



# **2019 COMMUNITY HEALTH ASSESSMENT**





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*As Chair of the Summit County Board of Health, I am pleased to present the 2019 Community Health Assessment for Summit County. The Assessment reflects the dedication of both Health Department staff and the residents of Summit County to addressing our health challenges and enhancing our individual and collective health. It is a document that reflects our deep commitment to public health and of which we can all be proud.*

*The Community Health Assessment is created from both current Federal and State databases of health metrics and thoughtful, detailed inputs of Summit County residents who completed our comprehensive survey. The survey instrument allowed us to gather both demographic and health-related data. This, in turn, enabled us to define the constituencies our diverse county contains and to identify those needs unique to each subgroup and those needs common to us all.*

*The Community Health Assessment is invaluable to the Board of Health because it will enable us to identify our public health priorities-a crucial first step in the strategic planning process the Board will begin in January. Through this process, the Board will define our most pressing health issues and needs, identify the group or groups to which they pertain, and develop specific programs to address these issues. Ultimately, we will measure the outcomes of these programs to determine their impact on our population.*

*We are grateful to our residents for the role they have played in the crafting of this document and excited by the challenge of improving the health and wellness of all.*

**- Ilyssa Golding, MD, Summit County Board of Health Chair**





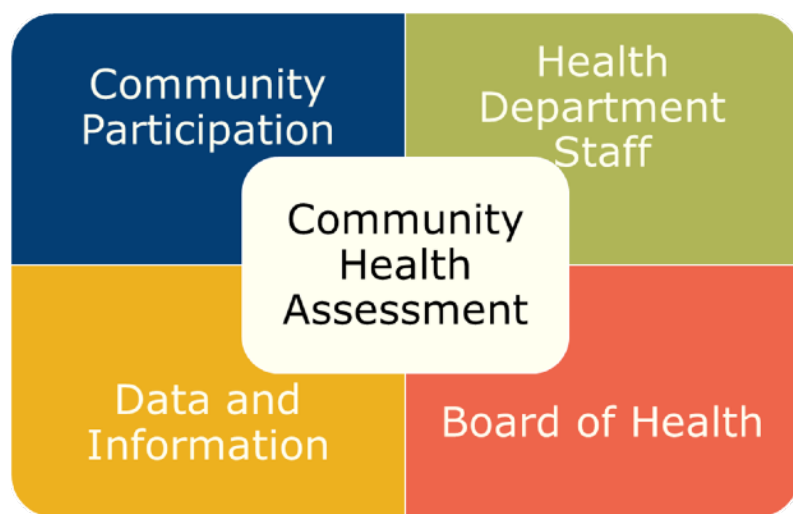
# Introduction



The Summit County Board of Health and the Summit County Health Department are pleased to present the 2019 Community Health Assessment. Having completed the Summit County Mental Health Assessment in 2016, this health assessment builds on that success by taking a closer look at traditional public health indicators used to measure the overall health and wellness of a community. By combining federal, state, and local data sources with local input gathered through community surveys, the assessment provides specific public health information about Summit County in one concise and easy to read report.

The community health assessment describes the health of the community by presenting information on health status, community health needs, resources, environmental health, and epidemiologic analysis of current local health problems. The assessment helps us gain a better understanding of the fundamental issues affecting the health of our citizens and the community. It seeks to identify where the efforts of the Health Department have proven to be successful and identifies our populations that are at an increased risk of poor health outcomes.

Ultimately, the 2019 Community Health Assessment will serve as a guide to intervention strategies that align with the community outcomes and community interests. The result of this effort will drive the discussion around policy evaluation and resource allocation in a way that ensures data-driven decisions create the best possible outcomes for the residents and visitors of Summit County.



Finally, this information will be used to support existing partnerships while creating new ones with organizations, agencies, and community leaders in Summit County. The result will be responsible, effective, and evidence based public health solutions that maintain the highest level of well-being for Summit County residents. By leveraging the interests of the community with the resources of the County, municipalities, community partners, and the vested interest of our community, we can create a healthier, brighter, and happier future in Summit County.

We hope you find this information valuable, enlightening, and encouraging. As always, we encourage our community to reach out to us with questions, comments, and concerns about public health efforts in Summit County. We are continually working to improve services and value the feedback of the community we serve. Your input is critical to our efforts of becoming the healthiest county in the state and nation!



# About Summit County



Located in the northeast corner of Utah along the Wasatch Back, Summit County is home to more than 41,000 residents. Established in 1854, Summit County was named for the summits of the mountains, including 39 of the highest mountain peaks in Utah. Offering year-round recreation, Summit County is home to some of the best outdoor activities in the United States. Vast wilderness, some of the greatest snow on earth, extensive trails, and world-class hunting and fishing opportunities make Summit County a destination for people from all over the world.

Six municipalities, various unincorporated townships, two state parks and one National Forest offer a mix of rural agricultural and high mountain lifestyles. Summit County residents are proud to call this beautiful place home. A strong pioneer and mining heritage have resulted in a community that is resilient, proud, and self-sufficient. As a result, the community is actively engaged in issues such as mental health, environmental stewardship, and community health. With a County Council and Board of Health who align their support for the Health Department and its staff, Summit County is a great place to work, live, and play!



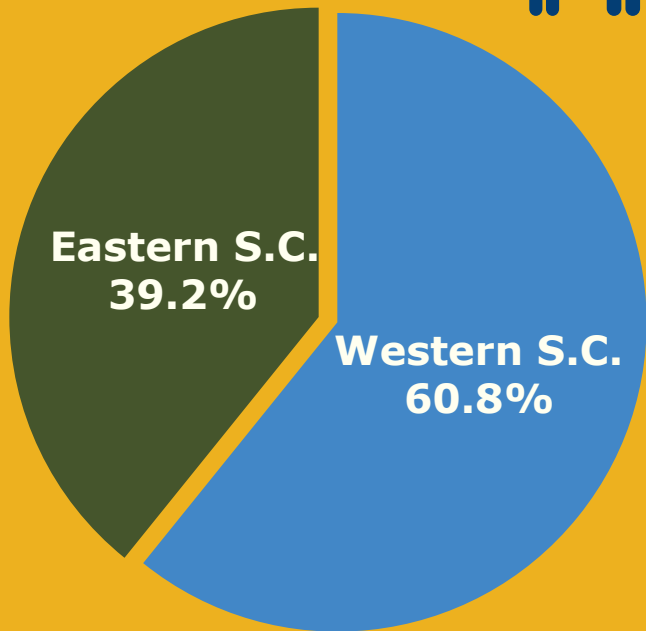
# SECTION 1: COMMUNITY





# County Demographics

Summit County  
Population - 41,993



**82.8**

Life expectancy of  
Summit County residents

**32.7**

Median age of  
Summit County residents

**\$94,952**

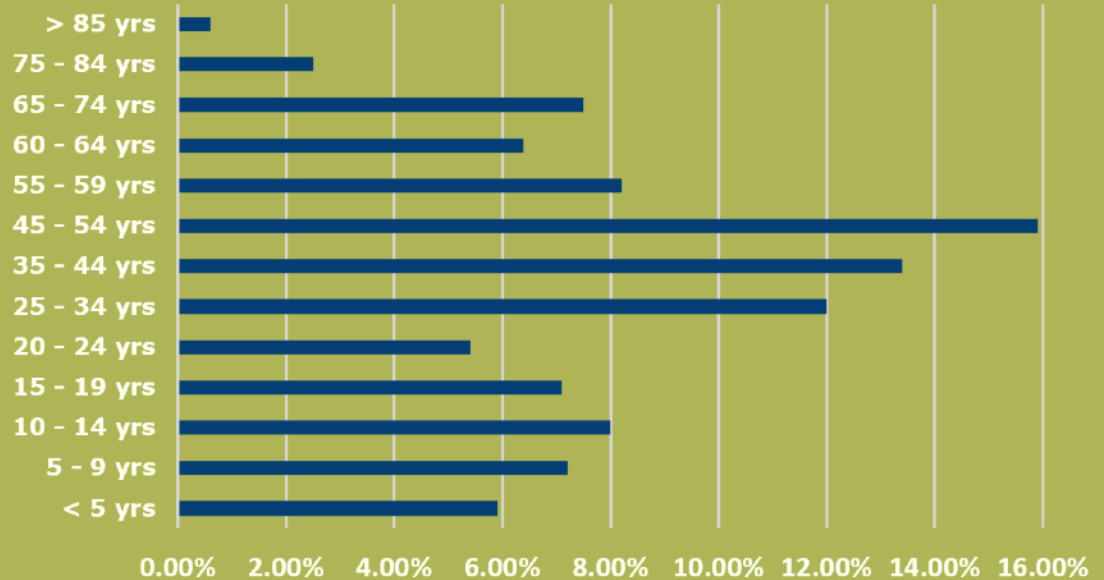


Median  
Income

**4.9%**

Population living  
below poverty

## Age Distribution in Summit County



## Top 3 Leading causes of death in Summit County



1. Cancer
2. Diseases of Heart
3. Unintentional Injuries

**5.7%**

of families w/  
children under  
17 living in  
poverty

Individuals  
19-64 w/out  
health  
insurance:

**14.5%**





## Women, Infants & Children (WIC)



- ✦ Unduplicated participation in fiscal year 2019 (10/1/18 to 9/30/19): **512**
- ✦ Average monthly visits (families visit every three months): **80 families**
- ✦ The prevalence of iron deficiency anemia in children ages 1-5 in our agency dropped from **19.25%** in 2018 to **8.47%** in 2019.
- ✦ Pre-term births have **decreased approximately 50%** from 2017-19.

## Sustainability

- ✦ Summit County is working to bring energy efficiency and renewable energy to residents and businesses.



- ✦ Summit County's transition to renewable energy will power buildings and electric fleet vehicles, decrease our carbon footprint and operating costs, and help maintain air quality.

## Early Intervention

- ★ A team of 3 full-time & 2 part-time staff completes **more than 2,100 scheduled visits** to families each year.
- ★ Serves **more than 230 children in Wasatch and Summit Counties**.
- ★ The team writes an average of **100 Individualized Family Service Plans** each year.



## Health Promotion

- \* **1 in 3 adults** nationwide has prediabetes and **90% don't know it**.
- \* **1400+** QPR Suicide Prevention Trainings coordinated in 2019.
- \* **3 out of 4 carseats** are installed incorrectly.
- \* Approximately **110 car seat inspections** each year.



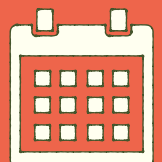
## Environmental Health

- ▶ More than 100 Septic Tank Permits issued in 2019.
- ▶ 325 bodies of water inspected at pool facilities.
- ▶ 500+ restaurant inspections
- ▶ 26 Dog Variance permits
- ▶ 64 Food Truck inspections



## Clinical Services (2019)

- ✓ 5,085 total "encounters" (interactions such as appointments, scheduling & billing)
- ✓ 3,239 Immunization encounters
- ✓ 856 Family Planning encounters
- ✓ 990 Birth and Death Certificates







# Data Collection & Analysis

The Summit County Health Department identified health concerns by reviewing data from the Utah Indicator Based Information System for Public Health (IBIS), the United States Census Bureau, and Intermountain Health Care's Community Health Needs Assessment. Links to each of these resources are provided in the resources and references section.

While the data helps identify the needs within our community, we were also interested in understanding what the community perceived as a success, threat, or concern to Summit County. To help us understand how the residents perceived public health, a community wide survey was conducted using questions intended to spark feedback specific to public health in Summit County.

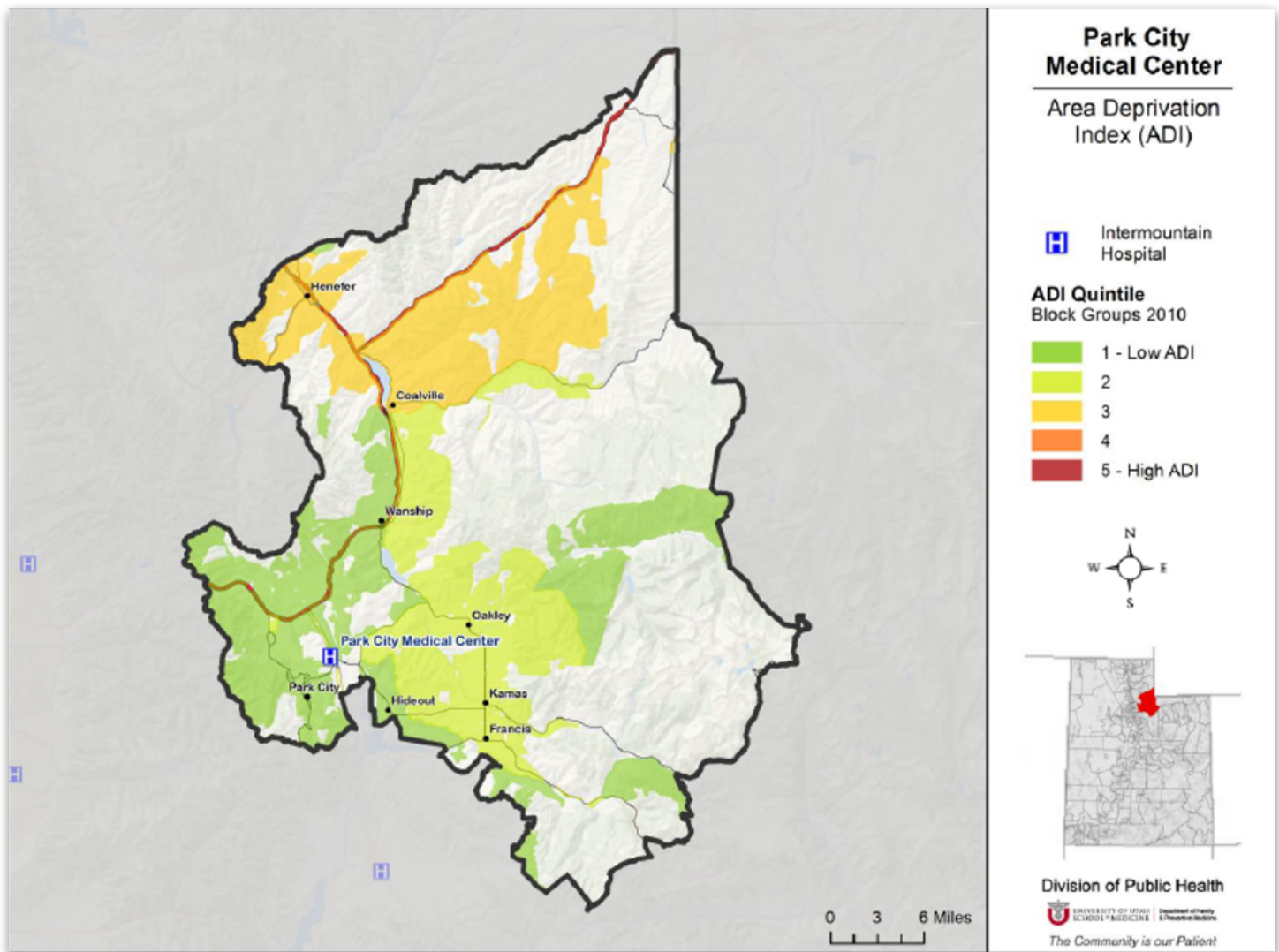
By combining the quantitative data with the qualitative data, we are confident that this Community Health Assessment captures the necessary information to guide and direct public health efforts in Summit County for the next 5-7 years.

## Health Indicator Selection

The process of selecting the health indicators used for this assessment mirrored the Health Determinants and Health Outcomes Conceptual Framework used by the Healthy People 2020 initiative and the Utah Department of Health's State Health Assessment Survey. This approach is intended to draw attention to both individual and societal determinants that affect the public's health and contribute to health disparities from infancy through adulthood, thereby highlighting strategic opportunities to promote health and improve quality of life for the residents and visitors of Summit County.

Three separate groups were used to identify the health indicators selected for this assessment. First, data provided by IBIS was used to highlight traditional health indicators in Summit County. Second, staff from the Summit County Health Department identified topics of concern and described how each indicator has influenced public health efforts in Summit County. The third group provided feedback through the Community Health Assessment Survey. The Local Health Officer and the Board of Health will use this information to determine the course of action for public health efforts in Summit County in the coming years.





# Area Deprivation Index

Area Deprivation Index (ADI) is a geographic mapping of a composite metric of 17 census indicators (e.g., education, income, transportation, housing, poverty) that provides an estimate of socio-economic deprivation within census blocks (i.e., neighborhoods). High levels of deprivation (red) are typically associated with poorer health status and outcomes, whereas low levels of deprivation (green) are typically associated with positive health status and outcomes.

ADI Maps for the Community Health Assessment were developed through a collaboration between Intermountain Healthcare's Office of Research and the University of Utah, Division of Public Health. More information about the ADI can be found here:

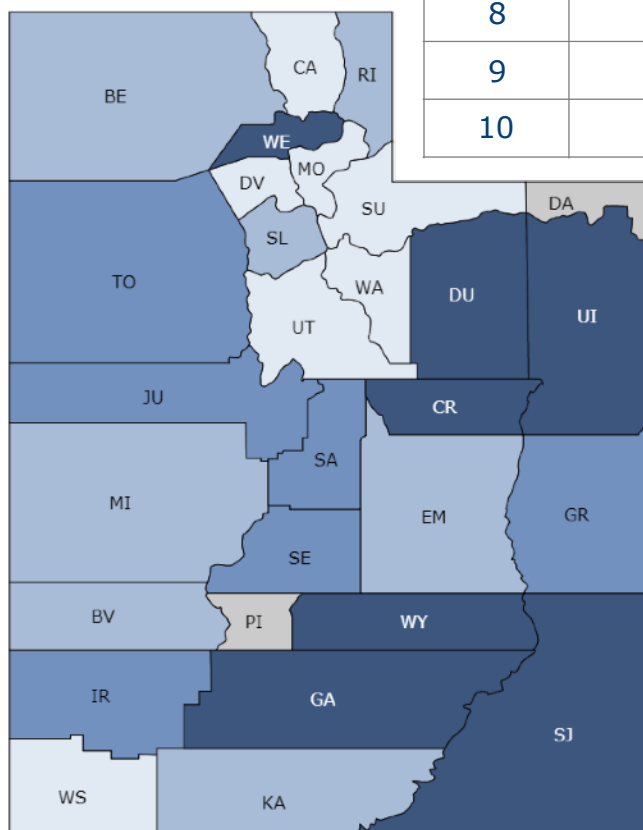
<https://intermountainhealthcare.org/about/who-we-are/chna-reports/>



# County Health Rankings

## Utah's Top 10 Healthiest Counties

Rank	County
1	Morgan
<b>2</b>	<b>Summit</b>
3	Wasatch
4	Davis
5	Cache
6	Utah
7	Washington
8	Box Elder
9	Juab
10	Salt Lake



Rank 1-7 Rank 8-14 Rank 15-20 Rank 21-27 Not Ranked

The County Health Rankings & Roadmaps (CHR&R) brings actionable data, evidence, guidance, and stories to communities to make it easier for people to be healthy in their neighborhoods, schools, and workplaces. Ranking the health of nearly every county in the nation (based on the model below), CHR&R illustrates what we know about what keeps people healthy or makes them sick and shows what we can do to create healthier places to live, learn, work, and play. More information about the County Health Rankings can be found here: <http://www.countyhealthrankings.org>.








































# Health Indicators

A health indicator is a measurable characteristic that describes the health of a population. Depending on the selected health measure, health indicators can define a specific population, place, political jurisdiction, or geographic area. Health indicators are used by all levels of public health agencies including local, State, Federal, and Global agencies to identify a need and allocate resources accordingly.





























The Healthy People 2020 Leading Health Indicators (LHIs) are a select subset of 26 Healthy People 2020 objectives chosen to communicate high-priority health issues. While all of the LHI's selected for the Healthy People 2020 initiative are important, not all of the indicators have been included in this assessment. The following health indicators provide a brief summary of the measured outcomes for Summit County, the State of Utah, and the country as a whole. For more information on the Healthy People 2020 goals, please visit <https://www.healthypeople.gov>.










Legend		
		
Meets or exceeds the established objective	Below the established objective	Within 2% of the established objective

Causes of Death				
Indicator <i>(Rates per 100,000)</i>	HP 2020 Objective	Summit County	Utah	National
Coronary Heart Disease Deaths	103.4			
Stroke (Cerebrovascular Disease) Deaths	34.8			
Breast Cancer Deaths	20.7			
Colorectal Cancer Deaths	14.5			
Lung Cancer Deaths	45.5			
Prostate Cancer Deaths	21.8			
Cervical Cancer Deaths	7.3			
Melanoma of the Skin Deaths	2.4			
Deaths due to Diabetes as Underlying Cause	66.6			
Suicide	10.2			

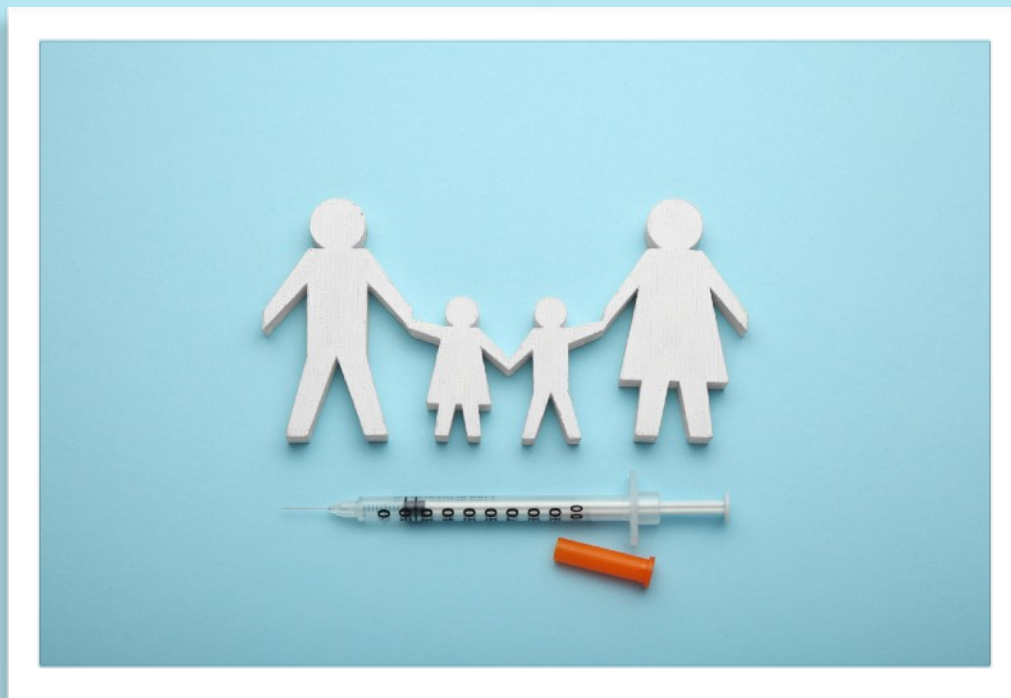
Risk and Resiliency		
Indicator	National Ambient Air Quality Standard (EPA)	Summit County
Air Quality: Ozone	70 ppb	
Air Quality: PM2.5	35 µg/m³ (per 24 hr. period)	



Health Outcomes				
Indicator	HP 2020 Objective	Summit County	Utah	National
Infant Mortality deaths per 1000	6			
Low Birth Weight	7.80%			
Pertussis Cases	2			
Diabetes Prevalence	7.20%			
Prediabetes	7.2			
Blood Cholesterol Doctor – diagnosed High Cholesterol	13.50%			
Blood Pressure: Doctor – diagnosed Hypertension	26.90%			
Obesity Among Adults	30.50%			
Overweight or Obese Adults	33.90%			
Obesity Among Children and Adolescents 9-12 grades	16.10%			

Preventative Screenings				
Indicator	HP 2020 Objective	Summit County	Utah	National
Breast Cancer – Mammography	81.1%			
Cervical Cancer Screening (Pap)	93.00%			
Colorectal Cancer Screening	70.50%			
Prostate Cancer Screening	Not Available	54.7%	47.5%	53.8%

Immunizations				
Indicator	HP 2020 Objective	Summit County	Utah	National
Immunization – Influenza, Adults 65+	70%	👎	👎	👎
Immunizations – Pneumonia, Adults	90%	👎	👎	👎
Early Childhood Immunizations (19-35 months)	90%	⊖	⊖	⊖



***Why have exemption rates for Kindergarten-age children in Summit County school districts increased over the previous five years?***

Some parents believe that herd immunity alone will protect their children from getting a disease. Herd Immunity or Community Immunity means a sufficient proportion of a population, or community, is immune to an infectious disease thus making the spread of the disease from person to person unlikely. This only works for diseases that can be spread person to person. Tetanus is not spread person to person. If 9 out of 10 people are vaccinated against Tetanus, and all 10 are exposed, the 1 person not vaccinated may get Tetanus (Lock jaw), and may die.

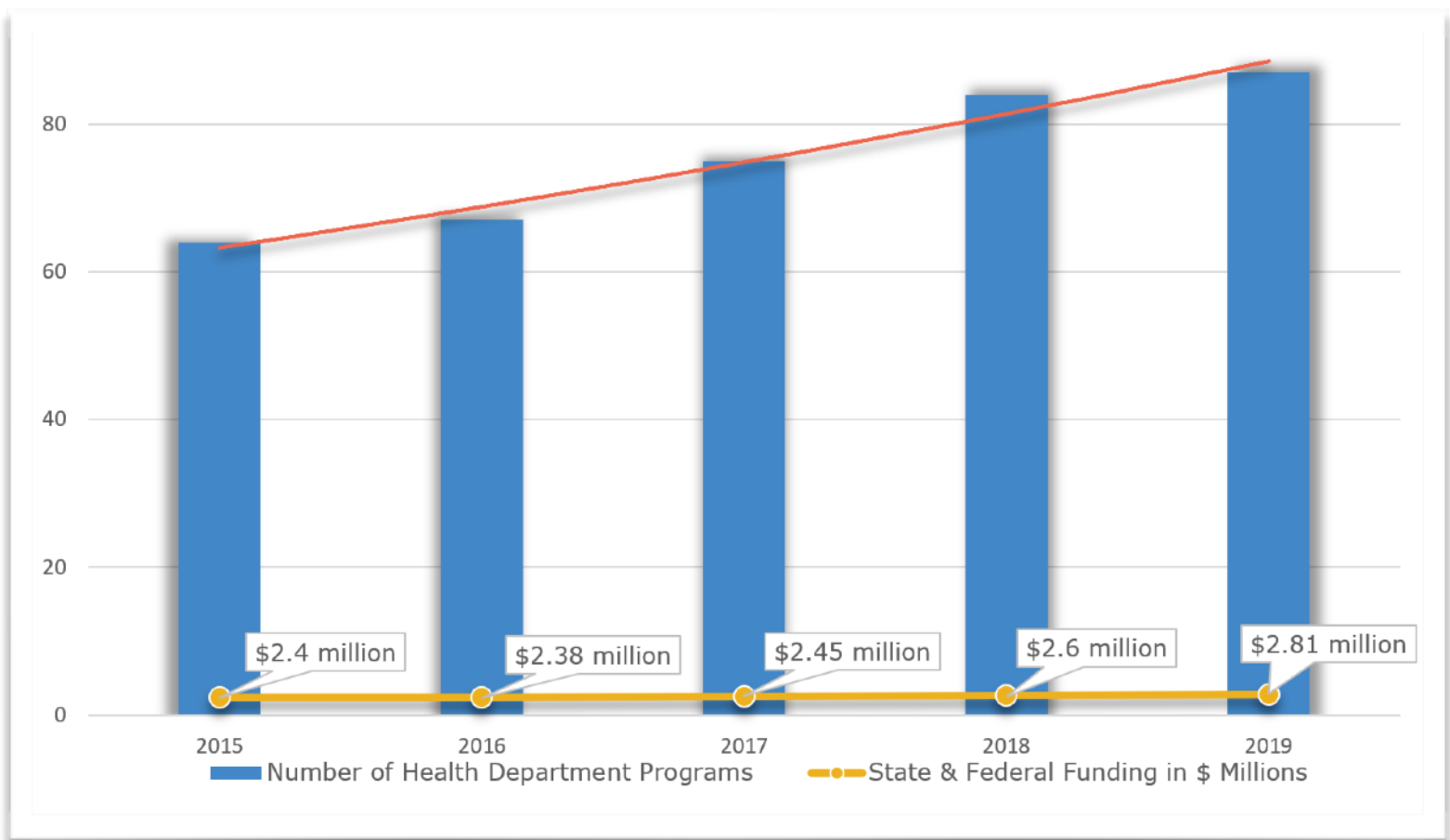
**In addition, vaccines have not contained mercury, a preservative, since the year 2000.**

For some diseases such as Measles, there are not enough vaccinated children to protect those who are unvaccinated, or who may not be able to be vaccinated due to medical reasons, or have not been completely vaccinated with 2 doses. Prior to 1963, an estimated 3-4 million people got measles each year in the United States. Of these cases **400-500 died, 48,000 were hospitalized, and 1,000 developed encephalitis**, (brain swelling). According to CDC development of the **Measles vaccine** led to more than **99% reduction** of cases.



# SECTION 2: BUILDING A HEALTHIER TOMORROW





## Building a Resilient Community with Sustainable Funding

In 2019, the health department managed nearly 90 different programs compared to 64 programs in 2015. **That is a 40% increase in the number of services offered by the Health Department.** However, during the same time period the **State and Federal grants that support these programs have remained relatively stagnant, showing only 16% growth in funding over the same time period.** Meanwhile, Summit County has worked to make up the difference, ensuring the needs of the residents and visitors are met.

In order to build a resilient and progressive health department capable of meeting the growing demands, **we are looking for ways to build sustainable and comparable base funding.** We have reached a point where our services outweigh the funding source and we simply cannot do more with less.

**Through responsible planning and funding, we can find ways to meet the increasing demands at the local, state, and federal levels.** Not only is funding a concern for the Board of Health and Health Department staff, but it is also a concern for many residents as noted in numerous responses found in the Community Health Assessment Survey results.



# Building a Resilient Community through Planning and Preparation

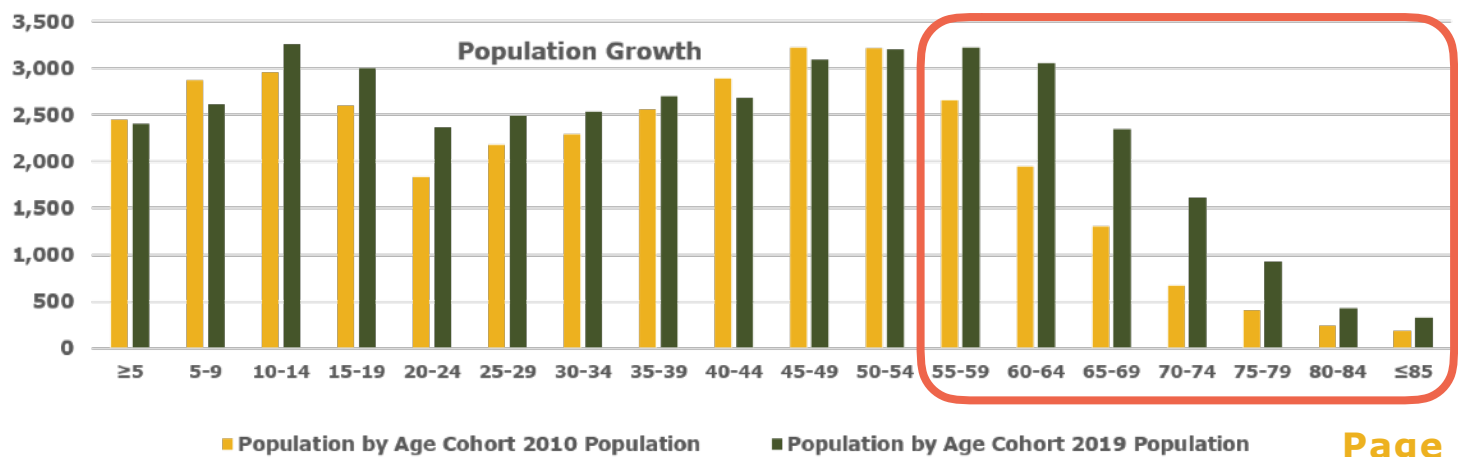


## 5 Drivers That Influence Public Health Practice

*Planning and Preparation are key to a successful department. We know change is coming. Being prepared to manage it will be the key to our success. Exercises like this Community Health Assessment are critical for identifying needs, responding to trends, and allocating resources appropriately. By using evidence based programs to address public health needs, we can be prepared to manage the future of public health, respond to changes in policy at all levels of government, and align the political will surrounding public health efforts.*

### 1. Demographic Transition

As the population ages, the needs of our community will change. According to an analysis by the Summit County Economics Director, **Summit County is growing older when compared to the cohort from just 10 years ago.**



# 5 Drivers That Influence Public Health Practice cnt.

## 2. Climate Change



Although a controversial topic, evidence confirms we are in the middle of changes to our environment. Warmer summers, drier winters, and intense weather events will challenge public health professionals in many ways including zoonotic disease surveillance, emergency response, and natural disasters.

## 3. Social Media, Communications, and Informatics

Social media will continue to be a viable resource for public health related communications. This includes the delivery of important information as well as finding trends in public health, identifying potential outbreaks, and tracking the spread of diseases all by using informatics to acquire real-time data delivered by social media outlets and feeds.



## 4. Health in All Policies

This approach considers the integration of public health policy across all sectors, promoting a systematic discussion about health and health systems in all public policies.



## 5. Sustainability



As we discuss changes to our environment, we must also consider the behaviors that contribute to these outcomes. While the connection between Sustainability and Public Health is not clearly defined, many public health practitioners expect this relationship to develop into a powerful effort for positive social change, improving the health of our communities and our environment.





# Building a Resilient Community with Public Health Emergency Preparedness

Everbridge, the county-wide public alert system provides critical information and instructions regarding emergency situations in a fast and effective manner. The flexible system allows subscribers to customize how and when they receive time-sensitive emergency notifications and information.

TEXT "**Safe Summit**" to 888777



***The Public Health Emergency Preparedness program is responsible for the planning and program development for the Summit County Health Department to protect the public health of Summit County's residents and visitors from the effects of man-made and naturally-occurring events. The Health Department works closely with other agencies at the local, state and federal levels. The goals of the program are to upgrade preparedness for and response to bioterrorism, other outbreaks of infectious disease, and other public health threats and emergencies.***



The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during

disaster situations, which allows them to focus on more complex tasks. Through CERT, the capabilities to prepare for, respond to, and recover from disasters, is built and enhanced.

The Medical Reserve Corps (MRC) Program strengthens communities by helping medical, public health and other volunteers offer their expertise throughout the year as well as during local emergencies and other times of community need. MRC volunteers work in coordination with existing local emergency response programs and also supplement existing community public health initiatives, such as outreach and prevention, immunization programs, blood drives, case management, care planning, and other efforts.



# Top 5 Large-Scale Threats in Summit County

**High Risk**



- Wildfire
- Pandemic Flu
- Fire - Largescale Urban
- Emergent Disease
- Communicable Disease Outbreak

**Moderate Risk**



**Moderate Risk**



**Moderate Risk**



**Moderate-Low Risk**



## Top Large-Scale Threats by Health District



### Legend:



Pandemic Flu or Emergent Disease



Earthquake



Fire - Wildland and/or Urban



Truck Accident - Chemical Release



Supply Shortage



# SECTION 3: LESSONS LEARNED



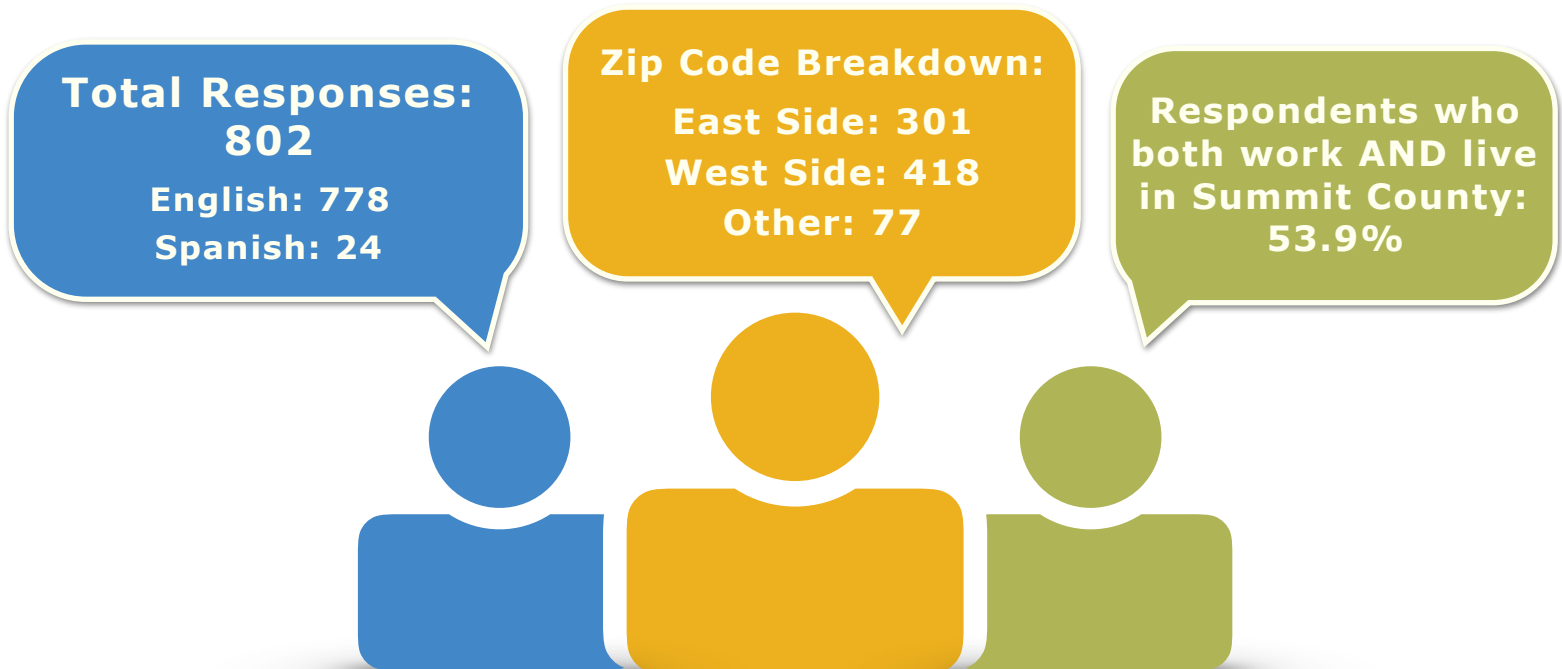
# Purpose and Reason

Public input is a vital part of any Community Health Assessment. For this assessment, we gathered public opinion by conducting a community-wide survey. Over the course of six weeks, the survey was offered to people who live or work in Summit County. In an effort to promote participation, individuals who completed surveys were randomly drawn and offered gift cards each time the number of completed surveys reached a benchmark. Paper and electronic versions of the survey were made available in both English and Spanish. As a result, we have a good grasp of what the community is thinking in terms of public health.

The following results reveal what Summit County residents believe are the successes, shortcomings, and areas for improvement within the Health Department. We also learned how residents rate their own health, what they consider a healthy lifestyle, and their understanding of what public health does in their community. By identifying the fears, concerns, and perceived threats, the responses also revealed the emotional investment of the community.

Ultimately, the survey responses captured information missing from national surveys. Summit County's future will be much happier and healthier thanks to those who participated.

Thank you for your input and guidance on how we can continue working to become the best health department in Utah.





# Method of Categorization

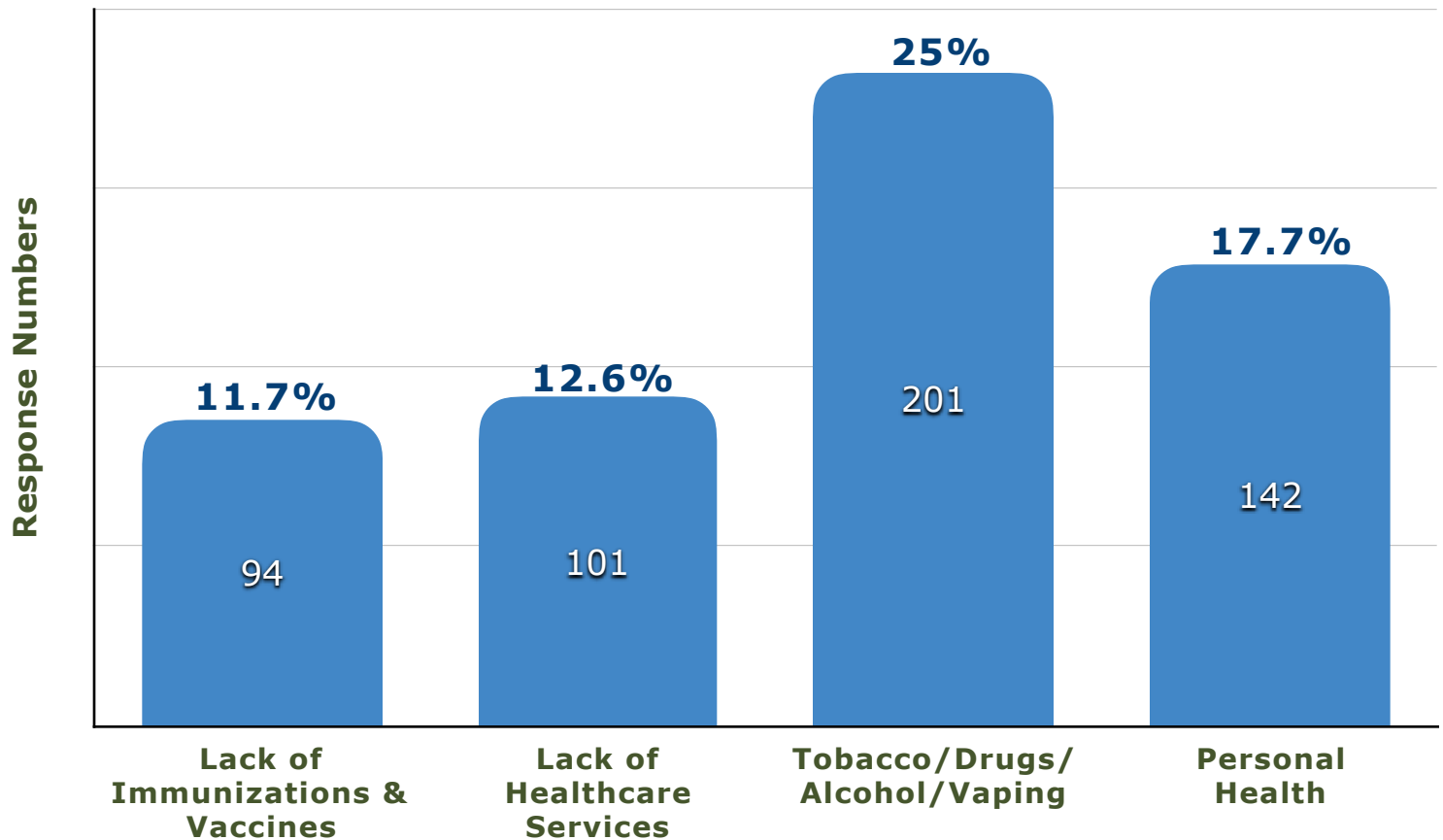
A team of public health professionals worked to place all 802 survey responses into categories identified by the *Healthy People 2020 - Leading Health Indicators* list. Using key words from the individual responses, the team placed content into categories for further evaluation. While the majority of survey responses qualified for pre-determined categories, a few did not align with the Healthy People 2020 list. For uncategorized responses, the team evaluated the content for the possible connection to public health and additional categories were created when appropriate. Additionally, the team placed “I don’t know” survey responses in the communications category, providing evidence that we need to continue telling the story of public health in Summit County.

In the end, all 802 responses were evaluated and included for consideration in the Community Health Assessment final report.

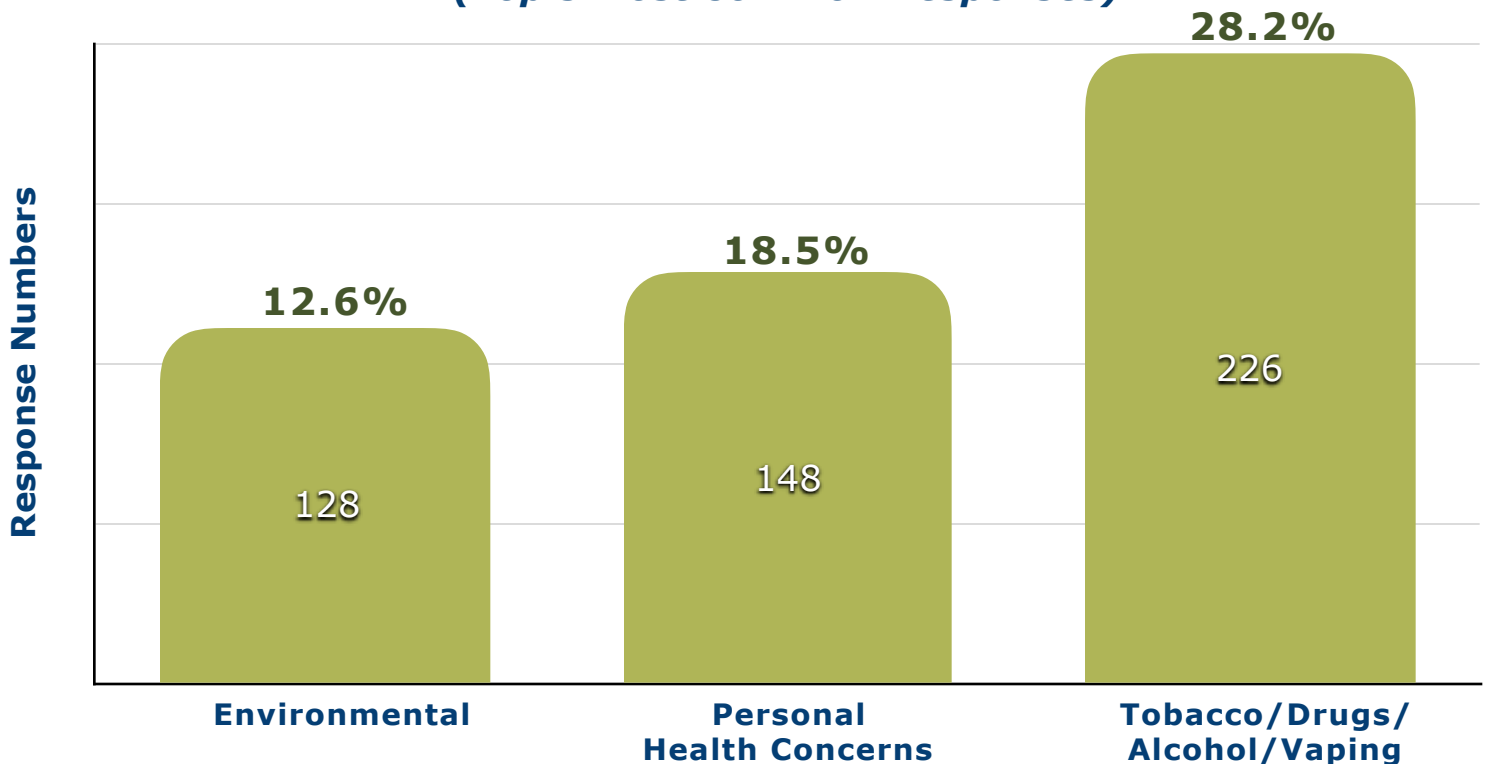
## Common Phrases



***What is the greatest public health concern in our community?  
(Top 4 Most Common Responses)***



***What is the greatest public health risk the younger generations of Summit County will face in 20 years?  
(Top 3 Most Common Responses)***





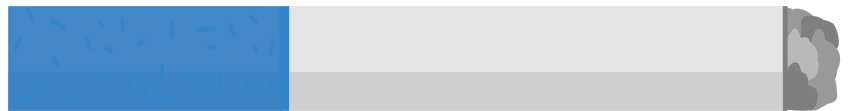
# Closer Look: Tobacco & Vaping



- Between 2016 and 2018, the number of Summit County adults who reported smoking cigarettes increased by 0.5%.
- In 2016, the tobacco industry spent an estimated \$39.9 million to market tobacco products in Utah and recruit new tobacco users. This includes vaping marketing.
- Compared to adults, adolescent nicotine users experience more episodes of depression and cardiac irregularities, and are more likely to become quickly and persistently nicotine-dependent.
- **Why youth start smoking**
  - ✦ *Because a friend or family member used them* - **39%**
  - ✦ *The availability of flavors, such as mint, candy, fruit or chocolate* - **31%**
  - ✦ *The belief that e-cigarettes are less harmful than other forms of tobacco, such as cigarettes* - **17.1%**

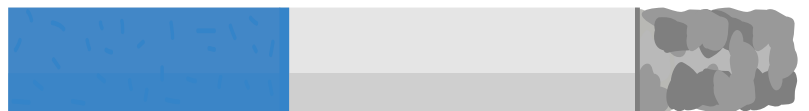
**81%**

of kids who ever used a tobacco product started with a flavored product.



**60%**

Funding shortage for Tobacco Prevention and Control Programming in Utah. (based on CDC recommendations)



**20%**

of Summit County youth in grades 8, 10 and 12 have experimented with electronic cigarette/vaping products.



**10.6%**

Increase in adult experimentation with electronic cigarettes in Summit County from 2016-2018.





# Community Health Assessment Takeaways

*If you were to suggest starting one new public health program that would have the greatest impact in our community, what would that program be?*

- Personal Health - **21%**
- Tobacco/Drugs/Alcohol/Vaping - **13%**
- I Don't Know - **18%**

*In your opinion, what is the health department doing right to promote and improve public health and community health outcomes?*

- Education & Awareness - **21%**
- Programming in the Community - **19%**
- Public Presence & Social Media - **19%**
- I Don't Know - **33%**

*What is one health-related area that you feel the health department could improve upon existing efforts?*

- No Answer - **30%**
- Communication - **18%**



# SECTION 4: LOOKING FORWARD





# What we learned



*“It is our promise to you that we will continue to improve in all aspects of our public health efforts.”*

The Community Health Assessment process has been a positive experience for the Summit County Health Department. **The insight, comments, and interactions with the community have helped us identify our strengths and weaknesses across all of our public health programs.** It was interesting to see how the results of the community survey aligned with national trends.

Furthermore, the public feedback highlighted issues and concerns not mentioned in other reports. **This level of insight proves that those who live and work in Summit County are very aware of what is going on around them.** This mindfulness is a great asset for the community and those who are working to improve it each day. **In the end, our department will be better because of the people we serve.**

As employees of the Health Department, we are committed to being the best public health department in Utah. Activities like the Community Health Assessment are important tools to help us reach this goal. **Although we have done many things well over the last seven years, we will continue to improve our services to you.**



# What's next?

*In early 2020, the Summit County Board of Health will identify their public health priorities using the information provided in this assessment. The strategic planning process will help allocate resources to meet the needs of our community. Part of this process includes specific trainings centered on risk assessment, emergency preparedness, and evidence-based public health programming. The other part of the process is the distribution of timely and relevant health information, delivered in a variety of ways and made available to the public. Moving forward, we will continue to foster a healthy, happy, and resilient community capable of adapting to change through increased awareness and planning.*





# Thank You

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*The Summit County Health Department, the Summit County Board of Health, and Summit County Council thank you for your help with the Community Health Assessment.*

## **A message from Health Director Rich Bullough, PhD**

The mission of the Summit County Health Department is to promote and protect the personal and environmental health of Summit County and our residents and guests. As such, it is critical that we know what our health needs and priorities are. The information outlined in this report will be used to develop, in partnership with the Summit County Board of Health and the Summit County Council, the Strategic Plan for addressing health needs and concerns in our county. The Strategic Plan will help us direct and utilize resources efficiently and effectively.

The Founders of our nation envisioned a fair and just society. As public health professionals, our work ultimately supports this vision by protecting health and safety across all components of our communities, independent of class or identity. This Community Health Assessment, and the Strategic Plan that will follow, will help assure that Summit County remains a thriving, safe place to live and visit, regardless of who you are.

We will always listen to suggestions of how we can better serve you better. Please feel free to visit, call, or email us at any time. We welcome your input! We hope you have enjoyed being a part of this process as we work to become a more resilient and informed community. The community participation in this process has shaped a document that we believe represents the interests of Summit County. Thank you.



# References

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