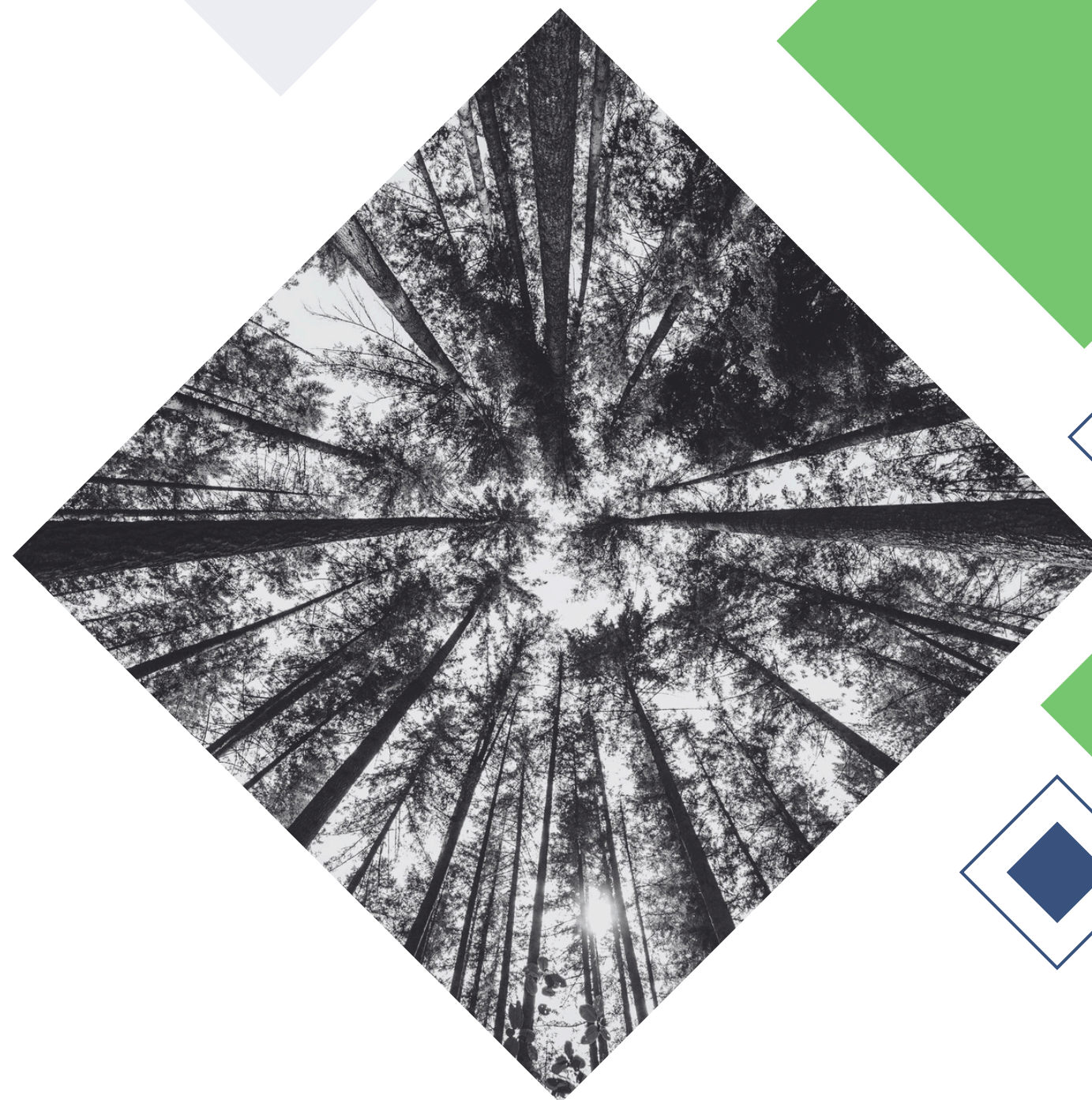




# 2023 Annual Report



**CENTRAL UTAH**  
HEALTH DEPARTMENT

JUAB • MILLARD • PIUTE • SANPETE • SEVIER • WAYNE







## To the Citizens of Central Utah:

I am grateful to present to you the annual report of the Central Utah Health Department (CUHD). As we highlight some of the activities and public health initiatives from the past year in this report, we hope that you gain a better understanding of the important role that public health plays in improving and protecting the health of the citizens of Central Utah.

The CUHD continues to enjoy great engagement from our Board of Health, elected officials, community partners, and members of the public. We appreciate this engagement, and the value and perspective it brings to the work that we do and the goals that we set out to achieve. The support we receive from the many different stakeholders in our communities is invaluable in being able to deliver services to all areas within the Central Health District.

As we continue to develop and promote programs and services to meet the needs of individuals and improve the overall health of our communities, we continue to focus on proper investment of personnel and resources to ensure that our efforts are directed to provide the greatest benefit to those we serve.

As evolving health issues, legislative priorities, local needs, and emerging trends continue to change, we look forward to the opportunity to improve current services while adding additional resources that enhance the environment, prevent illness and injury, and promote healthy lifestyles.

Sincerely,  
Nathan Selin  
Executive Director  
Central Utah Health Department





# Central Utah Board of Health >>>

**Ralph Brown, Chair**  
Sevier County Commissioner

**Kasey King, Vice Chair**  
Millard County

**Clint Painter**  
Juab County Commissioner

**Kecia White**  
Juab County

**Vicki Lyman**  
Millard County Commissioner

**Will Talbot**  
Piute County Commissioner

**Scott Bartholomew**  
Sanpete County Commissioner

**Brenda Bartholomew**  
Sanpete County

**Bruce King**  
Sanpete County

**LaNeeta Sudweeks**  
Sevier County

**Nichole Harward**  
Sevier County

**Kerry Cook**  
Wayne County Commissioner

The Central Utah Health Department is governed by the 13-member Central Utah Board of Health, which includes one county commissioner from each county in the district and seven lay members representing the public. County commissioners serve for the duration of their elected terms, while lay members serve three-year terms and may be reappointed.

Board meetings are held on the third Thursday of February, April, June, August, October, and December at the Richfield CUHD office. These meetings are open to the public.

CUHD sincerely appreciates the time, service, and dedication of the Board members in supporting the Department's mission and goals.







# Community Health Needs Assessment

CUHD recently released an updated Community Health Needs Assessment, highlighting key priorities such as mental health, chronic disease prevention, and food and housing insecurity. The assessment draws on data from local, state, and national sources, as well as input from partners and the public.

**Mental Health:** Rural communities face significant mental health challenges due to limited provider access and stigma. Identified as a critical concern by partners and community members across Central Utah, CUHD is actively collaborating with local organizations to improve mental health support. Efforts include increased messaging at community health events,

providing referrals to local resources, and supporting at-risk patients.

**Chronic Disease Prevention:** Chronic diseases such as diabetes and hypertension are significant health concerns. CUHD offers programs like the Diabetes Self-Management Education (DSME) and the National Diabetes Prevention Program (NDPP) to promote healthy lifestyles and disease management. Partner agencies have also increased efforts to engage and inform communities on health best practices, sharing information from medical specialists and local providers through various avenues.



# CHNA Continued

**Food and Housing Insecurity:** Addressing factors like housing instability and food insecurity is essential for improving community health. CUHD partners with organizations to provide resources and support to mitigate these challenges. CUHD will continue to look for opportunities to address housing concerns and support food resources in local communities. Additionally, CUHD is committed to removing barriers to improve public health in order to increase access to local health resources. CUHD's health initiatives aim to ensure that everyone in the Central Health District has the opportunity to access the tools to help them be as healthy as possible.

The 2023 CHNA underscores the importance of addressing mental health, chronic disease prevention, and barriers to improved health within Central Utah. The data collected through this assessment will continue to be used by CUHD to plan program initiatives, pursue targeted funding resources, and ultimately drive public health priorities in local communities. Through collaboration with local organizations and a commitment to improving and promoting public health, CUHD aims to improve the overall health and well-being of the community within Central Utah.

For more information on CUHD's initiatives and programs, and to view a copy of the CHNA, visit our website: [centralutahhealth.gov](https://centralutahhealth.gov).





# Guiding Statements

## **Central Utah Health Department Mission**

The Central Utah Health Department is committed to improving and protecting the health and wellness of all communities in the six-county area by offering services that enhance the environment, prevent illness and injury, improve health equity, and promote healthy lifestyles.

## **Central Utah Health Department Vision**

Healthy people in healthy communities through equity, education, and collaboration.

## **Central Utah Health Department Values**

- Community Empowerment – We succeed when we enable others to improve their health in meaningful ways.
- Unity – We succeed when we work together and build each other.
- Purpose – We succeed when we are passionate about our “why”.
- Honesty – We succeed when we act with uncompromising integrity in everything we do.
- Diversity – We succeed when we respect and value the unique perspectives of all voices.



# CUHD Strategic Plan

During 2023, CUHD developed and implemented a Strategic Plan. Strategic planning is a process by which an organization assesses how it is doing, determines where it wants to go, and charts a path to achieve its objectives. The following are key objectives that were considered when developing the Central Utah Health Department's Strategic Plan.

**Maintain and Enhance Workforce:** Developing and sustaining staff members through continued improvement and progression in relevant training, education, and certifications is essential in continued building. CUHD understands that a well-trained and adequately certified workforce helps to improve the delivery of services to the residents of the Central Health District.

**Organizational Advancement:** Utilizing avenues for data collection and analysis will increase CUHD's ability to pursue funding opportunities that are tied directly to local needs and emerging trends in the local communities.

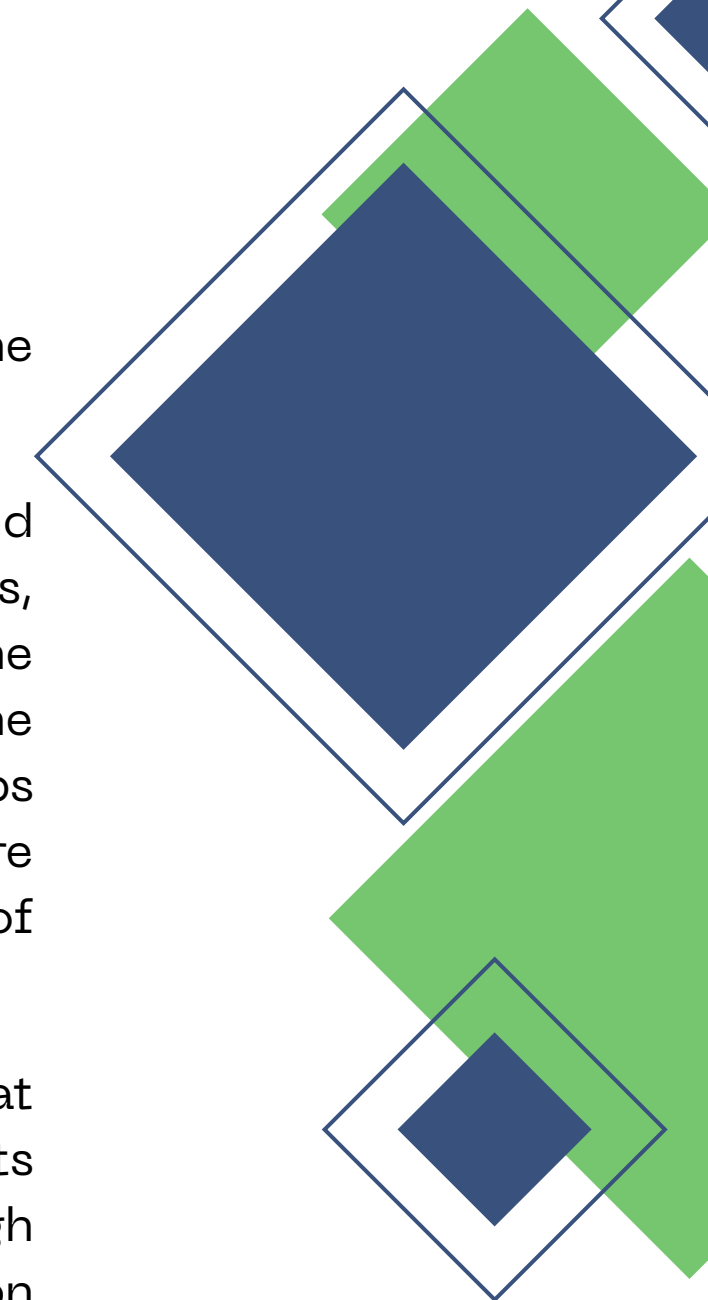
**Quality Improvement:** Evaluating CUHD's impact in the community and looking for ways to improve and adapt is vital to improvement, while increasing both community and staff connectedness with the department. Continuous efforts to improve the CUHD through comprehensive internal evaluation

is necessary in order to increase efficiency and impact in the community.

**Partner and Community Relationships:** Building and improving partnerships with local agencies, elected officials, private businesses, community coalitions, and members of the public will increase the ability of CUHD to serve the community. Additionally, improving department partnerships increases the ability for CUHD and other agencies to share resources and information to maximize the efficient use of resources in the delivery of services.

**Use of Technology:** Advancing technology and its use at CUHD is critical to the success of the Department and its ability to impact the public. Providing services through means of new technology, while maintaining in-person services and building relationships will allow CUHD to improve service delivery, increase efficiency, and reduce overall costs.

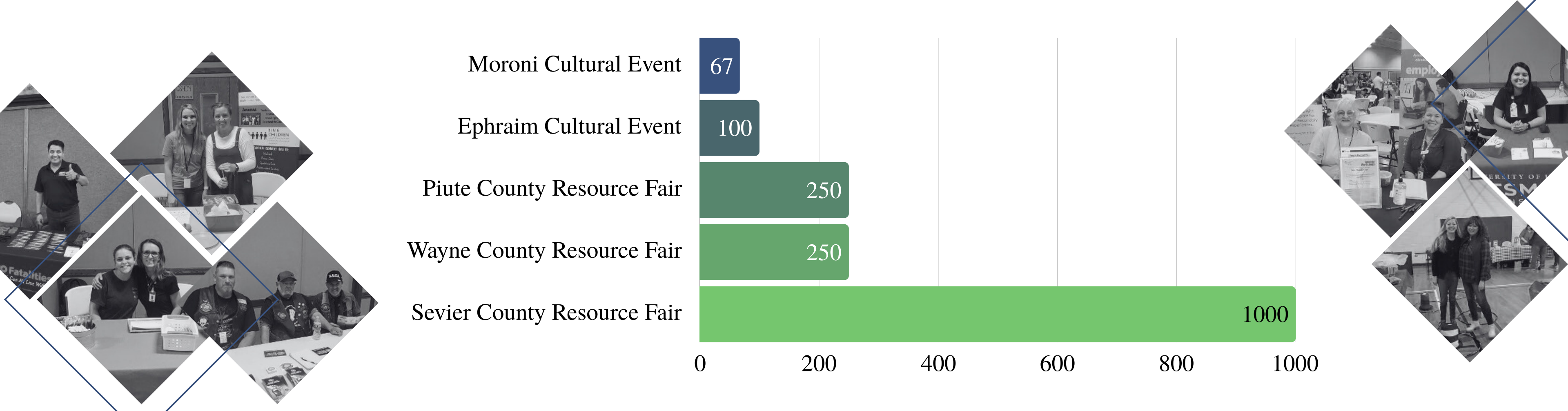
**Program Development:** Evaluating CUHD's programs and services on a routine basis provides valuable insight into programs effectiveness and areas for improvement. Honest and introspective review of department programs and processes will enhance the process for refining program objectives and Department operations to maximize the impact to the local community.





# Resource Fairs

In 2023, the Central Utah Health Department prioritized outreach by hosting and participating in numerous events aimed at connecting rural and underserved communities with essential resources. Highlights included resource fairs in Piute, Sevier, and Wayne counties—many held for the first time—as well as cultural events in Moroni and at Snow College to engage Hispanic and Pacific Islander populations. Attendance ranged from dozens to over 1,000, reflecting both the challenges and successes of reaching diverse audiences. CUHD also supported local events in Nephi, Gunnison, and Delta, consistently working to build trust, promote services, and strengthen partnerships across the region.

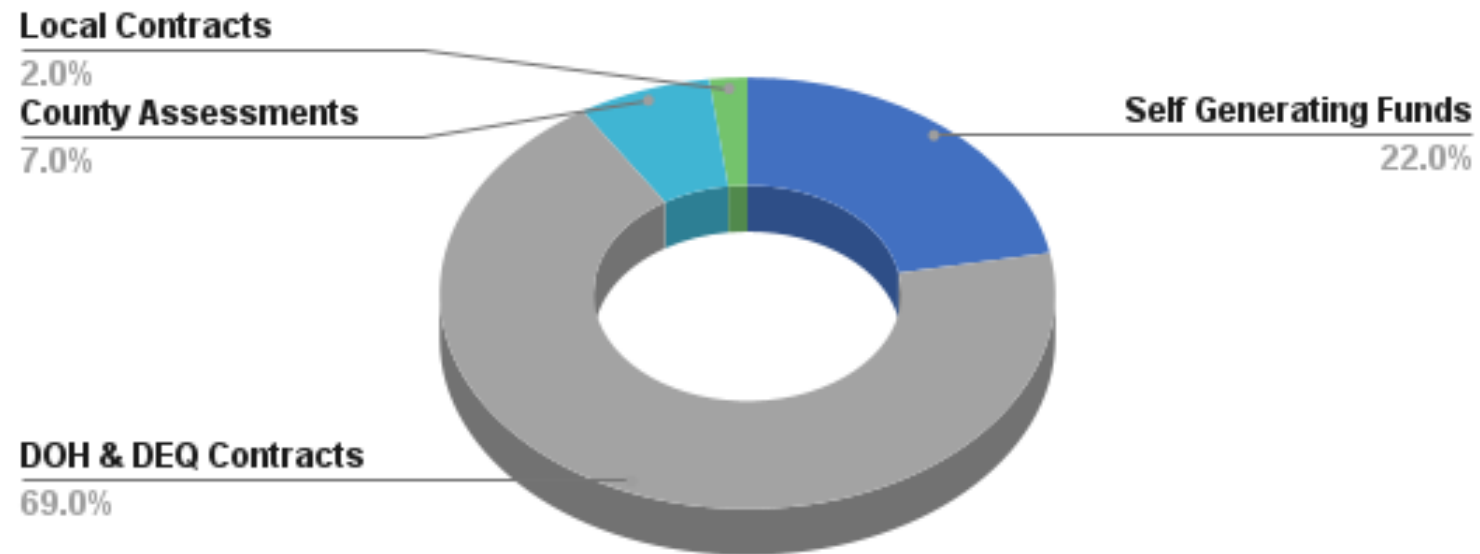




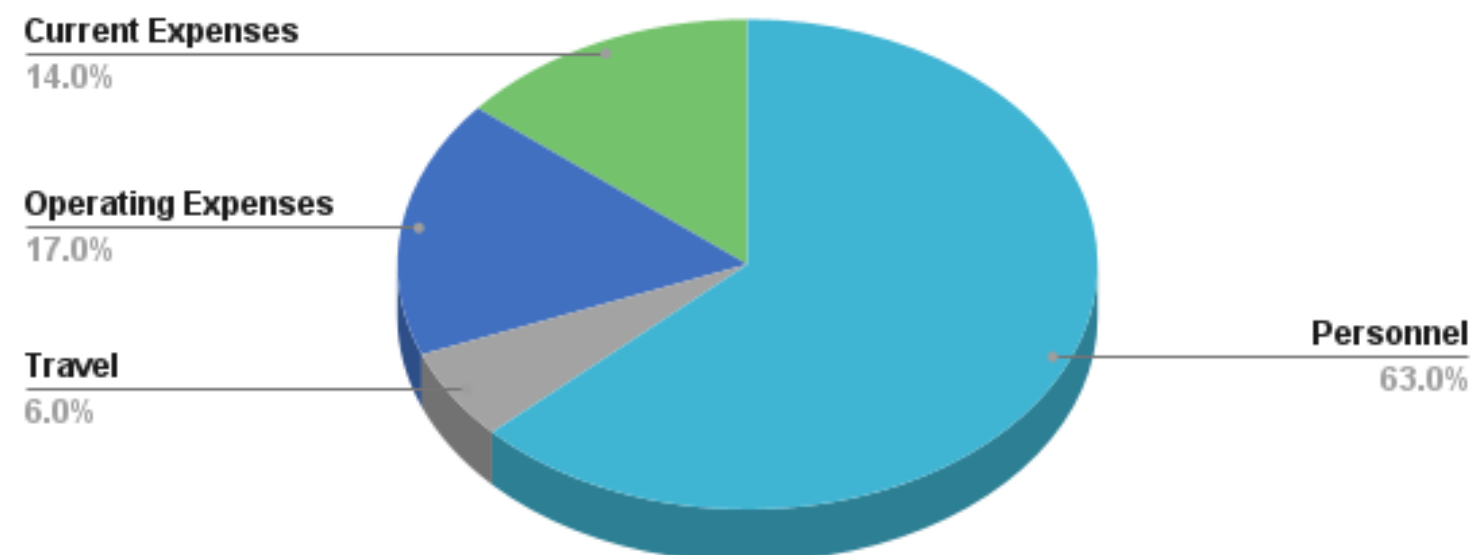


# Financial Summary

## 2023 Revenue

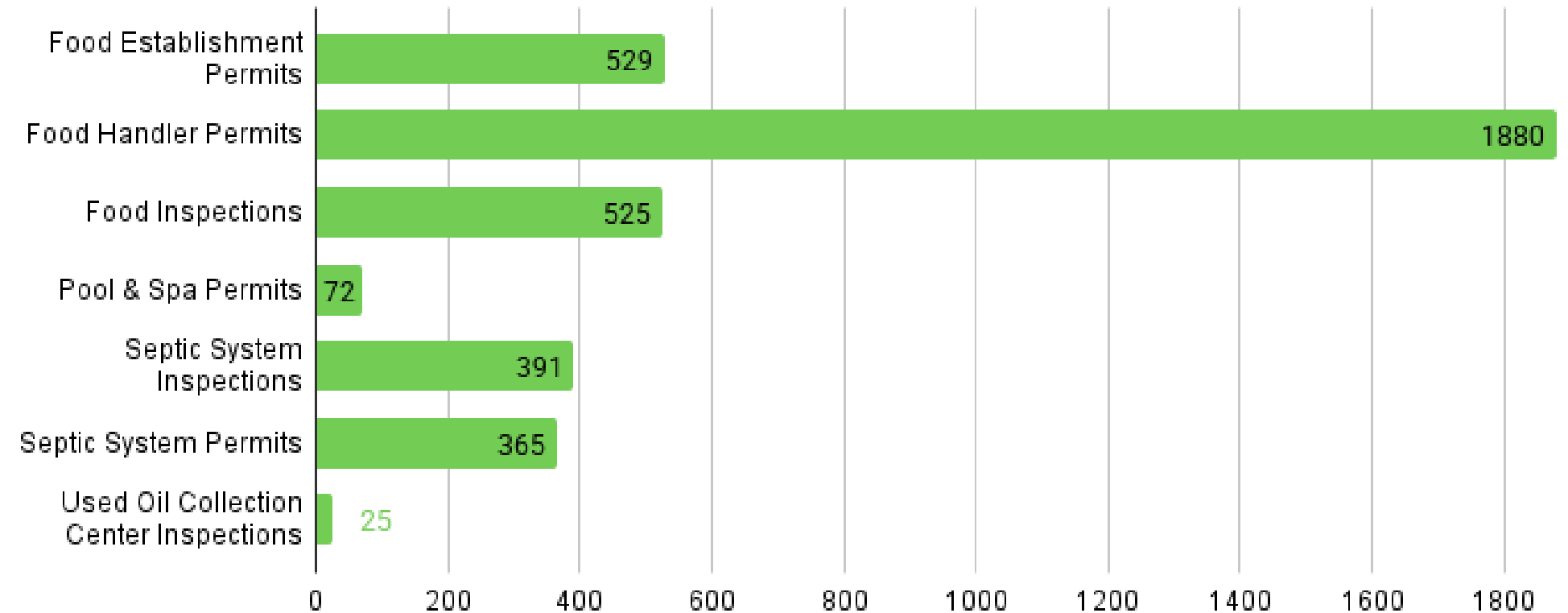


## 2023 Expenses



# Environmental Health Summary

## Environmental Health Services in 2023





# Contact Information

## Fillmore

40 North 400 West  
435-743-5723

## Delta

362 West Main, Suite 1  
435-864-3612

## Junction

545 North Main  
435-577-2521

## Loa

18 South Main  
435-836-1317

## Manti

125 North 100 East  
435-835-2231

## Nephi

160 North Main  
435-623-0696

## Richfield

70 Westview Drive  
435-896-5451

Visit us online at [www.centralutahhealth.gov](http://www.centralutahhealth.gov)

