



Intermountain[®]
Healthcare



Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – SANPETE VALLEY HOSPITAL

Located in the rural community of Mount Pleasant, Utah, Sanpete Valley Hospital has 18 staffed beds and offers a broad spectrum of inpatient and outpatient services. This Critical Access Hospital is one of two hospitals in Sanpete 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. Sanpete 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 Children needing mental health support in schools;
 - o Stigma;
 - o Financial stress; and
 - o Lack of providers.
 - 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 “And I think the biggest thing with mental health is education around mental health because I just think that people aren’t aware of what mental health looks like and how it affects families... I think because there’s a lack of knowledge and because it can be portrayed as really scary, and so far, out there that the word psychosis scares people or mania scares people, bipolar, those terms are scary on their own. They’re scary to experience...And this community specifically does not have enough mental health resources for the people that need it. And I think that everyone can benefit from mental health resources whether that’s talk therapy or any of the other range of things that are needed.”
- Suicide:
 - o Stigma of getting mental health care in a rural, small community;
 - o Older population not likely to engage in telehealth; and
 - o Long wait lists for treatment.
 - o “Our older adults are more likely to die by suicide than our young children. We always talk about our kids, and we don’t always talk about our older adults. You don’t hear about when they commit suicide, you don’t hear about in the paper you don’t, which I don’t think is bad things...And the stigma, I cannot hold a parenting class at the children’s center whose parents do not want to come because they don’t want their car to be seen in this parking lot in the counseling center.”
- Chronic diseases associated with unhealthy weight and behaviors affecting physical health in all ages.
Barriers discussed:
 - o Obesity;
 - o Related to mental health; and
 - o Lack of clinics in rural area.

- Other community concerns include:
 - o Substance use;
 - o Cost of housing; and
 - o Inflation of costs unsustainable for aging and elderly population.

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

- Community Opportunities
 - o Celebration of Diversity;
 - o Good jobs and healthy economy;
 - o Transportation services;
 - o Buy-in from politicians and local leaders; and
 - o Awareness of services and resources available.

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=>