

Bonner General Health Community Health Needs Assessment



2022

OVERVIEW



Bonner General Health conducted a Community Health Needs Assessment (CHNA) between May and September of 2022 for the approximately 49,491 residents of Bonner County. Including the communities of Sandpoint, Priest River, Sagle, Cocolalla, Ponderay, Hope, and Clark Fork.

A Community Health Needs Assessment is a tool used to help communities assess their strengths and weaknesses regarding their overall health. It is also the foundation for improving and promoting the community's health. The process helps to identify factors affecting the health of a population and determine the availability of resources within the community to adequately address these factors and health needs.

The Community Health Needs Assessment fulfills the requirements set forth by a statute established within the Patient Protection and Affordable Care Act. The statute requires not-for-profit hospitals to conduct a CHNA every three years. This report includes qualitative and quantitative information from local, state, and federal sources. The input was received from persons representing a broad range of interests in the community, persons with public health knowledge and expertise, and persons serving medically underserved and vulnerable populations.

Bonner General will create an implementation plan to clarify how it and other community resources will address the needs identified during the CHNA process.



Hospital Overview

Bonner General operates a 25-bed critical access hospital, a network of clinics, and programs serving Bonner County and the surrounding area. The following clinical and hospital services are provided:

- Anticoagulation Clinic
- Behavioral Health
- Bereavement Services
- Cardiopulmonary Services
- Community First Aid & CPR Classes
- Diabetes Education
- Diagnostic Imaging
- Emergency Department
- Family-Centered Maternity Unit
- Family Practice
- Hospice
- Immediate Care Clinic
- Infusion and Procedures Clinic
- Intensive Care Unit
- Laboratory Services
- Medical/Surgical Unit
- Ophthalmology
- Orthopedics
- Physical, Occupational & Speech Therapy
- Support Groups
- Surgical Services
- Women’s Health

Community Overview

Census:

Population: **49,491** (US Census Estimate July, 2021) Growth: **5.1%** from April 1, 2020 to July 1, 2021
 Race: Caucasian 95.4% Hispanic or Latino 2.5% American Indian/Alaskan Native: 0.9%
 Asian: 0.7% African American: 0.3% Native Hawaiian 0.2%

Primary Industries:

- Education, Healthcare, & Social Assistance
- Retail Trade
- Manufacturing
- Construction
- Arts, Recreation, Accommodation, & Food Service

Household Income/Health Coverage:

- Median household income: \$51,594
- Per capita income: \$28,527
- Income below poverty level: 12.6%
- 18 and under: 19.5%
- 65 and older: 25.9%
- Unemployment Rate: 3.1% (Sept. 2022)
- Uninsured under 65: 12.3%



U.S. Census Bureau, American Community Survey

CONDUCTING THE ASSESSMENT

To ensure input from persons with a broad knowledge of the community, a Community Advisory Committee was organized with individuals from Bonner County. Personal invitations were sent to individuals representing various community, business, educational, and religious groups. Representatives from the hospital, Federally Qualified Health Center, and Panhandle Health District, along with community providers, were invited to bring in a professional perspective.

The individuals identified to participate in the process have direct access to community members across all subsections of the community and, therefore, can address needs that may impact those populations that are medically underserved or most in need. People with special health needs, such as the elderly, children, uninsured, and unemployed, were represented by individuals who provide services to these populations.

Fifty individuals participated in the advisory meeting representing the following community organizations:

- Bonner General Health
- Local Businesses
- Medical Professionals
- School District
- Health District
- Community Coalition for Health
- Community Members
- City of Sandpoint
- Behavioral Health

A meeting with the Community Advisory Committee was held on October 11, 2022. The committee reviewed the key findings of the results from our anonymous survey, which was completed by 1,252 Bonner County residents.

The review included an analysis of health trends and comparisons between the 2022 and 2019 assessments.

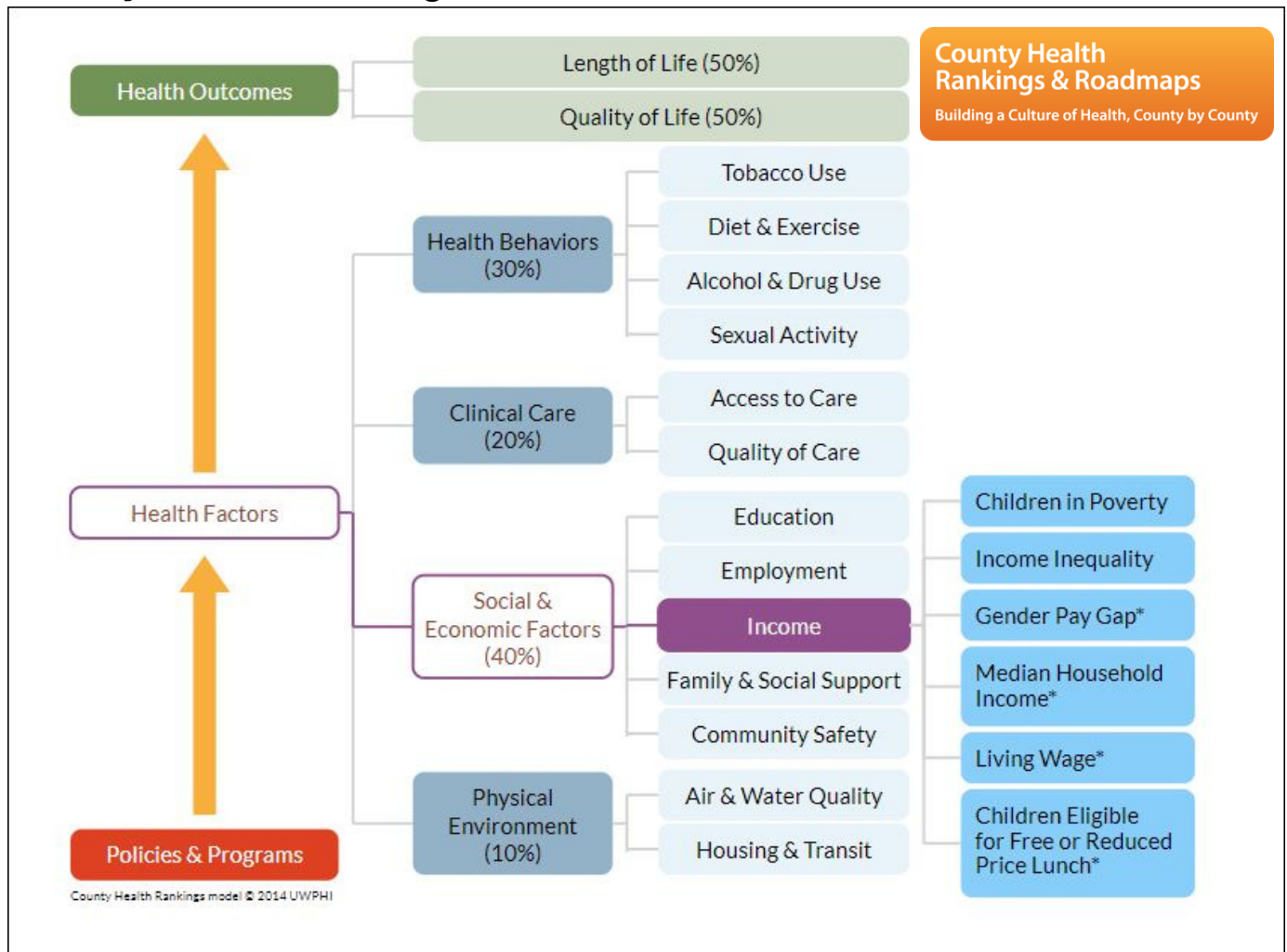
The committee then went into breakout sessions led by a medical professional to discuss the top four health needs identified, which were then shared with the group.

COUNTY HEALTH RANKINGS

County Health Rankings & Roadmaps (CHR&R) brings actionable data, evidence, guidance, and stories to diverse leaders and residents so people and communities can be healthier. The University of Wisconsin Population Health Institute created CHR&R for communities across the nation, with funding from the Robert Wood Johnson Foundation.

This year, we focused on the importance of pursuing economic security for everyone and all communities. As we recover from the COVID-19 pandemic and the layered crises of racism and economic exclusion, we can work to ensure that individuals, households, and communities can meet their essential needs with dignity and pursue opportunities for health. The pandemic both revealed and worsened the burdens and barriers that women, people of color, and people with low incomes face. It also underscored that resources had not been distributed fairly within and across communities.

County Health Rankings Model



BONNER COUNTY, ID HEALTH RANKINGS

Rank #13 of 44 counties in Idaho

Health Outcomes

Health outcomes represent how healthy a county is right now, in terms of length of life but quality of life as well.

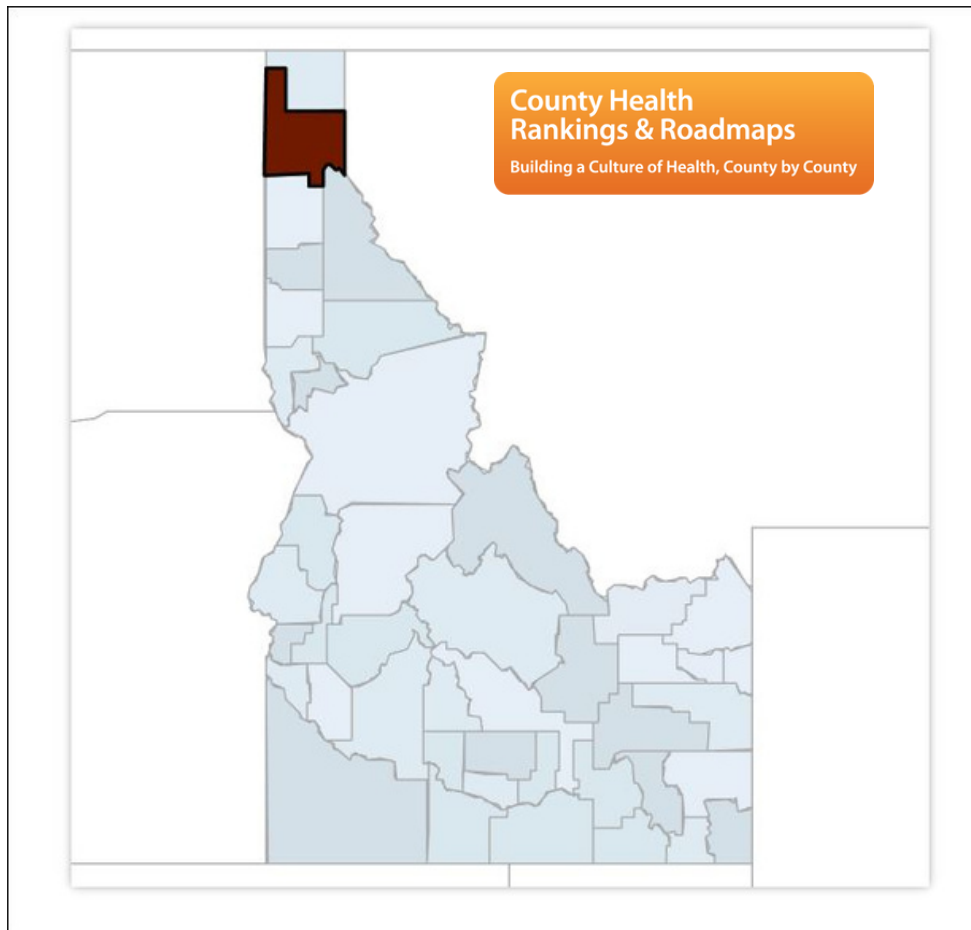
Bonner (BR) is ranked in the higher middle range of counties in Idaho (Higher 50%-75%).




Health Factors



Health Factors represent those things we can modify to improve the length and quality of life for residents.

Bonner (BR) is ranked in the lower middle range of counties in Idaho (Lower 25%-50%).



BONNER COUNTY, ID HEALTH RANKINGS

Health Outcomes			
Length of Life			
<i>*Years of potential life lost before age 75 per 100,000 population (age-adjusted). Years of data used: 2018-2020</i>			
Premature death		Bonner (BR) County	Idaho United States
		7,300	6,300 7,300
Quality of Life			
<i>*Years of data used: 2019</i>			
Poor or fair health		Bonner (BR) County	Idaho United States
		17%	15% 17%
Poor physical health days		4.4	3.9 3.9
Poor mental health days		4.8	4.4 4.5
Low birthweight		6%	7% 8%
Additional Health Outcomes (not included in overall ranking)			
<i>*Years of data used: 2020</i>			
COVID-19 age-adjusted mortality		Bonner (BR) County	Idaho United States
		22	64 85
Life expectancy		79.6	79.2 78.5
Premature age-adjusted mortality		310	310 360
Child mortality		60	50 50
Infant mortality		7	5 6
Frequent physical distress		14%	12% 12%
Frequent mental distress		16%	14% 14%
Diabetes prevalence		9%	9% 9%
HIV prevalence		38	84 378

Health Factors			
<i>*Years of data used: 2019</i>			
Health Behaviors			
Adult smoking		Bonner (BR) County	Idaho United States
		19%	16% 16%
Adult obesity		27%	30% 32%
Food environment index		8.1	7.5 7.8
Physical inactivity		25%	23% 26%
Access to exercise opportunities		56%	67% 80%
Excessive drinking		21%	20% 20%
Alcohol-impaired driving deaths		34%	31% 27%
Sexually transmitted infections		190.2	384.0 551.0
Teen births		20	18 19
Additional Health Behaviors (not included in overall ranking)			
Food insecurity		Bonner (BR) County	Idaho United States
		13%	10% 11%
Limited access to healthy foods		3%	8% 6%
Drug overdose deaths		12	15 23

BONNER COUNTY, ID HEALTH FACTORS

Clinical Care <i>*Years of data used: 2019</i>		Bonner (BR) County	Idaho	United States
Uninsured		13%	13%	11%
Primary care physicians		2,180:1	1,520:1	1,310:1
Dentists		1,870:1	1,510:1	1,400:1
Mental health providers		470:1	440:1	350:1
Preventable hospital stays		1,848	2,123	3,767
Mammography screening		37%	41%	43%
Flu vaccinations		36%	43%	48%

Additional Clinical Care (not included in overall ranking)		Bonner (BR) County	Idaho	United States
Uninsured adults		16%	16%	13%
Uninsured children		6%	5%	6%
Other primary care providers		1,730:1	820:1	870:1

Social & Economic Factors <i>*Years of data used: 2016-2020</i>		Bonner (BR) County	Idaho	United States
High school completion		92%	91%	89%
Some college		58%	66%	67%
Unemployment		7.5%	5.4%	8.1%
Children in poverty		17%	12%	16%
Income inequality		4.2	4.1	4.9
Children in single-parent households		17%	17%	25%
Social associations		9.4	7.3	9.2
Violent crime		166	221	386
Injury deaths		97	78	76

IDAHO BEHAVIORAL RISK FACTORS - 2021

The Advisory Committee reviewed information from the Idaho Behavioral Risk Factor Surveillance System (BRFSS), a state-based public health survey of health risk behaviors, preventive health practices, and healthcare access especially related to chronic disease and injury. Idaho has conducted the survey since 1984 and cooperates with the Centers for Disease Control, 49 other states, the District of Columbia, and the U.S. Territories.

A professional survey research firm, Issues and Answers, Inc., conducts the survey for the department. Participation is voluntary, and respondents may skip any question. All answers are confidential, and personally identifiable information is separated from the data before analysis. Only summary data are made public and used to measure the prevalence of chronic disease and injury, identify emerging health problems, and develop and evaluate public health programs.

Data was collected using random-digit dialed (RDD) surveys of landline and cellular telephone users who were aged 18 or older. Landline and cellular telephone numbers were used disproportionately stratified sampling (DSS); the state's seven public health districts were defined as strata. The Panhandle Health District includes the counties of Boundary, Bonner, Kootenai, Benewah, & Shoshone.

	Panhandle	Idaho
Adults who were overweight (BMI \geq 25)	67.2%	67.4%
Adults who were obese (BMI \geq 30)	29.8%	31.6%
Adults ever told they had diabetes	8.0%	9.8%
Adults who smoked cigarettes	17.6%	13.3%
Adults who delayed medical care due to cost	7.7%	9.2%
14 or More Days of Poor Mental Health	13.9%	14.6%
14 or More Days of Poor Physical Health	12.9%	10.4%
Adults who have ever been diagnosed with depression	19.9%	22.6%
Adults who did not have health care coverage	6.5%	7.6%

PANHANDLE HEALTH DISTRICT 2018 COMMUNITY HEALTH ASSESSMENT

Panhandle Health District utilized the Mobilizing for Action through Planning and Partnerships (MAPP) model for conducting the Community Health Assessment. MAPP is a community-wide strategic process for improving public health created by the National Association of County & City Health Officials (NACCHO) and the Centers for Disease Control & Prevention (CDC). Following the 6 phases of the MAPP process, Panhandle Health District engaged stakeholders and community members in each of the five counties through the complete process of the Community Health Assessment. The core of the MAPP process is in the four assessments.

- Community Themes & Strengths Assessment (CTSA) provides a deeper understanding of issues important to community residents.
- Community Health Status Assessment (CHSA) Analyzes secondary health data to identify trends and provide a snapshot of health.
- Forces of Change Assessment (FCA) Identifies trends, factors, and events that influence health, quality of life, and the local public health system.
- Local Public Health System Assessment (LPHS) Identifies the strengths and weaknesses of the local public health system.

These four assessments were conducted concurrently to identify common themes and opportunities for improvement within our health system. The Advisory Council reviewed the findings and identified needs. They were as follows:

TOP PRIORITIES

1. Access to care
2. Mental Health/Suicide Prevention
3. Substance Abuse (including opioid) Prevention

TOP CHALLENGES

Participants were asked to provide their opinion on the top health problems impacting their community, health behaviors impacting their community, and the top health challenges they personally faced.

Top 3 Health Problems	Top 3 Health Behaviors	Top 3 Health Challenges
Drug Abuse	Drug Abuse	Joint or Back Pain
Mental Health	Alcohol Abuse	Overweight/Obese
Obesity	Unhealthy Diet	High Cost of Health Care

BONNER GENERAL HEALTH COMMUNITY HEALTH NEEDS ASSESSMENT 2022

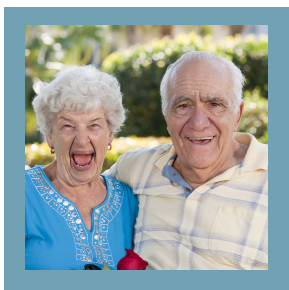
Bonner General Health (BGH) developed a survey tool to address general questions related to community health. To gather feedback from individuals not participating in the Community Advisory Committee, the survey was distributed to others in the community, including those identified as medically underserved. The survey was distributed and available for completion between April 15 - August 15, 2022. Results were consolidated, reviewed, and presented at the Advisory committee's October 11, 2022, meeting.

• The survey was distributed through the following mediums:

- BGH Vaccine Clinic
- BGH Foundation Advisory Council
- BGH Employees
- BGH Foundation Donors
- BGH Social Media
- City of Sandpoint
- Panhandle Health District
- Kaniksu Community Health
- LPO School District
- Sandpoint Senior Center
- Bonner County Economic Development
- Schweitzer Mountain Resort
- Litehouse Foods, Inc.
- Downtown Shopping District
- Columbia Bank
- Bonner County Food Center
- Cedar Hills Church
- Bonner Homeless Transitions
- Community Resource Envision Center
- Litehouse YMCA
- BTAA Thrift Store

1,252 surveys were completed by community members representing a mix of community demographics.

Survey Demographics



- 65+ = 36.65%
- 55-64 = 14.57%
- 45-54 = 12.76%
- 35-44 = 14.75%
- 25-34 = 15.29%
- 18-24 = 5.88%



- Female = 65.49%
- Male = 34.51%



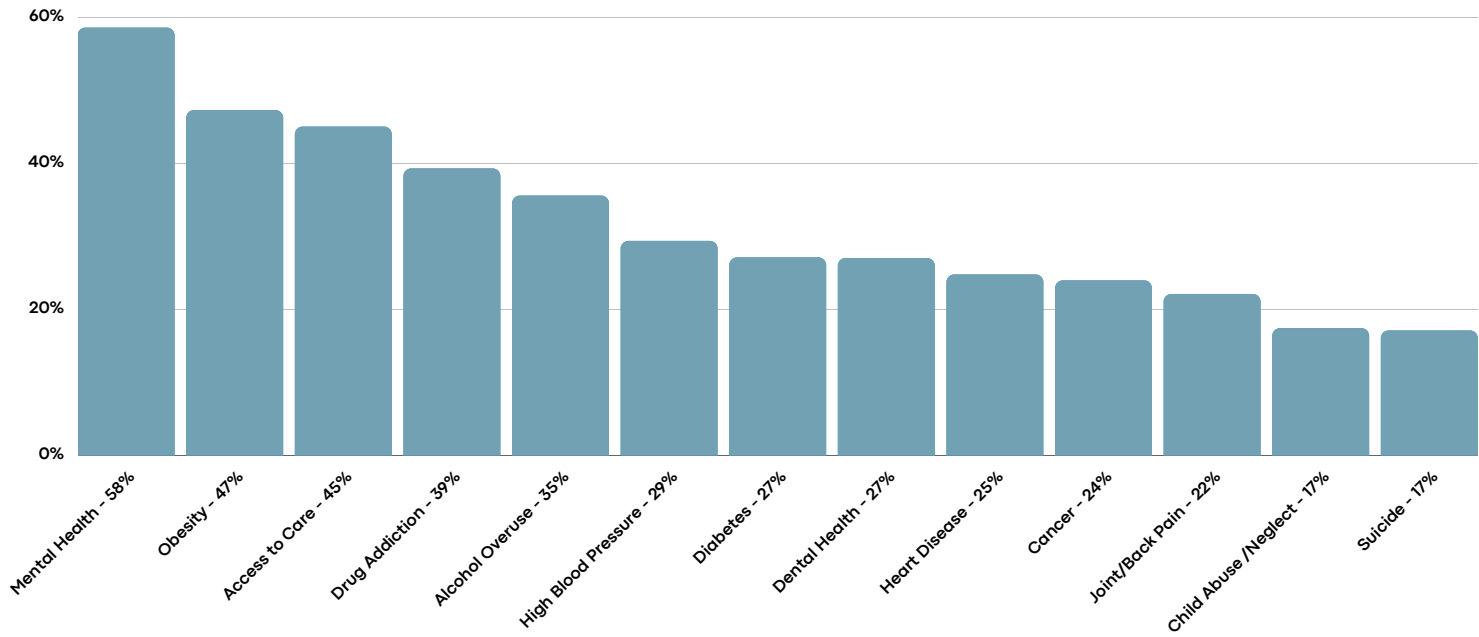
- Doctorate = 5.16%
- Grad School = 20.65%
- College Grad = 36.50%
- Some College = 19.57%
- Technical School = 4.71%
- HS Grad = 9.33%
- Some HS = 2.45%
- Other/Unanswered = 1.63%



- Caucasian = 90.19%
- African American = 3.61%
- Hispanic/Latino = 2.41%
- Asian/Asian American = 0.83%
- American Indian = 0.93%
- Other/Unanswered = 2.03%

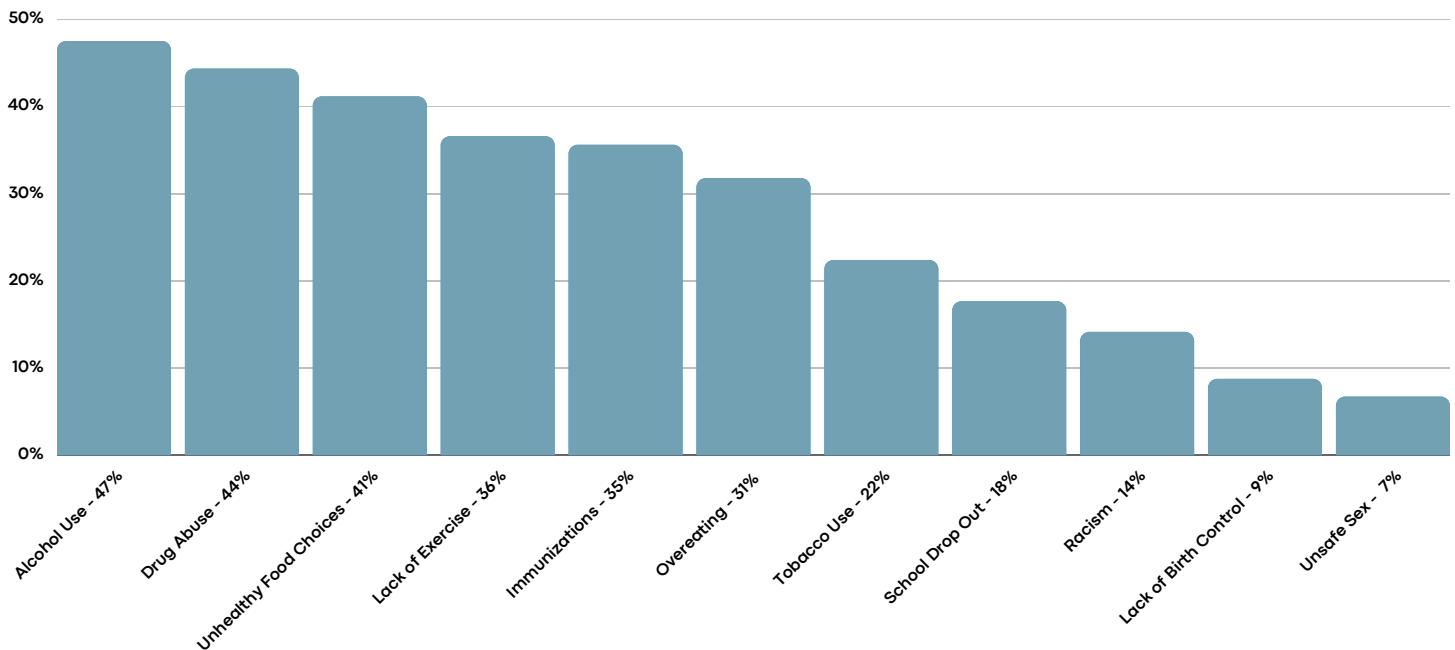
Top Health Concerns Identified in Bonner County

Survey participants were asked, "In your opinion, what are the top health problems you see in Bonner County?"



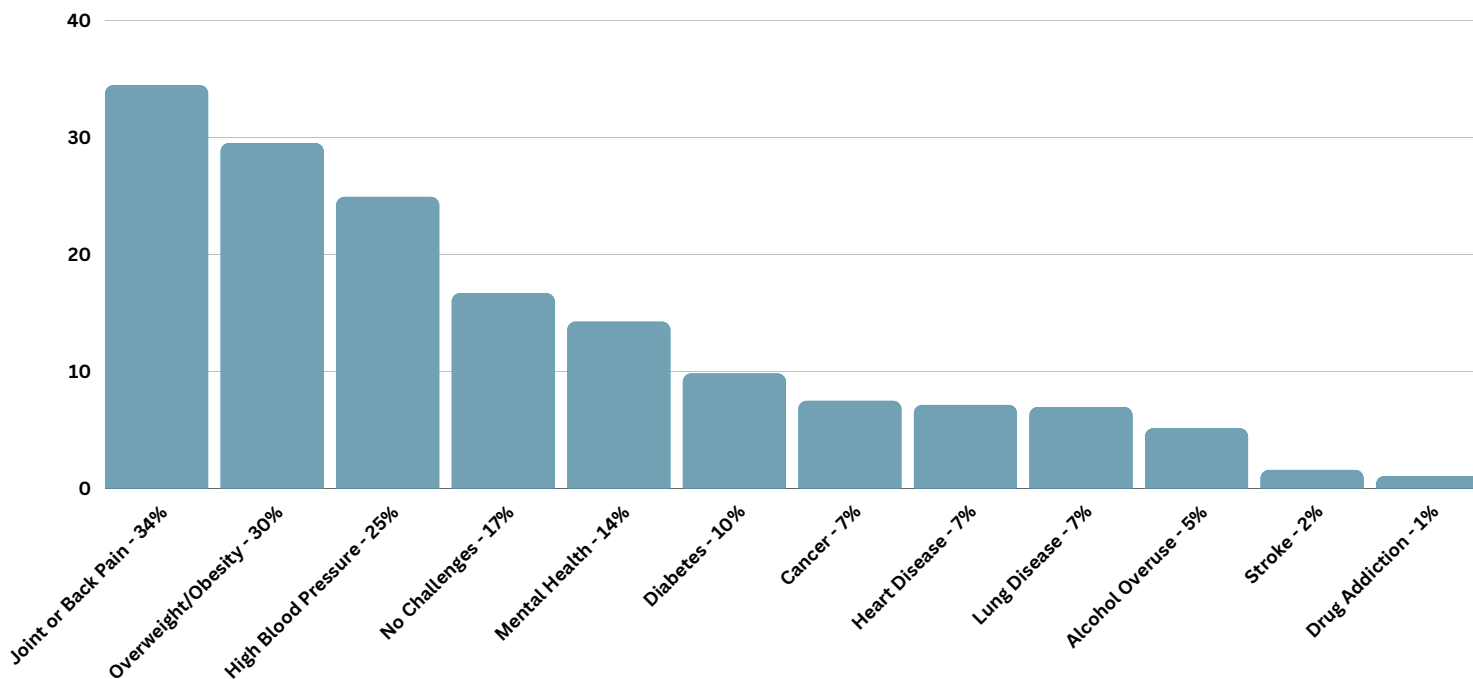
Most Common Behaviors Contributing to Overall Health

Survey participants were asked, "In your opinion, what are the most common behaviors that have the greatest impact on the overall health of people in Bonner County?"



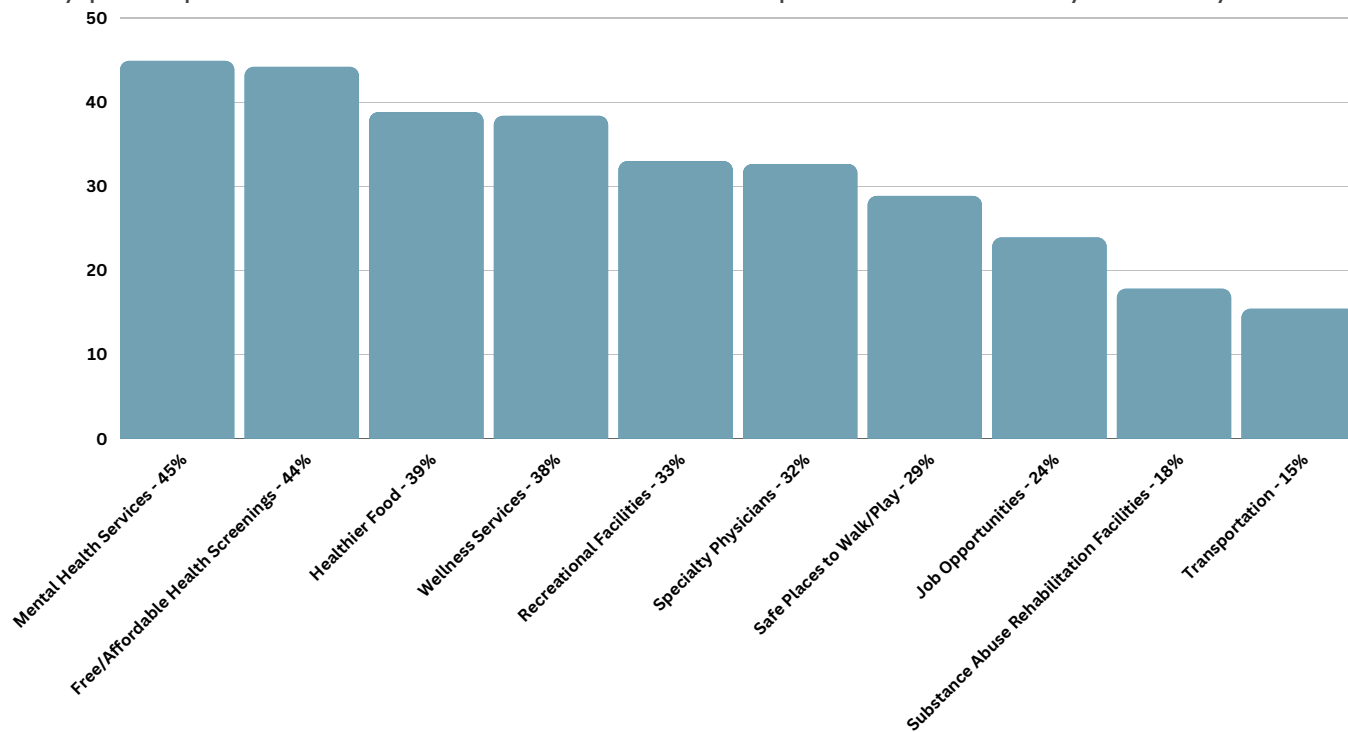
Top Health Challenges for Individuals 13

Survey participants were asked to select the health challenges that they personally face.



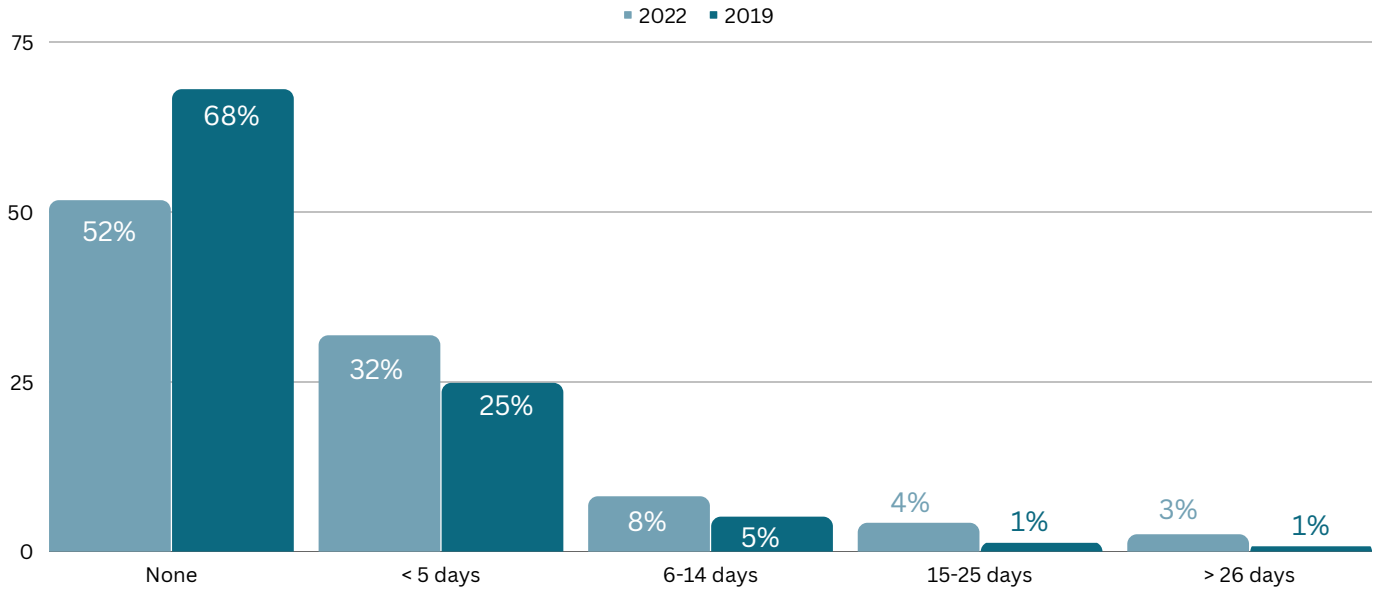
Top Needs Identified to Improve the Community's Health

Survey participants were asked, "what is needed to improve the health of your family and neighbors?"



Survey participants were asked, "during the past 30 days, how often did poor physical or mental health keep you from doing your usual activities? (i.e. self-care, work, recreation)"

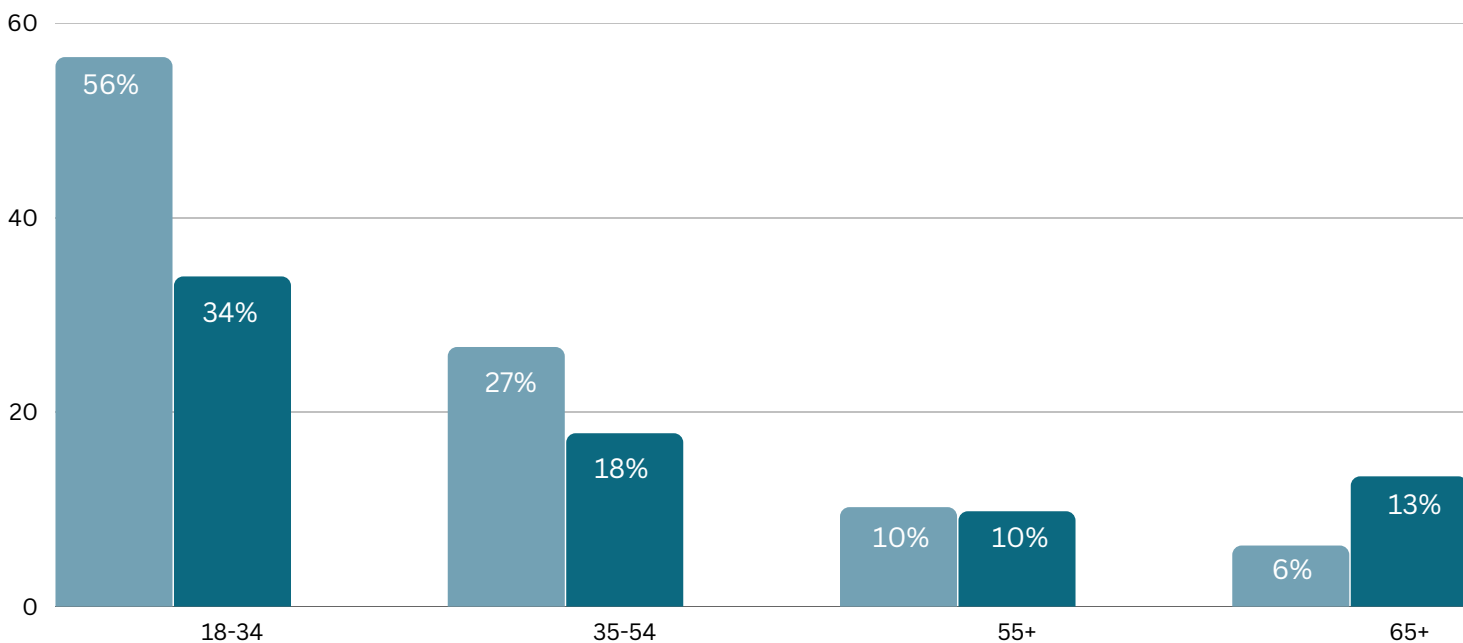
Below is a comparison between the 2022 and 2019 assessment responses.



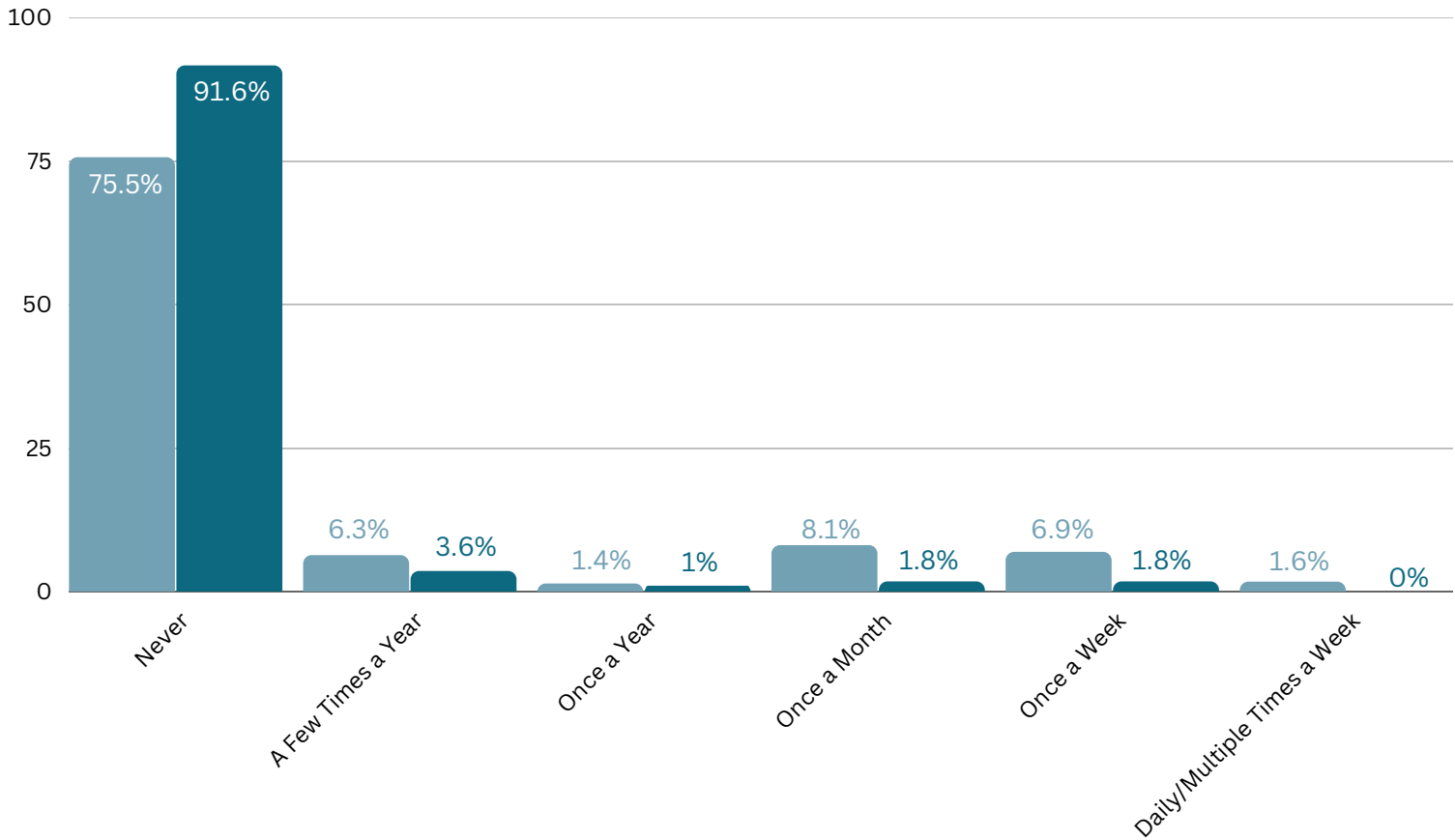
Counseling or Treatment for Mental Health in Last 12 Months

Survey participants were asked, "in the last 12 months, did you receive counseling or treatment for mental health concerns?" Below is a comparison between the 2022 and 2019 assessment responses.

2022 - 24.36% Received Treatment **2019 - 16.97% Received Treatment**



Survey participants were asked, "how often in the past 12 months did you have to cut meal size or skipped meals because there wasn't enough food?" Below is a comparison between the 2019 and 2022 assessment responses.



2022 Top Needs Identified

After analyzing the survey results, meeting with community partners, and reviewing the findings with Bonner General Health's Senior Leadership Team and Board of Directors, the following top four needs were identified and accepted.

1. Mental Health

Including:
Substance Abuse
Suicide

2. Preventative Health

Including:
Dental Health
Heart Disease
Cancer

3. Access to Care

Including:
Uninsured

4. Overweight/Obesity

Including:
Diabetes
High Blood Pressure



IMPACT

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Evaluation of Impact: Previous CHNA 2019

Bonner General Health completed a Community Health Needs Assessment between August and December 2019. No written comments have been received from this assessment. Bonner General Health identified the following needs during the prior assessment and has conducted activities in collaboration with community partners to address the identified needs. *The COVID-19 Pandemic affected our ability to completely engage in all activities to the full capacity we had planned.

Abuse/Neglect – Children, Elderly, & Special Needs

- **Proposed activities in 2019:**
 - Continue to identify opportunities and partners who support children, the elderly, and special needs in crisis and provide a safe, secure home in which their emotional, physical, and mental well-being is protected and enriched.
 - Participate in organizations that promote and provide caregivers and parents tools to develop positive parenting skills and teach safety and protection skills.
 - Provide awareness among clinicians, schools, and others on the many issues related to child, elderly, and special needs safety.
- **Implemented activities:**
 - Continued support & sponsorship of the Food for Our Children Program, providing weekend meals to children in need.
 - Continued support & sponsorship of Panhandle Alliance for Education through fundraising events and distribution of books to parents when their child is born.
 - Continued support and sponsorship of Kinderhaven and CASA fundraisers to ensure that abused and/or neglected children have a safe place to live.
 - Collaboration with Lake Pend Oreille School District
 - Implementation of the SANE Program; a Sexual Assault Nurse Examiner is a registered nurse who completed additional education and training to provide comprehensive health care to survivors of sexual assault.
 - Collaboration with LillyBrooke Family Justice Center. LillyBrooke Family Justice Center provides free services for victims of child abuse, sexual assault, human trafficking, elder abuse, and domestic violence through an extensive collaboration with law enforcement, legal services, and partner social service agencies, all located at one secure, comfortable location, where victims can get all the services they need to safely escape abuse.



IMPACT

Evaluation of Impact: Previous CHNA 2019

Mental Health/Suicide

- **Proposed activities in 2019:**
 - Continue to support our Behavioral Health Clinic and add other providers as resources allow.
 - Develop partnerships with other organizations to improve our community's access to mental health services.
 - Identify, organize, and lead, when appropriate, support groups related to mental health.
 - Encourage staff to participate in Boards or Committees of organizations focusing on mental health & suicide prevention.
 - Participate and support CAST: Coping and Support Training, an intervention program focusing on three elements – mood management, school skills, maintaining non-drug use/or decreasing drug use.
- **Implemented activities:**
 - Bonner General Behavioral Health Clinic continues to provide outpatient mental health services for both adult and pediatric patients. BGH employs a Psychiatrist, Psychologist, Psychiatric Nurse Practitioner, and Licensed Master Social Worker. Since 2019, the clinic has hired a second Psychiatric Nurse Practitioner (2021) and an additional Psychologist (2022).
 - BGH continues to work with law enforcement, the court system, and physicians to improve the mental health hold process.
 - BGH staff continue participating in community organizations dealing with mental health and suicide (Bonner County Children Mental Health Coalition, Region 1 Behavioral Health, & Better Together Animal Alliance).
 - BGH continues to support events and organizations promoting awareness of mental health & suicide prevention, such as Walk for Hope and Sandpoint Middle School Design for Change Walk for Suicide Awareness.
 - Concussion testing in Sandpoint High School Student Athletes
 - As a result of the COVID-19 Pandemic, BGH Senior Leaders established designated hours specific for employees to seek counseling with our Behavioral Health Clinic Providers. Additionally, the BGH Foundation purchased memberships to the Calm App and permitted free access to all employees for one year to reduce stress and promote healthy sleep.



IMPACT

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Evaluation of Impact: Previous CHNA 2019

Obesity

- **Proposed activities in 2019:**
 - Participate in community partnerships to promote and educate a healthy diet and nutrition.
 - Participate in Food for Our Children program.
 - Continue to support an Employee Wellness Program.
 - Continue to sponsor and support community events involving exercise (run/walk/swimming/biking events).
- **Implemented activities:**
 - Diabetes Education by our Registered Dietician and Certified Diabetes Educator.
 - Continued support of the Food for Our Children Program.
 - Continued support and sponsorship of community events focused on physical fitness and wellness (run/walk/bike/swim events).

Substance Abuse

- **Proposed activities in 2019:**
 - BGH will collaborate with community partners and advocate for reduced tobacco use, alcohol, and substance abuse by increasing education and awareness within the school and community.
 - BGH will collaborate with the community, regional, and state partners to provide educational materials and programs to help individuals sustain an applicable lifestyle and behavioral change due to alcohol, drug, and tobacco use.
 - Collaborate and support medication drop-off site(s) within the community.
- **Implemented activities:**
 - CAST Program. CAST (Coping and Support Training) is a school-based small group counseling program for at-risk youth that has demonstrated decreased suicide risk factors, among other positive outcomes in adolescents. The program was halted in early 2020 due to the COVID-19 pandemic.
 - Participation in Bonner County Drug Court by our Bonner General Health Hospital Board and Foundation Board Member.

CONDUCTING THE ASSESSMENT

The Community Health Needs Assessment survey results were presented to approximately 50 Advisory Committee members on October 11, 2022. Additionally, to assist with analyzing the data and to answer health-related questions, we invited BGH Providers and Senior Leaders to attend the Advisory Committee and participate. Upon presentation of the survey results and the initial findings as to what the top health needs are in our community, the Community Advisory Committee was divided into four groups (with health providers in each group) and asked to review the health data, survey results and compare the information to their personal experience working with the community. They were also asked to address the following questions:

- Do you agree with the findings of the survey?
- Specific to Your Assigned Need:
 - What resources already exist within our community?
 - What barriers do you think contribute to this unfulfilled need?
 - In what ways can BGH address this unfulfilled need?

Each group discussed the various needs identified and addressed the above questions. The committee was also asked to address the significance of each need with respect to vulnerable populations within Bonner County.

Prioritization of Needs:

The Community Advisory Committee discussed each of the identified health issues in terms of whether it truly was an issue, the potential health improvement impact, cost, and urgency. This process involved casual group discussion allowing individuals to make decisions with input from their fellow committee members.

The prioritization process identified four priority issues for the community:

- **Mental Health**
- **Preventative Health**
- **Access to Care**
- **Obesity**

CONDUCTING THE ASSESSMENT

Community Resources:

The Community Advisory Committee identified the following community resources available to work in collaboration with Bonner General Health to address the needs identified:

- Bonner General Health
 - Behavioral Health Clinic
 - Better Breathers Club
 - Diabetes Education
 - Emergency Department
 - Family Practice (Primary Care)
 - Grief & Support Groups through Hospice
 - Immediate Care Clinic
 - Ophthalmology
 - Orthopedics
 - Rock Steady Boxing
 - Sandpoint Women's Health
- Advocates – Patient Assistance
- Better Together Animal Alliance - partnership with Behavioral Health Clinic
- Bonner County Drug Court
- Bonner County Coalition for Health
- Bonner Partners in Care Clinic
- CASA
- Early Head Start
- Food for Our Children
- Kaniksu Health Services (Medical, Dental, Mental Health, and in-school.)
- Kinderhaven
- Lake Pend Oreille School District
- Newport Hospital
- Northwest Hospital Alliance
- Panhandle Alliance for Education
- Panhandle Health District
- Private Practice Providers (including those offering Telehealth)
- Sandpoint Community Resource Envision Center
- School Counselors
- Underground Kindness
- VA Medical Services
- WIC
- YMCA/Community Recreation

Next Steps:

The Community Health Needs Assessment report was approved by the Bonner General Health Board of Directors on November 18, 2022.

Bonner General Health is required to adopt an organization-specific implementation strategy in response to the Community Health Needs Assessment report. In the coming months, this implementation strategy will be discussed and approved by the Board of Directors of Bonner General Health and reviewed annually. The CHNA process and public report will be repeated every three years, as federal regulations require.

Community members who wish to provide comments on the needs identified or provide input on the next CHNA process are encouraged to contact the Bonner General Health Community Development Department via email: development@bonnergeneral.org.

REFERENCES

Idaho Behavioral Risk Factor Surveillance System

<https://www.gethealthy.dhw.idaho.gov/idaho-brfss>

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