

➤ **Cassia Regional Hospital** conducted a Community Health Needs Assessment (CHNA) of area health needs to understand how to help people live the healthiest lives possible. The hospital collaborated with the Idaho Department of Health and Welfare to identify health indicators, gather current data, analyze, and then prioritize to determine the significant needs to address over the next several years. The Affordable Care Act requires that each not-for-profit hospital conduct a CHNA and plan strategies to address the identified need.

IDENTIFIED HEALTH PRIORITY

Prevention of prediabetes, high blood pressure, depression, and prescription opioid misuse.

COMMUNITY INPUT HIGHLIGHTS—We heard from the community

Community input meetings held in 2015 included people representing: local government, schools, senior services, safety net clinics, minority populations, uninsured and low-income people, social service providers, local businesses, advocates, healthcare providers, and the Idaho South Central Public Health District.

Participants identified these health issues as important in the community:

- Poor eating habits and obesity;
- Lack of motivation for physical activity;
- Need for culturally sensitive education about healthy food choices;
- Cost of mental health treatment and medications;
- Prevalence of depression and anxiety;
- Stigma associated with seeking mental health services;
- Lack of mental health providers, especially bilingual providers; and
- Need for suicide prevention programs.

COMMUNITY HEALTH NEEDS DATA HIGHLIGHTS

Following are health indicators that present the most opportunity to improve health:

Health Indicators	Adults in Cassia Regional Hospital Community	Idaho	U.S.
Diabetes (% reported ever told by a health professional)	9.1%	7.6%	9.6%
High blood pressure (% reported ever told by a health professional)	29.1%	29.4%	31.4%
High cholesterol (% reported ever told by a health professional)	37.1%	38.4%	39.1%
Cholesterol screened w/in past 5 years (% self-reported)	65.9%	69.3%	76.4%
Obese (% self-reported BMI 30+)	33.3%	28.9%	29.4%
Physical inactivity (% self-reported no leisure time activity)	27.1%	23.7%	25.3%
Suicide death rate per 100,000	25.7	19.1	12.5

From Idaho Department of Health and Welfare.

WHY WE ARE FOCUSING ON THESE HEALTH ISSUES

Highlights from the Centers for Disease Control and Prevention

Prediabetes and high blood pressure –Prediabetes and high blood pressure are common among adults, many of whom do not know they have it. Diabetes affects as many as one in three individuals and costs over \$174 billion a year in direct and indirect costs in the U.S. Identifying people with prediabetes can help prevent the development of type 2 diabetes which is the leading cause of non-traumatic lower-extremity amputation, renal failure, and blindness among adults younger than 75, and one of the leading causes of heart disease. High blood pressure usually has no symptoms and increases the risk for heart disease and stroke. Prediabetes and high blood pressure can be managed through lifestyle changes.

Depression—Mental illness affects 20 percent of the US population; depression is the most common illness. Depression is more common in people with other health conditions such as diabetes and heart disease, and can worsen outcomes in people with those conditions and contribute to a poorer overall quality of life.

Prescription Opioid Misuse—More people died from drug overdoses in 2014 than in any year on record, and a majority of these deaths involve an opioid. In 2013, 207 individuals died from an opioid overdose in Idaho alone.

ECONOMIC AND SOCIAL RISK FACTORS

Income, education, and other economic and social risk factors affect individual health and well-being. The following demographic information helps illustrate these factors in the Cassia Regional Hospital community:

US Census Quick Facts 2014	Cassia County	Minidoka County	Idaho	U.S.
Population (2015)	23,540	20,323	1,654,930	321,418,820
Persons Under 18	32.3%	28.9%	26.4%	23.1%
Persons 65 years and over	13.5%	15.5%	14.3%	14.5%
High school graduate or higher, persons age 25+	78.8%	75.9%	89.1%	86.3%
Bachelor's degree or higher, persons age 25+	16.9%	11.8%	25.4%	29.3%
Persons in poverty	15.6%	16.8%	14.8%	14.8%
Language other than English spoken at home, persons age 5+	20.3%	28.5%	10.6%	20.9%
Persons without health insurance, under age 65 years	23.3%	25.0%	15.7%	12.0%
Unemployment rate	4.3%	4.6%	4.8%	6.2%

ADDRESSING THE NEED

Based on the results of the CHNA, planning is underway with Cassia Regional Hospital and community partners to address the health need over the next several years through education, screening, and treatment.

For more information contact:

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