



Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – MCKAY-DEE HOSPITAL

Located in the urban community of Ogden, in northern Utah, McKay-Dee Hospital has 312 staffed beds and offers a full 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. McKay-Dee 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 Considered a top priority for community leaders;
 - o Unsure of motivation to remove barriers; and
 - o Lack of resources and assets to remove barriers.
 - o “There’s been a ton of mental health resources during COVID, I think COVID exacerbated some of those issues, but I don’t know if we actually did a very good job of increasing access across the board. I think access was temporary when COVID hit, but as we normalize, sometimes we lose that open access the pandemic afforded a lot of people.”
- Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages.
Barriers discussed:
 - o Obesity;
 - o Cost of healthy foods;
 - o Gym closures due to COVID-19 restrictions; and
 - o Cost of health care.
 - o “I think nutrition is also tied in with obesity and related conditions, because someone who is experiencing food insecurities, not necessarily hungry, but they might be eating not nutritionally dense foods that are better for their health, which can also lead to related health disparities in that group/”
- Nutrition and food insecurity. Barriers discussed:
 - o Lack of access to affordable and healthy foods; and
 - o Poverty and cost of living contributing to access.
 - o “We have a number of people still throughout the year who come to YCC, asking for food. And so I think CCS does an amazing job with food distributions. I’m kind of wondering if a mobile food pantry, or something maybe more accessible than where CCS is for people might be helpful. Or smaller satellite options for people to get access to healthy food, and free or affordable food.”
- Other community concerns include:
 - o Substance use;
 - o Cost of housing;
 - o Poverty; and
 - o Increase in Domestic abuse and violence.

- Community Strengths include:
 - o Parks and Recreation;
 - o Access to outdoor recreation;
 - o Strong social connections;
 - o Arts and cultural events; and
 - o Transportation.

- Community Opportunities
 - o Affordable, safe quality housing;
 - o Emergency Preparedness;
 - o Affordable Healthcare and prescription costs;
 - o Low crime, safe neighborhoods;
 - o Clean environment;
 - o Childcare/after school programs;
 - o Access to healthy foods; and
 - o Policy involvement.

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=>