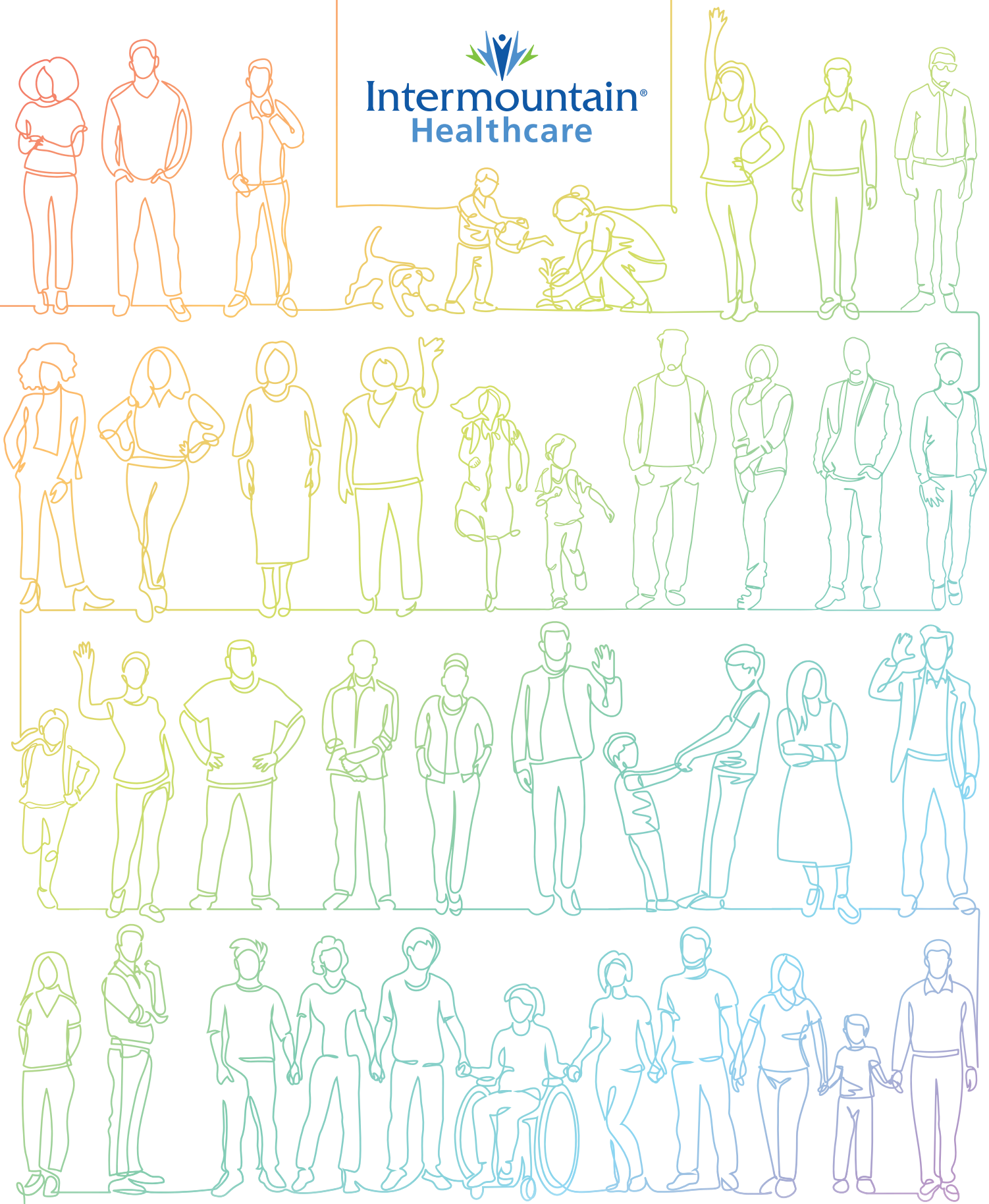# Intermountain
Healthcare

Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – HEBER VALLEY HOSPITAL

Located in the rural community of Heber City, Utah, Heber Valley Hospital has 16 staffed beds and offers a broad spectrum of inpatient and outpatient 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. Heber 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 Shortage of providers and increasing demand for services;
  o Cost of care;
  o Lack of mental health vocabulary and literacy;
  o COVID stressors; and
  o Stigma
  o Considered a top priority for community leaders;
  o High level of motivation to remove barriers; and
  o Lack of resources and assets to remove barriers.
  o "I think where we fall short, it has to do with the education. But what leads to mental health issues? What's going in our environment that brings on mental health issues? We talk about youth and adolescents, and what's happening in their environment, as parents that we can control to help with mental health. And I think as a community, and community services, we always talk about treatment. And treatment is critically important. And there's different facets of that treatment. There's critical care right now. And then there's medium health and long term health. What do we do to prevent mental health? What's going on in our kids lives and our own lives with social media, or exercise, or - and I don't think there's much time spent on that preventative, mental health issue."

• Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages. Barriers discussed:
  o Obesity;
  o Diabetes; and
  o Cost of health care.

• Drug and alcohol use and misuse:
  o Lack of long-term care options
  o "If you take drugs or alcohol, we would like to help you if you do all these things, whereas a lot of people are self-medicating. They do it, not because they want to. They don't desire to be an addict, but they're an addict because they're an addict, because they're probably self-medicating."

• Other community concerns include:
  o Cost of housing;
  o Intergenerational poverty; and
  o Lack of funding for resources.

- Community Strengths include:
  - o Clean Environment;
  - o Low crime, safe neighborhoods;
  - o Parks and recreation, access to outdoors; and
  - o Strong social connections and family life.

- Community Opportunities
  - o Celebration of diversity;
  - o Transportation services;
  - o Affordable, safe, quality housing; and
  - o Childcare and afterschool programs.

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=