Intermountain® Healthcare

Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – BEAR RIVER VALLEY HOSPITAL

Located in the rural community of Tremonton, in northern Utah, Bear River Valley Hospital has 16 staffed beds and offers a spectrum of inpatient and outpatient medical services. 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. Bear River Valley 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 and stress;
    o Suicide;
    o Social isolation in children;
    o Considered a top priority for community leaders;
    o Lack of motivation to remove barriers; and
    o Lack of resources and assets to remove barriers.
    o "You grow up in a place where you perceive everything's normal, and all of a sudden, you get things pulled out from underneath you and everybody seems to be free falling. We were having a struggle with suicide and things before this and now it seems like it's way more on people's mind than anything else"

• Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages. Barriers discussed:
    o Obesity;
    o Gym closures due to COVID-19 restrictions; and
    o Cost of health care.
    o "A lot of people are delaying their health care, because as we've said, their money is required elsewhere, primarily with housing. So we don't see them until they have an emergency and come to the ED where their costs are even higher and then it contributes to that cycle of debt or not being able to afford checkups and preventative health care that would be beneficial to them earlier in the process."

• Other community concerns include:
    o Inflation;
    o Cost of housing;
    o Intergenerational poverty; and
    o Food insecurity.

- Community Strengths include:
  - o Education;
  - o Access to outdoor recreation;
  - o Strong social connections;
  - o Low crime, safe neighborhoods;
  - o Access to healthy foods; and
  - o Emergency Preparedness.

- Community Opportunities
  - o Affordable, safe quality housing;
  - o Celebration of Diversity;
  - o Affordable Healthcare and prescription costs;
  - o Focus on preventative health;
  - o Transportation;
  - o Childcare/after school programs; and
  - o Access to high speed internet

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=