



# Carson Valley Health (formerly Carson Valley Medical Center)

## Community Health Needs Implementation Plan 2023-2025

*In response to the Community Health Needs Assessment, performed in 2022*

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Carson Valley Health is committed to caring for the needs of our community and making the Carson Valley and Douglas County a healthier place to live. Every three years, our organization conducts a Community Health Needs Assessment to determine areas of focus for community health improvement strategies.

In the 2022 CVMC Community Health Needs Assessment, the overall health of Douglas County was found to be favorable in comparison to the state and country. The report identifies the following 9 areas of health needs for Douglas County:

1. Mental Health
2. Potentially Disabling Conditions
3. Substance Abuse
4. Heart Disease and Stroke
5. Nutrition, Physical Activity, and Weight
6. Access to Healthcare Services
7. Cancer
8. Oral Health
9. Infant Health and Family Planning

This implementation plan will identify the areas above that we will attempt to address and improve upon in our community. Upon review of this report and an assessment of the resources in our organization and partnerships, Carson Valley Health has prioritized implementing strategies to address:

1. Mental Health
2. Heart Disease and Stroke
3. Nutrition, Physical Activity & Weight
4. Access to Health Care Services
5. Cancer

## 1. Mental Health:

Douglas County fares less favorably in suicide rates and mental health providers per 100,000 residents in comparison to the state and nation.

### CVH Strategy:

1. Increase number of mental health providers at CVH.
2. Increase number of patients served dealing with depression.
3. Continue to support local partner: Suicide Prevention Network, both with monetary support for their programs and also participation on their Board of Directors.

## 2. Heart Disease and Stroke:

Douglas County fares less favorably in rate of residents with high blood pressure as compared to the state and nation.

### CVH Strategy:

1. Increase cardiology providers at CVH.
2. Increase number of community wellness screenings focused on heart health.
3. Open county's first cardiac catheterization lab.
4. Implement cardiac rehab service.

## 3. Nutrition, Physical Activity & Weight:

Douglas County fares less favorably in the population with low food access when compared to the state and nation.

### CVH Strategy:

1. Coordinate a community workgroup to assess this issue and understand the data.
2. Host community education activities in identified populations.
3. Support programs designed to bring resources to vulnerable populations.

#### 4. Access to Healthcare Services:

Douglas County fares less favorably in rate of uninsured children and primary care doctors per 100,000 when compared to the state and nation.

##### CVH Strategy:

1. Recruit new primary care providers to serve the Carson Valley.
2. Increase number of primary care visits.
3. Offer wellness programs through the school system.

#### 5. Cancer:

While Douglas County fares favorably in cancer rates overall in comparison to the state and the nation, the rate of female breast cancer is higher in Douglas County than the state and nation.

##### CVH Strategy:

1. Increase number of mammograms performed.
2. Add technology to diagnose breast cancer, including stereotactic breast biopsy and breast MRI.
3. Open a women's imaging center to address the specific imaging needs of women, with a focus on breast imaging and support.

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Carson Valley Health has selected the above five priority areas due to the resources and impact our organization can have on these important issues. The following health needs identified in the Community Health Needs Assessment are better suited for other community organizations to address and CVH will support these organizations in their efforts:

1. Potentially Disabling Conditions
2. Substance Abuse
3. Oral Health
4. Infant Health & Family Planning