



**Intermountain[®]
Healthcare**



Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – INTERMOUNTAIN MEDICAL CENTER

Located in Murray, Utah, a suburb of Salt Lake City, in Salt Lake County, Intermountain Medical Center has 472 staffed beds and offers a full 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. Intermountain Medical Center 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 political stress;
 - o Lack of mental health literacy for parents;
 - 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 want to mention about mental health, is concerning the children. I don’t think that we still don’t know how to recognize the symptoms and we don’t help them to come down or recognize themselves that they are stressed. And we are not dealing with this. We are not helping the children the way we are supposed to. I know that we are, yes, learning. Well, you’re in the health profession, so you know more about this than me, but as working in the schools and as a parent, well, grandparent, I see these issues and I don’t feel there is enough information to help our children.”
- Suicide. Barriers discussed:
 - o Lack of cultural competency for outreach;
 - o Stigma and shame in asking for help.
 - o “As somebody that lost a sister to suicide, I think it’s so important, too, when thinking about the stigmas...my family thought that...or my mom would make the comment like, “Why are you being so lazy?” Where it’s like, “Get up and do something,” when it was something way more serious than what we ever thought it was. Because my mom also didn’t know how to deal with those things as well.”
- Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages. Barriers discussed:
 - o Diabetes;
 - o Lack of culturally diverse materials representing nutrition;
 - o Lack of diverse meal options in food pantries;
 - o Lack of nutritional literacy; and
 - o Cost of health care.
 - o “The main thing that we do is that we are a choice pantry. Even throughout the pandemic we’ve been choice. And so what that means is that people get to select for themselves. I’m sure there are more ways, more things that we could be doing. But that’s been effective for a bunch of reasons for

our philosophy for how we run the pantry. And that is that people get to select. If we had materials that said well fine. If your food context is pacific Asian, here're some things that are healthy foods or ways to make them that are good, that would be helpful. Or if your context is Guatemalan, here are some things. So that it is not just eat healthy that has American context. Don't go to McDonald's. There's gotta be more to it than that."

- Other community concerns include:
 - o Poor economy;
 - o Interpersonal violence;
 - o Lack of community input; and
 - o Lack of knowledge regarding resources available.
- Community Strengths include:
 - o Parks and Recreation, Access to outdoor recreation;
 - o Strong social connections, family life;
 - o Celebration of diversity; and
 - o Arts and cultural events.
- Community Opportunities
 - o Affordable, safe quality housing;
 - o Emergency preparedness;
 - o Low crime, safe neighborhoods;
 - o Access to healthy foods;
 - o Transportation;
 - o Childcare/after school programs;
 - o Affordable healthcare; and
 - o Organizational collaboration.

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=>