



2023 Community Health
Needs Assessment

Benefis Teton Medical Center

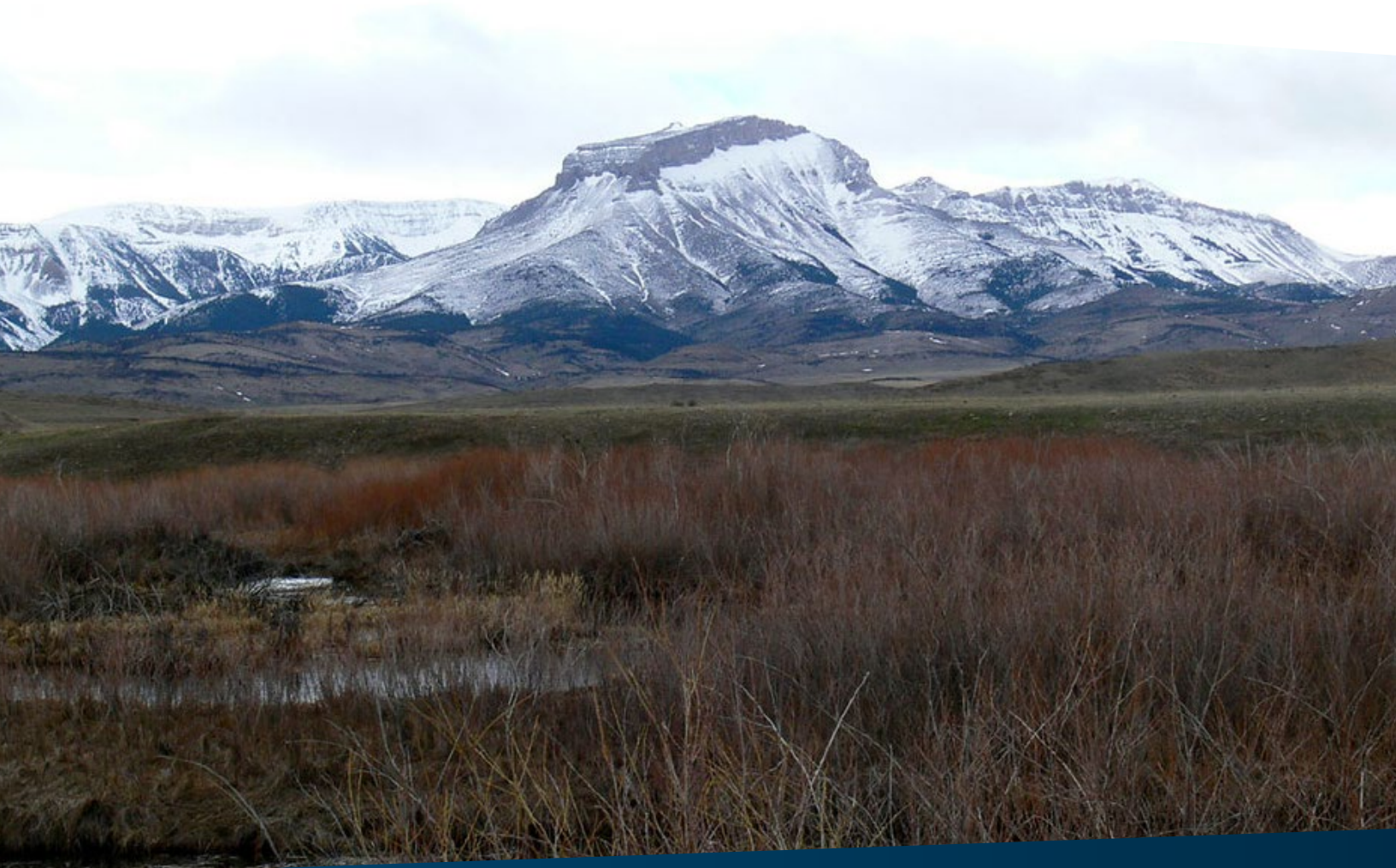


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Executive Summary



Our Background

In 1944, the Memorial Hospital Association was formed to expand healthcare access in Teton County and to prevent citizens from having to travel long distances for specialty care in surrounding Montana cities. A key initiative included opening a medical center, Teton Medical Center, which has become a driving force for health and wellness in Teton County since its opening in 1952.

Teton Medical Center has long served the healthcare needs of the community as the sole hospital-provider in Teton County. In 2015, Benefis Health System (Benefis) acquired Teton Medical Center, which changed the facility's name to Benefis Teton Medical Center (BTMC). Since the acquisition, the level of local care has been enhanced.¹ BTMC's mission has always been and will continue to be to provide top-quality healthcare to the Teton community.²

Our Current Capabilities

BTMC is a critical access hospital for adults and children in central Montana whose primary market covers Teton County. BTMC has 25 staffed beds with 7 primary and 61 secondary providers.³ These providers are credentialed as primary care and emergency physicians, physician assistants, nurse practitioners, nurses, and imaging technologists, to name just a few of the healthcare professionals committed to the health and safety of the community served. BTMC is able to offer its patients medical services ranging from routine check-ups to treatment of chronic health conditions like heart disease, COPD, and diabetes. Moreover, BTMC also provides long-term care for elderly patients and rehabilitation for patients recovering from physical and occupational illnesses or injuries.⁴ BTMC's primary care providers offer age-specific preventive care and screenings, annual physicals, routine tests, vaccinations, and management of chronic conditions referenced herein. They also provide guidance on health, nutrition, and lifestyle habits needed for long-term patient health.⁵

Patients have 24/7 access to care at BTMC through its emergency room. BTMC's emergency room has been designated as a Montana Trauma Receiving Facility with each of its providers certified in Advanced Cardiac Life Support developed by the American Heart Association and Advanced Trauma Life Support developed by the American College of Surgeons.⁶ Additionally, BTMC has a Swing Bed Program, which provides patients with transitional care needed to be medically stable after inpatient discharge.⁷

1 *History of the Benefis Teton Medical Center Foundation Video* Accessed June 23, 2023.

2 Ibid.

3 Definitive Healthcare Benefis Teton Medical Center Report Accessed June 23, 2023.

4 Benefis Teton Medical Center *We're Here for You 24/7* Page Accessed October 31, 2023. <https://www.benefis.org/teton-medical-center/clinical-services/clinical-services>.

5 Ibid.

6 Benefis Teton Medical Center *Fast, Expert Emergency Care* Page Accessed October 31, 2023. <https://www.benefis.org/teton-medical-center/clinical-services/emergency-services-teton>.

7 Benefis Teton Medical Center *Acute and Skilled Care in the Hospital* Page Accessed October 31, 2023. <https://www.benefis.org/teton-medical-center/clinical-services/inpatient-care>.

BTMC offers patients access to imaging services to diagnose, treat, and prevent various medical conditions. Lab technologies and capabilities include but are not limited to cardiac enzyme studies, blood bank services, hematology, chemistry, microbiology, immunology, urinalysis, digital x-rays, and electrocardiogram.⁸

Rehabilitation services offered at BTMC include occupational therapy, physical therapy, and sports rehabilitation. Customized women's and men's health programs are available to help patients gain or regain strength necessary for daily living. Members of the Teton County community also have access to the Medical Center's physical therapy gym equipment and staff. Further, BTMC's physical therapy services are also offered at its Fairfield, Montana location.⁹

Most Recent Recognitions and Awards

- Named as one of the Top 20 critical access hospitals in the US for Best Practice in Quality by the National Rural Health Association (2023).¹⁰
- Designated as a Montana Trauma Receiving Facility (2023).¹¹
- Presented with the Cardiac Recognition Award by the Montana Hospital Association (September 2022) for infrastructure and commitment to providing high quality care to patients with acute coronary syndrome.

Implemented Programs and Community Partnerships/Outreach

BTMC has partnered with the Teton County Health Department (the Health Department) for the betterment of those living within the community. The Health Department has established and implemented several public health advancing programs and services over the years. BTMC assists the Health Department with the following programs and services:¹²

- Teton County Emergency Medical Services (EMS): Educates and provides life safety/emergency medical services for the Teton County community.
- Montana Cancer Control Programs: Provides citizens with ongoing quality screening services to detect and treat cancers ranging from breast to cervical.
- Communicable Diseases Program: Focuses on prevention and control of communicable diseases in Teton County by providing public health information; offering clinical, case management, and referral services;

8 Benefis Teton Medical Center *Convenient, On-Site Lab Tests and Imaging* Page Accessed October 31, 2023. <https://www.benefis.org/teton-medical-center/clinical-services/diagnostic-testing>.

9 Benefis Teton Medical Center *Therapies to Help You Recover* Page Accessed October 31, 2023. <https://www.benefis.org/teton-medical-center/clinical-services/rehabilitation-teton>.

10 Choteau Acantha's "BTMC in Top 20 Nationwide".

11 See Footnote #6.

12 Teton County, Montana Health Department website Accessed June 23, 2023.

conducting surveillance and investigation of more than 70 reportable diseases; and analyzing, interpreting, and reporting information on communicable diseases.

- CONNECT Electronic Referral System: Facilitates the management of a patient's well-being by allowing service providers, agencies, and organizations to coordinate additional services and opportunities for their people/clients. Related to BTMC, the resources made available to the community by CONNECT Electronic Referral Systems include but are not limited to Fairfield Food Pantry, New Roots, PLLC, Heart and Mind Counseling, and Front Range Family Psychiatry, LLC.
- Healthy Tracks: Educates, guides, and supports participants through a 12-month healthy lifestyle change program to prevent cardiovascular disease and diabetes.
- Planned Parenthood Without Walls Program: Offers women in the community limited family planning services and access to contraceptive methods.
- Immunization Clinics: Offers all recommended childhood vaccinations, and most immunizations recommended for adults. Various vaccination clinics made available to students throughout the year to meet school vaccination/immunization requirements.
- Teton County Community Alliance for Resiliency and Educational Support: Confronts Teton County's behavioral health challenges through comprehensive and evidence-based strategies that focus on resilience, education, prevention, access to treatment and reducing drug, alcohol, and mental health related consequences.
- Montana Tobacco Use Prevention Program: Works to eliminate tobacco use, especially among young people, through statewide programs and policies.
- Women, Infants, Children (WIC): Educates Teton County women on the importance of nutrition and health as well as provides breastfeeding support, healthy food access, and specialty care referrals to other services free of charge to Montana families.

2020 Community Health Needs Assessment Implementation Strategy Reflection

Addressing community health needs is an ongoing process and BTMC continues to execute the strategies outlined in the 2020 community health needs implementation plan. The 2020 Community Health Needs Assessment (CHNA) identified the following three needs and BTMC vowed to work diligently to address them.

Mental Health

- BTMC strived to support access to and improve utilization of mental health resources among residents of Teton County. Over the past three years, BTMC implemented the Patient Health Questionnaire (PHQ)-9 screening tool for depression for all patients on anti-depressants and benzodiazepines. BTMC encouraged referrals to mental health providers for patients scoring a 10 or higher on the PHQ-9. Electronic health records did not provide reporting tools to monitor volumes of patients referred.

- At the 2023 CHNA Key Informant Survey, BTMC wanted to see an increase in awareness around mental health issues and types of mental health services available in the community over the past three years. BTMC, in conjunction with the Health Department, created a Teton County Wellness Resource flyer. These flyers were posted in all BTMC clinic rooms and made available to all patients throughout the hospital and its emergency room (ER). These flyers continue to be utilized today and are updated as resources in Teton County change.
- BTMC set out to create more opportunities for people to be connected in the community and less socially isolated than in 2021. Connections with senior citizens, high school students, and community organizations regarding mental health awareness and services were limited due to COVID-19 restrictions in place.

Thriving Families

- BTMC set the objective to gain community-wide support for decreasing Adverse Childhood Experiences (ACEs) and increase the resiliency among families and youth so that they can thrive mentally, physically, and emotionally. Although the objectives in this area did not directly reflect the services of BMRC, the organization worked to ensure relationships with families within the defined service were continually improving.
- BTMC planned to establish procedures to increase the family engagement of Emergency Department patients. Due to the COVID-19 Pandemic, family members were not allowed in the ER area. BTMC encouraged staff and providers to utilize their board room or small conference room when safe, private conversations with patients were needed. Front desk staff ensured that all communication with patient families was made in a timely manner.
- BTMC planned to increase its Patient Family Engagement (PFE) by 75%. The Life Enrichment Coordinator and care team engaged long-term care (LTC) resident families in the care of loved ones. This initiative was complicated by the COVID-19 Pandemic, resulting in restrictive visitation regulations in LTC facilities. BTMC focused on creating alternative means of communications during this time. In 2023, BTMC reinstated the Family/Resident Council as COVID-19 restrictions were removed.

Health Communications

- BTMC looked to empower community members to engage with their health through clear, consistent, collaborative, and culturally appropriate health messaging.
- BTMC set the goal that by January 2022 75% of the members of the established Health Information Committee would indicate in a survey that they have an increased understanding of how Teton County residents interact with health information. Restrictions from the COVID-19 Pandemic limited progress made in this initiative.
- By June 2023, BTMC planned to implement an accurate and collaborative health information campaign that engaged 500 individuals using strategies commonly accessed by “hard to reach” populations and at least 1,000 Teton County residents overall. Restrictions from the COVID-19 Pandemic limited the progress made in this initiative.

- BTMC set out to see an increase in individuals accessing health information electronically, including scheduling appointments, accessing health records, utilizing telehealth services, and finding reliable and accurate health information. Restrictions from the COVID-19 Pandemic limited the progress made in this initiative.
- BTMC also worked with organizations invested in health information and technology in Teton County to partner with local schools to provide adult education opportunities on specific technology and health information related topics, targeted toward populations of concern. As a result, BTMC staff members are now responsible to complete technology training related to this initiative.

2023 Community Health Needs

In 2023, BTMC conducted a CHNA that allowed BTMC to identify the current community health needs. The top needs identified are listed in no particular order below.

- Obesity or Weight Gain.
- Tobacco Use.
- Mental Health.
- Drug and Alcohol Abuse.
- Diabetes.
- Heart Disease.
- Cancer.
- Nutrition and Physical Activity.
- Child Abuse/Neglect.

In the coming months, BTMC will develop a three-year Community Health Improvement Plan (CHIP) to respond to the identified prioritized needs in Teton County. This plan will include key objectives, activities, collaborating community partners, needed resources, and desired outcomes, among others. The 2024 – 2026 CHIP will be approved and made publicly available no later than May 15, 2024.

Community Health Needs Assessment



Community Description

Defining Our Community

BTMC is a critical access hospital for adults and children in North Central Montana. The facility primarily serves the people of Teton County, Montana as indicated in the map below.



Teton County is home to several nationally known wildlife and natural landmarks, including but not limited to the Helena-Lewis & Clark National Forest, Eureka Reservoir, Pishkun Reservoir, Blackleaf Canyon, Ear Lake, and Freezeout Lake Wildlife Management Area. The wildlife industry generates a large amount of revenue for Teton County and three companies in the industry make up 60% of the top five largest employers in Teton County as shown in the table below.¹³

Employer	Number of Employees
3 Rivers Telephone Cooperative	100 – 249
Mountain View Co-op	50 – 99
Benefis Teton Medical Center	50 – 99
Choteau Activities	20 – 49
First Bank of Montana	20 – 49

¹³ Montana Government Official Website Accessed August 16, 2023.

The Teton County population for 2023 includes 6,271 individuals.

2023 Population¹⁴

Service Area	Ages 00-14	Ages 15-19	Ages 20-24	Ages 25-34	Ages 35-44	Ages 45-54	Ages 55-64	Ages 65+	Total
Teton County	927	309	294	639	675	723	1,027	1,677	6,271
Total	927	309	294	639	675	723	1,027	1,677	6,271
% Population ¹⁵	14.8%	4.9%	4.7%	10.2%	10.8%	11.5%	16.4%	26.7%	100.0%

Service Area County Demographics^{16 17 18}

Teton County Demographics

- 2023 Population consists of 6,271 individuals:
 - 49.6% of the population is female and 50.4% is male (2023).
 - 90.9% of the population is White, 1.6% is American Indian, and 7.5% is Other (2023).
 - 1.6% of the population is of Hispanic or Latino origin (2023).
 - 0.5% are foreign-born individuals (2017-2021).
 - 2.8% speak a language other than English at home (2017-2021).
 - 12.5% of individuals are persons in poverty, compared to 12.1% for Montana and 11.5% for the U.S. (2017-2021).
 - \$59,456 is the median household income (2023).
- 2017 to 2021 high school graduate or higher, percent of persons age 25+ years was 92.5%, compared to 94.4% for Montana and 88.9% for the U.S.
- 2017 to 2021 bachelor’s degree or higher, percent of persons age 25+ years was 25.2%, compared to 33.7% for Montana and 33.7% for the U.S.
- 2017 to 2021 in civilian labor force, total percent of population age 16+ years was 59.0% compared to 62.9% for Montana and 63.1% for the U.S.
- 2022 rate of uninsured individuals was 12.4%, compared to 10.2% for Montana and 9.3% for the U.S.

14 ESRI – Community Profile Report for Teton County based on the 2020 US Census data.

15 Because of rounding, the total percentage may not equal exactly 100%.

16 See Footnote #14.

17 US Census Bureau’s State & County Quick Facts: <https://www.census.gov/quickfacts/fact/table/tetoncountymontana,US/PST045221>.

18 Note: “Other” under percent population by race includes Black, Asian, Pacific Island, Some Other Race Alone, and persons reporting more than two races (Based on ESRI Community Profile Report).



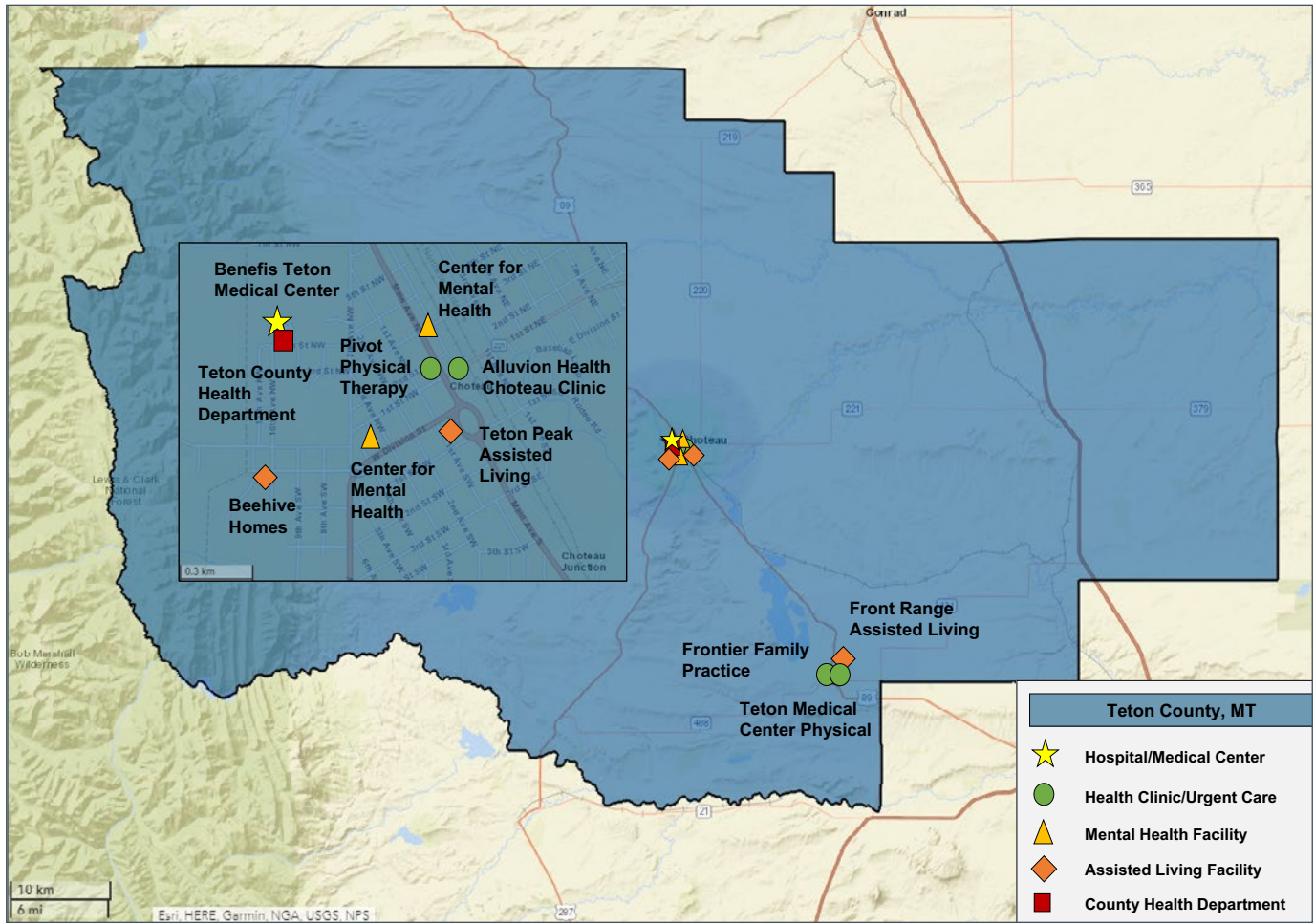
Existing Healthcare Facilities

BTMC is the sole hospital-provider within Teton County, Montana. However, other specialty-specific clinics and practices are present in the county. The map below identifies all healthcare facilities (Hospitals, Ambulatory Surgery Centers, Mental Health Facilities, Urgent Care/Clinics, etc.) within Teton County. Details regarding each of these facilities are included on the following pages.

It is important to note that Teton County has designated health professional shortage areas (HPSAs) for primary medical care, dental, and mental health as well as medically underserved areas (MUAs) in Choteau, Montana. Additional detail related to HPSAs and MUAs are presented in **Appendix D**.

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Teton County, Montana Healthcare Facilities



The following table(s) list other healthcare facilities (i.e., medical and specialty clinics, urgent cares, mental health facilities, and assisted living centers) that are available in Teton County.¹⁹

¹⁹ All of the facility-related information was acquired from individual facility websites.

Clinics/Urgent Care				
Facility	Entity Type	Miles from BTMC	Services	Insurance/ Uninsured
Alluvion Health Choteau Clinic	Federally Qualified Health Center (FQHC)	0.6 miles	<ul style="list-style-type: none"> • Diagnostics and treatment • Chronic care management • Pediatrics - Adults • Women’s health/family planning • Radiology • Behavioral Health • Speech pathology • Substance abuse treatment • Dental care • School based medicine 	<ul style="list-style-type: none"> • Commercial Insurance • Medicare • Medicaid • Healthy Montana Kids • Montana HELP Plan • Uninsured • Self-Pay
Teton Medical Center Physical	Privately owned	18.6 miles	<ul style="list-style-type: none"> • Occupational therapy • Physical therapy • Sports rehabilitation 	<ul style="list-style-type: none"> • Most Commercial Insurance • Medicare • Medicaid • Children’s Health Insurance Program (CHIP)
Teton County Health Department	Municipal	115 feet	<ul style="list-style-type: none"> • Emergency medical services • Cancer control programs • Communicable disease prevention and treatment • Care management • Diet/nutrition • Women’s health/family planning • Immunizations • Tobacco and substance abuse prevention 	<ul style="list-style-type: none"> • Commercial Insurance • Medicare • Medicaid • Healthy Montana Kids • Montana HELP Plan • Uninsured • Self-Pay
Pivot Physical Therapy	Privately owned	0.6 miles	<ul style="list-style-type: none"> • Respiratory therapy • Developmental therapy • Rehabilitative and restorative services 	<ul style="list-style-type: none"> • Commercial Insurance • Medicare • Medicaid • Healthy Montana Kids • Montana HELP Plan • Uninsured • Self-Pay

Clinics/Urgent Care				
Facility	Entity Type	Miles from BTMC	Services	Insurance/ Uninsured
Frontier Family Practice	Privately owned	18.0 miles	<ul style="list-style-type: none"> • Pediatrics - Adults • Diagnostics and treatment • Chronic care management • Diet/nutrition • Wound care • Women’s health/family planning 	<ul style="list-style-type: none"> • Most Commercial Insurance • Medicare • Medicaid • Tricare

Assisted Living Facilities				
Facility	Entity Type	Miles from BTMC	Services	Insurance/ Uninsured
Teton Peak Assisted Living	Privately owned	0.7 miles	<ul style="list-style-type: none"> • Geriatric medicine • Physical therapy/rehabilitation 	<ul style="list-style-type: none"> • Commercial Insurance • Medicaid • Medicare
Beehive Homes	For profit (corporation)	0.4 miles	<ul style="list-style-type: none"> • Geriatric medicine • Physical therapy/rehabilitation • Memory care • Respite care 	<ul style="list-style-type: none"> • Most Commercial Insurance • Medicare Advantage
Front Range Assisted Living	Privately owned	18.3 miles	<ul style="list-style-type: none"> • Geriatric medicine • Physical therapy/rehabilitation • Medication management 	<ul style="list-style-type: none"> • Most Commercial Insurance • Medicare Advantage

Mental Health				
Facility	Entity Type	Miles from BTMC	Services	Insurance/ Uninsured
Center for Mental Health	Municipal	0.6 miles	<ul style="list-style-type: none"> Addiction treatment and rehabilitation Opioid addiction treatment Counseling and education Care management Housing and transportation assistance 	<ul style="list-style-type: none"> Federal Funding Medicaid Military Insurance (e.g., TRICARE) Commercial Insurance Medicaid and Other State-Financed Health Plans Uninsured
Center for Mental Health	Municipal	0.5 miles	<ul style="list-style-type: none"> Addiction treatment and rehabilitation Opioid addiction treatment Counseling and education Care management Housing and transportation assistance 	<ul style="list-style-type: none"> Federal Funding Medicaid Military Insurance (e.g., TRICARE) Commercial Insurance Medicaid and Other State-Financed Health Plans Uninsured
Front Range Family Psychiatry	Privately owned	0.6 miles	<ul style="list-style-type: none"> Psychiatric evaluation Medication management and psychotherapy Telepsychiatry 	<ul style="list-style-type: none"> Most Commercial Insurance Medicare Medicaid Montana Health Co-Op TRICARE

Data Collection Approaches

Through various quantitative and qualitative data collection methods, the CHNA process utilized different sources of information to identify the most pressing health needs in Teton County, Montana. In the section below, the different data collection modes are described in detail, including each of their target audiences, questions asked, and survey/discussion locations among others.

I. Community Survey Questionnaire:

- In 2023, BTMC developed a community survey questionnaire to provide to individuals within Teton County, Montana. Quick Response (QR) code flyers linking directly to the questionnaire were made available to members of the community at locations including but not limited to the BTMC check-in area, patient rooms at various community health clinics, and entrances to businesses and restaurants across the county. QR code flyers were also posted at several Teton County community events, such as the Dutton Fun Days and the Fairfield Swim Days. BTMC and Teton County Health Department staff encouraged community members to complete the survey, but participation was not financially incentivized.
- The survey questionnaire included 24 topic questions related to demographics, socioeconomic status, individual health, and community healthcare perceptions. BTMC received 90 returned responses. The participants' races closely reflect the racial make-up of Teton County; however, the respondent uninsured rate (3%) fell significantly below the uninsured rate for Teton County (~14%). Respondents were predominately female, not atypical for this type of survey. Detailed survey results are included in **Appendix A**.

II. Community Key Informant Survey:

- In 2023, a survey was also provided to key leaders within the Teton County community (e.g., school administrators, business owners, healthcare professionals, etc.) to assess the health of the community, as well as its specific needs. BTMC received 212 returned responses. Detailed results of the survey are discussed later in this report. Full survey results and the Teton County organizations represented are also included in **Appendix B & C**, respectively. Some responses were kept confidential as promised in the distribution of the survey.

III. Focus Group Discussions:

- During the summer of 2023, BTMC and the Teton County Health Department conducted a series of 7 focus group discussions with members of targeted populations in the community: high school students, low-income families, behavioral health patients, individuals with chronic health conditions, and senior citizens. A total of 40 community members participated in groups ranging in size from three to eleven. Each group was asked 7 questions which aimed to assess quality of life in Teton County, access to care in the area, quality of local care provided, and additional health services needed. Data was compiled from the focus groups' discussions and answers, and results are discussed later in the report. Focus group participants were promised anonymity.

IV. Statistical Data Sources:

The following sources were used to identify statistical information related to education, jobs, access to and quality of healthcare, environment, and individual behaviors for the state of Montana and Teton County:

- 2023 County Health Rankings & Roadmaps for Montana:
<https://www.countyhealthrankings.org/explore-health-rankings>
- US Census Bureau’s State & County Quick Facts:
<https://www.data.census.gov>
- 2022 U.S. News & World Report Healthiest Communities:
<https://www.usnews.com/news/healthiest-communities/montana/teton-county>

The statistical findings are presented on the following pages.

Summary of Findings from Health and Community Data²⁰

The tables below highlight several health-related measures (education, jobs, access to and quality of healthcare, environment, and individual behaviors) and corresponding statistical data for national, state, and county levels. Gray highlighted boxes identify demographic/health areas that are either significantly higher or lower than the state benchmark/finding, defined as greater or less than 25% from the mean.

Social/Economic Demographics ²¹	United States	Montana	Teton County, Montana
High School Graduation Rate (2021)	89%	94%	92%
Some College (2021)	67%	69%	65%
Unemployment Rate (2021)	5.4%	3.4%	3.1%
Children in Poverty (2021)	17%	15%	17%
Children in Single-parent Households (2021)	25%	20%	11%
Violent Crime 1/per 100,000 (2020)	76	94	134

²⁰ 2023 County Health Rankings & Roadmaps for Montana: <https://www.countyhealthrankings.org/explore-health-rankings/montana/teton?year=2023>.

²¹ Ibid.

Overall, Teton County, Montana has slightly lower levels of educational attainment compared to the state of Montana. Children living in poverty is more prevalent in Teton County than the rest of the state but in line with the entire nation. Violent Crime per 100,000 population is significantly higher than the state and national averages, but the unemployment rate and children in single-parent household categories are well below state and national averages.

Related to healthy behaviors, Teton County, Montana aligns with the state and national averages for Adult Smoking, Adult Obesity, Physical Inactivity, and Excessive Drinking. Alcohol impaired driving deaths are significantly higher in Teton County compared to the state and national averages. Measures for Food Environment Index, Sexually Transmitted Infections per 100,000 population, and Teen Birth Rate per 1,000 people in Teton County, Montana are well below state and national averages.

Health-Related Behaviors ²²	United States	Montana	Teton County, Montana
Adult Smoking (2020)	16%	18%	18%
Adult Obesity (2020)	32%	29%	30%
Food Environment Index (2020)	7.0	7.7	7.1
Physical Inactivity (2020)	22%	18%	20%
Excessive Drinking (2020)	19%	24%	24%
Alcohol Impaired Driving Deaths (2020)	27%	46%	50%
Sexually Transmitted Infections per 100,000 population (2020)	481.3	386.7	81.3
Teen Birth Rate per 1,000 (Females Aged 15 – 19) (2020)	19	20	10

22 Ibid.

Clinical Care ²³	United States	Montana	Teton County, Montana
Uninsured under Age 65 (2020)	10%	11%	14%
Primary Care Physicians (2020)	1,310:1	1,210:1	3,120:1
Preventable Hospital Stays per 1,000 (2020)	28.09	19.26	20.85

The preceding table reveals the percentage of individuals without insurance coverage under the age of 65 is higher in Teton County, Montana compared to the state of Montana and national average. Also significant is the population to the number of primary care physicians. This reflects a significant need for additional primary care resources.

The table below identifies the county rankings for health outcomes and health factors; the lower the number, the healthier the county. In summary, Teton County, Montana is ranked around the median line for Health Outcomes and slightly above the median line for Health Factors.

Health Rankings by County (of 57) ²⁴	Teton County
Health Outcomes	
Mortality	25
Morbidity	32
Health Factors	
Health Behaviors	21
Clinical Care	30
Social & Economic Factors	22
Physical Environment	18

23 Ibid.

24 Ibid.

Additionally, the table below identifies Teton County’s rankings in key metrics which are ultimately used to assess the healthiness of a community; higher numbers significantly increase the county’s overall health grade. In summary, Teton County, Montana’s Healthiness score (62/100) is slightly above the Montana median line (61/100) and significantly above both the national median line (47/100) and the rural, high-performing peer group median line (56/100).

Health Category Rankings (of 100) ²⁵	Teton County
Category	Score
Population Health	58
Equity	81
Education	35
Economy	48
Housing	47
Food & Nutrition	72
Environment	81
Public Safety	51
Community Vitality	86
Infrastructure	73
Overall	62

²⁵ 2022 U.S. News and World Report Healthiest Communities: “Overview of Teton County, Montana.

Findings From Community Input Process



Process for Consulting with Persons Representing the Community's Interests

BTMC developed and distributed a community survey questionnaire to receive input from the residents of the community regarding current health behaviors and health needs. In addition, as part of the assessment of the community and the community's needs, surveys were conducted with both physicians and community leaders (refer to **Appendix C** for list of their affiliated organizations) in order to ascertain the current health of the community, its health needs, and any programs currently implemented to address these needs.

Community Survey Results

The questions on the community survey focused on health behaviors and concerns. Full results of the survey are included in **Appendix A**. Highlights of the results included the following:

- Approximately 70% of respondents are able to get an appointment with a primary care doctor, physician assistant, or nurse practitioner in Teton County when they need one.
- Approximately 28% of respondents have delayed healthcare for themselves or someone in their household due to lack of money and/ or health insurance.
- Approximately 15% of respondents rated their personal health as fair or poor.

Approximately 86% of respondents viewed Teton County as either "Somewhat Healthy" or "Healthy." The respondents also indicated drug and alcohol abuse, mental health, obesity or weight gain, diabetes management, cancer, tobacco use, and heart disease as the biggest health concerns in the community. In addition, more respondents indicated cholesterol, blood pressure, diabetes management, nutrition advising, mental health and exercise/physical activity as needed services in the community. Insufficient resources (i.e., no insurance, inability to pay for visits, and lack of transportation), lack of knowledge (i.e., community medical services unknown or lack of knowledge), and Fear/Stigma (i.e., health services took too long and Fear/Stigma) were the biggest issues related to seeking medical care.

Teton County Key Informant Survey Results

The following outlines the top responses received from the Teton County key informant survey in each category. Full results of the survey are included in **Appendix B**. Highlights of the results included the following:

- What is your impression of the general health of Teton County?
 - Very Healthy (3%)
 - Healthy (40%)
 - Somewhat Healthy (54%)
 - Unhealthy (3%)
 - Very Unhealthy (0%)

- What do you feel are the biggest health concerns in your community?
 - Mental Health
 - Drug, Alcohol, & Tobacco Abuse
 - Obesity or Weight Gain
 - Diabetes
 - Heart Diseases
 - Child Abuse/Neglect

- What are the barriers to individuals in the community receiving needed care?
 - No Insurance
 - Not able to pay for visit
 - Lack of knowledge
 - Fear/Stigma
 - Uncertainty that medical services are available
 - Healthcare services took too long
 - Transportation

- What do you feel people in your community lack the ability to purchase most?
 - Health Insurance
 - Home/Shelter
 - Medicine

- What should your community focus on to improve its health?
 - Mental Health Services
 - More Childcare Services
 - Affordable Housing
 - Drug or Alcohol Abuse Programs
 - Wellness Services
 - Primary Care Physicians

- What health screenings, education, or free services are most needed in your community?
 - Mental Health
 - Substance Abuse
 - Exercise/Physical Activity
 - Diabetes
 - Blood Pressure
 - Dental Screenings

Focus Group Discussion Results

The following outlines the top responses received from the interviews in each category.

1. What do you like most about living in Teton County?

- | | |
|----------------------------------|--|
| a. “Small Community Feel” | e. Ample opportunities to get involved |
| b. Tight-knit community | f. Natural beauty |
| c. Quiet, safe, and friendly | g. Several activities to do |
| d. Supportive in times of crisis | |

2. What concerns you most about living in Teton County?

- | | |
|--|---|
| a. Economics: limited job market, low wages, loss of main street businesses, and inflation | d. Limited Community Services: transportation, childcare services (including services for special needs children), jobs, youth activities, and civil engagement |
| b. Housing: lack of affordable housing options | e. Stigma: difficult to seek help and maintain privacy |
| c. Limited Health Services: low provider retention; lack of long-term care options; limited specialty care and mental health services; and need for addiction support, disability, and in-home care services | |

3. What health-related changes or trends have you noticed in Teton County in the last five years?

- | | |
|--|---|
| a. An effort to increase specialty care offered in the county (i.e., MRI machines and specialty providers visiting each month) | e. Community members deferring care to avoid Medicaid application process |
| b. Addition of Dollar Store saving community members money | f. Providers in the community are taking employment opportunities outside of Teton County (Reliance on traveling nurses/providers for care) |
| c. Limited jobs are changing people’s lifestyles | g. Mental health services not viewed as essential by community members |
| d. Increased service offering at County Health Department | |

4. How have your experiences with the health system in Teton County been?
 - a. Good care at BTMC (caring and humble providers)
 - b. Emergency Department is very beneficial
 - c. Providers are hesitant to prescribe pain medications
 - d. Limited healthcare provider presence (Only have traveling specialists and limited number of doctors in few specialties)
 - e. Slow referral process
 - f. Few mental health care options
 - g. Public health not prioritized
 - h. Corporate medicine starting to affect localized care

5. What are some of the health services that people living in Teton County need that are not currently being offered?
 - a. Affordable housing
 - b. Additional activities and services
 - c. Healthy, affordable food options
 - d. More mental health and specialty care providers
 - e. Frequent presence in Office of Public Assistance
 - f. Additional educational opportunities for adults and elderly populations

6. What do you see as major health-related problems in Teton County?
 - a. Youth:
 - i. Substance use and other risky behaviors
 - ii. Undiagnosed mental health issues
 - iii. Lack of support and resources from families and community to promote healthy lifestyles
 - b. Adults:
 - i. Substance and alcohol abuse
 - ii. Deteriorating mental health
 - iii. Limited wellness services
 - iv. Increased financial stress from higher cost of living and low wages
 - c. Seniors:
 - i. Access to local healthcare service
 - ii. Limited end-of-life/hospice care
 - iii. Lack of community assistance and resources available for seniors

7. What barriers do people face that prevent them from improving their quality of life?
 - a. Insufficient resources (i.e., not enough housing, low income/wages, lack of transportation, & lack of childcare)
 - b. Low self-motivation/self-worth/pride in health
 - c. Fear of judgment

Information Gaps

There may be some gaps in the information provided in the support data tables due to the absence of current statistical data available, especially on a county level.

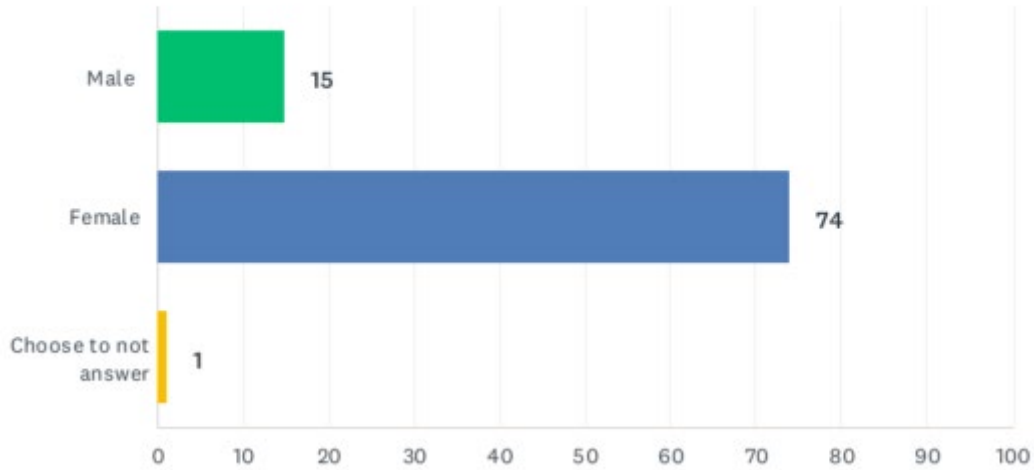
Appendix A: Community Survey Results



The following are the results of the community-wide survey that was conducted during 2023. A total of 90 surveys were returned to BTMC.²⁶

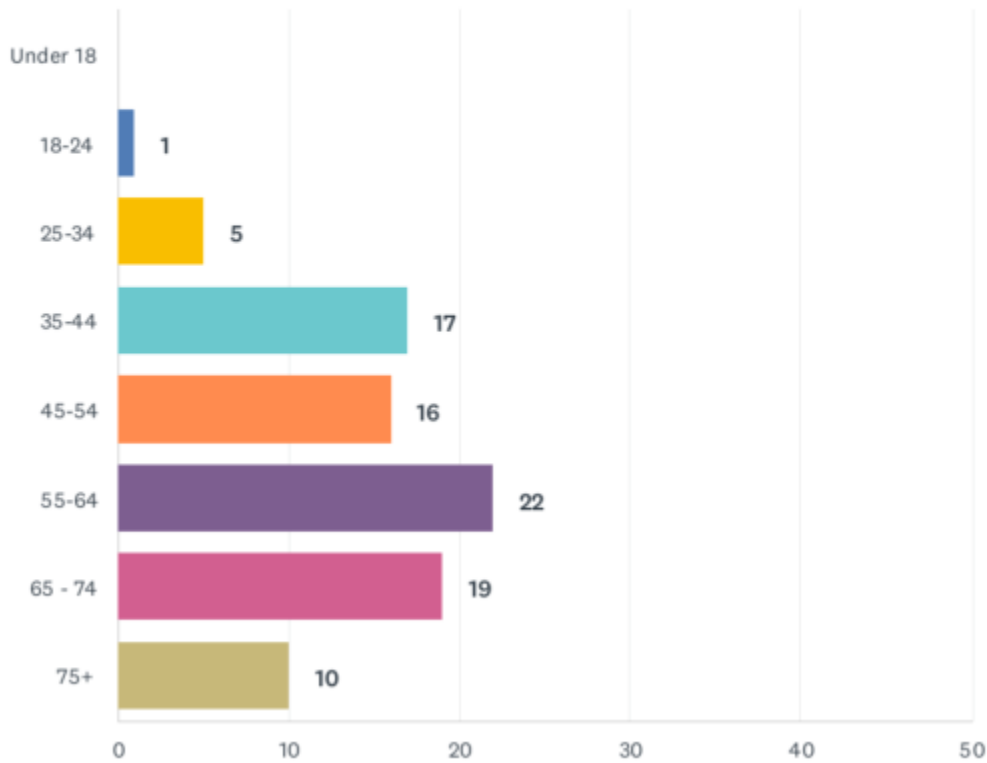
Q1 I am...

Answered: 90 Skipped: 0



Q2 What was your age on your last birthday?

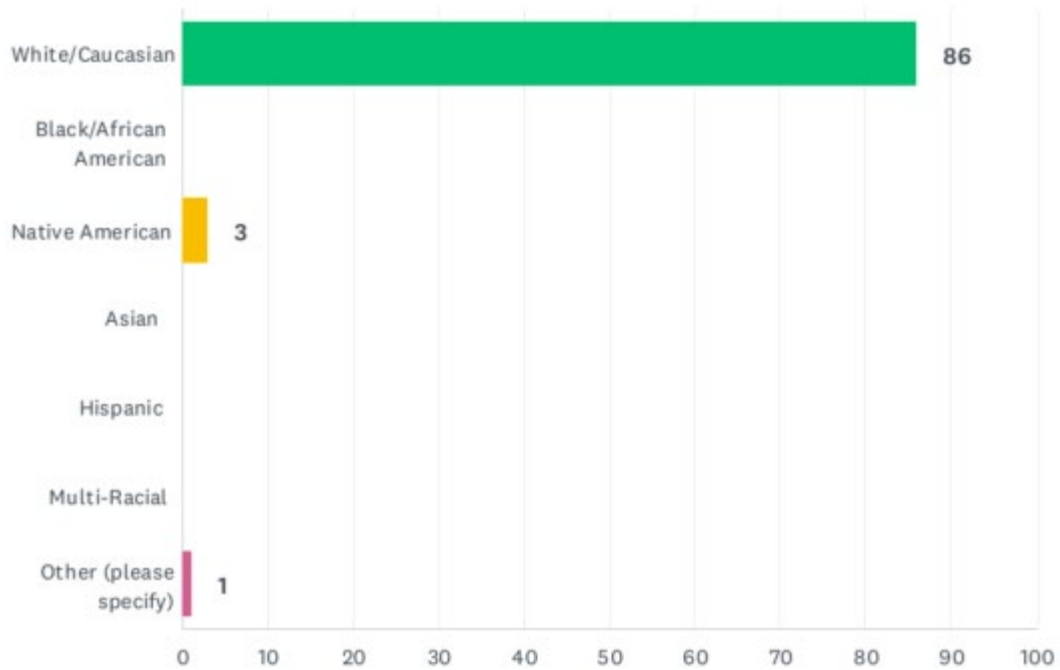
Answered: 90 Skipped: 0



²⁶ The survey was operated by SurveyMonkey and the graphs in **Appendix A** were generated by SurveyMonkey.

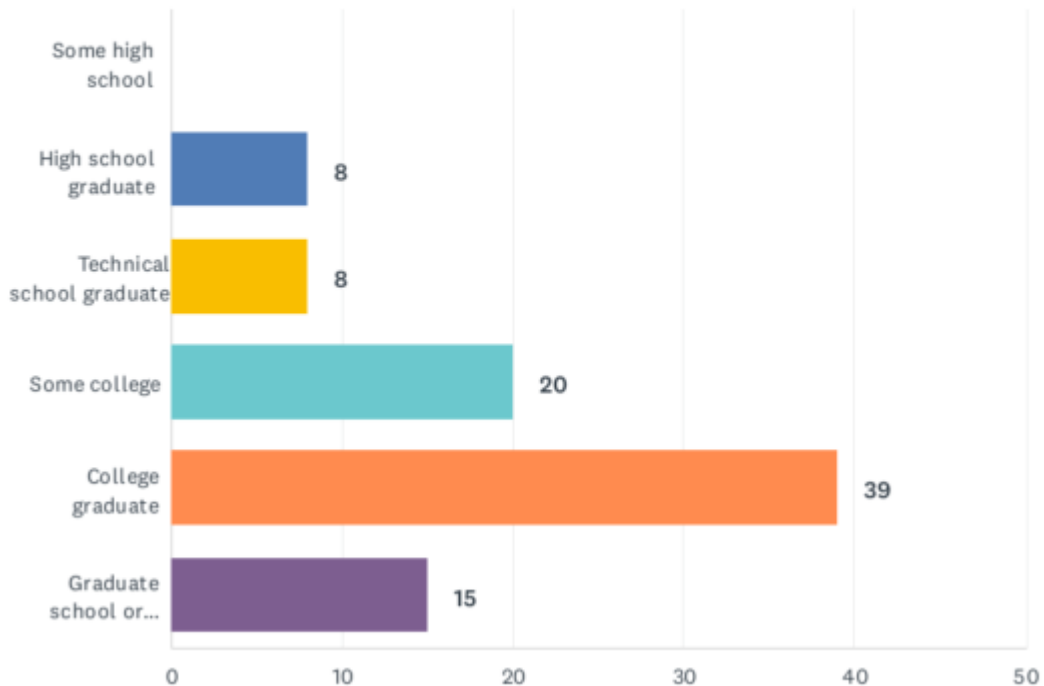
Q3 My racial/ethnic identification is:

Answered: 90 Skipped: 0



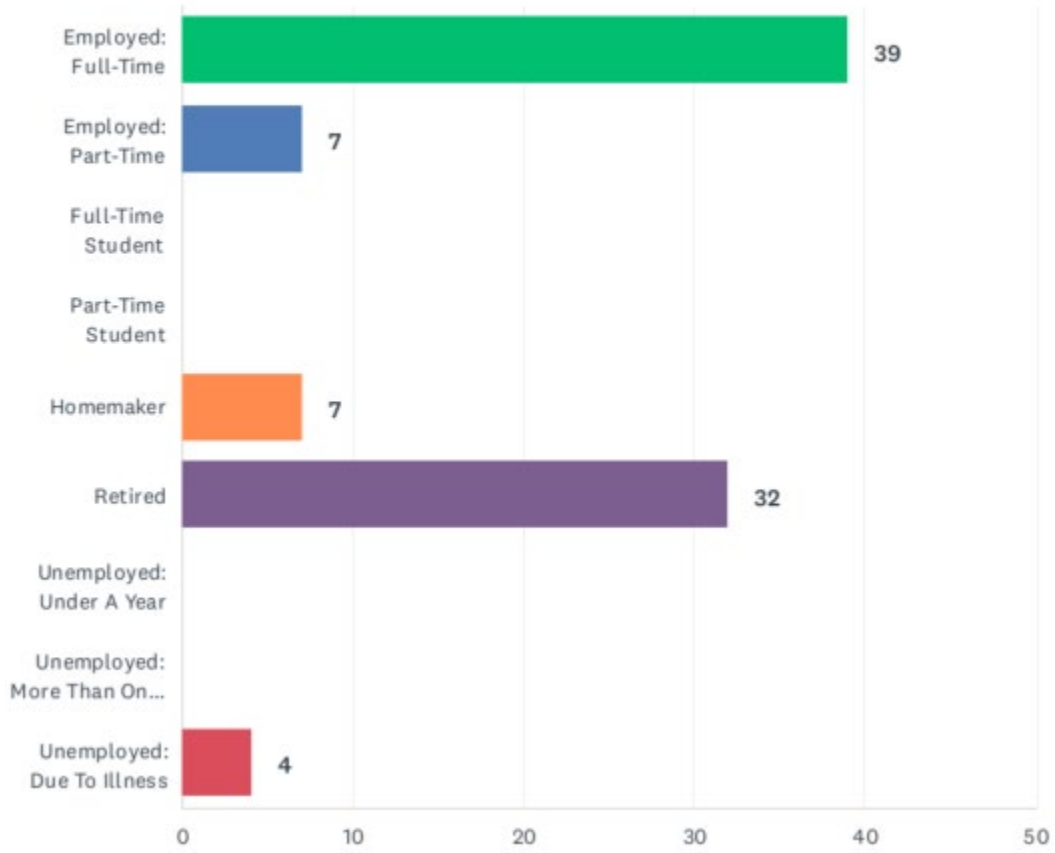
Q4 What is your highest level of education?

Answered: 90 Skipped: 0



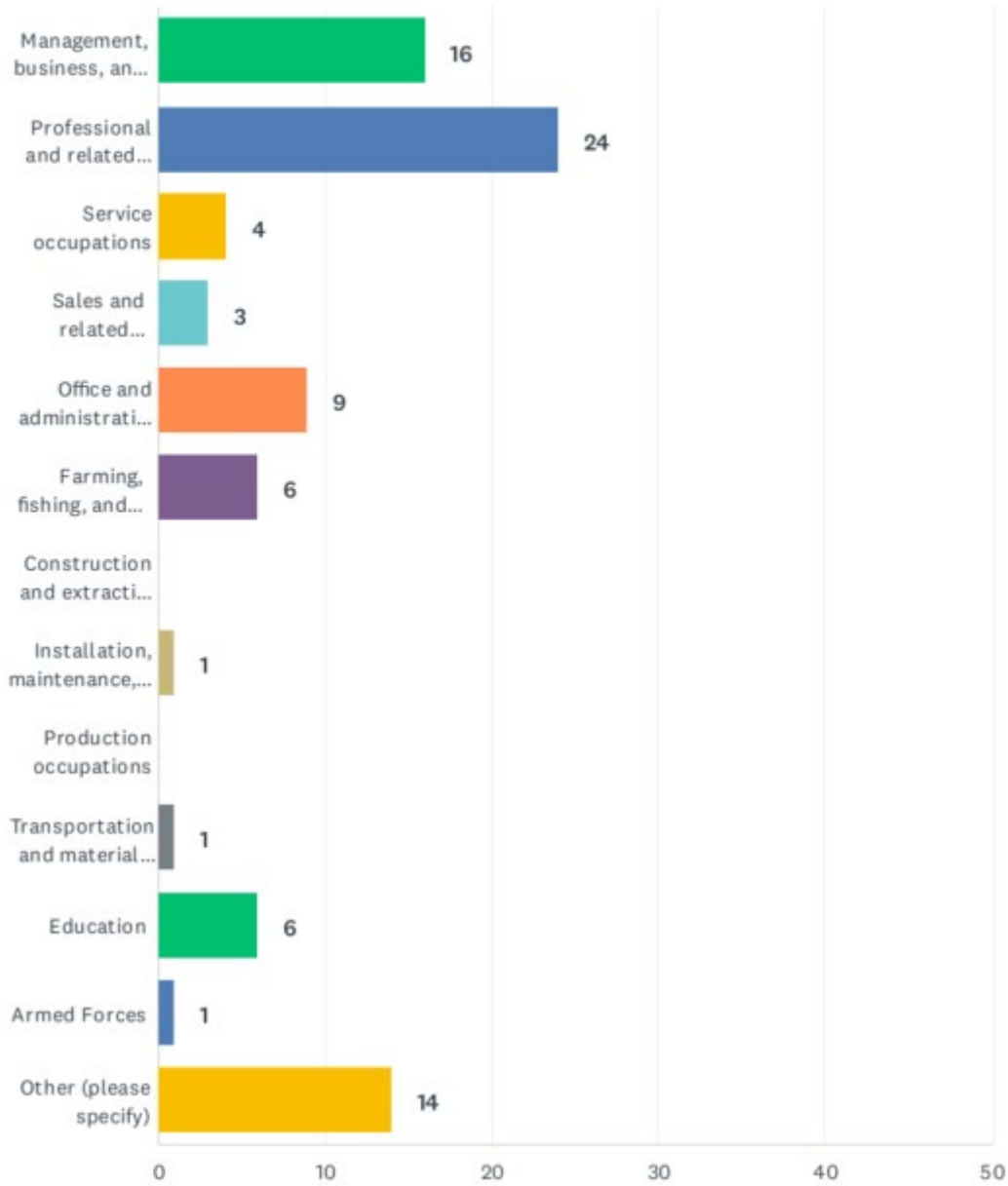
Q5 What is your current employment status?

Answered: 89 Skipped: 1



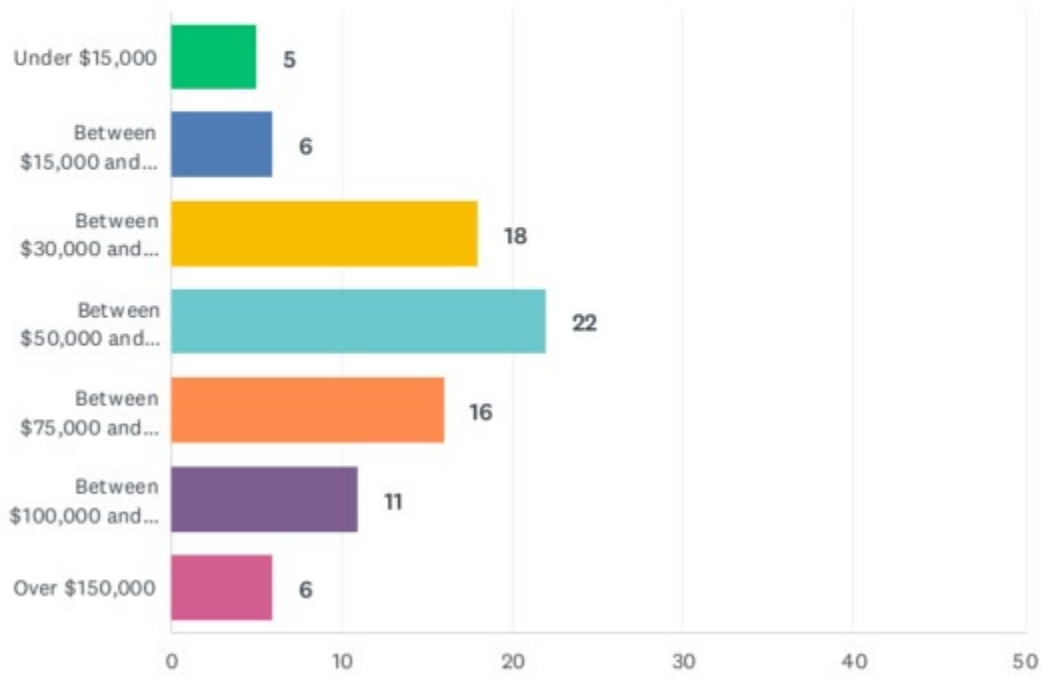
Q6 Which best describes your field?

Answered: 85 Skipped: 5



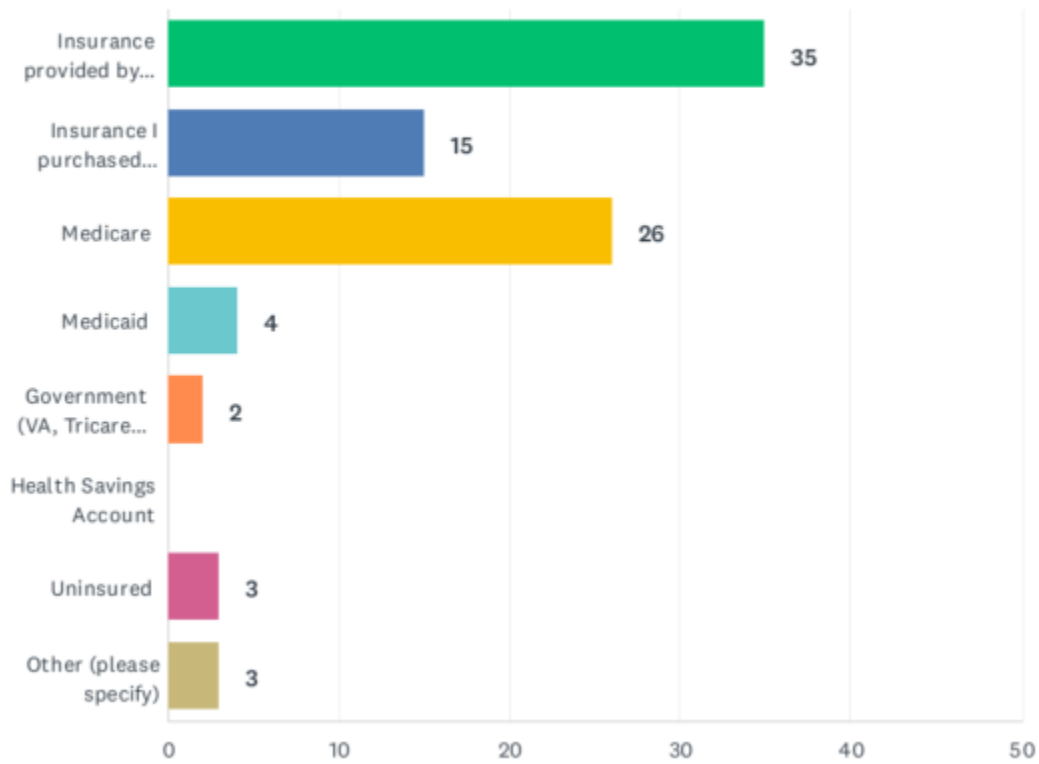
Q7 What is your total yearly household income?

Answered: 84 Skipped: 6



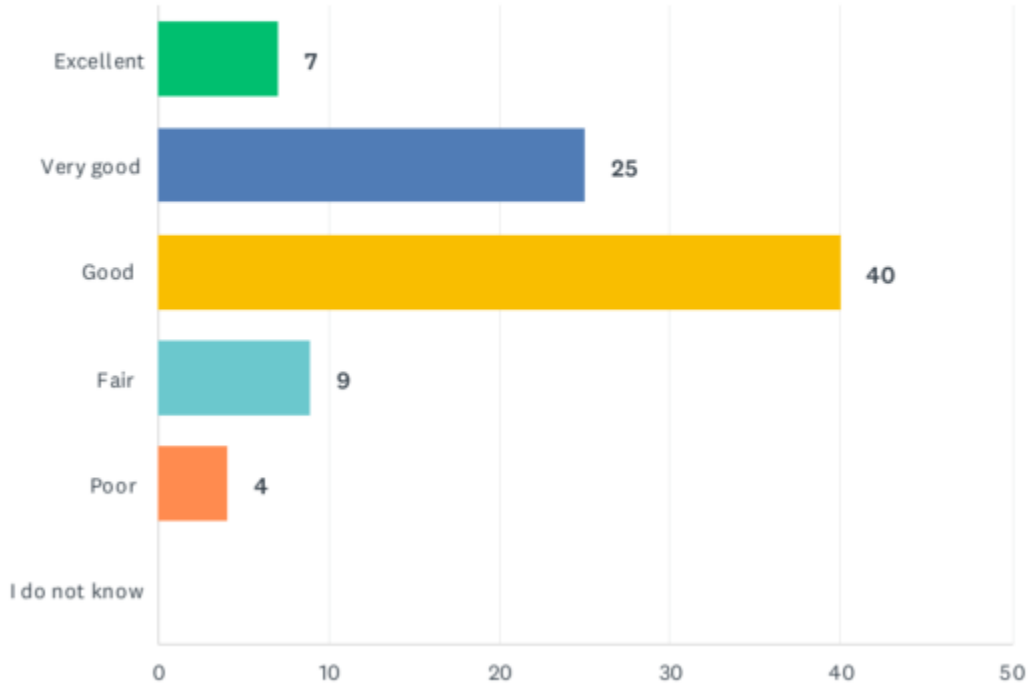
Q8 What is the source of your health insurance coverage?

Answered: 88 Skipped: 2



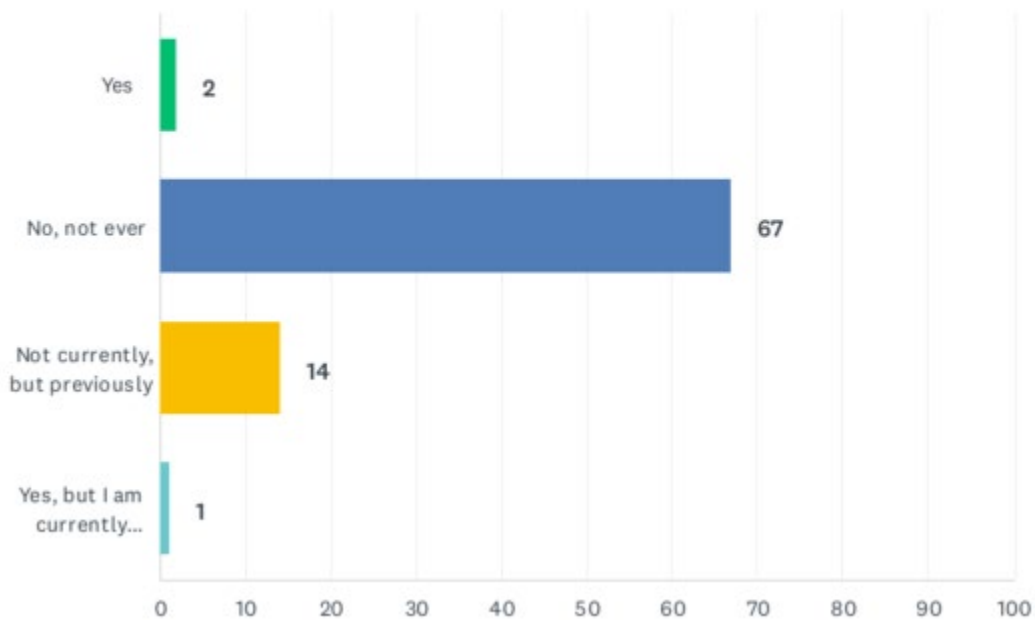
Q9 How would you rate your personal health?

Answered: 85 Skipped: 5



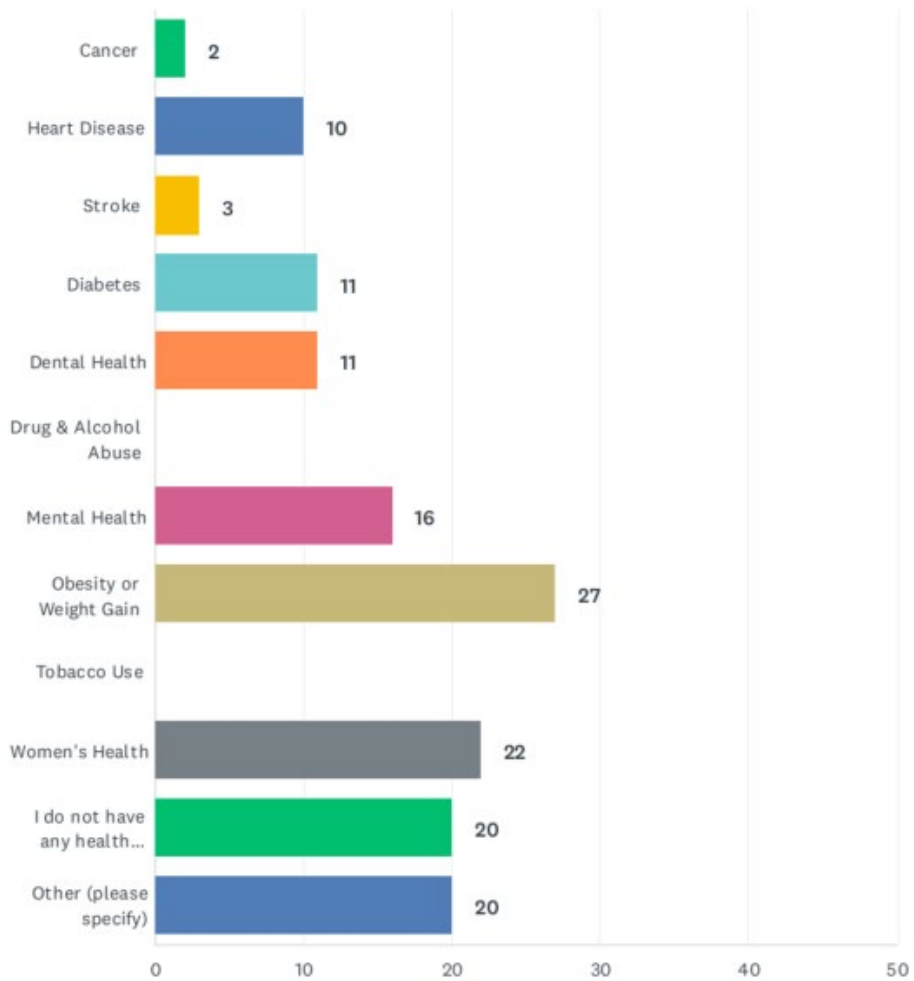
Q10 Are you a smoker?

Answered: 84 Skipped: 6



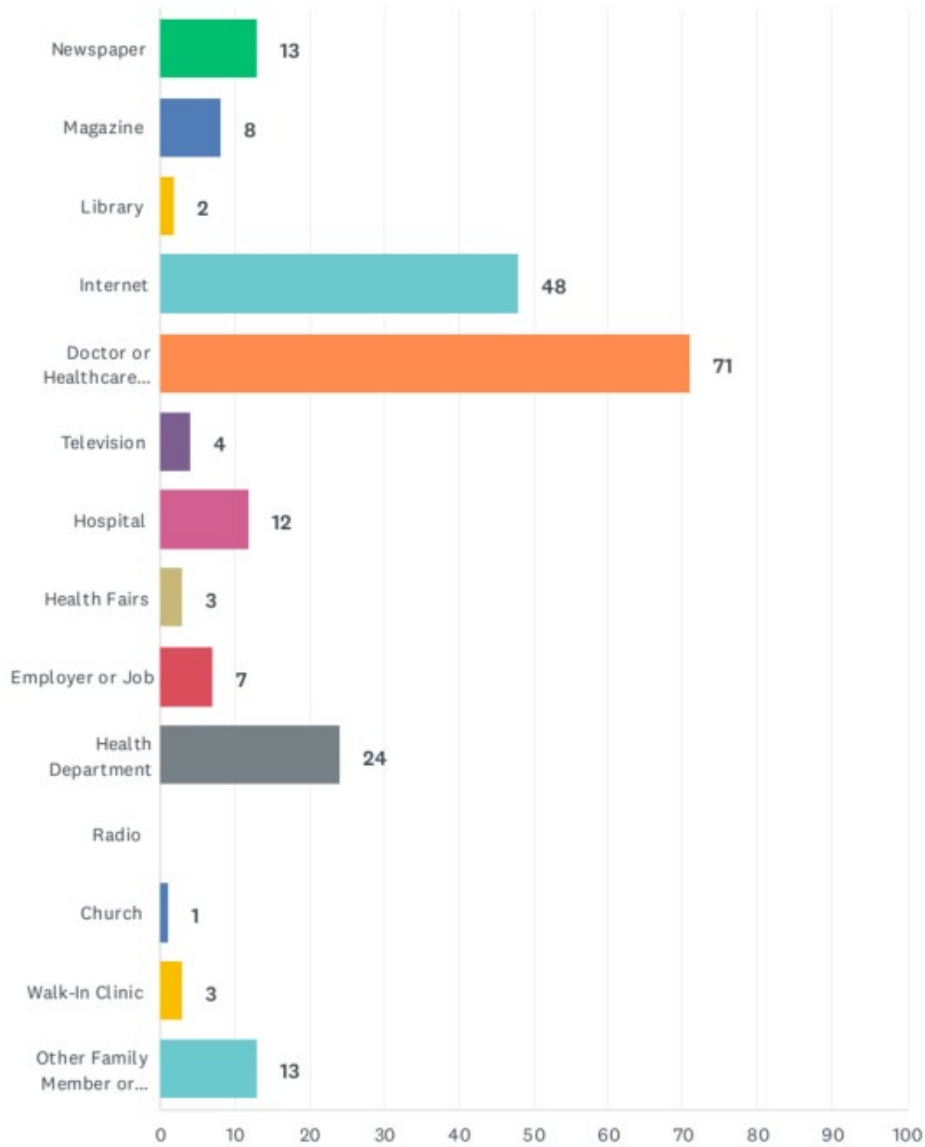
Q11 What are the top health challenges you face? (Choose all that apply)

Answered: 84 Skipped: 6



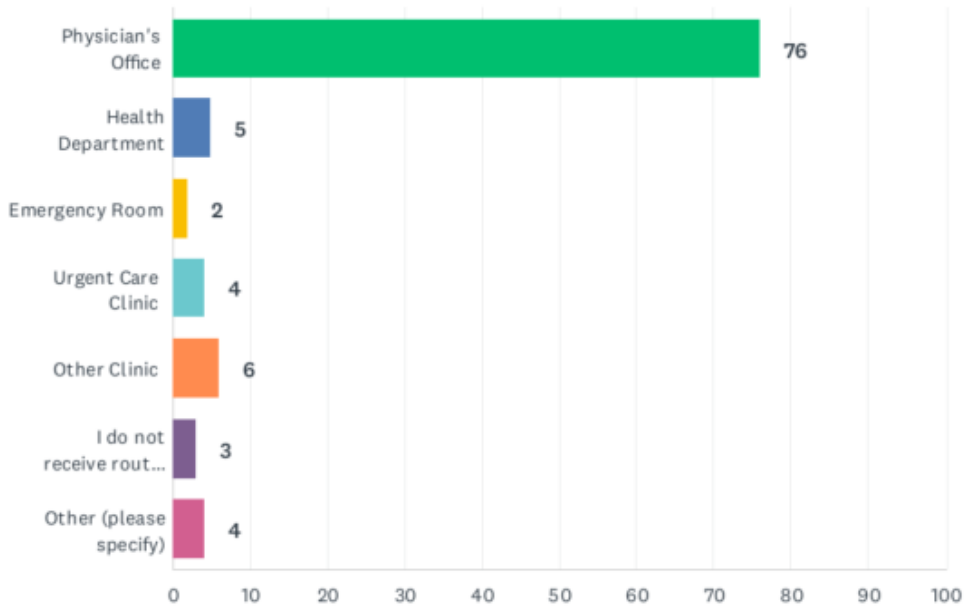
Q12 Where do you or your family get health information? (Check all that apply)

Answered: 81 Skipped: 9



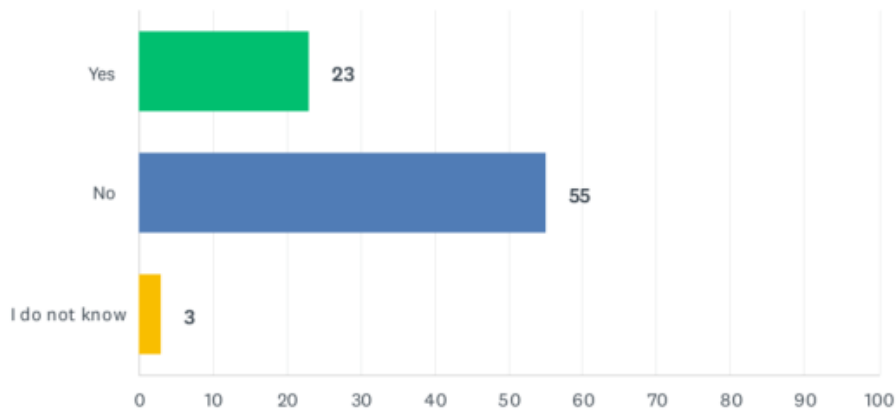
Q13 Where do you go for routine medical care? (Check all that apply)

Answered: 84 Skipped: 6



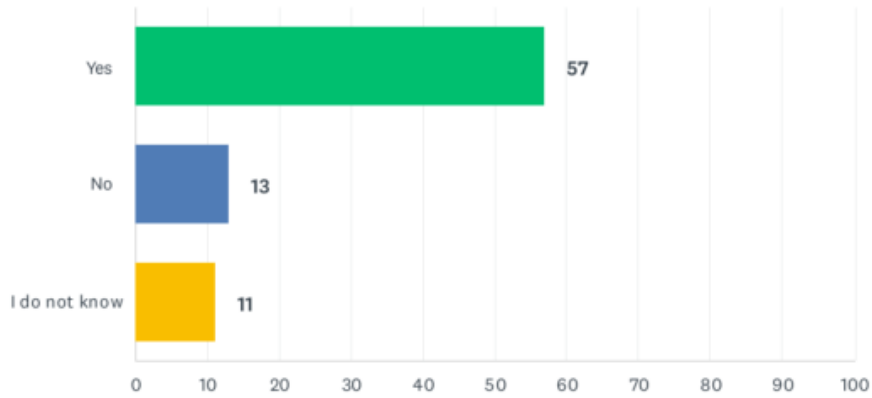
Q14 Have you or someone in your household delayed health care due to lack of money and/or insurance?

Answered: 81 Skipped: 9



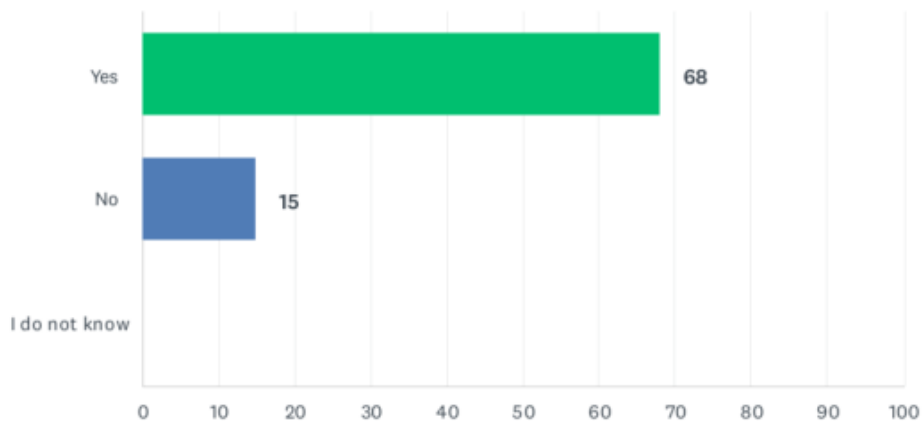
Q15 Are you able to get an appointment with your primary care (family) doctor, physician assistant, or nurse practitioner in Teton County when you need one?

Answered: 81 Skipped: 9



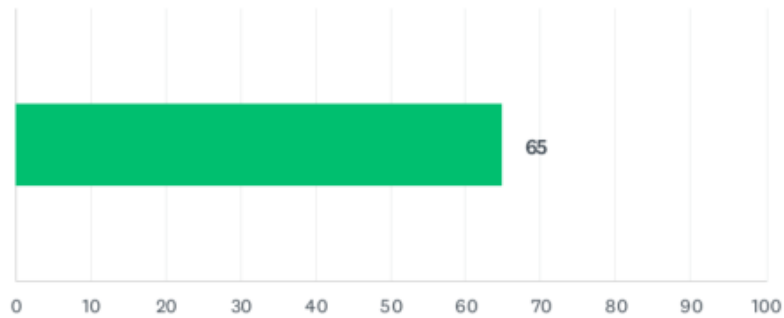
Q16 Have you or someone in your household used medical services in Teton County in the past 24 months?

Answered: 83 Skipped: 7



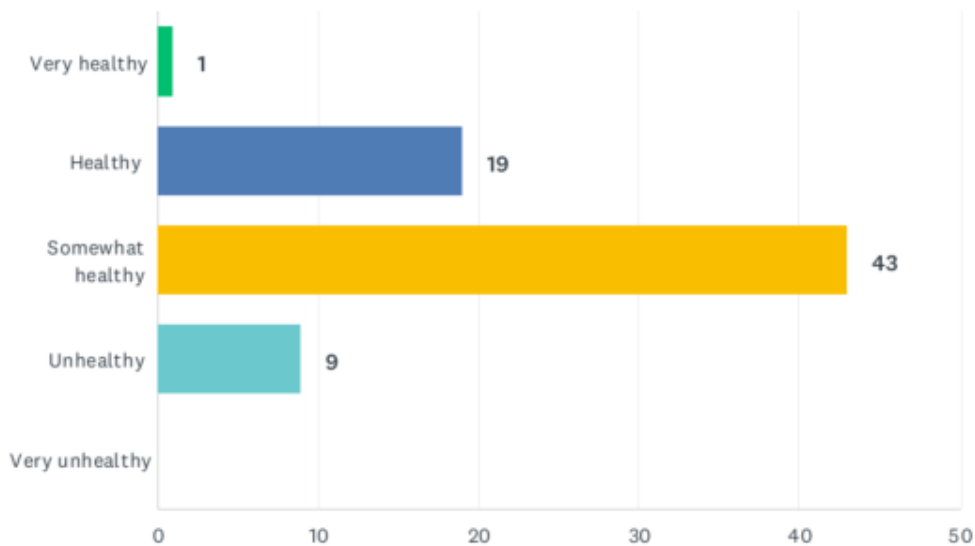
Q17 On a scale of 0 to 100 (0 - Low and 100 - High), how satisfied were you or someone in your household with the quality of physician care (or physician assistant or nurse practitioner) received in Teton County?

Answered: 74 Skipped: 16



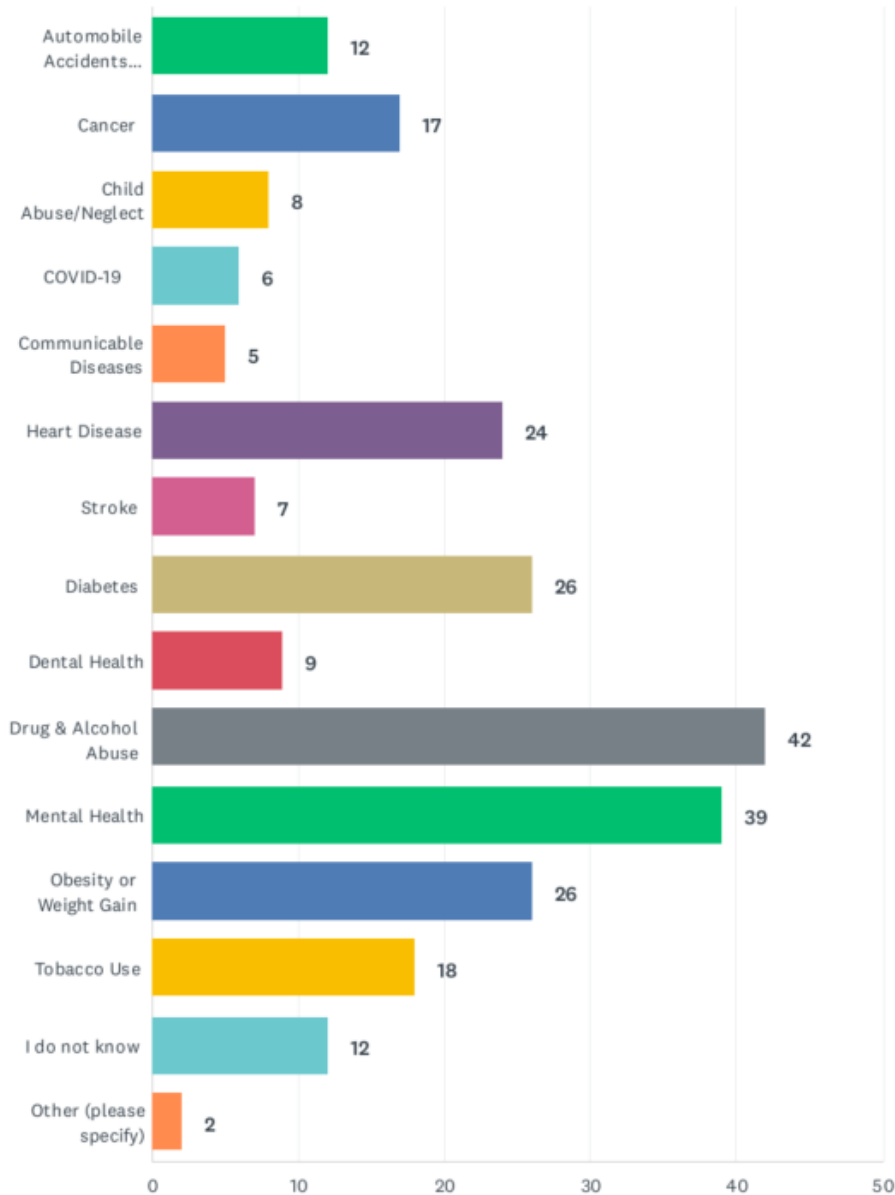
Q18 What is your impression of the general health of Teton County?

Answered: 72 Skipped: 18



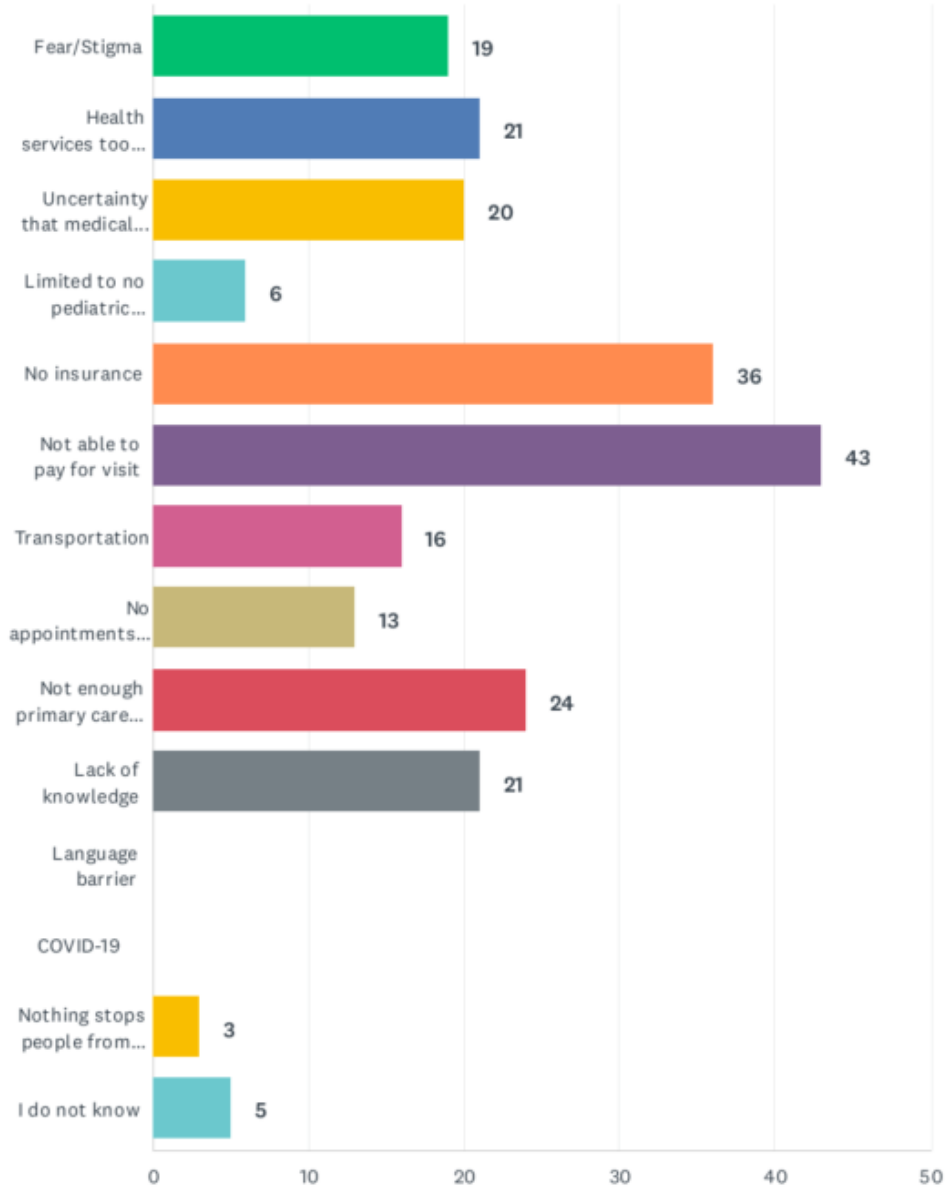
Q19 What do you feel are the biggest health concerns in your community? (Select all that apply)

Answered: 73 Skipped: 17



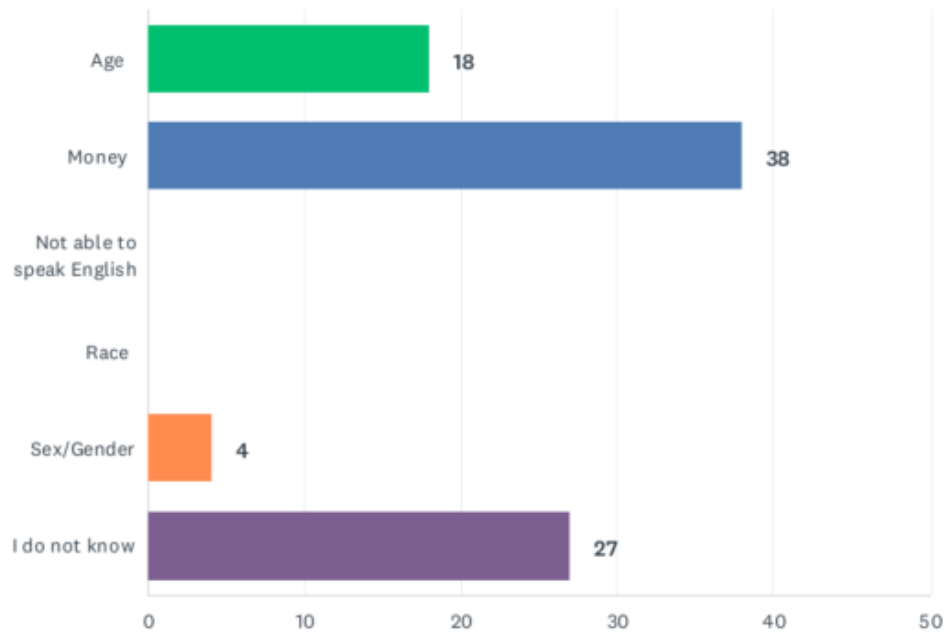
Q20 What do you think stops people in your community from seeking medical care? (Select all that apply)

Answered: 73 Skipped: 17



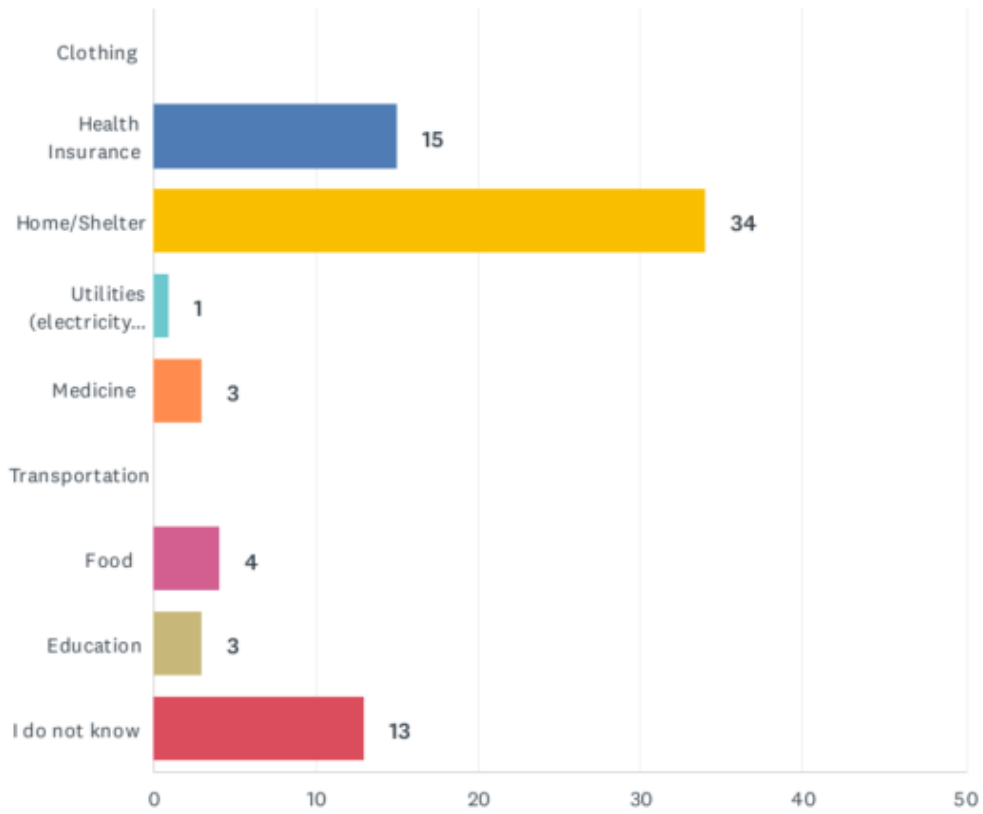
Q21 What do you think most affects the quality of health care you or others in your community receive? (Select all that apply)

Answered: 69 Skipped: 21



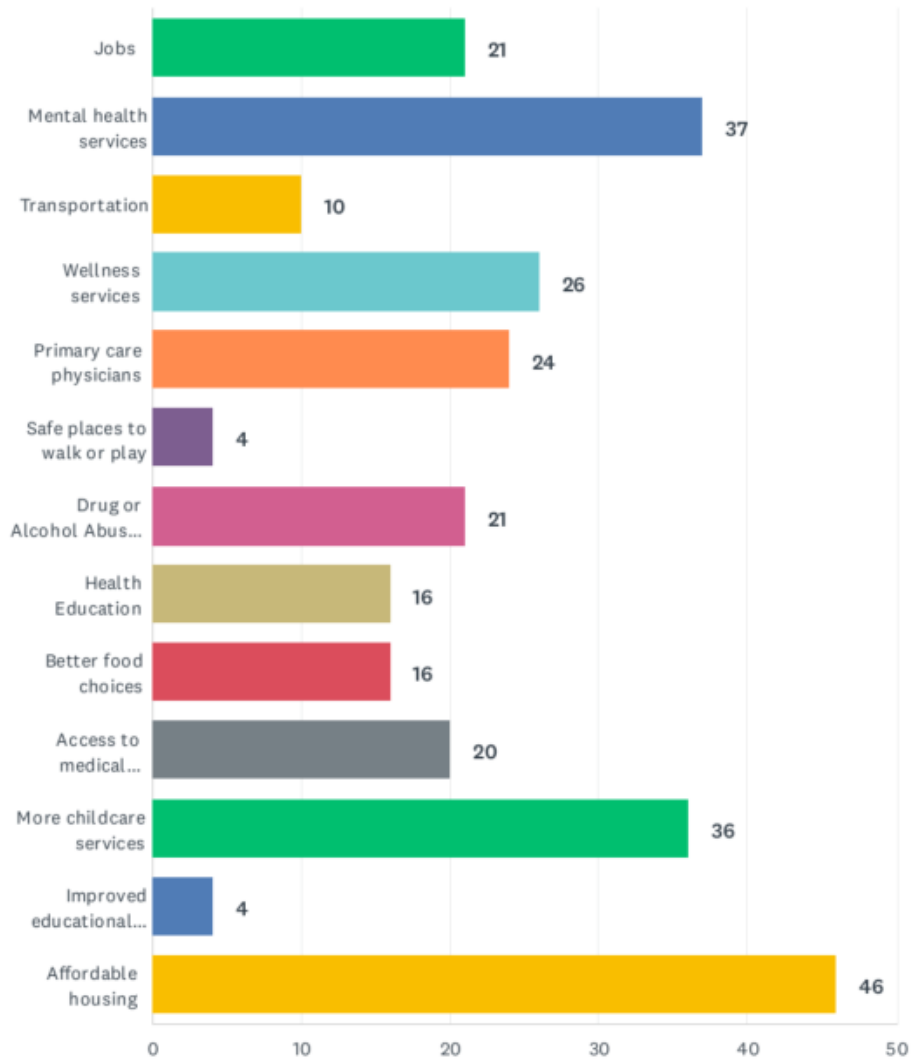
Q22 What do you feel people in your community lack the ability to purchase most?

Answered: 73 Skipped: 17



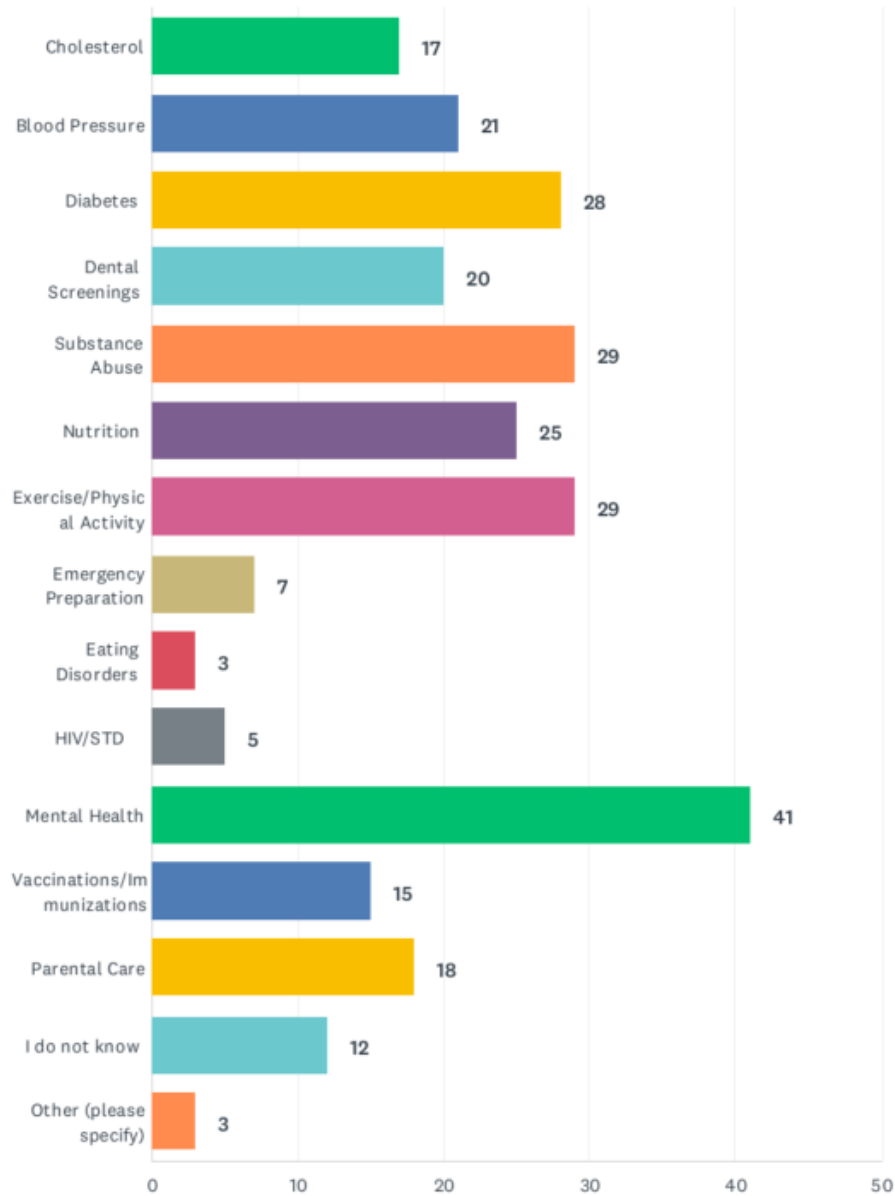
Q23 What should your community focus on to improve its health? (Check all that apply)

Answered: 72 Skipped: 18



Q24 What health screenings, education, or free services are most needed in your community? (Select all that apply)

Answered: 73 Skipped: 17



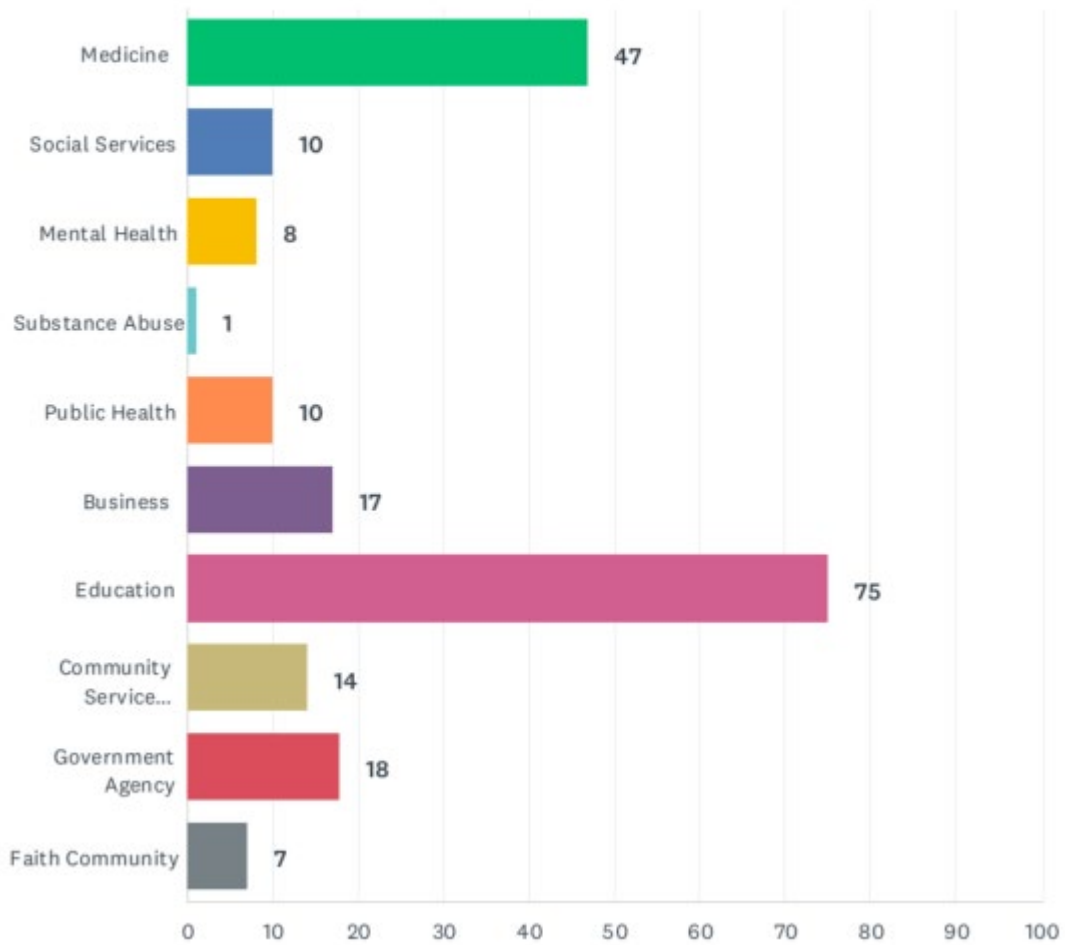
Appendix B: Key Informant Survey Results



The following are the results of the community key informant survey that was conducted during 2023. A total of 212 surveys were returned to BTMC.²⁷

Q1 Which best describes your field?

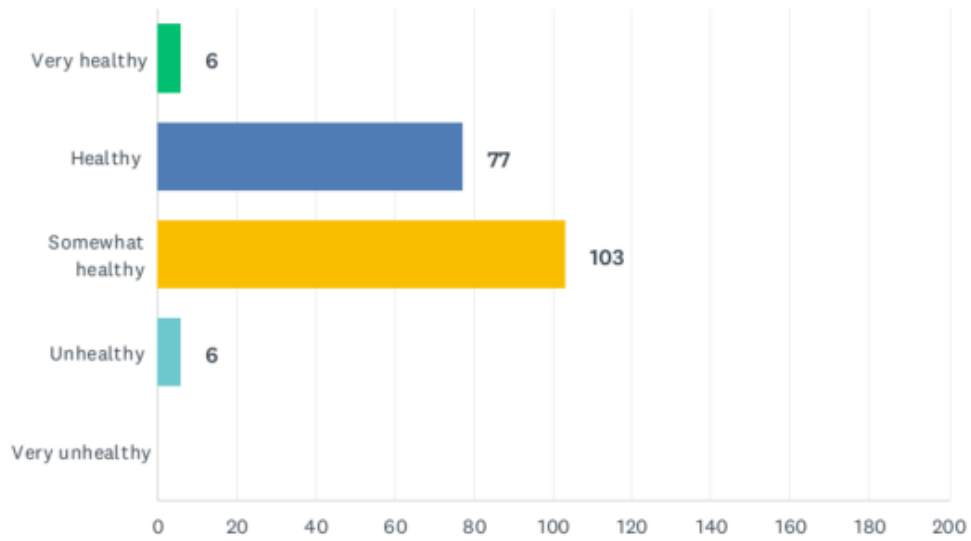
Answered: 207 Skipped: 5



²⁷ The survey was operated by SurveyMonkey and the graphs in **Appendix B** were generated by SurveyMonkey.

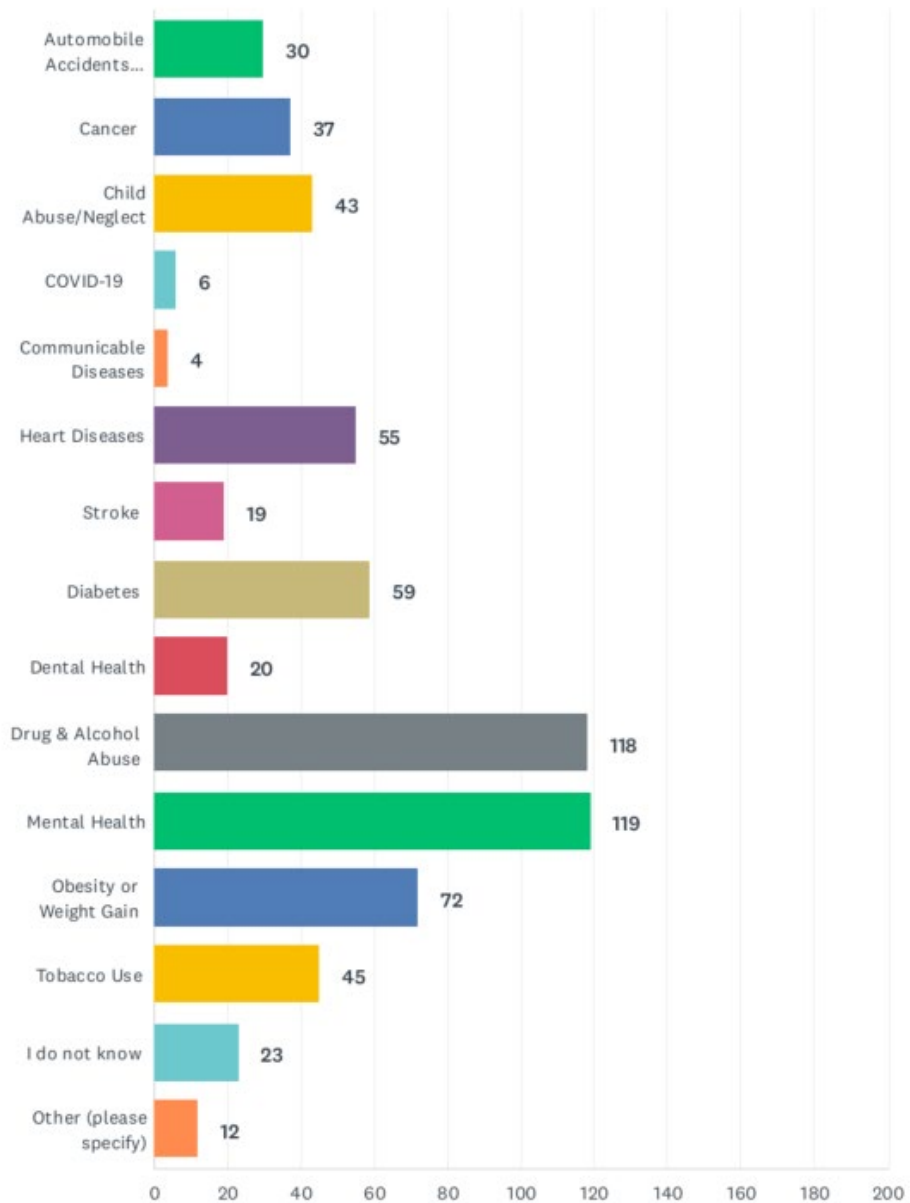
Q3 What is your impression of the general health of Teton County?

Answered: 192 Skipped: 20



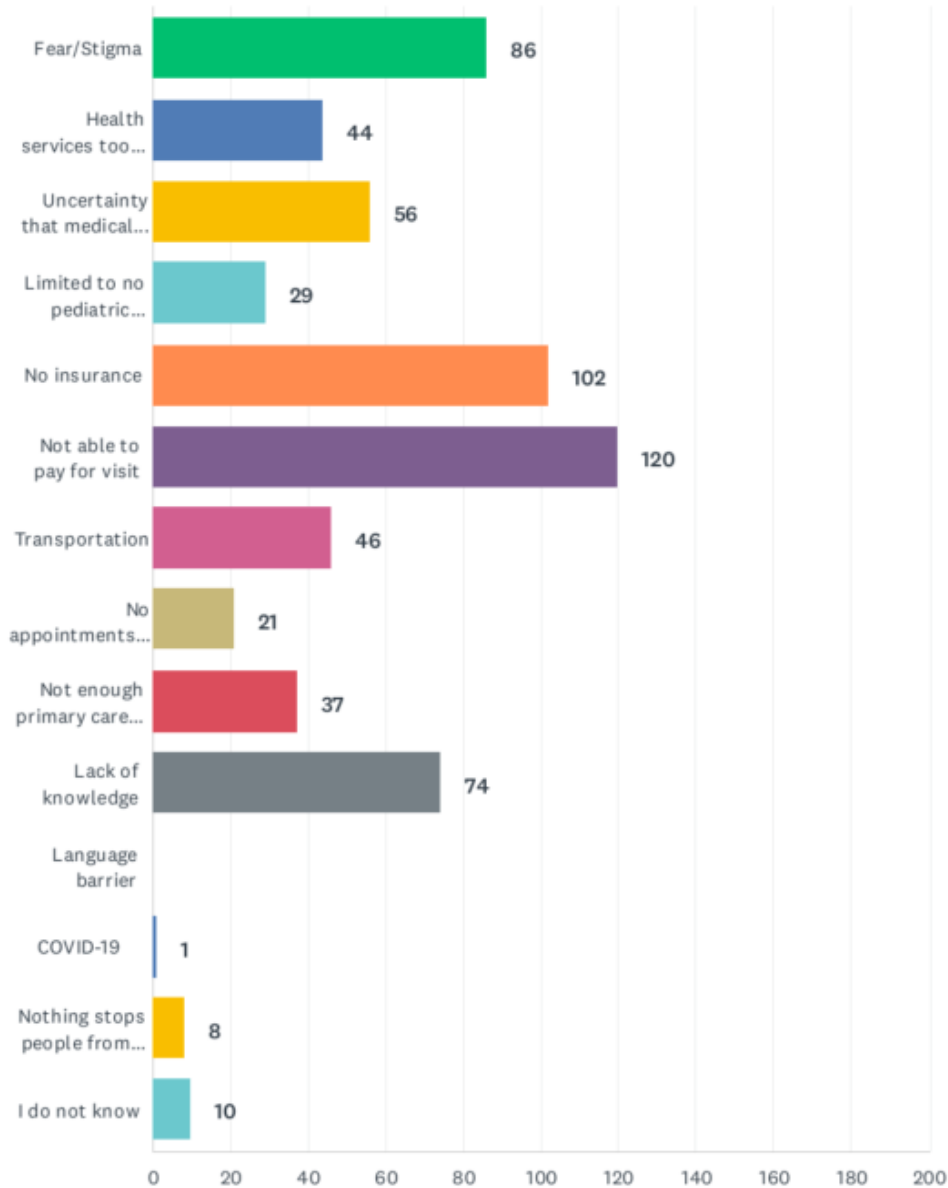
Q4 What do you feel are the biggest health concerns in your community? (Select all that apply)

Answered: 192 Skipped: 20



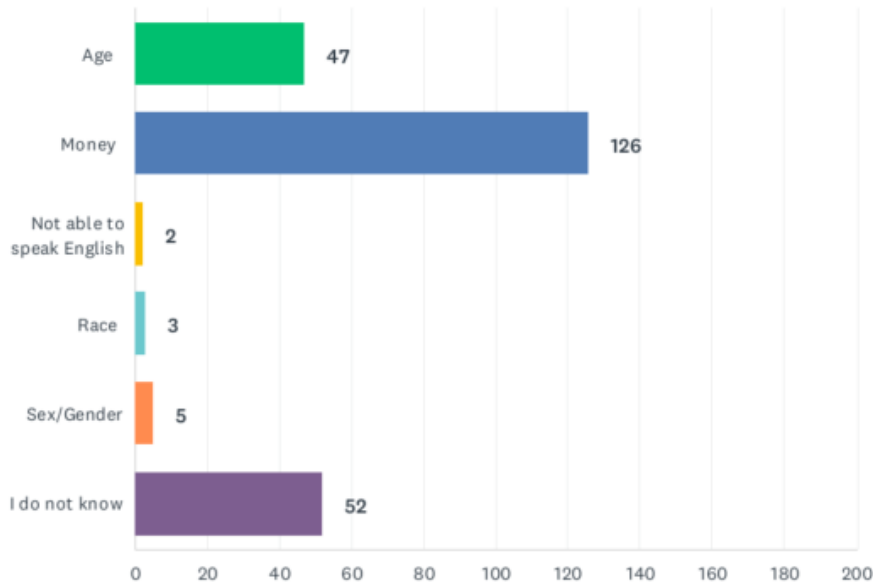
Q5 What do you think stops people in your community from seeking medical care? (Select all that apply)

Answered: 193 Skipped: 19



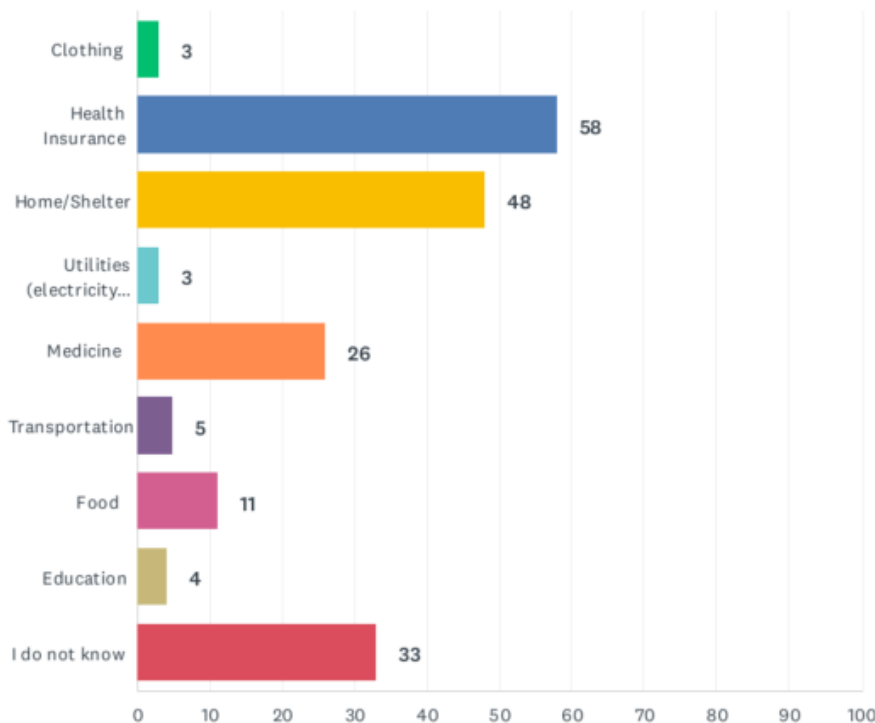
Q6 What do you think most affects the quality of health care you or others in your community receive? (Select all that apply)

Answered: 186 Skipped: 26



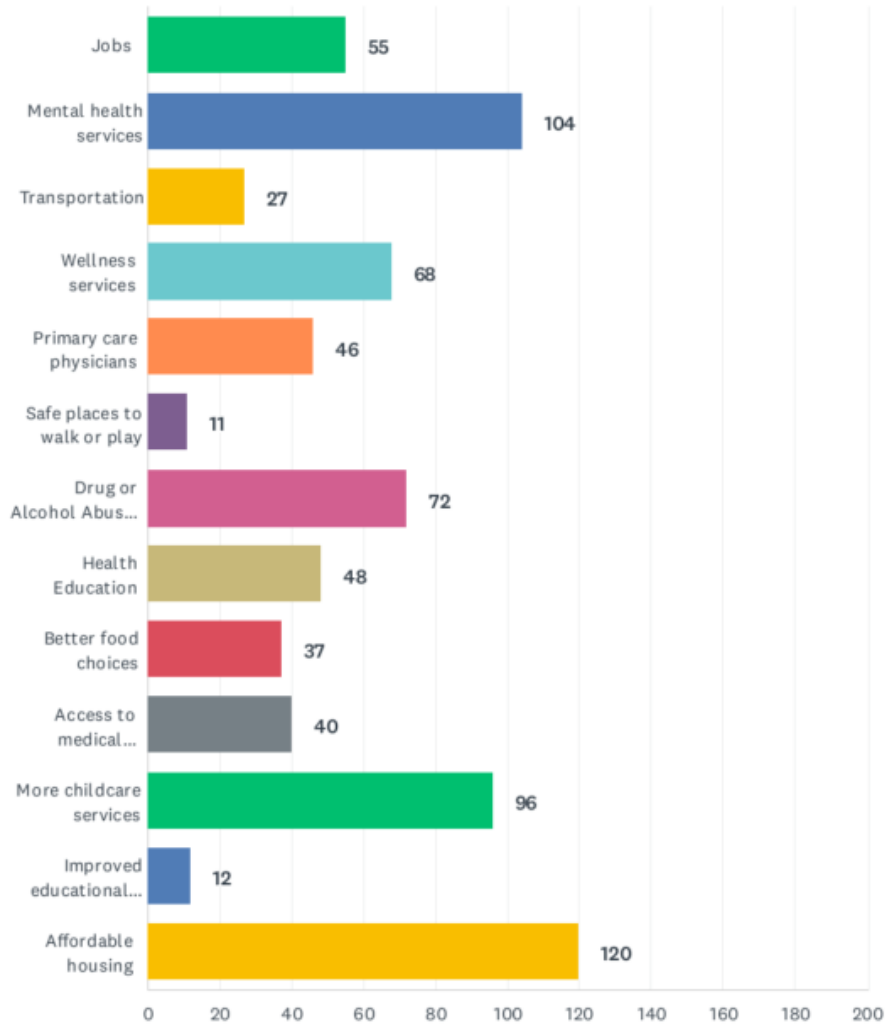
Q7 What do you feel people in your community lack the ability to purchase most?

Answered: 191 Skipped: 21



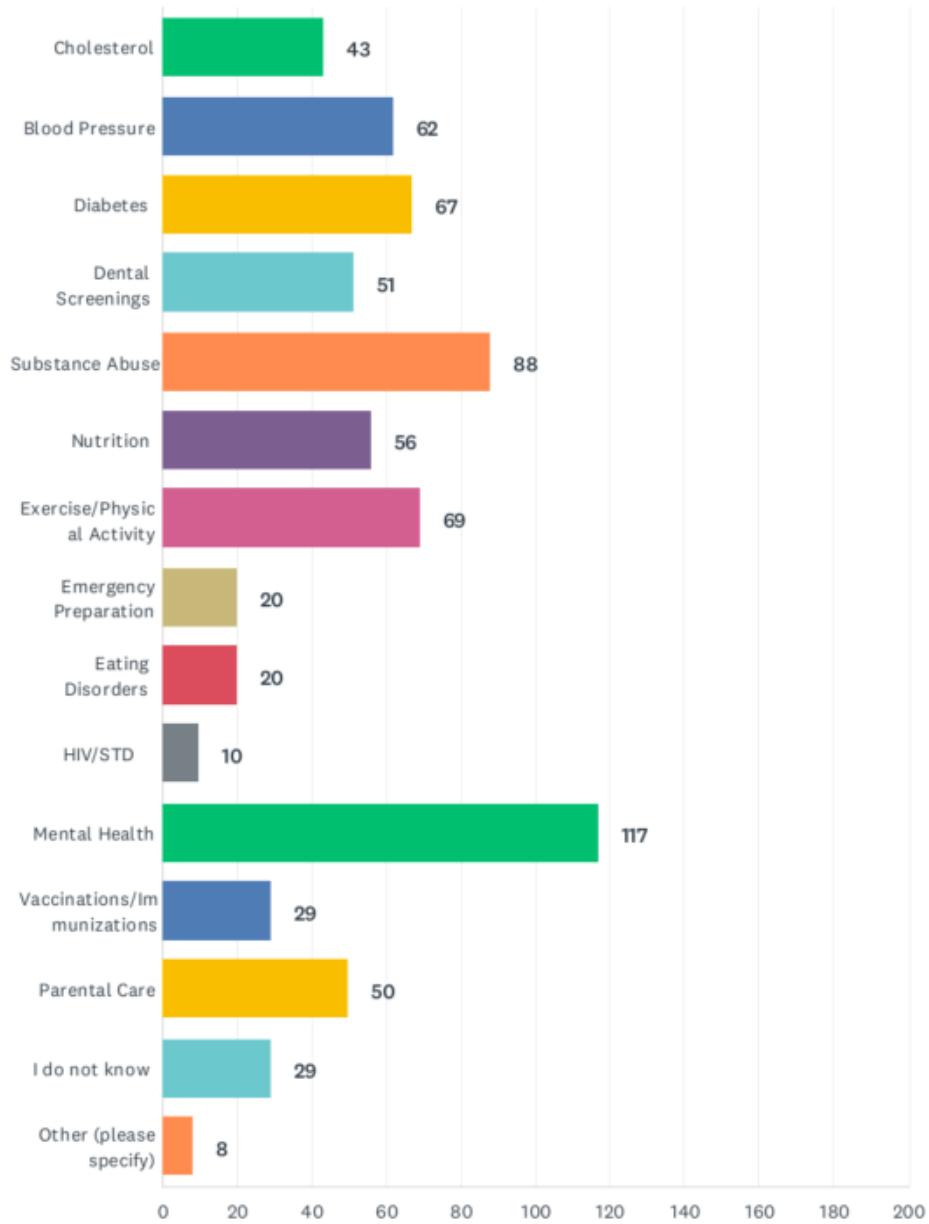
Q8 What should your community focus on to improve its health? (Check all that apply)

Answered: 192 Skipped: 20



Q9 What health screenings, education, or free services are most needed in your community? (Select all that apply)

Answered: 191 Skipped: 21



Appendix C: Organizations Represented in Key Informant Survey



Physicians and Community Leaders

- Beehive Homes of Choteau
- Teton County Council on Aging
- Teton County – Power Public Schools
- Benefis Teton Medical Center
- Teton County – Choteau Public Schools
- Teton County – Fairfield Elementary School District
- Teton County Agriculture
- Teton County – Fairfield Public Schools
- Eastern Front Counseling
- The Edge Salon
- Montana State University Extension Service
- Teton County – Greenfield School District
- Teton County – Choteau Elementary School
- Teton County Sheriff's Office
- Choteau/Teton Public Library
- DPHHS Child and Family Services Division
- Big Sky Special Needs Cooperative
- Teton County – Dutton/Brady School District
- Fit Choteau
- 3 Rivers Communications
- Teton County Search and Rescue
- Teton County Commissioners
- Teton County Board of Health
- Choteau & Vicinity Soroptimist
- The Teton County Abstract Company
- Choteau Lions Club
- Teton County Health Department
- Alluvion Health
- Trinity Lutheran Church
- Skyline Lodge Apartments
- Town of Fairfield
- Courage Counseling
- Teton County Conservation District
- Choteau Roxy Theatre
- LIVING the WORD
- Choteau Volunteer Fire Company
- Saint Joseph's Catholic Church
- Life Alliance for Youth
- The Alley Cat Bar & Bowling
- Frontier Family Practice
- Montana Fish, Wildlife, & Parks
- City of Choteau
- Sun River Electric Cooperative
- Teton County Food Pantry
- Teton Pass Ski Area
- Mountain Front Family Vision Center
- Choteau Activities
- USDA Forestry Services
- First Bank of Montana
- Teton County Superintendent of Schools
- Bethany Christian Services
- Front Range CASA/GAL
- Zion Lutheran Church
- Neighbors Helping Neighbors
- Front Range Family Psychiatry, LLC
- Weist Farms
- Montana Fish, Wildlife, & Parks
- Wholly Authentic Life, LLC
- Teton County EMS/Ambulance Services
- Choteau Chamber of Commerce
- True North Counseling
- Benefis Teton Medical Center Foundation
- Choteau Ace Hardware
- Choteau Senior Citizens Center
- Heart and Mind Counseling

Appendix D: Service Area County HPSA, MUAs/MUPs



Health Professional Shortage Areas by County²⁸

The following table highlights HPSAs for each county within TMC's service area counties.

Teton County, Montana had designated HPSAs in all three disciplines: primary medical care, dental, and mental health.

County Name	County FIPS Code	HPSA ID	HPSA Name	HPSA Discipline Class	Designation Type	HPSA Status	HPSA Designation Last Updated Date
Teton County	30099	1309179854	Teton County	Primary Care	Geographic HPSA	Designated	9/10/2021
Teton County	30099	6309154063	LI - Teton County	Dental Health	Low Income Population HPSA	Designated	8/5/2021
Teton County	30099	7303017282	North-Central Montana	Mental Health	High Needs Geographic HPSA	Designated	9/2/2021

28 U.S. Department of Health and Human Services' Health Resources and Services Administration website: <http://hpsafind.hrsa.gov/HPSASearch.aspx>.

Medically Underserved Areas and Populations²⁹

The following table highlights medically underserved areas (MUA) for Teton County, Montana. The index of medical underservice (IMU) scale is from 0 to 100, where 0 represents completely underserved and 100 represents best served or least underserved. Under the established criteria, Teton County, Montana was found to have an IMU of 62.0 or less (55.7), which qualifies the county for designation as an MUA. As reflected below, the cities within Teton County, Montana are designated as an MUAs.

County Name	County FIPS Code	Service Area Name	MUA/P Source ID Number	Designation Type	Index of MUA/P Score	MUA/P Designation Date	MUA/P Update Date
Teton County	30099	Choteau Service Area	07292	Medically Underserved Area	56.5	1/8/2003	1/8/2003
Teton County	30099	Conrad Service Area	06199	Medically Underserved Area	59.0	3/13/2001	3/13/2001

29 U.S. Department of Health and Human Services' Health Resources and Services Administration website: <https://data.hrsa.gov/tools/shortage-area/mua-find>.