Larimer County Community Health Assessment and Community Health Improvement Plan

Community Leader Input Meeting One

February 13, 2013

HAPPI* Leadership Team

(*Health Assessment and Planning Partnership Initiative)

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- Deborah Campbell, United Way/COMPASS
- Bruce Cooper, Health District of Northern Colorado
- Sue Hewitt, Health District of Northern Colorado
- Adrienne LeBailly, Larimer County Health & Environment
- Leslie Martin/Traci Oddy, McKee Medical Center
- Carol Plock, Health District of Northern Colorado
- Mark Richards, Larimer County Board of Health
- Lorann Stallones, Colorado State University
- Avie Strand, Larimer County Health & Environment
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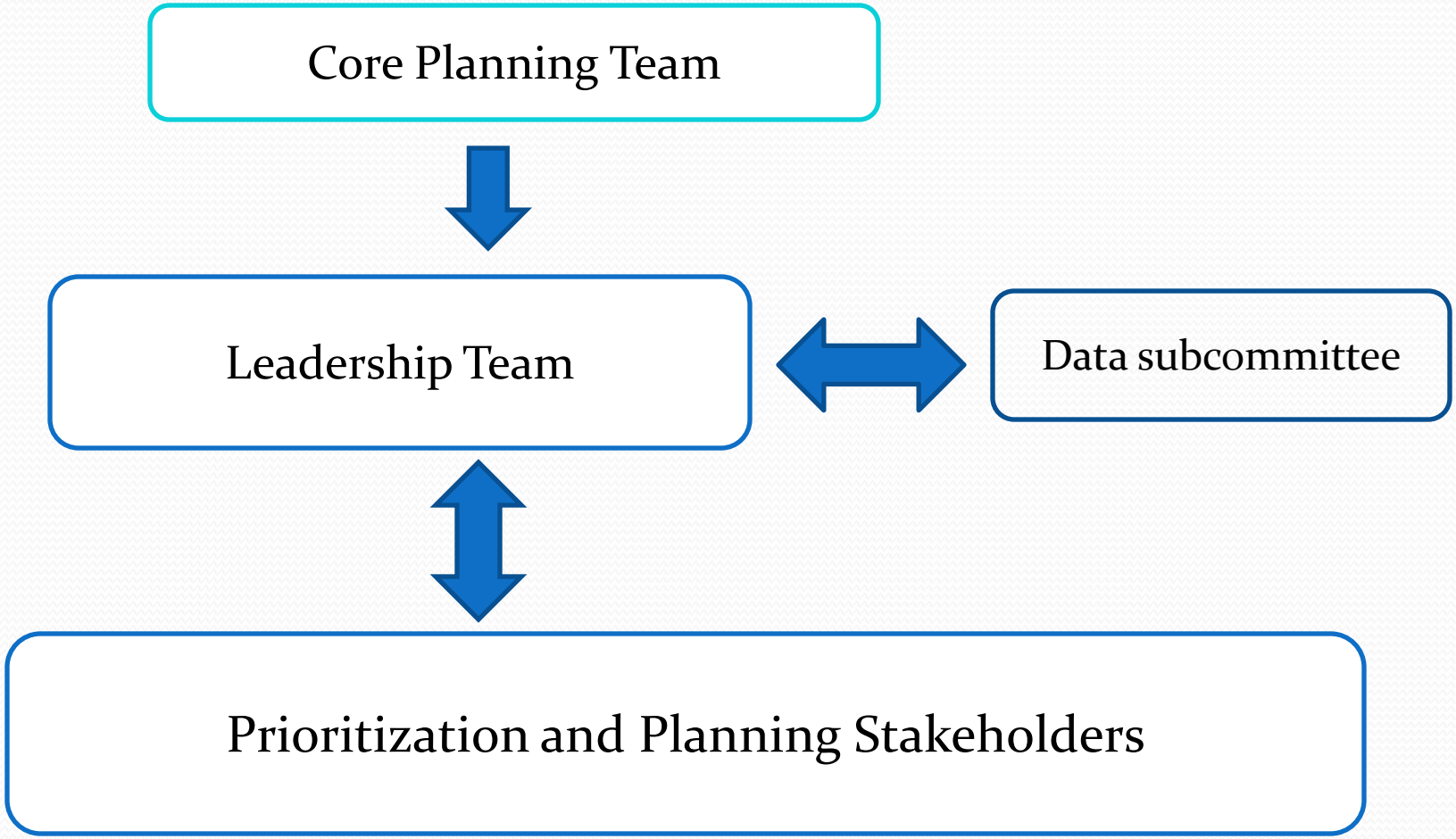
Project Manager: Christy Bush, Larimer County Health & Env.

Project Background: Where We've Been

HAPPI Organization Chart



Community Health Assessment

- Review of existing assessments
- Data collection/compilation
- Assess community capacity

Review of Existing Assessments

- Read and systematically reviewed three recently completed local assessments:
  - 2010 Community Health Survey, Health District of Northern Larimer County (unpublished summary report)
  - United Way of Larimer County: Community Impact Plan (2011)
  - United Way of Larimer County and Larimer County Human Services: 2012 Community Indicators Report (supplement to COMPASS)

Review of Existing Assessments

Purpose of review:

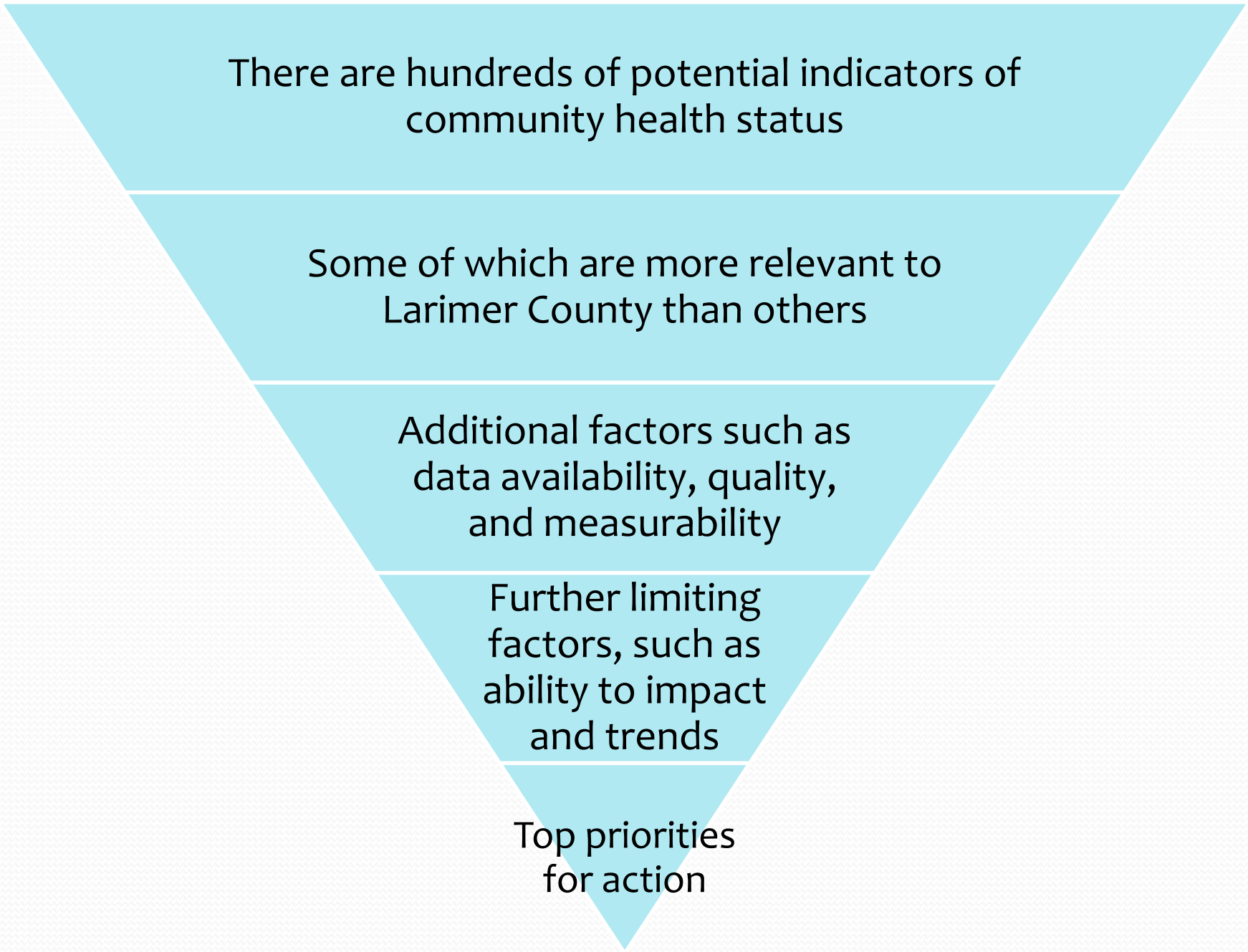
- Has a county-wide health assessment been done recently that would meet the needs of this effort?
- What can we learn from other recent assessments?

Review of Existing Assessments

- Conclusions:
  - Existing assessments offered information about our community that would help us understand some strengths and challenges
  - A *comprehensive*, *county-wide* community *health* assessment had not been completed in the recent past

Data Collection

- Use data that had already been collected (secondary data)
- Identify data gaps that might be addressed in future
- Avoid duplicating existing efforts
- Provide a useful resource for the entire community
- Help fulfill other mandates or requirements


There are hundreds of potential indicators of community health status
Some of which are more relevant to Larimer County than others
Additional factors such as data availability, quality, and measurability
Further limiting factors, such as ability to impact and trends
Top priorities for action

Data collection - Data sources

- Some of the sources we used:
  - American Community Survey (U.S. Census Bureau)
  - Behavioral Risk Factor Surveillance System (BRFSS)
  - U.S. Census data
  - Colorado Cancer Registry (CCR)
  - Colorado Department of Education (DOE)
  - Colorado Health and Hospital Association (hospital discharge data)
  - Colorado State Demography Office (population forecast)
  - Communicable Disease Data (CDPHE – prepared reports or CHD website)
  - Community Health Survey (Health District of Northern Larimer County)
  - Environmental Protection Agency (EPA)
  - Injury Hospitalizations (CHHA data, maintained by CDPHE)
  - Labor Statistics (U.S. Department of Labor)
  - Pregnancy Risk Assessment Monitoring System (PRAMS)
  - Vital Records (CDPHE)

National Prevention Strategy as framework

Defining “Strategic Direction”

A broad-based set of strategies that, if implemented in our community, have the potential to impact numerous health issues.

Applying NPS framework to Larimer County

Nine Issue Areas:

- Active Living
- Healthy Eating
- Healthy Sexuality and Reproduction
- Injury and Violence Free Living
- Mental and Emotional Well-being
- Preventing Drug Abuse and Excessive Alcohol Use
- **Protecting Environmental Quality** (not NPS)
- **Reducing Infectious Diseases** (not NPS)
- Tobacco Free Living

Applying NPS framework to Larimer County

Six Strategic Directions:

- Promoting a Healthy Social Environment
- Promoting a Healthy Built Environment
- Strengthening Prevention Efforts
- Improving Access to Care
- Raising Healthy Children
- Promoting Healthy Aging

Capacity Assessment

- Web-based survey to partner organizations in January, 2013
- Sent survey link to 82 programs/organizations, received 37 responses
- Asked about overall interest, then interest and capacity to implement some evidence-informed strategies (and whether they were currently doing)
- Survey did not:
  - Collect information about organization characteristics
  - Ask detailed capacity questions (technical , financial, staffing, etc)

Capacity Assessment

Issue Area/Strategic Direction	Overall Interest
Healthy Eating	89%
Mental and Emotional Well-Being	84%
Strengthening Prevention Efforts	83%
Injury and Violence Free Living	82%
Active Living	81%
Promoting a Healthy Social Environment	81%
Raising Healthy Children	77%
Improving Access to Care	73%
Preventing Drug Abuse and Excessive Alcohol Use	72%
Promoting Healthy Aging	69%
Tobacco Free Living	68%
Reducing Infectious Diseases	66%
Protecting Environmental Quality	63%
Promoting a Healthy Built Environment	63%
Healthy Sexuality and Reproduction	56%

Capacity Assessment

- Interpret with caution!
- Provides some insight about survey respondents interest, and capacity to implement evidence-informed strategies
  - Frequently, interest was “high” but capacity was “low”
- Expect to conduct more detailed assessment of capacity for selected priorities

Project Next Steps: Where we are going

How priorities will be used

- Focus of a community health improvement plan
- Joint efforts of local organizations to address priorities
- Task forces will be formed to develop health improvement plans for each priority
- Implementation over next 3-5 years

Timeline

- Early March: Leadership Team meets to review input from all sources and confirm final priorities
- March: Task force recruitment
- April – June: Task forces meet
- Summer: Action plan prepared and submitted
- Implementation

Implementation

- Not well defined yet
- Timelines/needs for different entities need to be examined
- Ongoing effort that will be continually revisited and revised
- Have begun exploring potential for a publicly-available website to keep track of progress

Issues not selected as “priorities”

- Efforts towards issues not selected for priority focus will continue!
- Does not mean these issues are less important, just that our community has decided to jointly focus on a few number of issues that we can make a greater impact
- We hope to find a way to incorporate issues that don’t end up as top priorities in tracking website

Community Health Assessment Data

Data in this presentation

- All data was the most current at the time the assessment was completed in 2012
- There are many more indicators in the assessment than could be presented here – we made an attempt to select indicators that could be placed into state and national context
- Where we could, we referred to sources that had already analyzed and interpreted data

Issue Areas

Issue Area

Active Living - Significance

To promote physical activity to recommended levels for all age groups.

Health benefits:

- Aids in maintenance of healthy weight
- Provides mental health benefits
- Lowers risk of early death, heart disease, stroke, Type II Diabetes

Issue Area

Active Living – Measures

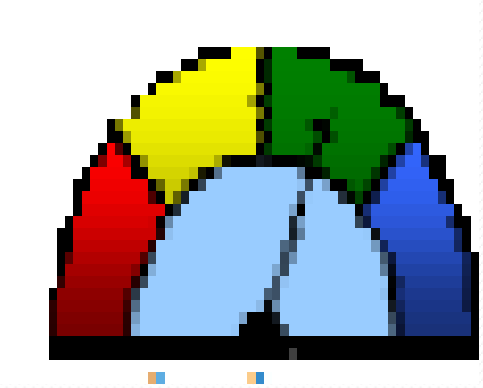
Indicator – meeting physical activity guidelines:

In 2010, 63% of Larimer County adults surveyed reported meeting or exceeding the 2008 Physical Activity Guidelines.

National Goal:

HP 2020 Target: 47.9%

(Met/Exceeded)



Issue Area

Active Living – Measures

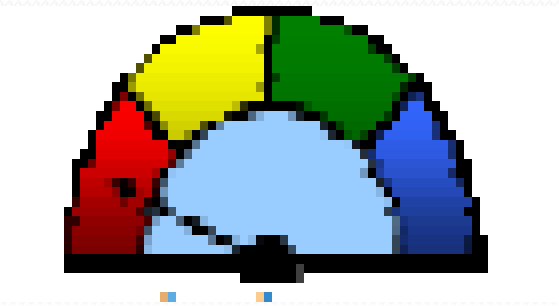
Indicator – active transportation to work or school:

During 2006-10, 7.1% of workers in Larimer County commuted to work by biking, walking or public transportation, compared with 7.3% statewide.

National Goal:

HP 2020 Target: 20.0%

(Not Met)



Issue Area

Active Living – Measures

Trends/Disparities:

- Overall, physical activity rates increasing
- More males than females
- Declines with age

Data gaps:

- Reliable physical activity rates for children and adolescents are unavailable at the county level.
- Differences by race/ethnicity not available.

Issue Area

Active Living – Interest and Capacity

Evidence Informed Strategy	Interest (n=27)	Capacity (n=27)	Currently Doing
Social support interventions to improve levels of physical activity	High	Medium	18% (5)
Multi-component obesity prevention interventions in school and work settings	High	Low	7% (2)
Enhance access to and uses of places for physical activity	High	Low	15% (4)
Promote active transportation to school and work	High	Low	15% (4)
Reduce time kids and/or adults spend watching "screens" (i.e., TV, video games, internet, etc.)	High	Low	15% (4)

Issue Area

Active Living – Interest and Capacity

Overall interest: 81% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Low

Issue Area

Healthy Eating- Significance

To promote nutritious and safe food consumption.

Health benefits:

- Prevents or reduces malnutrition/obesity
- Reduces risk for developing heart disease, high blood pressure, diabetes, some cancers

Issue Area

Healthy Eating – Measures

Indicator - Weight Status:

- In 2010, 32% of Larimer County adults surveyed were overweight and 15% obese, compared with 36% overweight and 20% obese statewide
- 23% and 26% of a convenience sample of high-school and middle-school students, respectively, were either overweight or obese

National Goal:

HP 2020 Targets:

Adults – obesity: 30.6% (Met/Exceeded)

Children/adolescents – obesity: 14.6% (Not comparable)

Issue Area

Healthy Eating – Measures

Indicator - Dietary patterns:

In 2010, 38% of Larimer County adults surveyed consumed the recommended daily servings of fruits and vegetables.

National Goal:

HP 2020 Target: No comparable target with locally available data

Issue Area

Healthy Eating – Measures

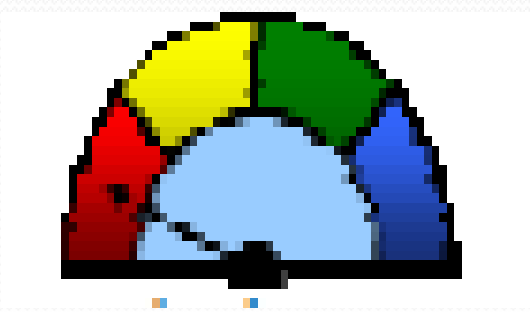
Indicator - Food insecurity and hunger:

In 2010, 14% of Larimer County households experienced food insecurity, compared with 15.5% statewide.

National Goal:

HP 2020 Target: 6.0%

(Unmet)



Issue Area

Healthy Eating – Measures

Indicator -Food safety:

Rate of cases of illness from bacteria commonly transmitted through food (2008-2010):

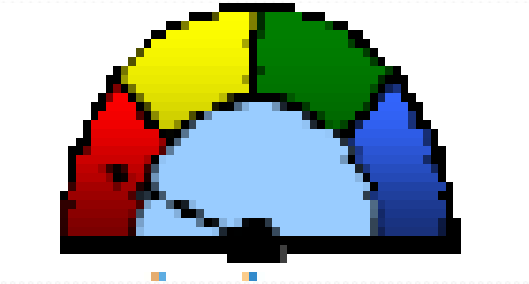
- *Campylobacter:* 28.3/100,000 in Larimer County, 15.5/100,000 in CO
- *E. coli:* 4.6/100,000 in Larimer County, 3.9 in CO

National Goal:

HP 2020 Targets:

Campylobacter: 8.5/100,000 (Not met)

E. coli: 0.6/100,000 (Not met)



Issue Area

Healthy Eating – Measures

Trends/Disparities:

- Improved fruit /vegetable consumption (adults)
- Overweight/obesity, which had risen from 1997-2007, dropped slightly in 2010
- Overweight/obesity increases with age, & decreases with education and perceived health status
- More households experiencing food insecurity

Data gap:

Comparable BMI and dietary pattern data are unavailable for an adequate sample of children/ adolescents at the county level.

Issue Area

Healthy Eating – Interest and Capacity

Evidence Informed Strategy	Interest (n=28)	Capacity (n=28)	Currently Doing
Increase availability of fruits and vegetables in community settings	High	Low	11% (3)
Increase access to healthy food options for persons with limited resources	High	Medium	18% (5)
Implement school-based fruit and vegetable gardens	High	Low	7% (2)
Offer multi-component obesity prevention interventions in school and work settings	High	Medium	7% (2)
Increase breastfeeding initiation and duration	Mixed	Low	12% (3)

Issue Area

Healthy Eating – Interest and Capacity

Overall interest: 89% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Low

Issue Area

Healthy Sexuality & Reproduction-Significance

To promote healthy and safe sexual practices and reproductive care.

Health benefits:

- Reduces unintended pregnancy and sexually transmitted infections
- Impacts emotional well-being

Issue Area

Healthy Sexuality & Reproduction – Measures

Indicator – unintended pregnancies

During 2008 – 2010, 32% of pregnancies in Larimer County resulted in live births that were unintended, compared to 37% statewide.

National Goal:

HP 2020 – Target not comparable with locally available data

Issue Area

Healthy Sexuality & Reproduction – Measures

Indicator – teen birth rate:

Teen birth rate in Larimer County: 9.9 per 1,000 females ages 15-17, compared with 14.0 per 1,000 statewide.

National Goal:

HP 2020 - Target not comparable with locally available data

Issue Area

Healthy Sexuality & Reproduction – Measures

Indicator – sexually transmitted infections:

Chlamydia rate in Larimer County: 247.3/100,000 in 2010, compared with 386.7/100,000 statewide.

National Goal:

HP 2020 - Target not comparable with locally available data

Issue Area

Healthy Sexuality and Reproduction – Measures

Trends/Disparities:

- Chlamydia rate remains relatively level since 2006
- Higher teen births among Latinas

Data gaps:

- Adolescent sexual behavior data unavailable at county level

Issue Area

Healthy Sexuality and Reproduction – Interest and Capacity

Evidence Informed Strategy	Interest (n=18)	Capacity (n=18)	Currently Doing
Reduce risky sexual behaviors among adolescents through comprehensive sexual health education	High	High	22% (4)
Increase screening for sexually transmitted diseases	Medium	Low	17% (3)
Provide pregnancy-specific smoking cessation counseling to pregnant women	High	Low	6% (1)
Provide adequate prenatal care to women with limited resources	Mixed	Low	0% (0)

Issue Area

Healthy Sexuality and Reproduction – Interest and Capacity

Overall interest: 56% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Low

Issue Area

Injury and Violence Free Living-Significance

To promote behaviors that reduce injury and violence.

<u>Health benefits</u>:

- Reduces preventable injuries that result in disability and/or death

Issue Area

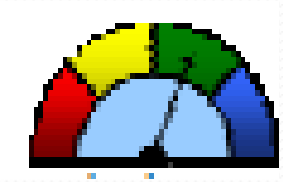
Injury and Violence Free Living – Measures

Indicator - unintentional injuries:

- In 2011, unintentional injuries were the 4th leading cause of death for all ages and the leading cause of YPLL before age 65.
- In 2009-11, Larimer County had 34.4 unintentional deaths per 100,000 compared with 44.7/100,000 statewide .

National Goal:

HP 2020 Target: 36/100,000 unintentional deaths



(Met)

Issue Area

Injury and Violence Free Living – Measures

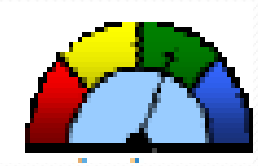
Indicator - unintentional injuries (continued)

- In 2011, the rate of motor-vehicle crash related death was 6.4/100,000 in Larimer County compared with 9.3/100,000 in CO.
- In 2011, the rate of accidental poisonings resulting in death was 15.5/100,000 in Larimer County compared with 13.5/100,000 in CO

National Goal: HP 2020 Targets:

- 12.4 MV crash-related deaths per 100,000

(Met/Exceeded)



- 11.1 accidental poisoning deaths per 100,000

(Not Met)

Issue Area

Injury and Violence Free Living – Measures

Indicator - intentional injuries:

- In 2011, total intentional injury hospitalization rate in Larimer County was 92.3/100,000, compared with 76.5/100,000 statewide.
- The higher rate in Larimer County is mostly attributable to a higher rate of self inflicted injury.

National Goal:

HP 2020 Target: Not available

Issue Area

Injury and Violence Free Living – Measures

Trends/Disparities:

- Significant decrease on motor vehicle deaths
- Significant increase in accidental drug overdose
- Youth/young adults disproportionately impacted by injuries/violence
- Older adult (65+) falls are the #1 trauma hospital admission in Larimer County

Data gap/challenge:

Data from different agencies not uniformly reported

Issue Area

Injury and Violence Free Living – Interest and Capacity

Evidence Informed Strategy	Interest (n=25)	Capacity (n=24)	Currently Doing
Support fall-prevention strategies for community-dwelling older adults	High	Low	4% (1)
Support safe travel; enhanced seatbelt enforcement; safety seat distribution/education	Medium	Low	4% (1)
Ensure sports and recreation safety; e.g. bicycle helmet education/giveaway	Medium	Low	17% (4)
Reduce alcohol-impaired driving; mass media campaigns; breath testing checkpoints	Medium	Low	0% (0)
Implement school-based programs to prevent violence and bullying	High	Low	17% (4)
Prevent neighborhood crime / violence; e.g. Neighborhood Watch	Medium	Low	0% (0)

Issue Area

Injury and Violence Free Living – Interest and Capacity

Overall interest: 82% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = Medium

Capacity = Low

Issue Area

Mental and Emotional Well-Being-Significance

To promote efforts to improve mental and emotional health, and support individuals with mental illness.

Health benefits:

- Improved overall quality of life
- May also reduce health behaviors associated with chronic disease, such as physical inactivity, smoking, excessive alcohol use, and insufficient sleep

Issue Area

Mental and Emotional Well Being – Measures

Indicator – depression / mental illness:

- Percent of Larimer County adults surveyed reporting ever had depression: 20%
- Percent ever had mental health problem or illness other than depression: 5%

National Goal:

HP 2020 Target: Not comparable

Issue Area

Mental and Emotional Well Being – Measures

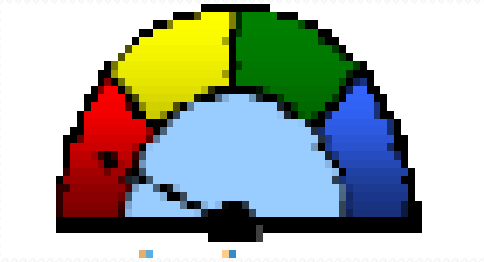
Indicator – suicide:

- Suicide mortality rate (2007-11): 15.0 per 100,000 in LC compared with 17.1 statewide
- Rate of attempted suicide resulting in hospitalization (2009-11): 91.4 per 100,000 in LC compared with 57.6 statewide

National Goal:

HP 2020 Target (Suicide mortality):

10.2 per 100,000 (Not met)



Issue Area

Mental and Emotional Well Being – Measures

Trends/Disparities:

- More people reporting "no days" of poor mental health
- More females than males report poor mental health days
- Suicide rates vary considerably from year-to year, but don't show a specific trend. Larimer County has *never* met national targets over the past two decades

Data gaps:

- Prevalence of severe mental illness
- Differences in mental/emotional well-being by race/ethnicity
- Adolescent data not available

Issue Area

Mental and Emotional Well Being – Interest and Capacity

Evidence Informed Strategy	Interest (n=26)	Capacity (n=25)	Currently Doing
Screening and treatment of older adults for depression	High	Low	4% (1)
Appropriate screening and treatment of adolescents for depression	High	Medium	4% (1)
Develop community-based suicide prevention programs	Medium	Medium	4% (1)
Address social equity issues leading to stress and depression	Medium	Low	4% (1)
Promote social connectedness among individuals, family members and community organizations	Medium	Medium	16% (4)
Caregiver support/respite care services	Medium	Low	12% (3)

Issue Area

Mental and Emotional Well Being – Interest and Capacity

Overall interest: 84% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = Medium

Capacity = Medium/Low

Issue Area

Preventing Drug Abuse and Excessive Alcohol Use- Significance

To promote efforts to prevent initiation and use of drugs, and excessive use of alcohol.

Health benefits: Prevention may lead to:

- A higher quality of life, better academic performance and workplace productivity
- Reduced crime, reduced MV crashes, and lower health care costs for acute and chronic conditions

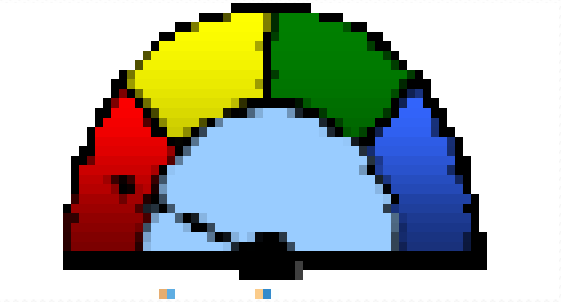
Issue Area

Preventing Drug Abuse and Excessive Alcohol Use – Measures

Indicator – binge drinking:

Percent of adults reporting "binge drinking" in last 30 days:

- 26% in Larimer County (2010 data)
- 16% in Colorado (2009 data)



National Goal:

HP 2020 Target: 24.3% (Unmet)

Issue Area

Preventing Drug Abuse and Excessive Alcohol Use – Measures

Indicator – alcohol / drug dependence:

In 2010, 3.6% of Larimer County adults reported they had ever been told by a health professional that they had alcohol or drug dependence.

National Goal:

HP 2020 Target: Not available

Issue Area

Preventing Drug Abuse and Excessive Alcohol Use – Measures

Trends/Disparities:

- Fewer report driving after drinking
- Increased prescription drug abuse
- Increased deaths from prescription drug overdose
- Substance abuse treatment admission rates are higher for males, whites, and Latinos/Hispanics

Data gaps:

Drug and alcohol use among adolescents; prevalence of drug use among adults.

Issue Area

Preventing Drug Abuse and Excessive Alcohol Use – Interest and Capacity

Evidence Informed Strategy	Interest (n=21)	Capacity (n=21)	Currently Doing
Reduce alcohol or drug-impaired driving; mass media campaigns; breath testing checkpoints	Medium	Low	0% (0)
Support responsible marketing and provision of alcohol; reduce alcohol sales at public events	Mixed	Low	0% (0)
Electronic screening and brief intervention to prevent excessive alcohol consumption	Medium	Low	0% (0)
Vigorous enforcement of underage drinking laws and minimum legal drinking age	High	Low	0% (0)
Communication, decision-making and problem solving skills training to prevent adolescent drug use	High	Medium	5% (1)

Issue Area

Preventing Drug Abuse and Excessive Alcohol Use – Interest and Capacity

Overall interest: 72% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = Medium/High

Capacity = Low

Issue Area

Protecting Environmental Quality-Significance

To promote efforts to ensure air, water and soil quality are preserved.

Health benefits:

- Lower levels of air pollution are associated with better respiratory and cardiovascular health
- Preventing exposure to environmental hazards may reduce health risks including infections, cancer, heart disease, and birth defects.

Issue Area

Protecting Environmental Quality – Measures

Indicator – air quality:

- Three-year average outdoor ozone levels in 2010-12:
  - 2 locations = "in compliance"
    West FC and Rocky Mountain NP = "out of compliance"
- Number of person-days for fine particulate matter concentrations above EPA standard in 2011: 0

National Goal:

HP 2020 Target: Not available

Issue Area

Protecting Environmental Quality – Measures

Indicator – water quality:

Three Larimer County reservoirs (Horsetooth, Carter, and Boyd) have fish consumption advisories for high levels of mercury.

National Goal:

HP 2020 Target: No comparable indicator

Issue Area

Protecting Environmental Quality – Measures

Trends/Disparities:

- Carbon monoxide and small particulates levels have been in compliance with EPA standards since 2003
- Ozone levels are mixed, but out of compliance in 2010-12 for the first time since 2006-08

Data gap/challenge:

- Data interpretation is complex and difficult to assess on county-wide basis

Issue Area

Protecting Environmental Quality – Interest and Capacity

Evidence Informed Strategy	Interest (n=18)	Capacity (n=17)	Currently Doing
Promote strategies to reduce engine emissions	Low	Low	6% (1)
Agricultural programs designed to reduce environmental contamination	Medium	Low	0% (0)
Promote reduced energy use	High	Medium	6% (1)
Promote ozone reduction efforts	Medium	Low	12% (2)
Promote recycling through behavioral interventions	High	High	0% (0)

Issue Area

Protecting Environmental Quality – Interest and Capacity

Overall interest: 63% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = Medium

Capacity = Medium/Low

Issue Area

Reducing Infectious Diseases-Significance

To promote efforts to prevent the spread of communicable illnesses through vaccination and healthy practices.

Health benefits:

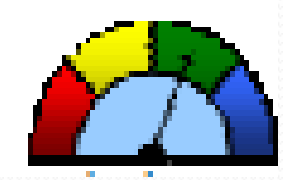
- Prevention may lead to reduced incidence of disease, improved quality of life, and reduced overall health care burden

Issue Area

Reducing Infectious Diseases – Measures

Indicator: Vaccine-preventable diseases

Varicella (Chickenpox) infections in Larimer children under age 18 dropped 74% between 2004-06 and 2010-12. (Currently at 29.3 cases per 100,000 children)



National Goal:

HP 2020 Target: Less than 100,000 child cases in US [or 134 cases per 100,000 children in US] (Met)

Issue Area

Reducing Infectious Diseases – Measures

Indicator: Non-vaccine preventable diseases

The rate of new West Nile Virus cases per 100,000 in 2008-10 was 3x higher in Larimer County than CO (5.7 compared with 1.7).

National Goal:

HP 2020 Target: Not available

Issue Area

Reducing Infectious Diseases – Measures

Trends/Disparities:

- Greater risk of communicable diseases in lower income populations
- Delaying vaccination or electing not to vaccinate is increasingly common

Data gaps:

Vaccination and exemption rates in schools for all schools/districts in county

Issue Area

Reducing Infectious Diseases – Interest and Capacity

Evidence Informed Strategy	Interest (n=18)	Capacity (n=18)	Currently Doing
Strategies to increase recommended vaccination rates	High	Medium	11% (2)
School or childcare center vaccination programs	High	Low	6% (1)
Workplace promotion of seasonal influenza vaccination with on-site, free vaccine	High	Medium	11% (2)
Interventions to reduce risk for sexually transmitted infections and HIV	Medium	Low	22% (4)
Encourage human papillomavirus (HPV) vaccination	High	Low	18% (3)

Issue Area

Reducing Infectious Diseases – Interest and Capacity

Overall interest: 66% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Medium/Low

Issue Area

Tobacco Free Living- Significance

To promote efforts to prevent initiation and use of tobacco.

Health benefits:

- Prevention may lead to improvements in rates of cancer, cardiovascular and chronic pulmonary diseases, osteoporosis, improved birth outcomes, and reduced overall healthcare costs

Issue Area

Tobacco Free Living – Measures

Indicator – tobacco use:

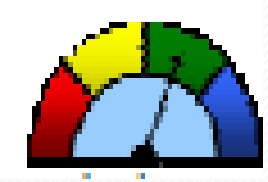
In 2010, 11% of Larimer County adults surveyed smoked cigarettes; 5% used smokeless tobacco.

Statewide, 2009 data shows 17% smoked cigarettes; 2008 data show 5% used smokeless tobacco.

National Goals:

HP 2020 Target:

cigarettes 12% (Met)



smokeless tobacco: .3% (Not met)

Issue Area

Tobacco Free Living – Measures

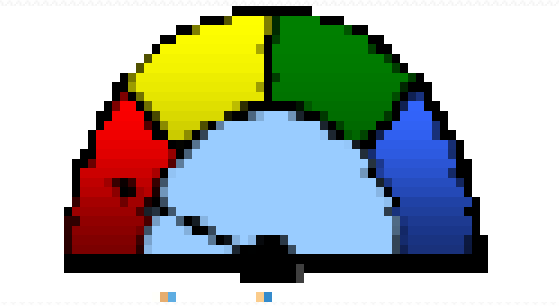
Indicator – smoking during pregnancy:

In 2011, 8.4% of Larimer County mothers giving birth reported smoking during pregnancy, compared to 7.4% for CO.

National Goal:

HP 2020 Target: 1.4%

(Not met)



Issue Area

Tobacco Free Living – Measures

Trends/Disparities:

- Cigarette smoking declining among adults
- Fewer allow smoking inside the home
- Fewer women smoking during last 3 months of pregnancy
- No decrease in use of smokeless tobacco

Data gaps:

- Youth tobacco use
- Youth exposure to secondhand smoke.

Issue Area

Tobacco Free Living – Interest and Capacity

Evidence Informed Strategy	Interest (n=19)	Capacity (n=19)	Currently Doing
Communicate public health messages that counteract tobacco industry marketing	High	High	5% (1)
Mobile phone-based tobacco cessation intervention	Medium	Low	0% (0)
Healthcare provider interventions with tobacco-using clients	High	Low	5% (1)
School-based, youth-friendly programs such as "N-O-T (Not on Tobacco)"	High	Low	0% (0)
Reduce cost of tobacco cessation therapy	Medium	Low	5% (1)
Reduce exposure to secondhand tobacco smoke	Medium	Medium	16% (3)
Reduce tobacco-use initiation	Medium	Low	6% (1)

Issue Area

Tobacco Free Living – Interest and Capacity

Overall interest: 68% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Low

Strategic Directions

Strategic Direction

Promoting a Healthy Social Environment - Significance

To reduce differences in opportunities for good health that are linked to social circumstances.

Health benefits: basic human needs, such as housing and employment are integral to a community's overall health outcomes; a focus on addressing differences in people's health can result in improvements for entire communities

Strategic Direction

Promoting a Healthy Social Environment – Measures

Indicator:

During 2009-11, 14.2% of Larimer County residents had household incomes at or below the federal poverty level, compared with 13.2% statewide.

National Goal:

HP 2020 Target: Not available

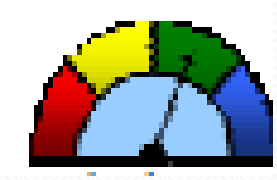
Strategic Direction

Promoting a Healthy Social Environment – Measures

Indicator:

In 2011 the county-wide high school graduation rate overall for all three school districts was 82.9%, compared to state 73.9%.

National Goal:



HP 2020 Target: 82.4%

Strategic Direction

Promoting a Healthy Social Environment – Measures

Trends/Disparities:

- Number of people living in poverty increased during last decade; children disproportionately impacted
- Families with single mothers are much more likely to live in poverty
- High school graduation rates for Hispanic/Latino students lag 10-20% behind overall graduation rates

Data gap: County-level data by race/ethnicity is lacking for most health indicators

Strategic Direction

Promoting a Healthy Social Environment– Interest and Capacity

Evidence Informed Strategy	Interest (n=23)	Capacity (n=22)	Currently Doing
Expand rental assistance programs for families with low incomes	Medium	Low	0% (0)
School dropout prevention programs	High	Medium	0% (0)
School-based programs to reduce violence & bullying	High	Low	5% (1)
Worksite wellness interventions	High	Low	5% (1)
Ensure worksite safety (occupational health and safety policies)	High	Low	14% (3)
Prevent neighborhood crime / violence; e.g. Neighborhood Watch	Low	Low	0% (0)

Strategic Direction

Promoting a Healthy Social Environment– Interest and Capacity

Overall interest: 81% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Low

Strategic Direction

Promoting a Healthy Built Environment - Significance

To promote the consideration of health and social impacts during community planning related to the built environment and land use.

Health benefits: the ways our communities are designed and built have a broad impact on health, including levels of physical activity, nutrition (access to healthy foods), obesity, safety, and mental health

Strategic Direction

Promoting a Healthy Built Environment – Measures

Indicator:

In 2009, 86% of LC residents had sufficient sidewalks or shoulders in their neighborhood to safely walk, run, or bike compared to 84% statewide.

National Goal:

HP 2020 Target: No comparable indicator

Strategic Direction

Promoting a Healthy Built Environment – Measures

Indicator:

In 2009, 72% of Larimer County residents have been to a park, playground, or public open space compared with 69% for the state.

National Goal:

HP 2020 Target: No comparable indicator

Strategic Direction

Promoting a Healthy Built Environment – Measures

Trends/Disparities:

- Some areas of Larimer County may have fewer sidewalks and streetlights and/or may not have healthy food stores nearby

Data gap: Insufficient data to confirm the relationship between our local built environment and health outcomes

Strategic Direction

Promoting a Healthy Built Environment – Interest and Capacity

Evidence Informed Strategy	Interest (n=18)	Capacity (n=18)	Currently Doing
Promote urban design and mixed use development policies	High	Low	0% (0)
Implement Safe Routes to School initiatives	High	Medium	11% (2)
Create opportunities for active living (e.g., bike paths, sidewalks, walking trails, exercise "gyms" in parks)	High	Medium	11% (2)
Improve appearance of physical environment (e.g., rapid graffiti removal, neighborhood clean-up campaign)	High	Low	6% (1)
Improve traffic safety (e.g. traffic calming)	Medium	Low	6% (1)

Promoting a Healthy Built Environment – Interest and Capacity

Overall interest: 63% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Medium/Low

Strategic Direction

Strengthening Prevention Efforts - Significance

To increase the focus on prevention in both clinical care and community-wide initiatives.

Health benefits: research shows that evidence-based prevention efforts in both community-based and clinical settings leads to improved community health outcomes and longer life expectancy

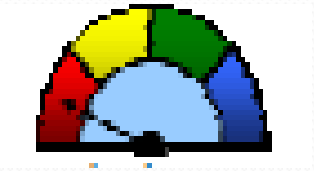
Strategic Direction

Strengthening Prevention Efforts – Measures

Indicator: (screenings)

- In 2008-10, 83% of women in Larimer County received a cervical cancer screening consistent with guidelines, compared with 84% statewide.
- In 2008-10, 66% percent of adults aged 50+ years were screened for colon cancer, compared with 64% statewide.

National Goal:



HP 2020 Target: Cervical cancer screen: 93% (Not Met)

Colon cancer screen: 70.5% (Not Met)

Strengthening Prevention Efforts – Measures

Indicator:

In 2010, 32% of Larimer County adults reported that they had not visited the dentist within the previous 12 months; the most recent statewide data is 2008, when 31% of adults had not had a dental visit.

National Goal:

HP 2020 Target: Not available (HP 2020 is for age 2 and older)

Strategic Direction

Strengthening Prevention Efforts – Measures

Trends/Disparities:

- Cervical cancer screening trending downwards
- Dental visit within past year unchanged during past decade; more report putting off visiting the dentist due to cost

Data gaps: Proportion of medical practices that use electronic health records; data to understand to what degree evidence based practices are implemented locally

Strategic Direction

Strengthening Prevention Efforts – Interest and Capacity

Evidence Informed Strategy	Interest (n=23)	Capacity (n=22)	Currently Doing
Increase number of "medical home" primary care practices	Medium	Low	9% (2)
Implement use of Clinical-Decision-Support Systems and reminder systems	Low	Low	0% (0)
Utilize "patient shared decision making" process within provider practices	Low	Low	0% (0)
Link electronic health records across systems	Low	Low	0% (0)
Reduce barriers to increase adherence to preventive screenings	High	Low	5% (1)

Strengthening Prevention Efforts – Interest and Capacity

Overall interest: 83% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = Medium/Low

Capacity = Low

Improving Access to Care - Significance

To promote efforts to improve people's access to health care and preventive services.

Health benefits: a growing body of research demonstrates having health insurance coverage, type of coverage, access to primary care, and having a regular source of care is linked to numerous better health outcomes

Strategic Direction

Improving Access to Care – Measures

Indicator:

In 2011, the rate of uninsured adults (<65) was 15.7%, compared with 17.0% statewide.

National Goal:

HP 2020 Target: 0% uninsured (100% will have health insurance) (Not Met)

Strategic Direction

Improving Access to Care – Measures

Indicator:

In 2010, 10% of Larimer County adults did not have a regular place for care.

- 8% reported either urgent care or ER as their regular place for care.

National Goal:

HP 2020 Target: 16.1% (83.9% will have a regular place for care (Met)

Strategic Direction

Improving Access to Care – Measures

Trends/Disparities:

- More using Urgent Care as regular source of care
- Uninsured rates are higher for younger, lower income, and less educated adults
- More residents put off visits to health care provider due to cost

Data gaps: Reliable county-level data about access to care not available by race/ethnicity

Strategic Direction

Improving Access to Care – Interest and Capacity

Evidence Informed Strategy	Interest (n=20)	Capacity (n=20)	Currently Doing
Reduce barriers to increase adherence to preventive screenings	High	Medium	5% (1)
Provide case management intervention to persons with complex health care needs or high social stressors	Medium	Low	10% (2)
Increase use of patient navigators	Medium	Low	10% (2)
Provide linguistically competent care (to persons with limited English proficiency)	High	Low	25% (5)
Work to achieve mental health parity	High	Low	15% (3)
Promoting use of telemedicine for access in rural communities	Mixed	Low	0% (0)

Improving Access to Care and Preventive Services – Interest and Capacity

Overall interest: 73% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Low

Strategic Direction

Raising Healthy Children - Significance

To promote efforts to ensure that children and youth get a healthy start in life.

Health benefits: investing in prevention at earliest stages of life can have a positive impact on a person's physical, cognitive, mental and emotional health throughout the lifespan

Strategic Direction

Raising Healthy Children - Measures

Indicator:

During 2009-11, the rate of infant deaths (<1 year) was 4.3 per 1,000 in Larimer County, compared with 6.0 per 1,000 in CO.

National Goal:

HP 2020 Target: 6.0 per 1,000 (Met)

Strategic Direction

Raising Healthy Children - Measures

Indicator:

In 2009-11, 8.25% of babies born in Larimer County had low birth weights (≤5.8 lbs) and 1.1% had very low birth weights (≤3.4 lbs); both measures are lower than the state.

National Goal:

HP 2020 Target: Low birth weight: 7.8% (Not Met)

CO 2020 Target: Very low birth weight: 1.1% (Met)

Strategic Direction

Raising Healthy Children - Measures

Indicator:

Death rate from all causes in Larimer County, ages 0-17: 10.1 per 100,000

National Goal:

HP 2020: No comparable goal

Strategic Direction

Raising Healthy Children - Measures

Trends/Disparities:

- More children living in poverty; rate of increase higher than the state or nation
- Low birth-weight babies on increase in past 3 years
- Child deaths decreased by half during past 20 years

Data gaps:

There are many gaps in data specific to children and adolescents, including health risk behavior (drug and alcohol use, sexual risk behavior, violence and bullying), physical activity rates, obesity data, and more.

Strategic Direction

Raising Healthy Children – Interest and Capacity

Evidence Informed Strategy	Interest (n=22)	Capacity (n=20)	Currently Doing
Comprehensive health, education, and support services for high-risk parents during pregnancy, infancy and early childhood	High	Medium	15% (3)
Increase breastfeeding initiation and duration	Mixed	Low	10% (2)
Enforce/strengthen policies related to recommended vaccinations	Mixed	Low	10% (2)
Increase comprehensive early childhood education programs for children of families with low incomes	High	Medium	5% (1)
Promote multi-component obesity prevention interventions in schools	High	Medium	10% (2)
Expand opportunities for oral health care	Mixed	Low	5% (1)
Encourage social connectedness among youth	High	Low	11% (2)

Raising Healthy Children – Interest and Capacity

Overall interest: 77% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = High

Capacity = Medium/Low

Promoting Healthy Aging - Significance

To promote efforts to support older adults to achieve and maintain good health and quality of life.

Health benefits: efforts can have a positive impact on mental, social, and physical well-being and function in older adults, which affects overall quality and length of life

Strategic Direction

Promoting Healthy Aging – Measures

Indicator:

In 2010, 27% of Larimer County adults aged 65+ reported that their physical health was “not good” during 8 or more of the previous 30 days, compared with 19% statewide.

National Goal:

HP 2020 Target: No comparable indicator

Strategic Direction

Promoting Healthy Aging – Measures

Indicator:

In 2010, 6% of Larimer County adults aged 65+ reported frequent mental distress (≥ 14 days/past 30 days).

National Goal:

HP 2020 Target: No comparable indicator

Strategic Direction

Promoting Healthy Aging – Measures

Indicator:

In 2010, 28% of Larimer County adults aged 65+ reported having a disability, handicap, or chronic disease that prevented them from participating fully in housework, or other daily activities.

National Goal:

HP 2020 Target: No comparable indicator

Strategic Direction

Promoting Healthy Aging – Measures

Trends/Disparities:

- Fastest growing age group in county
- Age 65 and older disproportionately impacted by unintentional injuries (primarily falls)

Data gap: Prevalence of illnesses that impact older adults, such as dementia

Strategic Direction

Promoting Healthy Aging – Interest and Capacity

Evidence Informed Strategy	Interest (n=19)	Capacity (n=18)	Currently Doing
Provide social-support approaches to increase physical activity	Medium	Low	0% (0)
Promote social connectedness among older adults	High	Low	11% (2)
Reduce barriers to increase adherence to recommended preventive screenings	Medium	Low	6% (1)
Implement fall-prevention strategies for community-dwelling older adults	High	Low	6% (1)
Utilize "patient shared decision making" process within provider practices	High	Low	6% (1)
Provide chronic disease self-management education in community settings	Medium	Low	6% (1)
Provide caregiver support/respite care services	Mixed	Low	6% (1)

Promoting Healthy Aging – Interest and Capacity

Overall interest: 69% of survey respondents were at least moderately interested

Overall interest in and capacity for example evidence-informed strategies:

Interest = Medium/High

Capacity = Low

Please give us your input by completing the survey at: http://larimer.org/PHIPsurvey

THANK YOU!