

January 2014-December 2018

COSTILLA COUNTY PUBLIC HEALTH AGENCY Public Health Improvement Plan



Where Colorado Began!

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- Costilla County Board of Health (Past and Present)
- Blanca/Fort Garland Community Center Staff
- San Luis Town Council
- Colorado Department of Public Health and Environment, Office of Planning and Partnerships
- San Luis Valley Ecosystem Council (SLVEC)
- Costilla County Citizens/ Focus Group Participants

Executive Summary

As a Public Health Agency, it is our job to promote, encourage, and support a healthy community. The Costilla County Public Health Agency consists of programs that are designed to help improve health, educate the community, create awareness on health concerns, and also to bring the community together to learn how to prevent health issues. Before we can attempt to complete these tasks, we must first know and understand our community.

Our objective is to use available resources to increase the efficiency and effectiveness of our local public health system. Our plan to reach this goal will be outlined throughout this document. It will include an overview of Costilla County, specific health issues in Costilla County, and priorities for this county. This requires time and effort not only from employees but also from community members to conduct research and build a foundation to work from.

In order to build a strong foundation, we must work with the community to hear their point of view to better care for their needs. This is the purpose of Costilla County's Public Health Improvement Plan. We want our community to understand what types of issues are surrounding them. We also want to raise awareness in taking control of these issues in order to create a stronger and healthier community.

To start the process for implementing a Public Health Improvement Plan, research on Costilla County was compiled for us. We then began to filter through this research during community meetings to find the top health priorities. These priorities are now the focus for Costilla County over the next five years.

Also, throughout the next five years, we will follow this improvement plan to measure and monitor our effects on the community. This will be done through a series of steps including implementing new ideas and working together with our local providers. These steps will be explained in detail further into this document.

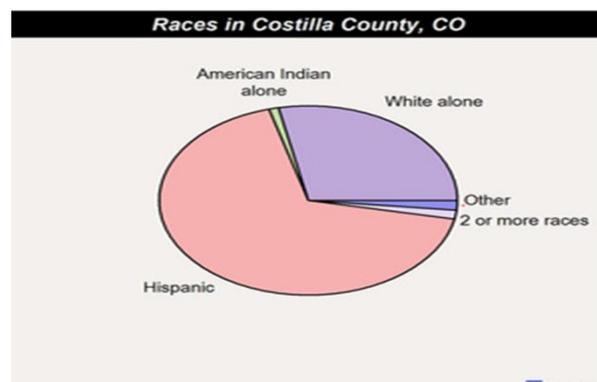
As a requirement by the state, the Costilla County Public Health Agency will address priorities listed as Colorado's Ten Winnable Battles. These have been incorporated into Costilla County's top priorities to create a collaborative action plan that will help create a healthier Costilla County thus creating a healthier Colorado.

Overview of Costilla County

Costilla County is known as the first area in the State of Colorado to be colonized with recorded history dating back to 1540. It is also home to the oldest town in Colorado which is San Luis and is a part of the San Luis Valley region in Southern Colorado. Costilla County is considered a frontier area which consists of several smaller communities. These other communities are Blanca, Fort Garland, Chama, San Pedro, Los Fuertes, Garcia, Jaroso, San Francisco, San Acacio, and Mesita (State of Colorado).

The Costilla County region covers a total of 1230.44 square miles and houses a population of 3594 people as of 2012. The population base consists of 62.3 percent of Hispanics according to the graph presented below. Costilla County is surrounded by beautiful mountains where residents enjoy outdoor activities such as fishing, hunting, hiking, 4-wheeling, etc. These types of activities put our residents at risk for certain unintentional injuries that may differ from other locations. (United States Census Bureau, 2012).

		Costilla Co	Region 8	Colorado
Total Population:	Total 2009 population	3,361	47,959	5,074,567
Age Under 1 Year:	# of infants under 1 year of age	30	635	70,707
Age 1 to 14 Years:	# of children age 1 to 14 years	568	9,376	969,695
Age 15 to 19 Years:	# of teens age 15 to 19 years	198	3,841	362,423
Age 20 to 44 Years:	# of adults age 20 to 44 years	771	14,189	1,797,011
Age 45 to 64 Years:	# of adults age 45 to 64 years	1,092	13,098	1,358,328
Age 65+ Years:	# of adults age 65 years and over	702	6,820	516,403

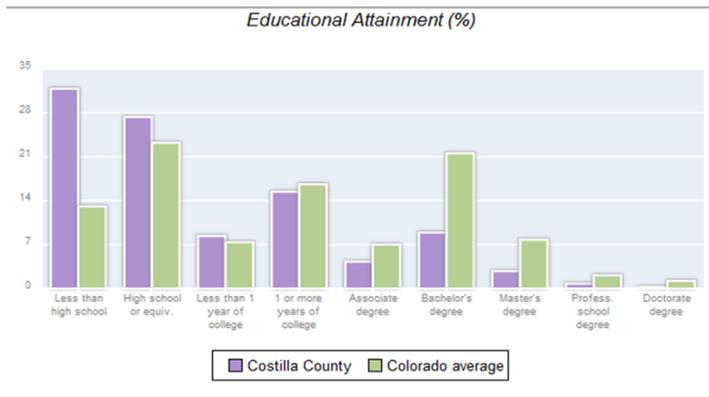


- Races in Costilla County, Colorado:**
- Hispanic or Latino (62.3%)
 - White Non-Hispanic Alone (33.1%)
 - Two or more races (2.9%)
 - Asian alone (1.1%)

Costilla County is listed as a medically underserved area therefore residents must travel to receive certain levels of health care. This is why implementing a Public Health Improvement Plan is critical to Costilla County. Costilla County has a community health center (FQHC) and the Costilla County Public Health Agency as their only means for access to health care. In order to receive higher levels of care, residents must travel 37 to 67 miles depending on the direction they go. So educating the community is extremely important for Costilla County because time is critical. (Colorado Rural Health Center, 2009).

There are two schools located in Costilla County. Located in the northern region is Sierra Grande School, and in the southern region is Centennial School. Both schools are K-12 grades and each school has less than 250 students. According to our research, Costilla County has a high school

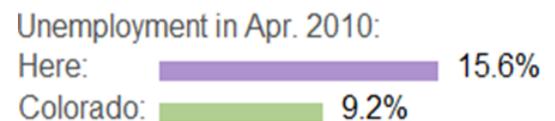
graduation rate of 73.7 % as of 2009. It is slightly lower than the Colorado rate of 74.6%. There are no colleges in Costilla County but there are two located in Alamosa County. Students who choose to pursue a college education must travel at least 45 miles to the nearest college. Based on college graduation research, Costilla County is at 17 % as compared to Colorado at 39.7%. (Colorado Department of Education, 2009).



	Costilla	Region 8	Colorado
High School Graduation % of students in designated class who graduated high school	73.7	74.3	74.6
College Degree % of population age 25 and older with an Associates degree or higher	17.0	25.1	39.7

Due to limited resources in Costilla County, jobs can be difficult to obtain. As of 2010, Costilla County had an unemployment rate of 15.6 % while Colorado was at 9.2%. This indicates that a large portion of the population lives in poverty. The median household income for 2010 was slightly under \$25,000. So as mentioned before, a Public Health Improvement Plan in Costilla County is essential because resources are scarce so they must be utilized in the best way possible.(United States Census Bureau, 2010).

		Costilla	Region 8	Colorado
Poverty - Total Population:	% of total population (all ages) living in poverty	27.4	N/A	12.6
Poverty - Children:	% of children under age 18 years living in poverty	38.8	N/A	16.6
Median Household Income:	Median household income in dollars	\$24,758	N/A	\$55,735



PHIP: Developing the Process

In order to start developing the foundation for the Public Health Improvement Plan (PHIP), employees of the Costilla County Public Health Agency met with stakeholders to review data. This data came from a two year survey project conducted by Rocky Mountain Prevention Research Center. This survey was the San Luis Valley Health Survey and was completed between 2009 and 2010. In 2011 the results were compiled for the San Luis Valley communities to review.(Survey source: University of Colorado).

In addition to the San Luis Valley Health Survey, local public health agencies are required to create a Public Health Improvement Plan (PHIP) as per the Public Health Act of 2008. Under this Act, Senate Bill 08-194 (SB 08-194) states that:

“An effective public health system reduces health care costs by preventing disease and injury, promoting healthy behavior, and reducing the incidents of chronic diseases and conditions. Each community in Colorado should provide high-quality public health services regardless of its location. Under the new law, each county must establish – or be part of – a local public health agency organized under a local board of health with a public health director and other staff necessary to provide public health services. In addition, the state of Colorado and each local public health agency must have a comprehensive public health plan by December 31, 2009, that outlines how quality public health services will be provided.

The law calls on public officials including the State Board of Health, Colorado Department of Public Health and Environment (CDPHE), County Commissioners, Local Public Health Agencies, Local Public Health Directors and Local Boards of Health to work together to develop a Statewide Public Health Improvement Plan that will become the model for Local Public Health Improvement Plans. In addition to collaborating on the development of these plans, each group of officials has respective powers and duties to be completed as set forth in the Act.

The law calls on these identified boards, agencies and officials to:

- identify and provide leadership for the provision of essential public health services;
- develop and support an information infrastructure that supports essential public health services and functions;
- develop and provide effective education and training for members of the public health workforce; and
- develop performance-management standards for the public health system that are tied to improvements in public health outcomes or other measures.

Public health partners will have opportunities to participate through a variety of venues including work groups, forums, focus groups, and surveys to guide the development of practical policies that will improve delivery of public health services.

The scope of improvements included in the statewide plan may be limited by the amount of available state and local funds, and the level of additional support that might be committed by state and local governments and other partners.

If a local public health agency cannot feasibly provide certain public health services directly, they may opt to share resources with neighboring health agencies to assure that core services are accessible.

The Statewide Public Health Improvement Plan is intended to accomplish all of the following:

- Set public health priorities.
- Guide the public health system in targeting core public health services and functions through program development implementation and evaluation.
- Increase the efficiency and effectiveness of the public health system.
- Identify areas needing greater resource allocation to provide essential public health services.
- Incorporate goals and priorities of public health plans developed by county or district public health agencies.
- Consider available resources, including but not limited to state and local funding, and be subject to modification based on actual subsequent allocations.” (SB 08-194).

Prioritization Process

After receiving state requirements on creating a Public Health Improvement Plan and extensive amounts of research on Costilla County, processes needed to be implemented. The Costilla County Public Health Agency team working on this improvement plan had many discussions on how to create a process on developing goals and strategies. The following questions were asked.

- Who do we choose as stakeholders to represent the focus group?
- Who plays an important role in the community that can encourage community members?
- How do we get them involved?
- What organizations can we get involved?
- What resources do we have to offer?
- How do we prioritize health concerns in Costilla County?

The most difficult question was how do we prioritize health concerns. The following actions were considered for the prioritization process.

- Surveys to the community
- Surveys to providers
- Telephone surveys

These actions were not used because they required too many resources that Costilla County Public Health Agency did not have.

Process for developing Goals and Strategies

After deep thought and organization, the approach Costilla County Public Health Agency decided to take was community meetings with key stakeholders and a process activity to identify and prioritize goals. Several meetings were required with stakeholders due to the extensive amount of data to present and review. After reviewing a slide show presentation on health issues in Costilla County, a list of health concerns for Costilla County was developed. Each concern

was posted individually on the wall for everyone to review. Stakeholders were then given three sticky notes to place on their choice of what they perceived to be the top three main health concerns in this county. After this was completed, we calculated the totals of each issue and prioritized based on the number of votes. This process was conducted in two locations within the county, one in southern Costilla County and the other in northern Costilla County, to obtain a community wide perspective.

The Stakeholders were a vital part of the initial process of the Public Health Improvement Plan. It required time and effort to choose stakeholders that would truly represent Costilla County. They also played a significant role in the entire Public Health Improvement Plan process due to their input and ideas. The following list of community members made up the voice of Costilla County.

Stakeholders

There were 36 letters representing 23 different agencies sent out to members of the community to join the Public Health Improvement Plan focus group. The following were the individuals who participated:

- Vivian Gallegos, RN- Costilla County Public Health Agency Director
- Paula Hendricks, CHES
- Honey Quintana, Costilla County Public Health Agency
- Maryanne Martinez, Costilla County Public Health Agency
- Iva Gallegos, Free Press
- Maclovio Gallegos, Costilla County Commissioner Candidate
- Rhonda Gomez, Graduate Student-Adams State University
- Alonzo Lobato, Nursing Student- Adams State University
- Jennifer Pacheco, Nursing Student- Adams State University
- Joseph Quintana, MD- Valley Wide Health Systems
- Lori Espinoza, Costilla County Public Health Agency
- Charlie Jacquez, Costilla County Health Association
- Cathy Serna, Costilla County Health Association
- Ben Doon, Costilla County Commissioner Chief Administration
- Dolores Burns, Costilla County Commissioner
- Gina Espinoza, Costilla County Public Health Agency
- Teresa Medina, San Luis City Hall
- Matthew Valdez, Office of Emergency Management/ Planning and Zoning
- Crestina Martinez, Costilla County Commissioner
- Robert Clark, San Luis City Hall/ Town Police Officer
- Leah Opitz, SLVEC CARE Information Coordinator and Researcher
- Thomas Maestas, Blanca/ Ft. Garland Community Center

- Forbes Park Land Owners Association

Health Concerns Identified

With the help of the stakeholders mentioned above, the following health concerns were identified as the health concerns for Costilla County.

- Cardiovascular Disease
- Obesity
- Diabetes
- Hepatitis C
- Cancers/ Cancer Screening
- Unintentional Injuries
- Motor Vehicle Accidents
- Influenza/ Pneumonia Vaccines
- Oral Health
- Inadequate Prenatal Care
- Water Quality

After these issues were identified, they were then categorized into three main priority sections.

Issues for Costilla County Identified

Other issues identified for Costilla County are as follows:

- Getting the community involved
 - Low attendance rates at local meetings
 - School meetings
 - Town meetings
 - Prevention committees
 - Diabetes
 - Tobacco
 - Substance abuse
- Funding for community activities
 - Lack of resources to fully implement strategies
 - Able to complete assessments but not able to put plans into action

Local Public Health System Capacity Assessment

As mentioned in the Senate Bill 08-194, “A Public Health Improvement Plan is intended to guide the public health system in targeting core public health services and functions through program development implementation and evaluation.”(SB08-194).

In 2011, the Office of Planning and Partnership (OPP) and Colorado Association of Public Health Officials (CALPHO) staff accompanied Costilla County Public Health Agency (CCPHA) with a Capacity Assessment that covered the core services of Public Health. The assessment was a System-wide Baseline Review that required OPP and CALPHO staff to meet with CCPHA staff to gather detailed information to identify capacity ratings. With these ratings, Costilla County Public Health Agency was able to identify areas of strengths and weakness. By doing so, CCPHA was also able to incorporate other priorities along with core services in the Public Health Improvement Plan.

The following chart was an overview of the Capacity Assessment results.(System-Wide Baseline Review, 2011).

<i>CORE SERVICE</i>	<i>CAPACITY RATING</i>
Administration and Governance	Not Rated
Assessment and Planning/ Vital Records	1=Clear Need for Increased Capacity
Communicable Disease	2=Basic Level of Capacity In Place
Prevention and Promotion	1=Clear Need for Increased Capacity
Environmental Health	1=Clear Need for Increased Capacity
Emergency Preparedness and Response	2=Basic Level of Capacity In Place

Opportunities and Goals for Collaboration

Due to the lack of resources and funding, a regional approach was considered. This would allow several counties in the San Luis Valley to work together on similar health issues. It is a strategy to pull resources together while impacting a bigger focus group.

Regional Approach

The regional approach would include combined efforts from six counties. These counties are Alamosa County, Conejos County, Costilla County, Mineral County, Rio Grande County, and Saguache County. The focus of the regional approach was to include Colorado’s Ten Winnable Battles which are:

1. Clean Air
 2. Clean Water
 3. Infectious Disease Prevention
 4. Injury Prevention
 5. Mental Health and Substance Abuse
 6. Obesity
 7. Oral Health
 8. Safe Food
 9. Tobacco
 10. Unintended Pregnancy
- (Source for Ten Winnable Battles: Colorado.gov)

The purpose behind taking a regional approach is to make strategizing easier, provide more funding and resources, create valuable partnerships, create a larger population that will be impacted, and link local and statewide efforts. Most of these issues will be addressed on an individual basis for each county mentioned above. The area that will be focused on as a regional approach will be Environmental Health which will include clean air, clean water, and safe food.

Five Year Goal

The main objective of creating a regional approach is to focus on the overall environmental health of the region. Each county in this region has poor environmental health and does not have any sort of environmental health specialist to consult with. There is also a lack of environmental health data in the region so strategies need to be implemented to improve the overall capacity of a sustainable environmental health program. An environmental health professional will be brought in to work with each county individually and as a group to address the environmental health issue in this area. Costilla County Public Health Agency plans to engage in the following activities to support the regional approach:

- Work with the Environmental Health Professional to identify issues.
 - Planned date of completion is by December 31, 2014
- Work with the Environmental Health Professional to create strategies to implement
 - Planned date of completion is by December 31, 2014
- Assist other counties in the region in the planning and implementation process
 - Planned date of completion is by December 31, 2015
- Develop and encourage volunteer groups to assist in cleanup activities in the community
 - Planned date of completion is by December 31, 2016
- Collect data for Costilla County and use to compare to regional data
 - Planned date of completion is by December 31, 2017
- Identify weak areas that need an increase in capacity
 - Planned date of completion is by December 31, 2018

Key Indicators

For the regional approach, the following were key indicators that lead to the focus on environmental health:

- A need for increased capacity on capacity assessments
- Limited environmental health resources and expertise in the region
- CDPHE pushing for better environmental health in the region
- Lack of environmental health data for this region
- (Sources: System-Wide Baseline Review, 2011)

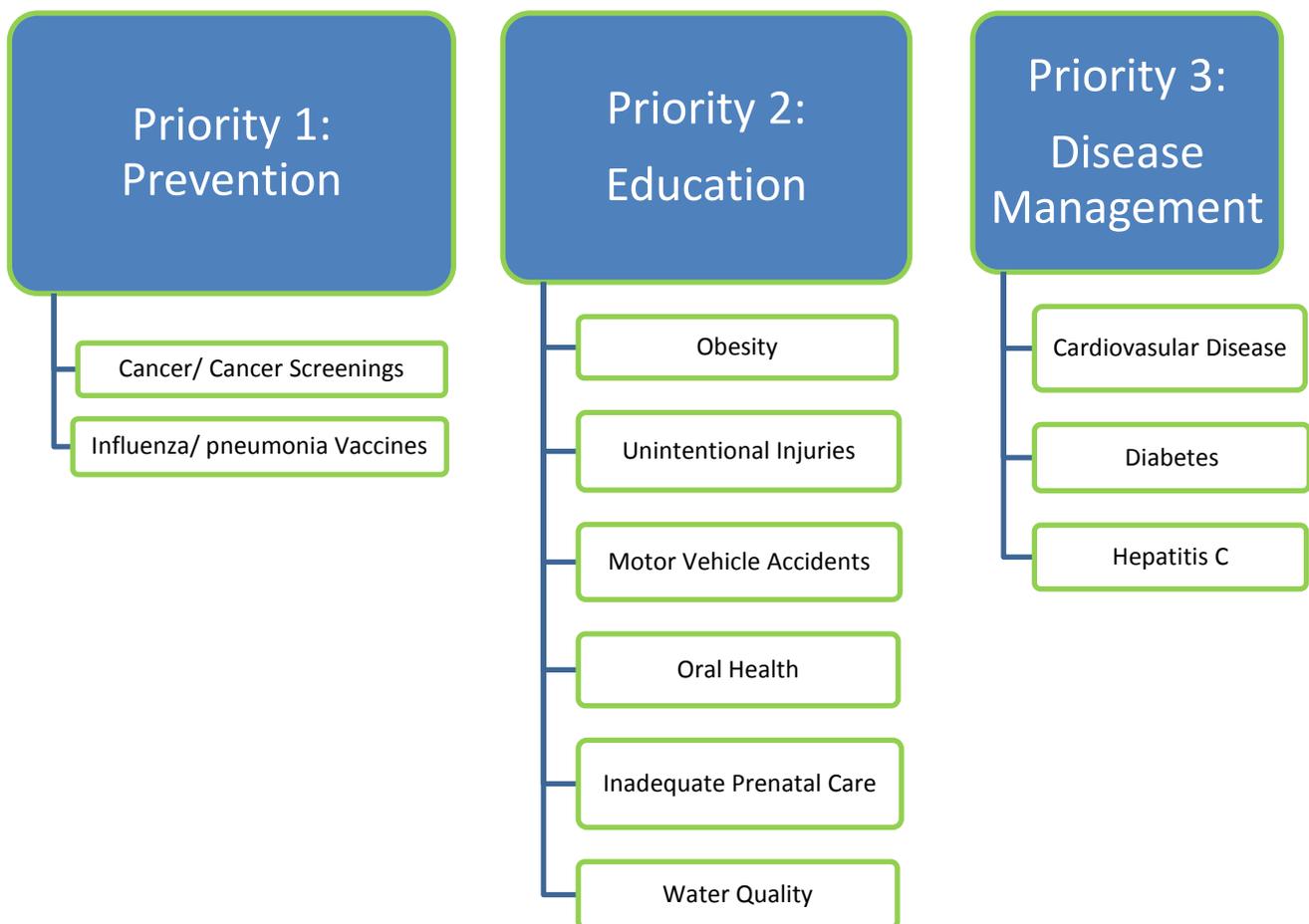
The action plan on the following page will list strategies and activities to meet a five year goal focused on environmental health.

Action Plan

Costilla County: Regional Approach					
Issues Focused On: Environmental Health					
Key Indicators: Clear need for increased capacity for environmental health on capacity assessment. Limited environmental health resources and expertise in the region. CDPHE encouraging better environmental health in the region. Lack of environmental health data.					
Five Year Goals	SMART Objectives	Strategies	Activities		
			Major Activities	Organization(s) Responsible	Timeframe for Completion
Year 1 Goal: Work with Regional Environmental Health Professional to coordinate activities and strategies.	By December 31, 2014 CCPHA will work with an Environmental Health Professional to increase capacity for environmental health.	Set goals of identifying environmental health issues.	1: Work with Environmental Health Professional to identify issues . 2: Work with Environmental Health Professional to strategize how to address the identified issues.	Costilla County Public Health Agency and E.H. Professional Costilla County Public Health Agency and E.H. Professional	December 31, 2014 December 31, 2014
Year 2 & 3 Goal: Implement strategies to improve the Environmental Health in Costilla County	By December 31, 2015 CCPHA will engage in activities to create awareness on environmental health and to work with the community to improve environmental health.	Develop outreach events to create awareness and work with other counties in the region to combine resources	1: Assist other counties in the planning and implementation process 2: Develop and encourage volunteer groups to assist with cleaning up the community	Costilla County Public Health Agency and E.H. Professional Costilla County Public Health Agency	December 31, 2015 December 31, 2016
Year 4 & 5 Goal: Monitor strategies in place and develop ideas to continue building capacity for Environmental Health	By December 31, 2018 CCPHA will monitor strategies to gather up-to-date environmental health data on Costilla County as well as the region.	Work with other counties in the region to collect and review data	1: Collect data on Costilla County and compare it to regional data 2: Identify areas that need an increase of capacity.	Costilla County Public Health Agency and E.H. Professional Costilla County Public Health Agency and E.H. Professional	December 31, 2017 December 31, 2018

Costilla County Health Priorities

As listed above, the following concerns were identified for Costilla County: Cardiovascular Disease, Obesity, Cancers/ Cancer Screening, Diabetes, Unintentional Injuries, Motor Vehicle Accidents, Influenza/ Pneumonia Vaccines, Hepatitis C, Oral Health, Inadequate Prenatal Care, and Water Quality. Even though stakeholders were asked to vote to identify top three issues, it was difficult to focus on only three and ignore the rest. So to include all of these issues, they were categorized into three main priorities which are prevention, education, and disease management. The following graph shows which category each issue falls into, but there are opportunities to incorporate all of these issues into a different priority as each priority can overlap one another.



According to this graph, education will be our biggest challenge in creating a healthier Costilla County. Under the following priorities, there will be action plans that show detailed steps and strategies that will be implemented to address each health concern identified. These strategies are going to require the combined efforts of Costilla County Public Health Agency, stakeholders, and local providers. By working together, measurable goals will be monitored and evaluated.

Priority 1: Prevention

Costilla County has a large elderly population that is not receiving cancer screenings. This is a major factor that is contributing to health concerns for this population. The third leading cause of death in Costilla County is malignant neoplasms (Leading Causes of Death, 2010).

A second minor issue with this age group is the lack of pneumonia and influenza vaccines received. These two vaccines are vital for prevention, especially in this age group. According to data that was presented; Costilla County's numbers were too low to report for adults 65 and over who received influenza and pneumonia vaccines (CoHID, 2009).

5 Year Goal

The main goal for Costilla County Public Health Agency throughout the next five years is to develop and implement outreach events that focus specifically on cancer screenings and the importance of influenza and pneumonia vaccines. Costilla County Public Health Agency wants to work with local health systems to provide improved prevention information to this population. Costilla County Public Health Agency plans to engage in the following activities to reach this goal:

- Participate in 9News Health Fair to provide immunizations and screenings.
 - Planned date of completion is by April 30, 2014
- Provide Immunizations to the elderly during a yearly Commodity Supplemental Food distributions at appropriate intervals
 - Planned date of completion is by December 31, 2018
- Develop an event that provides vaccines and screenings
 - Planned date of completion is by December 31, 2015
- Identify resources for education and screening
 - Planned date of completion is by December 31, 2016
- Monitor and Evaluate strategies implemented.
 - Planned date of completion is by December 31, 2018

Key Indicators

For priority one, there were four key indicators that lead to the focus of prevention for cancer screenings and immunizations. These key indicators are:

- The San Luis Valley had 64.6% of adults 65+ who received influenza vaccines
 - Costilla County's numbers were too low to report
- The San Luis Valley had 59.1% of adults 65+ who received pneumonia vaccines
 - Costilla County's numbers were too low to report
- Costilla County has a rate of 6.4% of adults 50+ who had a fecal occult blood test and only 55.5% who have ever had a colonoscopy

- Malignant neoplasms is ranked as the third leading cause of death in Costilla County
- (Sources: CoHid 2009-2010)

The action plan on the following page will list strategies and activities to meet a five year goal focused on the above key indicators for prevention.

Action Plan

Costilla County Priority 1: Prevention					
Issues Focused On: Cancer/ Cancer Screenings and Influenza/ Pneumonia Vaccines					
Key Indicators: San Luis Valley has 64.6% of adults 65+ who received Influenza vaccines. Costilla County's numbers were too low to report. San Luis Valley has 59.1% of adults 65+ who received Pneumonia vaccines. Once again Costilla County's numbers were too low to report. Costilla County Has a rate of 6.4% of adults age 50+ who had a fecal occult blood test and only 55.5% of these adults who ever had a colonoscopy. This relates to malignant neoplasms being ranked as the third leading cause of death in Costilla County.					
Activities					
Five Year Goals	SMART Objectives	Strategies	Major Activities	Organization(s) Responsible	Timeframe for Completion
Year 1 Goal: Create awareness and provide access to resources.	By April 30, 2014, CCPHA will engage in outreach events that will address the importance of vaccines and cancer screenings.	Set goals of reaching a minimum of 4 outreach events per year.	1: Participate in 9 News Health Fair and provide vaccines and educational material on cancer screenings 2: Give immunizations at yearly Community Supplemental Food distribution	Costilla County Public Health Agency	April 30, 2014
Year 2 & 3 Goal: Create partnerships with local clinic and providers	By December 31, 2016 CCPHA will be able to work with Valley Wide Health Systems to double the efforts on getting patients screened and vaccinated	Develop outreach events where both CCPHA and Valley Wide Health Systems participate as a team	1: Plan an event to provide vaccines and free screenings. 2: Identify resources for education and screening	Costilla County Public Health Agency and Valley Wide Health Systems	December 31, 2015
Year 4 & 5 Goal: Monitor strategies in place and make adjustments. Review with partners to see if results are improving.	By December 31, 2018 CCPHA will be able to see an impact on the community and have created new access to preventative care.	Develop an analysis strategy to monitor the effects of major activities that were conducted in prior years.	1: Get permission and review data from CCPHA and Valley Wide Health Systems to see if adjustments are needed 2: Make adjustments to strategies and improve results	Costilla County Public Health Agency and Valley Wide Health Systems	December 31, 2018

Priority 2: Education

Costilla County has a large population group that falls under a wide range of concerns. These concerns include obesity, unintentional injuries, motor vehicle accidents, oral health, inadequate prenatal care, and water quality issues. The best possible solution to such a wide variety of health concerns is to provide educational resources to the community. With improved education, the community can make informed decisions, thus creating positive outcomes.

5 Year Goal

Under this priority, the main goal for Costilla County Public Health Agency is to educate the community on the prevention of obesity, unintentional injuries, motor vehicle accidents, and understand the importance of early oral health and prenatal care. Costilla County Public Health Agency plans to engage in the following activities to meet this goal:

- Participate in 9News Health Fair to provide educational material and cholesterol and blood sugar screenings.
 - Planned date of completion is by April 30, 2014
- Work with local schools to provide prevention information on the different categories
 - Planned date of completion is by December 31, 2014
- Invite presenters to discuss obesity, oral health, and prenatal care
 - Planned date of completion is by December 31, 2015
- Invite presenters to discuss unintentional injuries, motor vehicle accidents, and safety
 - Planned date of completion is by December 31, 2016
- Work with local schools to continue educational programs and provide educational material
 - Planned date of completion is by December 31, 2017
- Monitor programs and review results
 - Planned date of completion is by December 31, 2018

Key Indicators

For the second priority, there were several key indicators that lead to the focus of education. These key indicators are:

- 25.4% of the population in Costilla County is obese while 41% are overweight.
- The second leading cause of death in Costilla County is unintentional injuries.
- Between 2007 and 2009, there were 160.1 per 100,000 MVA hospitalizations for teens alone.
 - During this same time period there were 33.7 per 100,000 deaths related to MVAs.
- 71.1 % of Costilla County has experienced dental caries

- 33.9% of Costilla County has gone untreated for tooth decay
- Only 42.2% of mothers in Costilla County have received adequate prenatal care
- Costilla County has dealt with several water contamination issues
 - A rate of 44.3 per 100,000 cases of salmonella were reported between 2007 and 2009
 - A rate of 4 per 100,000 cases of E-coli were reported between 2007 and 2009
 - E-coli found in local water system in 3 different communities within Costilla County between 2012 and 2013
- (Sources: CoHid 2009-2010 and Colorado Rural Health Center)

The action plan on the following page will list strategies and activities to meet a five year goal focused on the above key indicators for education.

Action Plan

Costilla County Priority 2: Education					
Issues Focused On: Obesity, Unintentional Injuries, Motor Vehicle Accidents, Oral Health, Inadequate Prenatal Care, Water Quality					
Key Indicators: 25.4% of Costilla County is obese while 41% is overweight. Costilla County's second leading cause of death is unintentional injuries. There were 160.1 MVA hospitalizations for teens alone between 2007 and 2009 and 33.7 deaths. 71.1% of the county has experienced dental caries while 33.9% are with untreated tooth decay. Only 42.2% of mothers in Costilla County have received adequate prenatal care. 44.3 cases of salmonella between 2007 and 2009 and 4 cases of E-coli. Also E-coli was found in local water system in 3 different communities within Costilla County between 2012 and 2013					
Five Year Goals	SMART Objectives	Strategies	Activities		
			Major Activities	Organization(s) Responsible	
Year 1 Goal: Work with local partners and internal programs to develop educational courses on different topics.	By April 30, 2014 CCPHA will engage in outreach events that will address information on related topics.	Set goals of combining programs to reach a broader focus group.	1: Participate in 9 Health Fair and provide educational material and cholesterol screenings.	Costilla County Public Health Agency	April 30, 2014
			2: Work with local schools and elderly to provide prevention information on different categories.	Costilla County Public Health Agency	December 31, 2014
Year 2 & 3 Goal: Work with local partners to develop more detailed seminars for the public	By December 31, 2015 CCPHA will team up with local entities to engage in collaborative events that will get a wider range of public involvement	Develop outreach events that focus on specific issues	1: Provide a Presenter to discuss obesity, oral health, and prenatal care	Costilla County Public Health Agency and Valley Wide Health Systems	December 31, 2015
			2: Provide Presenters on unintentional injuries, MVAs, and safety	Costilla County Public Health Agency, State Patrol, and local fire dept.	December 31, 2016
Year 4 & 5 Goal: Monitor strategies in place and develop ideas to continue educational programs.	By December 31, 2018 CCPHA will implement different educational programs in local schools and clinics.	Develop educational programs that will be implemented on a regular basis.	1: Work with local schools to continue educational programs and material.	Costilla County Public Health Agency	December 31, 2017
			2: Monitor programs and review impact/ results on community	Costilla County Public Health Agency	December 31, 2018

Priority 3: Disease Management

Community members in Costilla County face three critical issues. These issues are Cardiovascular Disease, Diabetes, and Hepatitis C. These are chronic illnesses that people have to deal with on a daily basis. At the point of being diagnosed with such an illness, community members now need to learn how to deal with them. This is why disease management is vital to this certain population of Costilla County.

These types of illnesses are life changing and irreversible. A person can learn to manage them by altering their lifestyle or attempt to avoid them altogether through prevention. This priority is interrelated to the other two priorities mentioned, especially prevention. Prevention is the key objective of improving the health of the community. By implementing enhanced prevention strategies, community members would avoid disease management altogether because the goal is to keep them healthy and not let them reach this point.

5 Year Goal

For this third priority, Costilla County Public Health Agency's goal is to provide disease management such as self-help workshops to encourage this portion of the population to engage in healthier lifestyles. By providing self-help workshops, community members can continue care at home. The following activities should help reach this goal:

- Work with local partners to provide space for diabetes education courses.
 - Planned date of completion is by December 31, 2014
- Utilize internal programs to provide cholesterol and blood sugar screenings
 - Planned date of completion is by December 31, 2014
- Build outdoor exercise park to promote health fitness and education.
 - Planned date of completion is by December 31, 2015
- Work with local community center and schools to implement appropriate exercise/physical activity programs.
 - Planned date of completion is by December 31, 2016
- Work with local agencies to partner with a dietitian/ nutritionist to conduct nutrition education classes at Commodity Supplemental Food distributions.
 - Planned date of completion is by December 31, 2017
- Monitor and evaluate strategies implemented.
 - Planned date of completion is by December 31, 2018

Key Indicators

For this priority, there were a few key indicators that lead us to focus on disease management. These key indicators are:

- Heart disease is the number one cause of death in Costilla County.

- 13.3% of Costilla County population was diagnosed with diabetes
 - Colorado is at 5.6%
- Costilla County has a rate of 127.6 per 100,000 cases of Hepatitis C
 - Colorado is at 81.4%
- (Sources: CoHid 2009-2010 and CDPHE)

The action plan on the following page will list strategies and activities to meet a five year goal focused on the above key indicators for disease management.

Action Plan

Costilla County Priority 3: Disease Management					
Issues Focused On: Cardiovascular Disease, Diabetes, and Hepatitis C					
Key Indicators: Heart disease is the number one cause of death in Costilla County. 13.3% of Costilla County was diagnosed with diabetes while Colorado is at 5.6%. Colorado has 81.4% of the population with Hepatitis C while Costilla County alone is at 127.6%.					
Five Year Goals	SMART Objectives	Strategies	Activities		
			Major Activities	Organization(s) Responsible	
Year 1 Goal: Work with local entities to provide disease management courses	By December 31, 2014 CCPHA will work with San Luis Valley Regional Medical Center (SLVRMC) and Valley Wide Health Systems to offer space and presenters to the public.	Set goals of pairing internal programs with disease management educators to develop outreach events.	1: Work with SLVRMC and provide space for Diabetes Education Courses. 2: Use internal programs to provide cholesterol and blood sugar screenings	Costilla County Public Health Agency and SLVRMC Costilla County Public Health Agency	December 31, 2014 December 31, 2014
Year 2 & 3 Goal: Implement different courses not already in place. Courses that address nutrition and dietary needs	By December 31, 2016 CCPHA will combine efforts and provide space to bring in nutritional counselors for anyone interested.	Set goals of reaching beyond just the population that has one of the listed illnesses. Provide access to exercise programs	1: Build Outdoor exercise park to promote health fitness 2: Work with local community center to see what exercise courses may be offered	Costilla County Public Health Agency Costilla County Public Health Agency and Blanca/ Ft. Garland Community Center	December 31, 2015 December 31, 2016
Year 4 & 5 Goal: Monitor and review results. Re-strategize for new ideas.	By December 31, 2018 CCPHA will provide access to valuable disease management material and courses.	Develop goals that will promote healthier lifestyles.	1: Work with SLVRMC or Valley Wide Health Systems to provide a dietitian 2: Review impact on community and make adjustments as needed.	Costilla County Public Health Agency Costilla County Public Health Agency	December 31, 2017 December 31, 2018

Financial

One goal in the Public Health Improvement Plan is to identify resources such as funding. Costilla County Public Health Agency strives to acquire sustainable funding resources for projects such as the Improvement Plan as well as internal programs that support the improvement plan. CCPHA will be able to incorporate grants for internal programs into the improvement plan that will get the implementation process started. These grants come from sources such as State Planning Support, State Grants, Private Foundations, and Health Insurance fees from Medicare, Medicaid and private insurances. The following are Financial Resources for past and present projects (infrastructure, and program):

State and local funding sources including, but not limited to:

- Costilla County Public Health Immunization reimbursements
- Core Services State Funding
- Great Outdoors Colorado
- Trinchera Foundation
- Health Care Foundation
- USDA Grant
- Community Service Block Grant

We will continue to seek further grant funding such as:

- Community Foundations
- Community Service Block Grant

Our lack of financial support will limit what we can accomplish, but we shall try to be innovative and creative with how we do things and methods to seek out further financial resources.

Focus Areas for Priority Goals

Based on health rankings that are calculated for each county in the state of Colorado, Costilla County has always been on the lower end. Costilla County has also seen a decrease in rank between 2010 and 2014. These ranks are based on different health factors, which include personal health behaviors and social determinants. These are the two main areas that the strategies should impact.

Health Behaviors

Costilla County is faced with health behavior issues that have to do with drinking, smoking, sexually transmitted infections, and physical activity. The goal of priority one, which is prevention, is intended to include strategies to fight against drinking, smoking, and sexually transmitted infections. They will also be covered under priority two, which is education, so the consequences of these issues are clear and understood.

The hardest issue to grasp will be physical activity. Based on health rankings, Costilla County has 22% of the population under the category of physical inactivity and only 37% of Costilla County has access to exercise opportunities. (County Health Rankings, 2014). Our goal to lower physical inactivity and raise access to exercise opportunities is to not only work with the local Community Center but also build an outdoor exercise park. The local Community Center is located in the northern region of Costilla County which means those living in the southern region have to drive at least sixteen miles to get there. The new outdoor exercise park will be built in the southern region, which will create better access to exercise opportunities for the southern region. This outdoor park will be a great advantage for each priority and will benefit a large portion of the population.

Social Determinants

The second major issue for Costilla County based on our rankings is social determinants. According to the World Health Organization, “The social determinants of health are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels” (WHO, 2014).

For Costilla County, the poverty level is high, unemployment rates are high, and education rates are low. These are all factors working against the health of the community. Social determinants are hard to adjust, especially in a rural/ frontier area. Having a lack of important resources such as medical facilities, fitness gyms, quality food markets, etc. causes pressure on society. It requires time and money for community members to travel to reach such facilities. This is why it is difficult to change the lifestyles in this type of community. In order to try and improve social determinants, we as public health providers need to bring such resources to our community. So the goal is not to build fancy stores and facilities, but to provide access to such facilities such as providing transportation, educating on certain medical issues, and creating awareness to avoid unnecessary injuries.

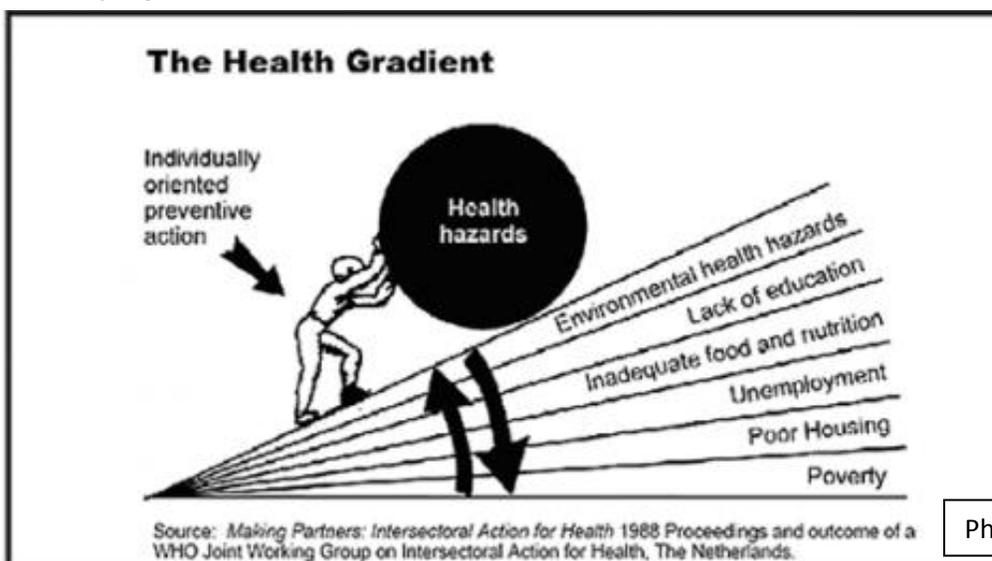


Photo from Google.com

Monitoring and Evaluation

Monitoring and evaluation shall occur at the time periods indicated on the priority action plans. At each of these time intervals, strategies that have been implemented will be assessed to see if they are succeeding or if there are still areas that need improvement. Depending on the outcome, we will either continue with the same strategy or expand our strategies to meet health care needs of the public. As new data is received throughout the next five years, we will analyze it and modify our strategies and use of resources if necessary. We must allow strategies to be flexible to adapt to the changes in our community. At the end of the five years, a community wide health assessment will be necessary to justify our approaches to a healthier community.

Coordination with Colorado Department of Public Health and Environment

The Public Health Improvement Plan for Costilla County is in coordination with the Colorado Department of Public Health and Environment (CDPHE) through Colorado Health Assessment and Planning System (CHAPS). CHAPS provides a standard process to help local public health agencies meet assessment and planning requirements of the Public Health Act of 2008 (CHAPS, 2014).

Costilla County Public Health Agency incorporated several of Colorado's Ten Winnable Battles into the priority areas of prevention, education, and disease management. The Winnable Battles that align with these priorities are clean air, clean water, injury prevention, obesity, and oral health. This was all completed with the help of a temporary public health planner. The local public health planner coordinated activities to develop the implementation process for the Public Health Improvement Plan. This planner helped Costilla County, as well as other counties in the region; initiate the improvement plan process at a local and regional level.

Information Presented

The following slideshow presentation was put together for Costilla County Public Health Agency and was used during community meetings to provide a foundation for this five year improvement plan.

 **Public Health Assessment**
Costilla County



 **Public Health Planning**

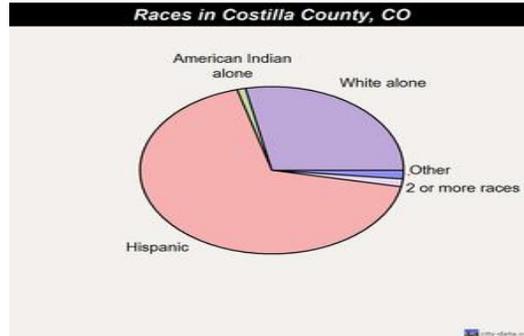
- Our Vision:

Communities achieving improved health and quality of life by mobilizing partnerships and taking strategic action.

Population Assessment

		Costilla Co	Region 8	Colorado
Total Population:	Total 2009 population	3,361	47,959	5,074,567
Age Under 1 Year:	# of infants under 1 year of age	30	635	70,707
Age 1 to 14 Years:	# of children age 1 to 14 years	568	9,376	969,695
Age 15 to 19 Years:	# of teens age 15 to 19 years	198	3,841	362,423
Age 20 to 44 Years:	# of adults age 20 to 44 years	771	14,189	1,797,011
Age 45 to 64 Years:	# of adults age 45 to 64 years	1,092	13,098	1,358,328
Age 65+ Years:	# of adults age 65 years and over	702	6,820	516,403

Population Assessment



Races in Costilla County, Colorado:

- Hispanic or Latino (62.3%)
- White Non-Hispanic Alone (33.1%)
- Two or more races (2.9%)
- Asian alone (1.1%)

Population Assessment

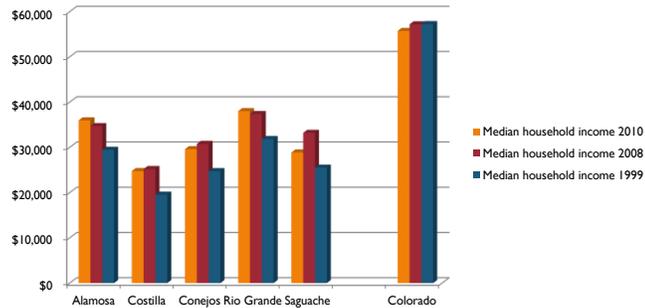
Jan. 2011 cost of living index in Costilla County: 80.6 (low, U.S. average is 100)

Residents living in poverty 2009: (18.0% for White Non-Hispanic residents, 0.0% for Black residents, 29.5% for Hispanic or Latino residents, 54.5% for American Indian residents, 27.2% for other race residents, 27.9% for two or more races residents)

Source: Citydata.com

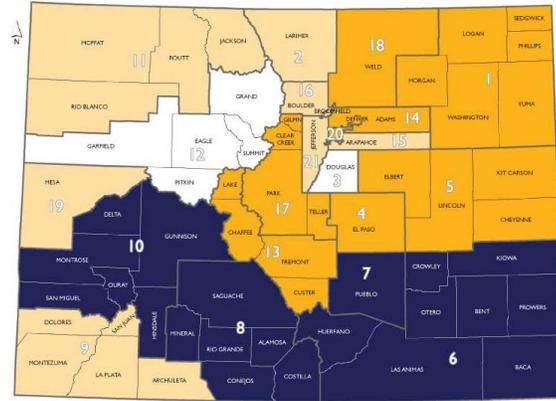
		Costilla	Region 8	Colorado
Poverty - Total Population:		27.4	N/A	12.6
	% of total population (all ages) living in poverty			
Poverty - Children:		38.8	N/A	16.6
	% of children under age 18 years living in poverty			
Median Household Income:	Median household income in dollars	\$24,758	N/A	\$55,735

Population Assessment



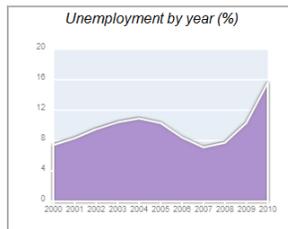
Population Assessment

Percent of Coloradans at or below 200% Federal poverty level by region, 2008-09

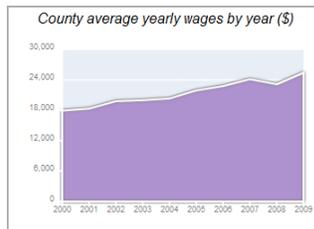


Colorado Household Survey Issue Brief A Regional Profile of Colorado's Uninsured Population
Colorado Health Institute, January 2010

Population Assessment

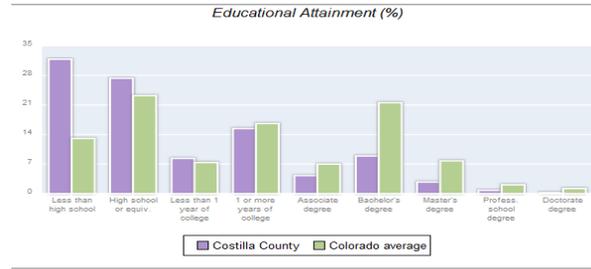


Unemployment in Apr. 2010:
Here: 15.6%
Colorado: 9.2%



Educational

	Costilla	Region 8	Colorado
High School Graduation % of students in designated class who graduated high school	73.7	74.3	74.6
College Degree % of population age 25 and older with an Associates degree or higher	17.0	25.1	39.7



Health Services

Primary Care Services

San Luis Health Center, Part of Valley Wide Health Systems
233 Main St, Suite B, San Luis, CO 81152

Offers primary care; physical therapy one day per week; and Women, Infants, and Children (WIC) in Alamosa.

Costilla County Public Health Agency

233 Main St, Suite C, San Luis, CO 81152

Offers public health services including Immunizations; Options for Long-Term Care; School Nurse Services; Health Care Program for Children with Special Needs (HCP); Personal Care Provider Agency (PCP); Healthy Communities Program; and the Commodity Supplemental Food Program

Dental Services

Ernesto Pacheco Dental Clinic
233 Main St, Suite B, San Luis, CO 81152

The dental clinic is located in the same building as the San Luis Health Center and open one - two days per week.

These profiles were prepared by the Colorado Rural Health Center to provide an overview of the basic health services infrastructure and demographics in Colorado's fourteen non-metropolitan counties without a hospital.

Health Services (continued)

Mental Health Services

San Luis Valley Comprehensive Community Mental Health Center
409 Trinchera, San Luis, CO 81152

EMS

A 24-hour service with one ambulance base in San Luis and one ambulance located in Ft. Garland. Staffed by EMT-Paramedics, EMT-Intermediates and EMT-Basics.

Pharmacy

None identified in county.

By Mail Delivery only.

Public Transportation

Red Willow, Inc., Alamosa, a Medicaid Broker agency that provides medical transportation services in five counties for clients. Clients must qualify through Medicaid and have a medical condition. Will make runs to Denver.
185 Broadway Avenue, Alamosa, CO 81101-1316

These profiles were prepared by the Colorado Rural Health Center to provide an overview of the basic health services infrastructure and demographics in Colorado's fourteen non-metropolitan counties without a hospital.

Health Services (continued)

Assisted Living and Nursing Homes

None located in county.

Hospice and Home Health

None located in county

Hospice Del Valle provides hospice care to Costilla County residents.

514 Main St., Alamosa, CO 81101

Alamosa County Public Health Department

Provides home health skilled care to Costilla County residents.

8900 Independence Way, Alamosa, CO 81101

At Home Health Care

Provides home health care to Costilla County residents.

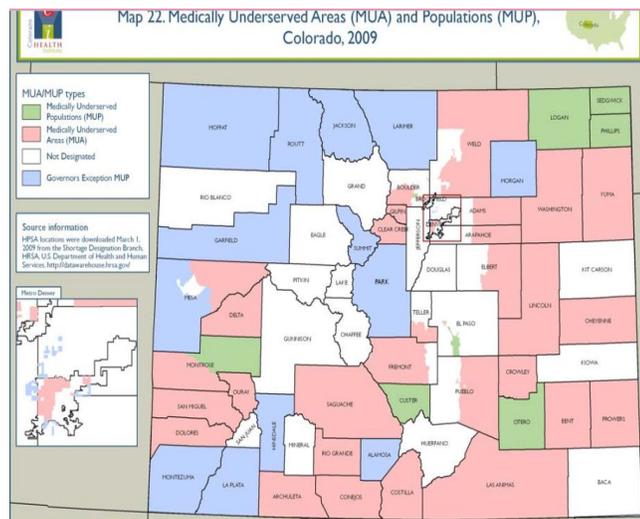
511 Main St., Alamosa, CO 81101

These profiles were prepared by the Colorado Rural Health Center to provide an overview of the basic health services infrastructure and demographics in Colorado's fourteen non-metropolitan counties without a hospital.

Health Services (continued)

Hospital	# of Beds	Distance from San Luis
Conejos County Hospital 19021 U.S. Highway 285 La Jara, CO. 81140	17	37 mi.
San Luis Valley Regional Medical Center 106 Blanca Ave. Alamosa, CO. 81101	80	44 mi.
Holy Cross Hospital 1397 Weimer Rd Taos, NM 87571	42	67 mi.

Health Care Gaps/Shortages



These profiles were prepared by the Colorado Rural Health Center to provide an overview of the basic health services infrastructure and demographics in Colorado's fourteen non-metropolitan counties without a hospital.

Source: Child Health Survey, Health Statistics Section, CDPHE, 2007-2009, (Physical Activity measure, 2007-2008).

Health Care Gaps Children's Health Care Coverage

% age 1-14 2007-2009	SLV	Colorado	HP 2010
Had any type of health insurance coverage	88.1	91.0	100.0
Currently insured who had gaps in insurance in past 12 mos	15.4	7.8	N/A

	Year	Costilla	Colorado	HP201
CHP+ enrollees	2008-2009	18.8	8.1	N/A
Medicaid enrollees	2008-2009	52.8	25.8	N/A

Reproductive Health

<http://http://www.cdphes.state.co.us/hls/vs/2009/Costilla.pdf>

2009	Costilla County Number	% Costilla County	Colorado %
Total Live Births	29	100	100
Age of Mother			
10-17	*	*	3.0
18-19	4	13.8	6.2
20-29	18	62.1	50.1
30+	6	20.7	40.8

Reproductive Health

Characteristic (2006)	Costilla Number	% Costilla County	Colorado %
Total Live Births	40	100	100
10-17 yrs	*	*	3.0
18-19 yrs	10	25.0	6.2
20-29 yrs	18	45.0	51.1
30+ yrs	11	27.0	39.2

Reproductive Health Adequate Prenatal Care, Infant Mortality, Low Birth Weight

2007-2009	Costilla County	SLV	Colorado	HP2010 objective
% of live births to mothers who received adequate prenatal care	42.2	49.8	59.5	90.0
% of live births under 2,500 grams	9.9	11.9	8.9	5.0
Rate of infant deaths (under 1 year of age) per 1000 live births	*	9.8	6.2	4.5
Infant Mortality 2004-2008	*	*	6.2	4.5

Reproductive Health Adequate Prenatal Care, Infant Mortality, Low Birth Weight

Costilla	2006	2007	2008	2009	2010
Births to women receiving early prenatal care %	75.0	67.7	76.7	62.1	64.7
Low Weight Births %	20.5	9.7	12.9	*	*
Births to women who smoked during pregnancy%	10.0	9.7	*	13.8	*

WB Reproductive Health STI

2007-2009 Rate of New cases	Alamosa	Conejos	Costilla	Rio Grande	Saguache	SLV	Colorado
AIDS / HIV	*/*	0/0	0/0	0/0	0/0	*/*	6.0/5.6
Chlamydia (15-19 y/o)	1283.3	736.3	656.7	1304.2	295.6	1015.2	1514.7
Gonorrhea (15-19 y/o)	169.1	*	*	329.8	*	154.7	234.4

This data is the rate per 100,000 population

Oral Health: School age

Oral Health	Alamosa	Conejos	Costilla	Rio Grande	Saguache	Colorado	Rate Measurement
% with caries experience	71.7	72.3	71.1	49.3	71.1	57.2	Estimated % of grade 3 children 2006-07
% with dental sealants	35.9	32.0	35.9	38.6	35.9	35.0	Estimated % of grade 3 children, 2006-2007
% with untreated decay	33.9	35.5	33.9	18.9	33.9	24.5	Estimated % of grade 3 children, 2006-2007
Medicaid dental services rate	46.7	49.0	10	47.9	27.3	43.7	% on Medicaid who received dental services 2007-2008

Source: <http://www.cdphe.state.co.us/is/mch/mchad/min/mchdatasets/010/profiles/riogrande.pdf>

Chronic Disease Prevention Overweight and Obesity (Children)

2007-2009		SLV	Colorado
Physical Activity 7+ hours/week	% age 5-14 who engaged in P.A. 7+hrs/week	61.5	55.5
Television Viewing < 2 hrs per day	% age 5-14 who viewed TV <2hrs /day	79.9	82.1
Nutrition 5 a day	% age 1-14 who ate 5+servings of fruits and vegetables per day	37.6	27.9
Food Insecurity	% of households w/age 1-14 that often/sometimes relied on low cost foods in past yr	36.5	27.1
Overweight	% age 2-14	7.3	13.0
Obese	% age 2-14	24.4	14.0

Child Health Survey, Health Statistics Section, CDPHE 2007-2009



Chronic Disease Arthritis

BRFSS 2007-2009	SLV %	Colorado %
Told by doctor they have arthritis	30.1	23.7

Chronic Disease Prevention Overweight/Obesity Adults

Colorado BRFSS
 COSTILLA Data, 2009 - 2010, n= 58
 Colorado Data, 2009 - 2010, n= 23367

BRFSS 2009-2010	Costilla %	Colorado %
Any leisure time P.A.	68.7	82.9
5+ servings of fruits and vegetables per day	31.5	25.0
Overweight (BMI 25.0-29.9)	41.0	36.4
Obese, BMI >30	25.4	20.1
Diagnosed w/diabetes	13.3	5.6



Chronic Disease Prevention CVD/ Environmental Health

Heart attack hospitalizations and age-adjusted hospitalization rates by county:
Colorado residents, both sexes, all ages.

	2009 Rate per 10,000	2009 Hospitali- zations	2008 Rate per 10,000	2008 Hospitali- zations	2007 Rate per 10,000	2007 Hospitali- zations
Colorado	12.1	5816	12.9	5925	13.4	5903
Alamosa	12.4	17	15.8	23	12.9	18
Conejos	21.7	20	18.8	19	11.2	11
Costilla	10.1	5	10.3	4	9.2	4
Rio Grande	14.5	22	17.9	29	15.1	24
Saguache	11.3	9	9.3	6	8.8	6

All of these counties were represented as "No Statistical Difference" and contain a 95% Confidence Interval for their age-adjusted rate that is within the 95% Confidence Interval for the Colorado age-adjusted rate for each year shown.
The primary risk factors for heart attack are due to lifestyle and genetics, but many studies have found that environmental air pollution also increases risk of heart attack. Even though air pollution is not one of the primary risk factors for heart attack it is still a concern because so many people are exposed to air pollution throughout their lives.

Colorado Environmental Public Health Tracking
Data source: The Colorado hospital discharge dataset is made available by the Colorado Hospital Association to the Colorado Department of Public Health and Environment for use in its ongoing public health surveillance, planning, prevention and control, and evaluation activities.

Chronic Disease Prevention Cancer Screenings

Colorado BRFSS
COSTILLA Data, 2009 - 2010, n= 58
Colorado Data, 2009 - 2010, n= 23367

2009-2010	Costilla %	Colorado %
Fecal occult blood test in past 2 yrs (50+)	6.4	19.0
Ever had colonoscopy (50+)	55.5	65.2
Clinical breast exam & mammogram in past 2 yrs (50+)	24.9	66.5
Pap Smear (18+)	94.4	94.6

Colorado Health Information Dataset



Chronic Disease Prevention: Cancer

Cancer Incidence		Costilla County	Region 8	Colorado
All Cancers Combined:	Age-adjusted incidence rate of all cancers	410.9	375.4	437.9
Female Breast Cancer:	Age-adjusted incidence rate of female breast cancer	*	80.5	122.0
Cervix Uteri Cancer:	Age-adjusted incidence rate of cervical cancer	*	*	6.9
Colon and Rectum Cancer:	Age-adjusted incidence rate of colorectal cancer	*	50.6	42.5
Lung and Bronchus Cancer:	Age-adjusted incidence rate of lung and bronchus cancer	*	27.4	50.1
Melanomas of the Skin:	Age-adjusted incidence rate of melanomas of the skin (skin cancer)	*	17.6	21.9
Oral Cavity and Pharynx:	Age-adjusted incidence rate of oral cavity and pharynx cancer	*	*	9.4
Prostate Cancer:	Age-adjusted incidence rate of prostate cancer	*	121.8	162.2

*Age-adjusted cancer incidence rates are per 100,000 population. * Indicates fewer than 20 events in category. For questions or assistance in interpreting these rates, please contact the Colorado Central Cancer Registry at (303) 692-2540 or by email at cdphe.pscaregistry@state.co.us.
Source: Colorado Central Cancer Registry, CDPHE, 2005-2007.*

Chronic Disease Prevention (Environmental Health) Radon

Air Quality tracking data not available for counties in this region.

Radon : 2nd leading cause of lung cancer

	Average Concentration Radon Values	% of radon tests above 4pCi/L	Number of Samples
Alamosa	3.9	30.8%	13
Conejos	2.7	0	2
Costilla	4.4	10%	10
Rio Grande	5.5	50%	12
Rio Grande (2011)	6.7	51%	100
Saguache	5.7	41.5%	82

Data source:
The Colorado hospital discharge dataset is made available by the Colorado Hospital Association to the Colorado Department of Public Health and Environment for use in its ongoing public health surveillance, planning, prevention and control, and evaluation activities.



Flu/Pneumonia & Hep C

2007-2009	Costilla %	SLV %	Colorado %	HP 2010 objective
65+ who received Flu Vaccine in past 12 months (BRFSS)	*	64.6	77.0	90.0
Influenza hospitalizations for 65+	*	123.5	73.6	N/A
65+ who ever received pneumonia vaccine (BRFSS)	*	59.1	72.9	90.0
Disease Control & Environmental Epi Div CDPHE 2006-2008	Costilla %	SLV %	Colorado %	HP 2010 objective
Pneumococcal infections < 5rs	0.0	10.1	15.7	46.0
Pneumococcal infections 65+	0.0	0	29.5	42.0
Hepatitis C all ages	127.6	63.1	81.4	N/A

WB Communicable Disease

2007-2009 Rate of New cases	Alamosa	Conejos	Costilla	Rio Grande	Saguache	SLV	Colorado
Campylobacter	8.4	28.2	19.2	31.7	19.1	20.1	15.6
STEC (E coli)	4.2	4.0	0.0	0.0	4.8	2.8	3.4
Salmonella	202.2	44.3	38.5	47.6	4.8	90.0	12.6
Shigella	19.0	0.0	19.2	0.0	4.8	8.3	2.5
West Nile	0.0	0.0	0.0	0.0	0.0	0.0	5.0

Colorado Environmental Public Health Tracking
 This data is the rate per 100,000 population
 CoHID

These profiles were prepared by the Colorado Rural Health Center to provide an overview of the basic health services infrastructure and demographics in Colorado's fourteen non-metropolitan counties without a hospital.

Injury: Teens

Teen (15-19) Injury	SLV	Colorado	HP 2010
MVA Hospitalization 2007-2009	160.1	124.5	N/A
MVA deaths 2007-2009	33.7	14.6	N/A
Suicide (2004-2008)	*	12.1	5.0

The measure is the rate of hospitalization for injuries per 100,000 teens ages 15 through 19 for the period 2004-2008.
 The measure is the rate of deaths per 100,000 teens ages 15 through 19 caused by motor vehicle crashes for 2006-2008.
 The measure is the rate of suicide deaths per 100,000 teens ages 15 through 19 for 2004-2008.

Injury (Unintentional)

2000-2010	Alamosa	Conejos	Costilla	Rio Grande	Saguache	SLV	Colorado
# Total injury hospitalizations	1119	793	289	1061	259	3579	
Age adjusted rates (AAR)	717.9	845.3H	698.0	729.4	386.8L	693.1	714.5
Unintentional injury	509.5L	663.1	513.6L	532.9L	311.8L	511.0L	597.4
Transportation	116.7	193.9H	136.0	146.7H	99.7	138.1H	120.4
Poisoning	19.8L	9.8L	*	8.9L	*	10.9L	32.0
Fall	263.1L	306.6L	224.8L	266.6L	155.8L	250.1L	351.8
Fire/burn	12.9	14.1	19.6	8.0	14.1	11.9H	7.4
Natural/environmental	20.0	27.1H	26.6	13.2	16.3	19.3	16.0
Drowning	*	*	*	2.3	*	1.0	0.8
Other unintentional	80.9	120.3H	107.3	98.0H	32.1L	87.1	79.9

Rates are per 100,000 population. Age-adjusted rates are adjusted to 2000 US standard population.

CoHID

Injury (continued)

Costilla County	High Ratings (Age Adjusted)
Animal related injury not being ridden	14.0

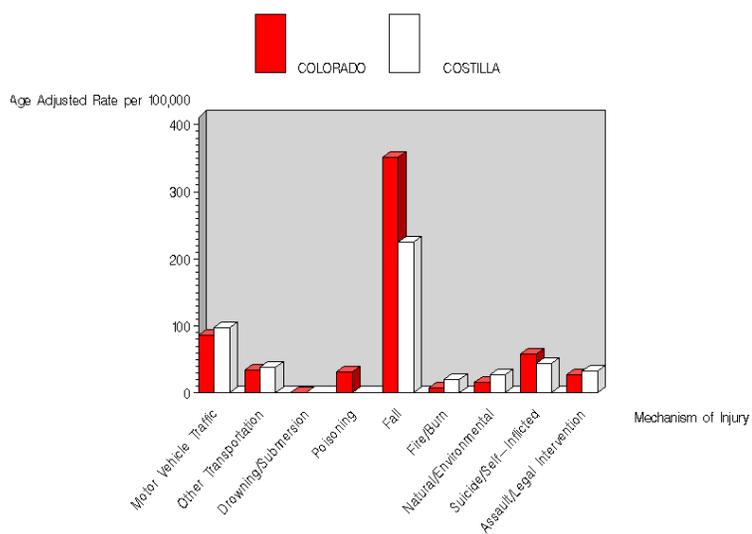
	Alamosa	Conejos	Costilla	Rio Grande	Saguache	Region 8	Colorado	Healthy People 2010
% of adults 18+ who reported having always used a seatbelt when driving or riding in a car	73.7	66.6	*	66.5	64.6	69.3	83.5	92.4

Injury: Intentional

	Alamosa	Conejos	Costilla	Rio Grande	Saguache	SLV	Colorado
Total Intentional Injury	79.9	107.1	77.3	68.1	32.1L	72.9L	85.5
Suicide/self-inflicted	49.5	70.0	44.5	42.1	18.6L	46.4L	58.3
Assault/legal intervention	30.4	38.6	32.8	26.0	5.5L	26.8	27.4
Total undetermined intent	4.9L	7.2	9.4	2.6	*	4.4L	8.7
Total firearm-related	5.7	9.5	11.7	5.7	*	6.1	5.9

Rates are per 100,000 population. Age-adjusted rates are adjusted to 2000 US standard population.

Injury (continued)



Traffic Accidents

Costilla County Fatal accident statistics for 1992 - 2009

Count Vehicles DUI Fatalities Persons

Fatal accident count (per 100,000 population)



Source: Citydata.com

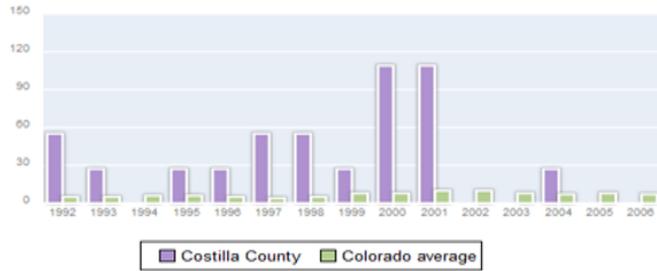
Traffic Accidents

Source: Citydata.com

Costilla County Fatal accident statistics for 1992 - 2009

- Count
- Vehicles
- DUI**
- Fatalities
- Persons

Fatal accidents caused by drunken drivers (per 100,000 population)



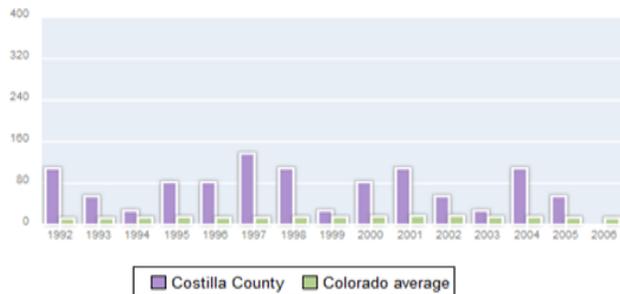
Traffic Accidents

Source: Citydata.com

Costilla County Fatal accident statistics for 1992 - 2009

- Count
- Vehicles
- DUI
- Fatalities**
- Persons

Fatalities (per 100,000 population)



Mortality

Mortality		Costilla County	Region 8	Colorado	HP2010 Objective
Malignant Neoplasms:	Age-adjusted rate of mortality due to malignant neoplasms/cancer	118.5	130.3	154.9	159.9
Heart Disease:	Age-adjusted rate of mortality due to heart disease	138.5	185.0	148.5	186.0
Chronic Lower Respiratory Disease:	Age-adjusted rate of mortality due to chronic lower respiratory diseases	20.9	55.1	51.4	N/A
Unintentional Injury:	Age-adjusted rate of mortality due to unintentional injury	122.2	85.8	45.3	17.5
Cerebrovascular Disease:	Age-adjusted rate of mortality due to cerebrovascular disease/stroke	19.7	31.3	38.9	48.0
Alzheimer's Disease:	Age-adjusted rate of mortality due to Alzheimer's disease	*	20.5	33.5	N/A
Diabetes Mellitus:	Age-adjusted rate of mortality due to diabetes mellitus	36.3	25.1	17.6	45.0
Suicide:	Age-adjusted rate of mortality due to suicide	†	19.6	16.8	5.0
Influenza or Pneumonia:	Age-adjusted rate of mortality due to influenza or pneumonia	*	15.6	15.6	N/A
Chronic Liver Disease:	Age-adjusted rate of mortality due to chronic liver disease and cirrhosis	*	14.1	10.7	N/A

Age-adjusted mortality rates are per 100,000 population.
 Source: Vital Statistics Unit, Health Statistics Section, CDPHE, 2007-2009.

Mortality

Deaths, crude death rates and age-adjusted death rates with 95% confidence limits from selected causes, 2010

Cause of Death	Costilla County		Colorado	
	N	Rate	Age-Adjusted Rate	Age-Adjusted Rate
All Causes	26	737.8	628.6	682.1
Cardiovascular Disease	8	227.0	134.5	183.2
Heart Disease	7	198.6	115.0	132.6
Cerebrovascular Disease	*	*	*	36.0
Atherosclerosis	0	0.0	0.0	2.7
Malignant Neoplasms	3	85.1	48.5	149.4
Lung Cancer	0	0.0	0.0	35.2
Breast Cancer	0	0.0	0.0	11.1
Chronic Lower Respiratory Diseases	*	*	*	49.7
Unintentional Injuries	5	141.9	158.8	43.4
Motor Vehicle	*	*	*	9.5
Other Unintentional Injuries	4	113.5	133.9	33.5
Pneumonia and Influenza	0	0.0	0.0	12.3
Suicide	*	*	*	16.8
Diabetes Mellitus	*	*	*	15.2
HIV Infection	0	0.0	0.0	1.2
Chronic Liver Disease and Cirrhosis	0	0.0	0.0	11.2
Alzheimer's Disease	0	0.0	0.0	31.1
Nephritis, Nephrosis, Nephrotic Syndrome	0	0.0	0.0	9.6
Homicide and Legal Intervention	*	*	*	3.8
Septicemia	0	0.0	0.0	7.5
Congenital Anomalies	*	*	*	3.3
Perinatal Period Conditions	0	0.0	0.0	4.3
All Other	4	113.5	113.4	140.0
Injury by Firearm	*	*	*	10.8
Drug-Induced Deaths	*	*	*	13.0
Alcohol-Induced Deaths	*	*	*	13.4
Work-Related Injury (Y/N Check Death Certificate)	0	0.0	0.0	1.4

http://www.chd.dphe.state.co.us/HealthIndicators/indicator_s.aspx?clD=5&cdID=30&clD=105&rtD=8

Cause of Death (ranking)

Deaths and Age Adjusted Rates for Leading Causes of Death, 2010

COSTILLA

Rank	Cause of Death	N	Age-Adjusted Rate	Lower Limit	Upper Limit
	All Causes	26	828.6	367.8	889.4
1	Heart disease	7	115.0	28.1	201.8
2	Unintentional injuries	5	158.8	14.2	303.3
3	Malignant neoplasms	3	48.5	0.0	103.8

* Indicates one or two events in the category.

Age-adjusted rates are adjusted to the 2000 U.S. standard population using the direct method applied to 10-year age groups.

Age-adjusted rates provide a better basis for comparison among different geographical areas or time periods.

Only leading causes of death with 3 or more events in 2010 are included.

Rates based on small numbers are unstable and should be interpreted with caution.

COLORADO

Rank	Cause of Death
	All Causes
1	Malignant neoplasms
2	Heart disease
3	Chronic lower respiratory diseases
4	Unintentional injuries
5	Cerebrovascular diseases
6	Alzheimer's disease
7	Suicide
8	Diabetes mellitus
9	Chronic liver disease and cirrhosis
10	Influenza and pneumonia

Public Health Planning

- What does the data say that our priorities should be?

Public Health Planning

- What are our assets/strengths?
- What are our weaknesses and obstacles?
- What opportunities do we have?

Public Health Planning

How do you envision the local public health system in the next 5 years?

Data Sources

Colorado Regional Health Profiles *Source: Colorado State Demography Office, 2009-based population estimates, 2009.*

Colorado Regional Health Profiles *Source: CDC/NCHS 2009-based, bridged-race population estimates, 2009*

Colorado Regional Health Profiles *Source: United States Census Bureau, Small Area Income and Poverty Estimates Source: Colorado Department of Education, Class of 2009*

Colorado Regional Health Profiles *Source: Colorado Department of Education, Class of 2009 Graduation Data and United States Census Bureau, Summary File 3 sample data, 2000.*

Colorado Rural Health Center for basic health services infrastructure and demographics in Colorado's fourteen non-metropolitan counties without a hospital.

Child Health Survey *Source: Health Statistics Section, CDPHE, 2007-2009, (physical activity measure)*

County Data *Source: <http://http://www.cdphe.state.co.us/hs/vs/2009/Costilla.pdf>*

CDPHE *Source: Vital Statistics Unit, Health Statistics Section, CDPHE, 2010*

Colorado.gov *Source: Colorado Health Indicators*

CoHID: Colorado Health Information Dataset *Source: <http://www.chd.dphe.state.co.us/cohid/>*

Colorado Hospital Association *Source: Colorado Department of Public Health and Environment for use in its ongoing public health surveillance, planning, prevention and control, and evaluation activities.*

City Data on Costilla County *Source: Citydata.com*

Rocky Mountain Prevention Research Center *Source: San Luis Valley Community Health Survey (2010).*

United States Census Bureau *Source: Google <https://www.google.com/#q=costilla+county+colorado+population> (2012).*

University of Wisconsin: Population Health Institute *Source: County Health Rankings Colorado (2010-2014)*

State of Colorado for background of Costilla County
Source: <http://www.colorado.gov/cs/Satellite/CNTYCostilla/CBON/1251592888581>

World Health Organization *Source: http://www.who.int/social_determinants/en/*

Healthy People *Source:* <http://www.healthypeople.gov/2020/default.aspx> (for Healthy people 2010 info.

Colorado Health Assessment and Planning System (CHAPS) *Source:* <http://www.chd.dphe.state.co.us/CHAPS/Default.aspx>

University of Colorado *Source:* San Luis Valley Health Survey, 2011

Senate Bill 08-194 *Source:* Colorado.gov, 2008

System-Wide Baseline Review *Source:* Capacity Assessment, 2011

Colorado's Ten Winnable Battles *Source:* Colorado.gov

Leading Causes of Death *Source:* Power Point Slides presented, 2010

County Health Rankings *Source:* <http://www.countyhealthrankings.org/app/#!/colorado/2014/rankings/costilla/county/outcomes/overall/snapshot>, 2014