

Bear River Valley Hospital

Located in the rural community of Tremonton, in northern Utah, Bear River Valley Hospital has 16 staffed beds and offers a spectrum of inpatient and outpatient medical services. 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. Bear River Valley Hospital identified the significant health needs as:

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

Bear River Valley 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. Bear River Valley 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

Bear River Valley 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:

- More children are diagnosed with Type II diabetes than ever seen before. Concerns with what that means for them as they age.
- Shortage of providers to address mental health concerns is a barrier.
- Vaping among youth is increasing exponentially.
- Communicable diseases, especially flu and respiratory viruses, are increasing because people cannot afford to miss work.
- Many are unaware of the resources available to the community to help them be healthier, and even if they were, too many lack a prevention mindset or motivation to use them.
- Lack of public 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:

	Tremonton	State of Utah
Frequent mental distress	13.6%	17.5%
Depression	19.8%	21.6%
Suicide death rate	17.9 per 100,000	22.0 per 100,000
Drug poisoning death rate	17.3 per 100,000	22.4 per 100,000
Childhood immunizations	NA	67.9%
Diabetes	8.9%	7.7%
High blood pressure	30.0%	25.7%
Unhealthy air days (as measured by AQI)	17	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 Bear River Valley Hospital to address the significant health needs using evidence-based programs.

Bear River Valley 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 Stephanie Croasdell Stokes, Consultant, Strategic Research, stephanie.stokes@imail.org