oncology Electronic Medical Record to create survivorship care plan. Launched survivorship program with survivorship cancer plans for breast cancer</li> <li>Partnered with the American Cancer Society and provide space/location for the ACS Cancer Resource Center</li> <li>Major sponsor of the Relay for Life event</li> <li>Partnered with Women's Health Check to assist under insured women receive screening mammograms</li> <li>Partnered with the Snake River Community Clinic to provide free, onsite screening mammograms via St. Joseph's mobile mammography coach.</li> <li>Provided and promoted cancer screening programs: Mammography, Colonoscopy, Fecal Occult Blood Tests</li> <li>Implemented the STAR Rehab Program that offers rehabilitation for cancer patients and cancer survivors to improve their outcomes and satisfaction with cancer treatment.</li> <li>Established the "Moving On" Cancer Support Group.</li> <li>Began collaboration with local Valley Live Strong Support Group to form Valley Strong Cancer Support Group</li> <li>Attended various community health fairs and events providing educational materials</li> <li>St. Joseph staff provided free, educational programs to the community related to nutrition, physical activity and cancer risk.</li> <li>Partnered with the local public health department to expand access and promote the use of comprehensive tobacco cessation programs and services.</li> <li>Major sponsor and/or supporter of various events in the region that promote and support breast cancer prevention, treatment and survivorship such as Pink Ribbon Luncheon, Jogs for Jugs, Gina Quesenberry Foundation Golf Tournament, Lewiston Roundup – Tough Enough to Wear Pink, &amp; Chick &amp; Chaps.</li> <li>St. Joseph's Breast Imaging Center held numerous "Mammograms &amp; Massage" events to promote screening mammogram. Patients receive a complimentary massage, refreshments and education at the event. These events are offer to the public, St. Joseph staff and businesses.</li> <li>St. Joseph staff are active on area coalitions, advocacy groups to ensure collaborative efforts within the region including, but not limited to: Cancer Awareness &amp; Prevention Coalition, Regional Tobacco Task Force, American Cancer Society, Gina Quesenberry Foundation</li> <li>In 2015, St. Joseph hosted our first Cancer Survivors Dinner with 68 guests in attendance. The event featured a speaker on Cancer Survivorship.</li> </ul> |   |

|  |   |
|--|---|
| <b>Priority Need</b>   | <b>Access to Care</b>                           |
| <b>Target Population</b>   | <b>Local population – All</b>                   |
| <b>Goal</b>  | <b>Enhance healthcare for target population</b> |
| <b>Accomplishments to date:</b>  |   |
| <ul style="list-style-type: none"> <li>• Provided space to CHAS (Federally Qualified Health Clinic) at no charge</li> <li>• Supported the Snake River Community Clinic</li> <li>• Recruited new care providers</li> <li>• Provide assistance to the community, providers and staff, through our Senior Life program, to ensure access to programs including Medicare, Medicare Part D and various prescription assistance programs</li> <li>• Promoted and supported legislative efforts promoting implementation of state health insurance exchanges through presentations to various local key stakeholders</li> <li>• Promoted and supported legislative efforts promoting Medicaid and Managed Care expansion through presentations to various key stakeholders and via our website</li> <li>• Implemented patient navigators to assist under insured patients with applying for ACA health insurance.</li> <li>• Proactivity share financial assistance policies with various nonprofit agencies.</li> <li>• Recruited new providers</li> </ul> |   |





## Survey

### **2016 Community Needs Assessment – Community Survey**

Please return your completed survey to the United Way by Monday February 29, 2016.

Survey link: <http://tinyurl.com/jymuppr>

#### **RESPONDENT CHARACTERISTICS**

**1. To which of the following age groups do you currently belong:**

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 55-64       |
| <input type="checkbox"/> 18-24    | <input type="checkbox"/> 65-74       |
| <input type="checkbox"/> 25-34    | <input type="checkbox"/> 75-84       |
| <input type="checkbox"/> 35-44    | <input type="checkbox"/> 85 or older |
| <input type="checkbox"/> 45-54    |                                      |

**2. Are you:**

- |                               |                                 |
|-------------------------------|---------------------------------|
| <input type="checkbox"/> Male | <input type="checkbox"/> Female |
|-------------------------------|---------------------------------|

**3. Which of the following do you consider to be your primary race?**

- ☐ White/Caucasian  
☐ Black/African American  
☐ Native American/Alaskan Native  
☐ Asian/Pacific Islander  
☐ Other (Please specify) \_\_\_\_\_

**4. Counting income from all sources for everyone living in your household, which category below represents your annual household income for 2015 before taxes (gross income):**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Less than \$10,000 | <input type="checkbox"/> \$35,000 – 49,999 | <input type="checkbox"/> \$150,000 – 199,999 |
| <input type="checkbox"/> \$10,000 – 14,999  | <input type="checkbox"/> \$50,000 – 74,999 | <input type="checkbox"/> \$200,000 or more   |
| <input type="checkbox"/> \$15,000 – 24,999  | <input type="checkbox"/> \$75,000 – 99,999 | <input type="checkbox"/> \$25,000 – 34,999   |
| <input type="checkbox"/> 149,999            |  | <input type="checkbox"/> \$100,000 –         |

**5. In what county do you live?**

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> Nez Perce  | <input type="checkbox"/> Latah  |
| <input type="checkbox"/> Clearwater | <input type="checkbox"/> Lewis  |
| <input type="checkbox"/> Idaho      | <input type="checkbox"/> Asotin |

**6. In what county do you work?**

|                                     |                                 |
|-------------------------------------|---------------------------------|
| <input type="checkbox"/> Nez Perce  | <input type="checkbox"/> Latah  |
| <input type="checkbox"/> Clearwater | <input type="checkbox"/> Lewis  |
| <input type="checkbox"/> Idaho      | <input type="checkbox"/> Asotin |

**7. How many people are currently living in your house?**

|                            |                             |
|----------------------------|-----------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 5  |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 6  |
| <input type="checkbox"/> 3 | <input type="checkbox"/> 7  |
| <input type="checkbox"/> 4 | <input type="checkbox"/> 8+ |

**8. How many are adults age 65 years or older?**

(Include yourself if appropriate)

**9. How many are children under 18 years old?**

children

**10. Of these children, how many are:**

|                         | 0                    | 1                    | 2                    | 3                    | 4                    | 5                    | 6                    |
|-------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Pre-Kindergarten in age | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Grades k-6              | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Grades 7-12             | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

**EDUCATION CONCERNS**

**11. If you have children in your household under 18 years old, which of the following are they enrolled in: (Mark all that apply).**

|  |   |
|--|---|
| <input type="checkbox"/> Child Care              | <input type="checkbox"/> After school programs    |
| <input type="checkbox"/> Before-school childcare | <input type="checkbox"/> None of these            |
| <input type="checkbox"/> After school childcare  | <input type="checkbox"/> No children in household |

**HEALTH CONCERNS**

**12. When you or members of your household need basic, non-emergency medical care, where do you usually go?**

☐ Community Clinics (SRCC, CHAS, Public Health)

☐ Urgent care clinic

☐ Emergency department

☐ Primary care provider/Family physician/Nurse Practitioner

☐ Do not seek medical care

☐ Other: Specify: \_\_\_\_\_

13. Is everyone in your household covered by health insurance? ☐ Yes ☐ No

14. If yes, what coverage do you have: (Mark all that apply)

☐ Medicare ☐ Medicaid  
☐ Private Insurance ☐ Military Insurance ☐ Other \_\_\_\_\_

15. In 2015 did you or anyone in your household need:

|   | Yes | No |                                | Yes | No |
|---|-----|----|--------------------------------|-----|----|
| Medical care  |     |    | If YES, was the care received? |     |    |
| Dental care   |     |    | If YES, was the care received? |     |    |
| Mental health care  |     |    | If YES, was the care received? |     |    |
| Substance abuse care  |     |    | If YES, was the care received? |     |    |
| Prenatal care   |     |    | If YES, was the care received? |     |    |
| Did you travel over 50 miles to receive the healthcare services you needed? |     |    |                                |     |    |

#### INCOME AND SELF-SUFFICIENCY CONCERNS

16. Are you currently employed? ☐ Yes-full-time ☐ Yes-part-time ☐ No

17. If you answered "No" to #15, are you:

☐ Homemaker ☐ Retired ☐ Disabled  
☐ Student ☐ Unemployed

18. Within the past 12 months, has anyone in your household sought education or training to qualify for a higher paying job? ☐ Yes ☐ No

19. If yes, were you able to obtain education or training? ☐ Yes ☐ No

20. During the past 12 months, did you miss a rent, mortgage or utility payment because you did not have enough money? ☐ Yes ☐ No

People and families often face problems and look for help. For each issue listed below, please tell us whether each concern is an issue for your household or a concern in our community.

| <b>21. Education Concerns</b>                                     | <b>Major Issue</b> | <b>Moderate Issue</b> | <b>Minor Issue</b> | <b>Not an Issue</b> | <b>Don't Know</b> |
|---|--------------------|-----------------------|--------------------|---------------------|-------------------|
| Early Childhood development/Home visiting program                 |                    |                       |                    |                     |                   |
| Pre-K education and school readiness for children                 |                    |                       |                    |                     |                   |
| Child day care  |                    |                       |                    |                     |                   |
| Before and after school services                                  |                    |                       |                    |                     |                   |
| Tutoring for children/youth at-risk of failure                    |                    |                       |                    |                     |                   |
| Opportunities for college education or post high school training. |                    |                       |                    |                     |                   |

| <b>22. Health Concerns</b>  | <b>Major Issue</b> | <b>Moderate Issue</b> | <b>Minor Issue</b> | <b>Not an Issue</b> | <b>Don't Know</b> |
|---|--------------------|-----------------------|--------------------|---------------------|-------------------|
| Health Insurance  |                    |                       |                    |                     |                   |
| Basic medical care for low-income                                 |                    |                       |                    |                     |                   |
| Treatment for chronic diseases (diabetes, heart disease, obesity) |                    |                       |                    |                     |                   |
| Mental Health services (Children, youth, adults)                  |                    |                       |                    |                     |                   |
| Prevention and Recovery from domestic violence and/or abuse       |                    |                       |                    |                     |                   |
| Preventive Health Education programs                              |                    |                       |                    |                     |                   |
| Drug/alcohol prevention and education                             |                    |                       |                    |                     |                   |
| Teen pregnancy prevention and education                           |                    |                       |                    |                     |                   |
| Diabetes prevention and education                                 |                    |                       |                    |                     |                   |
| Access to healthy foods   |                    |                       |                    |                     |                   |
| Overweight/obesity prevention and education                       |                    |                       |                    |                     |                   |
| Tobacco/e-cigarettes education and cessation                      |                    |                       |                    |                     |                   |
| Prevention and Treatment of Cancer                                |                    |                       |                    |                     |                   |

| <b>23. Income and Self-Sufficiency Concerns</b>      | <b>Major Issue</b> | <b>Moderate Issue</b> | <b>Minor Issue</b> | <b>Not an Issue</b> | <b>Don't Know</b> |
|--|--------------------|-----------------------|--------------------|---------------------|-------------------|
| Employment assistance for adults/seniors             |                    |                       |                    |                     |                   |
| Support to better manage finances                    |                    |                       |                    |                     |                   |
| Safe, affordable, accessible housing                 |                    |                       |                    |                     |                   |
| Home repair and safety for seniors                   |                    |                       |                    |                     |                   |
| Emergency shelter for homeless adults/children/youth |                    |                       |                    |                     |                   |
| Day care services for mentally ill                   |                    |                       |                    |                     |                   |
| Adult day care services, and respite care            |                    |                       |                    |                     |                   |
| Specialized transportation for seniors/disabled      |                    |                       |                    |                     |                   |
| Meal delivery for homebound seniors/disabled         |                    |                       |                    |                     |                   |
| Food assistance                                      |                    |                       |                    |                     |                   |

**24. Where/How did you receive this survey?**

☐ Non-profit or Charitable Organization

☐ Workplace

☐ Community meeting

☐ Online

☐ United Way

☐ Hospital or Clinic

☐ Personal Contact

☐ Other

**25. Any additional comments or thoughts you would like to share about the needs of our community?**

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Thank you for participating in this Community Assessment.

Your time is appreciated by the:

Twin County United Way, 208-743-6594

St. Joseph's Regional Medical Center, 208-750-7353

Public Health – Idaho North Central District, 208-799-0344

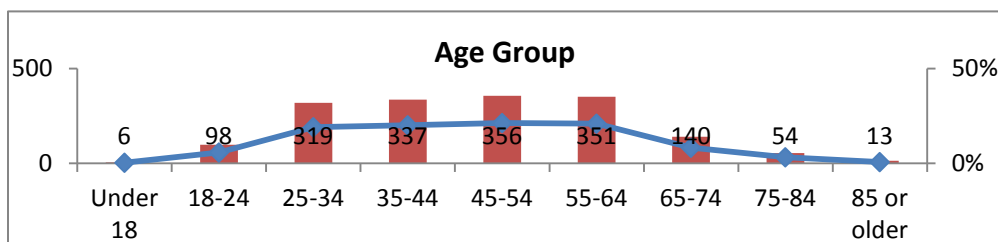


## Survey Results

Q1: To which of the following age groups do you currently belong:

Answered: 1,674

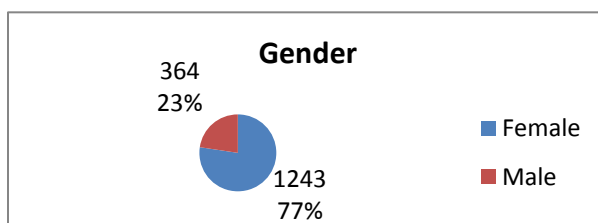
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Q2: Are you:

Answered: 1,607

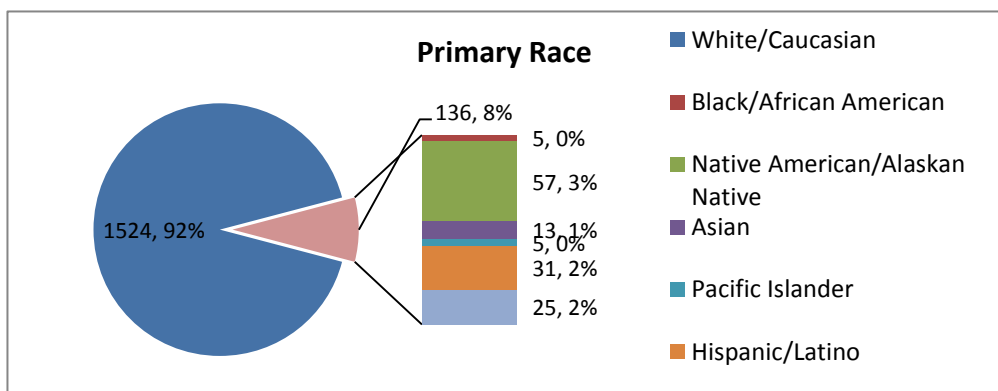
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Q3: Which of the following do you consider to be your primary race:

Answered: 1,660

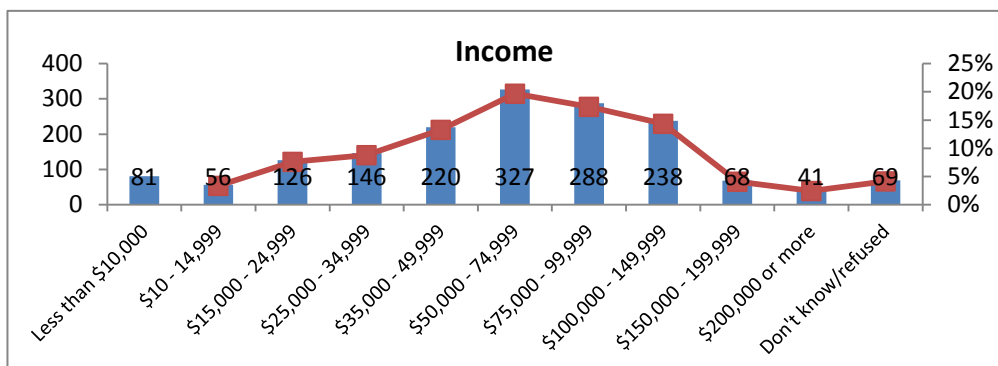
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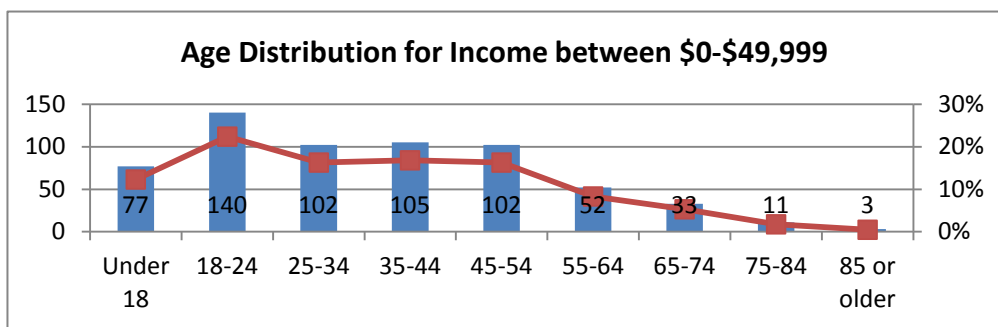
Q4: Counting income from all sources for everyone living in your household, which category below represents your annual household income for 2015 before taxes (gross income):

Answered: 1,660

Skipped: 25



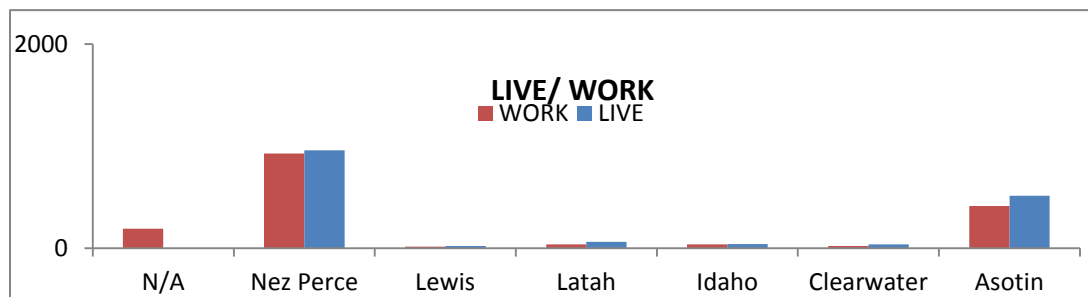
Q4 (A): Age Distribution of Q4 responses ONLY Less Than \$10,000 to \$49,999



Q5: In what county do you live?

Answered: 1,637

Skipped: 48



Q6: In what county do you work?

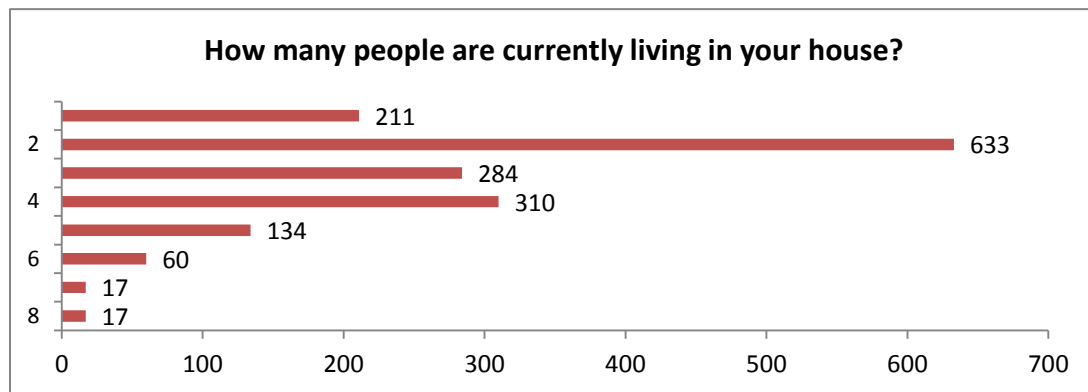
Answered: 1,647

Skipped: 38

Q7: How many people are currently living in your house?

Answered: 1,637

Skipped: 48

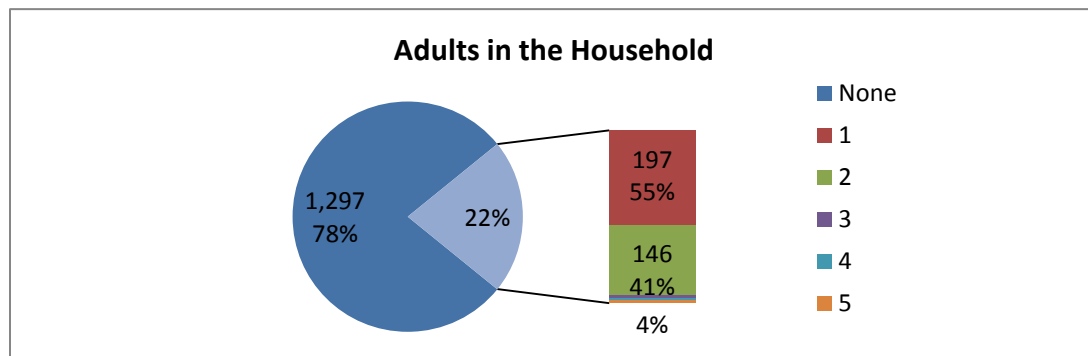


Q8: How many are adults age 65 years or older?

(Include yourself if appropriate)

Answered: 1,637

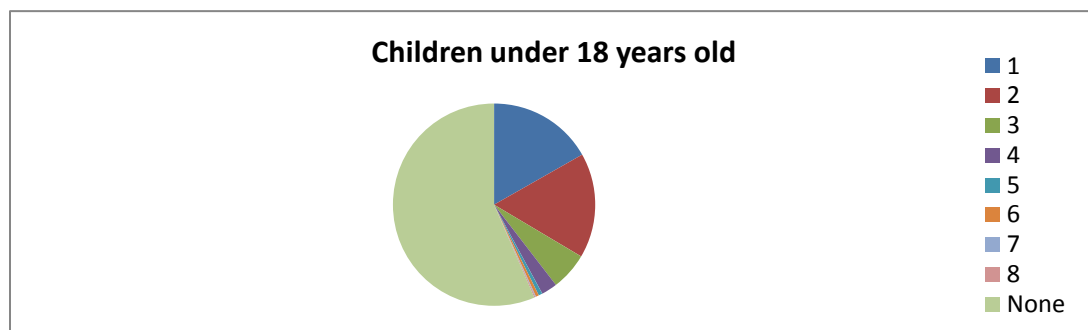
Skipped: 48



Q9: How many children under 18 years old?

Answered: 1,646

Skipped: 39

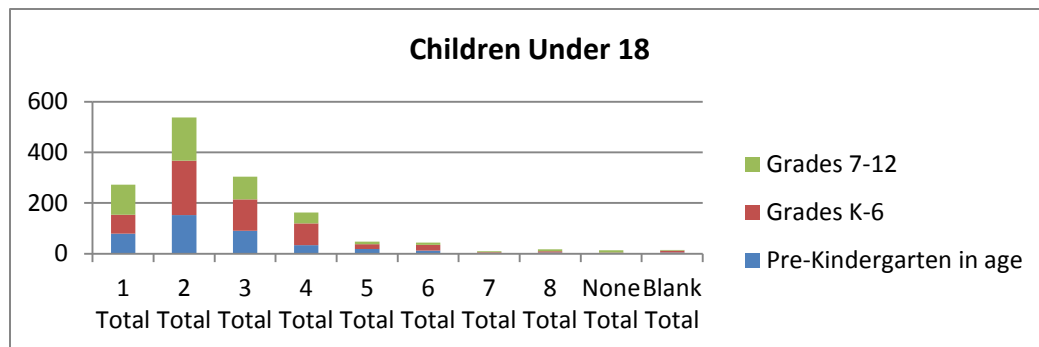


| Summary     | Households     | Kids                |
|-------------|----------------|---------------------|
| Pre-K       | 293            | 399                 |
| Grades K -6 | 381            | 560                 |
| Grades 7-12 | 322            | 461                 |
| Totals      | 718 Households | 1429 Children Total |

Q10: How many children under 18 years old?

Answered: 1,646

Skipped: 39



Q11: If you have children in your household under 18 years old, which of the following are they enrolled in:

Answered: 1,416

Skipped: 269

| Summary                 | Households     | Kids                |
|-------------------------|----------------|---------------------|
| Child Care              | 197            | 448                 |
| Before School           | 48             | 103                 |
| After School- Childcare | 74             | 174                 |
| After School- Program   | 120            | 262                 |
| None                    | 386            | 720                 |
| Totals                  | 718 Households | 1429 Children Total |

Q12: When you or members of your household need basic, non-emergency medical care, where do you usually go?

Answered: 1,619

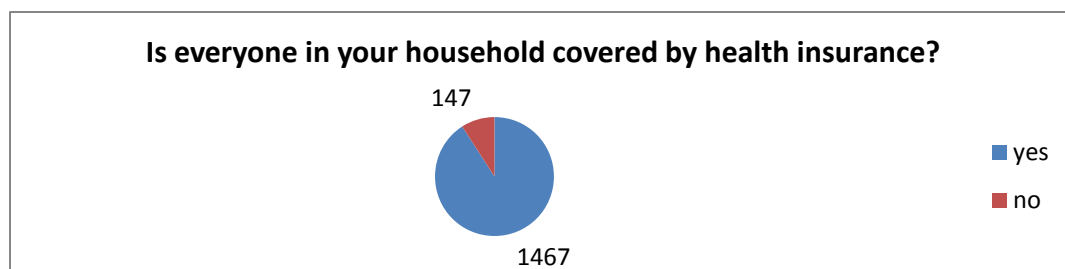
Skipped: 66

| Summary                                       | Only | 2 or More | Total |
|---|------|-----------|-------|
| Community Clinics (SRCC, CHAS, Public Health) | 74   | 54        | 128   |
| Urgent Care Clinic                            | 121  | 131       | 252   |
| Emergency Department                          | 36   | 63        | 99    |
| Primary Care /Family Physician/Nurse Prac.    | 1105 | 155       | 1261  |
| Do not seek medical care                      | 45   |           | 62    |
| Other (please specify)                        |      |           | 63    |

Q13: Is everyone in your household covered by health insurance?

Answered: 1,614

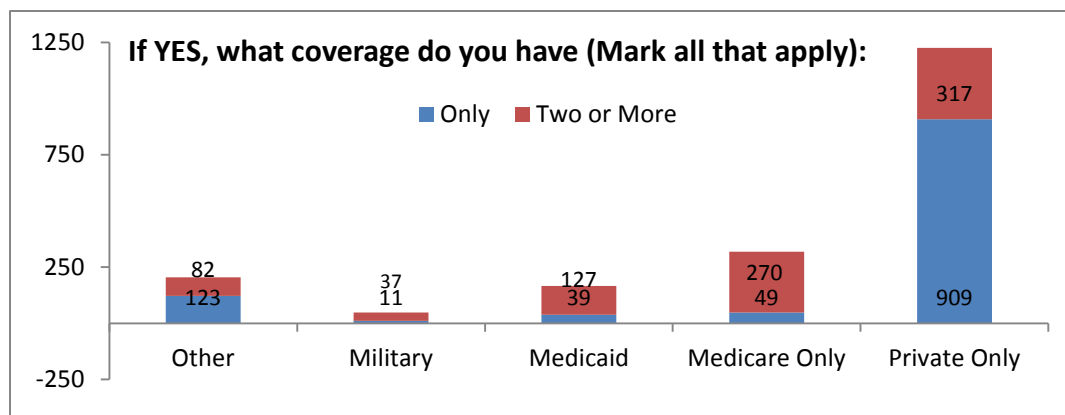
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Q14: Is everyone in your household covered by health insurance?

Answered: 1,527

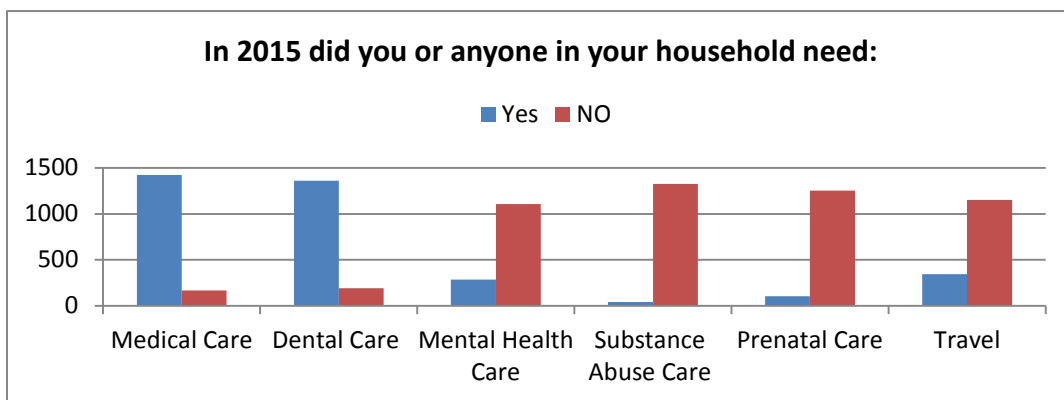
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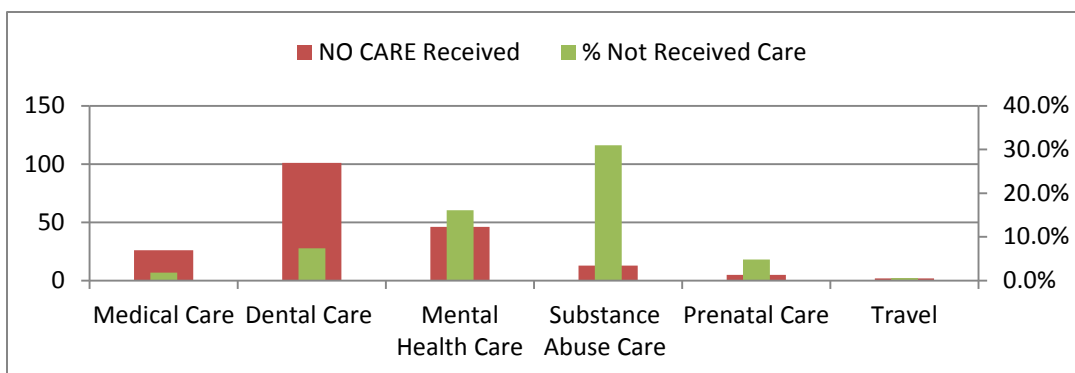
Q15: In 2015 did you or anyone in your household need:

Answered: 1,614

Skipped: 71



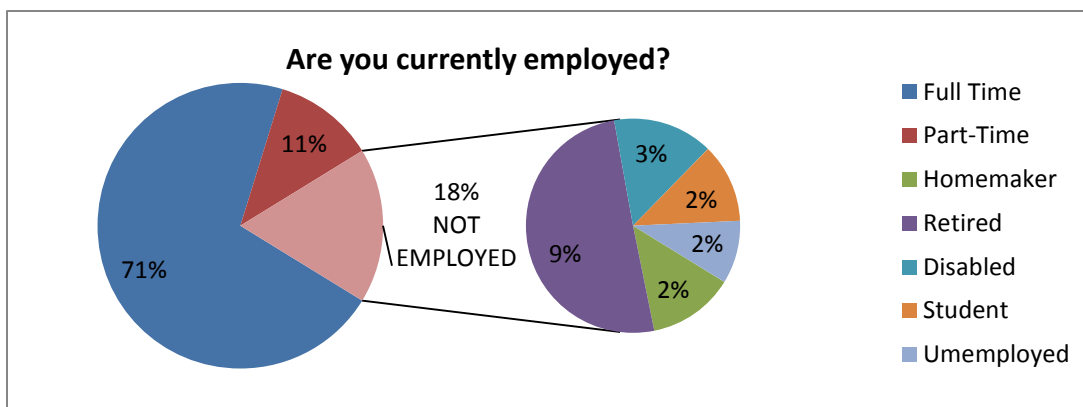
IF YES, was the care received?



Q16: Are you currently employed?

Answered: 1,616

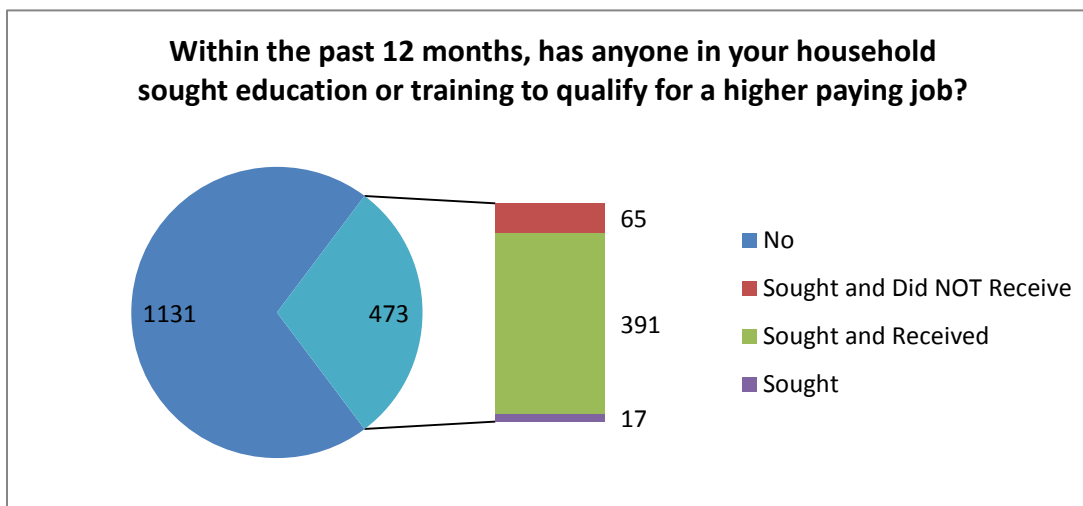
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Q18: Within the past 12 months, has anyone in your household sought education or training to qualify for a higher paying job?

Answered: 1,604

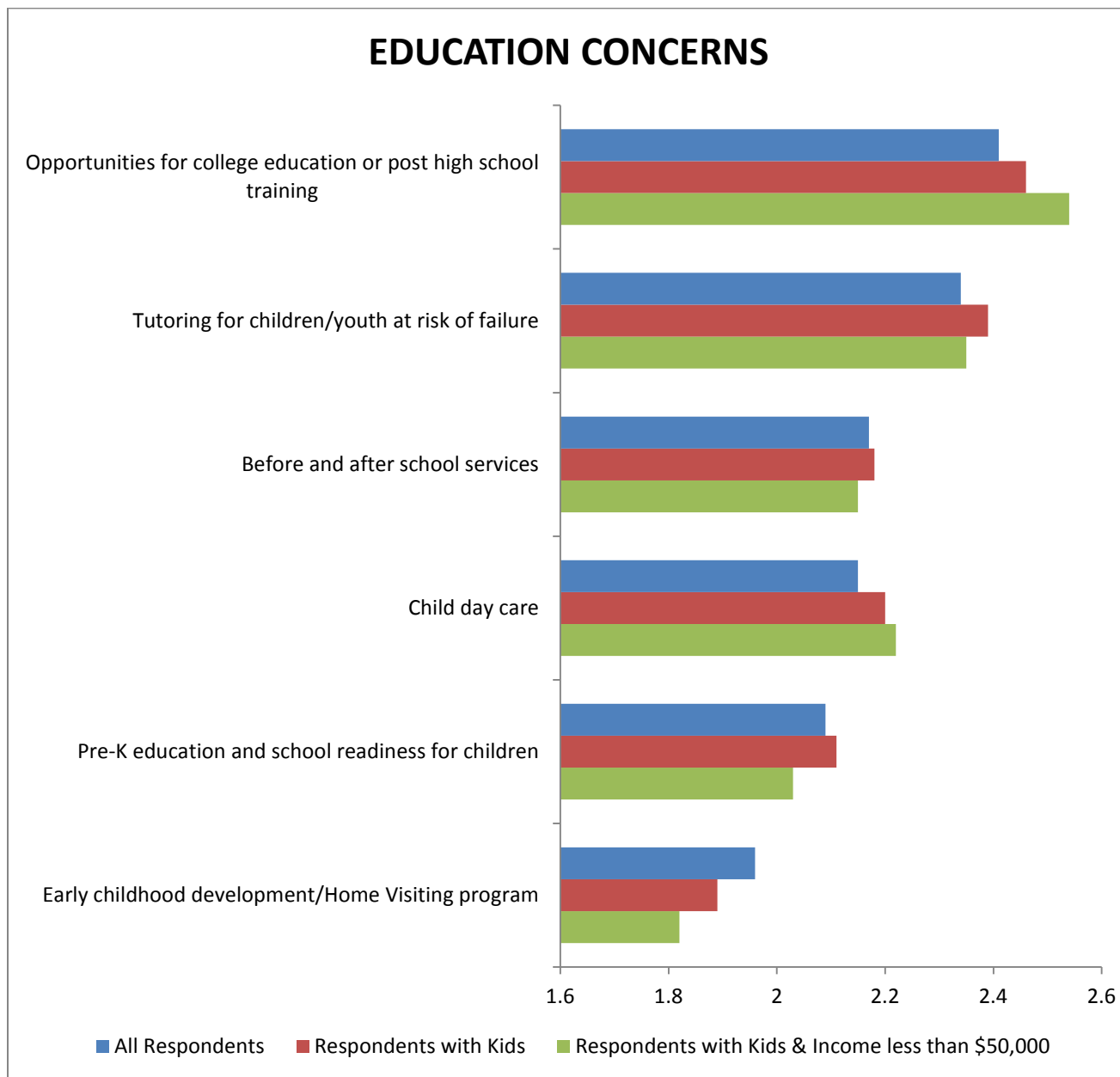
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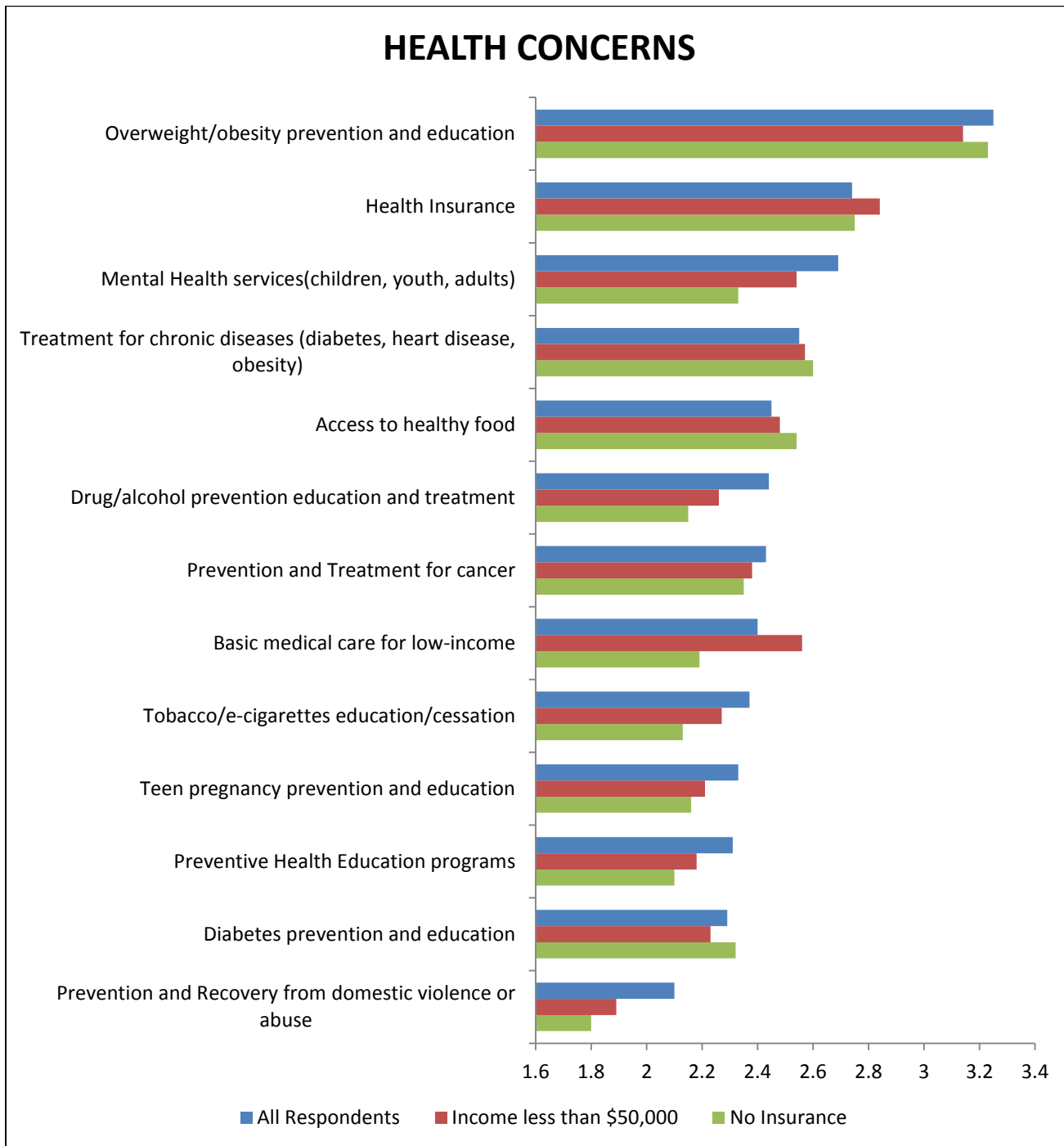
Q19: If YES, were you able to obtain education or training?

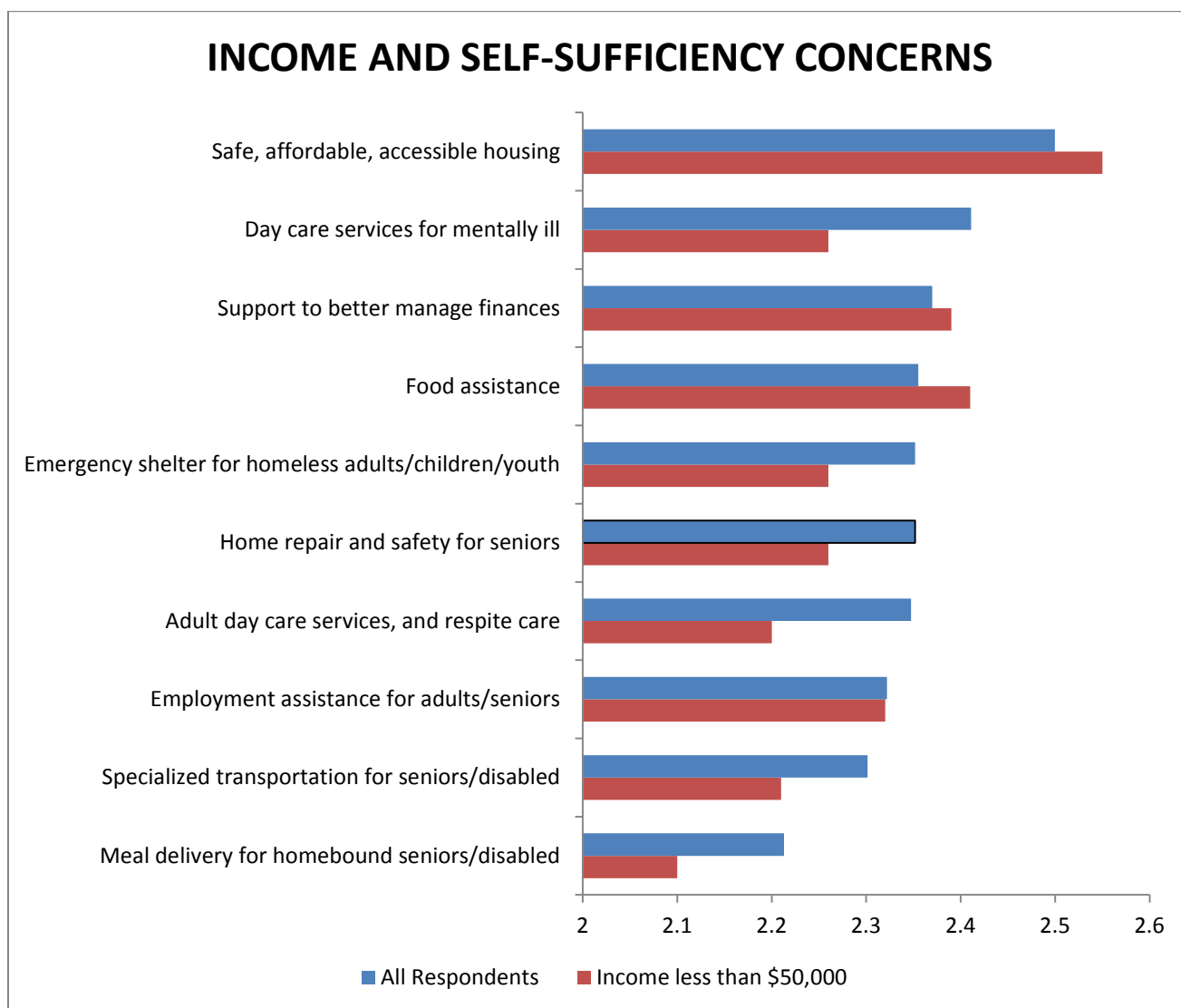
Answered: 1,132

Skipped: 553











ST. JOSEPH  
Regional Medical Center



Public Health  
Idaho North Central District

