

# impact

University of Idaho Extension  
programs that are making a  
difference in Idaho.

## Teen advocates partner with Extension to assess community health needs

### AT A GLANCE

University of Idaho Extension partnered with 4-H Teen Health Advocates to gather community input during the county fair on pressing health issues in Caldwell.

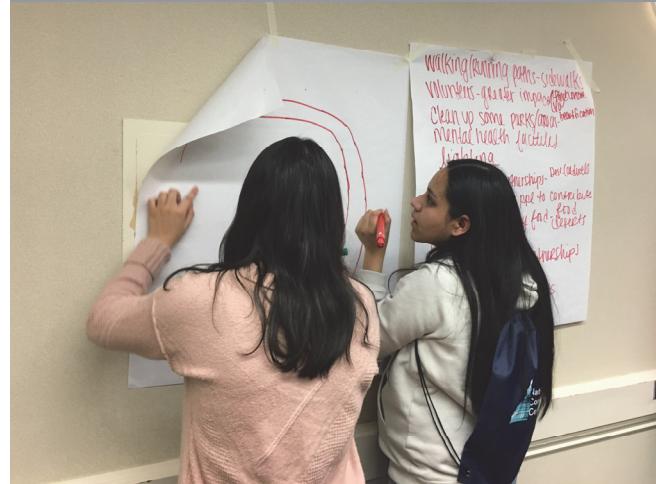
### The Situation

Extension is involved in the national Well Connected Communities Initiative. This initiative focuses on establishing youth-adult partnerships and using city health statistics to create and maintain community health coalitions. These health coalitions must be action and community-focused to build healthy communities across the country. Three Idaho communities were chosen due to city statistics and readiness to act.

The Idaho Well Connected Communities team has established strong working relationships with 4-H Healthy Living Advocates and community partners and has thoroughly researched city health statistics for the communities involved in the project.

The city of Caldwell's readiness to establish a health coalition was high. In 2018, United Way completed the "Caldwell Healthy Conditions Assessment" which provides the city with a summary of what is occurring in varying Caldwell small neighborhoods and what areas need additional investment and interventions. The assessment was foundational in directing the City of Caldwell and community partners to initiate action-based changes. The assessment found four citywide findings that are not limited to any one neighborhood:

1. Problematic micro-neighborhoods



Two 4-H teen advocates brainstorm Caldwell community health needs at Culture of Health training.

2. Food access
3. Lacking housing options
4. Significant inequities within the Latino population

### Our Response

To build a healthy Caldwell community, UI Extension and Southwest District Health partnered to establish a Caldwell-specific health coalition with both youth and adult members. Two 4-H teen advocates joined the coalition and received training on building community health across geographic, demographic, and social sectors. They also received previous 4-H training on nutrition, wellness factors and youth-adult partnerships.

The Idaho Well Connected Communities team has focused heavily on local health data. We discovered

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that community input was lacking from the “Caldwell Healthy Condition Assessment,” and more data from the community would be needed to move forward.

Extension created a one-page, written survey called the “Caldwell Health Community Survey.” Six 4-H Teen Health Advocates, along with Extension faculty, solicited community input at the Canyon County fair over four days. Teens approached fair attendees and asked them to complete the survey (English and Spanish versions). The survey listed six health concerns, and asked participants to rank from highest to lowest priority.

The health concerns listed were:

- Access to health care
- Addressing mental health
- Addressing problems in small neighborhoods
- Addressing concerns affecting minorities
- Improving food access
- Changing housing options

The survey had an open-ended question to list what the community would like to see to improve the health of Caldwell residents. The survey asked basic demographic questions to ensure an adequate representation of Caldwell residents. Respondents were also made aware of the development of a health coalition and asked if they would like to participate.

## Program Outcomes

The survey was completed by 158 total participants. 75 percent of participants identified as White/Caucasian. 13 percent of participants identified as LatinX or Hispanic. In addition, age demographics were equally distributed.

The overall ranking of the health concerns is listed from highest priority to lowest priority based on overall participant responses:

- Access to health care

## FOR MORE INFORMATION

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- Addressing mental health
- Changing housing options
- Addressing problems in small neighborhoods
- Improving food access
- Addressing concerns affecting minorities

Access to health care was the number one priority overall. It was the number priority when responses were filtered by race/ethnicity and age as well, indicating a commonality between all demographic groups.

However, when results were filtered without self-identified White/Caucasian responses, the number six overall priority (addressing concerns affecting minorities) moved drastically up to the second priority for those who self-identified other than White/Caucasian.

Addressing mental health was either the second or third priority for all races, ethnicities, or age groups. In addition, mental health was identified by 4-H healthy living advocates at their March 2018 training as the number one health priority in Caldwell.

These survey results have the potential to direct future Extension programs and Caldwell Health Coalition efforts that will have positive impact in the community and that are community-led and desired. Also, the two 4-H teen advocates will continue their involvement with the coalition and will recruit more teens to participate. One teen attended the National Harvest Session in Fall 2018 to help share Caldwell's 2018 efforts, and youth will continue to take on these leadership roles.

## The Future

Caldwell Health Coalition will use community survey results as they work to identify the health priority to address first. The coalition will use data with consideration of city demographic statistics (36.5 percent of Caldwell's population is Hispanic or Latino). The coalition has invited community members who provided contact information on the survey to participate in monthly coalition meetings.