



Community Health Needs Assessment Report August 2022

Summary

Middle Park Health collaborated with the Colorado Health Institute (CHI), a health policy research organization whose scope is supporting community partners in advancing health for all Coloradans. The purpose of this Community Health Needs Assessment (CHNA) is to help Middle Park Health identify areas of health needs as prioritized by our community and to develop action plans to help address those needs as much as possible. This report and the information that follows, demonstrates Middle Park Health's commitment to serve residents of Grand and Jackson counties.

Community Defined

The scope of the 2022 CHNA includes Grand and Jackson counties. Currently, close to 16,000 individuals live in Grand County and about 1,300 live in Jackson County. The populations in both counties are again as more than a third (36%) of people in Grand County are 55 or older and about half (50%) in Jackson County are 55 or older. In both counties, over 85% of people identify as non-Hispanic white, which is higher than the state average of 68%, while about 10% of people in both counties identify as Hispanic or Latino/a.

While considered rural, Grand County serves as a high tourist area as the area offers a variety of recreational activities such as skiing, snowmobiling, hiking, camping, and hunting. Jackson County also offers a variety of recreational activities, but much of its land is dedicated to ranching.

Purpose of Community Health Needs Assessment

The 2022 CHNA report provides information and feedback for key community stakeholders to improve and promote the health of the Grand and Jackson communities. The CHNA process identifies factors that influence the health of a population and determine the availability of resources that adequately address health needs. With the information provided through this process, Middle Park Health has developed a plan to address community health priorities and build capacity of existing programs, resources, and partnerships.

CHNA Methodology and Identifying Health Needs

The CHNA process requires engaging key community stakeholders to express their perceptions of the most pressing health needs in their community. CHI conducted five key informant interviews to help identify urgent topics related to health according to community members and leaders. The leaders within the community that were interviewed included the following:

- Grand County Public Health
- Jackson County Public Health
- West Grand School District
- Grand County Rural Health Network
- Mind Springs Health

In addition, CHI created and distributed an electronic survey to residents of Grand and Jackson counties asking about their perceptions of overall health and their opinions about health needs in their community. Fifty people responded.

CHI further analyzed the community's health status and outcomes using data from a variety of public available sources:

- **The Colorado Health Access Survey (CHAS)** provided data regarding mental health indicators and stable housing concerns.
- **The American Community Survey (ACS)** provided demographic data for Grand and Jackson counties and household income data.
- **The Colorado Health Information Dataset (CoHID)** provided data regarding preventive health indicators (i.e., colorectal screenings, mammograms, cholesterol screenings).
- **County Health Rankings, an initiative of the Robert Wood Johnson Foundation** provided data for mental health care provider ratio, Medicare enrollees receiving annual flu vaccines, and residents having broadband internet access.

Results from Community Survey

The survey was available using SurveyMonkey and was available in English for a two-week period. A total of 50 people responded to the survey.

Survey Respondent Demographics

Respondents were mostly between the ages of 35 and 54, identified as white, non-Hispanic, were female and were from Grand County. Responding to demographic questions was optional; 46 individuals reported their race/ethnicity, 47 reported their gender, 47 reported their age, and 49 reported the ZIP code in which they reside.

Pressing Health Needs Overall

Respondents were asked to identify, from a list of 14 options, the five most urgent health needs in their community. The top five, in descending order of frequency overall, were:

1. Access to mental health services
2. Substance use prevention and recovery services

3. Social support services (housing, food, transportation)
4. Childcare services
5. Specialty care services (cardiology, oncology, rheumatology, immunology, psychiatry)

Pressing Health Needs Grand County

For respondents from Grand County (42 people), results were like the overall ranking above, with specialty care services and childcare services switched in priority order:

1. Access to mental health services
2. Substance use prevention, and treatment/recovery services
3. Social support services (housing, food, transportation)
4. Specialty care services (cardiology, oncology, rheumatology, immunology, psychiatry)
5. Childcare services

Pressing Health Needs Jackson County

For respondents from Jackson County (eight people), results differed notably from the overall ranking, with aging/long-term care services and public health services landing in the top five:

1. Access to mental health services
2. Childcare services
3. Aging/long-term care services
4. Substance use prevention, and treatment/recovery services
5. Public health services (immunizations, sex education, disease education, health literacy)

Topics of Focus and Prioritizing Health Needs

In addition to assessing where community members see the most pressing health needs, CHI also offered an opportunity for respondents to provide more insight on the three priority topics identified through earlier interviews. Findings are summarized below.

Access to Mental Health Services

Over the past 12 months, 44% of respondents said there was a time when they needed mental health care or counseling but did not get it. Responses are notable when broken down by county, with 75% of Jackson County respondents identifying this need compared to 38% of respondents from Grand County. Not knowing where to go was the most common reason for not getting mental health care when needed. The vast majority of all respondents (86%) agreed or strongly agreed that access to mental health should be a top priority for the community in the next three years.

Access to Preventive Health Services

In the past 12 months, nearly one in five (18%) respondents identified a time when they needed access to preventive care services and did not get it. Transportation issues and high costs were the reasons most cited for not getting needed preventive care.

Respondents also ranked preventive health services by importance. The preventive health services cited most often as important or very important, in descending order of frequency, were:

1. Mental health care screenings
2. Reproductive screenings (such as well woman exams, gynecological exams, or wellness exams)
3. Well child and/or adolescent visits
4. Routine cancer screenings
5. Routine vaccinations (such as the flu or Tdap)

Conclusion

Middle Park Health can address the needs identified in the CHNA by working toward strengthening partnerships and improving care coordination. Next steps will include development of an Action and Implementation Plan with strategies to expand upon Middle Park Health's ongoing commitment and mission to support and encourage the physical, emotional, and spiritual health of our community.

Approval

The Kremmling Memorial Hospital District dba Middle Park Health Board of Directors approves the priorities and responses identified in the 2022 Community Health Needs Assessment.



Jodi Docheff, President



Date