

August
2013

Community Health Assessment



Public Health
Prevent. Promote. Protect.
Panhandle Health District



Public Health
Idaho North Central District

*Boundary, Bonner, Kootenai,
Benewah, Shoshone, Latah,
Clearwater, Nez Perce, Lewis
and Idaho Counties*

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**Lora Whalen, Director
Panhandle Health District**

8500 N. Atlas Road
Hayden, Idaho 83835
208-415-5100

lwhalen@phd1.idaho.gov
www.phd1.idaho.gov

**Carol Moehrle, Director
Idaho North Central District**

215 10th Street
Lewiston, ID 83501
208-799-3100

cmoehrle@phd2.idaho.gov
www.idahopublichealth.com

PARTNERS

In addition to key hospital partners, the organizations below have invested time and resources and have a vested interest in this process. This process is only as strong as the energy and commitment from the community. Thank you for your support!

Adult Day Health	Lewis County Commissioners
Area Rotary Clubs	Lewis-Clark Early Childhood Program
Beautiful Downtown Lewiston	Lewiston Parks and Recreation
Benewah County Commissioners	Lewiston Police Department
Bonner County Commissioners	Moscow Chamber of Commerce
Boundary County Commissioners	Moscow Family Medicine
Boys and Girls Clubs	Moscow Police Department
Chambers of Commerce	Moscow School District
Chambers of Commerce	Moscow-Pullman Daily News
City of Kendrick	Nez Perce County Commissioners
City of Lewiston, Active Living Task Force	Nimiipuu Indian Health Clinic
City of Lewiston, Public Works	North Idaho College
City of Potlatch	Regence Blue Shield of Idaho
Clearwater County Commissioners	Region II Mental Health Board
Community Action Partnership Area Agency on Aging	School Districts
Cottonwood City Council	Senior Centers
Department of Environmental Quality	Shoshone County Commissioners
Federally Qualified Health Centers	Snake River Community Clinic
Genesee Civic Association	Sojourners' Alliance
Gritman Medical Center	St. Joseph Regional Medical Center
Idaho County Commissioners	Transportation Services
Idaho Department of Health and Welfare	Tribal Government
Kootenai County Commissioners	Tribal Wellness Center
Latah County Commissioners	U of I Extension – Nez Perce County
Latah County Youth Advocacy Council	United Way
Latah Economic Development	University of Idaho
League of Women Voters	WIC Clinics
Lewis and Clark State College	YWCA

This report was published August 2013

Introduction and Background

INTRODUCTION

- *What is health?*
- *How can we measure it?*
- *How can we improve it?*
- *Why does it matter to us and to our families?*

For individuals, the answers to the questions above are as unique and wide-ranging as the genetics of our personal DNA, the results of our last medical tests, and the diseases that we happen to acquire. These are personal questions usually discussed in exam rooms or at home with people we love and trust.

The questions above cannot be adequately answered without also acknowledging that our health is fundamentally affected by our communities.

- *Is our water clean?*
- *Is the air healthy?*
- *Do our children attend affordable day care centers that serve healthy foods, keep kids active, and require immunizations?*
- *Can we afford health insurance?*
- *How many people rely on the emergency room as their main health care provider?*
- *Is the person driving toward us on the highway intoxicated?*
- *Are there health inequities?*

These are some of the questions that impact all of us every day. Every community chooses to confront these challenges in different ways that reflect the varying sensibilities and priorities of the people who live within the community. What is constant, however, is that a community is better equipped to make choices and set priorities when its residents are well informed about the status of their communities.

The following pages provide some of the information necessary to make informed choices and set priorities. This document is a summary of work that began more than one year ago to gather data and consult with residents and community leaders to learn more about the health of our communities. This process included meetings, surveys, an examination of existing health data, and consultations with health professionals within our communities.

This Community Health Assessment will influence the Community Health Improvement Plan and strategic planning efforts in northern Idaho.

BACKGROUND

Panhandle Health District (PHD), in conjunction with North Central Public Health District (PH-INCD), has a history of community engagement using the Assessment Protocol for Excellence in Public Health (APEXPH) planning tool. Local Public Health in Idaho recently released “Network of Care for Public Health,” our new community-based web portal, which provides community health data as well as public education. The community health data includes 176 different health indicators that can be compared at the county or health district level against state and national benchmarks. The Network of Care collects and updates national, state and local data. All partners utilize this web portal as a source for secondary data. Panhandle Health District, in collaboration with partners from our North Idaho community, worked together to undertake this Community Health Assessment, which represents a building block to achieve a common vision: *Healthy people in healthy communities.* (See Appendix 1 – Process)

The pages that follow contain a wealth of information that will be relevant to different people and organizations in different ways. What did we learn? Some of the most significant issues uncovered include:

- Obese adults
- Teen pregnancy
- Cancer related deaths
- Adults with diabetes
- Smoking
- Suicide deaths

We intend to share this assessment with residents and organizations to facilitate a community effort to identify high-priority issues and formulate a plan to build awareness and drive improvements. We hope that this assessment will help build healthier communities for the residents of Idaho’s ten northern counties.

This document serves as a summary report of a comprehensive community health assessment (CHA) conducted between October 2012 and December 2012. It was conducted in collaboration with the following:

Boundary Community Hospital
Bonner General Hospital
Kootenai Medical Center
Benewah Community Hospital
Shoshone Medical Center
Gritman Medical Center (Latah County)

Clearwater Valley Hospital and Clinics
St. Mary’s Hospital and Clinics (Idaho County)
Syringa Hospital and Clinics (Idaho County)
St. Joseph’s Regional Medical Center (Nez Perce County)

Key Findings

This assessment contains a great deal of primary and secondary data that has enabled us to begin to understand the health of our communities. Below are some issues that stood out in the data that was collected and is the most impactful to the health of the residents of our communities. We found amazing consistencies in the ten northern counties around the key factors of a healthy community.

BARRIERS TO ACCESS

Many residents have to travel far distances for health services, and as gas prices rise, people are less willing to travel. The ten northern counties of Idaho have few, if any, options for mass transportation. Winding roads and winter conditions also limit the ability to travel during certain times of the year. Northern Idaho is a physician shortage area with 111 physicians per 100,000 residents in the ten northern counties¹ and only 103 dentists per 100,000 Idaho residents in the ten northern counties². Accessing medical and dental care is often times difficult.

PHYSICAL ACTIVITY

Obesity rates among adults are 26% in District 1 and 29% in District 2³. Many of our small rural counties have no fitness centers or recreational areas and no sidewalks or safe areas to exercise except the great outdoors. This is noted as an issue with our senior population as well as our children.

TEEN BIRTHS

Although we are seeing improvements in our teen birth rates, District 1 has a rate of 39.1 per 1,000 and District 2's rate is 27.8 per 1,000.⁴ We are actively engaged in many of our school districts with Adolescent Pregnancy Prevention programs, but much of this public health activity has seen a decrease in funding. It is often very difficult to encourage our public school system to focus on teen births when they are so occupied with the education requirements from the state. Our goal would be to have no unplanned teen pregnancies in our districts and to reach our benchmark of less than 22 per 1,000 population.

¹ Page 23 of the 2012-2013 IDOL Idaho Primary Care Physicians Workforce Overview
http://issuu.com/idaholabor/docs/idaho_primary_care_physicians?e=3684643/1089552

² Page 9 2013 Idaho Dentists and Dental Specialists Workforce Supply and Demand Summary
http://labor.idaho.gov/publications/Dentist_Whitepaper.pdf)

³ 2013 County Health Rankings
<http://www.countyhealthrankings.org/app/#/idaho/2013/rankings/outcomes/overall/by-rank>

⁴ For Maternal/Child indicators 2-7, Adolescents indicators, and Adults indicator 10: Vital Statistics, Bureau of Vital Records and Health Statistics

MENTAL HEALTH

Both District 1 and District 2 experience a wide range of mental health challenges regularly. The suicide rate in District 1 is 21 per 100,000 residents, and District 2 is 19.8 per 100,000 residents⁵. The Healthy People 2020 goal is 10.2 per 100,000 and we are consistently above the national goal. Lack of resources along with the stigma against mental health issues and seeking mental health services are barriers to receiving care.

DIABETES

Diabetes is ranked in the top four as one of the most important health problems in our communities. In District 1, the percentage of self-reported diabetes in the population is 6.54. In District 2, the percentage of self-reported diabetes is 7.64. The State of Idaho overall has a 7.3 percent self-report rate⁶. Given that diabetes is interwoven with the lack of physical activity and being overweight, this health issue is of high priority for both districts.

SMOKING/TOBACCO USE

Tobacco and smoking continue to be recognized as an important health problem in both districts. In District 1, the percentage of adults who report smoking is 22.84 and in District 2, percentage of adults who report smoking is 17.98. This is in comparison to the state percentage of 17.1⁷.

⁵SPAN Idaho October 2012 Suicide Fact Sheet www.spanidaho.org/docs/factsheet.pdf

⁶ Idaho BRFSS 2004-2010

⁷ County Health Rankings <http://www.countyhealthrankings.org/app/#/idaho/2013/rankings/outcomes/overall/by-rank>

Understanding the Determinants of Health

A multitude of different social, economic and personal factors determine a person's health. This means that people living in the same community or people of the same age can have vastly different chances of good health. According to the World Health Organization, the social determinants of health are the circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies and politics. It can be easy to blame individuals for their poor health or congratulate others for good health, yet in reality many of the determinants of health are out of our own personal control. Some of the main "social determinants of health" include:

- **Where you live, work, play**
Is there clean and safe water and air? Is housing safe and not overcrowded? Is there good sanitation? What are levels of crime like? How safe are roads? Are there jobs with livable wages and working conditions?
- **Genetics**
Have you inherited greater likelihood of certain illnesses? How do you cope with stress?
- **Income**
Unsurprisingly, higher income is linked with better health.
- **Nutrition**
Is there easy access to healthy food? Do people regularly choose to eat healthy food?
- **Education**
Graduation rates affect health outcomes.
- **Relationships with friends and family**
Better support networks are linked with better health.
- **Gender**
Men and women face different diseases at different ages.
- **Culture**
Customs, traditions and beliefs can all affect health for better or worse.
- **Access to and use of health services**
Are services available and accessible?
- **Personal behaviors**
What do you eat? How much exercise do you do? Do you smoke or drink?

All these health determinants interact to create a complex set of health dynamics. Reducing poverty, providing quality education, assuring access to preventative healthcare and promoting a healthy living environment are key components of health.

We asked our community what they felt were the most important factors or determinants for a healthy community. The table on the next page depicts their ranking of these factors.

FACTORS FOR A HEALTHY COMMUNITY

In each of our communities there are challenges that impact the health of the residents living in those counties. Our respondents ranked the following health factors they felt to be the most important factors that positively influence their communities (see page 34 Methodology).

What do you think are the three most important factors for a “Healthy Community”?					
DISTRICT 1	Ranked #1	Ranked #2	Ranked #3	Ranked #4	Ranked #5
Good place to raise children				Bonner Boundary Shoshone	Benewah
Low Crime/safe neighborhoods	Benewah Bonner Kootenai	Shoshone	Boundary		
Low level of child abuse					
Good schools			Boundary	Benewah	Kootenai Shoshone
Access to health care		Benewah	Bonner Boundary Kootenai Shoshone		
Parks and Rec					
Clean environment					Boundary
Affordable housing				Boundary	
Good jobs and healthy economy	Boundary Shoshone	Bonner Kootenai	Benewah		
Healthy behaviors and lifestyles		Boundary		Kootenai	Bonner
Low adult death and disease rates					
Low infant deaths					

What do you think are the three most important factors for a “Healthy Community”?					
DISTRICT 2	Ranked #1	Ranked #2	Ranked #3	Ranked #4	Ranked #5
Good place to raise children			Latah Idaho	Clearwater Lewis Nez Perce	
Low Crime/safe neighborhoods	Latah	Nez Perce		Clearwater Idaho Lewis	
Low level of child abuse					
Good schools		Lewis	Clearwater Idaho Nez Perce	Latah	
Access to health care	Idaho Lewis	Clearwater Nez Perce	Latah		
Parks and Rec					
Clean environment					Lewis Nez Perce
Affordable housing					Latah
Good jobs and healthy economy	Clearwater Nez Perce	Idaho Latah	Lewis		
Healthy behaviors and lifestyles		Lewis	Nez Perce		Clearwater Idaho
Low adult death and disease rates					
Low infant deaths					

Vision

Improving the Quality of Life of all residents in the TEN Northern Counties of Idaho:

“Healthy People in Healthy Communities”

We are committed to making our ten northern counties in Idaho active, thriving communities that value the health of its people. We seek to promote healthy choices for all residents through open communication, collaborative relationships and affordable health resources.

Pursuing this vision requires the following core values:

- Strengthening and expanding partnerships
- Community engagement
- Respect for all
- Excellence in service
- Science-based decision making
- Partnerships in collaboration
- Community empowerment
- Teamwork

County Profiles



IDAHO'S TEN NORTHERN COUNTIES

Boundary County

COMMUNITY PROFILE

Rich in its overwhelming natural beauty, Boundary County's mountain ranges, lakes and vast forestland make the area one of the most spectacular spots in the Inland Northwest.

While the Cabinet, Selkirk and Purcell Mountain Ranges come together at McArthur Lake, the Selkirk Range runs west of Bonners Ferry to Canada and the Cabinets are prominent along the skyline to the east. What makes Boundary County special from most communities is that about 90 percent of it is forested. You can camp in the wilderness, hike and horseback during the spring, summer and fall, and snowmobile and cross country ski in the winter. If you look close enough, sometimes you'll be able to spot bald eagles that call Boundary County home.

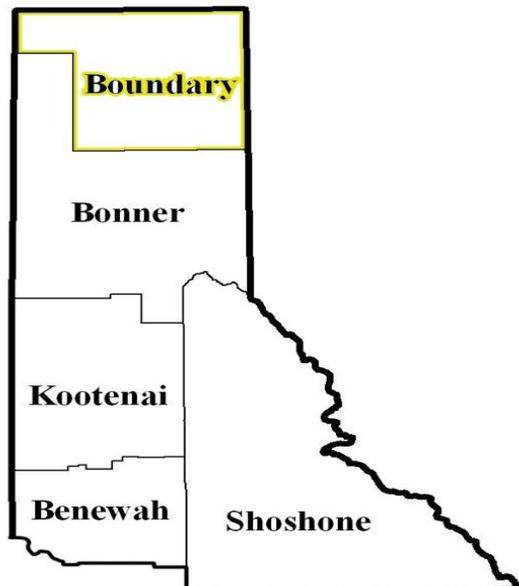
The rugged beauty and often harsh conditions mean that many of the amenities you may be used to are not available.

When it comes to providing healthcare to its community, Boundary County offers both a hospital and low-cost medical clinic, as well private physicians, dentists and chiropractors. Fire protection and emergency medical services in Boundary County are provided by trained volunteers, but because of the distances involved and because conditions are not always favorable, response times can be delayed.

DEMOGRAPHICS

Based on the 2010 census, the population of Boundary County was 10,972. Furthermore, according to the Census, 17.9% of the population of Boundary County lives below poverty level.

“Life in Boundary County is wonderful; the people here retain a strong pioneer spirit of hard work and of helping their neighbors.”



ASSETS

Boundary County has many strengths and assets which encourage healthy lifestyles. Girded by mountain ranges teeming with wildlife and a beautiful valley through which the Kootenai River flows, Boundary County offers a wide range of things to do and places to see, from pristine forests to some of the most productive agricultural lands in the nation.

- Boundary Community Hospital
- University of Idaho Extension Office
- Kootenai National Wildlife Refuge
- Elk Mountain Farms
- Boulder City Ghost Town
- Kootenai Tribal Sturgeon Hatchery
- Naples General Store/American Youth Hostel
- Law Enforcement/Volunteer Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

Bonner County

COMMUNITY PROFILE

Bonner County is located in the northern panhandle of Idaho in a land of magnificent lakes, mountains, forests and vibrant communities. The unique location, beautiful landscape, diversified economy, and exceptional human resources make Bonner County a wonderful place to live, work, do business and visit.

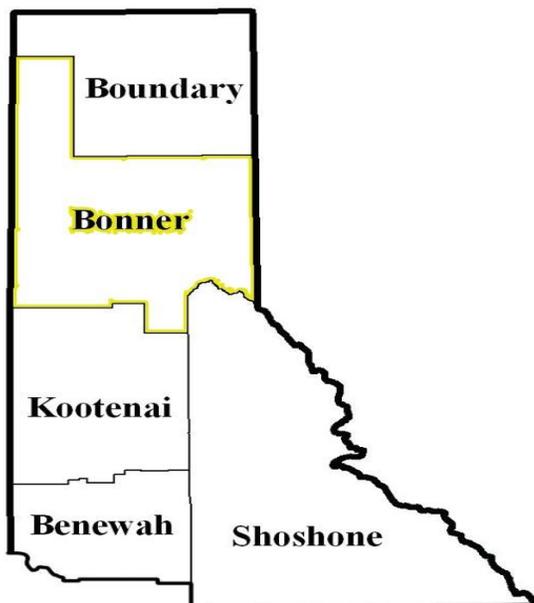
The landscape in Bonner County is a combination of towering mountains that range up into the 7,000-foot level and lush river-bottom valleys. The beautiful Selkirk Mountain range dominates the western side of the county, and the sharp-peaked Cabinet Mountains border the county on the east. The county reaches across the entire width of Idaho's panhandle between Montana and Washington.

Another dominant feature in Bonner County is water. The largest lake in Idaho, Lake Pend Oreille, lies in the center, and the more remote waters of Priest Lake lie in the northwest corner. Three major rivers traverse the county; the Clark Fork drains into Lake Pend Oreille from the east, the Pend Oreille River drains out of the lake on the west, and Priest River drains from Priest Lake and reach the waters of the Pend Oreille River in the town of Priest River. A number of other creeks, rivers and smaller lakes dot the landscape too.

Bonner County, especially the greater Sandpoint area, has enjoyed considerable success in growing and diversifying its economy. Over the past 20 years, the local economic base has shifted from an over-reliance on the timber industry to a vital mixture of tourism, manufacturing, retail and services.

DEMOGRAPHICS

Based on the 2010 census, the population of Bonner County was 40,476. According to the census, 15.2% of the population of Bonner County lives below the poverty level.



ASSETS

Bonner County has many strengths and assets which encourage healthy lifestyles. Its beauty, recreational opportunities and quality of life have attracted thousands of new residents since the mid-1980s. The resulting population growth has influenced Bonner County's economy in many ways. Population growth spurred growth in the construction industry, retail stores, health care providers, public schools, service organizations, and government agencies.

- Bonner General Hospital
- University of Idaho Extension Office
- Schweitzer Mountain Resort
- WaterLife Discovery Center
- Cabinet Gorge Hatchery
- Law Enforcement/Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

“The best-kept, picture perfect secret.”

Kootenai County

COMMUNITY PROFILE

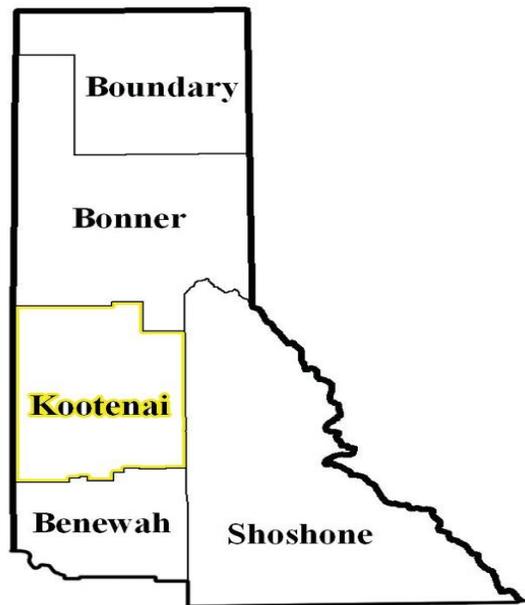
Kootenai County is located in northern Idaho, an area known as the Panhandle, surrounded by scenic mountains and more than twenty pristine lakes--an outdoor enthusiast's dream. The largest city and county seat is located in beautiful Coeur d'Alene and is on the majestic shores of Lake Coeur d'Alene. The county is 1,310 square miles, including 70 square miles of water, 245,000 acres of national forest and 33,000 acres of state timberland. Kootenai County is a destination location for regional, national and international travelers; hence, the seasonal population increase is well beyond the local population of 138,000.

The Coeur d'Alene area is surrounded by dozens of lakes left behind by the glaciers of the ice age. There are more than 55 lakes within easy driving distance of Coeur d'Alene, but none more scenic and full of activities than Lake Coeur d'Alene itself. There's something magical about Lake Coeur d'Alene that's hard to define, but it begins with the spectacular North Idaho sunsets and moonrises, the plunge of an osprey after a fish, the glowing lights of downtown Coeur d'Alene reflecting across its waters at night.

The Coeur d'Alene Golf & Spa Resort, widely regarded as one of the best golf destinations in the world, is also home to the world famous floating green.

DEMOGRAPHICS

Based on the 2010 census, the population of Kootenai County was 138,494. According to the census, 12.8% of the population of Kootenai County lives below the poverty level.



ASSETS

Kootenai County has many strengths and assets which encourage healthy lifestyles. As a young county with a young population, residents are very active, and trails and bike paths are available for physical activity and community activities.

- North Idaho College
- Lewis Clark State College Outreach Center
- University of Idaho Outreach Center and Extension Program
- Kootenai Medical Center
- IRONMAN Coeur d'Alene
- Boulder Beach Water Park
- Cougar Bay Preserve
- Law Enforcement
- Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

“Playground of the Pacific Northwest.”

Benewah County

COMMUNITY PROFILE

Benewah County is an area where the lakes, mountains and beautiful summer weather have made it one of the most famous summer playgrounds and resort destinations in the Pacific Northwest. It's also home to a variety of wildlife, including moose, deer, elk, bear and several bird species, still roaming the pristine forests of northern Idaho.

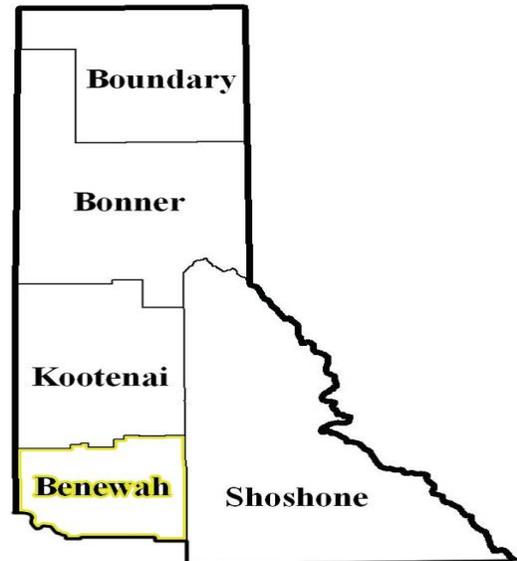
The local economy is driven by the timber industry complemented by some mining operations and a solid base of farming. The remarkable beauty of the area combined with the exceptional quality of life has spawned a considerable retirement community in the area.

Four seasons, fresh air, clean water and uncrowded – this is the magnet that drew our forefathers and might now be drawing you. St. Maries is amidst this sylvan paradise, cradled within the arms of majestic mountains, surrounded by lakes and rivers and towering forests, and bordered by the fertile Palouse farming area. Winter snow and the smell of wood smoke, summer days and the sound of gentle breezes through the pines – Everywhere you turn satisfies a hidden yearning. Add to that, low taxes, first-rate medical facilities and the best outdoor recreation opportunities in America, and you'll begin to realize why we cherish our home amidst the pines, firs and pungent cedars.

DEMOGRAPHICS

Based on the 2010 census, the population of Benewah County was 9,285. According to the census, 14.7% of the population of Benewah County is living below poverty level.

**“The way America was –
Northern Idaho – the true
gem of the mountains.”**



ASSETS

Benewah County has many strengths and assets which encourage healthy lifestyles. Recreational offerings run the entire gamut – from leisurely walks along the tranquil waters of the St. Joe River, nature walks at Heyburn Park, hiking the challenging Marble Creek Trails to family bicycle rides along the Hiawatha Rail Trail. There's summer fishing and fall hunting – one of America's largest elk herd resides nearby. Add to this the hundreds of miles of accessible groomed snow mobile trails and you have a full year.

- Benewah Community Hospital
- Benewah Medical & Wellness Center
- University of Idaho Extension Program
- University of Idaho Extension Reservation Program
- Hughes House
- St. Joe Scenic Byway
- Lake Coeur d'Alene Scenic Byway
- White Pine Scenic Byway
- Law Enforcement/Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

Shoshone County

COMMUNITY PROFILE

Shoshone County is commonly referred to as the Silver Valley due to its century-old mining history. The Silver Valley is famous nationwide for the vast amounts of silver, lead, and zinc mined from it.

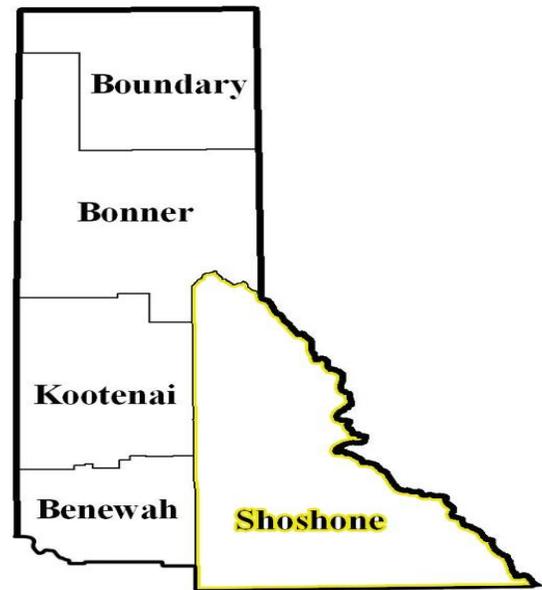
Nestled between the Coeur d'Alene Mountains and the Bitterroot Range, the Silver Valley region is over 80% forest-owned land managed by State and federal entities. It has hidden seasonal trails and historic paved wonders to bring you up close and personal with a natural treasure.

Shoshone County lies on the eastern side of Idaho's northern panhandle. The county's seven incorporated cities are stretched along the Interstate-90 corridor, from Pinehurst on the western side to the Montana border to the east. This corridor is also known as the Silver Valley. It is part of a beautiful, mineral rich, and history laden landscape that was once known as the High Coeur d'Alenes.

Shoshone County is also forest country. Until recently, timber has been a mainstay of the county's natural resources economy.

DEMOGRAPHICS

Based on the 2010 census, the population of Shoshone County was 12,765. According to the census 16.5% of the population of Shoshone County lives below the poverty level.



ASSETS

Shoshone County has many strengths and assets which encourage healthy lifestyles. The Silver Valley is a four-season mountain recreation destination featuring alpine and cross-country skiing, snowboarding, snowmobiling, fishing, mountain biking and climbing, river rafting, canoeing and kayaking, golf, hiking, backpacking, four-wheeling, and hunting.

- Shoshone Medical Center
- North Idaho College Silver Valley Center
- University of Idaho Extension Program
- Silver Mountain Ski Resort
- Lookout Pass Ski & Recreation Area
- Crystal Gold Mine
- Northern Pacific Depot Railroad Museum
- Route of the Hiawatha Rail Trail
- Wallace District Mining Museum
- Old Mission State Park
- Law Enforcement/Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

“Your memories are awaiting you in the Silver Valley. Incredible history meets incredible beauty.”

Latah County

COUNTY PROFILE

Latah County is located in the northern Idaho panhandle; to the immediate west lies Whitman County, Washington. These counties are referred to as “the Palouse,” which produces a large share of the wheat, lentils, peas, oats and barley in the United States.

Latah County is mostly rural with striking contrasts between the rolling hills of the Palouse region and thick forests of pine, fir, and cedar. The northern part of the county boasted the largest stand of white pine in the nation, attracting the Potlatch Lumber Company.

Home to the University of Idaho and close neighbors with Washington State University, Latah County hosts a surprising array of fine dining spots, wineries, art galleries and performance art venues.

The Lionel Hampton Jazz Festival presents world-class musicians to hundreds of visitors each February and a network of locally supplied chefs has resulted in menus that yield a true taste of the region.

Outdoors, visitors will find a number of opportunities for bicycling, mountain biking, hiking, golf and wildlife viewing.

DEMOGRAPHICS

Based on the 2010 census, the population of Latah County was 37,244. According to the census, 21.3% of the population of Latah County is living below poverty level. Within Public Health District 2, Latah County has the highest proportion, 43.7% of residents with a Bachelor’s Degree or higher.



ASSETS

Latah County has many strengths and assets which promote healthy lifestyles. The University of Idaho provides great education, athletic options, as well as art and music programs. As a young town with a young population, residents are very active. Trails and bike paths are available for physical activity and community activities.

- University of Idaho
- University of Idaho Extension Program
- Gritman Medical Center
- Botanical Gardens
- Appaloosa Museum & Heritage Center Foundation
- White Pine Scenic Byway
- Law Enforcement
- Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer’s Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre

**“Latah County is unique,
there’s something for
everyone.”**

Clearwater County

COUNTY PROFILE

Clearwater County is located in the magnificent North Central region of Idaho. From steep river canyons to high mountain vistas, it has a wide variety of terrain and outdoor activities for both residents and visitors.

The county is home to the North Fork of the Clearwater River and a small portion of the South Fork as well as the main Clearwater. Also in the county is the Dworshak Reservoir which is 54 miles long with 19,000 surface acres of water. Boating and fishing spots are popular with visitors and residents. Also Dworshak State Park, Dworshak National Fish Hatchery and the Dworshak Dam, which is the third highest dam in the U.S. and the tallest straight axis concrete dam in North America.

The scenery is breathtaking, with numerous hills, mountains, forests, valleys and rivers to delight any photographer. There are plenty of historic sites to experience, including the site where the starving Lewis and Clark met the Nez Perce Indians on the Camas Prairie after crossing the Bitterroot Mountains. In addition, the oldest town in Idaho, Pierce, which is a gold rush town and home to the oldest courthouse in the state.

For the outdoor enthusiasts, the area offers big game hunting, fishing, hiking, ATV trails, downhill and cross-country skiing, snowmobiling and camping. The modest Bald Mountain ski area is located between Orofino and Pierce.

DEMOGRAPHICS

Based on the 2010 census, the population of Clearwater County is 8,761. According to the census, 10.3% of the population of Clearwater County lives below poverty level.



ASSETS

Clearwater County has many strengths and assets which promote healthy lifestyles. Outdoor recreation is easily accessible throughout the county. Numerous trails provide seasonal recreational opportunities to residents.

- Clearwater Valley Hospital & Clinics
- State Hospital North
- Telehealth
- University of Idaho Extension Program
- Lewis Clark State College Outreach Center
- Law Enforcement
- Fire/EMS
- Outdoor Recreation
- Dworshak Dam
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

“54 miles of outdoor possibilities!”

Nez Perce County

COUNTY PROFILE

Nez Perce County, located in North Central Idaho, is noted for its forests, agricultural production, scenic beauty and unusual concentration of higher education institutions in a rural area.

Dominated by the Snake River, Clearwater River and opening on to the northern gateway to Hells Canyon, this region is a perfectly balanced destination choice for those who enjoy outdoor adventure as much as leisure experiences.

Hells Gate State Park is the gateway to both Idaho's Lewis and Clark country and to Hells Canyon, the deepest river gorge in North America.

Consistently ranked as one of the top ten destinations for outdoor sportsmen by Outdoor Life, and often in the top three, the region is paradise for sportsmen. The waters hold bass and trout but are famous for legendary steelhead, Chinook salmon and massive white sturgeon while the hills are home to deer, bear, bighorn sheep, elk, pheasant, chukar and other game.

Nez Perce County lifestyles are a mixture of outdoor recreational leisure, community events, arts and festivals. It is bordered by national forests, wilderness areas, pristine lakes, whitewater rivers, and rugged canyons. In less than an hour's drive, there is access to fishing, camping, hunting, skiing or sailing.

DEMOGRAPHICS

Based on the 2010 census, the population of Nez Perce County was 39,265. According to the census, 11.3% of the population of Nez Perce County is living below poverty level. Within Health District 2, Nez Perce County, at 46.3, has the highest number of people per square mile.



ASSETS

Nez Perce County has many strengths and assets which promote healthy lifestyles. An abundance of activities, from golf to trails and civic groups, all help build a strong sense of community pride. With an array of health services, including clinics, pharmacies, dentists and St. Joseph Regional Medical Center, residents do not have to travel far for many of their medical needs.

- Lewis Clark State College
- University of Idaho Extension
- University of Idaho Reservation Extension
- St. Joseph Regional Medical Center
- Nimiipuu Health Center
- Boys & Girls Clubs of America
- Law Enforcement
- Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

“I love living in Nez Perce County. All the big city amenities are near, but a small town feel.”

Lewis County

COUNTY PROFILE

Home to wide open acres of fragrant farm fields, friendly faces and small towns full of history, Lewis County is a perfect destination choice for vacationers who enjoy soft adventures and history.

Winchester Lake State Park surrounds a 103-acre lake nestled in a forested area at the foot of the Craig Mountains. The park has a modern campground. Picnicking and hiking are popular summer activities. In the winter, the park offers cross-country skiing, ice skating and ice fishing. There are healthy stands of Ponderosa Pine and Douglas Fir. White-tailed Deer, raccoon, muskrat and the Painted Turtle roam the area.

Off the trails and onto the highway, the Camas Prairie Driving Tour explores the history and sites of the region on a scenic tour traveled by automobile, motorcycle and cycling enthusiasts. Late spring and early summer are especially stunning; the Camas is in full bloom and turns the landscape into a sea of vibrant blue.

DEMOGRAPHICS

Based on the 2010 census, the population of Lewis County was 3,821. According to the census, 18.2% of the population of Lewis County is below poverty level. Within Health District 2, Lewis County at 478.8 square miles and only 8 persons per square mile is the smallest county.



ASSETS

Lewis County has many strengths and assets which promote healthy lifestyles. Residents enjoy the feel of small towns with easy access to the outdoors. This small county boasts an array of health services, including clinic and pharmacy, chiropractic, physical therapy, and dental services and Nimiipuu Health.

- St. Mary's Clinics
- Nimiipuu Health Satellite Clinic
- Wolf Education & Resource Center
- Law Enforcement
- Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

“A destination for the whole family. Come explore!”

Idaho County

COUNTY PROFILE

One of the country's largest counties is Idaho County. It is bigger than the state of New Jersey yet boasts one of the smallest population stretches from Oregon to Montana with more than four million trees growing from border to border.

There are 4,431,720 acres of National Forest land within the county; more than any county outside of Alaska. National Forests within the county are: Nez Perce National Forest, Clearwater National Forest, Payette National Forest, Bitterroot National Forest, Salmon National Forest, and Wallowa National Forest. The Nez Perce National Forest is located entirely within the county's borders and is the largest National Forest lying within a single county.

Idaho County is one of the few counties in the United States with two time zones, divided by the Salmon River. Most of the county is in the Pacific time zone, but those areas south of the Salmon River, including Riggins, but not the towns of Burgdorf and Warren, are in the Mountain time zone.

DEMOGRAPHICS

Based on the 2010 census, the population of Idaho County is 16,267. With 8,477.35 square miles, Idaho County only has 1.9 persons per square mile. According to the census, 17.1% of the population of Idaho County lives below poverty level.



ASSETS

Idaho County has many strengths and assets which promote healthy lifestyles. Outdoor recreation is available throughout the county. Numerous trails and waterways provide healthy recreation to residents throughout the winter and summer months.

- University of Idaho Extension Program
- Lewis Clark State College Outreach Center
- St. Mary's Hospital & Clinics
- Syringa General Hospital & Clinics
- Telehealth
- Clearwater Valley Clinics
- Northwest Passage Scenic Byway
- Law Enforcement
- Fire/EMS
- Outdoor Recreation
- Spiritual Health
- Local Media
- Libraries
- Safe place for kids
- Community Activities
- Farmer's Market
- Fishing/Hunting
- Parks/Reservoirs
- Historic Sites/Museums
- Arts/Theatre
- Agriculture

**“Come for the scenery and
stay for the lifestyle.”**

Health Problems

In each of our communities there are challenges that impact the health of the residents living in those counties. Our respondents ranked the following health problems they felt have the greatest impact on their communities.

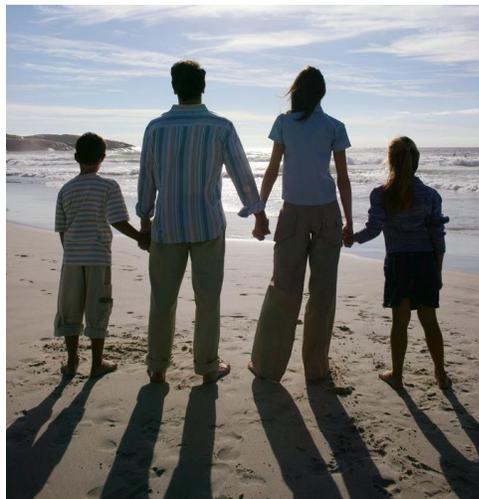
District 1 Indicators	Boundary	Bonner	Kootenai	Benewah	Shoshone
Overweight/Obesity	3	1	1	1	1
Cancer	1	2	3*	3	3
Mental Health/Suicide	2	3	3*	6	4
Child Abuse/Neglect	4*	4	2	2	2
Tobacco	4*	7	5	7	6
Diabetes	4*	6	7	4	7
Teen Births	7	5	6	5	5

District 2 Indicators	Latah	Clearwater	Nez Perce	Lewis	Idaho
Overweight/Obesity	1	2	1	3	3
Cancer	3	1	2	4	1
Mental Health/Suicide	2	4	3	1	2
Child Abuse/Neglect	5	6	6	5*	6
Tobacco	4	5	4	2	5
Diabetes	6	3	5	5*	4
Teen Births	7	7	7	7	7

*equal rankings within that county

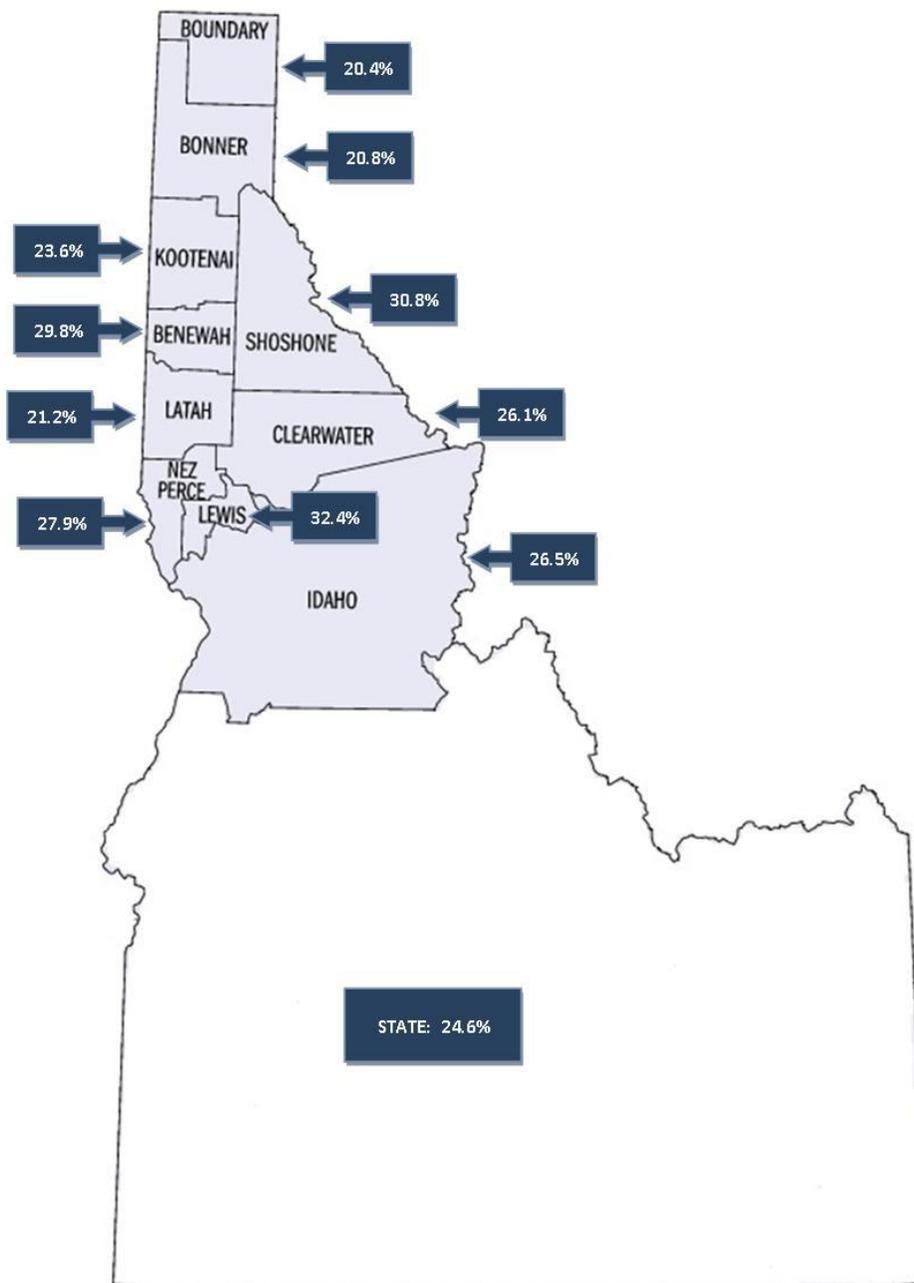
SOURCE DATA

INDICATOR	MEASURE	SOURCE
HEALTH BEHAVIORS		
Overweight/Obesity	% of adults that report BMI \geq 30	2004-2010 BRFSS
MENTAL HEALTH and SUBSTANCE ABUSE		
Suicide	Suicide Deaths (per 100,000)	2003-2009 NVSS-M
HEALTH RISK FACTORS		
Tobacco	% of adults that report currently smoking	2004-2010 BRFSS
Diabetes	% of adults that report having diabetes	2004-2010 BRFSS
MATERNAL and INFANT HEALTH		
Teen births (per 1,000 teens)	Rate of births to females 15-19 years of age	2003-2009 NVSS-M



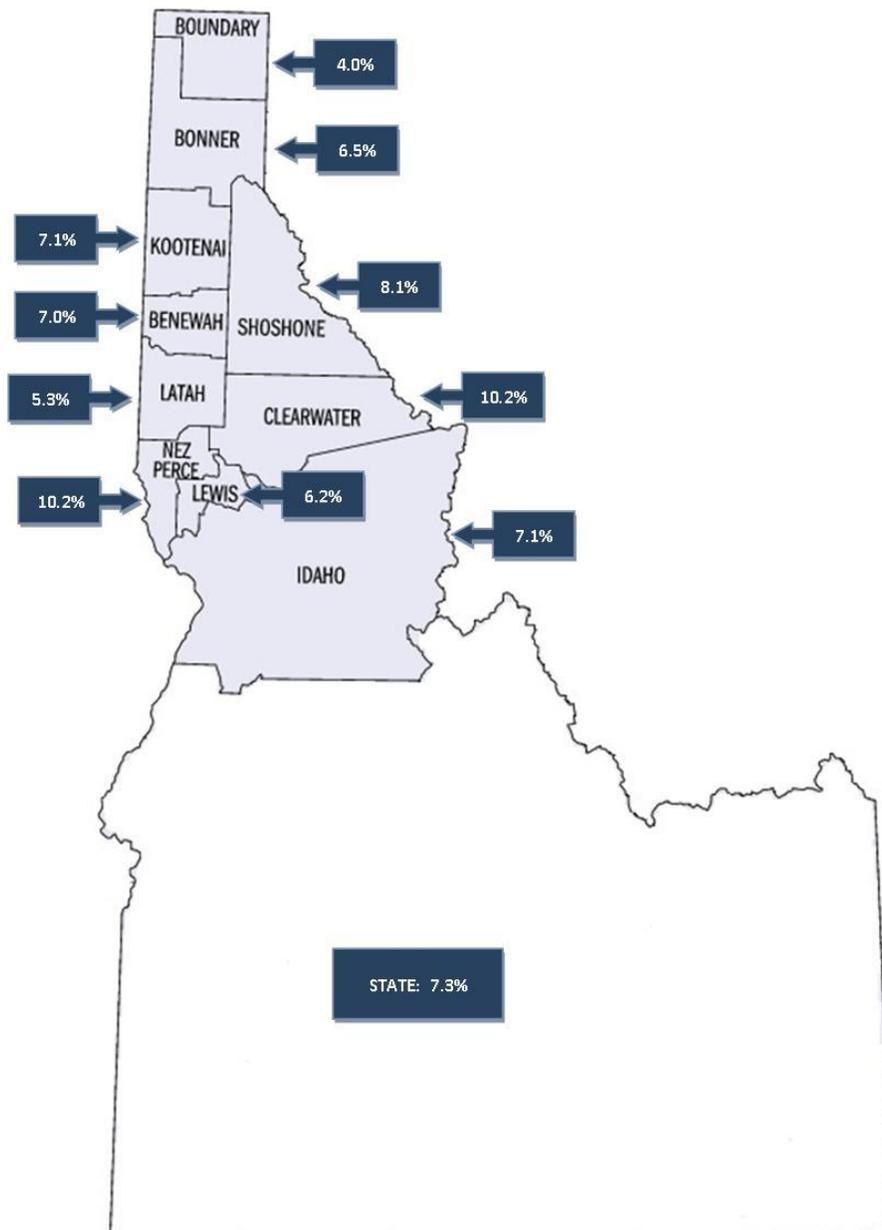
OVERWEIGHT/OBESITY

This indicator shows the percentage of adults who are overweight according to the Body Mass Index (BMI). The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units ($BMI = \text{Weight (Kg)} / [\text{Height (cm)}^2]$). A BMI between 25 and 29.9 is considered overweight. The percentage of overweight and obese adults is an indicator of the overall health and lifestyle of a community. Being overweight or obese affects quality of life and puts individuals at risk for developing many diseases, especially heart disease, stroke, diabetes, and cancer. Losing weight helps to prevent and control these diseases. Being overweight or obese also carries significant economic costs due to increased healthcare spending and lost earnings. (2004-2010 BRFSS)



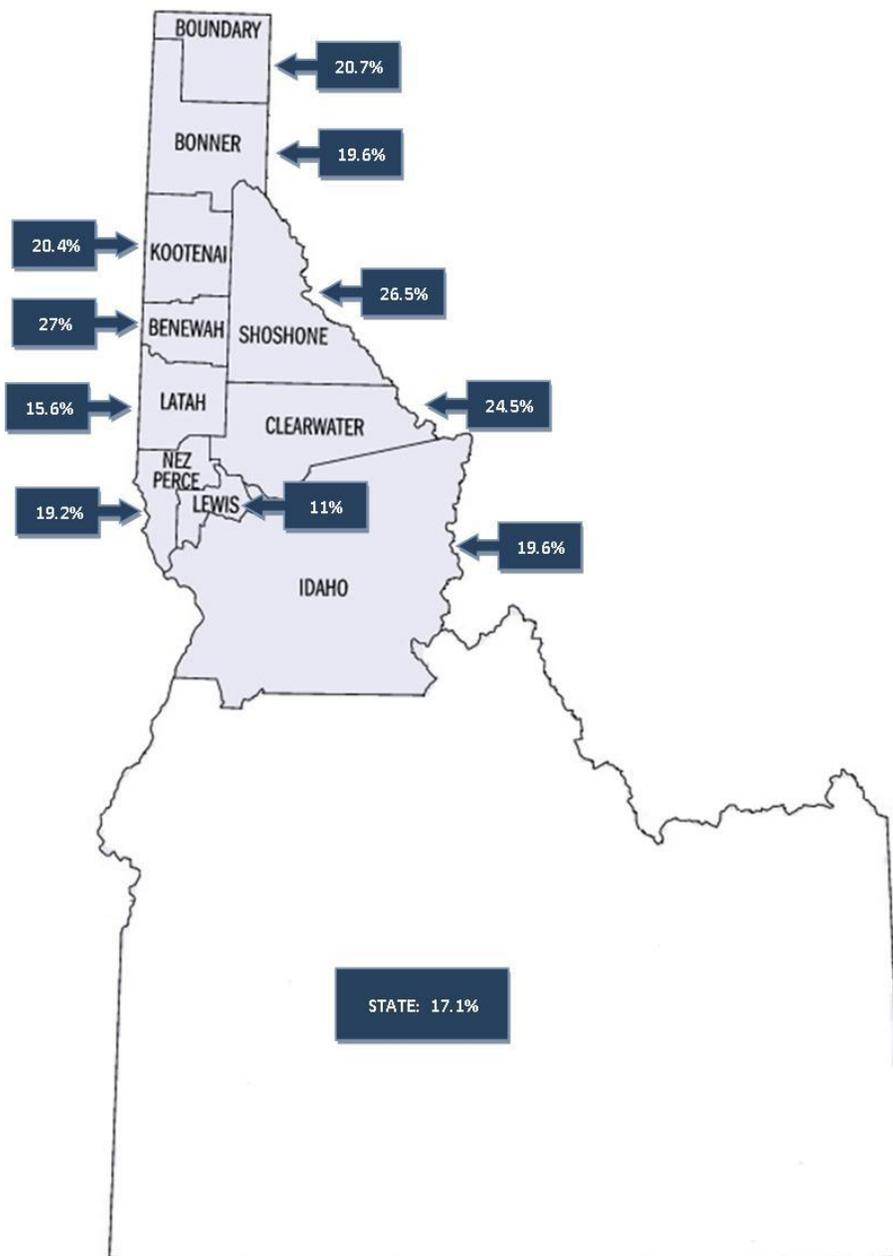
ADULTS WITH DIABETES

This indicator shows the percentage of adults that have ever been diagnosed with diabetes. In 2007, diabetes was the seventh leading cause of death in the United States. In 2010, an estimated 25.8 million people or 8.3% of the population had diabetes. Diabetes disproportionately affects minority populations and the elderly, and its incidence is likely to increase as minority populations grow and the U.S. population becomes older. Diabetes can have a harmful effect on most of the organ systems in the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower-extremity amputation, and a leading cause of blindness among working age adults. Persons with diabetes are also at increased risk for ischemic heart disease, neuropathy, and stroke. In economic terms, the direct medical expenditure attributable to diabetes in 2007 was estimated to be \$116 billion. (2004-2010 BRFSS)



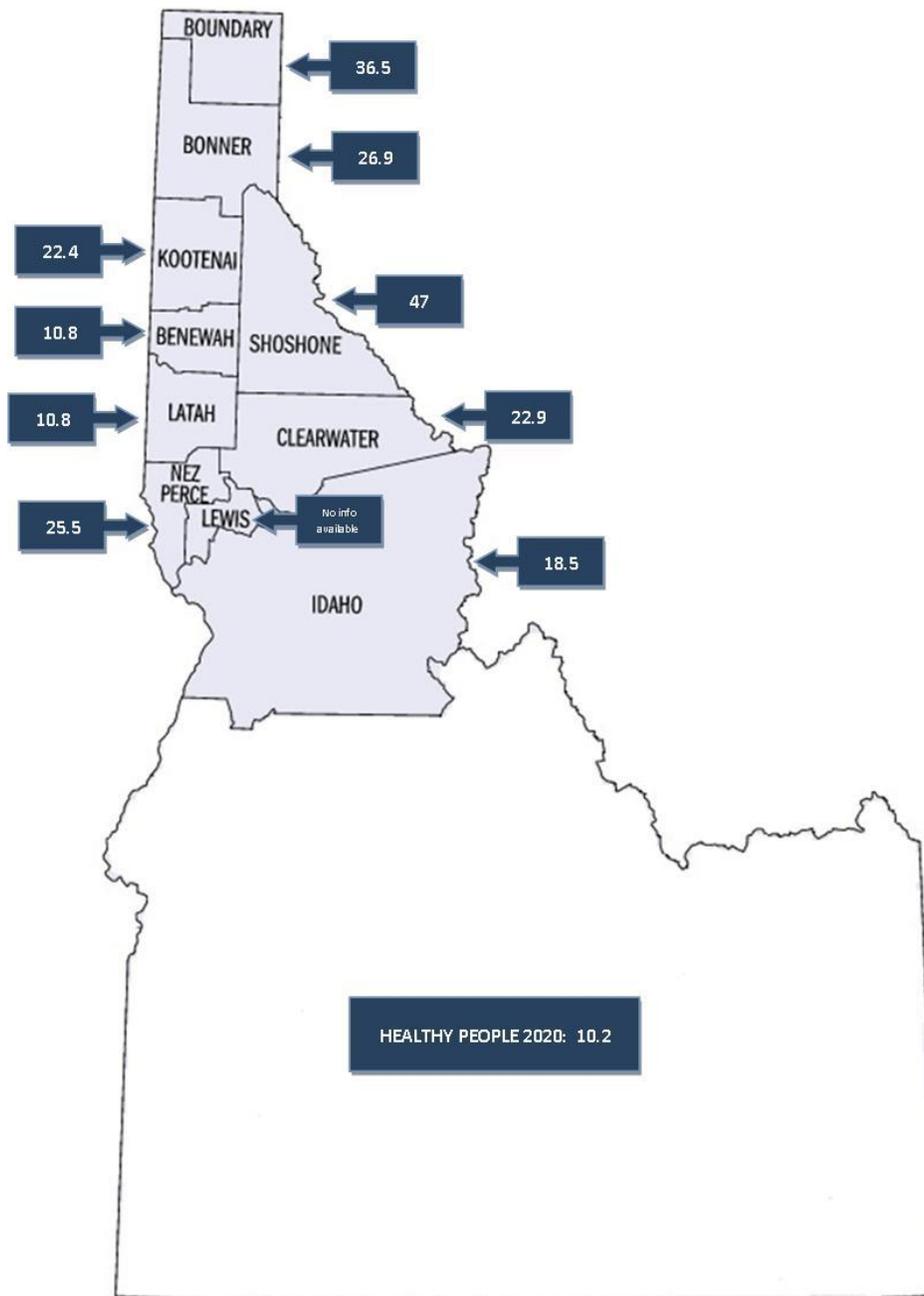
ADULTS WHO SMOKE

Adult smoking prevalence is the estimated percent of the adult population that currently smokes every day or “most days” and has smoked at least 100 cigarettes in their lifetime. Tobacco is the agent most responsible for avoidable illness and death in America today. Tobacco use brings premature death to almost half a million Americans each year and it contributes to profound disability and pain in many others. Approximately one-third of all tobacco users in this country will die prematurely because of their dependence on tobacco. Areas with a high smoking prevalence will also have greater exposure to secondhand smoke for non-smokers, which can cause or exacerbate a wide range of adverse health effects, including cancer, respiratory infections, and asthma. (2004-2010 BRFSS)



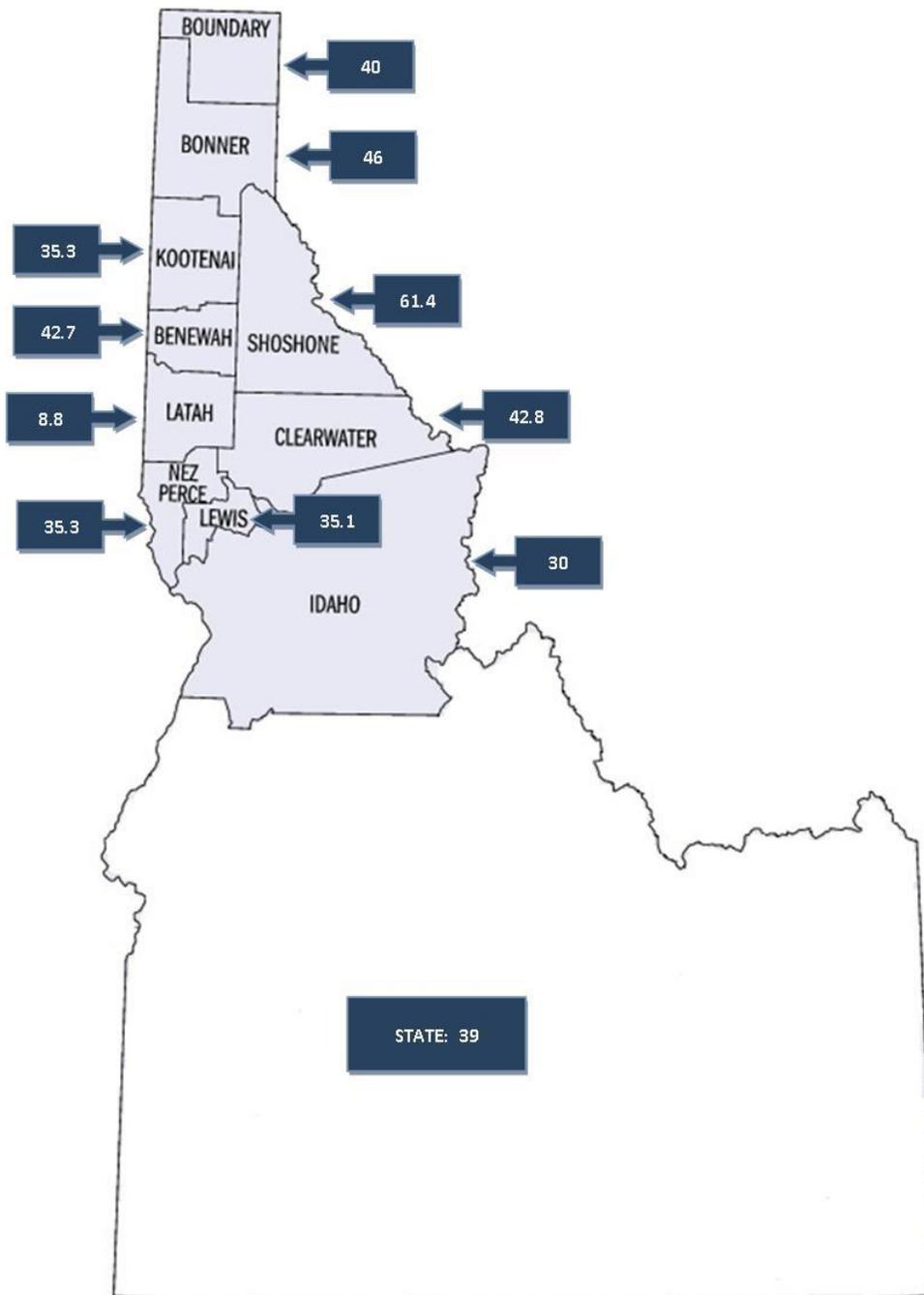
AGE-ADJUSTED DEATH RATE DUE TO SUICIDE

This indicator shows the age-adjusted death rate per 100,000 population due to suicide. Suicide is a major, preventable public health problem, and in 2007 was the 11th leading cause of death in the U.S. Based on 2007 age-adjusted death rates, men were nearly four times more likely to die of suicide than females, and white individuals were over two times more likely to die of suicide than black or Hispanic individuals. Older Americans are disproportionately likely to die by suicide. An estimated eight to 25 attempted suicides occur per every suicide death. (2003-2009 NVSS-M)



TEEN BIRTH RATE

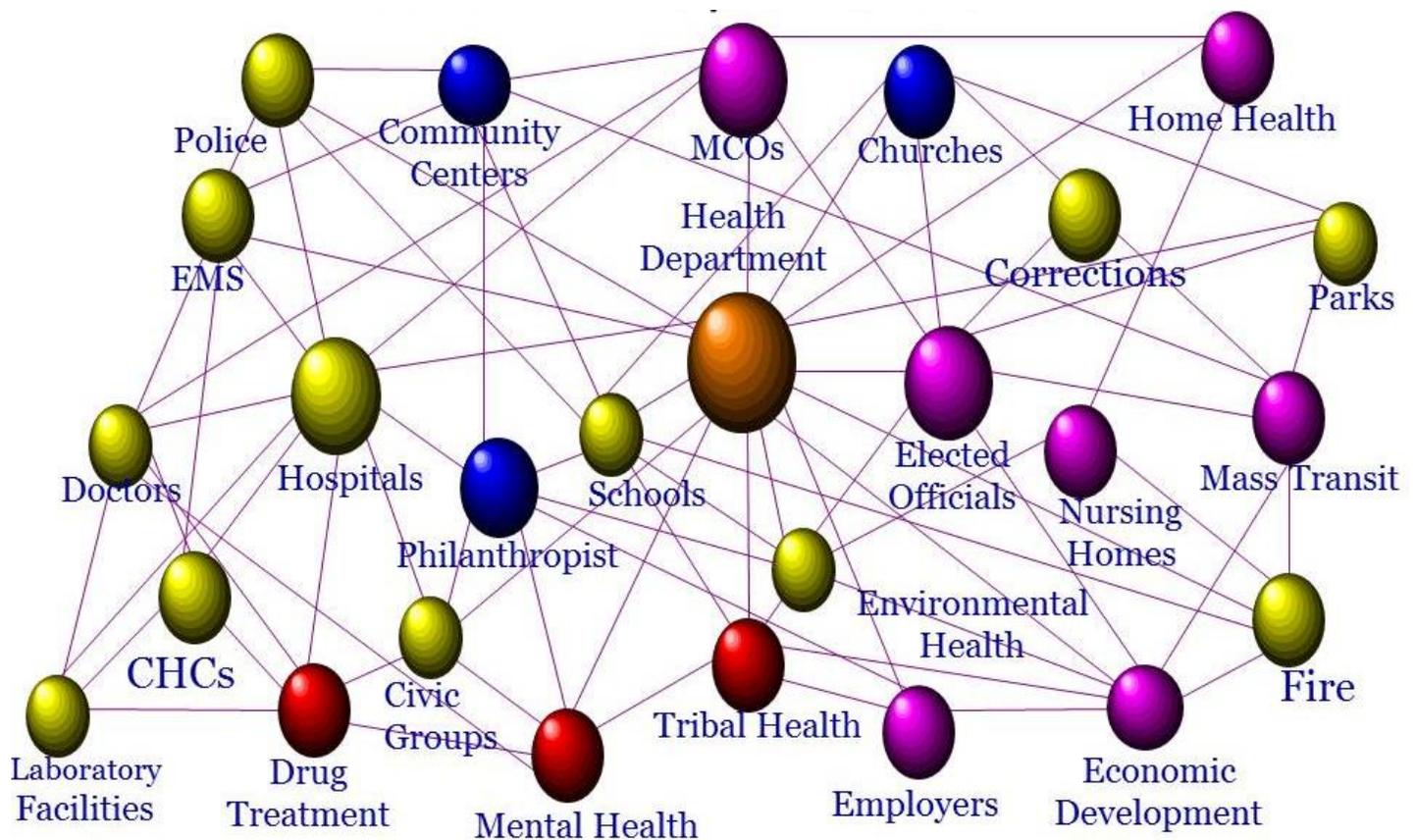
This indicator shows the birth rate in live births to females aged under 20 per 1,000 females aged 15-19 years. Teen birth is of concern for the health outcomes of both the mother and the child. Pregnancy and delivery can be harmful to teenagers' health, as well as social and educational development. Babies born to teen mothers are more likely to be born preterm and/or low birth weight. Responsible sexual behavior is one of the ten leading health indicators of Healthy People 2020. Responsible sexual behavior reduces unintended pregnancies, and thus reduces the number of births to adolescent females. (2003-2009 NVSS-M)



Idaho's Local Public Health System

What defines a public health system? In Idaho, the local public health system is comprised of many organizations (public, private and voluntary entities) and individuals that engage in activities that contribute to the delivery of the ten essential public health services. It takes more than healthcare providers and public health agencies to address the social, economic, environmental and individual factors which influence health.

PUBLIC HEALTH SYSTEM/PARTNERS



IDAHO’S PUBLIC HEALTH DISTRICTS

Established in 1970 under Chapter 4, Title 39, Idaho Code, Idaho’s Public Health Districts were created by the Legislature to ensure that preventive public health services are available to all citizens of the state — no matter how small or large their county population. It was the intent of the Legislature in creating the Public Health Districts that public health services be locally controlled and governed. Idaho’s 44 counties are grouped into seven Public Health Districts and are governed by policy boards appointed by the county commissioners in those districts. The district partnership has served Idaho well since 1971 and has received national attention due to the way it provides decentralized public health services designed to meet the unique needs of the residents of each district. Each Board of Health adopts a budget and defines the public health services to be offered in its district based on the particular needs of the local populations served. Idaho Public Health Districts are not state agencies or part of any state department; they are recognized much the same as other single purpose districts and are accountable to their local Boards of Health.

Although services vary depending on local need, all seven Public Health Districts provide the essential services that assure healthy communities.

These may include:

- Monitoring health status and understanding health issues
- Protecting people from health problems and health hazards
- Giving people information they need to make healthy choices
- Engaging the community to identify and solve health problems
- Developing public health policies and plans
- Enforcing public health laws and regulations
- Helping people receive health services
- Maintaining a competent public health workforce
- Evaluating and improving programs and interventions
- Contributing to the evidence-based practice of public health

Idaho Public Health Districts make a difference every day and their work touches everyone. They play a critical role in improving and maintaining the health of Idaho residents. They strive to prevent diseases and help keep the food and water supplies safe. Idaho is fortunate to have a strong system of Public Health Districts— one that is the envy of many other states.

While Idaho Public Health Districts are locally based, they share a common vision and mission

vision
<i>“Healthy People in Healthy Communities.”</i>

mission
<i>Prevent</i> disease, disability, and premature death, <i>Promote</i> healthy lifestyles, and <i>Protect</i> the health and quality of the environment

Community Health Assessment

METHODOLOGY

This assessment incorporates both primary data from the 2012 Community Health Survey and secondary data from the Network of Care.

2013 Community Health <u>Primary</u> Data – Community Health Survey	2013 Community Health <u>Secondary</u> Data – Network of Care
<ul style="list-style-type: none"> ▪ A survey was developed by public health partners in the 10 northern counties. ▪ 897 people from District 1 completed the survey. ▪ 600 people from District 2 completed the survey. ▪ 1497 people from 10 counties completed the survey. 	<p>The Network of Care is a web portal provided by your local health districts. It is a resource for individuals, families and agencies concerned with community health. It provides information about community services, laws and related news as well as community health data and other resources. <i>(See Appendix 3 – Network of Care.)</i></p>



 **Network of Care**

<http://idaho.networkofcare.org>

Please take a minute to complete the survey below. The purpose of this survey is to get your opinions about community health problems in your county. We will use the results of this survey and other information to identify the most pressing problems which can be addressed through hospital/public health/community action. Thank you.

1. What county do you live in?

- | | |
|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Benewah | <input type="checkbox"/> Clearwater |
| <input type="checkbox"/> Bonner | <input type="checkbox"/> Idaho |
| <input type="checkbox"/> Boundary | <input type="checkbox"/> Latah |
| <input type="checkbox"/> Kootenai | <input type="checkbox"/> Lewis |
| <input type="checkbox"/> Shoshone | <input type="checkbox"/> Nez Perce |

2. What do you think are the three (3) most important factors for a “Healthy Community”? (Those factors which most improve the quality of life in a community.) Limited to three (3) choices.

- | | |
|--|--|
| <input type="checkbox"/> Good place to raise children | <input type="checkbox"/> Clean environment |
| <input type="checkbox"/> Low crime / safe neighborhoods | <input type="checkbox"/> Affordable housing |
| <input type="checkbox"/> Low level of child abuse | <input type="checkbox"/> Good jobs and healthy economy |
| <input type="checkbox"/> Good schools | <input type="checkbox"/> Healthy behaviors and lifestyles |
| <input type="checkbox"/> Access to health care (e.g., family doctor) | <input type="checkbox"/> Low adult death and disease rates |
| <input type="checkbox"/> Parks and recreation | <input type="checkbox"/> Low infant deaths |
| <input type="checkbox"/> Other (please specify) | |

3. What do you think are the three (3) most important “risky behaviors” in our community? (Those behaviors which have the greatest impact on overall community health.) Limited to three (3) choices.

- | | |
|---|--|
| <input type="checkbox"/> Alcohol abuse | <input type="checkbox"/> Poor eating habits |
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not getting “shots” to prevent diseases |
| <input type="checkbox"/> Dropping out of school | <input type="checkbox"/> Tobacco use |
| <input type="checkbox"/> Drug abuse | <input type="checkbox"/> Not using seat belts |
| <input type="checkbox"/> Lack of exercise | |
| <input type="checkbox"/> Other (please specify) | |

(please turn over and complete the other side)

4. What do you think are the three (3) most important “health problems” in our community? (Those problems which have the greatest impact on overall community health.) Limited to three (3) choices.

- | | | |
|---|--|---|
| <input type="checkbox"/> Cancers | <input type="checkbox"/> Heart disease and stroke | <input type="checkbox"/> Respiratory / lung disease |
| <input type="checkbox"/> Child abuse / neglect | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Sexually Transmitted Diseases (STDs) |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Infectious Diseases (e.g., hepatitis, TB, etc.) | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Mental Health problems | <input type="checkbox"/> Teenage pregnancy |
| <input type="checkbox"/> Overweight / Obesity | <input type="checkbox"/> Motor vehicle crash injuries | |
| <input type="checkbox"/> Other (please specify) | | |

5. Which hospital is in your area?

- | | |
|---|---|
| <input type="checkbox"/> Benewah Community Hospital | <input type="checkbox"/> Kootenai Medical Center |
| <input type="checkbox"/> Bonner General Hospital | <input type="checkbox"/> Shoshone Medical Center |
| <input type="checkbox"/> Boundary Community Hospital | <input type="checkbox"/> St. Joseph’s Regional Medical Center |
| <input type="checkbox"/> Clearwater Valley Hospital and Clinics | <input type="checkbox"/> St. Mary’s Hospital and Clinics |
| <input type="checkbox"/> Gritman Medical Center | <input type="checkbox"/> Syringa Hospital and Clinics |

6. Age:

- 25 or less 26-39 40-54 55-64 65 or over

7. Sex:

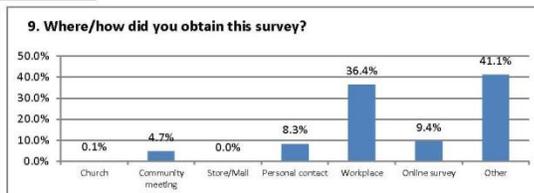
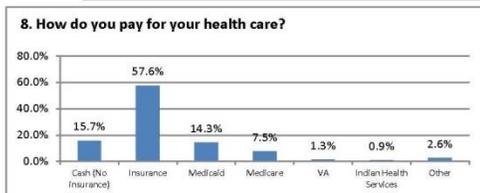
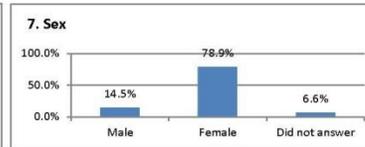
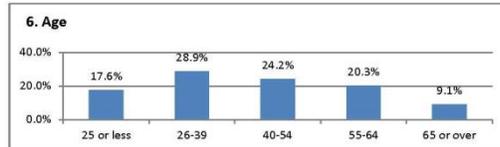
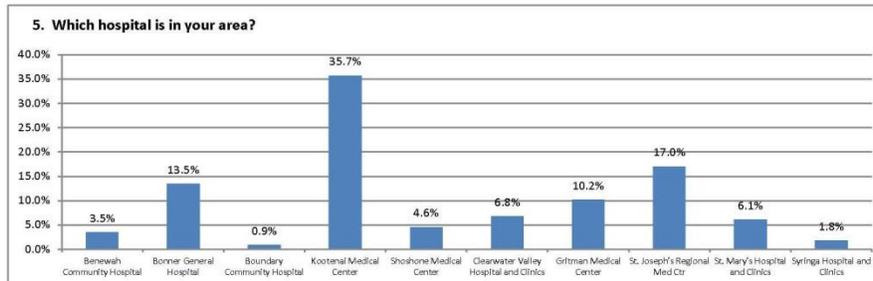
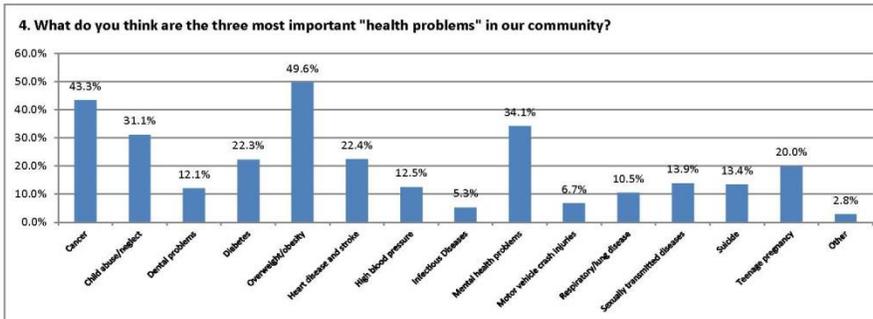
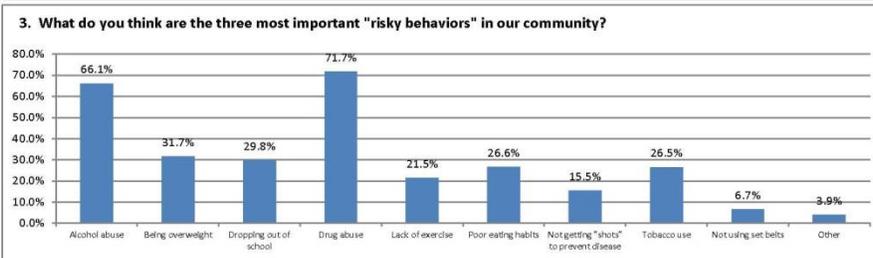
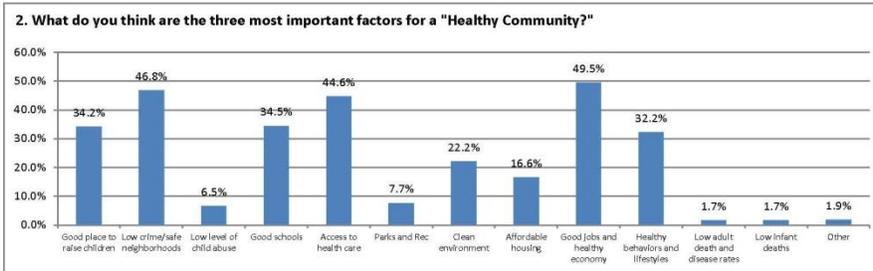
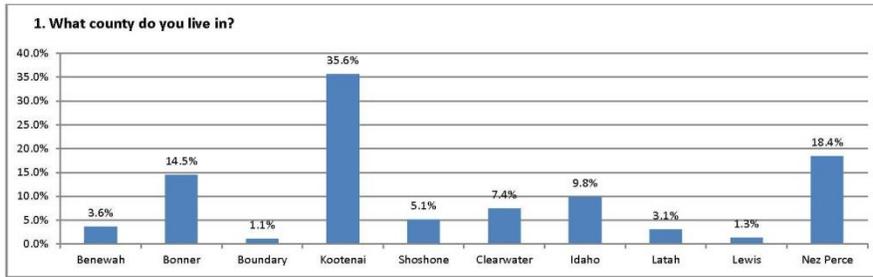
- Male Female

8. How do you pay for your health care? (Check all that apply.)

- | | |
|---|---|
| <input type="checkbox"/> Pay cash (no insurance) | <input type="checkbox"/> Medicare |
| <input type="checkbox"/> Health insurance (e.g., private insurance, Blue Shield, HMO) | <input type="checkbox"/> Veterans’ Administration |
| <input type="checkbox"/> Medicaid | <input type="checkbox"/> Indian Health Services |
| <input type="checkbox"/> Other (please specify) | |

9. Where / how did you receive this survey? (Check only one.)

- | | |
|--|---|
| <input type="checkbox"/> Church | <input type="checkbox"/> Personal Contact |
| <input type="checkbox"/> Community Meeting | <input type="checkbox"/> Workplace |
| <input type="checkbox"/> Grocery Store / Shopping Mall | <input type="checkbox"/> On-line Survey |
| <input type="checkbox"/> Other (please specify) | |



Demographic Profiles

BOUNDARY COUNTY

	Boundary County	Idaho
Population, 2012 estimate	10,808	1,595,728
Population, 2010 (April 1) estimates base	10,972	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	-1.5%	1.8%
Population, 2010	10,972	1,567,582
Persons under 5 years, percent, 2011	5.8%	7.5%
Persons under 18 years, percent, 2011	24.5%	27.0%
Persons 65 years and over, percent, 2011	17.9%	12.8%
Female persons, percent, 2011	49.5%	49.9%
White persons, percent, 2011 (a)	95.1%	93.9%
Black persons, percent, 2011 (a)	0.4%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	1.8%	1.7%
Asian persons, percent, 2011 (a)	0.7%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	2.0%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.8%	11.5%
White persons not Hispanic, percent, 2011	91.9%	83.6%
Living in same house 1 year & over, percent, 2007-2011	91.3%	82.0%
Foreign born persons, percent, 2007-2011	3.1%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	4.7%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	82.3%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	11.9%	24.6%
Veterans, 2007-2011	1,552	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	19	20
Housing units, 2011	5,265	674,394
Homeownership rate, 2007-2011	80.9%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	6.0%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$177,500	\$171,300
Households, 2007-2011	4,200	575,497
Persons per household, 2007-2011	2.54	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$18,509	\$22,788
Median household income, 2007-2011	\$35,324	\$46,890
Persons below poverty level, percent, 2007-2011	17.9%	14.3%

BONNER COUNTY

	Bonner County	Idaho
Population, 2012 estimate	40,476	1,595,728
Population, 2010 (April 1) estimates base	40,877	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	-1.0%	1.8%
Population, 2010	40,877	1,567,582
Persons under 5 years, percent, 2011	5.0%	7.5%
Persons under 18 years, percent, 2011	21.2%	27.0%
Persons 65 years and over, percent, 2011	18.0%	12.8%
Female persons, percent, 2011	49.7%	49.9%
White persons, percent, 2011 (a)	96.3%	93.9%
Black persons, percent, 2011 (a)	0.2%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	0.8%	1.7%
Asian persons, percent, 2011 (a)	0.5%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	2.1%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	2.4%	11.5%
White persons not Hispanic, percent, 2011	94.3%	83.6%
Living in same house 1 year & over, percent, 2007-2011	89.1%	82.0%
Foreign born persons, percent, 2007-2011	2.6%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	3.3%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	91.0%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	22.3%	24.6%
Veterans, 2007-2011	4,488	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	24	20
Housing units, 2011	25,269	674,394
Homeownership rate, 2007-2011	73.2%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	11.6%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$236,200	\$171,300
Households, 2007-2011	18,399	575,497
Persons per household, 2007-2011	2.2	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$24,494	\$22,788
Median household income, 2007-2011	\$42,989	\$46,890
Persons below poverty level, percent, 2007-2011	15.2%	14.3%

KOOTENAI COUNTY

	Kootenai County	Idaho
Population, 2012 estimate	142,357	1,595,728
Population, 2010 (April 1) estimates base	138,494	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	2.8%	1.8%
Population, 2010	138,494	1,567,582
Persons under 5 years, percent, 2011	6.4%	7.5%
Persons under 18 years, percent, 2011	24.4%	27.0%
Persons 65 years and over, percent, 2011	14.9%	12.8%
Female persons, percent, 2011	50.6%	49.9%
White persons, percent, 2011 (a)	95.2%	93.9%
Black persons, percent, 2011 (a)	0.4%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	1.4%	1.7%
Asian persons, percent, 2011 (a)	0.8%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	2.2%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	4.0%	11.5%
White persons not Hispanic, percent, 2011	91.7%	83.6%
Living in same house 1 year & over, percent, 2007-2011	83.3%	82.0%
Foreign born persons, percent, 2007-2011	2.5%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	3.6%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	91.8%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	23.1%	24.6%
Veterans, 2007-2011	13,492	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	21.3	20
Housing units, 2011	64,319	674,394
Homeownership rate, 2007-2011	70.7%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	15.6%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$212,300	\$171,300
Households, 2007-2011	55,301	575,497
Persons per household, 2007-2011	2.46	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$24,766	\$22,788
Median household income, 2007-2011	\$48,075	\$46,890
Persons below poverty level, percent, 2007-2011	12.8%	14.3%

BENEWAH COUNTY

	Benewah County	Idaho
Population, 2012 estimate	9,117	1,595,728
Population, 2010 (April 1) estimates base	9,285	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	-1.8%	1.8%
Population, 2010	9,285	1,567,582
Persons under 5 years, percent, 2011	6.2%	7.5%
Persons under 18 years, percent, 2011	23.3%	27.0%
Persons 65 years and over, percent, 2011	19.2%	12.8%
Female persons, percent, 2011	49.1%	49.9%
White persons, percent, 2011 (a)	86.5%	93.9%
Black persons, percent, 2011 (a)	0.4%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	9.0%	1.7%
Asian persons, percent, 2011 (a)	0.4%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	3.7%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.0%	11.5%
White persons not Hispanic, percent, 2011	84.4%	83.6%
Living in same house 1 year & over, percent, 2007-2011	87.0%	82.0%
Foreign born persons, percent, 2007-2011	1.5%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	3.4%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	87.6%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	12.1%	24.6%
Veterans, 2007-2011	955	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	19	20
Housing units, 2011	4,677	674,394
Homeownership rate, 2007-2011	74.0%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	6.4%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$119,400	\$171,300
Households, 2007-2011	3,867	575,497
Persons per household, 2007-2011	2.37	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$18,831	\$22,788
Median household income, 2007-2011	\$37,508	\$46,890
Persons below poverty level, percent, 2007-2011	14.7%	14.3%

SHOSHONE COUNTY

	Shoshone County	Idaho
Population, 2012 estimate	12,702	1,595,728
Population, 2010 (April 1) estimates base	12,765	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	-0.5%	1.8%
Population, 2010	12,765	1,567,582
Persons under 5 years, percent, 2011	4.9%	7.5%
Persons under 18 years, percent, 2011	20.7%	27.0%
Persons 65 years and over, percent, 2011	20.2%	12.8%
Female persons, percent, 2011	49.8%	49.9%
White persons, percent, 2011 (a)	95.7%	93.9%
Black persons, percent, 2011 (a)	0.4%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	1.5%	1.7%
Asian persons, percent, 2011 (a)	0.5%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	1.8%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.4%	11.5%
White persons not Hispanic, percent, 2011	92.8%	83.6%
Living in same house 1 year & over, percent, 2007-2011	81.6%	82.0%
Foreign born persons, percent, 2007-2011	1.7%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	2.0%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	83.3%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	12.9%	24.6%
Veterans, 2007-2011	1,675	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	17.9	20
Housing units, 2011	7,013	674,394
Homeownership rate, 2007-2011	70.0%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	12.5%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$140,100	\$171,300
Households, 2007-2011	5,792	575,497
Persons per household, 2007-2011	2.15	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$19,717	\$22,788
Median household income, 2007-2011	\$37,934	\$46,890
Persons below poverty level, percent, 2007-2011	16.5%	14.3%

LATAH COUNTY

	Latah County	Idaho
Population, 2012 estimate	38,184	1,595,728
Population, 2010 (April 1) estimates base	37,244	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	2.5%	1.8%
Population, 2010	37,244	1,567,582
Persons under 5 years, percent, 2011	5.6%	7.5%
Persons under 18 years, percent, 2011	18.5%	27.0%
Persons 65 years and over, percent, 2011	10.4%	12.8%
Female persons, percent, 2011	48.7%	49.9%
White persons, percent, 2011 (a)	93.6%	93.9%
Black persons, percent, 2011 (a)	0.9%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	0.8%	1.7%
Asian persons, percent, 2011 (a)	2.0%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.2%	0.2%
Persons reporting two or more races, percent, 2011	2.5%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.8%	11.5%
White persons not Hispanic, percent, 2011	90.3%	83.6%
Living in same house 1 year & over, percent, 2007-2011	68.1%	82.0%
Foreign born persons, percent, 2007-2011	4.1%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	6.1%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	93.7%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	43.7%	24.6%
Veterans, 2007-2011	2,341	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	18.4	20
Housing units, 2011	16,298	674,394
Homeownership rate, 2007-2011	54.2%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	35.8%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$187,300	\$171,300
Households, 2007-2011	14,801	575,497
Persons per household, 2007-2011	2.29	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$21,818	\$22,788
Median household income, 2007-2011	\$39,578	\$46,890
Persons below poverty level, percent, 2007-2011	21.3%	14.3%

CLEARWATER COUNTY

	Clearwater County	Idaho
Population, 2012 estimate	8,590	1,595,728
Population, 2010 (April 1) estimates base	8,761	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	-2.0%	1.8%
Population, 2010	8,761	1,567,582
Persons under 5 years, percent, 2011	4.0%	7.5%
Persons under 18 years, percent, 2011	17.1%	27.0%
Persons 65 years and over, percent, 2011	23.2%	12.8%
Female persons, percent, 2011	45.7%	49.9%
White persons, percent, 2011 (a)	94.4%	93.9%
Black persons, percent, 2011 (a)	0.4%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	2.3%	1.7%
Asian persons, percent, 2011 (a)	0.8%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	2.1%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.3%	11.5%
White persons not Hispanic, percent, 2011	91.5%	83.6%
Living in same house 1 year & over, percent, 2007-2011	87.0%	82.0%
Foreign born persons, percent, 2007-2011	2.0%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	4.8%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	85.4%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	14.2%	24.6%
Veterans, 2007-2011	1,019	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	23.1	20
Housing units, 2011	4,480	674,394
Homeownership rate, 2007-2011	80.5%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	5.8%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$127,600	\$171,300
Households, 2007-2011	3,612	575,497
Persons per household, 2007-2011	2.21	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$20,238	\$22,788
Median household income, 2007-2011	\$42,043	\$46,890
Persons below poverty level, percent, 2007-2011	10.3%	14.3%

NEZ PERCE COUNTY

	Nez Perce County	Idaho
Population, 2012 estimate	39,531	1,595,728
Population, 2010 (April 1) estimates base	39,265	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	0.7%	1.8%
Population, 2010	39,265	1,567,582
Persons under 5 years, percent, 2011	5.6%	7.5%
Persons under 18 years, percent, 2011	21.7%	27.0%
Persons 65 years and over, percent, 2011	18.1%	12.8%
Female persons, percent, 2011	50.5%	49.9%
White persons, percent, 2011 (a)	90.8%	93.9%
Black persons, percent, 2011 (a)	0.4%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	5.5%	1.7%
Asian persons, percent, 2011 (a)	0.8%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	2.4%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.1%	11.5%
White persons not Hispanic, percent, 2011	88.4%	83.6%
Living in same house 1 year & over, percent, 2007-2011	83.3%	82.0%
Foreign born persons, percent, 2007-2011	1.7%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	4.6%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	90.1%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	19.7%	24.6%
Veterans, 2007-2011	4,127	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	15.4	20
Housing units, 2011	17,501	674,394
Homeownership rate, 2007-2011	67.2%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	18.7%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$164,700	\$171,300
Households, 2007-2011	16,166	575,497
Persons per household, 2007-2011	2.37	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$24,580	\$22,788
Median household income, 2007-2011	\$44,540	\$46,890
Persons below poverty level, percent, 2007-2011	11.3%	14.3%

LEWIS COUNTY

	Lewis County	Idaho
Population, 2012 estimate	3,889	1,595,728
Population, 2010 (April 1) estimates base	3,821	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	1.8%	1.8%
Population, 2010	3,821	1,567,582
Persons under 5 years, percent, 2011	5.7%	7.5%
Persons under 18 years, percent, 2011	21.7%	27.0%
Persons 65 years and over, percent, 2011	23.0%	12.8%
Female persons, percent, 2011	50.0%	49.9%
White persons, percent, 2011 (a)	91.4%	93.9%
Black persons, percent, 2011 (a)	0.5%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	5.1%	1.7%
Asian persons, percent, 2011 (a)	0.5%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	0.1%	0.2%
Persons reporting two or more races, percent, 2011	2.4%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	3.5%	11.5%
White persons not Hispanic, percent, 2011	88.5%	83.6%
Living in same house 1 year & over, percent, 2007-2011	84.4%	82.0%
Foreign born persons, percent, 2007-2011	1.2%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	4.1%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	88.8%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	15.2%	24.6%
Veterans, 2007-2011	547	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	20.7	20
Housing units, 2011	1,892	674,394
Homeownership rate, 2007-2011	71.5%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	7.2%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$117,400	\$171,300
Households, 2007-2011	1,639	575,497
Persons per household, 2007-2011	2.27	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$18,865	\$22,788
Median household income, 2007-2011	\$35,344	\$46,890
Persons below poverty level, percent, 2007-2011	18.2%	14.3%

IDAHO COUNTY

	Idaho County	Idaho
Population, 2012 estimate	16,308	1,595,728
Population, 2010 (April 1) estimates base	16,267	1,567,652
Population, percent change, April 1, 2010 to July 1, 2012	0.3%	1.8%
Population, 2010	16,267	1,567,582
Persons under 5 years, percent, 2011	5.3%	7.5%
Persons under 18 years, percent, 2011	20.5%	27.0%
Persons 65 years and over, percent, 2011	21.7%	12.8%
Female persons, percent, 2011	47.6%	49.9%
White persons, percent, 2011 (a)	94.5%	93.9%
Black persons, percent, 2011 (a)	0.3%	0.8%
American Indian and Alaska Native persons, percent, 2011 (a)	2.9%	1.7%
Asian persons, percent, 2011 (a)	0.5%	1.3%
Native Hawaiian and Other Pacific Islander persons, percent, 2011 (a)	Z	0.2%
Persons reporting two or more races, percent, 2011	1.8%	2.1%
Persons of Hispanic or Latino Origin, percent, 2011 (b)	2.7%	11.5%
White persons not Hispanic, percent, 2011	92.3%	83.6%
Living in same house 1 year & over, percent, 2007-2011	87.7%	82.0%
Foreign born persons, percent, 2007-2011	1.2%	5.9%
Language other than English spoken at home, percent age 5+, 2007-2011	2.8%	10.2%
High school graduate or higher, percent of persons age 25+, 2007-2011	87.8%	88.5%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	13.9%	24.6%
Veterans, 2007-2011	1,946	127,438
Mean travel time to work (minutes), workers age 16+, 2007-2011	18.7	20
Housing units, 2011	8,854	674,394
Homeownership rate, 2007-2011	77.0%	70.6%
Housing units in multi-unit structures, percent, 2007-2011	4.1%	15.1%
Median value of owner-occupied housing units, 2007-2011	\$142,300	\$171,300
Households, 2007-2011	6,710	575,497
Persons per household, 2007-2011	2.3	2.64
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$19,299	\$22,788
Median household income, 2007-2011	\$36,706	\$46,890
Persons below poverty level, percent, 2007-2011	17.1%	14.3%

Z: Value greater than zero but less than half unit of measure shown



Public Health
Prevent. Promote. Protect.
Panhandle Health District



Public Health
Idaho North Central District



Boundary County
Bonner County
Kootenai County
Benewah County
Shoshone County

Latah County
Clearwater County
Nez Perce County
Lewis County
Idaho County

Process

Idaho Public Health Districts 1 and 2 have a history of community engagement using the Assessment Protocol for Excellence in Public Health (APEXPH) planning tool.

Since the early 1990's we have used APEXPH to provide the framework for working with community members and organizations to assess the health status of our community. In those early years, this planning and assessment tool helped us set the foundation for the development of a leadership role for Health Districts in Idaho.

Through the use of the APEXPH community process, we brought partners and community members together to identify health problems that needed priority attention in our district. This community group, which also included subcommittees, initially set goals and objectives around decreasing teen pregnancy and increasing immunizations. As a community group we were able to mobilize community resources to focus on these priorities.

Over the years, using this same engaged community group and subcommittees, with some consistent partners and ongoing new partners, we continued to work together to set new priorities for our community. Additional priorities included: tobacco cessation, diabetes prevention, fluoride promotion and more. We have completed several cycles in this process, looking back on our goals and objectives and celebrating the accomplishments that we have reached. We have successfully lowered our teen pregnancy rate and increased our immunization rates. We have developed policies for inclusion of a comprehensive sexuality program in our local schools, as well as tobacco free policies. We continue to monitor and evaluate the data and document our progress, as we set new goals aimed at HP2010 and then HP2020.

We chose to engage all hospitals in our district as our subcommittee, and we brought new partners to the table from the Public Health District directly south of us to engage in this assessment process. This subcommittee of partners works together reviewing and analyzing data; and engages the broader to address the current health needs of our community.

Data Resources

Primary Data

2012 Community Health Survey, Public Health Partners 2013 Community Health Assessment
<http://www.idahopublichealth.com/files/data/community-health-assessment/2013/Community-Health-Assessment-D1-D2-09-06-13.pdf>

Secondary Data

2012-2013 IDOL Idaho Primary Care Physicians Workforce Overview
http://issuu.com/idaholabor/docs/idaho_primary_care_physicians?e=3684643/1089552

2013 Idaho Dentists and Dental Specialists Workforce Supply and Demand Summary
http://labor.idaho.gov/publications/Dentist_Whitepaper.pdf)

2013 County Health Rankings
<http://www.countyhealthrankings.org/app/#/idaho/2013/rankings/outcomes/overall/by-rank>

For Maternal/Child indicators 2-7, Adolescents indicators, and Adults indicator 10: Vital Statistics, Bureau of Vital Records and Health Statistics
<http://healthandwelfare.idaho.gov/Health/VitalRecordsandHealthStatistics/HealthStatistics/VitalStatistics/tabid/914/Default.aspx>

Idaho BRFSS 2004-2010
<http://healthandwelfare.idaho.gov/Portals/0/Users/074/54/1354/BRFSS%20Annual%20Report%202010.pdf>

Network of Care, Idaho
<http://idaho.networkofcare.org>

SPAN Idaho October 2012 Suicide Fact Sheet
www.spanidaho.org/docs/factsheet.pdf

U.S. Census Bureau: State and County QuickFacts
<http://quickfacts.census.gov/qfd/states/16000.html>

Network of Care Web Portal

November 1, 2012

www.idaho.networkofcare.org

Network of Care is a community-based web portal, which is a robust health information resource for individuals, families, and agencies concerned with community health or their personal health. Network of Care is available to anyone with internet access at no charge. The site can be viewed in multiple languages and in large print. This technology was brought to Idaho through a partnership between the Idaho Public Health Districts and Trilogy Integrated Resources, Inc.

The portal provides community health data as well as public education. The community health data includes 176 different health indicators that can be compared at the county or health district level against state and national benchmarks. Also included is a library of model practices that health care professionals and policy makers may use in their efforts to improve health in their communities.

The Network of Care web portal provides a vast library of resources for individuals and families to help them improve their health. Each indicator has a wide variety of information on prevention, testing, treatment, and key decision points as well as interactive self-assessment tools, forums, and news from across the country.

The Network of Care offers the best-in-class information on early intervention, prevention and health education in the country. Both the health indicator data and the wellness information are continuously updated for each district and county.



*Boundary, Bonner, Kootenai,
Benewah, Shoshone, Latah,
Clearwater, Nez Perce, Lewis
and Idaho Counties*

