

DETAILED FINDINGS – CASSIA REGIONAL HOSPITAL

Located in the rural community of Burley in southeast Idaho, the hospital has 25 staffed beds and offers a spectrum of inpatient and outpatient medical services. Cassia Regional Hospital is located on the border of Cassia and Minidoka counties and is a Critical Access Hospital. 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. Cassia 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 Lack of caregivers and providers;
 - o Social isolation related to COVID-19 restrictions;
 - o Lack of access to low-income families;
 - o Considered a top priority for community leaders;
 - o High level of motivation to remove barriers; and
 - o Resources available to remove barriers.
 - o “When I was doing HeadStart that we’ve seen a lot with our low-income families...A lot of people were in it only if we were able to find a resource that was affordable to them. But then also under language, that was really difficult to find. Sometimes we found bi-lingual, but the expense was just way too high. And then we had a complete population of about 12% that didn’t have health insurance.”
- Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages. Barriers discussed:
 - o Lack of providers due to rising health costs;
 - o Lack of preventative health motivation;
 - o Delay in services due to COVID-19 restrictions; and
 - o Cost of health care.
 - o “Well again, we said rent, if that’s the choice, it takes away from every other bucket and even a mortgage...You don’t do preventative visits, even \$50 co-pay to go to the doctor. You’re like ‘Ah, it’s just a mole.’ Three years later, ‘Ah, if I’d only.’ So it’s just making those choices and feeling like, ‘well I need to feed my kids. I need to pay the childcare bill and I’m not going to do maybe a preventative visit or get that counseling service I know I need, but I have to pay a little bit out of [pocket every single time and that adds up.’”
- Substance use and Misuse. Barriers include:
 - o Treating mental health with substances
 - o “With drug and alcohol use, I think that I spent a lot of time looking at if there’s a real connection to how child protective services functions. What you see in almost all of the child protective cases is a connection to drugs now, there’s a lot of neglect and abuse that happen to children because of that.”

- Other community concerns include:
 - o Social isolation for children;
 - o Mental health issues related to social media;
 - o Lack of community resource collaboration; and
 - o Lack of coping mechanisms being taught.

- Community Strengths include:
 - o Parks and Recreation;
 - o Access to outdoor recreation;
 - o Strong social connections;
 - o Low crime, safe neighborhoods;
 - o Clean environment; and
 - o Education.

- Community Opportunities
 - o Affordable, safe quality housing;
 - o Celebration of Diversity;
 - o Affordable Healthcare and prescription costs;
 - o Transportation; and
 - o Emergency Preparedness.

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=>