



Intermountain®
Healthcare



Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – ST. GEORGE REGIONAL HOSPITAL

Located in St. George, Utah, in Washington County, St. George Regional Hospital has 245 staffed beds and offers a full spectrum of inpatient and outpatient services. It is the only hospital in Washington 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. St. George 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 Isolation as a result of COVID-19 changes;
 - o Chronic stress;
 - o Social media pressures; and
 - o Economic stress.
 - o Considered a top priority for community leaders;
 - o Some motivation to remove barriers; and
 - o Lack of resources and assets to remove barriers.
 - o “I think issues that we see through shelter, through case management, through our food pantry, many more people are included in having issues with mental health. And again, I use the word severity because I feel as though in the past, we’ve had the resources to support our community and our clients. And it now feels as though things are off the charts and not- and again, severe, and many more people requiring more intense support on mental health issues.”
- Suicide tied into mental health:
 - o Embracing LGBTQ+ adolescents
 - o “I really like the idea of looking at mental health upstream, then really partnering with schools to address diagnosing earlier with appropriate diagnosis, appropriate treatment. And then, trying to tease through what is trauma-based and what we can help with short term treatment versus long term need and what that means for our adults in future years, if we can start to do this better with our youth.”
- Nutrition and Hunger:
 - o Schools being main food source for children.
 - o “What I see is that within pediatrics in particular, having an empty stomach, if you’re hungry, it’s hard to focus on education. When we look at education, there’s a very clear and direct correlation and probably causation of education and health care outcomes, then one of the levers we can pull is strong education. And if we want strong education, one of the levers we can pull is to ensure that kids are getting an education and are able to focus on their education instead of where they’re going to get their next meal.”

- Substance use and Misuse. Barriers include:
 - o Adolescent alcohol, vaping, drug use; and
 - o Lack of trauma resilience and training.
 - o “I think in our community the youth and adolescents don’t have much to do to keep them busy, so we have a very high alcohol usage among our adolescents and a very high vaping use and other drugs. And I think that without those support systems that really support mainly kids aged 13 to 20, that’s the population that I’ve seen misuse drugs and alcohol the most in my community.”
- Aging adults
 - o Lack of affordable housing;
 - o Increased mental health issues with social isolation;
 - o Dental care for individuals covered by Medicaid; and
 - o Nutrition and hunger.
- Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages. Barriers discussed:
 - o Lack of rheumatologists, endocrinologists, and neurologist in community; and
 - o Cost of health care.
- Other community concerns include:
 - o Access to dental care;
 - o Adverse Childhood Experiences and Trauma;
 - o Cost of housing; and
 - o Food insecurity.
- Community Strengths include:
 - o Parks and Recreation;
 - o Access to outdoor recreation;
 - o Strong social connections;
 - o Low crime, safe neighborhoods;
 - o Education;
 - o Clean Environment; and
 - o Arts and cultural events.
- Community Opportunities
 - o Affordable, safe quality housing;
 - o Celebration of Diversity;
 - o Affordable Healthcare and prescription costs;
 - o Homelessness;
 - o Transportation;
 - o Policy support;
 - o Childcare/after school programs; and
 - o Healthy foods at food bank; and
 - o Grants for mental health care.

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=>