

**CITY OF LEADVILLE, COLORADO
RESOLUTION NO. 35
SERIES 2018**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF LEADVILLE,
COLORADO, SUPPORTING THE LEADVILLE/LAKE COUNTY PUBLIC HEALTH
IMPROVEMENT PLAN**

WHEREAS, the City of Leadville ("City") has the authority to provide for the health, safety and welfare of the public pursuant to C.R.S. § 31-15-401 and its general police powers; and

WHEREAS, the Lake County Public Health Department with the involvement St. Vincent Hospital and Lake County Build a Generation have coordinated to develop a plan to create a community that will make healthier choices, titled the Lake Public health Improvement Plan dated 2017; and

WHEREAS, the City and Lake County will also coordinate with Lake County Public Health Agency to support the plan and its implementation as appropriate;

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Leadville, Colorado as follows:

Section 1. **Recitals Incorporated.** The above recitals are hereby incorporated into this Resolution as if fully set forth below.

Section 2. **Approval of the Health Improvement Plan.** The City Council hereby: (1) approves the Health Improvement Plan in substantially the form attached hereto as **Exhibit A**

Section 3. **Effective Date.** This Resolution shall take effect upon its adoption by the City Council.

ADOPTED by a vote of 6 in favor and 0 against, and 0 abstaining, this 4th day of December, 2018.

CITY OF LEADVILLE, COLORADO

By: _____

Greg Labbe, Mayor

ATTEST:

Deputy City Clerk, Bethany Maher

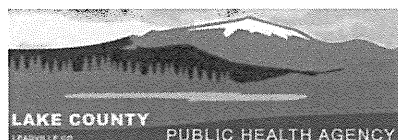
EXHIBIT A
SENIOR MASTER PLAN

[see attached document]

2017

Lake County Public Health Improvement Plan

*Creating Healthier Outcomes through
Planning, Partnership and Prevention*



**Lake County
Build a Generation**
*Organizing Lake County to build a healthier
community for youth and families.*



Affiliate Hospital
**Centura
Health.**

PHONE 719.486.4152

WEB www.lakecountycolorado.com/health/

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Letter of Welcome

Welcome to the 2017 Lake County Public Health Improvement Plan.

This plan reflects the collaboration between the Lake County Public Health Agency, St. Vincent Hospital and Lake County Build a Generation.

The Lake County Public Health Agency's vision is to empower the Lake County community to make healthy choices where they live, learn, work and play. To that end we have sought out ways to approach health more holistically. We understand that the health picture has been changing over the last century. While genetics and health behaviors are certainly partly responsible for an individual's health, environmental factors such as social determinants of health often contribute even more.

St. Vincent Hospital's vision is to create an adaptive, collaborative, accessible and sustainable healthcare system. We have been a strong collaborative partner on the Lake County Public Health Assessment and Improvement Plan as part of our effort to ensure that Lake County has a strong—and continually improving—system of health prevention and health care. This Public Health Improvement Plan builds on and extends the work of our 2016 Community Health Needs Assessment.

Lake County Build a Generation's vision is to be one of the best towns in Colorado to raise a family, because we have:

- Residents who feel empowered to build a healthier community.
- Parents who have high expectations for their children and the tools to help their children grow into healthy adults.
- A community of service providers who collaborate, communicate, are culturally competent and who work together to ensure the sustainability of services.
- A community that takes pride in its healthy behaviors.

Because of our focus on the social, environmental and economic factors that impact the health and well-being of the whole community—as well as our commitment to a Collective Impact model—we have been excited to partner on our County's second Lake County Public Health Assessment and Improvement Plan. This plan builds on and extends the work of our 2015 Risk Assessment.

Ultimately, this plan provides a framework for the Lake County Public Health Agency, St. Vincent Hospital, Lake County Build a Generation—as well as many other agencies who serve our community—to align our efforts toward achieving the greatest health for the most community members. We focused on deeply understanding community-level data about chronic disease, identifying a range of interventions across the socio-ecological model of health and evaluating whether those interventions are having an impact. The ultimate

Lake County Public Health Improvement Plan

outcome is ensuring that Lake County is a healthy place to be born, grow up, have a family and grow old.

In this first iteration of collaboration, Lake County Build a Generation and St. Vincent Hospital supported the Lake County Public Health Agency in their Lake County Public Health Improvement Plan, and worked to ensure that it aligned with the St. Vincent Hospital Community Health Needs Assessment and the Lake County Build a Generation Risk Assessment. Going forward, these three planning efforts will be combined into one collective planning effort that happens every three years, and meets the needs of all three agencies. We believe this strategy will save staff time and better align our community health efforts.

Between now and then, our three agencies will work to ensure that this document is a living plan. Changes will be made and information captured as it occurs. As part of our evaluation plan, every six months, the Lake County Public Health Agency, St. Vincent Hospital and Lake County Build a Generation will convene to review progress and make changes to the plan as needed. We will keep our stakeholders informed with an annual newsletter and bring everyone together in two years to review progress and begin the planning process anew.

Many thanks to all of the community members who participated in this planning process. We look forward to implementation—and to ensuring an ever-healthier Lake County.

In health,



Colleen Nielsen, RN
Director, Lake County Public Health Agency



Gary Campbell
Chief Executive Officer, St. Vincent
General Hospital



Katie Baldassar
Director, Lake County Build a Generation

Introduction

In 2012, a Lake County Public Health Improvement Plan Stakeholder group comprised of health leaders, elected officials and community members prioritized **eight key indicators** of Lake County community health that both described the overall health of Lake County and focused attention and action on those indicators of greatest concern (see inset).

In the last five years, Lake County has advanced a number of key activities, programs, and policies to improve outcomes across many of these indicators. In *Environmental Health*, for example, Lake County Public Health Agency became a well water test kit dispensing center in 2015 and provides well water test kits for free to Lake County residents. In the first year (2015), 9 well water test kits went out, and 13 kits went out in 2016. In *Pediatric Dental Care*, the school district and local providers have worked hard to improve services across Lake County. At the Center Early Childhood Programs, 34 dental exam forms were submitted in 2016 for Head Start youth and seven of those required follow-up care. Five of those seven (71%) children received appropriate dental care. Additionally, Leadville Dental has recruited staff to offer pediatric dental services once a month, and Summit Community Clinic works with the School-based Health Center to offer dental check-up hours two times a week at the schools.

2012 Key Health Indicators:

1. Access to Care
2. Transportation
3. Substance Abuse and Mental Health
4. Healthy Eating and Active Living
5. Environmental Health
6. Sexual Health
7. Pediatric Dental
8. Safety

2017 Key Health Indicators:

1. Access to Care
2. Behavioral Health: Mental Health and Substance Abuse
3. Chronic Disease Prevention
4. Aging Well

The process of assessment, implementation and evaluation for Public Health Improvement Plans is cyclical. Thus, from 2016-2017, local health agencies again began the process of assessing the most important community-level health issues, which included:

1. St. Vincent's hospital worked closely with local stakeholders to identify existing and emerging health needs, understand community assets and gaps, and identify strategies to improve health. Through this process, St. Vincent identified three top areas for community improvement: access to care, mental health and substance abuse, and chronic disease prevention;
2. Lake County Build a Generation and Lake County Public Health conducted a comprehensive needs assessment and documented best practices for working on issues affecting the rising population of seniors 65 years and older in Lake County;

3. Finally, in late 2017, these three agencies came together to build on their respective 2016-17 assessment efforts and update the 2012 Public Health Improvement Plan. In doing so, they identified the most important public health issues in 2017 in Lake County as ***access to care; mental health and substance abuse; chronic disease prevention; and aging well.***

While Lake County Build a Generation, the Lake County Public Health Agency, and St. Vincent Hospital—as well as other local health agencies—will continue to work on issues in environmental health, transportation, sexual health, pediatric dental, and safety, Lake County’s health agencies will focus efforts over the next three years on improving outcomes in the top four identified areas.

Population and Socioeconomic Data

Lake County is a rural county located in Colorado’s high country. At 10,152 feet, it is an extreme place to live – in a typical year, winter arrives in October and lasts until May.

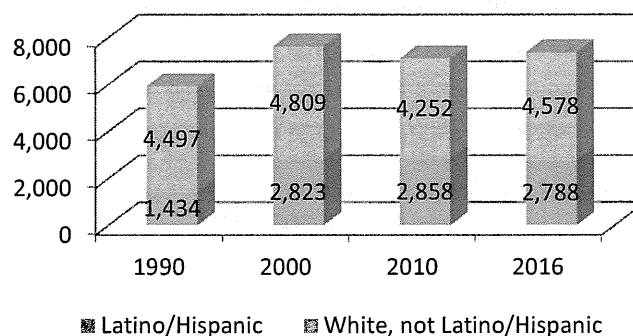
Lake County is small and rural in character, with 376.91 square miles and 19.4 people per square mile (compared to 48.5 statewide, 2010). In 2016, the total population was estimated at 7,618 (2010: 7,310). Lake County experienced a large drop in population in 1990,

corresponding with the closing of the Climax Molybdenum mines that employed a large number of people. Since then, population levels have increased but have not returned to 1980 levels (N=8,830).

Starting in the U.S. Census reporting year 2000 to current day, Lake County population numbers have stabilized in the 7,000+ range (**Figure 1**). The Latino/Hispanic population makes up about 38% of that total, with over 60% white, non-Latino/Hispanic, and the remaining percentage classified as *Other*. In the Lake County School District, 70% (2015-16) of the student body identified as Latino/Hispanic.

Lake County has a large population of people who speak Spanish -- 35% of the 2015-16 Lake County School District student cohort was in the English-language learners (ELL) program. Through the years 2011-15, the U.S. Census Bureau reports that 26.2% of Lake County households spoke a language other than English at home.

Figure 1. Proportion of Latino/Hispanic and white non-L/H populations in Lake County, 1990-2016

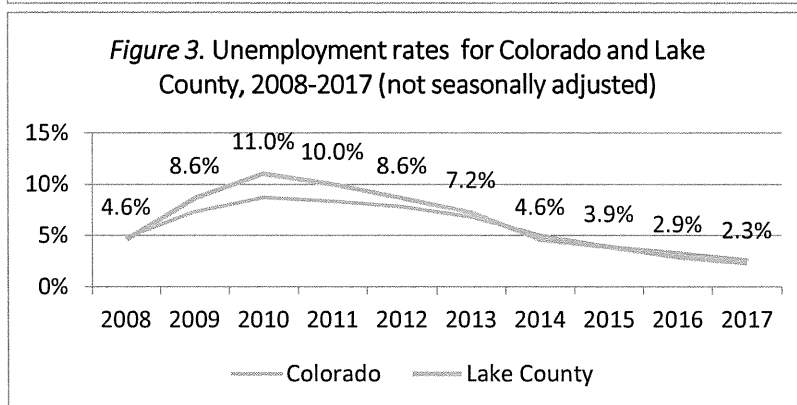
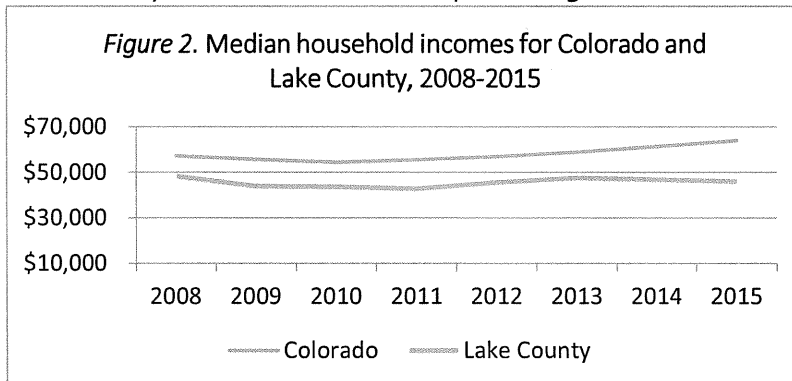


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In terms of educational attainment from 2011-2015, the percentage of Lake County persons aged 25 years+ with a high school degree or higher was slightly higher (92%) than for the state as whole (90.7%). However, fewer Lake County residents (27.4%) obtain 4-year college and advanced degrees (Masters or PhD) than Colorado cohorts (38.1%).

The closing of the Climax mine in 1985 had a significantly negative economic impact on the county. Because so many high-paying mining jobs were lost, residents were forced to seek jobs in surrounding counties, many of which were lower-paying service-industry jobs in the resort industries. Because of this reality, the mean travel time to work for Lake County residents 16+ years old between 2011-2015 was estimated at 24.5 minutes, putting many residents well outside the county for employment. This reality challenges the local economic and civic structure in a multitude of ways: the benefits and tax revenues from businesses that employ the commuting population go to neighboring counties; workers commuting to other more populated counties to work are more likely to shop at groceries and retail stores there; and those spending most of the day to commute to and from work out of the county are less able to participate in local meetings, events, and in the schools.

While Colorado, and the nation as a whole, have experienced an economic upturn since the 2008 recession, Lake County median household incomes have decreased slightly from 2013-2015 (2013: \$47,547; 2014: \$46,765; 2015: \$45,913) (**Figure 2**). However, unemployment rates (not seasonally adjusted) are at an all-time low both across the state and in Lake County, with Lake County rates lower than state percentages for the last two years (**Figure 3**).



Methods and Process

In late 2016 and early 2017, both the Lake County Public Health Agency and St. Vincent Hospital were in the process of updating their respective community health improvement plans: the Public Health Improvement Plan (PHIP; which needs to be done every 5 years), and the Community Hospital Needs Assessment (CHNA; which needs to be done every 3 years). Both the PHIP and CHNA are collaborative efforts involving many of the same community stakeholders aimed at identifying top priority community health needs, understanding community assets and gaps, and implementing strategies to improve the health of Lake County citizens.

In late 2016, Lake County Build a Generation began working with St. Vincent Hospital to manage their assessment plan implementation and build coalition capacity to work on specific strategies (e.g., Access to Care). Additionally, LCBAG was supporting Lake County Public Health in updating their improvement plan indicator data, conducting additional assessment and planning work, and focusing health indicator priorities. By mid-2017, the three entities had come together to combine assessment efforts and conducted a series of meetings over the next six months that would accomplish the following: 1. assess *What role should LCPHA and the Hospital play in our community?*; 2. re-evaluate and prioritize the top health indicators for Lake County residents; 3. gather partner and community input on the four prioritized health indicators; and 4. align LCPHA and St. Vincent Hospital activities and goals to increase outcomes in those prioritized areas.

The final prioritized indicators include the three originally identified in the 2016 CHNA, as well as one not previously identified (but that is an increasingly urgent issue for populations across the world): *senior care and support*. Quantitative information was updated for each of the following indicators and is included in this report: *Access to Care*, *Behavioral Health: Substance Abuse Prevention and Mental Health*, *Chronic Disease Prevention (including tobacco and Healthy Eating and Active Living-HEAL)*, and *Healthy Aging*.

Lake County agency and community member input on the four prioritized health indicators was solicited through a survey. The provider survey determined that 69% of respondents felt that these four priorities were the correct issues to focus on for Lake County residents. The survey additionally determined what individual agencies were already doing and what they would like to do, given adequate resources, around the four different health indicators. It was encouraging to capture how much Lake County is already doing around these issues, including medical, behavioral and dental health services for students through the School Based Health Center, and a concerted effort by all providers in the county to accept all forms of insurance, as well as discounted fees for self-pay clients.

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For community members, 81.1% of respondents felt like LCBAG, Public Health and St. Vincent Hospital are focusing future efforts correctly. Respondents provided the following comments about what they felt is **“working right now in Lake County”**:

- Access to care getting better and healthy eating and active living gets a good focus.
- New programming by GOL! and other groups geared at active living seem like steps in the right direction.
- Public Health makes information and any care easily available to Lake County.

They also noted **what else they would like to see done**:

- Improve mental health services and mental wellness programs.
- Do more work on bilingual/bicultural supports so that community members in our Latino community are able to access all services available in Lake County, AND feel comfortable accessing those services.
- Provide transportation for seniors who aren't able to drive to specialists in Denver, Vail and Salida.

Health Indicators

ACCESS TO CARE

"Access to Care" includes a number of factors that affect an individual's ability to receive health care. Affordable and comprehensive health insurance is important and for the 6.5% of Coloradans that still remain uninsured in 2017, *cost, eligibility, and navigating the complex insurance system* remained the top three reasons for lacking coverage. Additionally, the proximity of providers, transportation, appointment availability, language support and a patient's knowledge of preventive health care greatly affect an individual's ability to access adequate health care.

Those without insurance are less likely to have primary care providers; receive preventative care or an early diagnosis of disease; and overall have worse outcomes and a lower quality of life than those with health insurance. Uninsured children are at an even greater risk: they are less likely to be immunized or receive recommended development screenings, and parents are less likely to receive guidance about health, nutrition and safety. However, comprehensive outreach and enrollment in Medicaid and the Children's Health Insurance Program (CHIP) has significantly reduced the number of uninsured children over the last 20 years. According to the Henry J. Kaiser Foundation, 73,600 or 6% of Colorado children 0-18 years old remained uninsured in 2016.

Health insurance for Lake County residents in 2015 looked like the following:

	Number	Percentage
UNINSURANCE (2015)		
Uninsured residents	833	11.2%
PRIVATE INSURANCE (2015)		
Employer-sponsored insurance	2,111	28.4%
Individually purchased insurance	475	6.4%
MEDICAID AND CHILD HEALTH PLAN PLUS (CHP+) (2016)		
Medicaid enrollees	1,872	24.8%
Children enrolled in Child Health Plan Plus	108	1.4%
ELIGIBLE BUT NOT ENROLLED (2015)		
Children (EBNE) in Medicaid	14	1.5%
Children (EBNE) in Child Health Plan Plus	7	6.1%
Adults (EBNE) in Medicaid	400	29.5%

Reprinted from the CHI County Data Workbook

The 11.2% of Lake County residents that were uninsured is 1.36 times the state average for that year (2015, 8.2%). A large part of the issue is that the "high country," or mountain regions of Colorado, experience higher insurance rates than their Front Range counterparts. According

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to a 2014 report for the Colorado Division of Insurance, "the four-county Colorado resort region from Summit to Garfield is the most expensive place to buy health care in the United States." Additionally, areas like Leadville-Lake County have very limited insurance plan options on the exchange (Table 1), as well as premiums that increase at twice the rate in a given year when compared to more populated areas (Table 2).

Table 1. Number of approved Insurance Plans for Lake County (2017)

"On-exchange" includes insurance plans that are available through Connect For Health Colorado Marketplace

	On-exchange	Off-exchange
Bright Health Plan	NA ^{LC}	NA ^{LC}
Cigna Health and Life	NA ^{LC}	NA ^{LC}
Colorado Choice Health Plans	NA ^{LC}	NA ^{LC}
Denver Health Medical	NA ^{LC}	NA ^{LC}
Freedom Life Insurance	NA ¹	4
Golden Rule Insurance	NA ¹	7
Anthem BC/BS	15	15
Kaiser Foundation Health	NA ^{LC}	NA ^{LC}
National Foundation Life	NA ¹	2
Rocky Mountain Health	NA ^{LC}	NA ^{LC}

NA^{LC} = Not available for Lake County; NA¹ = Not available for the on-exchange system

Table 2. Premium insurance plan increases per county (2017),

Colorado Department of Regulatory Agencies

Lake County			Denver County		
	# of Plans	Weighted Average		# of Plans	Weighted Average
Bronze	5	36%	Bronze	19	18%
Catastrophic	2	28%	Catastrophic	4	17%
Gold	1	43%	Gold	12	17%
Silver	3	33%	Silver	18	15%
Grand Total	11	36%	Grand Total	53	17%

The good news is that the number of Lake County residents who are insured **increased** by 6.6% from 82.2% to 88.8% from 2012 to 2016, getting close to the Lake County Public Health Improvement Plan projected target of increasing the percent of residents who are insured by 10%. This increase may partly be attributable to the Medicaid expansion that began in Colorado in 2014. As well, some of this increase may be attributed to outreach and enrollment that is coordinated by Certified Health Coverage Guides working throughout Lake and Chaffee

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County to connect residents to Colorado marketplace insurance plans (conversation with CHCG, October 2017.)

Additionally, the percentage of Lake County residents who say they have a usual source of care showed a 14.6% change from 58.3% in 2012 to 66.8% by 2015. The county's ratio of primary care physicians to people is 1,226:1 (based on 2014 data), similar to the Colorado state average (1,240:1), and certified physician's assistants help supplement this gap. One of the three main providers in Lake County, Rocky Mountain Family Practice, currently has three qualified PAs on staff, as well as access to specialists for podiatry, orthopedics, and cardiology.

The following chart indicates the current primary and specialty care services available in 2017-18 at each of the health care providers in Lake County, including the School-based Health Center for Lake County School District.

Indicator: Access to Care			
Consistent "Specialty Care" is always a challenge for more remote, rural areas. Lake County providers currently offer the following <i>primary</i> and <i>specialty care</i> and are working to bring in more specialty care for the future:			
St. Vincent General Hospital: <ul style="list-style-type: none">• Cardiology 2x per mo.• CT, Ultrasound, X-ray, Digital Mammography, and DEXA Bone Density Scan• Laboratory Screenings• DAT Direct Access Lab testing• Physical Therapy/Rehab• Acute Care• <i>For the future:</i> "Scopes" Colonoscopy, Endoscopy. More visiting specialists.	St. Vincent Leadville Medical Clinic: <ul style="list-style-type: none">• Family Medicine• Pediatric to geriatric care range of care• Physicals• Flu shots• Acute and chronic care management• Worker's compensation• Vaccinations for Children	Rocky Mountain Family Practice: <ul style="list-style-type: none">• Family medicine• Dietitian 1-2/mo• Chiropractor every Tuesday• Children's hospital cardiologist - every 3mo.• Heart of the Rockies - 1st Friday of month to do echocardiograms• Solvista - every Wed for in-house mental health• Orthopedics - every other Wed	School-based Health Center: Primary care ~ Dental health ~ Behavioral health <ul style="list-style-type: none">• Well-child/adolescent visit• Acute illness-injury treatment• Chronic condition management• Preventative dental• Health education• Sports physical• Mental health assessment/crisis intervention

The Community Health Needs Assessment conducted by St. Vincent's Hospital in 2016 also prioritized *Access to Health Care* as one of the top three critical needs for Lake County residents. **One of the main access issues identified in our community focused around a need for comprehensive communication in both English and Spanish for local services and resources.** According to the U.S. Census (2016, estimated), over a third (36.6%) of the Lake County population is Hispanic or Latino, and 26.2% of households are estimated to speak a language other than English at home (2011-2015). Bilingual health information, translators, medical interpreters and culturally appropriate care is critical to ensure equitable access to care for all Lake County residents.

The CHNA also identified the following goals to increase access to care and improve the health of our community:

- Facilitate a community wide access to care workgroup with an annual plan focused on

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strategies of the highest priority

- Increase proportion of Lake County Residents who have insurance coverage
- Increase awareness of care resources in the community
- Increase primary care and specialty care resources in the community
- Build and improve practices to promote health equity

What are we already doing

- An **Access to Care Workgroup** has been convened to collectively impact healthcare access for Lake County residents. Lake County Build a Generation will serve as the backbone organization to facilitate efforts, with members of Lake County Public Health Agency and St. Vincent's Hospital serving as co-chairs.
- **St Vincent Hospital** has worked to increase access to care services this year by:
 - Increasing the number of bilingual staff. (Current bilingual staff include a Physician's Assistant, two Medical Assistants in the clinic, and a Physical Therapist).
 - Hiring one additional Physical Therapist for rehabilitative services and adding evening and Saturday hours for PT services.
 - Implementing standardized and accepted interpretation processes using the [Martti Video Interpretation System](#).
 - Expanding hours at the hospital front desk.
 - Offering the Financial Assistance Application online and at the registration desk.
 - Implementing Direct Access Lab Testing (DAT) at discounted rates for uninsured residents.
 - Opening 2-3 "swing beds" for rehabilitative care after surgery.
- **Rocky Mountain Family Practice** has bilingual staff (including the support staff, medical assistants, primary care physician and physician's assistants), offers sliding scale payment options, and provides extended hours for clients.
- Local health care providers strive to accept all insurance and payment plans, including sliding scale, Medicaid and self-pay options.
- **Full Circle** works with the Family and Intercultural Resource Center (FIRC) in Summit County and Connect for Health Colorado from Chaffee County to host representatives in Lake County who will provide free insurance enrollment assistance for Lake County residents.
- The **School Based Health Center** for the Lake County School District provides 16 hours per week of medical care for Lake County high school students.

Where do we need to go

- Advocate for a "one geographic health region" in Colorado to decrease health insurance premiums in mountain (resort) regions.
- Build and improve practices within health organizations to promote health equity for all Lake County citizens.

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- Increase the number of health connectors available to assist local residents with finding the right insurance plans.
- Increase the appointment availability, types, and access to specialty care providers and resources.
- Increase preventive health care that includes appropriate vaccinations for children and adults, breast, cervix, and colon cancer screening, and comprehensive dental care that includes screenings and cleanings.
- Improve marketing and outreach for health care provider hours, walk-in appointments, and the primary and specialty care services available.
- Increase the number of bilingual health care provider staff, as well as providing bilingual signage and printed materials at health care provider offices.
- Increase marketing for local veteran resources (there are over 800 veterans currently living in Lake County).
- Provide training for health care professionals for clients that are wheelchair bound.
- Increase options for affordable, safe, and wheelchair-accessible transportation for the community to health care services and providers.
- Improve community member "Health Literacy" through training and education that includes topics such as the benefits of mental and dental care and understanding the right to advocate for your health care needs with your provider.

DATA SOURCES AND LINKS	
1	CHI: 2017 Colorado Health Access Survey (CHAS) https://www.coloradohealthinstitute.org/sites/default/files/file_attachments/2017%20CHAS%20DESIGN%20FINAL%20for%20Web.pdf
2	RWJF County Health Rankings & Roadmaps: Access to Care http://www.countyhealthrankings.org/our-approach/health-factors/access-care
3	CDC Developmental Monitoring and Screening https://www.cdc.gov/ncbddd/childdevelopment/screening.html
4	National Conference of State Legislation: <i>Children's Health Insurance Program Overview</i> http://www.ncsl.org/research/health/childrens-health-insurance-program-overview.aspx
5	Kaiser Family Foundation (KFF): Health Insurance Coverage of Children 0-18yo, http://tiny.cc/5aeioy
6	CHI: 2017 Colorado County Data Workbook (Excel sheet download) https://www.coloradohealthinstitute.org/sites/default/files/data_files/CountyDataWorkbook_FINAL_0.xlsx
7	Colorado Study of Health Cost by Geographic Region: <i>Report prepared April 28, 2014 for the Colorado Division of Insurance</i> (available from LC BAG upon request)
8	Denver Post article, 4-18-16: <i>Colorado Mountain Residents Struggle to Pay for Health Insurance</i> http://www.denverpost.com/2016/01/23/colorado-mountain-residents-struggle-to-pay-for-health-insurance/
9	Colorado Department of Regulatory Agencies – Approved Plans for 2017 – Number of Individual Plans by Area/County https://www.colorado.gov/pacific/dora/node/100241

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10	Colorado Connect for Health Insurance Marketplace, http://connectforhealthco.com/
11	Colorado Department of Regulatory Agencies – Approved Plans for 2017 – Premium Increases by Area/County https://www.colorado.gov/pacific/dora/node/100241
12	2012 Lake County Public Health Improvement Plan https://colorado.gov/pacific/sites/default/files/OPP_Lake-County-Public-Health-Assessment-and-Improvement-Plan-2012.pdf
13	RWJF County Health Rankings & Roadmaps: Primary Care Physicians County Comparison http://www.countyhealthrankings.org/app/colorado/2017/measure/factors/4/data
14	2016 St. Vincent Community Health Needs Assessment http://www.svghd.org/community-health-assessment
15	U.S. Census Quickfacts – Lake County https://www.census.gov/quickfacts/fact/table/lakecountycolorado,US,CO/PST045216
16	Martii Medical Interpretation Services System https://www.martti.us/solutions/interpreters/

BEHAVIORAL HEALTH: SUBSTANCE ABUSE AND MENTAL HEALTH

Key behavioral health issues that continue to be of importance in Lake County include substance abuse, anxiety or depression, and domestic violence.

Substance Abuse

Substance abuse significantly impacts individuals, families and communities through broken relationships, lost employment, untreated associated mental health issues, and resulting chronic diseases such as diabetes and heart disease. Additionally, substance abuse and mental health problems are more often co-occurring disorders and when one goes untreated, the other will likely get worse as well. “By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.”

While Lake County lacks county-level data on adult illicit substance abuse, Colorado annual crime statistics indicate that Lake County consistently experiences DUI rates per 1000 people at twice the rate of the state (**2016**: 9.5 – Lake County, 4.7 – Colorado¹). Additionally, County Health Rankings & Roadmaps research indicates that 18% of Lake County adults exhibited *excessive drinking* behavior in 2015, defined as “the percentage of adults that report either binge drinking, defined as consuming more than 4 (women) or 5 (men) alcoholic beverages on a single occasion in the past 30 days, or heavy drinking, defined as drinking more than one (for women) or two (for men) drinks per day on average.”

	LC 2012	LC 2015	CO 2015
	30-day use of alcohol		
10th grade	47.0%	35.2%	29.1%
12th grade	74.0%	49.0%	39.6%
	30-day use of marijuana		
10th grade	24.0%	25.7%	18.8%
12th grade	37.0%	29.3%	27.8%
	5+ drinks in a row/couple of hours		
10th grade	30.0%	33.7%	15.2%
12th grade	52.0%	37.8%	22.0%

Table 3. Changes in Lake County (LC, 2012 and 2015) and Colorado (CO, 2015) 10th and 12th grader’s alcohol use, marijuana use, and binge drinking

Studies have shown an association between early age initiation alcohol consumption and abuse and dependency in later life, as well as long-term risks for using other substances, including marijuana, cocaine, opioids and inhalants. The *Healthy Kids Colorado Survey* has been conducted every two years in Lake County since 1998 and provides a unique opportunity to track early initiation rates for drinking alcohol, as well as monitoring changes in youth use of alcohol, marijuana and other substances over time. In 2015, for example, 15.5% of 9-12th graders admitted that they had “their first drink of alcohol other than a few sips before the age of 13.” **Table 3** shows 9-12th grade Lake County (LC) student use of different substances across years as compared to the state (2015 only). Thirty-

¹ *Rate calculated as follows: (# County Court traffic filings for “Driving Under the Influence” in 2016 in CBI Annual Report/2010 US Census population for 15-85+yo) *1000

day use rates decreased for both alcohol and marijuana for Lake County 12th graders from 2012 to 2015, and 10th graders showed a decline in alcohol use as well. However, across the board in 2015 and particularly for “binge drinking,” Lake County youth demonstrated higher rates of substance use and abuse when compared to their Colorado peers.

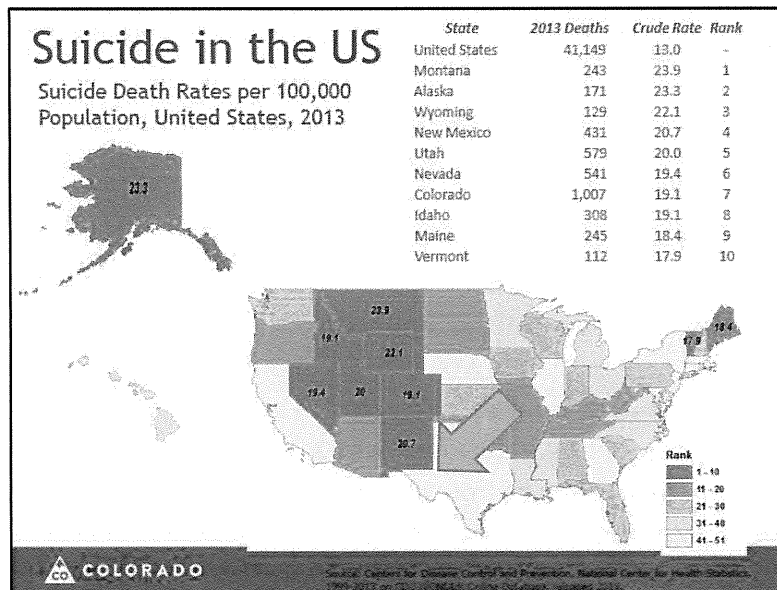
Mental Health

One in five adults suffer from some form mental health illness, ranging from anxiety disorder to borderline personality disorder to severe depression. Of those individuals suffering, over half (56%) do not receive any form of treatment. And ultimately, it is not only the person directly experiencing a mental illness that is affected: co-workers, family members and friends all struggle with understanding the disease and supporting a loved one’s needs.

Depression is a chronic mental health disorder that “causes severe symptoms that affect how you feel, think, and handle

daily activities, such as sleeping, eating, or working.”

Properly identifying, addressing and treating depression is of great importance in Colorado, which consistently ranks in the top ten states in terms of suicide rate (see “Suicide in the US” Chart below, reprinted from 2015 CDPHE Colorado Trends in Suicide Report). Access to effective mental health care and connectedness are major protective factors against depression and suicide.



Solvista Health, a local provider offering a variety of mental health counseling and therapy services, reported that 10 clients had inpatient psychiatric admissions in 2016. In 2012 Public Health Improvement Plan reporting, Rocky Mountain Family Practice (RMFP) indicated that 5.94% of Lake County residents received treatment for anxiety or depression over a 2-year period. **In 2016 alone, 197 RMFP clients (7.86%) were presented with a diagnosis of anxiety/depression.** This increase may indicate that more individuals are willing to discuss issues of anxiety or depression and receive assessment.

In 2015, Lake County High School students reported the following across several mental health indicators (Healthy Kids Colorado Survey-Lake County):

- Mental health “not good” one or more days during the past 30 days = **49.9%**
- Felt sad or hopeless almost every day for 2 or more weeks in a row that stopped them from participating in some usual activities = **39.2%**
- Made a plan about how they would attempt suicide during last 12m = **17.2%**
- Attempted suicide one or more times in last 12m = **10.8%**

Violence

There are a number of community, family and peer risk factors (e.g., economic deprivation; parental substance abuse or criminality; poor academic performance) that can make youth more susceptible to both being a victim of and perpetrating violence – the latter behavior advancing well into adulthood if prevention and intervention efforts don’t occur somewhere in the course of youth development. “Violence involving young people adds greatly to the costs of health and welfare services, reduces productivity, decreases the value of property, disrupts a range of essential services and generally undermines the fabric of society.” The prevalence of violence in our society is high and manifests in the form of abuse, bullying, date and family violence and unintentional injuries (motor vehicle crashes or homicides).

Table 4 shows the number of County Court misdemeanor filings for a variety of violence-related offences for Lake County adults over the last four years.

Table 4. County Court misdemeanor filings for violence-related offences for Lake County adults

<i>County Court Misdemeanor Filings</i>				
	2014	2015	2016	2017
Assault	14	10	13	5
Weapon Possession	1	3	7	7
Domestic Violence	51	56	45	36
Child Abuse	5	3	1	0

These numbers only reveal incidences that make it to a court filing: a potentially more accurate portrayal of the levels of domestic violence and sexual assault occurring in Lake County are revealed by direct reports from Advocates of Lake County (ALC), an advocacy organization offering crisis intervention 7 days a week for victims of violence. In 2009, ALC reported that **out of 191 clients received, 146 (76%) of those were for domestic violence and the remaining number related to sexual assaults and other crimes**. In 2017, ALC reported **that out of 259 clients received, 224 (86%) of those were for domestic violence, with 35 cases related to other offenses**. Advocates of Lake County also noted in 2017 (informally) that “many of our clients suffer from anxiety and/or depression of some kind and that about half of clients also suffer from mental illness outside of these classifications (bi-polar, schizophrenia, etc.). Additionally, we believe about 75% of our clients struggle with substance abuse, of which we mostly see abuse of alcohol, marijuana and methamphetamines. We see high numbers in

these categories because people who struggle with substances and/or are mentally ill are particularly vulnerable to intimate partner violence.”

Behavioral health and substance abuse were once again prioritized as one of the top three Lake County community needs to address in the [2016 St. Vincent Hospital Community Health Needs Assessment](#). **Stakeholders identified that not enough resources exist to meet the behavioral health needs of Lake County residents, with a critical need for “crisis beds, detox beds, and outpatient substance use and mental health services.”** Their implementation plan will focus on:

1. Increasing access to behavioral health/substance abuse (BH/SA) services.
2. Increasing screening at health agencies with Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) and depression as well as follow-up interventions or referrals.
3. Providing opportunities for BH/SA training and communication to decrease stigma.

What are we already doing

- **Rocky Mountain Family Practice** screens every patient for alcohol and tobacco use and is now participating in the [Merit-based Incentive Payment System \(MIPS\)](#) that will be able to track client substance use.
- **The St. Vincent Hospital’s new Electronic Medical Records (EMR) System** has built-in tools for Screening, Brief Intervention, Referral and Treatment (SBIRT) and depression screenings.
- Solvista Health is currently hiring a **substance abuse case manager**.
- **Lake County School District** is teaching a drug and alcohol evidence-based curriculum to grades 3rd-12th.
- The **School Based Health Center** provides 60 hours a week of behavioral health services across all three schools in the district.
- **Full Circle** runs five evidence-based substance abuse prevention programs that serve over 300 youth and 90 adults per year.
- Lake County Build a Generation facilitates the **Alcohol, Tobacco and Other Drugs (ATOD) Coalition**, which works to guide multi-sector stakeholders through a rigorous process of prioritizing risk and protective factors for Lake County youth. Future work will focus on identifying evidence-based interventions around the risk and protective factors of *Favorable peer and parental attitudes towards the problem behaviors* (RF) and *Opportunities for prosocial involvement* (PF).

Where do we need to go

- Increase the number of crisis beds, detox beds, and outpatient substance abuse and mental health services.

- Increase the use of “Screening, Brief Intervention, and Referral to Treatment (SBIRT)” practices for substance use and depression at health agencies, as well as follow-up interventions or referrals.
- Increase access to Solvista services through the primary care providers.
- Provide opportunities for behavioral health/substance abuse training and communication for both health care staff and community members to decrease stigma.
- Establish healthy social spaces and activities for individuals in substance abuse recovery.
- Increase collaboration with law enforcement to assist substance abuse offenders with accessing counseling and treatment.
- Stabilize funding for youth substance abuse prevention programs for high school aged youth.

DATA SOURCES AND LINKS	
1	HELPGUIDE.org: Substance Abuse and Mental Health Issues https://www.helpguide.org/articles/addictions/substance-abuse-and-mental-health.htm
2	Substance Abuse and Mental Health Services Administration (SAMHSA): Prevention of Substance Abuse and Mental Illness https://www.samhsa.gov/prevention
3	Colorado Judicial Branch Annual Statistical Report: FY2016 https://www.courts.state.co.us/userfiles/file/Administration/Planning_and_Analysis/Annual_Statistical_Reports/2016/FY%202016%20Annual%20Statistical%20Report.pdf
4	RWJF County Health Rankings & Roadmaps -Lake County http://www.countyhealthrankings.org/app/colorado/2017/rankings/lake/county/outcomes/1/snapshot
5	SAMHSA News: <i>Link Between Underage Substance Use and Problems in Adulthood</i> https://www.samhsa.gov/samhsaNewsletter/Volume_22_Number_4/link_between_underage_substance_use_problems_adulthood/
6	Mental Health America: The State of Mental Health in America 2017 http://www.mentalhealthamerica.net/issues/state-mental-health-america
7	National Institute of Mental Health: Depression https://www.nimh.nih.gov/health/topics/depression/index.shtml
8	CDPHE Report: <i>Colorado Trends in Suicide: Annual Report from the Office of Suicide Prevention</i> https://www.communityreachcenter.org/wp-content/uploads/2016/10/2015-Colorado-Trends-in-Suicide-Annual-Report-2015.pdf
9	CDC – Youth Violence: Risk and Protective Factors https://www.cdc.gov/violenceprevention/youthviolence/riskprotectivefactors.html
10	World Health Organization: Youth Violence http://www.who.int/violence_injury_prevention/violence/global_campaign/en/chap2.pdf
11	Sutter Health Palo Alto Medical Foundation: Violent Behavior http://www.pamf.org/youngadults/emotions/violent-behavior/
12	Colorado Judicial Branch – Research and Data: Annual Statistics Reports https://www.courts.state.co.us/Administration/Unit.cfm?Unit=annrep
13	Advocates of Lake County http://advocatesoflakecounty.org/

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14	SAMHSA: Screening, Brief Intervention, and Referral to Treatment (SBIRT) https://www.samhsa.gov/sbirt
15	Colorado's Winnable Battles – Flagship Priority: Mental Health and Substance Abuse https://colorado.gov/pacific/sites/default/files/CDPHE_WB_MentalHealthSubstanceAbuse.pdf

CHRONIC DISEASE PREVENTION

Chronic diseases like heart disease, chronic respiratory disease, stroke, cancer, and type 2 diabetes are responsible for 70% of deaths each year both nationally and in Colorado. The key risk factors that cause most of these chronic conditions include tobacco use, poor diet and lack of physical activity, excessive alcohol use, and high blood pressure. Chronic diseases are common (half of all Americans have at least one chronic condition); costly (treating and managing chronic disease represent three-quarters of the nation's rising health care expenditures); and preventable (through awareness, coordinated health prevention systems, and healthy lifestyles).

Obesity is a serious health problem affecting one-third of American adults, one in five school-aged children (ages 6-19yo), and some demographic groups more than others (non-Hispanic blacks =48.1%, Hispanics =42.5%.) According to the RWJF County Health Rankings & Roadmaps, 18% of Lake County adults are **obese**, slightly lower than Coloradans as a whole (22.3%). Additionally, 15% of our population is deemed physically inactive, although the Lake County-Leadville area is identified as having 98% access to exercise opportunities. The 2012 Public Health Improvement Plan stated goal of "decreasing the percentage of Lake County adults who are **overweight or obese by 10% from 70.6% to 63.4% by 2016**" was met: **61.7%** of adults 18+ years were reported as overweight or obese in 2013-2015.



GOL! Adventure Days to create active, fun, all-day activities for youth on school district professional development Days.

However, that is still over half of the population and efforts to address obesity, a complex issue affected by genetics, dietary patterns, physical activity levels and environmental exposures, need to continue to ensure a quality of life for Lake County residents.

Childhood obesity has long-term impacts on physical, social, and emotional health, with obese children more likely to be bullied, suffer depression and lower self-esteem, and be obese as adults. Furthermore, children living in poverty can't access many healthy lifestyle opportunities, with families struggling just to meet basic necessities. The 2016 Colorado Health Report Card reports that Hispanic children, "who are more likely to live in household struggling to make ends meet," have higher rates of obesity in Colorado than white children (15.5% to 8.7%, respectively.) In the 2015-16 Lake County academic school year, 70% of school

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district students identified as Hispanic, with 67% of students qualifying for free & reduced lunch.

Rates of obesity are significantly lower in breastfed infants; therefore, public health initiatives to prevent obesity begin with breastfeeding support. According to the American Academy of Pediatrics (AAP), there is a 15%-30% reduction in adolescent and adult obesity rates if any breastfeeding occurred in infancy compared to no breastfeeding. Furthermore, the duration of breastfeeding is inversely related to the risk of being overweight, with each month of breastfeeding being associated with a 4% risk reduction. Increased breastfeeding rates and duration will lower obesity risk and further reduce cancer risk for both mothers and children.

The CDC recommends that **youth engage in 60 minutes or more of physical activity a day** with moderate to vigorous intensity, and muscle and bone-strengthening activities as part of that regime at least 3 days a week. Additionally, physical activity opportunities should be affordable, fun, and accessible to all economic and ethnic groups. The 2012 Public Health Improvement Plan (PHIP) proposed a goal of increasing the percentage of Lake County middle and high school youth that engage in daily physical activity from 14% in 2012 to 16.8% by 2016. **Table 5** shows daily physical activity for 8th, 10th, and 12th grade Lake County students across three years of survey testing. While student-reported daily activity levels decreased across all grades in 2015 from previous years, a fifth to a quarter of the students responding get the PHIP-projected daily physical activity levels. And while the goal was “met” and even exceeded for the younger grade, programming efforts across the county should continue to expand and promote youth physical activities and opportunities.

Table 5. Percentage of Lake County students physically active for a total of at least 60 minutes per day on 7 days a week (HKCS)

	8th	10th	12th
2012	28.0%	30.0%	15.0%
2014	32.8%	27.1%	20.4%
2015	26.6%	17.0%	19.2%

The Surgeon General states that **“tobacco use** is the largest preventable cause of death and disease in the United States.” Since a landmark report in 1964 detailing high tobacco use rates and associated health hazards, over five decades of tobacco control measures have more than halved smoking rates. However, approximately 480,000 Americans still die every year from tobacco-related illnesses. Additionally, non-smokers suffer asthma attacks and respiratory infections from second-hand smoke exposure, and smokeless tobacco users experience a number of oral diseases, including tooth loss.

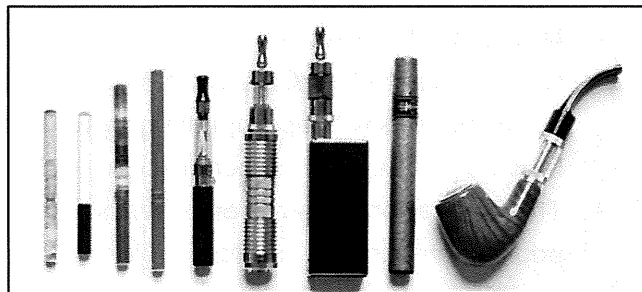
County Health Rankings report adult smoking rates in Lake County at 16%, equivalent to state rates. Thirty-day cigarette use for Lake County 9th-12th graders averaged 13.7% and 15.6% in 2014 and 2015, respectively. It is important to note, however, that smoking rates increase as youth get older, **with over 26% of 12th graders reporting 30-day use**, a habit that could well continue into adulthood. Starting in 2015, the Healthy Kids Colorado Survey asked questions about “electronic vapor product” use, identifying those products as e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. Given the novelty of the many kinds of delivery systems, the appeal of flavoring compounds, and the general lack of knowledge around what is both in the inhaled vapor and exhaled aerosol, local health care experts should monitor vapor product usage in Lake County for both youth and adults in the future.

One of the top three needs prioritized in the 2016 St. Vincent Community Health Needs Assessment (CHNA) was **chronic disease care and prevention**. Issues of concern for this service area (Lake County) included obesity and diabetes rates, levels of physical activity for both adults and youth, smoking and alcohol consumption rates, and access to healthy, affordable foods. Through leveraged community partnerships, including with Lake County Public Health, St. Vincent Hospital will work to effect changes in levels of chronic disease through the following goals:

1. Build community capacity to improve chronic conditions through increased access to specialty care providers and care management programs.
2. Improve screening and referral processes for risk factors for chronic conditions to engage patients in healthy behaviors.
3. Serve as a health care partner resource to community efforts that address the social determinants of health, such as leadership, community environment to promote activity, and increased local food access.

What are we already doing

- **Rocky Mountain Family Practice** screens every patient for alcohol and tobacco use and is now participating in the Merit-based Incentive Payment System (MIPS) system that will be able to track client substance use. If clients exhibit elevated Body Mass Index (BMI) values, staff discusses the amount and kind of exercise that is needed at wellness exams.
- St. Vincent Hospital is hosting weekly **Diabetes Prevention Classes** that will start in January 2018 with the goal to help participants lose 7% of their body



Types of different vaping or “ENDS” devices
(Electronic Nicotine Delivery Systems)

weight in one year and exercise 150 minutes per week.

- **Lake County Public Health Agency** is working with surrounding counties to create a Breastfeeding Friendly Community Environment Project and formalize a Breastfeeding Coalition. LCPHA has a Certified Lactation Counselor (CLC) who has provided comfort stations at major events in Lake County to encourage breastfeeding (e.g., Boom Days). The CLC is available for nursing mothers for consultations.
- The **Fruit & Veggie Prescription Program** that teaches participants health and nutrition education and how to prepare and cook fresh produce recipes has completed its second successful program session (run by Lake County Public Health and supported by Lake County Build a Generation).
- **Lake County Build a Generation facilitates coalitions** working on youth substance use and abuse prevention; tobacco cessation strategies for all Lake County residents; and increasing both active living opportunities and places and healthy eating options across Lake County.
- The **School Based Health Center** provides 24 hours a week of preventive oral health care between the elementary, middle and high school. Dental hygienists visit each school once a week to provide x-rays, exams, cleanings, fluorides and sealants. Restorative care for fillings and other dental work is offered at both the SBHC and an office on Harrison Street.
- The Lake County School District provides both **reproductive health and dental education** to LCSD students. School district Wellness Committees composed of school staff and local stakeholders work on healthy eating and active living activities and policies.
- **Full Circle** provides over 300 Lake County children with outside activities all year long. They are working on social determinants of health to reduce stress in families.
- Lake County Build a Generation is hiring two **“Walking School Bus”** Champions to walk students to and from Eagle’s Nest Apartment Complex to Westpark Elementary and Lake County Intermediate School every Wednesday for the Nov 2017-May 2018 academic school year. This effort is to encourage more children to safely walk to and from school and promote physical activity.
- The [Get Outdoors Leadville! \(GOL!\)](#) Program offers comprehensive year-round school and out-of-school programs and activities to connect Lake County students and families to the outdoors. In order to enhance youth’s ability to participate in different sports and activities, GOL! is establishing such supports as a “Gear Library” that will outfit students with appropriate gear for fieldwork, dual enrollment classes at Colorado Mountain College and other in-school and out-of-school outdoor activities.
- **The Recreation Department** offers scholarships for recreational classes and pool/winter-summer sports.

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Where do we need to go

- Build community capacity to improve chronic conditions through increased access to specialty care providers and care management programs.
- Improve screening and referral processes for health risk factors for chronic conditions like heart and lung disease, asthma and diabetes to engage patients in healthy behaviors.
- Encourage all local providers to serve as a health care partner resource for community efforts that address "Social Determinants of Health."
- Increase access to medical and mental health screenings, vaccinations and preventive care programs.
- Provide community classes and support groups for healthy eating, active living and tobacco cessation.
- Re-engage stakeholders around the interest and capacity for establishing Complete Streets Policies, which create streets that are designed and operated to enable safe access for all users.
- "Activate" both the West Park Elementary and Lake County Intermediate School playgrounds through effective marketing campaigns and maps so that Lake County residents are fully aware of and utilize the playgrounds as public spaces.
- Create a partnership between the Cloud City Farm and the Fruit & Veggie Prescription program to increase opportunities for class members to participate in food production systems, while learning the skills and confidence to prepare what they grow.
- Encourage more diverse representation and bilingual information in recreational activities offered throughout Lake County.

DATA SOURCES AND LINKS	
1	CDC Chronic Disease Prevention and Health Promotion https://www.cdc.gov/chronicdisease/index.htm
2	CDPHE Chronic Disease Prevention https://www.colorado.gov/pacific/cdphe/categories/services-and-information/health/prevention-and-wellness/chronic-disease-prevention
3	CDC Presentation: <i>The Four Domains of Chronic Disease Prevention</i> https://www.cdc.gov/chronicdisease/pdf/4_domains-052015.pdf
4	CDC Chronic Disease Prevention System https://www.cdc.gov/chronicdisease/about/prevention.htm
5	CDC Presentation: <i>Preventing Chronic Disease: Eliminating the Leading Preventable Causes of Premature Death and Disability in the United States</i> https://www.cdc.gov/chronicdisease/pdf/Preventing-Chronic-Disease-508.pdf
6	CDC Adult Obesity Facts https://www.cdc.gov/obesity/data/adult.html
7	CDC Childhood Obesity Facts https://www.cdc.gov/healthyschools/obesity/facts.htm

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8	2015 NCHS Data Brief: <i>Prevalence of Obesity Among Adults and Youth – United States, 2011-2014</i> https://www.cdc.gov/nchs/data/databriefs/db219.pdf
9	RWJF County Rankings & Roadmaps – Lake County http://www.countyhealthrankings.org/app/colorado/2017/rankings/lake/county/outcomes/1/snapshot
10	The State of Obesity Website https://stateofobesity.org/adult-obesity/
11	CDPHE Colorado Health Indicators: Health Behaviors and Conditions (select “Lake”) https://www.colorado.gov/pacific/cdphe/colorado-health-indicators
12	CDC Adult Obesity Causes & Consequences https://www.cdc.gov/obesity/adult/causes.html
13	2016 CHF Colorado Health Report Card http://www.coloradohealth.org/sites/default/files/documents/2016-12/2016%20COHRC%20FINAL.pdf
14	Colorado School District Data Dashboard http://www2.cde.state.co.us/schoolview/dish/dashboard.asp
15	CDC Youth Physical Activity Guidelines Toolkit https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm
16	American Academy of Pediatrics Breastfeeding Guidelines https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/aap-reaffirms-breastfeeding-guidelines.aspx
17	RWJF County Rankings & Roadmaps – Adult Obesity Rates Map Across Counties http://www.countyhealthrankings.org/app/colorado/2017/measure/factors/11/map
18	BioMed Central: <i>The Association Between Breastfeeding and Childhood Obesity: A Meta-analysis</i> https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-14-1267
19	The Chaffee County Breastfeeding Coalition http://www.chaffeecounty.org/Public-Health-Breast-Feeding
20	USDHS Report: <i>The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General</i> https://www.surgeongeneral.gov/library/reports/50-years-of-progress/full-report.pdf
21	ODPHP Healthy People 2020: Tobacco Use https://www.healthypeople.gov/2020/topics-objectives/topic/tobacco-use#4
22	CDC Social Determinants of Health: Know What Affects Health https://www.cdc.gov/socialdeterminants/

AGING WELL

The “Baby Boomer” generation, born between 1946-1964, first reached 65 years of age in 2010 and is projected to significantly impact the labor force, economic development, housing, transportation, and health services in their communities. By 2030, Colorado’s 65 and over population is estimated to grow to 1.2 million residents. About 11.8% of Lake County’s current population is 65 years and over, compared to 13.4% for the state: considered as part of the Rural Resort Region (which includes the City of Leadville), “this population’s numbers is projected to **quadruple** between 2010 and 2035.”

“Aging well” requires meeting the physical, nutritional, mental, social and emotional needs of aging adults and spans issues across affordable health insurance and housing, cognitive health, caregiving, exercise and physical activity, healthy eating, and end of life care. The increasing movement to create the systems and supports allowing residents to “age in place” has been identified as a top priority across several Colorado communities (e.g., Eagle County, Chaffee County, Dolores County). In 2016, the Board of County Commissioners directed Lake County Public Health and Lake County Build a Generation to move forward with developing a **Lake County Senior Master Plan** that would: 1. determine the needs for Lake County seniors; 2. determine best practices across the state; and 3. provide recommendations for top priorities.

Extensive review of federal, state, regional and local data, Senior Community Connector interviews, and community interviews for “best practices” across the state helped identify eight key issues that affect quality of life for seniors in Lake County:

1. Access to Health Care
2. Home Care Services
3. Transportation
4. Support for Caregivers
5. Community Engagement
6. Housing
7. Preventative Care
8. Information and Education

In November 2017, Lake County Build a Generation and Lake County Public Health presented final recommendations from the Senior Master Plan to the Board of County Commissioners and will move forward to hire an *Aging Well Coordinator* housed under the LCPHA for the

Senior Master Plan: Aging Well in Lake County

- ✓ Being surrounded by people you love
- ✓ Being able to stay in a community where you belong
- ✓ Having opportunities to make meaningful contributions
- ✓ Having optimal physical, mental, and cognitive health
- ✓ Being free of injury or chronic conditions

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beginning of 2018. This position will be responsible for coordinating, growing and improving senior services in Lake County.

For a complete review of the assessment, best practices, and gaps and opportunities associated with each senior indicator, visit the **Lake County Senior Master Plan** (contact healthdeptadmin@co.lake.co.us, 719-486-2413 for a copy).

DATA SOURCES AND LINKS	
	CDHS 2015 Report: <i>Colorado Aging Framework: A Guide for Policymakers, Providers, and Others for Aging Well in Colorado</i> , https://www.colorado.gov/pacific/sites/default/files/Colorado%20Aging%20Framework%20FINAL%20-%20July%202015.pdf
	Colorado DOLA: State Demography Office, https://demography.dola.colorado.gov/
	U.S. Census QuickFacts – Lake County, CO https://www.census.gov/quickfacts/fact/table/lakecountycolorado/PST045216
	NWCCOG 2011 Report: <i>Northwest Colorado Council of Governments Rural Resort Region: Gap Analysis of Services for an Aging Population</i> http://nwccog.org/wp-content/uploads/2015/03/RRR_SeniorsGapAnalysis_Jan2011.pdf
	NIH National Institute on Aging: Health Information https://www.nia.nih.gov/health
	Eagle County Public Health: Healthy Aging Program Overview http://www.eaglecounty.us/PublicHealth/Healthy_Aging/Overview/
	Sage Generation (Salida, CO) http://www.sagegeneration.org/home.html
	Dolores County Senior Service Programs http://www.dolorescounty.org/wp-content/themes/dolores-county/pdf/departments-and-contacts/senior-services/Dolores%20County%20Senior%20Services%20Page.pdf

2017 Public Health Improvement Plan						
Vision: To empower our Lake County community in making healthy choices where we live, learn, work and play Mission: Promoting healthy choices, preventing disease, and protecting our community through ongoing assessment, education and resource sharing while engaging in a holistic approach						
Health Indicator: <i>Access to Health Care</i>						
Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #1: Create an Access to Care Workgroup to identify resources and prioritize interventions to address barriers to health care in Lake County.	The 2016 St. Vincent CHNA, 2017 PHIP, and 2017 Senior Master Plan have identified "Access to Care" as one of the top three priorities for Lake County residents. The most prevalent barriers to accessing care have been identified as affordable insurance, transportation to provider services, increased awareness of care resources, bilingual signage/materials/translator support, and access to more specialty care.	Recruit and convene an "Access to Care" Workgroup that is facilitated by LCBAG, and co-chaired by representatives from LCPHA and St. Vincent Hospital. Members will be responsible for identifying 1-3 top priority access to care issues and guiding workgroup through a work plan with defined process objectives.	TBD	TBD	Will be determined once priorities decided	Updates starting in 2018

Lake County Public Health Improvement Plan

Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #2: Increase the number of Lake County residents that are insured.	<p>--From 2012 to 2016, the rate of insured Lake County residents went from 82.2% to 88.8% (6.6% increase).</p> <p>--As of Dec 2017, the following concerns exist regarding coverage: the most recent Colorado Insurance enrollment period for 2018 coverage to have coverage start on Jan 1, 2018 only went from Nov 1-Dec 15 and one Health Navigator is available through Chaffee County (by appointment only) to assist residents with enrollment, as well as assistance through FIRC in Summit County; Congress let the funding for the Child Health Plan Plus (CHP+) lapse and those benefits for families not eligible for Medicaid will end by January 31, 2018 if not renewed; and 30% of our population eligible for Medicaid is unenrolled.</p>	<p>1. Continue to work with FIRC and Connect for Health out of Chaffee through Jan 12, 2018 enrollment deadline for the one time each year in which Coloradans applying for private health insurance are allowed to shop for a new plan, without a qualifying Life Change Event.</p> <p>2. The Healthy Community Coordinator at Lake County Public Health will continue to assist with Medicaid applications for families and pregnant women.</p>	TBD	TBD	Increase the rate of insured Lake County residents by 5%.	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #3: Increase awareness of provider and agency care resources in the community (available in both Spanish and English).	--LCPHA, Department of Human Services and the School Based Health Center have all materials available in English and Spanish. --Qualitative data from both the 2016 CHNA and 2017 Senior Master Plan identified a large community need for comprehensive communication and knowledge for provider-agency services, hours and charitable resources.	1. Perform an environmental scan to determine gaps in bilingual materials and resources at Lake County agencies and providers. 2. LCPHA and St. Vincent Hospital will work to identify best practices for developing and distributing a shared communication resource for the public and providers that provides hours, services, charitable resources and any transportation options to services.	TBD	TBD	1. All Lake County government agencies will have literature available in both English and Spanish. 2. There will be a universal resource for Lake County that all agencies distribute and update yearly.	Updates starting in 2018

Lake County Public Health Improvement Plan

Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #4: Increase agency and provider staff language and cultural competency.	<p>--As of the 2016 estimates, 38% of Lake County is Latino/Hispanic, with 70% of the LCSD student body identified as L/H.</p> <p>--35% of the 2015-16 student population was in the English-language learners (ELL) program.</p> <p>--Through the years 2011-15, 26.2% of Lake County households spoke a language other than English at home.</p>	<p>1. St. Vincent's Hospital will continue to seek bilingual staff for new hires and/or provide training and utilize technology for translation as appropriate.</p> <p>2. LCPHA will seek out better ways to ensure bilingual staff are available during business hours.</p> <p>3. Lake County School District is working to educate parents on their newly hired bilingual Family Engagement Specialist, and the ways she can serve the needs of all families in the district.</p>	TBD	TBD	At least 50% of Lake County government departments attend cultural competency trainings.	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #5: Secure a safe, reliable, ADA-accessible transportation option for resident trips to local and out-of-area provider services and appointments.	--UAACOG pays for mileage up to a dollar amount for client travel to doctor's appointments (in 2016, 2 Lake County residents were reimbursed). --The Senior Center provides transportation on Monday and Thursdays by appointment for errands and doctor appointments.	1. LCBAG and LCPHA applied for a grant to obtain one new van to increase the number of days and times available for the Senior Center to transport seniors to local provider services and appointments. 2. Work with Chaffee County Shuttle to get transportation between Lake and Chaffee County for medical and specialists services and errands-shopping. 3. Chaffee County Shuttle will work with the City of Leadville and Lake County to fund a bus that could be housed in Leadville and provide in-town transportation to medical and non-medical services for children and adults of all ages.	TBD	TBD	1. Lake County has a reliable source of transportation in Lake County and surrounding areas. 2. There will be two new vehicles dedicated to Senior Transportation.	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #6: Increase the number of primary and specialty care providers available for Lake County residents.	<p>--We currently have the following health and mental health providers available in Lake County: Solvista Health, Rocky Mountain Family Practice, St. Vincent Hospital, SVH Leadville Medical Clinic, and the School-Based Health Center.</p> <p>--Specialists services like cardiology and orthopedics are usually only available 1-2 times a month and time slots are filled quickly.</p>	<p>1. If a consistent Lake--Chaffee transportation system is established, Lake and Chaffee County stakeholders will work to ensure the availability of "appointment spots" for Lake County residents with specialists at HRRMC (nothing early morning to accommodate patient and transport driver).</p>	TBD	TBD	<p>1. Heart of the Rockies will consistently have two or more spaces available for Lake County clients to see specialists.</p> <p>2. St. Vincent Hospital and Rocky Mountain Family Practice will bring at least 2 specialty providers a month to Lake County.</p>	Updates starting in 2018

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Health Indicator: <i>Behavioral Health -- Mental Health and Substance Use</i>						
Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #1: Decrease youth and adult use and abuse of alcohol, marijuana and other drugs.	<p>--In 2015, Lake County High School students were more likely to binge drink than their peers statewide (25.6% vs. 16.6%). They were also about twice as likely to drive after drinking or get in the car with a drunk driver as their statewide peers.</p> <p>--About half the students at LCHS have tried marijuana, compared to 38% statewide.</p> <p>--50% of driving deaths in Lake County involve alcohol, compared to 38% at the state level.</p>	<p>The LCBAG Alcohol, Tobacco and Other Drug (ATOD) Coalition will continue their OBH-CTC work identifying the best evidence-based interventions to address the prioritized risk and protective factors for Lake County youth. (RF: Favorable parental and peer attitudes towards the problem behavior; PF: Involvement in prosocial activities).</p>	TBD	TBD	<p>For youth:</p> <ol style="list-style-type: none"> 1. Increase the perception of risk of harm for using marijuana by 5% (2015--46.5% mod/great risk); 2. Increase the percentage of LCHS students who talked with their parents about the dangers of substance use in last 12mo by 5% (2015--49.5%); 3. Decrease the percentage of students who had 5+ drinks in a row within couple of hours in past month by 5% (2015--25.6%). 	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #2: Increase mental health resources and supports in Lake County.	<p>--In 2015, almost 50% of LCHS students reported that their mental health was "not good" one or more days during the past 30d.</p> <p>--11% of students had attempted suicide one or more times in the last year.</p> <p>--50-75% of clients that seek help as victims of violence and abuse at a Lake County agency suffer from some form of mental illness ranging from depression to schizophrenia.</p>	<p>1. Increase the availability of mobile mental health crisis units in the region.</p> <p>2. LCPHA will facilitate Mental Health First Aid classes for the community.</p>	TBD	TBD	<p>1. Increase the number of trained community members in Mental Health First aid for both adults and youth by providing at least two classes a year- one in English and one in Spanish.</p> <p>2. Once trained, ensure that people, as well as providers, understand the referral system in place when mental health issues are identified.</p>	Updates starting in 2018

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Health Indicator: <i>Chronic Disease Prevention</i>						
Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #1: Decrease the number of youth and adults that use tobacco and tobacco-related products.	<p>--Adult smoking rates in Lake County are at ~16%, equivalent to state rates.</p> <p>--In 2015, LCHS students' past 30-day tobacco use was about twice the state average (15.6% vs. 8.6%), with smoking rates increasing as youth get older (26% of 12th graders reported smoking in the last 30 days).</p> <p>--Lake County youth as early as in 7th and 8th grade reported trying a vaping product at least once in their lifetime (8.5% and 39.9%, respectively). Across 9-12th grades, lifetime vapor product use was 54.9%, and 23.0% claimed use of some product in the last 30 days.</p>	<p>Tobacco work through LCBAG will continue to focus on Systems Change and Tobacco-free School priorities:</p> <p>1. Systems Change: work with Lake County providers to ensure tobacco screening and follow-up at every client visit.</p> <p>2. Tobacco-free Schools:</p> <p>a. Work to ensure the Second Chance interactive tutorial is consistently administered upon any student tobacco violation at LCHS and LCIS.</p> <p>b. Coordinate a training for school district staff, students and local law enforcement on the facts, issues and consequences of "vaping" for youth.</p>	TBD	TBD	<p>1. Decrease the percentage of LCHS students who smoked a cigarette in the last 30d by 3% (2015--15.6%).</p> <p>2. Increase education and awareness of vaping products and health effects for school district staff and teachers, students and local law enforcement.</p>	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #2: Increase access to healthy food options.	<p>--In 2015, 27% of LCHS students drank soda 1 or more times per day, compared with a state average of 17.1%.</p> <p>--In 2015, 40.6% of LCIS 7th and 8th-grade students ate a vegetable one or more times per day (state: 48.4%) and 40.1% ate fruit one or more times per day (state: 51.8%).</p> <p>--In the 2016 RWJ County Health Rankings index, Lake County has a food environment index* of 5.5, compared to a state average of 8.3 (0 being worst, 10 being best).</p> <p>*The Food Environment Index ranges from 0 (worst) to 10 (best) and equally weights two indicators of the food environment: limited access to health food and food insecurity</p>	<p>1. Coordinate a third session of the Fruit & Veggie Prescription Program that provides families with education and skills-building for preparing fresh, healthy meals.</p> <p>2. Continue to support the Cloud City Farm's first season growing and providing food to the community in their new greenhouse structure.</p> <p>3. Create and administer a Community Survey to determine "Barriers to SNAP Enrollment for Lake County residents."</p>	TBD	TBD	Double the number of F&V Prescription program participants who attend all classes of the Spring or Summer 2018 session.	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP#3: Decrease obesity rates for Lake County adults and children.	<p>--The percentage of Lake County adults who are overweight or obese went from 70.6% in 2012 to 61.7% by 2015.</p> <p>--Using self-reported height and weight values to estimate BMI values in the 2015 HKCS, 27% of 9-12th graders were estimated to be overweight or obese, with 39.6% professing that they were trying to lose weight.</p> <p>--According to the American Academy of Pediatrics (AAP), there is a 15%-30% reduction in adolescent and adult obesity rates if any breastfeeding occurred in infancy compared to no breastfeeding.</p>	<p>1. LCPHA will be part of multi-county Breastfeeding Friendly Environment (BFE) project that will work closely with local public health departments and WIC clinics to increase breastfeeding support for new mothers.</p> <p>2. The Weigh and Win Kiosk located at the LCPHA-DHS offices will continue to offer support and incentives for Lake County residents trying to lose weight.</p>	TBD	TBD	<p>1. Decrease obesity rates for adults by 5%.</p> <p>2. Increase participation in both the Diabetes Prevention Program (DPP) and the Fruit & Veggie Prescription program.</p>	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #4: Increase the number and type of physical activity opportunities for Lake County residents.	<p>--In 2015, 31% of 7th & 8th grade students in Lake County reported getting at least 60 minutes of physical activity daily, compared to a state average of 36.1 %.</p> <p>--At the high school, 20.9% of students reported getting at least 60 minutes of daily physical activity, compared to a state average of 27.8%.</p> <p>(HKCS)</p> <p>--17.1% of Lake County adults are physically inactive, compared to 15.7% across Colorado. (Colorado Behavioral Risk Factor Surveillance System)</p>	<p>1. Continue to support Get Outdoors Leadville's work to develop programs, places, and pathways to connect youth to the outdoors.</p> <p>2. LCBAG will continue to convene a Complete Streets Coalition to develop recommendations and an action plan for implementing CS policies.</p> <p>3. The LCBAG Active Living Coalition will continue to coordinate a walking school bus for WPE and LCIS students, and youth events such as Bike/Walk to School Days, Mechanics' Day, Bike Rodeo and Take A Kid Mountain Biking Day.</p>	TBD	TBD	<p>1. By 2020, we will be able to report out 3 years of GOL! activities and programs to demonstrate a significant increase in hours of physical activity for youth in Lake County.</p> <p>2. Demonstrate that at least one Complete Streets policy, practice or infrastructure update has been implemented.</p>	Updates starting in 2018

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Strategic Priorities	Current Reality	2018 Activities	2019 Activities	2020 Activities	2020 Target	Outcome or Process Updates
SP #5: Increase the type of Preventive Screenings (e.g., breast, cervix, colon cancer) and Vaccinations (e.g., flu, shingles) available for Lake County residents.	--St. Vincent's Hospital currently offers digital mammography and DEXA Bone Density scans. --Leadville Medical Clinic provides flu shots and standard child vaccinations. --The School Based Health Center and Early Childhood program has preventive dental scans and services.	1. To improve screening and referral processes for risk factors for substance and mental health issues, LCPHA will use Electronic Health Records (EHR) to mark all available screenings related to alcohol and mental health for every client check-in. 2. St. Vincent Hospital will continue efforts to increase services for preventive screening "scopes" (e.g., colonoscopy for colon cancer screening) and visiting specialists.	TBD	TBD	1. LCPHA will utilize an Electronic Health Record system to provide screenings like depression, substance abuse, etc. and increase referrals as appropriate. 2. LCPHA will successfully integrate services with RMFP to increase cervical cancer screenings, blood lead screenings and immunizations rates, which results in an additional 100 clients/year receiving screenings. 3. St. Vincent hospital will begin to offer colonoscopy screenings at least once per month.	Updates starting in 2018
Health Indicator: <i>Healthy Aging</i> -- SEE SENIOR MASTER PLAN						

Next Steps

This document is a living plan. Every six months, Lake County Build a Generation will outreach to partners and collect updates for activities and outcomes under each strategic priority and update the plan accordingly. Lead contacts at St. Vincent Hospital, Lake County Public Health and Lake County Build a Generation will then meet and review progress for implementation and evaluation goals.

These three agencies will communicate progress with other stakeholders through an annual email and agency newsletters. Every two years, they will bring all partners together to review updates, evaluate progress, and solicit input for targets that may need to be updated or changed based on current capacity and progress.

Together, Lake County Public Health Agency, St. Vincent General Hospital, Lake County Build a Generation and their community partners are working towards the ultimate outcome of ensuring that Lake County is a healthy place to be born, grow up, have a family, and grow old.

