



2024 COMMUNITY ENGAGEMENT & BEHAVIORAL HEALTH SURVEY REPORT

Summit County, Utah

Sponsored by

**Summit County Behavioral Health Division
& Park City Community Foundation**

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INTRODUCTION

PROJECT OVERVIEW

Project Goals

The 2024 PRC Community Engagement & Behavioral Health Survey, a follow-up to a similar study in 2021, is a data-driven approach to measuring community engagement and behavioral health needs in Summit County, Utah. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

This assessment was funded through the Katz Amsterdam Foundation and conducted on behalf of the Summit County Behavioral Health Division and Park City Community Foundation by PRC, Inc. PRC is a nationally recognized healthcare consulting firm with extensive experience conducting quality-of-life and health research in hundreds of communities across the United States since 1994.

Methodology

Community Definition

The targeted population for this survey effort included each of the residential ZIP Codes comprising Summit County, as outlined in the following map.



Summit County, Utah



Survey Instrument

The survey used for this effort was developed by the sponsors of this study in consultation with the Katz Amsterdam Foundation and PRC. Initially, the Foundation worked with consultants to investigate and identify actionable questions that might best measure community engagement and behavioral health needs. PRC further worked with the sponsors and the Katz Amsterdam Foundation to establish final question formats and question flow.

The final survey instrument consisted of 42 questions and is very similar to the survey administered in 2021, allowing for data trending for most indicators.

Sample Approach & Design

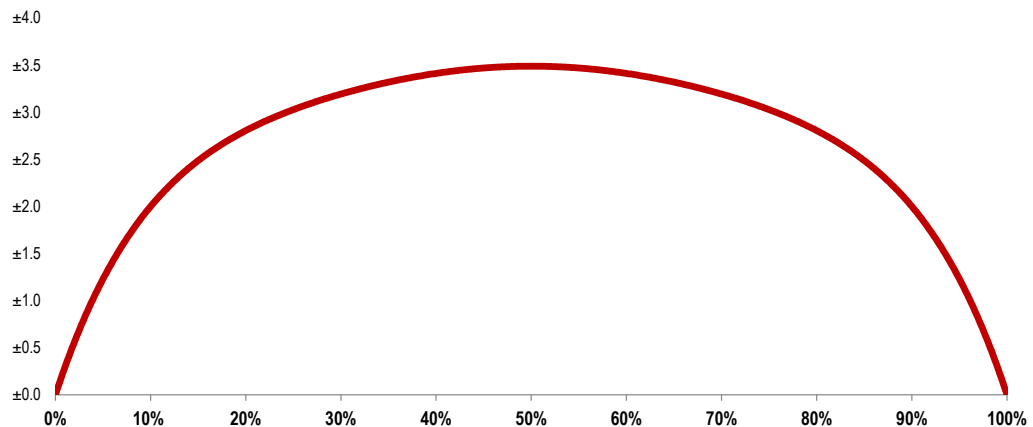
To ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone) as well as through online questionnaires. The final sample for this effort included **819 total surveys** among individuals age 18 and older in Summit County, Utah.

PRC SAMPLING ► PRC conducted 400 surveys across Summit County through a random selection of households that were completed over the phone (landline or cell phone) or online.

COMMUNITY OUTREACH SAMPLING ► In addition, PRC hosted an online version of the survey, and Summit County Behavioral Health Division and Park City Community Foundation used a variety of communication tools to drive residents to take the survey. Examples include press releases, social media advertising, posting on organizational websites, and email campaigns to community members and community partners. In all, a total of 419 surveys were achieved through these methods.

For statistical purposes, the maximum rate of error associated with a sample size of 819 respondents is $\pm 3.5\%$ at the 95 percent confidence level.

Expected Error Ranges for a Sample of 819 Respondents at the 95 Percent Level of Confidence



Note: • The "response rate" (the percentage of a population giving a particular response) determines the error rate associated with that response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.

Examples: • If 10% of the sample of 819 respondents answered a certain question with a "yes," it can be asserted that between 8.0% and 12.0% ($10\% \pm 2.0\%$) of the total population would offer this response.
• If 50% of respondents said "yes," one could be certain with a 95 percent level of confidence that between 46.5% and 53.5% ($50\% \pm 3.5\%$) of the total population would respond "yes" if asked this question.

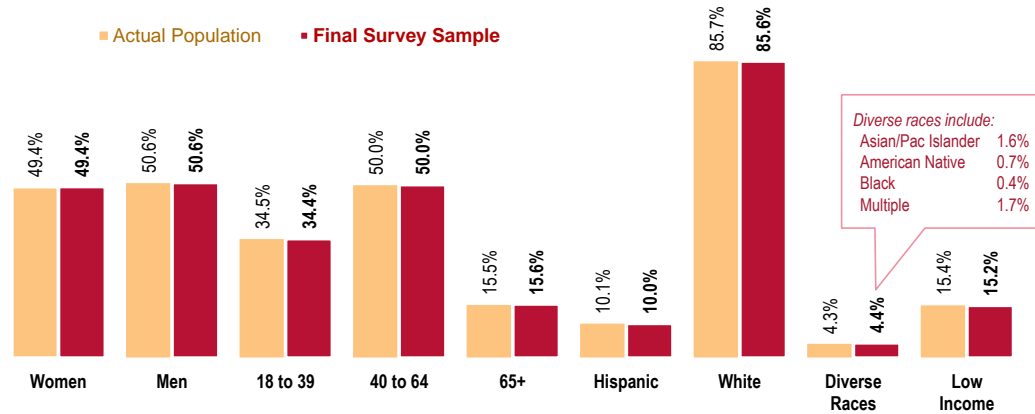


Sample Characteristics

Once all interviews were completed, these were combined and weighted to best reflect the community as a whole. To accurately represent the population studied, it is a common and preferred practice to “weight” the raw data to improve the representativeness of the sample. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely gender, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual’s responses is maintained, one respondent’s responses may contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics may have been slightly oversampled, may contribute the same weight as 0.9 respondents.

The following charts outline the characteristics of samples for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; children were not surveyed in this effort and are therefore not represented demographically in these charts.]

Population & Survey Sample Characteristics (Summit County, UT; 2024)



- Sources:
- US Census Bureau, 2016-2020 American Community Survey.
 - 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc.
- Notes:
- "Low Income" reflects those living under 200% of the federal poverty level, based on guidelines established by the US Department of Health & Human Services.
 - All Hispanic respondents are grouped, regardless of identity with any other race group. Race reflects those who identify with a single race category, without Hispanic origin. "Diverse Races" includes those who identify as Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian/Pacific Islander, or as being of multiple races, without Hispanic origin.

Additional data are provided in the **Community Sample Characteristics** section at the end of this report.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total populations of community members in the defined areas with a high degree of confidence.



Benchmark Data

State-Level Comparisons

Statewide risk factor data are provided for select indicators where available through the most recent *BRFSS (Behavioral Risk Factor Surveillance System) Prevalence and Trends Data* published online by the Centers for Disease Control and Prevention.

National Comparisons

Comparisons to national data are provided where available through the *2023 PRC National Health Survey (PRC)*.

Determining Significance

Differences noted in this report represent those determined to be statistically significant. For these survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level), using question-specific samples and response rates.



SUMMARY OF FINDINGS

Key Findings

COMMUNITY LIFE

- Residents of Summit County appear to be **very highly engaged** in their communities:
 - Over 80% agree that they trust people in their community, similar to the 2021 county findings.
 - Nearly 60% agree that they invest time and effort into the community, increasing significantly since 2021.
 - Over half agree that their community is part of their identity, another significant improvement since 2021.

In general, adults with higher incomes tend to be more engaged by these measures.

- However, residents' perception that their community is a **"fair/poor" place in which to live** has increased significantly since 2021.

SOCIAL SUPPORT

- Most Summit County residents feel that they have **adequate social support**, having someone they can turn to ("all" or "most" of the time) if they needed or wanted help.
- Still, one in four county residents are **lonely** (meaning that there are times when they lack companionship, feel left out, and/or feel isolated from others), although this has improved since 2021. By this measure, loneliness tends to be more prevalent in younger residents, those with lower incomes, Hispanic adults, and those identifying as LGBTQ+.
- The vast majority of survey respondents are able to find friends of their own age, similar to 2021 findings. However, residents in low-income households and LGBTQ+ residents are less likely to report this.

MENTAL HEALTH

- Most residents believe that their **community is sympathetic** to those with mental health concerns, but **fewer feel that it is easy for residents to discuss** issues related to mental health. On a positive note, both responses have improved significantly since the 2021 survey.
- Just less than half of Summit County residents report a **high number of poor mental health days** in the past month (three or more days in the past month on which their mental health was not good), similar to 2021 survey results but worse than the Utah prevalence. Current prevalence decreases with age and tends to be higher in women, low-income residents, Hispanic residents, and (especially) LGBTQ+ residents.
- Over 61% of respondents believe they would be able to recognize a person struggling with mental health issues; this prevalence has increased significantly since 2021 and has similar findings across geography and demographic characteristics.
- Most residents are **aware of local mental health resources** and most say that they would be **likely to seek mental health services locally** if needed and to use **teletherapy for behavioral health**. Awareness of local resources has increased significantly since 2021 and is highest in the LGBTQ+ community.
- Among the one in three residents who have needed mental health services in the past year, 28.0% report being **unable to get needed services**; this was primarily due to cost/insurance issues, not



knowing where to seek help, job-related and confidentiality concerns, and a perceived lack of providers. Young adults were most likely to report issues in getting the mental health services they needed.

SUBSTANCE USE

- **Alcohol is strongly associated with social life** in Summit County — nearly two in three residents “strongly” or “somewhat agree” that alcohol is important to most peoples’ social lives in their locale. This perception is lowest among residents in lower-income households.
- While it has decreased somewhat, **about one-third of residents are found to engage in “excessive drinking”** — this means that they have had episodes of binge drinking in the past month and/or they average a high number of drinks per day over the past 30 days. In Summit County, excessive drinking is higher among men and younger adults.
- The **impact of substance use in peoples’ lives is widespread** — over half of survey respondents (Summit County 59.6% vs. US 45.4%) say that their own life has been directly and negatively affected by someone’s substance use issue (their own or that of someone close to them).

Summary Tables: Comparisons With Benchmark Data































The following tables provide an overview of indicators in Summit County. These data are grouped by topic.

Reading the Summary Tables








- In the following tables, Summit County results are shown in the larger, gray column.
- The columns to the left of the Summit County column provide comparisons among the ZIP Code areas, identifying differences for each as “better than” (☀️), “worse than” (🌧️), or “similar to” (☁️) the combined opposing areas.
- ■ The columns to the right of the Summit County column provide trending, as well as comparisons between community data and any available state and national findings. Symbols indicate whether Summit County compares favorably (☀️), unfavorably (🌧️), or comparably (☁️) to these external data.

Note that blank table cells signify that data are not available for that area and/or for that indicator.



COMMUNITY LIFE & SOCIAL SUPPORT	DISPARITY AMONG SUBAREAS				
	84017	84036	84060	84098	Other ZIPs
% Community Is a "Fair/Poor" Place to Live	 4.6	 5.6	 7.3	 1.6	 8.6
% Trust People in Community (Completely/Mostly Agree)	 84.5	 84.9	 84.1	 90.5	 81.4
% Invest Time/Effort Into Community (Completely/Mostly Agree)	 58.4	 51.4	 64.7	 61.8	 38.5
% Community Member Is Part of Identity (Completely/Mostly Agree)	 51.1	 49.0	 64.7	 59.8	 36.9
% "Always/Usually" Get Needed Social/Emotional Support	 71.9	 60.0	 72.9	 75.3	 46.4
% Lonely	 28.0	 25.8	 28.1	 21.3	 43.4

Note: In the section above, each ZIP Code is compared against all other ZIP Codes combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

Summit County	SUMMIT COUNTY vs. BENCHMARKS		
	vs. UT	vs. US	TREND
4.3			 2.1
86.9			 86.2
58.8			 48.1
56.6			 44.9
69.8			 67.8
25.7		 38.5	 31.9


better


similar
































worse

MENTAL HEALTH	DISPARITY AMONG SUBAREAS				
	84017	84036	84060	84098	Other ZIPs
% People Are Sympathetic to Those With Mental Health Concerns (Strongly/Somewhat Agree)	60.1	56.0	68.1	64.2	59.5
% Easy for Residents to Discuss Mental Health (Strongly/Somewhat Agree)	42.0	39.0	59.7	59.4	43.9
% Can Recognize a Person Struggling With Mental Health (Strongly/Somewhat Agree)	68.9	56.1	56.4	62.8	70.8
% 3+ Days of Poor Mental Health in the Past Month	46.4	48.1	52.4	42.2	40.7
% Needed Mental Health Services in Past Year	34.2	31.7	38.2	30.4	36.4
% [Those Needing Services] Unable to Get Mental Health Services in Past Year					
% Aware of Local Mental Health Resources	53.0	44.2	62.1	69.2	54.8
% Aware of Local Behavioral Health Resources for LGBTQ+	24.0	32.2	27.8	29.0	15.9
% "Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed	81.1	86.5	88.3	89.6	82.1
% "Very/Somewhat" Likely to Use Teletherapy for Behavioral Health	81.7	81.7	78.8	88.2	68.7
% "Often/Sometimes" Able to Find Peers for Friendship	84.6	77.3	80.1	87.4	58.6
















Summit County	SUMMIT COUNTY vs. BENCHMARKS		
	vs. UT	vs. US	TREND
63.0			58.0
53.3			42.3
61.5			54.7
45.8	39.1		47.3
33.1			34.1
28.0			30.8
61.0			56.2
27.8			
87.4			84.9
83.1			79.5
81.8			78.8




Note: In the section above, each ZIP Code is compared against all other ZIP Codes combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.








SUBSTANCE USE	DISPARITY AMONG SUBAREAS				
	84017	84036	84060	84098	Other ZIPs
% Alcohol Is Important to Most People's Social Life	 38.9	 47.1	 74.0	 73.2	 23.9
% Current Drinking	 51.9	 61.0	 79.8	 83.1	 39.6
% Heavy Drinking	 8.3	 13.2	 20.4	 16.2	 10.1
% Binge Drinking	 23.1	 28.8	 37.5	 29.5	 13.0
% Excessive Drinking	 24.6	 29.5	 39.8	 34.9	 15.0
% Personally Impacted by Substance Use	 57.8	 69.7	 62.1	 56.4	 52.3




Note: In the section above, each ZIP Code is compared against all other ZIP Codes combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.




Summit County	SUMMIT COUNTY vs. BENCHMARKS		
	vs. UT	vs. US	TREND
62.2			 59.9
72.6	 33.8	 64.2	 73.6
15.4	 5.0	 14.1	 22.0
29.3	 12.8	 30.6	 32.4
32.7	 13.6	 34.3	 37.2
59.6		 45.4	 60.5

 better
  similar
  worse

ACCESS TO HEALTH CARE	DISPARITY AMONG SUBAREAS				
	84017	84036	84060	84098	Other ZIPs
% [Age 18-64] Lack Health Insurance	 5.2	 15.2	 16.5	 5.4	 4.5

Note: In the section above, each ZIP Code is compared against all other ZIP Codes combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

Summit County	SUMMIT COUNTY vs. BENCHMARKS		
	vs. UT	vs. US	TREND
9.3	 10.6	 8.1	 6.0

 better
  similar
  worse



COMMUNITY LIFE

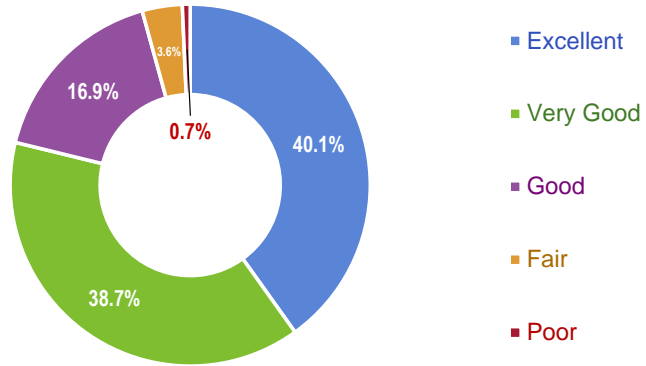
COMMUNITY AS A PLACE TO LIVE

In the initial inquiry, respondents were asked the following question (for the purposes of this study, they were asked to consider their "community" to be their own neighborhood):

"Overall, how would you rate your community as a place to live? Would you say: excellent, very good, good, fair, or poor?"

By and large, most residents in Summit County rate their community as an "excellent" or "very good" place to live.

Rating of the Community as a Place to Live
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents.

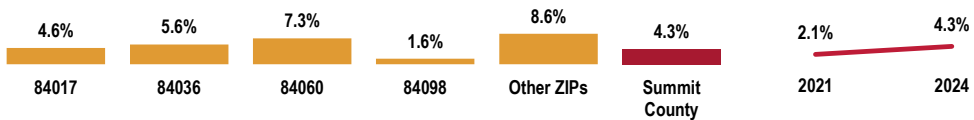
However, 4.3% of county residents gave "fair/poor" ratings of their community as a place to live.

TREND ▶ Marks a statistically significant increase since 2021.

DISPARITY ▶ "Fair/poor" ratings are lowest among respondents in ZIP Code 84098. Note also the correlation with age.

Perceive the Community as a "Fair" or "Poor" Place to Live
(Summit County, UT)

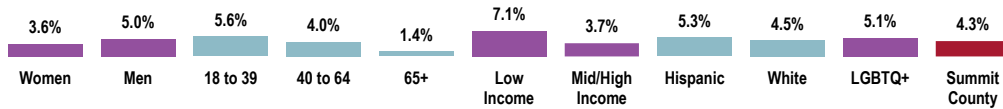
Summit County, UT



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents.



Perceive the Community as a “Fair” or “Poor” Place to Live (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
 Notes: • Asked of all respondents.

INCOME & RACE/ETHNICITY

INCOME ► Poverty descriptions and segmentation used in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2022 guidelines place the poverty threshold for a family of four at \$27,750 annual household income or lower). In sample segmentation: “low income” refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used. All Hispanic respondents are grouped, regardless of identity with any race group. All race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).



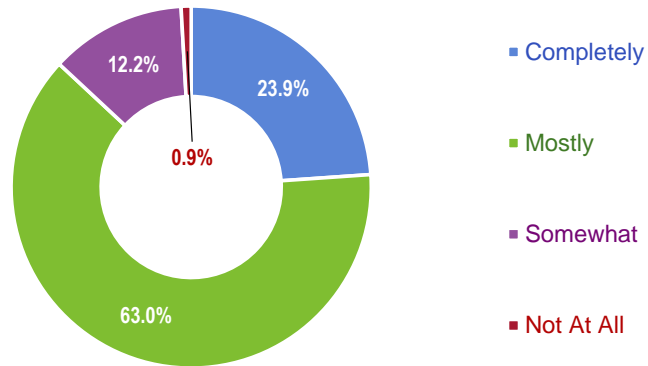
COMMUNITY ENGAGEMENT

Trust

Community engagement was measured in the PRC Community Engagement & Behavioral Health Survey by asking respondents to report their level of agreement with three statements about their attachment to and identification with their local community.

A total of 86.9% of residents in the community agree (“completely” or “mostly”) that *“I can trust people in this community.”*

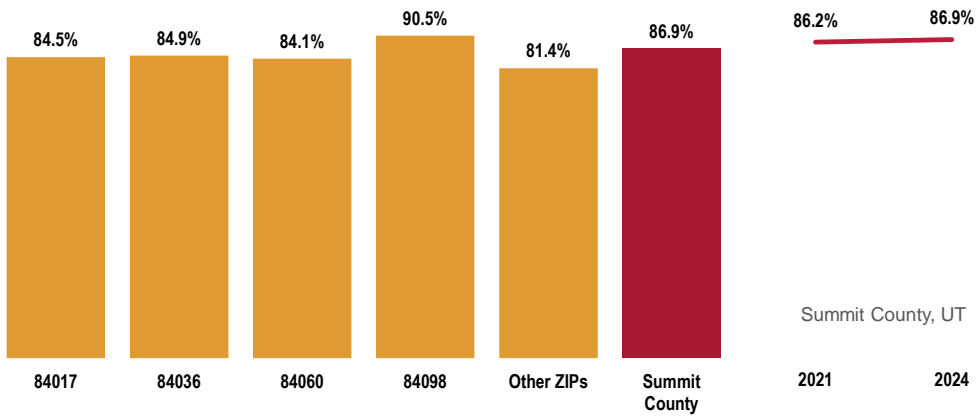
“I Can Trust People in This Community”
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

DISPARITY ► Reported most often in ZIP Code 84098. By demographics: lowest among respondents in low-income households.

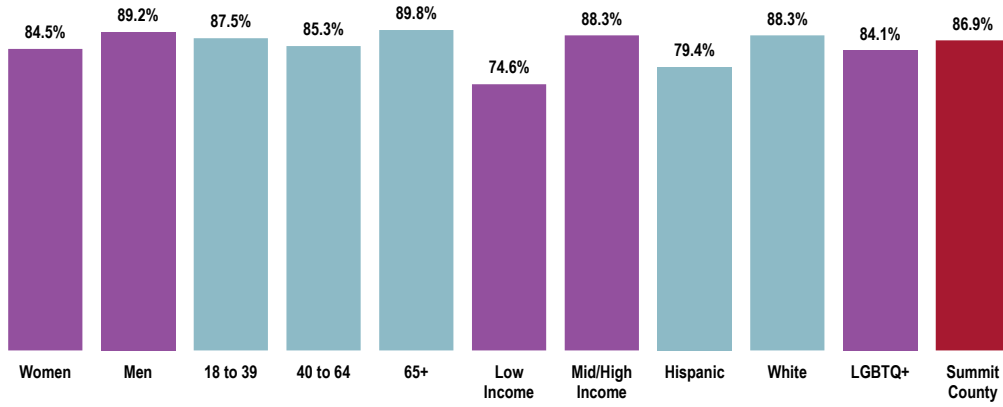
Completely/Mostly Agree:
“I Can Trust People in This Community”
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.



Completely/Mostly Agree: “I Can Trust People in This Community” (Summit County, UT; 2024)



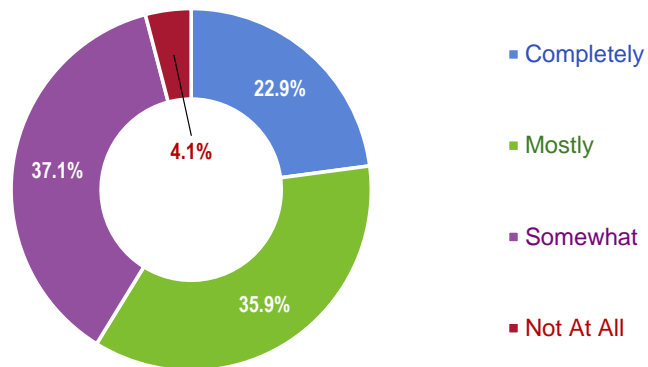
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.



Time & Effort

Nearly 60% of residents in Summit County agree (“completely” or “mostly”) that “I put a lot of time and effort into being part of this community.”

“I Put a Lot of Time and Effort Into Being Part of This Community”
(Summit County, UT; 2024)

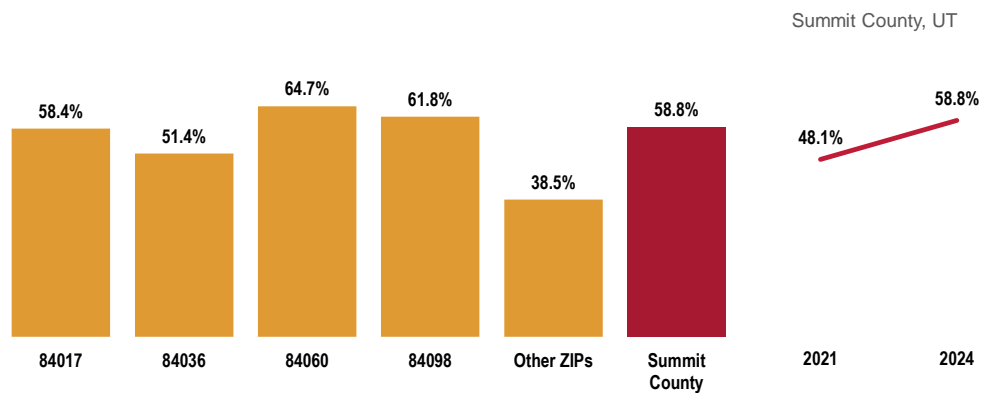


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.

TREND ► A statistically significant increase since 2021.

DISPARITY ► The prevalence is lowest among residents in the Other ZIPs area as well as among young adults and those in low-income households.

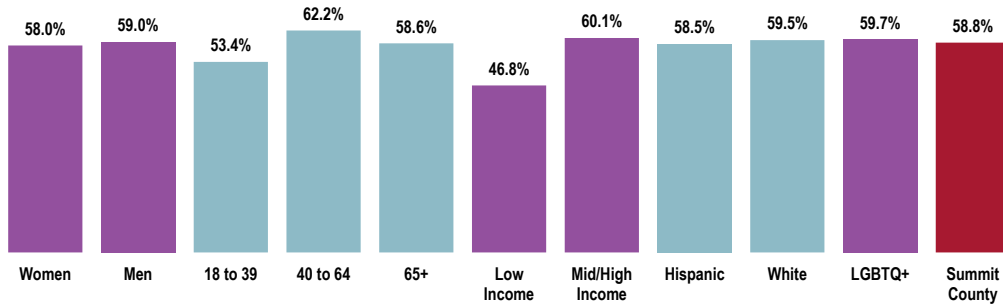
Completely/Mostly Agree: “I Put a Lot of Time and Effort Into Being Part of This Community”
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.



Completely/Mostly Agree: "I Put a Lot of Time and Effort Into Being Part of This Community" (Summit County, UT; 2024)



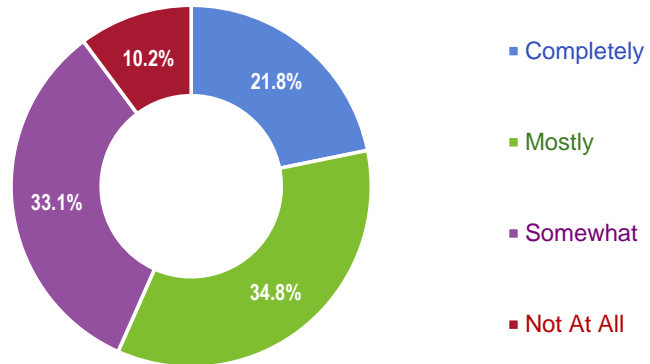
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.



Identity

Over half of residents in Summit County agree (“completely” or “mostly”) that *“being a member of this community is part of my identity.”*

“Being a Member of This Community Is Part of My Identity”
(Summit County, UT; 2024)

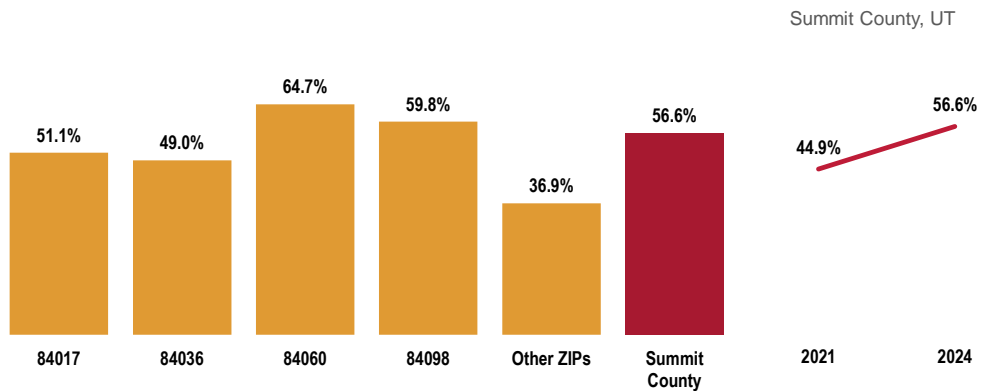


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]
Notes: • Asked of all respondents.

TREND ► The response has strengthened significantly from 2021 findings.

DISPARITY ► Highest in ZIP Code 84060, but much lower in the Other ZIPs segment.

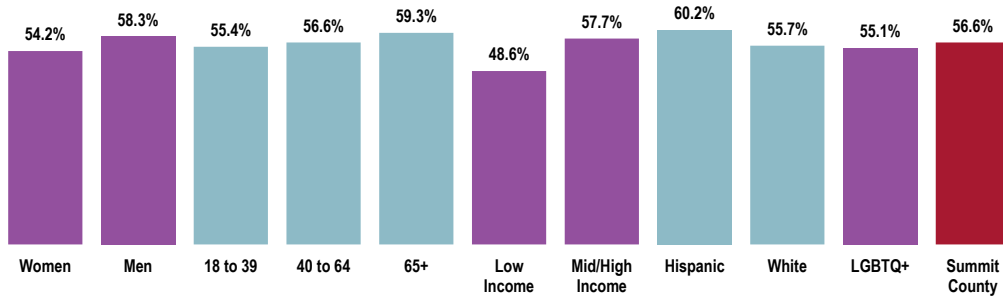
Completely/Mostly Agree:
“Being a Member of This Community Is Part of My Identity”
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]
Notes: • Asked of all respondents.



Completely/Mostly Agree:
“Being a Member of This Community Is Part of My Identity”
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]
Notes: • Asked of all respondents.



SOCIAL CONNECTIONS & LONELINESS

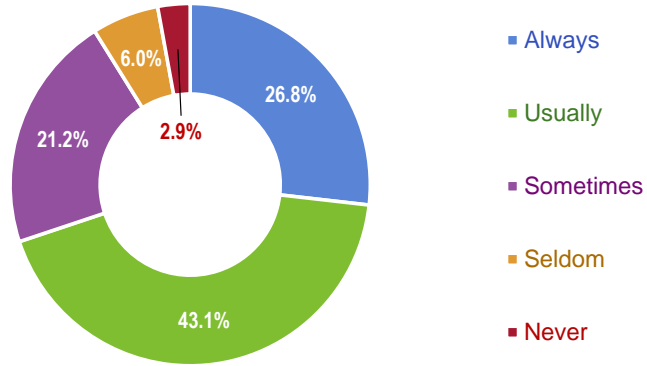
Social Support

“How often do you get the social and emotional support you need?”

A total of 69.9% of adults in Summit County feel that they “always” or “usually” get the social and emotional support that they need.

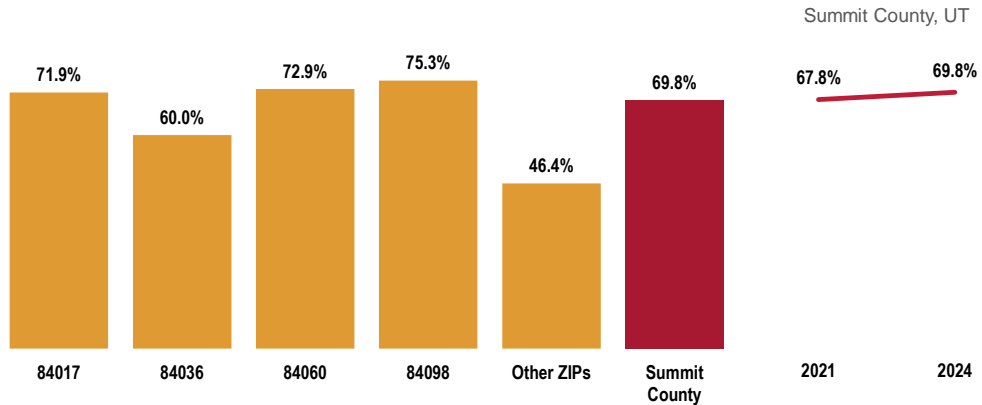
DISPARITY ▶ Lowest in 84036 and the Other ZIPs. Reported less often among adults under 65, those in low-income households, and LGBTQ+ residents.

Frequency of Getting the Social and Emotional Support Needed in the Past Month (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents.

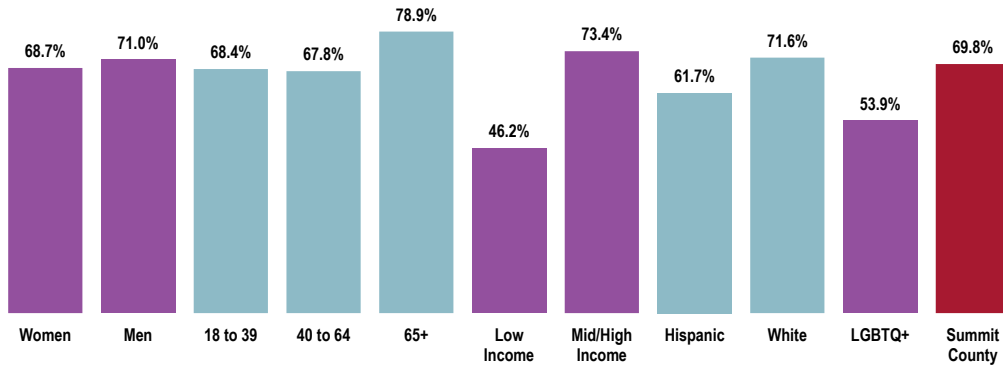
“Always/Usually” Have Social or Emotional Support (Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents.



“Always/Usually” Have Social or Emotional Support (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents.



Isolation & Loneliness

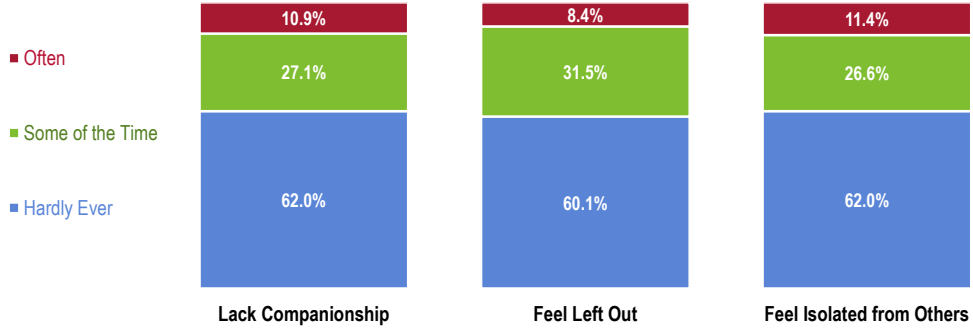
The following chart outlines responses to three questions used to define “loneliness” among residents in Summit County.

Adults taking part in the survey answered three questions as part of the loneliness index, asking how often (“often,” “some of the time,” or “hardly ever”) they feel:

- Left out;
- Isolated from others; or
- That they lack companionship.

The following charts outline the findings for these questions of those who fit the criteria of being “lonely” (here, “lonely” is defined as respondents who score 6-9 points in the series of three questions from the loneliness index. Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses).

Loneliness Factors (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 8-10]
Notes: • Asked of all respondents.

Loneliness Scale

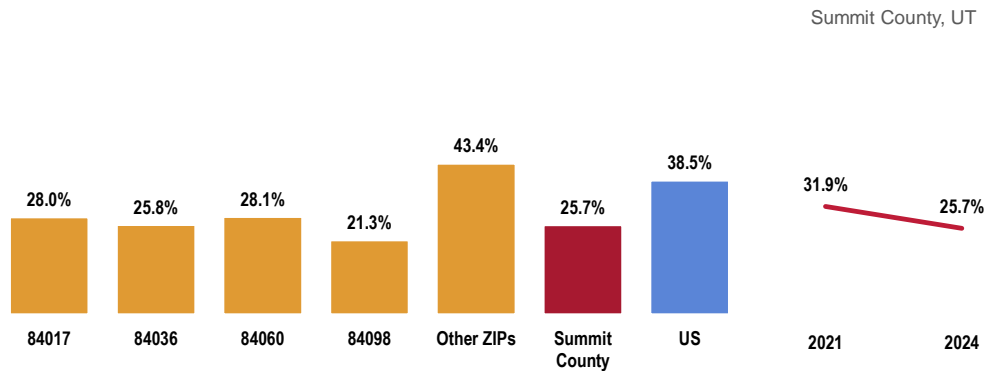
Based on their responses to the three survey questions, 25.7% of residents in Summit County are found to be “lonely.”

BENCHMARK ▶ Well below the national percentage.

TREND ▶ Improving significantly since 2021.

DISPARITY ▶ Highest among residents of the Other ZIPs. The prevalence decreases with age but is notably high among people in low-income households, Hispanic residents, and LGBTQ+ residents.

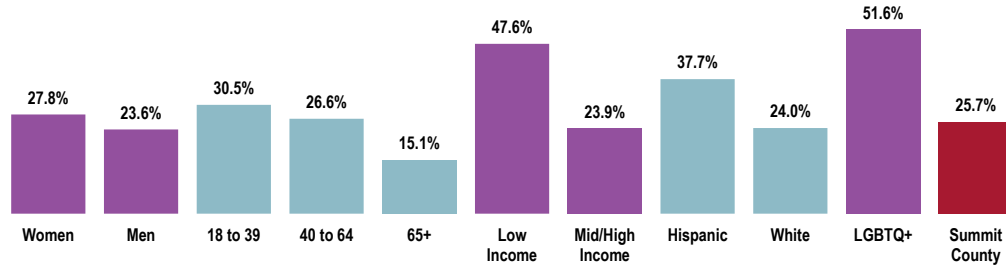
Lonely (Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 42]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Here, “lonely” is defined as respondents who score 6-9 points in the series of three questions from the Loneliness Scale (regarding lacking companionship or feeling isolated or feeling left out). Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses



Lonely (Summit County, UT; 2024)



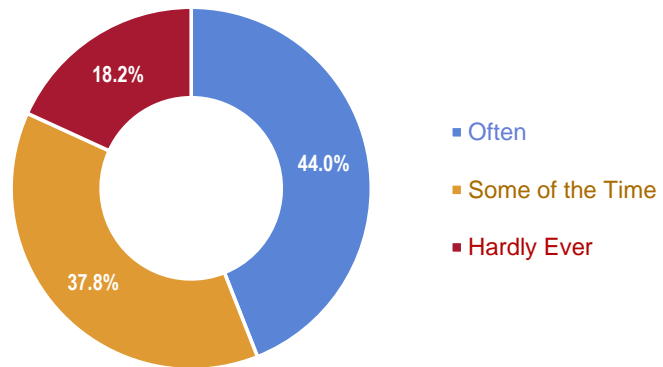
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 42]
 Notes: • Asked of all respondents.
 • In this case, "lonely" is defined for respondents who score 6–9 points in a series of three questions from the Loneliness Scale. Points are awarded based on "Hardly ever" (1), "Some of the time" (2), or "Often" (3) responses as to how often they lack companionship, feel left out, and/or feel isolated from others.

Friendship

"How often are you able to find people of your own age to develop friendships with? Would you say: often, sometimes, or never?"

Most adults in Summit County (81.8%) report that they are "often" or "sometimes" able to find friends of their same age.

"I Am Able to Find People My Own Age for Friendship" (Summit County, UT; 2024)

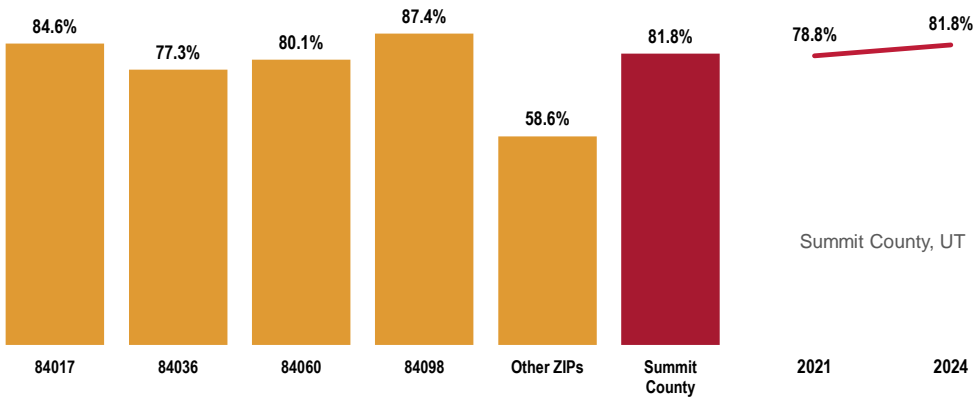


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
 Notes: • Asked of all respondents.



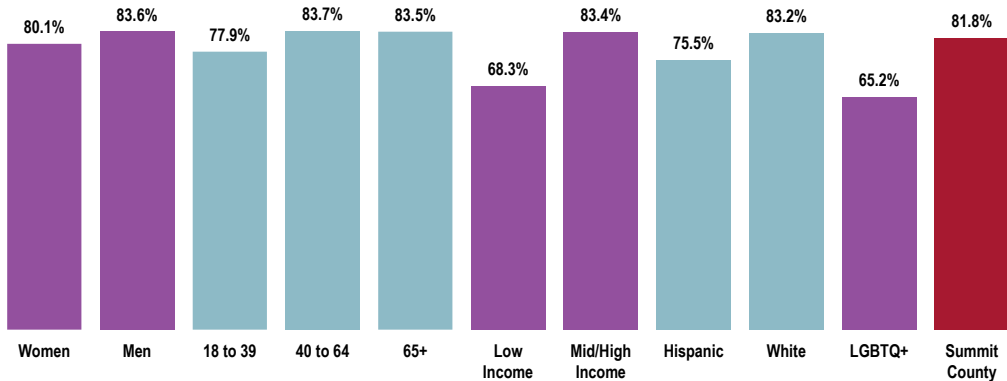
DISPARITY ► The prevalence is lowest among respondents in the Other ZIPs. By demographics, reported less often among people in low-income households and LGBTQ+ residents.

**Able to Find Friends of the Same Age “Often” or “Some of the Time”
(Summit County, UT)**



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: • Asked of all respondents.

**Able to Find Friends of the Same Age “Often” or “Some of the Time”
(Summit County, UT; 2024)**



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: • Asked of all respondents.





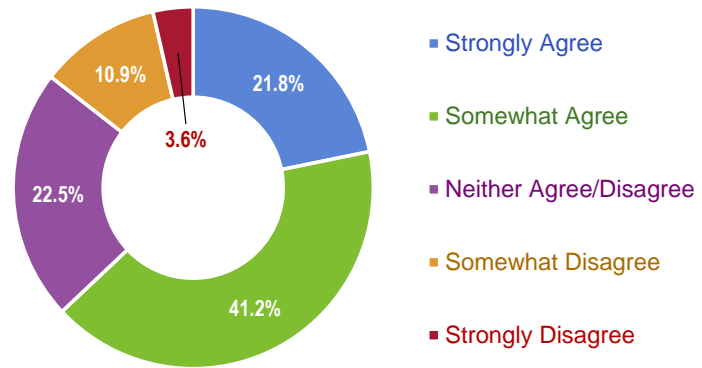
MENTAL HEALTH

COMMUNITY ATTITUDES TOWARD MENTAL HEALTH

Caring & Sympathy Toward Those With Mental Health Concerns

While most agree that the community is generally caring and sympathetic to people with mental health concerns, roughly one in seven residents in Summit County disagrees.

“People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns” (Summit County, UT; 2024)

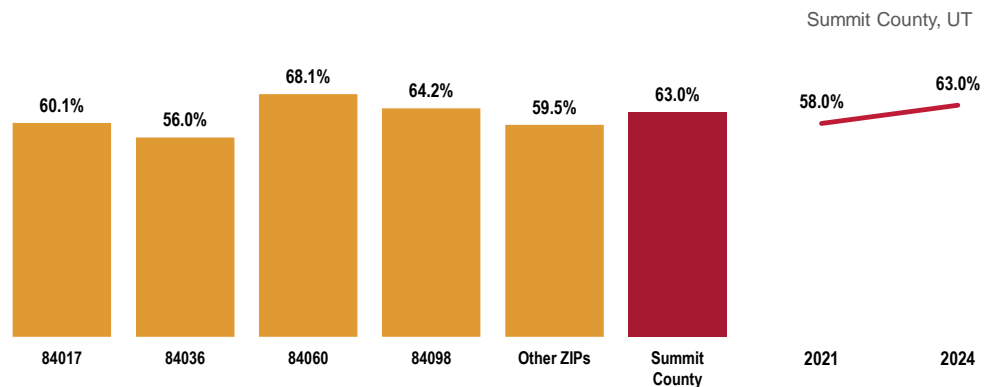


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents.

TREND ▶ Denotes a statistically significant increase in agreement since 2021.

DISPARITY ▶ Agreement is notably lower among people in low-income households.

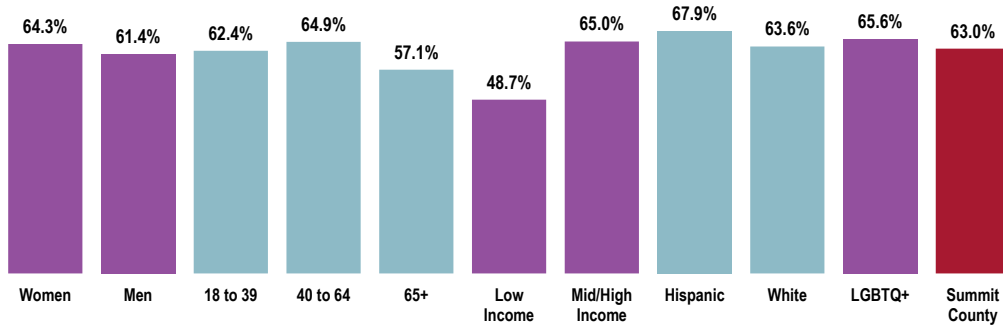
Strongly/Somewhat Agree: “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns” (Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents.



Strongly/Somewhat Agree: “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns” (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
 Notes: • Asked of all respondents.



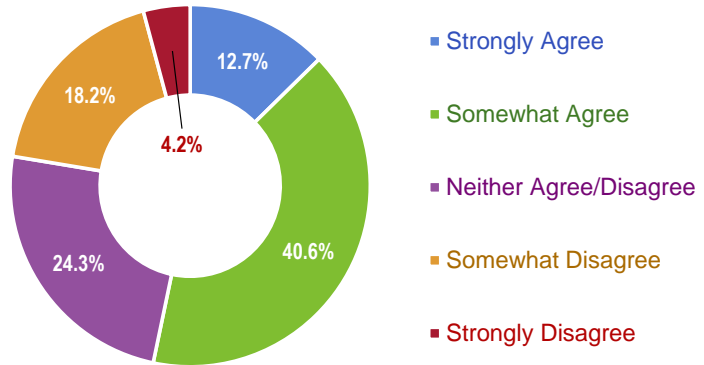
Discussing Mental Health & Emotional Challenges

Responding adults were further asked their level of agreement with the following statement:

“Generally, it is easy for people in this community to talk about mental health or emotional challenges.”

Over half of Summit County residents agree that people in the community can easily discuss mental health; however, 22.4% do not.

“It Is Easy for Residents to Talk About Mental Health or Emotional Challenges”
(Summit County, UT; 2024)

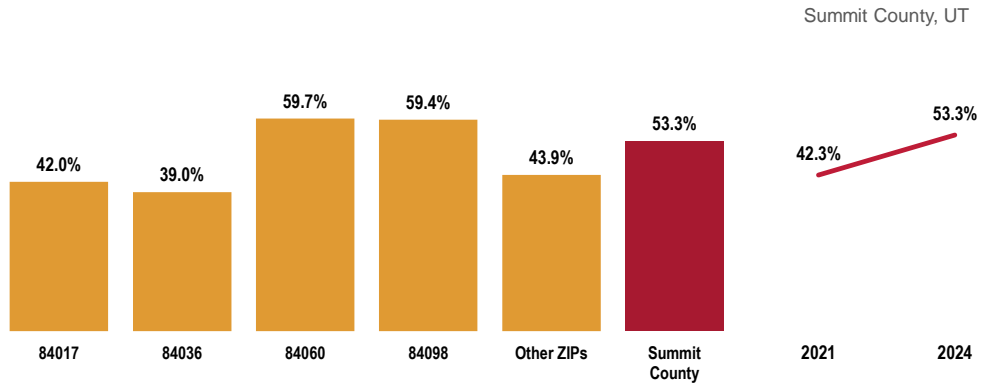


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]
Notes: • Asked of all respondents.

TREND ► Agreement has increased significantly since 2021.

DISPARITY ► However, the prevalence is much lower in ZIP Codes 84017 and 84036 as well as among seniors (age 65+) and people in low-income households.

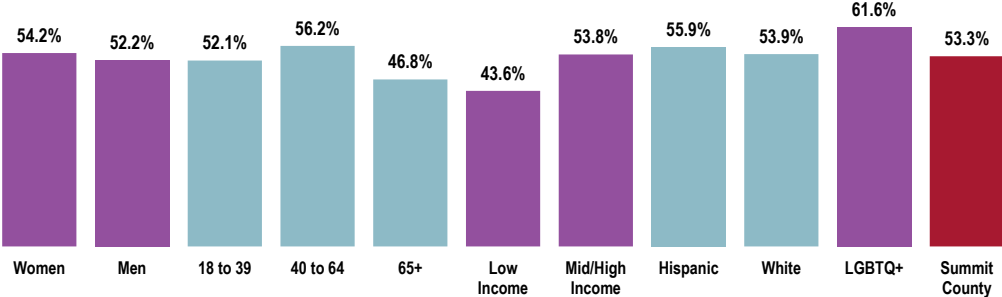
Strongly/Somewhat Agree: “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges”
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]
Notes: • Asked of all respondents.



Strongly/Somewhat Agree: “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges” (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]
 Notes: • Asked of all respondents.

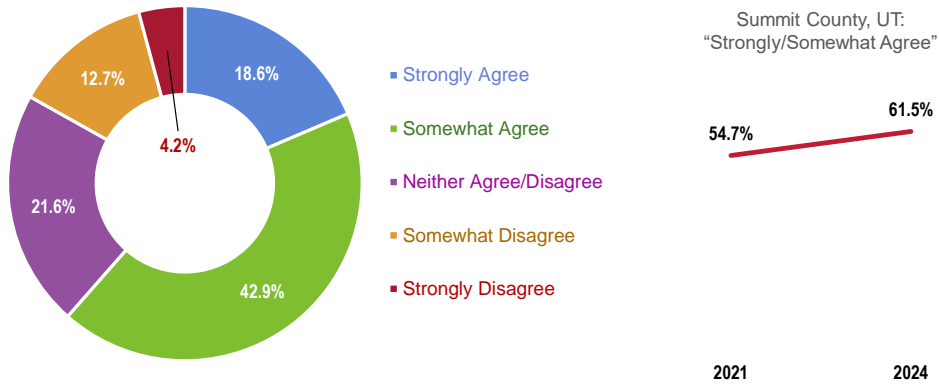


IDENTIFYING MENTAL HEALTH ISSUES

A total of 61.5% of Summit County adults agree that they *“would be able to tell if someone were struggling with a mental health concern.”*

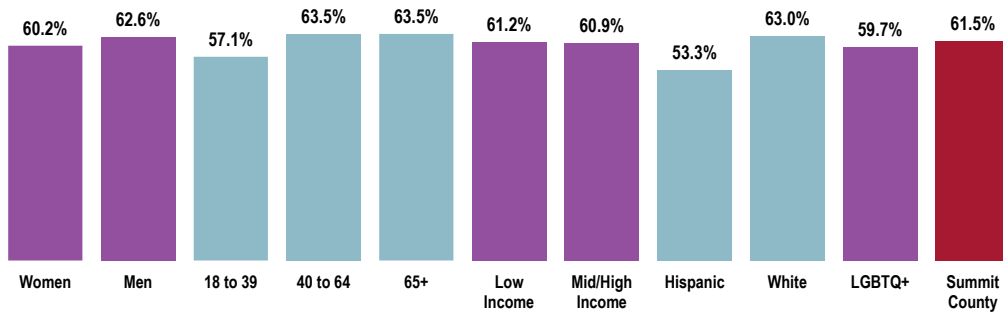
TREND ► This percentage has increased significantly since 2021.

“I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern”
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 303]
Notes: • Asked of all respondents.

Strongly/Somewhat Agree: “I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern”
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 303]
Notes: • Asked of all respondents.



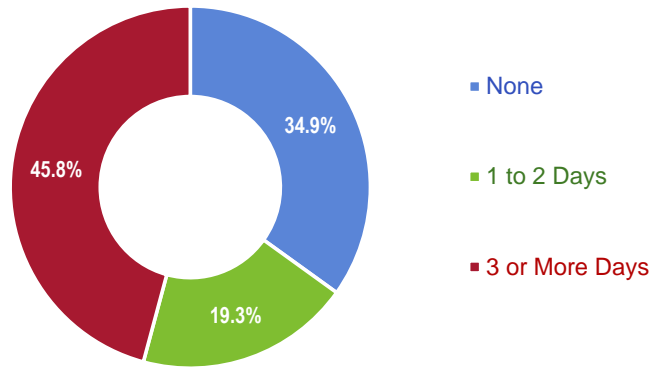
PERSONAL MENTAL HEALTH

Mental Health Status

“Still thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days would you say your mental health was NOT good?”

Thinking about their mental health, which includes stress, depression, and problems with emotion, over one-third of county residents report no days of poor mental health in the past month; however, nearly half report three or more days in the past 30 days when their mental health was not good.

Days of Poor Mental Health
(Summit County, UT; 2024)

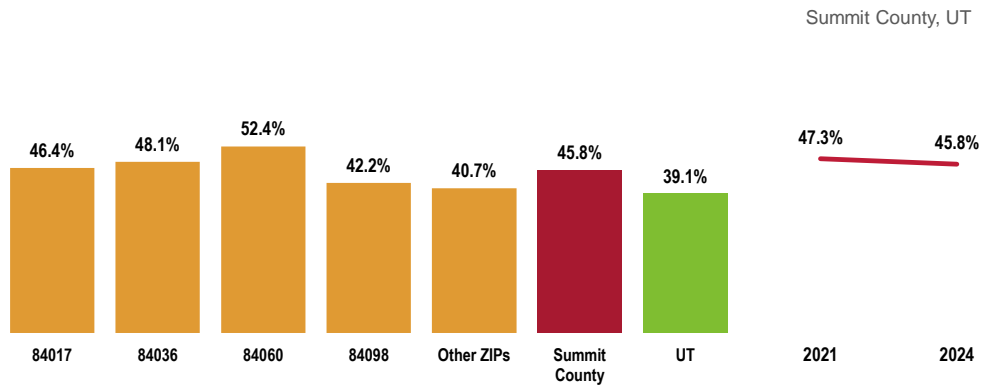


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
Notes: • Asked of all respondents.

BENCHMARK ► Higher than the statewide prevalence.

DISPARITY ► Over half of respondents in 84060 reported 3+ days of poor mental health in the past month. By demographics: reported more often among women, young adults, people in low-income households, Hispanic adults, and (especially) among LGBTQ+ respondents.

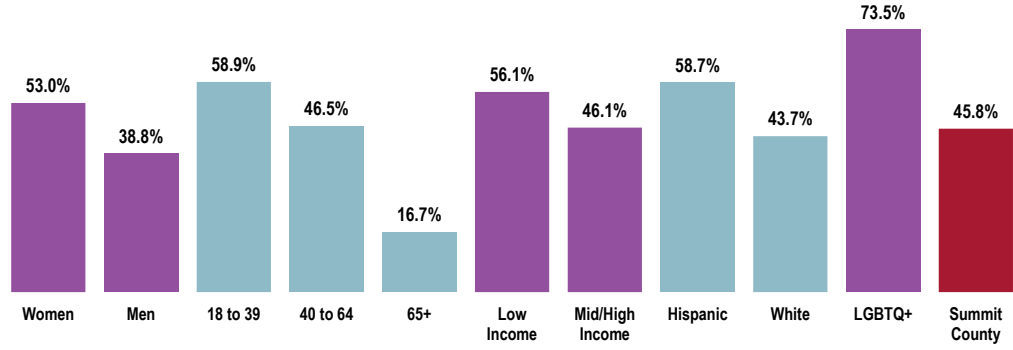
Three or More Days of Poor Mental Health in the Past Month
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 data.
Notes: • Asked of all respondents.



Three or More Days of Poor Mental Health in the Past Month (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
Notes: • Asked of all respondents.



Need for Mental Health Services

Respondents were asked the following questions:

“During the past 12 months, was there any time when you needed mental health treatment or counseling for yourself?”

[IF YES] “Were you able to get the treatment or counseling that you needed?”

[IF NO] “What would you say was the MAIN reason that you did not get these services?” (These respondents were given an opportunity to mention up to three reasons.)

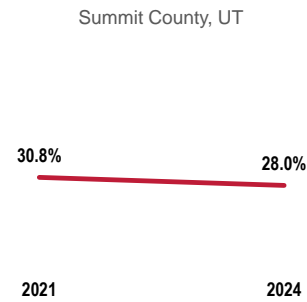
Approximately one in three Summit County adults say there was a time in the past year when they needed mental health services. Among these respondents, most were able to get the services they needed, while 28% were not.

Cost, not knowing where to go, job-related and confidentiality concerns, and a perceived lack of providers were the main reasons given by those not getting the services they needed.

DISPARITY ► Note the correlation with age among respondents, and the relatively low proportion of LGBTQ+ adults unable to get the care they needed.

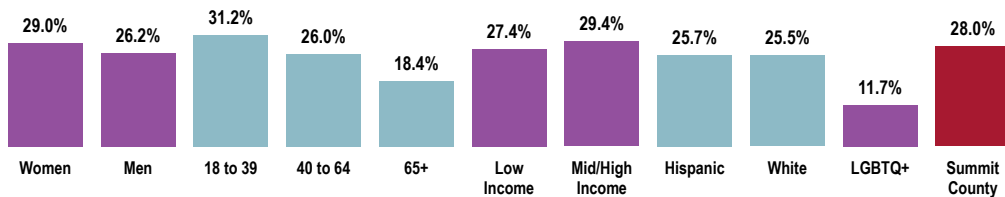
NOT Able to Get Mental Health Services Needed in the Past Year (Among Those Needing Mental Health Services; Summit County, UT)

- Top reasons for not getting needed services:
- Cost
 - Didn't know where to go
 - Job-related concerns
 - Confidentiality concerns
 - Lack of providers
 - Appointment availability
 - No time



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 14-15]
Notes: • Among respondents needing mental health services in the past year.

NOT Able to Get Mental Health Services Needed in the Past Year (Among Those Needing Mental Health Services; Summit County, UT; 2024)

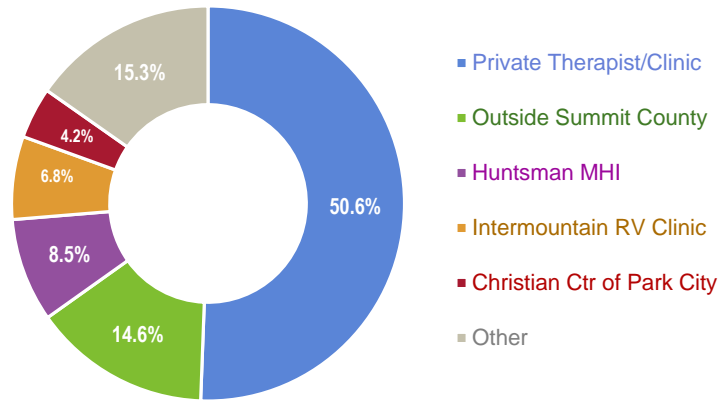


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 14]
Notes: • Among respondents needing mental health services in the past year.



Among respondents who received mental health services in the past year, half were at a private therapist or clinic, while fewer sought care outside the county or at Huntsman MHI, among several other specific sites given.

Site for Receiving Mental Health Services (Summit County Adults Receiving Mental Health Services in the Past Year, 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 304]
Notes: • Asked of all respondents who needed mental health services in the past year.



LOCAL RESOURCES FOR MENTAL HEALTH

Awareness of Resources

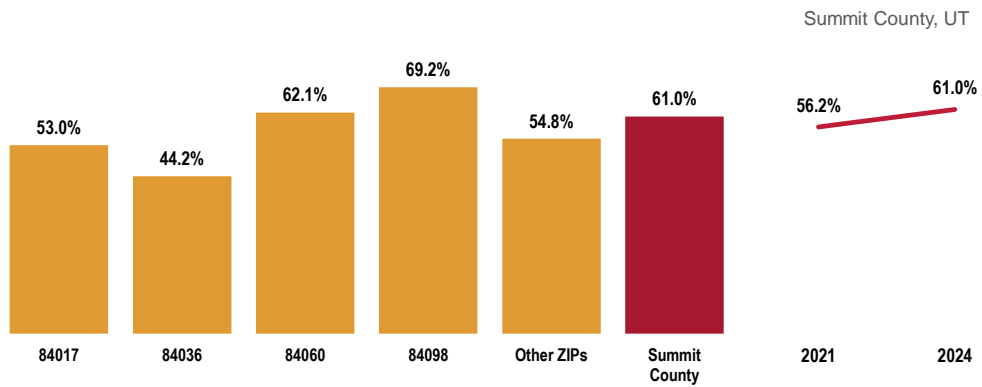
“Are you aware of any providers, programs, or resources available in this community to help people with mental health needs?”

The majority adults in Summit County are aware of local providers, programs, or resources available to help people with mental health needs.

TREND ► Awareness has increased significantly since 2021.

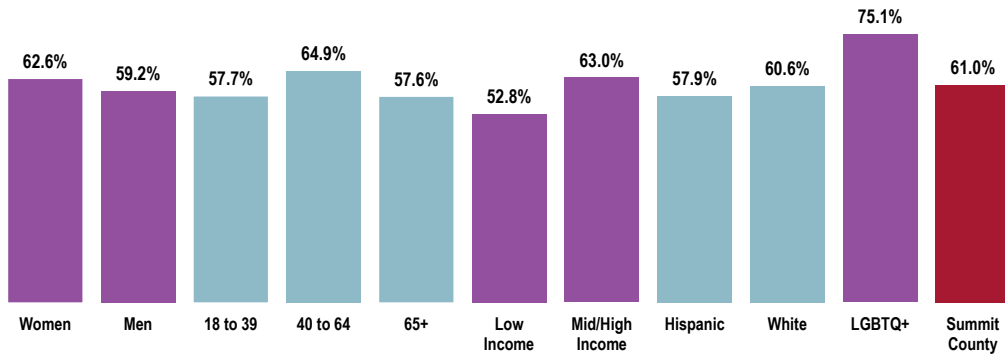
DISPARITY ► Awareness is lowest among respondents in 84036. In contrast, LGBTQ+ residents gave the highest awareness response when viewing demographic characteristics.

Aware of Local Resources for Mental Health
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]
Notes: • Asked of all respondents.

Aware of Local Resources for Mental Health
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]
Notes: • Asked of all respondents.

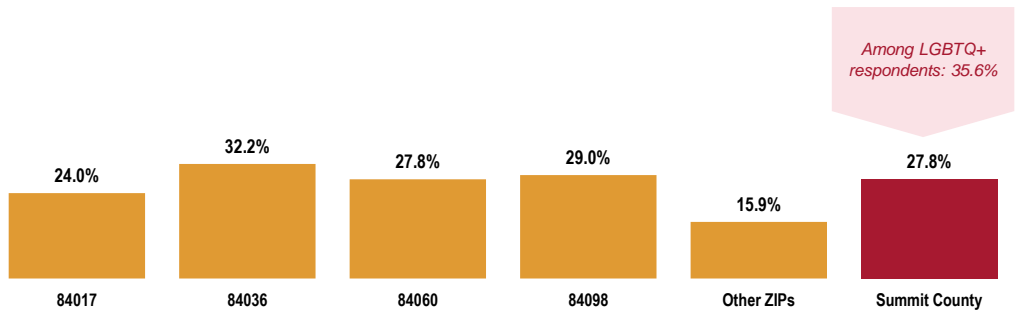


“Are you aware of the behavioral health services designed for the LGBTQ+ community in Summit and Wasatch counties?”

Just over one in four county residents is aware of the behavioral health services designed for the LGBTQ+ community in Summit and Wasatch counties.

DISPARITY ▶ Awareness is lowest among respondents in Other ZIPs. Among LGBTQ+ survey respondents, 35.6% acknowledged awareness of such services.

Aware of Local Behavioral Health Resources for the LGBTQ+ Community in Summit and Wasatch Counties (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 305]
Notes: • Asked of all respondents.

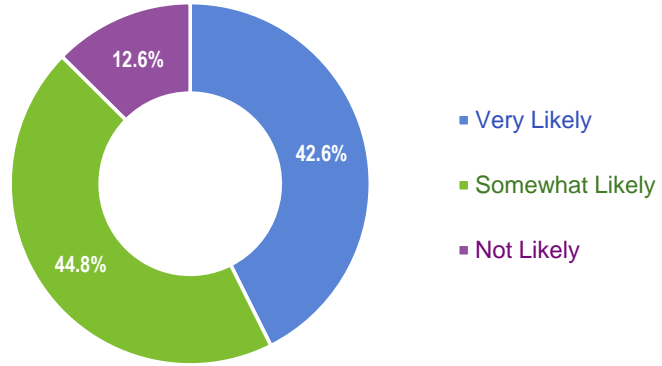


Likelihood of Using Local Resources

“If you needed mental health services in the future, how likely would you be to reach out to local providers, programs, or resources for help? Would you be: very likely; somewhat likely; or not at all likely?”

Most residents in Summit County say that if they needed mental health services in the future, they would be “very” or “somewhat” likely to reach out to local providers, programs, or resources for help.

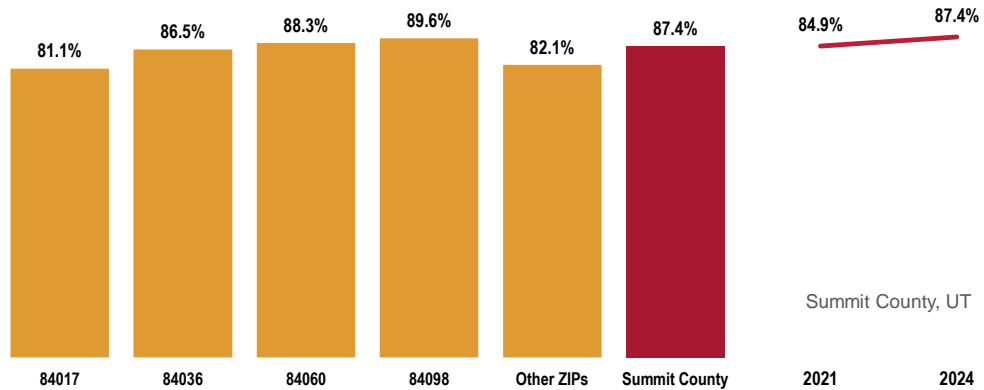
Likelihood of Seeking Mental Health Services Locally if Needed in the Future (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
 Notes: • Asked of all respondents.

DISPARITY ► Likelihood is lower among respondents in mid- to high-income households and LGBTQ+ respondents.

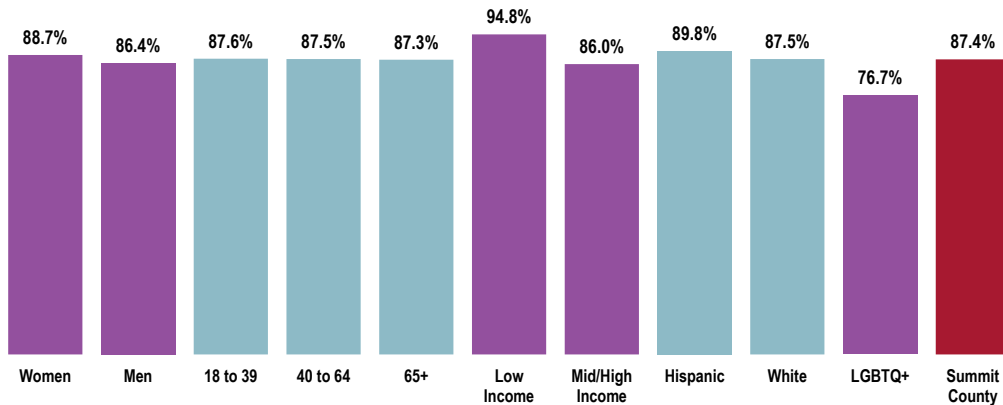
“Very/Somewhat” Likely to Seek Mental Health Services Locally if Needed in the Future (Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
 Notes: • Asked of all respondents.



“Very/Somewhat” Likely to Seek Mental Health Services Locally if Needed in the Future (Summit County, UT; 2024)

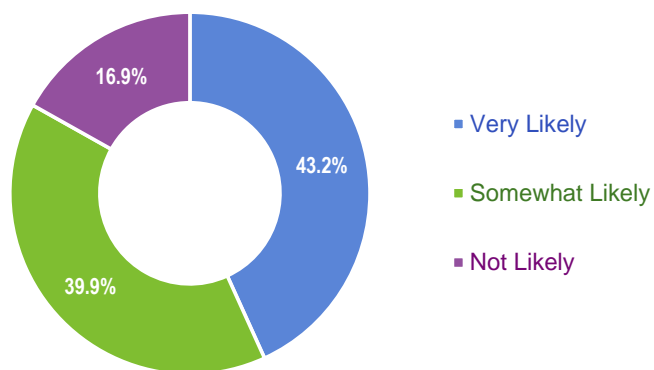


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
Notes: • Asked of all respondents.

Likelihood of Using Teletherapy Services

Most residents in Summit County (83.1%) say that they would be “very” or “somewhat” likely to use teletherapy visits if needed and if they were available and affordable to them.

Likelihood of Using Teletherapy for Mental Health or Substance Use Support if Needed and It Were Affordable (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents.

Respondents were read the following:
“Some mental health care providers are beginning to offer teletherapy visits, in which a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face-to-face.

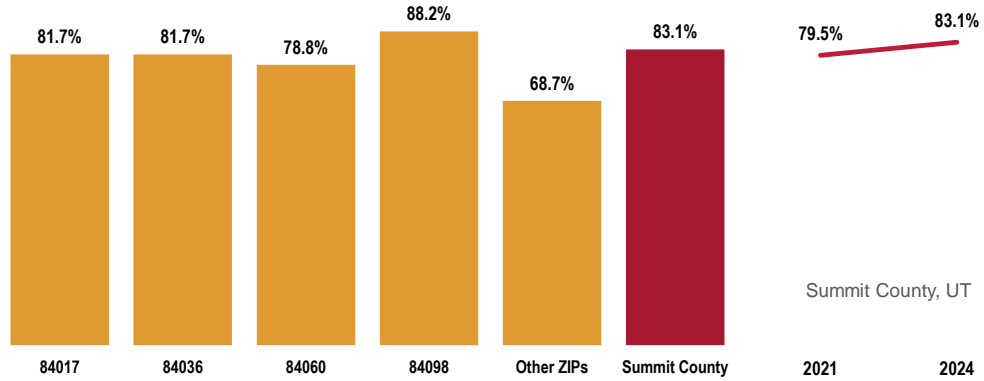
If teletherapy were available to you at a cost you could afford, how likely would you be to use this type of visit for mental health or substance use support? Would you be: very likely; somewhat likely; or not at all likely?”



TREND ► Expressed likelihood has increased since 2021.

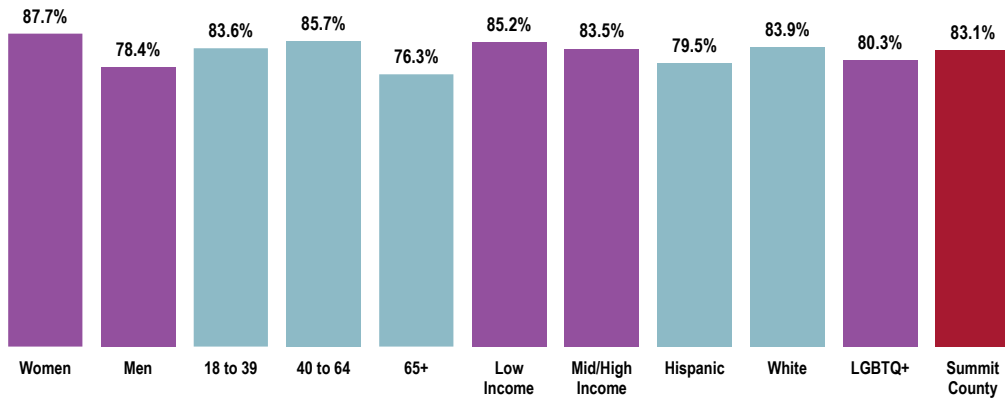
DISPARITY ► Lowest in the Other ZIPs area, and lower among men and residents age 65+.

“Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Use Support (Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents.

“Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Use Support (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents.
• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.





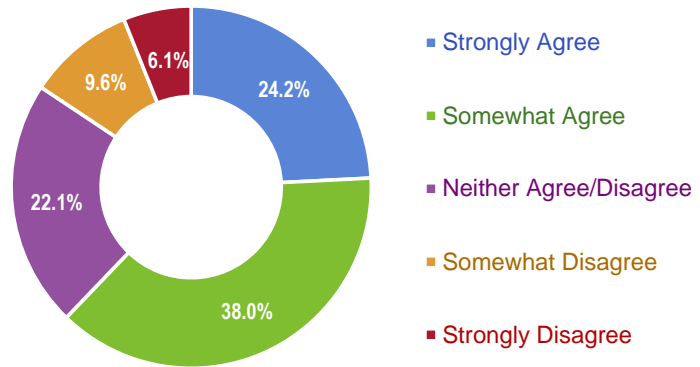
SUBSTANCE USE

ALCOHOL

Community Perceptions of Alcohol

More than half of residents in Summit County agree (“strongly” or “somewhat”) that *“for most people in this community, alcohol is important to social life.”*

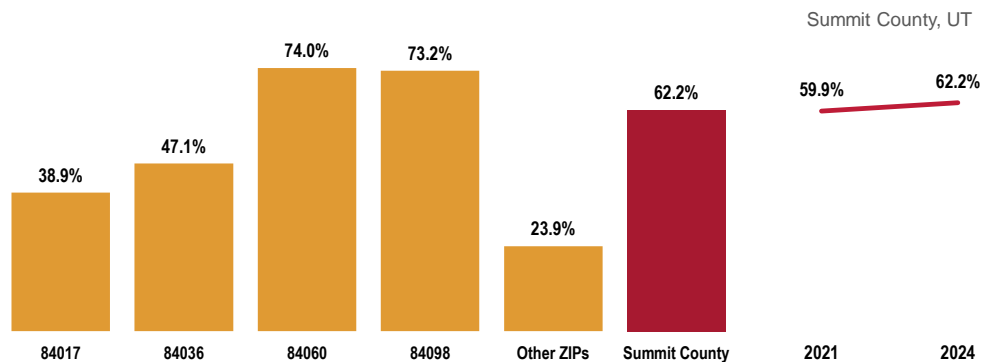
“For Most People in This Community, Alcohol Is Important to Social Life”
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]
Notes: • Asked of all respondents.

DISPARITY ► Agreement is highest in 84060 and 84098. Statistically lower among adults in low-income households.

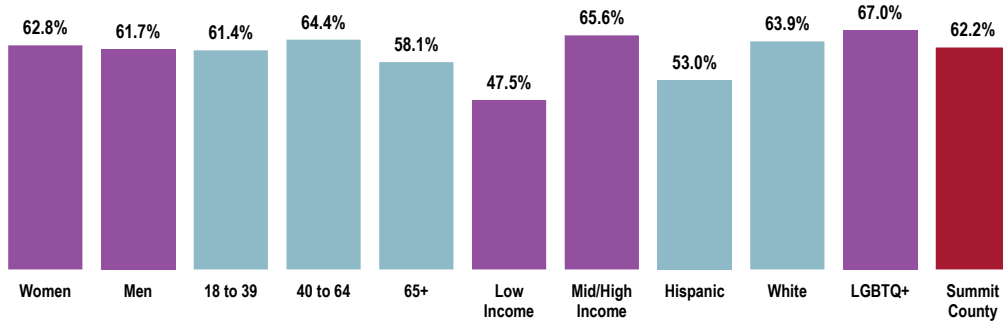
Strongly/Somewhat Agree: “For Most People in This Community, Alcohol Is Important to Social Life”
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]
Notes: • Asked of all respondents.



Strongly/Somewhat Agree: “For Most People in This Community, Alcohol Is Important to Social Life” (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]
Notes: • Asked of all respondents.



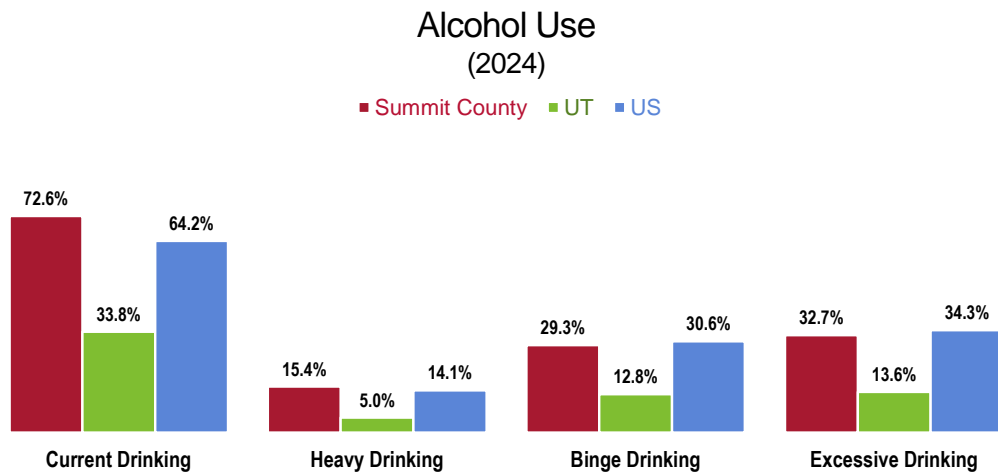
Personal Alcohol Use

DEFINITIONS

- **Current drinking** includes adults who had at least one drink of alcohol in the past 30 days.
- **Heavy drinking** includes those who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
- **Binge drinking** includes adults who drank 5 or more drinks on a single occasion (for men) or 4 or more drinks on a single occasion (for women) during the past 30 days.
- **Excessive drinking** includes those who report either heavy drinking or binge drinking (as defined above) in the past 30 days.

Nearly three in four residents in Summit County report some alcohol use in the past 30 days, and a significant share (32.7%) are found to engage in “excessive drinking.”

BENCHMARK ► The current drinking prevalence in Summit County is higher than both state and national benchmarks. All other Summit County findings shown below are much worse than state findings but similar to national findings.



- Sources:
- PRC Quality of Life Surveys, Professional Research Consultants, Inc. [Items 50-52, 54]
 - 2023 PRC National Health Survey; PRC, Inc.
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2022 data.
- Notes:
- Asked of all respondents.
 - **Current drinking** includes those who have had at least one drink of alcohol in the past 30 days.
 - **Heavy drinking** includes adults who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
 - **Binge drinking** includes adults who drank 5 or more drinks on a single occasion (for men) or 4 or more on a single occasion (for women) during the past 30 days.
 - **Excessive drinking** includes those who report either heavy drinking or binge drinking in the past 30 days.



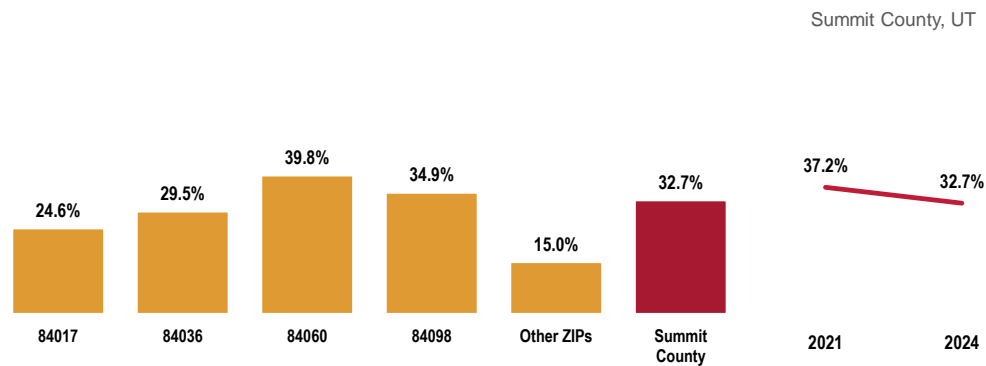
Excessive Drinking

The following further outlines Summit County data for the prevalence of excessive drinking.

TREND ► The prevalence has decreased significantly since 2021.

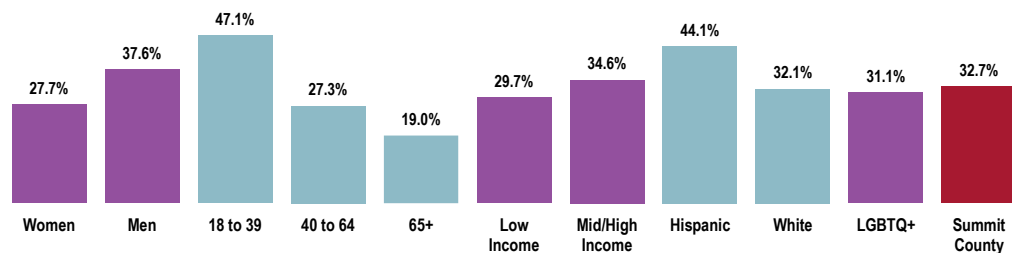
DISPARITY ► Highest in 84060 and reported more often among men, young adults, and Hispanic respondents.

Excessive Drinking (Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]
 Notes: • Asked of all respondents.
 • Excessive drinking reflects the number of persons aged 18+ who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

Excessive Drinking (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]
 Notes: • Asked of all respondents.
 • Excessive drinking reflects the number of persons aged 18+ who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



PERSONAL IMPACT OF SUBSTANCE USE

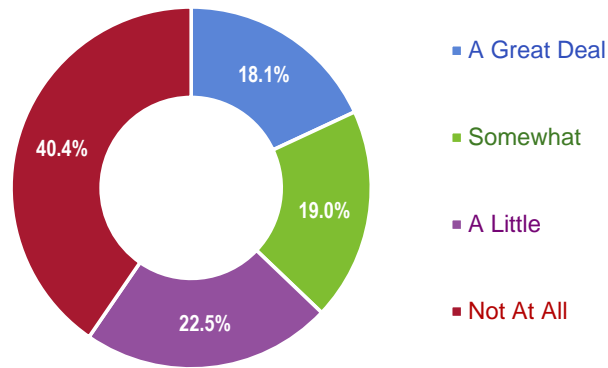
“To what degree has your life been negatively affected by your own or someone else’s substance use issues, including alcohol, prescription, and other drugs? Would you say: a great deal, somewhat, a little, or not at all?”

In Summit County, over half of residents say that their lives have been negatively affected by substance use (either their own or someone else’s) to some degree (“a little,” “somewhat,” or “a great deal”).

BENCHMARK ▶ Well above the national percentage.

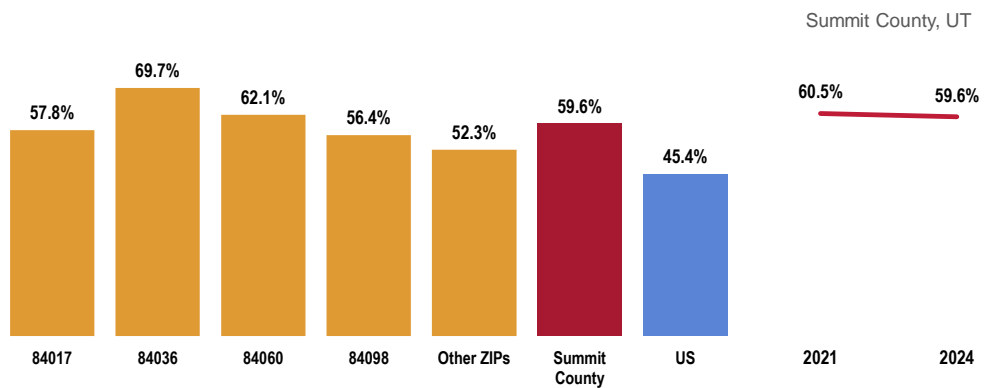
DISPARITY ▶ Highest in 84036 and reported more often among women and young adults.

Degree to Which Life Has Been Negatively Affected by Substance Use (Self or Other’s)
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents.

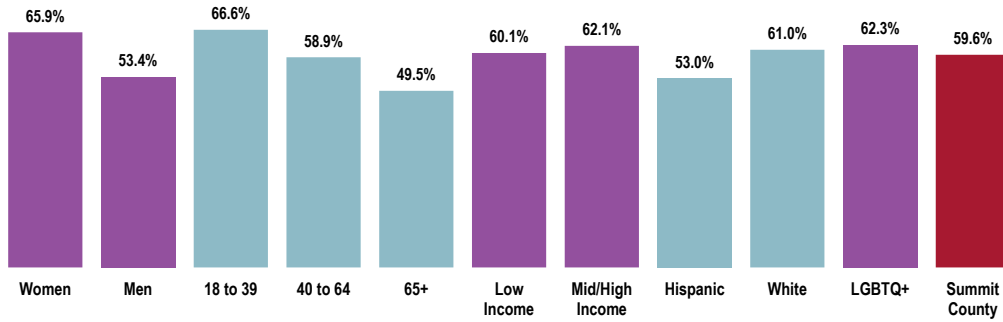
Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)
(Summit County, UT)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Includes response of “a great deal,” “somewhat,” and “a little.”



Life Has Been Negatively Affected by Substance Use (by Self or Someone Else) (Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
 Notes: • Asked of all respondents.
 • Includes response of "a great deal," "somewhat," and "a little."





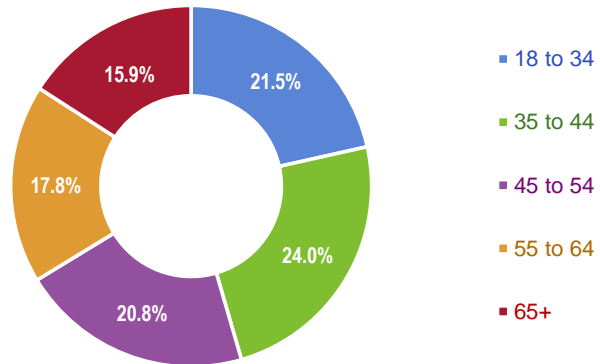
COMMUNITY SAMPLE CHARACTERISTICS

Charts in the following section detail the sample characteristics for Summit County.

Note that the samples closely match the actual population of the county
in terms of gender, age, race/ethnicity, and income level.

AGE

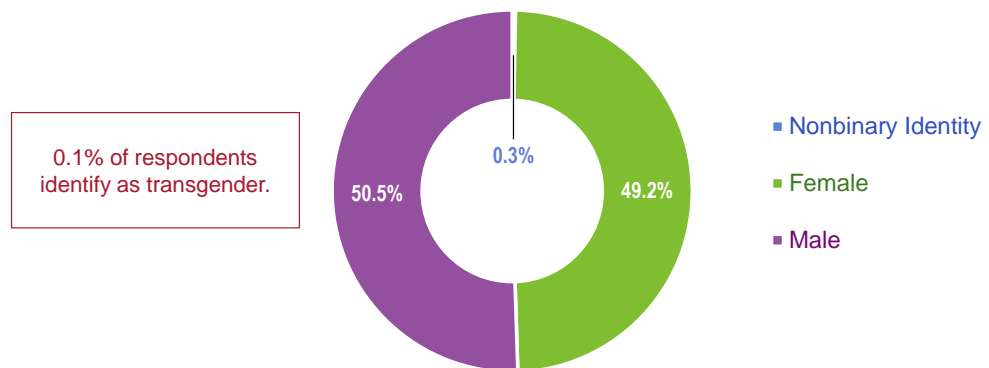
Age of Respondent
(Summit County, UT; 2024)



Sources: ● PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 27]
Notes: ● Asked of all respondents.

GENDER

Gender Identity
(Summit County, UT; 2024)

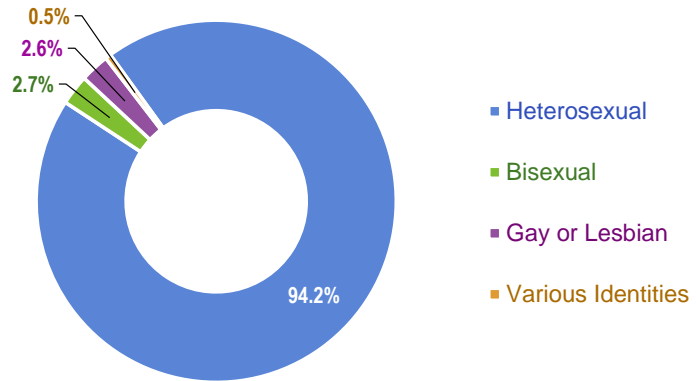


Sources: ● PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 3, 29]
Notes: ● Asked of all respondents.



SEXUAL ORIENTATION

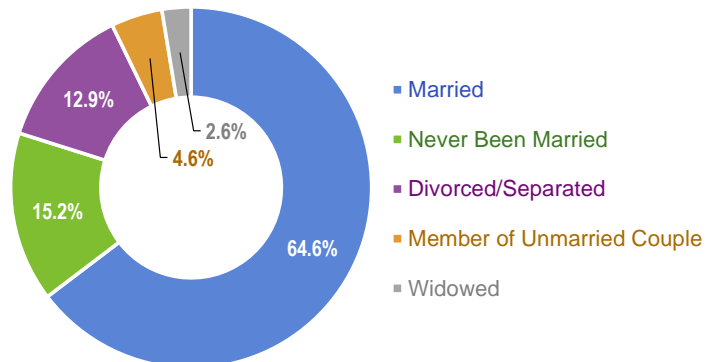
Sexual Orientation
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 28]
Notes: • Asked of all respondents.

MARITAL STATUS

Marital Status
(Summit County, UT; 2024)

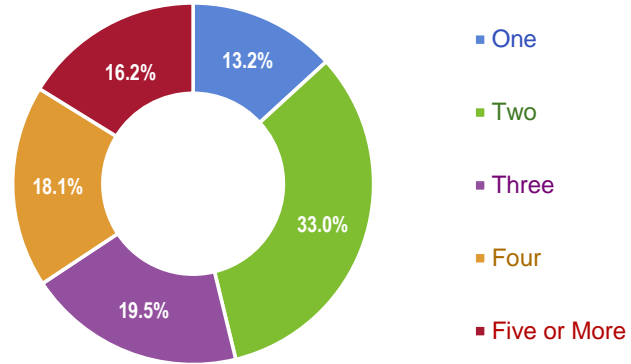


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 35]
Notes: • Asked of all respondents.



HOUSEHOLD SIZE

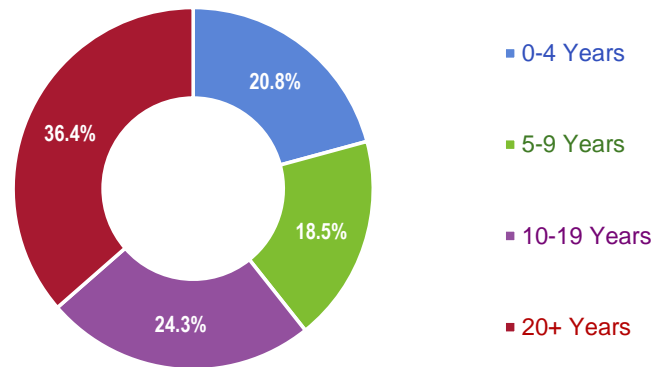
Total Household Members
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]
Notes: • Asked of all respondents.

RESIDENCY

Number of Years Living in the Area
(Summit County, UT; 2024)

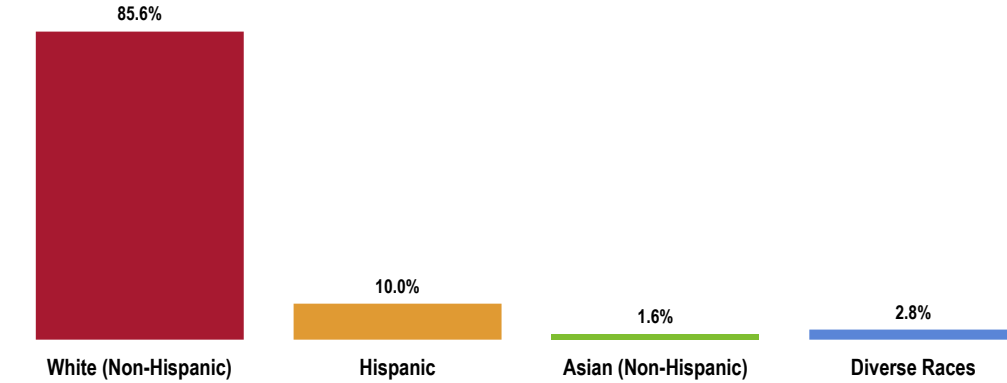


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 31]
Notes: • Asked of all respondents.



RACE & ETHNICITY

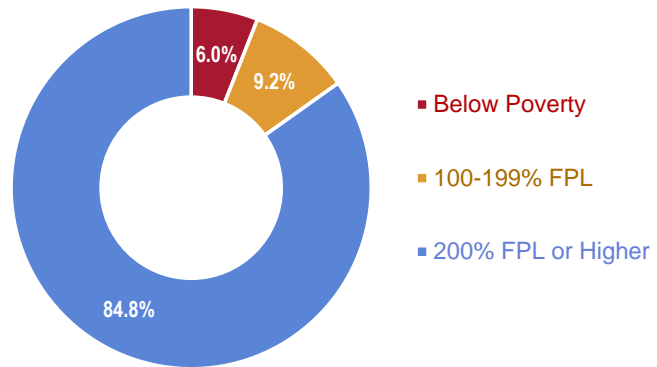
Racial/Ethnic Identity
(Summit County, UT; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 62]
Notes: • Asked of all respondents.

INCOME

Ratio of Household Income to Federal Poverty Level
(Summit County, UT; 2024)

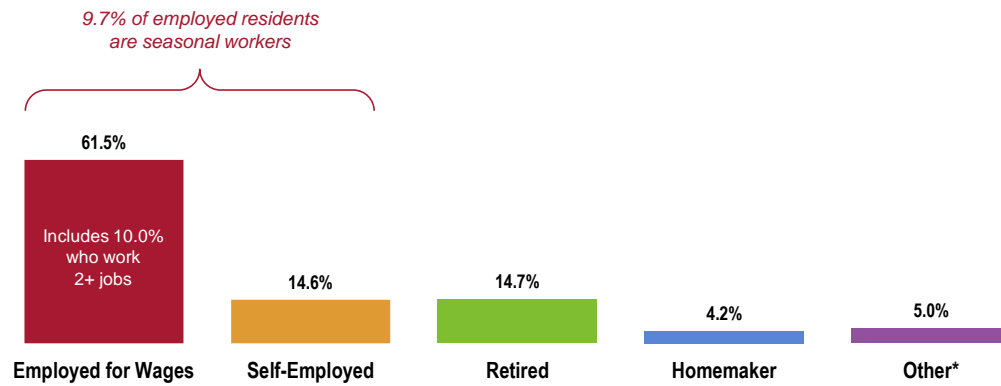


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 65]
Notes: • Asked of all respondents.



EMPLOYMENT

Employment Status (Summit County, UT; 2024)



Sources:

- PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 38, 306]

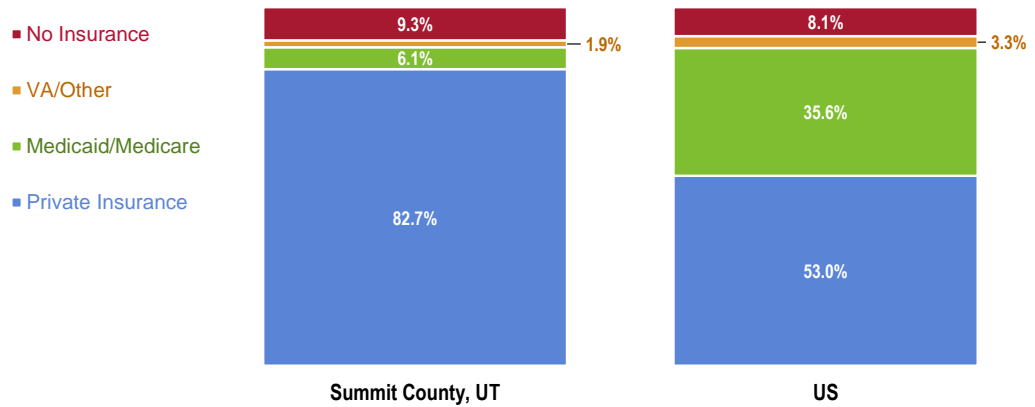
Notes:

- Asked of all respondents.
- *Includes students, retirees, and those who are unable to work.



HEALTH INSURANCE COVERAGE (AGE 18-64)

Insurance Coverage (Adults Age 18 to 64)



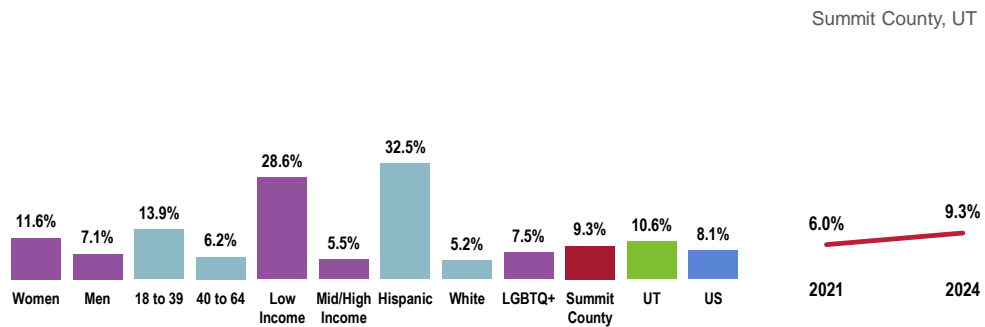
Sources:

- PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 55]
- 2023 PRC National Health Survey, PRC, Inc.

 Notes:

- Asked of all respondents.

Lack of Health Care Insurance Coverage (Adults Age 18-64; Summit County, UT)



Sources:

- PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 55]
- 2023 PRC National Health Survey, PRC, Inc.
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2022 data.

 Notes:

- Asked of all respondents under the age of 65.

