



Living Strong North Idaho
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A Program of the Inland Northwest Healthy Aging Alliance

A Prevention-First Healthy Aging Initiative

Purpose

Living Strong North Idaho is a nonprofit prevention-first healthy aging initiative focused on helping older adults remain healthier, more independent, and more connected through a more coordinated approach to preventive health and healthy aging.

LSNI is developing an integrated healthy aging model that brings together preventive healthcare, movement, nutrition, education, and community support into a more cohesive and connected system designed to help older adults maintain function, mobility, independence, and quality of life longer.

Why It Matters

Kootenai County's growing older adult population faces increasing challenges related to falls, chronic disease, inactivity, isolation, and loss of independence. At the same time, preventive healthcare, movement, nutrition, and community support services often operate independently rather than as part of a coordinated healthy aging strategy. Living Strong North Idaho believes a more integrated prevention-focused approach can help older adults maintain independence longer, improve quality of life, strengthen social connection, and reduce downstream burdens on families and healthcare systems.

Current Progress & Priorities

LSNI is currently building healthcare and community partnerships, creating organizational infrastructure, engaging healthcare and civic leaders, expanding public awareness, and implementing a more integrated and scalable prevention-focused healthy aging model in North Idaho.

Potential Impact

A more integrated prevention-focused healthy aging model can help older adults remain active, independent, and connected longer while improving quality of life and supporting families and caregivers. A more integrated approach to preventive health and healthy aging is shown to reduce downstream healthcare burdens across the region.

How Community Leaders & Donors Can Help

Community leaders and donors help by building strategic partnerships, increasing public awareness, making introductions to aligned organizations and community leaders, and therefore help to implement a more integrated prevention-focused healthy aging model in North Idaho.

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Empowering older adults to live stronger, healthier, and more independent lives.