

Cedar City Hospital

Located in Cedar City, Utah, in Iron County, Cedar City Hospital has 48 staffed beds and offers a full spectrum of inpatient and outpatient services. It is the only hospital in Iron County. In 2019, 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. Cedar City Hospital identified the significant health needs as:

Improve Mental Well-Being, Prevent Avoidable Disease & Injury, and Improve Air Quality

Cedar City Hospital, which is part of Intermountain Healthcare, joined 27 other agencies from Utah to co-chair a statewide collaboration that guides and implements the CHNA process with public health, behavioral health, and other not-for-profit organizations. The collaboration has improved access to data, reduced duplication of efforts, and increased ability to align strategies in addressing complex health issues. Cedar City Hospital defined its community using zip codes that align with local public health efforts from the Utah Department of Health small areas.

What we heard from the community

Cedar City Hospital co-hosted a community input meeting with the Utah Department of Health and its local public health department. This meeting included representatives from: food pantries, health advocate groups, healthcare providers (including FQHCs), human service agencies, law enforcement, local business, local government, low-income, uninsured, underserved populations, behavioral health service providers and local mental health authorities, minority organizations, safety net clinics, school districts/higher academic institutions, state and local health departments. Highlights from this community input meeting include:

- The greatest concern with chronic diseases associated with unhealthy weight and behaviors is how it leads to loss of employment and exacerbates other health issues, especially mental health.
- Mental health concerns among youth is a priority. Increased mental health needs among adolescents especially leads to poor school attendance and isolation. Mental health care is unaffordable.
- Substance misuse leads to incarceration, job loss, judgement from society. Increased vaping in youth is a huge concern.
- The social determinants of health, especially lack of transportation, is a critical barrier to health.

What we know about the health needs

Below are health indicators that present the most opportunity to improve health in this community:

	Cedar City	State of Utah
Frequent mental distress	21.4%	17.5%
Depression	21.7%	21.6%
Suicide death rate	19.9 per 100,000	22.0 per 100,000
Drug poisoning death rate	28.0 per 100,000	22.4 per 100,000
Childhood immunizations	NA	67.9%
Diabetes	8.8%	7.7%
High blood pressure	22.8%	25.7%
Unhealthy air days (as measured by AQI)	NA	174

Better than State   Similar to State   Worse than State

Why are these health issues important?

- According to the Centers for Disease Control and Prevention (CDC), chronic conditions related to obesity, such as diabetes and poor cardiovascular health, continue to be the leading cause of death and disability in the United States. The community this hospital serves is no exception.
- Mental health disorders are medical conditions that disrupt a person’s thinking, feeling, mood, ability to relate to others and daily functioning. Just like chronic diseases, mental health disorders are treatable, however, many cases often go unrecognized and untreated. There is a strong relationship between chronic disease, depression, and other mental health concerns.
- Suicide is the sixth leading cause of death in Utah.
- Drug poisoning deaths are a preventable public health problem; they are the leading cause of injury death in Utah, outpacing deaths due to firearms, falls, and motor vehicle crashes.
- Immunizations are one of the most cost-effective, safe, and effective health prevention measures and play an essential role in reducing and eliminating disease.
- Unintentional injuries and suicides have been the leading causes of child injury deaths in Utah.
- Air quality measures the amount of pollution in the air. Poor air quality is associated with several adverse health outcomes, including reproductive health issues, poor birth outcomes, and an increase risk of heart attacks, strokes, and high blood pressure.

How are we going to address these health needs?

Based on the results of the CHNA, Intermountain Healthcare engaged representatives of state and local health departments and multiple community partners to identify potential implementation plans. Partners who participated in the previous community input meeting were invited again to discuss strategies, in addition to representatives from community libraries and case managers. These planning efforts were used to develop a three-year plan outlining health improvement strategies for Cedar City Hospital to address the significant health needs using evidence-based programs.

Cedar City Hospital’s implementation plan leverages system and local resources to create partnerships that will improve health outcomes, with a particular focus on low-income, underserved, and uninsured populations. The implementation plan, which is reported in a separate document, includes a description of the resources Intermountain has committed to the strategies and how such resources will be augmented by collaborative partnerships in each hospital community. Outcome measures will be tracked and reported annually through the evaluation process.

For more information about Intermountain Healthcare’s community health efforts, contact: Mikelle Moore, Chief Community Health Officer and Senior Vice President, [mikelle.moore@imail.org](mailto:mikelle.moore@imail.org) Stephanie Croasdell Stokes, Consultant, Strategic Research, [stephanie.stokes@imail.org](mailto:stephanie.stokes@imail.org)