

Cassia Regional Hospital

Located in the rural community of Burley in southeast Idaho, the hospital has 25 staffed beds and offers a spectrum of inpatient and outpatient medical services. Cassia Regional Hospital is located on the boarder of Cassia and Minidoka counties and is a Critical Access Hospital. 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. Cassia Regional Hospital identified the significant health needs as:

Improve Mental Well-Being and Prevent Avoidable Disease & Injury

Cassia Regional Hospital, which is part of Intermountain Healthcare, defined its community using zip codes that align with local public health efforts and County Health Rankings & Roadmaps.

What we heard from the community

Cassia Regional Hospital hosted a community input meeting as part of this process. 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:

- Mental health is the most critical health concern and is a result of too few providers (especially those that can speak languages other than English), stigma, and the lack of affordability in mental health care.
- Community members linked unhealthy weight and behaviors to mental health issues.
- Substance misuse is also related to mental health issues, and many community members worry that increased vaping is going to increase substance misuse overall.
- Lack of connectedness among community members and how it relates to social isolation among seniors.
- Childhood abuse and neglect is increasing.
- Underemployment in the community is a contributor to many health issues.

What we know about the health needs

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

|                                    | Cassia | State of Idaho   |
|------------------------------------|--------|------------------|
| Frequent mental distress           | 12%    | 11%              |
| Depression                         | 16.4%  | 18.1%            |
| Suicide death rate                 | NA     | 20.4 per 100,000 |
| Drug poisoning death rate          | NA     | 13.7 per 100,000 |
| Childhood immunizations            | NA     | 69.2%            |
| Diabetes                           | 9%     | 9%               |
| High blood pressure                | 25.7%  | 26.3%            |
| Air pollution – particulate matter | 7.1    | 7.4              |

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 eighth leading cause of death in Idaho.
- Drug poisoning deaths are a preventable public health problem; they are a leading cause of injury death in Idaho.
- 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 have been a leading causes of child injury death and disability in Idaho for decades.
- 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 Cassia Regional Hospital to address the significant health needs using evidence-based programs.

Cassia Regional 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)