

# 2024 Community Health Assessment: Overview of Priorities

January 2025



**Public Health**  
Idaho North Central District



# Executive Summary

## What's the purpose of the CHA?

The purpose of our Community Health Assessment (CHA) is to better understand the region's current health status and needs, identify factors that contribute to higher health risks and poorer health outcomes, and recognize community strengths and opportunities for greater impact. Collaboration with partners allowed us to gain deeper insights on needs, existing community assets, and opportunities for further improvement.

## How was the CHA conducted?

Throughout 2024, Public Health – Idaho North Central District used a mixed-methods approach to collect qualitative and quantitative data through:

- Review of Existing Data
- Community Needs Survey
- Community Partner Survey and Conversations
- Community Context Survey
- Community Resource Lists and Asset Mapping



## Priority Areas

- **Access to Care**
  - Insurance coverage, affordable care, provider availability/shortage, quality of care
- **Behavioral Health**
  - Provider availability, suicide prevention, crisis intervention, substance misuse, treatment and recovery services
- **Healthy Lifestyle Promotion**
  - Access to healthy food, physical activity, tobacco cessation, vaping prevention, chronic disease management
- **Economic Stability**
  - Affordable housing, wage levels, cost of living, job prospects, transportation
- **Services for Youth**
  - Affordable childcare, preschool availability, quality schools, activities for teens, youth development opportunities
- **Aging-in-Place**
  - Access to care, transportation - especially to other services, affordable housing, social isolation, caregiver support, in-home care, Alzheimer's and dementia care

## What's Next?

Information from the CHA will be used to develop our Community Health Improvement Plan (CHIP), steer our health initiatives and programs, inform policymakers on community needs, and advocate for future public health funding.

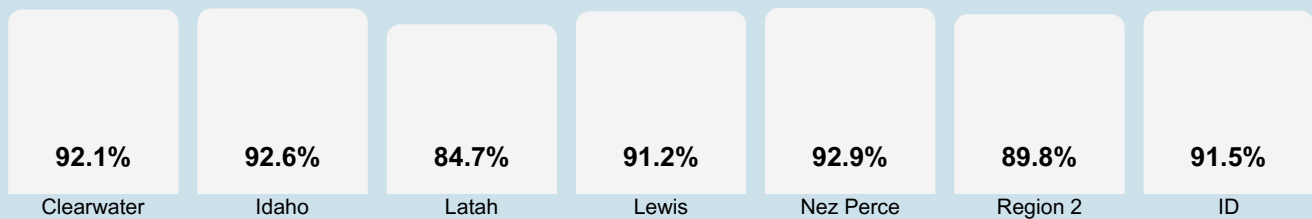
# Population Characteristics

## Overview

	Clearwater	Idaho	Latah	Lewis	Nez Perce	Region 2	ID
Total Population	8,810	16,787	39,872	3,630	42,200	111,299	1,854,109
Total Land Area (square miles)	2,457.3	8,477.5	1,075.9	478.8	848.3	13,337.8	82,623.3
Population Density (per square mile)	3.6	2.0	37.1	7.6	49.8	8.3	22.4
Median Age	52.3	49.5	30.3	49.1	40.7	39.5	36.9
Sex ration (males per 100 females)	126.0	111.1	106.1	101.1	99.1	105.6	101.5
White	90.8%	92.3%	89.7%	82.3%	88.8%	89.6%	84.9%
American Indian and Alaskan Native	1.2%	3.1%	0.7%	2.8%	5.0%	2.8%	1.2%
Hispanic or Latino (of any race)	4.2%	3.7%	4.6%	5.3%	4.5%	4.4%	13.1%
Speak language other than English at home	3.5%	4.3%	5.7%	5.8%	3.7%	4.6%	10.7%
Education: High school graduate or higher	91.8%	92.2%	96.9%	89.9%	93.0%	93.9%	91.4%
Any Disability	22.6%	18.0%	12.3%	24.5%	17.7%	16.4%	13.7%
Veterans	13.7%	11.0%	6.8%	11.6%	9.2%	9.1%	8.6%

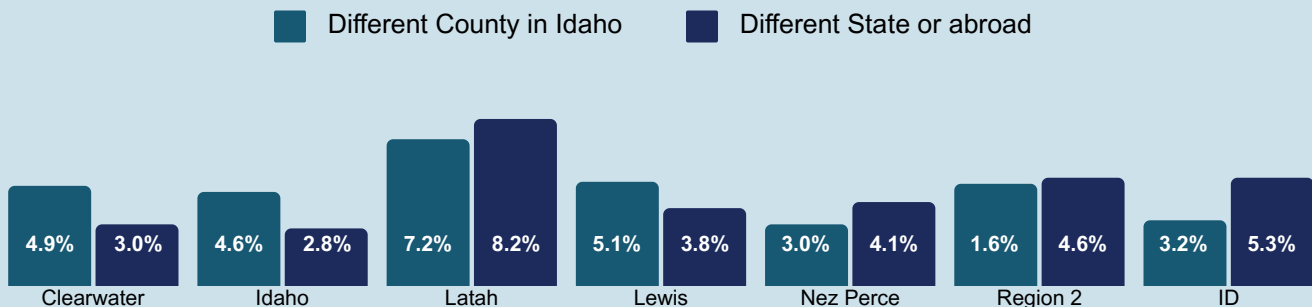
Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

## Population Residing in the Same County as 1 Year Ago



Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

## Population Residing in a Different County than 1 Year Ago



Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

# Health Status Overview

## Leading Causes of Death in Region 2:

1. Diseases of the heart
2. Cancer
3. Unintentional injuries (accidents)
4. Chronic lower respiratory diseases
5. COVID-19
6. Diabetes
7. Cerebrovascular diseases (stroke)
8. Alzheimer’s disease
9. Chronic liver disease
10. Suicide

Source: Idaho Vital Statistics - Mortality 2022, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, January 2024

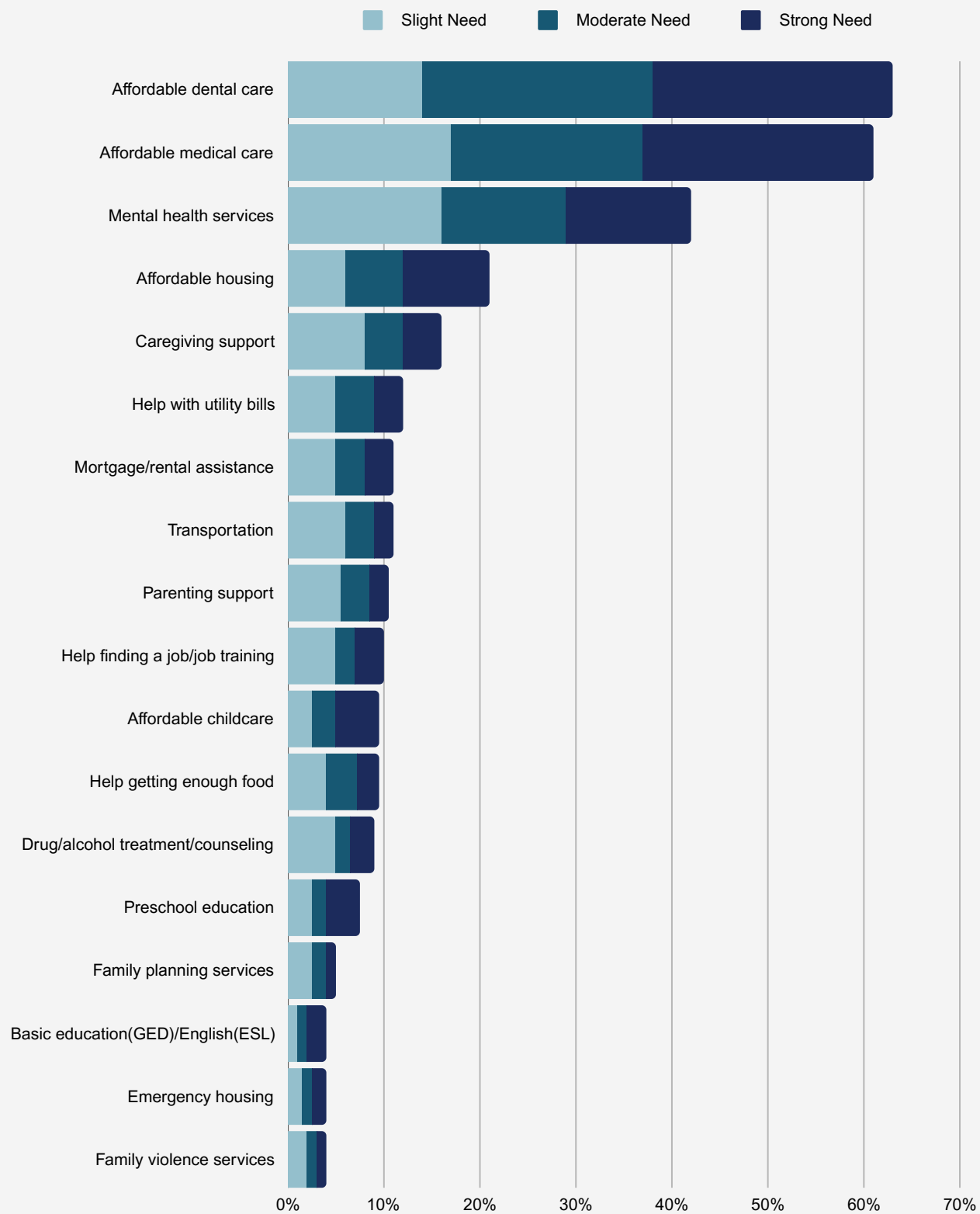


Chronic Conditions	Region 2 Data
<b>Unhealthy weight</b>	<ul style="list-style-type: none"> <li>• 70.2% are overweight or obese                             <ul style="list-style-type: none"> <li>◦ 38.8% overweight</li> <li>◦ 31.4% obese</li> </ul> </li> </ul>
<b>Cardiovascular conditions</b>	<ul style="list-style-type: none"> <li>• 32.1% have high blood pressure*</li> <li>• 30.6% have high cholesterol*</li> <li>• 5.2% have ever had a heart attack</li> <li>• 4.7% have heart disease</li> <li>• 4.4% have ever had a stroke</li> </ul>
<b>Diabetes</b>	<ul style="list-style-type: none"> <li>• 11.4% have ever been told they have diabetes</li> </ul>
<b>Cancer</b>	<ul style="list-style-type: none"> <li>• 9.9% have had melanoma or non-skin cancer</li> <li>• 5.2% have had non-melanoma skin cancer</li> </ul>
<b>Respiratory Diseases</b>	<ul style="list-style-type: none"> <li>• 10.6% have asthma</li> <li>• 6.6% have ever had a lower respiratory disease</li> </ul>

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health. Data from 2022 unless otherwise specified. \*2021

# Overview of Household Needs

Household level of need for the following health and social services:



Source: 2024 Community Needs Survey (Question 38)

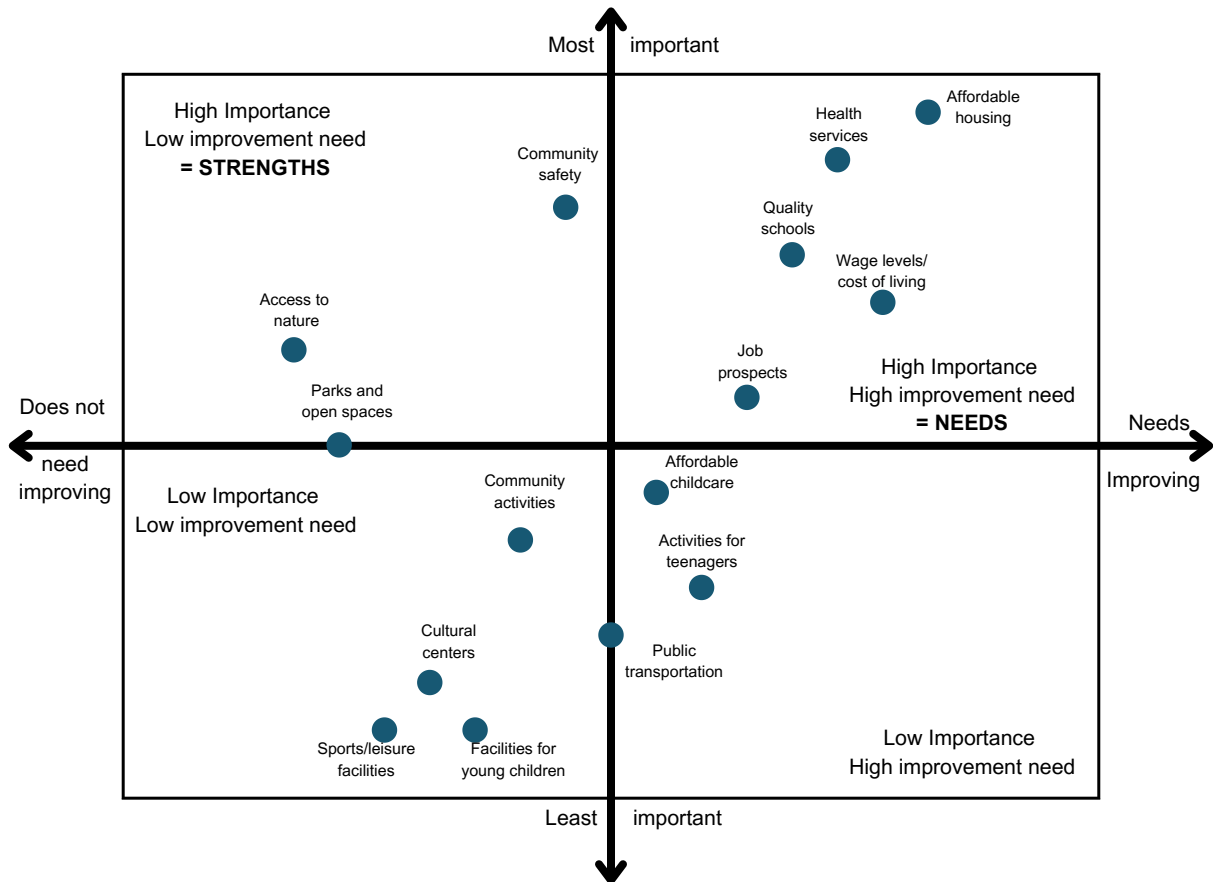
## What is most important in making somewhere a good place to live?

1. Affordable Decent Housing
2. Health Services
3. Community Safety
4. Quality Schools
5. Wage Levels & Local Cost of Living
6. Access to Nature
7. Job Prospects
8. Parks & Open Spaces
9. Affordable Quality Childcare
10. Community Activities
11. Activities for Teenagers
12. Public Transportation
13. Cultural Centers
14. Facilities for Young Children
15. Sports & Leisure Facilities

## What most needs improving in your community?

1. Affordable Decent Housing
2. Wage Levels & Local Cost of Living
3. Health Services
4. Quality Schools
5. Job Prospects
6. Activities for Teenagers
7. Affordable Quality Childcare
8. Public Transportation
9. Community Safety
10. Community Activities
11. Facilities for Young Children
12. Cultural Centers
13. Sports & Leisure Facilities
14. Parks & Open Spaces
15. Access to Nature

Source: 2024 Community Needs Survey (Questions 3 & 4)



Source: 2024 Community Needs Survey (Questions 3 & 4)

# Priority Areas



## Access to Care

Insurance coverage, affordable care, provider availability/shortage, quality of care



## Behavioral Health

Provider availability, suicide prevention, crisis intervention, substance misuse, treatment and recovery services



## Healthy Lifestyle Promotion

Access to healthy food, physical activity, tobacco cessation, vaping prevention, chronic disease management



## Economic Stability

Affordable housing, wage levels, cost of living, job prospects, transportation



## Services for Youth

Affordable childcare, preschool availability, quality schools, activities for teens, youth development opportunities



## Aging-in-Place

Access to care, transportation - especially to other services, affordable housing, social isolation, caregiver support, in-home care, Alzheimer's and dementia care



# Access to Care: Overview

*“High-quality health care helps prevent diseases and improve quality of life.... Some people don’t get the health care services they need because they don’t have health insurance or live too far away from providers who offer them. Interventions to increase access to health care services — like lowering costs, improving insurance coverage, and increasing use of telehealth — can help more people get the care they need.”*

Source: Health Care. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.



61% of households reported a need for affordable medical care.



63% of households reported a need for affordable dental care.

Source: 2024 Community Needs Survey

## Barriers to Care:

**16%** reported needing medical care in the past 12 months but were unable to get care.

**14%** reported needing dental care in the past 12 months but were unable to get care.

Source: 2024 Community Needs Survey

## Leading barriers of care included:

- Provider Availability
  - Long waits for appointments
  - Difficulty getting an appointment
  - Difficulty finding a health care provider
- Insurance/Affordability
  - Cost/inability to pay for services
  - Provider did not accept your insurance
  - Did not have insurance

Source: 2024 Community Needs Survey

*“Too few providers of health care. Those providers are burned out and providing poor quality care... In addition insurance rates are going up so you can not afford to pay health care costs. We have put off surgeries for years because of not being able to afford the copay.”*

*- Latah County Resident*





## Access to Care: Provider Availability

*"Difficulty of getting a medical appointment in a reasonable time frame due to insufficiency of providers. Would be nice to have a couple gerontologists in area."*

*- Latah County Resident*

### Primary Care Provider Shortage:

- Much of the region is a primary care health professional shortage area.
- Difficult to recruit providers to live and work in rural areas.
- Providers paid less than in neighboring states.

### Region 2 adults that did not have a PCP: 16.8%

- Groups in Region 2 with higher rates:
  - 48.3% of the Hispanic/Latino population
  - 32.6% of those without high school education
  - 30.5% of young adults aged 18-34
  - 23.1% of those in frontier areas

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.



*"The ability to get into a doctor when you are ill is becoming a critical issue here. A few months ago I had a serious illness and had to wait over a week to be seen. It was easily treated with medication, but I was told to go to the ER because the doctor's office was short staffed. I've also found it impossible to get prescriptions filled in a timely manner due to pharmacy's being short staffed.*

*We need more medical professionals in our area!!!"*

*- Latah County Resident*



# Access to Care: Insurance & Affordability

*"Health insurance is not affordable. High deductibles before anything gets paid. Even though help is available for premiums, they are way too high for someone with no help."  
- Idaho County Resident*

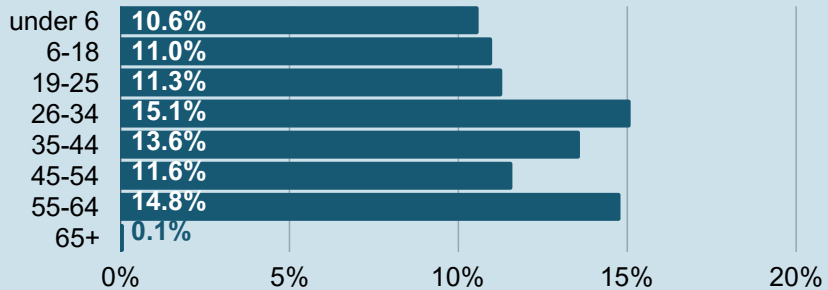
## Region 2 Uninsured Population

**10.2%**  
uninsured

11.6%  
of men

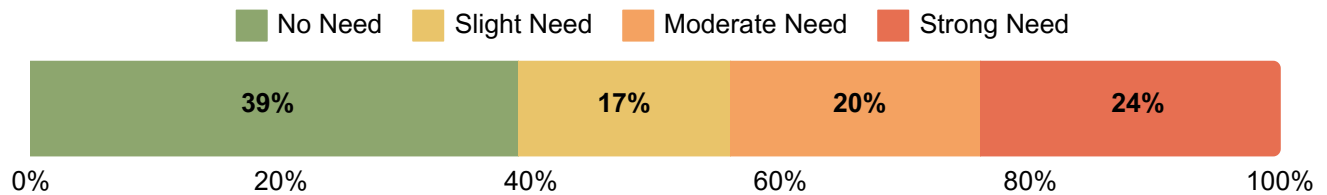
8.7%  
of women

**Trend:** roughly 1% increase in uninsured population from 2018 to 2022



Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

## Percent of households that reported a need for affordable medical care:



Source: 2024 Community Needs Survey

## Percent of Region 2 adults that did not seek care due to cost: 13.1%

- Groups in Region 2 with higher rates:
  - 24.6% of those without a high school education
  - 24.4% of the Hispanic/Latino population
  - 19.2% of young adults aged 18-34
  - 17.1% of those in frontier communities

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.



## Access to Care: Community Assets & Resources

### **WWAMI: Working to Increase Access to Medical Education**

A program called WWAMI, short for Washington, Wyoming, Alaska, Montana, and Idaho Regional Medical Education Program, is helping provide medical education to Idaho students. Through this program, the University of Washington School of Medicine in Seattle reserves a limited number of undergraduate medical education spots for University of Idaho students. The cost of tuition and fees for each Idaho student in the program are partially subsidized by the state.

### **Community Health Workers: Helping Fill Gaps in Care**

Community Health Workers provide various health education and services in the community. They provide free screenings to community members including:

- A1C screening for diabetes
- Blood pressure screenings
- Body Mass Index (BMI)
- Mood score/depression screenings



### **PH-INCD Oral Health Program: Increasing Access to Oral Health Care**

PH-INCD has two initiatives to increase youth access to oral health care.

- **School Sealant Program:** Dental hygienist travels to schools across the region to provide dental screenings, dental sealants, and fluoride varnish to children in kindergarten through 8th grade. Children need signed permission from their parent or guardian to receive these services, typically at no cost. If the dental hygienist identifies oral health conditions, the child will be referred to a local dentist for additional care.
- **Fluoride Varnish Clinics:** Dental hygienist provides dental screenings, education, and fluoride varnish applications to Medicaid eligible and uninsured children. Clinics are offered at no charge to the family and are held at various locations across the region.



## Behavioral Health: Overview

*"District 2 has a provider shortage and the average wait time for a mental health assessment leading to services is about 3 months."*

*- Behavioral Health Provider*

**42%** of households reported a need for mental health services

### **Experienced barriers to mental health care:**

Percent of respondents needing mental health care in the past 12 months but were unable to get care: 21%

- Groups with higher rates included:
  - Young adults aged 18-34
  - Households making < \$50,000 per year
  - Women

Source: 2024 Community Needs Survey

*"While I personally am doing pretty well, I know a lot of people in the community that are struggling. Mental health (especially for young adults, teens and children) is not in a great place in our community and access to resources for mental health is not good either."*

*- Latah County Resident*

*"Need more harm reduction options for those with addiction."*

*- Latah County Resident*

**9%** of households reported needing drug/alcohol treatment/counseling services

### **Negatively Affected by Substance Misuse**

Roughly half of the survey respondents reported that their life has been negatively affected by their own or someone else's substance misuse issues.

Source: 2024 Community Needs Survey



# Behavioral Health: Mental Health & Suicide

## Mental Health:

- 14.3% of adults in Region 2 reported 14 or more days of poor mental health in the past month.
- 22.9% of adults in Region 2 have ever been diagnosed with depression

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.

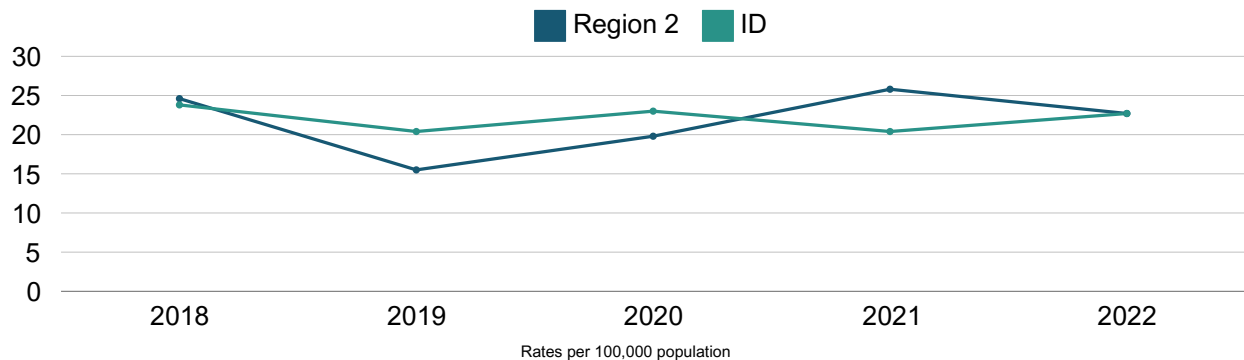
## Leading barriers to maintaining good mental health:

- Stress
- Finances
- Lack of access to care

Source: 2024 Community Needs Survey

In 2022, suicide was the 10th leading cause of death in Region 2 with a rate of 22.7 per 100,000 population. Males had a higher rate (34.2) than females (10.7) in Region 2.

## Suicide Mortality Rate Trends over Time



Source: Idaho Vital Statistics - Mortality 2022, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, January 2024

## Youth (6th-12th grade) Mental Health:

- 18.7% felt so depressed in the past 30 days that nothing could cheer them up
- During the past 12 months,
  - 23.0% seriously considered attempting suicide
  - 6.6% attempted suicide

Source: Idaho Healthy Youth Survey State Report 2021, Idaho Governor's Office of Drug Policy, odp.idaho.gov. (Data is for the North Hub - Regions 1 and 2).

*The need for mental health services and suicide prevention discussions  
- especially among teens - is a great need in our community."  
- Nez Perce County Resident*



# Behavioral Health: Substance Misuse

*“Substance use disorders can involve illicit drugs, prescription drugs, or alcohol. Opioid use disorders have become especially problematic in recent years. Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths.*

*Effective treatments for substance use disorders are available, but very few people get the treatment they need. Strategies to prevent substance use — especially in adolescents — and help people get treatment can reduce drug and alcohol misuse, related health problems, and deaths.”*

Source: Drug and Alcohol Use. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.

## Alcohol Use

- 19.2% of Region 2 adults reported binge drinking  
(males consuming 5+ drinks or females consuming 4+ drinks on one occasion)
- 10% of Region 2 adults reported heavy drinking  
(males consuming >60 drinks or females consuming >30 drinks in the past 30 days)

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.

## Alcohol Related Mortality

In 2022:

- Chronic liver disease was the 9th leading cause of death in the region
  - Region 2 had the highest rate of chronic liver disease mortality in the state
- Region 2 also had the highest alcohol-induced mortality rate in the state

Source: Idaho Vital Statistics - Mortality 2022, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, January 2024

## Drug Overdose Deaths

Region 2 had the highest drug overdose mortality rate in the state in 2022.

- Region 2 rate: 24.5 per 100,000 population
- Idaho rate: 19.6 per 100,000 population

In 2022:

- 25 of the 28 drug overdose deaths in region 2 were accidental
- Opioids were present in most (20 of 28) drug overdose deaths in region 2
  - Fentanyl was present in 12 cases
- Methamphetamines were reported in 10 of the 28 drug overdose deaths

Source: Idaho Vital Statistics - Mortality 2022, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, January 2024



# Behavioral Health: Community Assets & Resources

## Rural Crisis Center Network:

Provides free, 24/7 behavioral health crisis services to adults with partner locations in Lewiston, Moscow, and Orofino.

## PH-INCD Initiatives:

- Mental Health/Suicide Prevention
  - QPR suicide prevention trainings
  - Reduce access to lethal means - gun locks
  - Mental Health First Aid trainings
  - 988 crisis intervention promotion
- Drug Overdose Prevention Program
  - Narcan trainings
  - Stigma reduction education/trainings
  - Reducing access to prescription drugs
    - Medication lock boxes
    - TimerCap kits
    - Drug deactivation pouches
    - Prescription drug take back events



## Innovative Solutions to Access Care:

Libraries across the state have started offering access to telehealth services through designated Telehealth Access Points (TAPS). This strategy can enable clients to overcome common barriers to care and provide internet access which might otherwise be a barrier to telehealth services, thus enabling clients to attend their appointments.

Libraries in North Central Idaho that offer TAPS:

- Clearwater Memorial Library in Orofino
- Clearwater County District Library in Weippe
- Culdesac Community Library
- Kamiah Community Library
- Lapwai Community Library



# Healthy Lifestyle Promotion: Overview

There are many behaviors that can positively or negatively impact health. Negative health behaviors, such as a poor diet, lack of exercise, and smoking can contribute to higher health risks and poorer health outcomes. Living a healthy lifestyle by eating healthy foods, getting enough exercise, and not using tobacco can help reduce the risk of a variety of diseases and chronic conditions.

**Overview of Health Behaviors by Population Groups:**

	Region 2 Total	Male	Female	18-34	35-64	65+	Hispanic	Non-Hispanic
<b>No Fruit (2021)</b>	39.6%	41.4%	37.8%	41.0%	40.3%	36.5%	37.5%	39.8%
<b>No Vegetables (2021)</b>	15.2%	16.5%	13.9%	18.6%	15.7%	9.8%	11.0%	15.7%
<b>Physical Inactivity</b>	24.5%	22.2%	26.9%	18.5%	22.9%	33.8%	50.8%	22.0%
<b>Smoke Cigarettes</b>	9.7%	12.8%	6.4%	9.0%	10.4%	9.2%	12.3%	9.6%
<b>Use E-Cigarettes</b>	7.0%	7.4%	6.5%	15.7%	4.0%	1.4%	4.5%	7.3%

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health. Data from 2022 unless otherwise specified.







# Healthy Lifestyle Promotion: Diet & Access to Healthy Foods

*“People who eat too many unhealthy foods — like foods high in saturated fat and added sugars — are at increased risk for obesity, heart disease, type 2 diabetes, and other health problems. Strategies and interventions to help people choose healthy foods can help reduce their risk of chronic diseases and improve their overall health.”*

*Some people don’t have the information they need to choose healthy foods. Other people don’t have access to healthy foods or can’t afford to buy enough food. Public health interventions that focus on helping everyone get healthy foods are key to reducing food insecurity and hunger and improving health.”*

Source: Nutrition and Healthy Eating. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.

## Fruit and Vegetable Consumption

- 39.6% don’t eat fruit every day
- 15.2% don’t eat vegetables every day

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health. Data from 2021.

## Food Insecurity:

- 10% lack adequate access to food
- 11% of households reported needing help getting enough food

Source: Mind the Meal Gap 2021, retrieved from County Health Rankings

Source: 2024 Community Needs Survey

- 7% of households received food stamps/ SNAP benefits in the past 12 months

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

- 12% of households reported receiving food from a food bank/pantry in the last year

Source: 2024 Community Needs Survey

## Leading barriers to healthy eating:

- Cost of healthy foods
- Time to prepare healthy foods
- Struggle to create healthy eating habits

Source: 2024 Community Needs Survey

*“The price of food has gone up so much we are choosing the least healthy options and can barely afford lunches at the school for the kids...”*

*- Latah County Resident*

## PH-INCD Promoting Healthy Eating: Women, Infants, and Children (WIC)

WIC is a nutrition education program that provides growth and health assessments, referrals to community resources, and breastfeeding support. This program provides nutritious foods such as fresh fruits, vegetables, and whole grains that build positive eating habits. WIC serves low-income, nutritionally at-risk pregnant, breastfeeding, and postpartum women, infants, and children up to age 5. There is no cost to eligible families.



# Healthy Lifestyle Promotion: Physical Activity

*“Physical activity can help prevent disease, disability, injury, and premature death... Although most people don’t get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities.*

*Strategies that make it safer and easier to get active — like providing access to community facilities and programs — can help people get more physical activity. Strategies to promote physical activity at home, at school, and at child care centers can also increase activity in children and adolescents.”*

Source: Physical Activity. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.

## Physical Inactivity

- 24.5% of adults don’t get any physical activity outside of work
  - Groups with higher rates of inactivity:
    - Older adults aged 65+
    - Women

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.

## Leading barriers to exercise:

- Lack of time
- Injury or chronic pain
- Difficulty creating exercise habits

Source: 2024 Community Needs Survey



## PH-INCD Programs Promoting Physical Activity

- Fit and Fall Proof®
  - Free or low-cost group physical activity program designed for older adults who want to improve their health and reduce their risk of falling.
  - Class locations in all 5 counties
- Idaho Physical Activity and Nutrition (IPAN) Program
  - Offer playground stencils/super stickers to encourage movement at childcare centers, parks, and schools.



# Healthy Lifestyle Promotion: Tobacco Use

*“Cigarette smoking causes cancer and early death, and U.S. adults are more likely to use cigarettes than any other tobacco product. Population-level interventions to reduce tobacco use include price increases, mass media campaigns, and smoke-free policies.”*

Source: Objective TU-02. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.

## Cigarette Smoking

- 9.7% of Region 2 adults smoke cigarettes
  - Groups in Region 2 with higher rates:
    - 12.8% of males
    - 10.4% of adults aged 35-64

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.

## Tobacco Cessation at PH-INCD

- Tobacco cessation classes and one-on-one support
- Nicotine Replacement Therapy (NRT)
  - Providing NRT products such as gum or patches



## E-Cigarette Use

- 7% of Region 2 reported using e-cigarettes
  - Group in Region 2 with higher rates:
    - 15.7% of young adults aged 18-34

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.

## Vaping Prevention at PH-INCD

- CATCH My Breath, a youth vaping prevention curriculum, is taught in local schools.

## Vape Use Among Youth

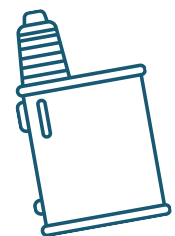
*“Adolescents are more likely to use e-cigarettes than any other tobacco product, and rates of e-cigarette use have risen sharply in recent years. E-cigarettes can contain harmful substances, including nicotine. Nicotine is highly addictive and can harm brain development.”*

Source: Objective TU-05. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.

According to the 2021 Idaho Healthy Youth Survey:

- 12.1% of 6th-12th grade students in North Idaho (Regions 1 and 2) have used a vape pen or e-cigarette in the past 30 days
- 23.3% have ever used a vape pen or e-cigarette in their life

Source: Idaho Healthy Youth Survey State Report 2021, Idaho Governor's Office of Drug Policy, [odp.idaho.gov](http://odp.idaho.gov)





# Economic Stability: Overview

Economic stability was highlighted as a community priority with residents noting the following qualities needing improvement:

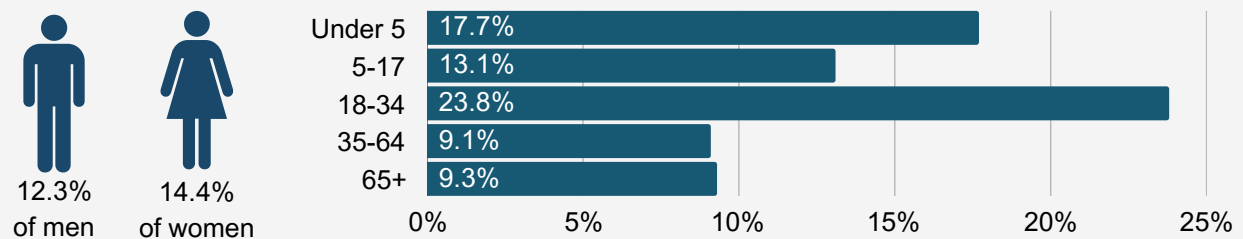
- Affordable decent housing
- Wage levels and cost of living
- Job prospects
- Transportation

Source: 2024 Community Needs Survey

## Poverty

In 2022, 13.4% of the region’s population was below the 100% federal poverty level. This was down from 16.6% in 2018. However, Lewis County experienced an increase, from 14.2% in 2018 to 17.7% in 2022.

### Region 2 Populations Below 100% Federal Poverty Level



Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022 . Region 2 aggregated by PH-INCD

### Additional Poverty Data:

- 33% of Region 2 is below the 200% federal poverty level

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022 Region 2 aggregated by PH-INCD

- 31% of households in Region 2 are ALICE households

Source: unitedforalice.org; Region 2 aggregated by PH-INCD

- *“ALICE is an acronym for Asset Limited, Income Constrained, Employed — households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county.” -unitedforalice.org*

## Connecting Economic Stability to Health

*“People living in poverty are less likely to have access to health care, healthy food, stable housing, and opportunities for physical activity. These disparities mean people living in poverty are more likely to die from preventable diseases. Programs and policies that make food, housing, health care, and education more affordable can help reduce poverty.”*

Source: Objective SDOH-01. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.



## Economic Stability: Affordable Housing

### Median Monthly Housing Costs: \$903

- Increased from \$738 in 2018 to \$903 in 2022 (122% increase in 5 years)
  - Biggest increases in Latah and Nez Perce counties
- Owner-occupied: \$982
- Renter-occupied: \$857

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

### Median Value of Owner-Occupied Homes: \$267,812

- Increased from \$181,644 in 2018 to \$267,812 in 2022 (147% increase in 5 years)
  - Lewis County has lowest median value: \$184,800
  - Latah County has highest median value: \$309,300

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

### Housing Cost Burdened

- 27% of households in the region spend more than 30% of their income on housing costs

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

### Housing Needs:

- Affordable Housing: 24%
  - 48% of young adults aged 18-34
  - 38% of households that make less than \$50,000/year
- Mortgage/Rental Assistance: 11%
- Help with Utility Bills: 12%
- Emergency Housing: 4%

Source: 2024 Community Needs Survey

*"The town has a rising cost of housing and this is becoming a real problem. The young professionals can't afford basic housing."  
- Lewis County Resident*

### Stress/Worry About Paying for Housing:

- 44% of households in Region 2 reported being worried or stressed about having enough money to pay their rent or mortgage in the past 12 months
  - 75% of young adult (aged 18-34) respondents

Source: 2024 Community Needs Survey

### Housing Instability:

- 5% of Region 2 households reported feeling unstable and insecure in their current housing situation

Source: 2024 Community Needs Survey



## Economic Stability: Wages & Cost of Living

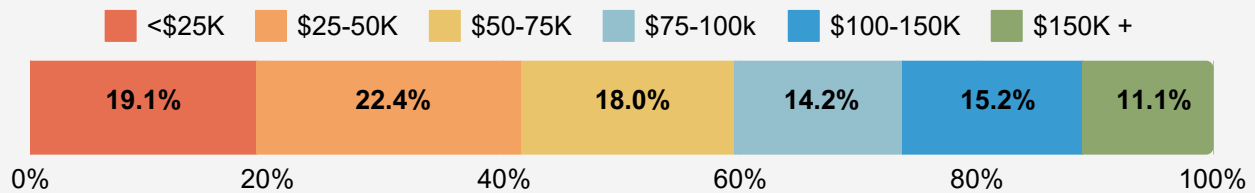
### Median Household Income: \$61,154

- Median household income has increased from \$47,342 in 2018 to \$61,154 in 2022 (129% increase) in Region 2
  - Biggest increases in Idaho and Latah counties
  - Lowest increase in Lewis County

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

*"Basic items to live are getting way too expensive"*  
- Idaho County Resident

### Region 2 Income Brackets



Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

### Financial Resiliency:

- 17% of Region 2 households reported they could not afford a \$400 emergency expense
  - 33% of households making less than \$50,000 per year
  - 31% of young adult (aged 18-34) respondents

Source: 2024 Community Needs Survey

*"The price of living is way too high for the wage"*  
- Nez Perce County Resident



# Economic Stability: Jobs & Transportation

## Employment and Job Prospects

- Region 2 unemployment: 4.2%
  - Lowest in Nez Perce County at 3.2%
  - Highest in Latah County at 5.3%

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

- 10% of Region 2 households reported needing help finding a job or job training
  - 15% of households making <\$50,000 per year
  - 15% of young adults aged 18-34

Source: 2024 Community Needs Survey

*"We need to have another industry in the town as well.  
Nothing has ever replaced the mill as an industry..."*

*- Lewis County Resident*

## Transportation

- 4.9% of households have no vehicles
  - Lowest in Idaho County at 1.9%
  - Highest in Nez Perce County at 6.9%
- 12% of Region 2 households reported needing transportation services, especially for accessing other services
  - 21% of households making <\$50,000 per year
  - 16% of young adults aged 18-34

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

Source: 2024 Community Needs Survey

*"The commute from my house to work is excessive because I cannot afford housing where I work."*

*- Latah County Resident*

*"I hope public transportation is expanded within the next 10 years. It is hard to live here without a car."*

*- Nez Perce County Resident*





## Services for Youth: Overview

Services for youth were highlighted as a community priority with residents noting the following qualities needing improvement:

- Quality Schools
- Activities for Teenagers
- Affordable Quality Childcare

Source: 2024 Community Needs Survey

*"Schools are solid but are having to deal with lack of resources and support from families at home, families are quick to defend their student and not let them take full responsibility for their choices, if school has to run a levy...I am not sure if they will have the support to pass a levy..."*

*- Lewis County Resident*

*"Our schools are FAILING. We can't pass a levy and our children are paying the price for the funding model and a lack of perceived value in education."*

*- Idaho County Resident*

*"Community no longer supports local schools."*

*- Idaho County Resident*

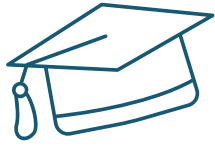
### Connecting Education to Health

*"People with higher levels of education are more likely to be healthier and live longer... Children from low-income families, children with disabilities, and children who routinely experience forms of social discrimination — like bullying — are more likely to struggle with math and reading. They're also less likely to graduate from high school or go to college. This means they're less likely to get safe, high-paying jobs and more likely to have health problems like heart disease, diabetes, and depression."*

*In addition, some children live in places with poorly performing schools, and many families can't afford to send their children to college. The stress of living in poverty can also affect children's brain development, making it harder for them to do well in school. Interventions to help children and adolescents do well in school and help families pay for college can have long-term health benefits."*

Source: Education Access and Quality. Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.





# Services for Youth: Early Childhood

## Childcare

- 10% of Region 2 households reported needing affordable childcare services
  - 24% of young adult respondents

Source: 2024 Community Needs Survey

*"More childcare for rural areas outside of Moscow."*  
- Latah County Resident



## Preschool

- 45.7% of the region's 3- and 4-year-olds are enrolled in preschool
  - Lowest enrollment in Clearwater County at 22.9%
  - Highest enrollment in Latah County at 50.3%

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

- 8% of Region 2 households reported a need for preschool education services
  - 25% of young adult respondents

Source: 2024 Community Needs Survey

## Preschool Resource: Head Start

Head Start is a comprehensive preschool program designed to help low-income and at-risk 3- and 4-year-old children and their families succeed in school and life.

### Lewis and Clark Early Childhood Program Head Start Preschool Locations:

Orofino, Weippe, Grangeville, Kooskia, Kamiah, Craigmont, Moscow, and three locations in Lewiston.

### Nez Perce Tribe Mamáy' asnim Hitéemenwees Head Start Preschool Locations:

Lapwai and Kamiah

Idaho Head Start Association. [www.idahohsa.org/head-start-and-early-head-start](http://www.idahohsa.org/head-start-and-early-head-start)



# Services for Youth: Quality Schools & Education

## Educational Attainment

- Region 2 adults aged 25 and older that have a high school education or higher:
  - 94% of Region 2 adults 25+
    - 93% of men
    - 95% of women
- Region 2 adults aged 25 and older with a bachelor's degree or higher:
  - 30% of Region 2 adults 25+
    - Lowest in Clearwater County with 18%
    - Highest in Latah County with 44%

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

## Education Needs

- 4% of Region 2 households reported a need for basic education (GED) or English (ESL) services

Source: 2024 Community Needs Survey

**Quality Schools**  
was ranked the 4th highest  
quality needing improvement  
by community members

*"We need help from the state of Idaho for our public schools! Without good public schools, everything else will crumble."  
- Idaho County Resident*

*"... lack of resources for higher education, job training and youth activities also seriously impacts the prospect of our residents."  
- Idaho County Resident*

**Activities for teenagers**  
was ranked the 6th highest  
quality needing improvement  
by community members



## Aging-in-Place: Overview

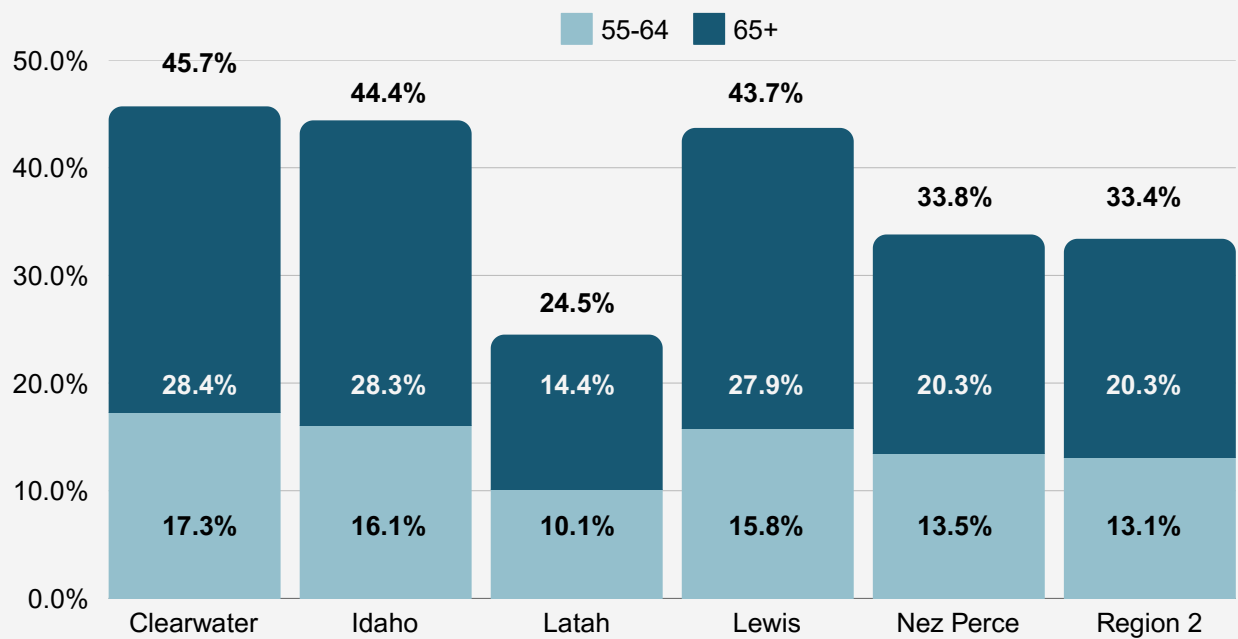
A large proportion of the population in Region 2, especially in the rural/frontier counties, are older adults. Aging-in-place was a common concern brought up during the CHA process.

Some topics around aging-in-place included:

- Access to care
- Dementia
- Inflation
- Affordable senior housing
- Food insecurity
- Transportation to services
- Independent living difficulties
- Social isolation
- Caregiver support

*"Looming risks of trying to safely, affordably, efficiently age-in-place. Physical and mental abilities can drop off the cliff at any time, but supportive resources are scarce."*  
- Latah County Resident

### Population by Age Groups



Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD



# Aging-in-Place: Health Concerns

## Access to Care by those 65+ in Region 2:

- 13.5% did not have a routine checkup in the last year
- 7.3% did not have a PCP
- 6.7% did not seek care due to cost

Source: Idaho Behavioral Risk Factor Surveillance System Dashboard, 2022. Get Healthy Idaho, Idaho Department of Health and Welfare, Division of Public Health.

- 12% reported needing care in the past year but were unable to get care (experienced barriers to care)

Source: 2024 Community Needs Survey

*"Better senior care & assisted living options in our communities."  
- Idaho County Resident .*

## Falls

- Falls were the leading cause of accidental death in Region 2 in 2022

Source: Idaho Vital Statistics - Mortality 2022, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, January 2024

## Fall Prevention Resource:

- Fit and Fall Proof® Program

*"Falling hazards inside the home (stairs).  
Unable to find alternate housing."  
- Survey respondent*

## Degenerative Diseases

- Alzheimer's disease was the 8th leading cause of death in Region 2 in 2022
- Parkinson's disease was the 11th leading cause of death in Region 2 in 2022

Source: Idaho Vital Statistics - Mortality 2022, Idaho Department of Health and Welfare, Division of Public Health, Bureau of Vital Records and Health Statistics, January 2024

*"Help accessing resources as my spouse ages and shows signs of dementia"  
- Clearwater County Resident*

*"Concerned about access to services and isolation as we get older."  
- Nez Perce County Resident.*





# Aging-in-Place: Socioeconomic Concerns

## Poverty

- 9.3% of adults aged 65 and older in Region 2 are below the federal poverty level

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

*"Inflation - As a retired senior I have received very minimal income increases, but have received large [cost] increases in all basic services"*  
- Nez Perce County Resident

## Affordable Housing

- 12% of adults aged 65 and older in Region 2 reported a need for affordable, decent housing
- 4% of adults aged 65 and older reported feeling unstable and insecure in their current housing situation

Source: 2024 Community Needs Survey

*"Need more affordable senior housing."*  
- Nez Perce County Resident

## Food Insecurity

- 8% of adults aged 65 and older in Region 2 reported needing help getting enough food

Source: 2024 Community Needs Survey

*"I wish that food stamps would give more than \$27 per month to senior citizens. My income is only \$1143 per month."*  
- Nez Perce County Resident

*"Senior center meals are a means to interact with my elder peers rather than a need for the lunches provided."*  
- Latah County Resident

## Transportation

- 12% of adults aged 65 and older reported a need for transportation, especially for other services
- 4% reported that lack of reliable transportation kept them from medical appointments or getting things they needed for daily living

Source: 2024 Community Needs Survey

*"Regularly available transportation to Moscow and Lewiston is needed in the community to keep elderly people in their homes."*  
- Latah County Resident



# Aging-in-Place: Living Alone & Social Support

## Seniors Living Alone

- 27% of adults 65+ live alone in Region 2
  - Lowest in Idaho County with 22%
  - Highest in Lewis and Nez Perce counties at 29%

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

## Independent Living Difficulties

- 10.9% of Region 2 adults aged 65+ have independent living difficulties
  - Lowest in Idaho County at 6.3%
  - Highest in Lewis County at 15.4%

Source: US Census Bureau, American Community Survey 5-Year Estimates 2018-2022. Region 2 aggregated by PH-INCD

**56 households reported that they assumed responsibility for overall care of an older adult in the past 12 months**

Source: 2024 Community Needs Survey

**16% of households reported a need for caregiving support**

Source: 2024 Community Needs Survey

*"... overwhelmed by caring for an elderly parent or other family member. I know many folks who are struggling in that situation."*

*- Nez Perce County Resident*



# Summary

Through information gathered from the Community Needs Survey, survey comments, and input from community partners, we were able to categorize the needs identified into the following categories:

## Access to Care

Based on secondary data of insurance rates and care utilization and survey feedback about barriers to care, access to affordable medical and dental care stood out as a priority in the region. Over 60% of survey respondents reported their household had a need for affordable medical and dental care. Cost, access, and availability of care were noted as major barriers in accessing care.

## Behavioral Health

Behavioral health was another priority highlighted throughout the CHA. Suicide was a leading cause of death in the region, and the region had high rates of drug overdose deaths and alcohol use. Availability and affordability of mental health care were barriers reported by community members.

## Healthy Lifestyle Promotion

Many of the leading causes of death in the region are from chronic diseases such as heart disease, stroke, and diabetes. Eating a healthy diet and getting enough physical activity can help reduce the risk of development of these conditions. Tobacco use and alcohol consumption can increase the risk of various forms of cancer, another leading cause of death in the region. Reducing tobacco and alcohol use can help promote better health outcomes.

## Economic Stability

Rising cost of living impacts the health and well-being of community members. Numerous socioeconomic topics, including affordable housing, food security, job prospects, wage levels, and cost of living were noted by community members as areas that need improvement. Economic stability and resiliency can help ensure households are able to afford healthy foods, healthcare, and housing.

## Services for Youth

Affordable childcare and preschool, quality education, and activities for teens are issues impacting the region. Higher educational attainment is correlated with improved health outcomes.

## Aging-in-Place

Aging adults make up a large proportion of the region's population. Concerns about aging-in-place, access to services and resources, social isolation, and navigating increases in costs of living were highlighted as concerns. Difficulties of providing care for aging family members, caregiver fatigue, and availability of in-home care also stood out as community needs.

## For more information:

To review the 2024 CHA in its entirety, please visit: <https://idahopublichealth.com/data-and-resource/>