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## Saint Alphonsus Medical Center Nampa Community Health Needs Assessment Implementation Strategy Fiscal years 2018-2020

Saint Alphonsus Medical Center Nampa (SAMCN) completed a comprehensive Community Health Needs Assessment (CHNA) that was adopted by the Board of Directors on June 2, 2017. SAMCN performed the CHNA in adherence with certain federal requirements for not-for-profit hospitals set forth in the Affordable Care Act and by the Internal Revenue Service. The assessment took into account input from representatives of the community, community members, and various community organizations.

The assessment was led by United Way of Treasure Valley with Utah Foundation as a research partner and SAMCN, Saint Alphonsus Regional Medical Center, Saint Luke's Health System, Delta Dental of Idaho, and Idaho Association for the Education of Young Children as funding partners. Three Counties: Ada, Canyon and Gem were the primary service areas studied, with analysis and comparison of county/health district, state, and national data wherever available. Additional research included convening community leader interviews and holding focus groups with impacted persons and community service providers.

The complete CHNA report is available electronically at the Saint Alphonsus website: [www.saintalphonus.org/community-needs-assessment](http://www.saintalphonus.org/community-needs-assessment), or printed copies are available at SAMCN.

### Hospital Information and Mission Statement

Based in Nampa, ID, SAMCN is part of Saint Alphonsus Health System, a four hospital, 714 bed integrated health system serving southwest Idaho and southeast Oregon. SAMCN is a 108 bed, Catholic faith-based, not-for-profit hospital providing inpatient and outpatient services in the southwest region of Idaho. With 816 employees, SAMCN provides services primarily to residents of Canyon County (90%), but also serves Ada, and Gem Counties. SAMCN's primary service area is a mix of urban and rural communities within the Treasure Valley, bordered by mountainous terrain and desert. The population of the hospital's primary service area is estimated at 211,698 people.

#### **Mission**

We, CHE Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

## Health Needs of the Community

The CHNA conducted from September 2016 to May 2017 identified five significant health needs within the SAMCN community. The Mayor's Healthy Impact Nampa Coalition served as the External Review Committee to analyze the United Way assessment and determine the significant health needs in SAMCN's community. These needs were then prioritized based on persons affected, impact on quality of life, resources and feasibility of reasonable impact. The five significant health needs identified, in order of priority include:

<b>Health Care Access &amp; Affordability</b>	<ul style="list-style-type: none"> <li>• Lack of Medical Home</li> <li>• Lack of Health Insurance Coverage</li> <li>• High Cost of Health Insurance Premiums "Gap Population"</li> <li>• Lack of Routine Dental Care (Oral Health)</li> </ul>
<b>Nutrition, Physical Activity &amp; Weight Status</b>	<ul style="list-style-type: none"> <li>• Prevalence of Childhood &amp; Adult Obesity</li> <li>• Lack of Physical Activity &amp; Affordable Recreation Opportunities</li> <li>• Low Fruit &amp; Vegetable Consumption</li> <li>• Hunger and Food Insecurity Prevalence</li> <li>• High levels of Food Assistance "Vulnerable Populations"</li> <li>• Food Deserts</li> </ul>
<b>Financial Stability</b>	<ul style="list-style-type: none"> <li>• Lack of Affordable Housing Resulting Homelessness</li> <li>• Lack of Transportation Access/Barriers</li> <li>• Low Wages</li> <li>• High Rates of Poverty Especially Children in Poverty</li> </ul>
<b>Harmful Substance Use</b>	<ul style="list-style-type: none"> <li>• Tobacco Usage</li> <li>• Vaping &amp; Electronic Cigarette Use Among Youth</li> <li>• Prescription Drug Abuse &amp; Illicit Drug Use</li> </ul>
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>• Lack of Service Providers/Facilities</li> <li>• Prevalence of Cultural Stigmas</li> <li>• High Rates of Suicide</li> <li>• "Bad" Mental Health Days</li> </ul>

## Hospital Implementation Strategy

SAMCN resources and overall alignment with the hospital's mission, goals and strategic priorities were taken into consideration of the significant health needs identified through the most recent CHNA process.

### Significant health needs to be addressed

SAMCN will focus on developing and/or supporting initiatives and measure their effectiveness, to improve the following health needs:

- **Health Care Access and Affordability** – Detailed need specific Implementation Strategy on page #4

- **Nutrition Physical Activity & Weight Status** – Detailed need specific Implementation Strategy on page #5
- **Financial Stability: Housing and Homelessness** – Detailed need specific Implementation Strategy on page #6
- **Harmful Substance Use** – Detailed need specific Implementation Strategy on page #7

**Significant health needs that will not be addressed**

Saint Alphonsus Medical Center acknowledges the wide range of priority health issues that emerged from the CHNA process, and determined that it could effectively focus on only those health needs which it deemed most pressing, under-addressed, and within its ability to influence. SAMCN will not take action on the following health need:

- **Mental Health** –SAMCN believes this priority is being addressed by West Valley Medical Center and Saint Alphonsus Regional Medical Center. There is also activity occurring at the state level. Limited resources and feasibility of reasonable impact excluded this as an area chosen for action.

This implementation strategy specifies community health needs that the Hospital has determined to meet in whole or in part and that are consistent with its mission. The Hospital reserves the right to amend this implementation strategy as circumstances warrant. For example, certain needs may become more pronounced and require enhancements to the described strategic initiatives. During the three years ending June 30, 2019, other organizations in the community may decide to address certain needs, indicating that the Hospital then should refocus its limited resources to best serve the community.

**CHNA IMPLEMENTATION STRATEGY  
FISCAL YEARS 2018-2020**

<b>HOSPITAL FACILITY:</b>	Saint Alphonsus Medical Center Nampa		
<b>CHNA SIGNIFICANT HEALTH NEED:</b>	Health Care Access and Affordability		
<b>CHNA REFERENCE PAGE:</b>	34-42	<b>PRIORITIZATION #:</b>	1

**BRIEF DESCRIPTION OF NEED**

The high cost of health care and lack of health insurance coverage results in delayed treatment particularly for the poor, vulnerable, and underserved populations.

**GOAL:**

Improve access to health care by removing barriers and providing services for the poor and underserved.

**OBJECTIVE:**

Improve patient health by building community partnerships to increase access to health care services targeted for the low income, uninsured/underinsured and vulnerable populations in Canyon County.

**ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:**

1. Support Idaho efforts around Medicaid redesign/expansion
2. Provide Mobile Health Clinics in rural communities and for vulnerable populations
3. Collaborate with community partners to co-locate services and reduce barriers via the Mobile Clinic
4. Address transportation barriers by transporting patients to necessary medical appointments via a Patient Access Van (Nampa Express)
5. Explore partnership opportunities with Terry Reilly Health Services (FQHC) to provide mental health education and support in vulnerable populations via their promotor(a) program
6. Dedicate staff time to participate with community roundtable including advocacy work supporting and planning a local crisis center.
7. Investigate grant opportunities to fund prescription assistance to support mental health needs.

**ANTICIPATED IMPACT OF THESE ACTIONS:**

1. If dual waiver proposal is accepted 35,000 people across the state that are currently in the gap will be able to access services.
2. Increased access for approximately 300 individuals annually to medical services and follow-up care for vulnerable populations and those living in rural communities
3. Development of a collaborative- care model around the social determinants of health via co-located services
4. Identify eligible grant opportunities and submit Letter of Intent to apply for prescription assistance to support mental health needs.

**PLAN TO EVALUATE THE IMPACT:**

1. Idaho legislature advances dialogue on coverage for persons in insurance gap
2. Track number of medical exams, referrals to service providers, and follow-up care visits
3. Track Promotor(a) education and outreach events, participation & referrals to supportive services

**PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:**

Commit resources, staffing and materials to community health initiative efforts to expand coverage.  
 Commit resources, staff time and materials to Mobile Health program and assist patients with transportation needs

**COLLABORATIVE PARTNERS:**

Terry Reilly Health Services, Catholic Health Initiatives, Southwest District Health, Idaho Food Bank, BSU GED program, Catholic Charities of Idaho, Family Medical Residency of Idaho, etc.

**CHNA IMPLEMENTATION STRATEGY  
 FISCAL YEARS 2018-2020**

**HOSPITAL FACILITY:**

Saint Alphonsus Medical Center Nampa

**CHNA SIGNIFICANT HEALTH NEED:**

Nutrition, Physical Activity and Weight Status

**CHNA REFERENCE PAGE:**

45-50

**PRIORITIZATION #:**

2

**BRIEF DESCRIPTION OF NEED:**

Lack of health inputs (fruit and vegetable consumption & physical activity) food deserts and food insecurity lead to prevalence of obesity in Canyon County.

**GOAL:**

Create an environment in Canyon County that promotes health literacy and supports healthy food consumption and physical activity.

**OBJECTIVE:**

Support and develop opportunities for adults and children to live an active lifestyle, have access to healthy foods and make healthy food choices.

**ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:**

1. Support Meet Me Monday community walking program in Caldwell
2. Provide GoNoodle in elementary schools in Canyon County
3. Support walking programs at elementary schools in the Nampa School District
4. Support grocery shuttle for residents in food deserts (North Nampa)
5. Collaborate with Idaho Food Bank for distribution of food boxes at Mobile Health Clinic sites in rural communities
6. Commit staff time to participate and co-lead the Mayor's Healthy Impact Nampa Coalition to address food desert in North Nampa

**ANTICIPATED IMPACT OF THESE ACTIONS:**

1. Increased physical activity by 60 minutes every Monday for families
2. Establish baseline and track progress quarterly for increased physical activity throughout the school day
3. Increased access to 300 families annually for healthy food access in partnership with Idaho Food Bank and establish a baseline and track usage for the grocery shuttle.

**PLAN TO EVALUATE THE IMPACT:**

1. Monitor GoNoodle activity rates on a quarterly basis (minutes of activity by classroom).
2. Monitor number of student walkers, miles walked and amount of activity quarterly.

<ol style="list-style-type: none"> <li>3. Monitor grocery shuttle usage</li> <li>4. Monitor Meet Me Monday participants quarterly</li> </ol>			
<b>PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:</b> <ol style="list-style-type: none"> <li>1. Saint Alphonsus funding to provide GoNoodle to schools</li> <li>2. Saint Alphonsus funding to support walking programs at all Nampa School District Elementary Schools</li> <li>3. Staff resources Meet Me Monday program</li> </ol>			
<b>COLLABORATIVE PARTNERS:</b> Nampa School District, Boise Rescue Mission, St. Luke's, Idaho Food Bank, City of Nampa, Blue Cross of Idaho High Five Foundation			
<b>CHNA IMPLEMENTATION STRATEGY  FISCAL YEARS 2018-2020</b>			
<b>HOSPITAL FACILITY:</b>		Saint Alphonsus Medical Center Nampa	
<b>CHNA SIGNIFICANT HEALTH NEED:</b>		Financial Stability: Housing and Homelessness	
<b>CHNA REFERENCE PAGE:</b>		26-30	<b>PRIORITIZATION #:</b> 3
<b>BRIEF DESCRIPTION OF NEED:</b> The number of individuals and families experiencing homelessness has increased in the Treasure Valley since the 2014 assessment particularly in Canyon and Gem counties			
<b>GOAL:</b> Inspire the development of supportive housing specifically tied to housing services			
<b>OBJECTIVE:</b> Develop an integrated care model around the social determinants of health			
<b>ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:</b> <ol style="list-style-type: none"> <li>1. Commit staff time to participate and co-lead the Mayor's Healthy Impact Nampa Coalition to address affordable housing and homelessness</li> <li>2. Support Nampa Jesse Tree</li> </ol>			
<b>ANTICIPATED IMPACT OF THESE ACTIONS:</b> <ol style="list-style-type: none"> <li>1. Creation of a coordinated entry system bringing together social service partners to develop one front door and one waiting list for all of region 3</li> <li>2. Keep 2-3 families housed and help 5-10 members with rental assistance.</li> </ol>			
<b>PLAN TO EVALUATE THE IMPACT:</b> <ol style="list-style-type: none"> <li>1. Monitor number of families on wait list and time to placement for families</li> <li>2. Monitor number of families housed</li> </ol>			
<b>PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:</b> <ol style="list-style-type: none"> <li>1. Leadership and other resources as the project moves forward</li> <li>2. Financial contribution</li> </ol>			

**COLLABORATIVE PARTNERS:**

CATCH, Idaho Housing Authority, Nampa Housing Authority, Salvation Army, Boise Rescue Mission, Community Builder, Washington Trust Bank, St. Luke's, Northwest Real Estate Capital Corporation, Nampa School District, etc.

**CHNA IMPLEMENTATION STRATEGY  
FISCAL YEARS 2018-2020**

<b>HOSPITAL FACILITY:</b>	Saint Alphonsus Medical Center Nampa		
<b>CHNA SIGNIFICANT HEALTH NEED:</b>	Tobacco Use		
<b>CHNA REFERENCE PAGE:</b>	39-44	<b>PRIORITIZATION #:</b>	4

**BRIEF DESCRIPTION OF NEED:**  
Rates of tobacco use remain unchanged since 2011, but use of e-cigarettes has increased dramatically. Nearly one in three high school students use tobacco regularly, mostly through e-cigarettes.

**GOAL:**  
Promote adults and children to live a harmful substance-free lifestyle by succeeding on tobacco free initiatives.

**OBJECTIVE:**  
Raise awareness and seek passage of Tobacco 21 legislation during 2018 Idaho Legislative Session and subsequent sessions if it doesn't pass.

- ACTIONS THE HOSPITAL FACILITY INTENDS TO TAKE TO ADDRESS THE HEALTH NEED:**
1. Support advocacy efforts for passage of Tobacco 21
  2. Support advocacy/awareness efforts for Smoke-Free Movies
  3. Incorporate education and awareness of smoking cessation resources with mobile health outreach efforts

- ANTICIPATED IMPACT OF THESE ACTIONS:**
1. 25% decreased youth tobacco initiation in 15-17 year olds; and 12% overall drop in smoking prevalence statewide in Idaho

- PLAN TO EVALUATE THE IMPACT:**
1. Monitor annually youth tobacco/e-cig use trends through Idaho Youth Risk Behavior Survey
  2. Monitor referrals to and enrollment in smoking cessation programs

- PROGRAMS AND RESOURCES THE HOSPITAL PLANS TO COMMIT:**
1. Commit staff time of Director of State Advocacy to lead coalition, coordinate legislative advocacy, and manage policy language changes.
  2. Commit staff time of Mobile Health Clinic Program Coordinator
  3. Promotional/educational materials as needed

**COLLABORATIVE PARTNERS:**  
American Cancer Society Cancer Action Network, American Lung Association, American Heart/Stroke Association, Campaign for Tobacco-Free Kids, United Way of Treasure Valley, all statewide regional health boards, Central District Health, Southwest District Health, PacificSource, St. Luke's, Boys & Girls Clubs of Ada County, Idaho Association of Family Physicians, Idaho Academy of Pediatrics, Idaho Hospital Association, etc



