



Intermountain[®]
Healthcare



Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – LOGAN REGIONAL HOSPITAL

Located in the urban community of Logan in northern Utah, Logan Regional Hospital has 128 staffed beds and a broad spectrum of inpatient and outpatient medical services. Logan Regional Hospital is one of two hospitals in Cache County. In 2022, they participated in a community health needs assessment to understand how to help people live the healthiest lives possible®. This hospital participated in a collaborative, system approach to identify health indicators, gather community input, and determine the significant health needs to address over the next few years. Logan Regional Hospital identified the significant health needs as: **Improve Mental Well-Being, Improve Chronic & Avoidable Health Outcomes, and Address & Invest in the Social Determinants of Health.**

What we heard from this community - participants in the community input meeting identified the following issues as key health needs in their community:

- Mental health affecting children and adults:
 - o Driven by financial stress;
 - o Disappearing stigma means more need for resources;
 - o Lack of caregivers;
 - o Affordability;
 - o Considered a top priority for community leaders;
 - o High motivation to remove barriers; and
 - o Lack of resources and assets to remove barriers.
 - o “I’m not terribly surprised when I looked at the last year to even just with not just our staff, but with clients we’ve seen more struggles with mental health. More angry clients, more outbursts, just issues in general, and the wear and tear of long-term stress on the psyche. And so I think it’s both and challenges faced by our staff, mental illnesses not just due to COVID but other things that kind of come as a result of a lot of stress and struggles with mental health...I think we could say in the last two years, we’ve had more issues with clients threatening suicide or other challenges.”
- Substance use and misuse
 - o Related to homelessness; and
 - o Lack of coping skills
 - o “The amount of time that folks spend homeless is increasing and with that comes increased barriers. They’re more likely to go back to drugs or alcohol, if they struggle with those issues in the past, the longer they’re homeless, and the more likely to lose a job if they have one. And it’ll be more difficult to find a job, the longer the homelessness is.”
- Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages.
Barriers discussed:
 - o Obesity; and
 - o Cost of health care.

- Other community concerns include:
 - o Suicide;
 - o Domestic violence;
 - o Homelessness; and
 - o Affordable housing.

- Community Strengths include:
 - o Good jobs and health economy;
 - o Access to outdoor recreation;
 - o Strong social connections;
 - o Low crime, safe neighborhoods;
 - o Access to the outdoors;
 - o Arts and cultural events; and
 - o Transportation

- Community Opportunities
 - o Affordable, safe quality housing;
 - o Celebration of Diversity;
 - o Affordable Healthcare and prescription costs; and
 - o Policy change to fund resources.

A snapshot of health-related indicators and outcomes can be accessed through this link:

<https://ibis.health.utah.gov/ibisph-view/community/snapshot/report/AllIndicators/GeoLHD/4.html?PageName=>