



Intermountain[®]
Healthcare



Intermountain Healthcare Community Health Needs Assessment 2022

DETAILED FINDINGS – UTAH VALLEY HOSPITAL

Located in the urban community of Provo, Utah, Utah Valley Hospital has 359 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. Utah 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 Stigma and shame of asking for help;
 - o Stress from basic needs being unmet;
 - o Lack of cultural competence in mental healthcare;
 - 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 “Just overall mental health, from a mental health standpoint and nursing standpoint, one in five people at any given time experience mental health struggle. It is a lot more common and just tying into the basic needs that we’re discussing. If the basic needs, aren’t being able to be reached. Food, water, shelter, then that exacerbates the stress and leads to anxiety. Just feeling like you’re trying to survive its survival mode, and eventually, it leads to depression. Just how mental health is the number one need overall but underlying that is not giving people the connection to a mental health provider. Maybe it’s addressing giving them access to someone who will help them manage their finances or connecting them to resources, to food, and to address those basic needs in the hierarchy of needs.”
- Hunger and Nutrition. Barriers discussed:
 - o Inflation causing food insecurity;
 - o “So what we see quite frequently is people having to choose between, they can’t afford the housing or they can’t afford the transportation, the gas. And so they’re cutting corners, and they don’t have enough food. And so that basic need of food, and I mean, people aren’t going to not pay for gas because they need to keep their jobs so they can stay in their homes, even though they can’t afford them. And so food’s one of the first things that they cut. And then last down the line, is so you get your food and you have a place to stay, but it’s you’re paying too much for it. You’re paying a lot for your gas, but then basically everything else just drops down the line. So many people who come into our pantries that have diabetes or other chronic health issues, won’t invest in the care that they need, because they just simply can’t afford it. When they can’t afford food, they can’t afford these things. And so it just is a trickle-down effect.”

- Immunizations. Barriers discussed:
 - o Hostile attitudes towards politics;
 - o “I think the pandemic has needed a little worse. Just like the polarization of people want to get vaccinated. People don’t want to get vaccinated. I feel like just right now, there’s a little bit more hostility when people have different beliefs. I feel like we can improve in being more understanding and just more accepting of people’s beliefs when it comes to religion, political beliefs, sexual orientation. I feel like we can do a much better job.”
- Other community concerns include:
 - o Inflation;
 - o Low wages, Poverty;
 - o Cost of housing; and
 - o Interpersonal violence.
- Community Strengths include:
 - o Education;
 - o Access to outdoor recreation;
 - o Strong social connections; and
 - o Low crime, safe neighborhoods.
- Community Opportunities
 - o Affordable, safe quality housing;
 - o Celebration of Diversity;
 - o Affordable Healthcare and prescription costs;
 - o Transportation; and
 - o Collaboration among organizations to provide resources.

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=>