

2012 LAKE COUNTY PUBLIC HEALTH ASSESSMENT AND IMPROVEMENT PLAN



11/8/2012

Creating Healthier Outcomes through Planning,
Partnership and Prevention

Table of Contents

I. Introduction	
Letter of Welcome	3
Methods and Process	4
Stakeholder Group	5
Health Disparities	6
Population & Socioeconomic Data	8
II. Health Assessment	
Morbidity and Mortality	10
Health Indicator 1 – Access to Care	12
Health Indicator 2 – Environmental Issues	14
Health Indicator 3 – Sexual Health	17
Health Indicator 4 – Safety Issues	19
Health Indicator 5 – Pediatric Dental	21
Health Indicator 6 – Healthy Eating & Active Living	23
Health Indicator 7 – Transportation	26
Health Indicator 8 – Substance Abuse & Mental Health	28
III. Capacity Assessment	
Capacity: Access to Care	32
Capacity: Environmental Issues	34
Capacity: Sexual Health	35
Capacity: Safety Issues	35
Capacity: Pediatric Dental	36
Capacity: Healthy Eating & Active Living	37
Capacity: Transportation	38
Capacity: Substance Abuse & Mental Health	39
IV. Improvement Plan	40
V. Five Year Plan	43

I. Introduction

Welcome to the *2012 Lake County Public Health Assessment and Improvement Plan*.

In the spring of 2012, Lake County Public Health, St. Vincent General Hospital and Lake County Build a Generation formed a partnership to review the health of our residents, better understand health trends in our county, and compile issues of concern. These partners convened a Lake County Public Health Improvement Plan Stakeholder Group, comprised of health leaders, elected officials, and citizens. Over the course of several meetings, this group reviewed the available county-level data and discussed the state of community health in Lake County. Ultimately, the group came up with key indicators of Lake County community health that both describe the overall health of Lake County and focus attention and action on areas of greatest concern.



This document provides a summary of these eight key indicators—including our capacity to improve population-level health in these areas and a plan for doing so.

Like many things in Lake County, our community health is a study in contrasts. On the one hand, Lake County is a center of ultra-racing and outdoor recreation, attracting both tourists and residents who want to experience healthy living. On the other hand, the 2012 County Health Rankings produced by the Robert Wood Johnson Foundation placed Lake County 58th of the 59 ranked Colorado counties.

It is our hope that this report will allow all Lake County agencies and governing bodies to better understand the unique public health needs of Lake County. We also hope that it will drive collaboration across health agencies in Lake County to improve the health of our citizens. Ultimately, we hope it will help those of us who work daily to improve the health of our citizens to continue and expand that work in order to make Lake County a place where all citizens can live their healthiest lives.

Judy Tyson
Director, Lake County Public Health Agency

HEALTH IN LAKE COUNTY 8 KEY INDICATORS

- ACCESS TO CARE
- ENVIRONMENTAL ISSUES
- SEXUAL HEALTH
- SAFETY
- PEDIATRIC DENTAL
- HEALTHY EATING AND ACTIVE LIVING
- TRANSPORTATION
- SUBSTANCE ABUSE AND MENTAL HEALTH

METHODS AND PROCESS

This report was compiled during 2012 by Lake County Build a Generation, Lake County Public Health and St. Vincent General Hospital. While these three agencies drove and designed the process, they solicited considerable input along the way from the Public Health Stakeholder Group. The final product is truly a *community* assessment and plan for improving the health of Lake County citizens.

In the spring of 2012, Lake County Build a Generation, Lake County Public Health and St. Vincent General Hospital began analyzing data on an exhaustive list of 33 health indicators. The health indicators were drawn from Colorado's Winnable Battles (a list of ten state priorities); from previous Lake County health assessments; and from the health assessments of other Colorado counties. For each indicator, researchers defined the issue, provided information on state-level goals and strategies (where relevant), discussed health disparities for that indicator, discussed county-level data on that indicator, and discussed any county-level strategies already being employed to address that indicator. That data was compiled into a 115-page report on the state of Lake County health.

With the help of the Public Health Stakeholder Group, that data was examined for accuracy and those 33 health indicators were narrowed to eight that deserved further research. The Public Health Stakeholder Group, in two surveys, then provided input on the capacity of local agencies to address those eight issues.

With information on key health issues and capacity in hand, the Public Health Stakeholder Group then worked to prioritize the health indicators. At a meeting, members were asked to consider (1) the *impact* each health indicator had on population-level health in Lake County, (2) Lake County's *capacity* to address health outcomes for each indicator, and (3) Lake County's *ability* to impact each health indicator. In that process, two health indicators emerged as clear Lake County priorities: Access to Health and Healthy Eating and Active Living. However, the group also felt that each of the other indicators had issues that deserved at least some attention.

Finally, the Public Health Stakeholder Group worked to develop the Lake County Public Health Improvement Plan. In a final meeting, the group developed goals and possible strategies for each indicator. Each agency then worked individually to identify strategies it had the capacity to lead—and to develop goals and action steps for those strategies. This information was compiled into the final Lake County Health Improvement Plan.

The Public Health Stakeholder Group has agreed to convene annually in order to report out on progress toward the Lake County Public Health Improvement Plan goals and to examine data on population-level health outcomes. This evaluation plan will help us continually revise the plan to ensure we are most effectively addressing Lake County's population-level health issues.

Sources of Data

County-level data is used whenever possible. This data comes from a variety of resources including the Lake County Public Health Agency and St. Vincent General Hospital; other local reports, such as the Lake County Build a Generation Risk Assessment and the Head Start Assessment; personal observations by staff at local agencies; prior Lake County Health Assessments; and regional, state or national reports with county-level data, many of them available through the Colorado Health Assessment and Planning System website. Data sources are listed as footnotes in each chapter.

It can be challenging to find local data for a county with a small population like Lake County. Sometimes, it has been possible to use regional data where county-level data does not exist. It has also sometimes been possible to present data for a range of years. Using range data may give a number to compare to state data but may not reveal differences between years.

The accuracy of this data may vary due to discrepancies in reporting. Some data is obtained from surveys

that attempt to represent the population by surveying a smaller sample size within the specified geographic location, producing an estimate. When known, the confidence interval for the survey estimates is presented. A confidence interval indicates the reliability of the data. A 95% confidence interval, for example, indicates a range that has a 95% chance of including the actual value that the sample is supposed to represent. Due to the small number of survey participants in Lake County, in some cases the confidence interval for county-level data is so wide that the difference between county- and state-level data is not statistically significant.

Public Health Stakeholder Group

Addie Haberkorn	Lake County WIC
Alice Pugh	Full Circle of Lake County
Amber Magee	Lake County Recreation Department
Abigail Long	Lake County Recreation Department
Anna Lauer Roy	West Central Mental Health
Cheryl Wells	Lake County Schools, School Nurse
Colleen Nielsen	Lake County Public Health
Cornelia Patti	Lake County Public Health
Cynthia Crusoe	St. Vincent General Hospital
Dolores Semsack	Lake County Commissioner
Dr. JT Smiley	St. Vincent General Hospital
Dr. Lisa Zwerdinger	Rocky Mountain Family Practice
Federico Montes	Manuelita's Restaurant
Fernando Mendoza	Lake County Sheriff's Department
Fran Masterson	Lake County Building Department
Greg Teter	Parkville Water Department
Heather Damon	St. Vincent General Hospital
Heidi Colley	St. Vincent General Hospital
Jackie Duba	Rocky Mountain Family Practice
Jeri Lee	Lake County Human Services
Judy Tyson	Lake County Public Health
Julie Mehle	Lake County Schools, Food Service
Karen Hirsheimer	Cloud City Medical
Karen Lundell	Citizen
Karen Rinehart	St. Vincent General Hospital
Katie Baldassar	Lake County Build a Generation
Lance Schamberger	Leadville Dental
Mike McHargue	Lake County Emergency Management
Misty Dawn Varco	St. Vincent General Hospital
Robbie Seibel	Lake County Public Health
Roger Oberg	St. Vincent General Hospital, CEO
Rachelle Collins	Lake County Build a Generation
Sarah Groth	Lake County Public Health
Skip Lee	Colorado Mountain College
Trey Lawrence	St. Vincent Medical Clinic
Von Kilpatrick	St. Vincent General Hospital
Wendy Wyman	Lake County Schools, Superintendent

HEALTH DISPARITIES

The National Institutes of Health (NIH) define health disparities as “differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups in the United States.”¹ Population groups exhibiting the greatest health disparities typically are poor, socially disadvantaged, medically underserved, and live in either rural or densely urban communities.²

To understand the root causes of health disparities, it is important to realize that individual health is inseparable from social and physical contexts. Individuals are unlikely to be able to control many of the determinants of health, so blaming them for poor health or crediting them for good health is both unproductive and unfair.³

Health disparities derive from a variety of contributing causes and contexts. Together, these are often referred to as the “Social Determinants of Health.” According to the World Health Organization, social determinants of health “are the conditions in which people are born, grow, live, work and age, including the health system. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels.”⁴ The Centers for Disease Control and Prevention categorizes determinants as being biological, socioeconomic, psychosocial, behavioral, or social in nature.⁵

In addition to social determinants of health, *physical and environmental factors* also play key roles in exacerbating or ameliorating health disparities. These physical and environmental determinants range from regional factors (air pollution, water contamination, etc.) to neighborhood factors (walkable routes, accessibility to grocery stores, etc.).

¹ *Health Disparities Defined*. Retrieved September 15, 2012 from the National Cancer Institute web site: crchd.cancer.gov/disparities/defined.html

² *NIH – Health Disparities Definition*. Retrieved September 15, 2012 from the National Institute on Drug Abuse web site: www.drugabuse.gov/about-nida/organization/health-disparities/about-nida-health-disparities/nih-%E2%80%94-health-disparities-definition

³ *The Determinants of Health*. Retrieved September 16, 2012 from the World Health Organization web site: www.who.int/hia/evidence/doh/en/

⁴ *Social Determinants of Health*. Retrieved September 16, 2012 from the World Health Organization web site: www.who.int/social_determinants/en/

⁵ *Social Determinants of Health: Definitions*. Retrieved September 15, 2012 from the Centers for Disease Control and Prevention web site: www.cdc.gov/socialdeterminants/Definitions.html

Examples: Social Determinants of Health

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful foods
- Social norms and attitudes, such as discrimination
- Exposure to crime, violence, and social disorder, such as the presence of trash
- Social support and social interactions
- Exposure to mass media and emerging technologies, such as the Internet or cell phones
- Socioeconomic conditions, such as concentrated poverty or residential segregation
- Quality schools
- Transportation options
- Public safety

Examples: Physical Determinants of Health

- Natural environment, such as plants, weather, or climate change
- Built environment, such as buildings or transportation
- Worksites, schools, and recreational settings
- Housing, homes, and neighborhoods
- Exposure to toxic substances and other physical hazards
- Physical barriers, especially for people with disabilities
- Aesthetic elements, such as good lighting, trees, or benches

Source: <http://www.healthypeople.gov/2020/about/DOHAbout.aspx>

Identifying and acknowledging health disparities within a community is important for two basic reasons. First, it allows health-related agencies, organizations and providers to identify those population groups most at risk for negative health outcomes. In turn, this guides the design and implementation of programs most likely to address the key health issue successfully. Second, a clear assessment of local health disparities is critical in order for agencies to support changes in social, economic or environmental circumstances that would lead to improved health outcomes.

Unfortunately, health disparities in Lake County are pronounced—both within the county and in comparison to residents statewide. The specific social and environmental determinants of health affecting Lake County residents are described in the following Population and Socioeconomic Data section of this report, as well as the sections for each Key Health Indicator.

COMMUNITY ASSESSMENT: POPULATION & SOCIOECONOMIC DATA

Lake County is a rural county located in Colorado's high country. At 10,152 feet, it is an extreme place to live. Winter arrives in October and lasts into May.

Lake County is small and rural in character, with 376.91 square miles and 19.4 people per square mile (compared to 48.5 statewide). Approximately 78% of the county is composed of state and federally-owned land. In 2010, the total population was 7,310. Lake County experienced a large drop in population in 1990, corresponding with the closing of the mines that employed a large number of people. Since then, population levels have increased but have not returned to 1980 levels (see Figure 1).

Ethnically, Lake County is changing. Between 1990 and 2010, the white, non-Hispanic population increased 5% while the Hispanic population increased 99%. In 2010, Lake County's Latino or Hispanic population comprised 39% of the entire population and the white, non-Latino or Hispanic population comprised 58%, leaving 3% to other races. Lake County's percentage of Latino or Hispanic residents (39%) was almost twice the state rate (21%)⁶ (see Figure 2). The percentage of Hispanic students in our school district is even higher: Currently, 70% of students in the Lake County School District are Hispanic.⁷

Lake County also has a large population of people who speak Spanish. Of those in Lake County five years of age or older in 2009, 26.4% were estimated to speak a language other than English at home (15.1% in Colorado).⁸ In the 2010-2011 school year, 41% of students enrolled in the Lake County School

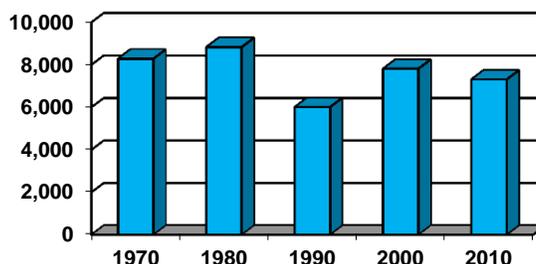


Figure 1: Lake County Population, 1970-2010.

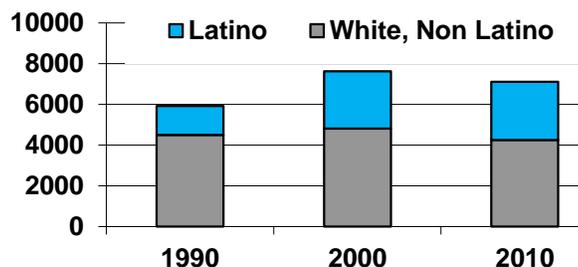


Figure 2: Proportion of non-Latino and Latino populations in Lake County, 1990 to 2010.

Age	Lake Co	Colorado
>18	25%	24%
18-24	10%	10%
25-44	30%	28%
45-64	27%	27%
65+	9%	11%

Figure 3: Age structure of Lake County's population, 2010.

⁶ American Fact Finder. Retrieved November 1, 2011 from the US Census web site: <http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml>

⁷ Lake County School District Annual Report. Retrieved March 1, 2012 from the Lake County School District web site: <http://lakecounty-sd.schoolfusion.us>

⁸ American Fact Finder.

District were enrolled in the English Acquisition Program, and 45% spoke a language other than English at home.⁹

The age structure of the population of Lake County in 2010 is very similar to that of the state¹⁰ (see Figure 3).

Educational attainment lags behind the state. In Lake County, an estimated 20.7% of residents have a Bachelor's degree or higher, compared to 35.9% in the state (see Figure 4).

As a mining community, Lake County's economic story is one of recurring boom and bust. In 1985, the closure of the Climax Mine sent the community into an economic and social tailspin from which it continues to recover.

Almost overnight, the economy shifted from high paying mining occupations to low paying service jobs in the surrounding resorts. Although the Climax Mine recently re-opened, mining efficiencies have led to a much smaller workforce.

Lake County's economic statistics reflect these recent struggles. For the period between 2006 and 2010, median household income in Lake County was \$41,103— 72.8% of the median household income for the state of Colorado (\$56,456)¹¹ (see Figure 5). The nation-wide recession hit Lake County especially hard. Lake County's unemployment rate moved above the state rate in 2009 and that gap widened in 2010 and 2011. The Lake County unemployment rate in August 2012 was 9.7% (state=7.8%), giving it the 10th-highest unemployment rate among Colorado counties. Between 2006 and 2010, 21.7% of residents lived in poverty, compared to 12.2% in the state.¹²

Despite these challenges, residents remain generally happy. For the years 2007-2009, an estimated 99.04% (95% CI = 97.95 – 100.00) of Lake County adults (aged 18+) were satisfied with their life in general, statistically higher than the state rate of 95.54% (95.21-95.86).¹³

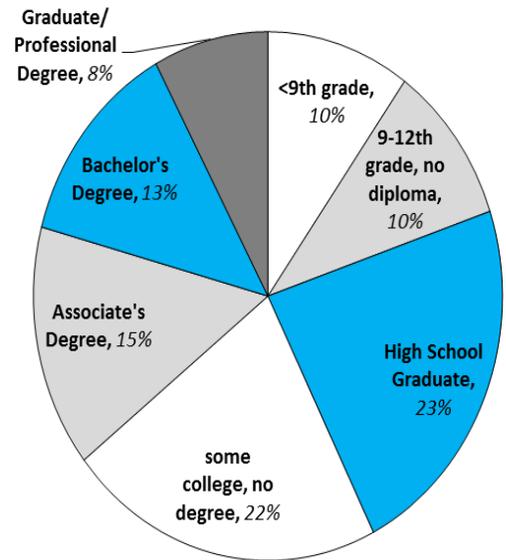


Figure 4: Estimates of education level of Lake County residents from 2006-2010.

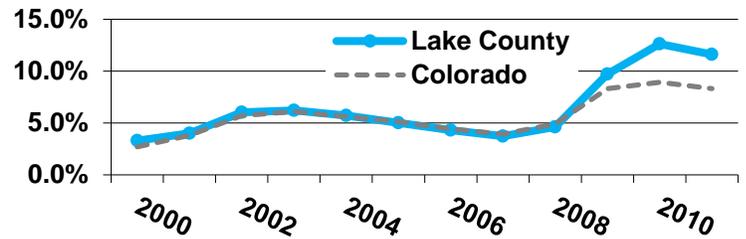


Figure 5: Annual unemployment rates, not seasonally adjusted, for Lake County and Colorado, 1999-2010.

⁹ Lake County School District Annual Report.

¹⁰ American Fact Finder.

¹¹ American Fact Finder.

¹² Labor Market Employment. Retrieved November 1, 2011 from the Colorado Department of Labor and Employment web site: <http://lmigateway.coworkforce.com/lmigateway/default.asp>

¹³ American Fact Finder.

MORBIDITY AND MORTALITY

Morbidity refers to the incidence or prevalence of disease in a population. Mortality refers to the incidence of death in a population. Key resources for county-level morbidity and mortality data are the CDPHE and the *County Health Rankings and Roadmaps* website, a joint service of the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation.¹⁴

Morbidity and mortality data serve a variety of key public health functions. Foremost, they allow communities to identify short and long-term health trends. By understanding how the prevalence and severity of diseases change over time, communities can identify possible shifts in the social and environmental determinants of health.

Morbidity and mortality data also allow communities to compare local health indicators to those in other communities, as well as to state and national averages. These comparisons may highlight community gaps in access, service and support relative to other communities. They may also indicate areas in which a community faces elevated social and environmental issues relative to state and national norms.

Finally, morbidity and mortality can guide a community's efforts in developing strategies to address the health indicators most directly associated with disease and death in their community. If the end goals of public health are longer and healthier lives for citizens, there are no plainer assessments of our work than morbidity and mortality rates.

What do the data reveal about morbidity and mortality in Lake County? Starkly, according to the County Health Rankings and Roadmap survey, Lake County ranks 58 of 59 Colorado counties for Health Outcomes.¹⁵ The table below provides a snapshot of the statistics leading to this ranking.¹⁶

Selection of <u>Negative</u> Health Indicators	Lake County	Colorado
Percent of adults reporting fair or poor health	24	13
Percent of population under age 65 without health insurance	27	17
Percent of population age 16+ unemployed but seeking work	12.6	8.9
Percent of children under age 18 in poverty	21	17
Age-adjusted rate of heart disease hospitalizations (per 100,000 population) 2008-2010	3,746.4	2,593.5
Age-adjusted rate of hospitalizations due to stroke (per 100,000 population) 2008-2010	598.2	271.2

¹⁴ Available at www.countyhealthrankings.org and www.chd.dphe.state.co.us/topics.aspx?q=Mortality_Data

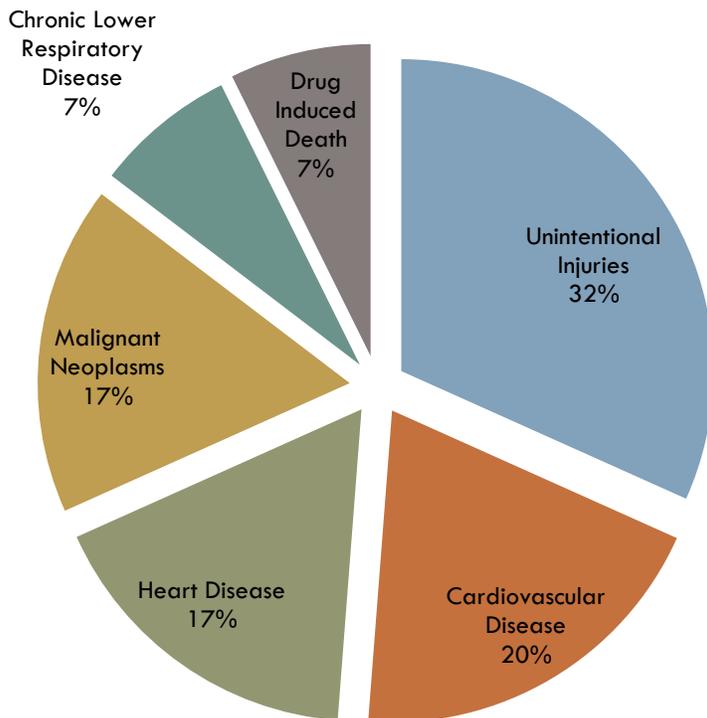
¹⁵ 2012 County Health Ranking. Retrieved September 20, 2012 from the University of Wisconsin Population Health Institute web site: www.countyhealthrankings.org/app/colorado/2012/lake/county/1/overall.

¹⁶ Statistics also come from the CDPHE (www.chd.dphe.state.co.us/HealthIndicators/indicators.aspx).

The same studies provide reason for optimism, however, and show areas in which Lake County ranks favorably to state averages.

Selection of <u>Positive</u> Health Indicators	Lake County	Colorado
Percent of adults meeting the definition of obese	18	20
Percent of adults (aged 18+ years) with diabetes 2008-2010	3.7	5.9
Percent of diabetic Medicare enrollees that receive HbA1c screening	84	80
Rate of major congenital anomalies (per 10,000 live births) 2008-2010	317.9	579.4
Age-adjusted incidence rate of invasive cancer (all sites combined) (per 100,000 population) 2006-2008	412.0	440.6
Violent crime rate per 100,000 population	281	345

Figure 6: Causes of Death in Lake County, 2011



Regarding mortality, for most years from 2003-2010, cardiovascular disease was the leading cause of death in Lake County, followed by malignant neoplasms, chronic lower respiratory disease, and unintentional injuries. In 2011, unintentional injuries were the highest-ranked cause of death, followed by cardiovascular disease, heart disease, and cancer. Drug-induced death and chronic lower respiratory diseases were lowest on the list of causes (see Figure 6). 44% of the deaths recorded in Lake County in 2011 occurred to those under age 65, while 26.8% occurred to those over the age of 85.¹⁷

¹⁷ *Lake County Births and Deaths*. Retrieved April 5, 2012 from the Colorado Department of Public Health and Environment, Health Statistic Section web site: http://www.chd.dphe.state.co.us/topics.aspx?q=Mortality_Data

HEALTH INDICATOR 1 – ACCESS TO CARE

“Access to Care” includes a number of factors that affect an individual’s ability to receive health care. Affordable and comprehensive health insurance is important, but so are proximity of providers, transportation, appointment availability, language support, and a patient’s knowledge of preventative health care.¹⁸

Access to Care is a significant issue for Lake County residents. According to the Colorado Health Access Survey, one in three Lake County residents is uninsured or underinsured. Those without health insurance are less likely to receive preventative care, less likely to receive an early diagnosis of disease, and are more likely to die prematurely than those with health insurance.¹⁹ In addition, uninsured children are less likely to be immunized or receive the recommended development screenings. Their parents are less likely to receive guidance about health, nutrition and childhood safety.²⁰

Other issues also affect Lake County residents’ ability to obtain care. The county’s ratio of primary care physicians to people is 2000:1, over three times the national average (631:1)²¹—although physician’s assistants may be supplementing this gap. In addition, the lack of in-county specialists means that residents may have to wait for a specialist to visit or take the time—and possibly find the transportation—to travel to out-of-county appointments. And while many providers have Spanish-speaking staff, some do not.

A key Access to Care issue for local residents is the cost of insurance premiums. Residents of the high country pay higher rates than their counterparts in metro Denver. It is challenging to compare employer-based health insurance plans because premium disparities may reflect a number of factors. However, a comparison of individual plans (Figure 7) demonstrates that residents pay higher premiums because they reside in Leadville.

THE ISSUE AT A GLANCE

IN LAKE, CHAFFEE, FREMONT AND CUSTER COUNTIES, 22% OF RESIDENTS HAVE NO INSURANCE AND 13% HAVE NO USUAL SOURCE OF CARE.

IN 2009, 18.3% OF LAKE COUNTY CHILDREN WERE UNINSURED, COMPARED TO 10.4% IN THE STATE.

IN 2009, 9% OF LAKE COUNTY RESIDENTS UNDER 19 WERE ELIGIBLE FOR MEDICAID OR CHP+ BUT NOT ENROLLED.

DISPARITIES: HEALTH INSURANCE

THOSE WITHOUT HEALTH INSURANCE ARE LESS LIKELY TO RECEIVE PREVENTATIVE CARE, LESS LIKELY TO RECEIVE AN EARLY DIAGNOSIS OF DISEASE, AND ARE MORE LIKELY TO DIE PREMATURELY THAN THOSE WITH HEALTH INSURANCE.

SOURCE: THE COLORADO TRUST, COLORADO HEALTH ACCESS SURVEY, 2011.

¹⁸ 2011 County Health Rankings: Access to Care. Retrieved September 11, 2012 from the University of Wisconsin Population Health Institute web site: www.countyhealthrankings.org/health-factors/access-care

¹⁹ Colorado Health Access Survey, 2011. Retrieved September 11, 2012 from The Colorado Trust web site: www.coloradotrusted.org/attachments/0001/8667/CHAS_Region_6_PROFILE.pdf

²⁰ 2011 Colorado Health Report Card. Retrieved September 11, 2012 from the Colorado Health Foundation web site: www.coloradohealthreportcard.org/ReportCard/2011/subdefault.aspx?id=5475

²¹ 2011 County Health Rankings: Access to Care. Retrieved September 11, 2012 from the University of Wisconsin Population Health Institute web site: www.countyhealthrankings.org/#app/colorado/2012/lake/county/1/overall

	Plan	Leadville (80461)	Denver (80211)	Percent Increase
40-year old, nonsmoking woman	Anthem Clear Protection 1,000	\$263	\$209	25.8%
	Rocky Mtn Health Plan Solo Outlook HAS 2500	\$299.08	\$195.95	52.6%
	United Health One Copay Select 70-1000	\$226.31	\$138.03	63.9%
25-year-old smoking man	Anthem Clear Protection 1,000	\$230	\$183	25.7%
	Rocky Mtn Health Plan Solo Outlook HAS 2500	\$271.37	\$177.79	52.6%
	United Health One Copay Select 70-1000	\$100.13	\$124.68	24.5%
30-year-old smoking woman	Anthem Clear Protection 1,000	\$243	\$193	25.9%
	Rocky Mtn Health Plan Solo Outlook HAS 2500	\$281.14	\$184.20	52.6%
	United Health One Copay Select 70-1000	\$229.72	\$140.11	64%

Figure 7: Monthly Insurance Premiums for Lake County and Denver residents (2012) on ehealthinsurance.com.

STEPS WE ARE TAKING

- Many service providers have sliding fee scales, including Rocky Mountain Family Practice, West Central Mental Health, St. Vincent General Hospital, and Lake County Public Health.
- The 9News Health Fair and the Children’s Health Fair provide free and low-cost screenings and health education annually.
- The 21st Century Community Learning Center partners with local doctors to offer sports physicals for a \$10 donation.

CRITICAL GAPS

- Many uninsured or underinsured residents lack access to a usual source of care and/or preventative care.
- Residents who lack transportation or time off from work may defer follow-up care with specialists.
- Not all local providers have Spanish-speaking staff.

HEALTH INDICATOR 2 – ENVIRONMENTAL HEALTH

Key environmental issues in Lake County include the presence of environmental hazards such as lead and asbestos, exposure to radon gas, water quality (both streams and groundwater), and food safety.

Elevated blood lead levels in children six years old and younger are concerning because this is a time of critical brain development. Lead exposure can cause cognitive and behavioral problems, including learning disabilities.²² In Lake County, blood lead rates range from 2%-2.8% (2011-12 data), compared to .64% nationally (2009 data).²³ However, the numbers are not comparable, as the CDC just adopted the stricter 5 ug/dl trigger level used by Lake County Public Health, and its data still reflect the old 10 ug/dl trigger level. In Lake County, the most common source of elevated lead levels is lead dust, usually from remodeling or lead-contaminated soil.²⁴ Lead contamination from old paint and from Mexican candy are also major causes.

Radon, a colorless, odorless gas that can move up from the ground and become trapped inside houses, is an issue because it is the second leading cause of lung cancer in the U.S. Smokers exposed to radon have an especially high risk of developing lung cancer.²⁵ Of the 128 households in Leadville that conducted radon tests between 2005-2009, 47.9% had levels over the EPA recommended limit.

In Lake County, cadmium and zinc (from historic mining sites) are the most common stream contaminants and both are toxic to aquatic ecosystems.²⁶ However, Parkville Water's 2012 Consumer Confidence Report showed no drinking water contaminants present in amounts over acceptable limits.²⁷

THE ISSUE AT A GLANCE

CLEAN WATER

INACTIVE MINES HAVE CREATED APPROXIMATELY 226 MILES OF IMPAIRED STREAMS IN LAKE COUNTY.

RADON

OF THE 128 LEADVILLE HOMES RECENTLY TESTED FOR RADON, 47.9% HAD LEVELS OVER THE EPA RECOMMENDATION.

LEAD

IN 2012, 2.8% OF 104 LOCAL CHILDREN HAD HIGH BLOOD LEAD LEVELS.

SAFE FOOD

IN THE LAST YEAR, LOCAL RESTAURANTS HAD AN AVERAGE OF 1.04 VIOLATIONS, COMPARED TO 1.39 STATEWIDE.

²² Weise, E. & A. Young (2012). *Lead Poisoning Guidelines Revised; More Considered at Risk*. USA Today. Retrieved May 11, 2012 from: www.usatoday.com/news/health/story/2012-05-16/cdc-blood-lead-level-standard/55005258/1

²³ Cornelia, Patti (Blood Lead and Nutrition Consultant, Lake County Public Health Agency, Leadville, CO). Email to Katie Balassar on June 5, 2012.

²⁴ Conversation between Katie Baldassar and Cornelia Patti, Blood Lead and Nutrition Consultant, on June 7, 2012.

²⁵ *A Citizen's Guide to Radon: The Guide to Protecting Yourself and Your Family from Radon*. EPA 402/K-09/001. Retrieved April 24, 2012 from the Environmental Protection Agency web site: www.epa.gov/radon

²⁶ *Watershed Assessment, Tracking, and Environmental Results*. Retrieved May 3, 2012 from the Environmental Protection Agency web site: http://iaspub.epa.gov/tmdl_waters10/attains_watershed.control#pollutant

²⁷ Parkville Water Department 2012 Drinking Water Consumer Confidence Report for calendar year 2011. Retrieved September 10, 2012 from the Parkville Water Department web site: <http://www.parkvillewater.org/consumer-confidence-report-2012.pdf>

Lake County has no county-level well testing data from the 1,712 households that have domestic wells. However, in a 2009 Colorado survey, 21% of well owners had had their well tested within the last year (the CDPHE recommends residential wells be tested annually). Of those, 8% tested positive for nitrates, 5% for bacteria, 2% for volatile organic compounds and 1% for pesticides. The survey did not ask about metals.²⁸

Foodborne illnesses—the result of ingesting toxins produced by bacteria living on food—can cause illness or death. Each year, an estimated 48 million people contract a foodborne illness, 128,000 are hospitalized and 3,000 die as a result of these illnesses.²⁹ Lake County has no county-level data on foodborne illness since it does not have a local reporting system. In Lake County, health partners have been raising awareness around the dangers of elevated blood lead levels in children since the addition of Leadville to the National Priorities list in 1986. But local health agencies are still working to help residents understand how to mitigate the hazards of living in older homes or in close proximity to historic mining districts. Moreover, residents may be even less aware of other key environmental issues—including water quality, exposure to radon gas, and food safety.

DISPARITIES: RADON

IN COLORADO, POPULATIONS LESS LIKELY TO KNOW ABOUT RADON AND TEST FOR IT INCLUDE HISPANICS, YOUNGER PEOPLE, PEOPLE WITH LOWER INCOMES, AND PEOPLE WITH LOWER LEVELS OF EDUCATION.

SOURCE: KELLEY, C. AND BROWN, E. (2001). *RADON AWARENESS AND HOUSEHOLD TESTING: RESULTS FROM THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM.*

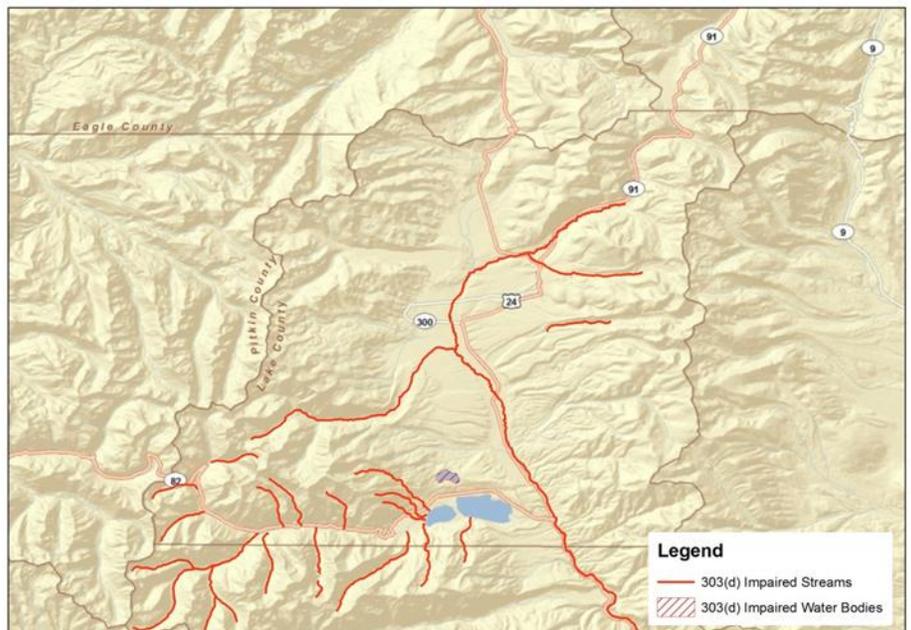


Figure 8: Environmental Protection Agency Clean Water Act Section 303(d): Impaired Streams in Lake County from 2008. (Note: Mt. Elbert Forebay was listed as an Impaired Water Body in 2008. In 2010, the EPA indicated that this listing was error.)

²⁸ Colorado Division of Water Resources. *GIS and Maps Home*. Retrieved May 3, 2012 from <http://water.state.co.us/DataMaps/GISandMaps/Pages/default.aspx>

²⁹ *Food Safety*. Retrieved May 5, 2012 from the Center for Sciences in the Public Interest web site: www.cspinet.org/foodsafety

STEPS WE ARE TAKING

- The Lake Fork Watershed Working Group is cleaning up impaired streams in the Sugarloaf Mining District and the EPA is cleaning up impaired sites within the California Gulch Superfund Site.
- LCPHA has a blood lead testing program for children.
- LCPHA conducts regular inspections of retail food establishments.
- LCPHA offers home inspections to find sources of lead.

CRITICAL GAPS

- Multiple impaired streams and waterways have no remediation plan.
- There is a lack of local water-quality testing options for residential well users.
- Education efforts around soil lead, lead/asbestos remodeling dangers, and radon gas remain inadequate.
- Lake County does not have a food safety reporting system, and there is a lack of education among residents and service providers in how to recognize food poisoning.

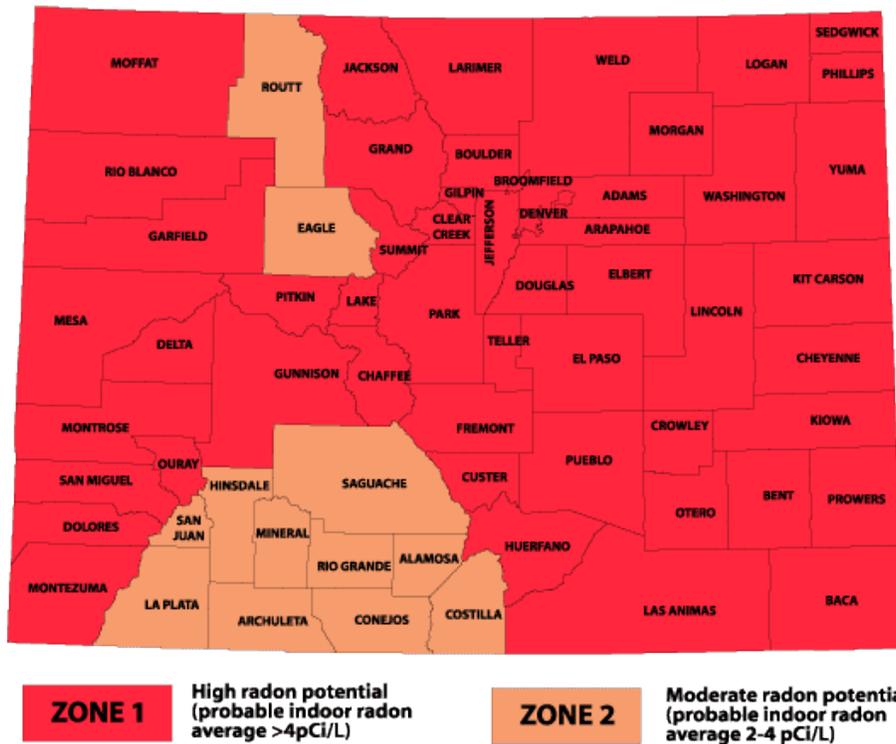


Figure 9: Radon map of Colorado. Source: CDPHE.

HEALTH INDICATOR 3 – SEXUAL HEALTH

Sexual health covers a vast spectrum of issues, including sex education; birth control and family planning; pregnancy (intended and unintended); pre/post-natal care; and sexually transmitted disease.

Teen pregnancy has long been an area of concern in Lake County. Children born to teen mothers are at increased risk for economic, social, and health problems. They are more likely to be born prematurely or at low birth weight, to suffer abuse and neglect, and to grow up in poverty.³⁰ The rate of live births to females ages 15-17 is over twice the state rate for all years between 1999 and 2009. Lake County had the 7th highest average three-year teen pregnancy rate in the state from 2006-2008.³¹ However, one reason that rates are high is that the county's population is low. In fact, the actual number of babies born to teen moms is fairly small. In 2009, five babies were born to women between the ages of 15 and 17 in Lake County, and 17 were born to women between the ages of 15 and 19 (13 to Hispanic females and four to non-Hispanic females).

Sexual activity among Lake County youth is currently above national averages. In 2010, 57% of Lake County High School students reported having had sex in their lifetime, compared with 46% in Colorado (in 2009). However, rates of birth control use are very close to state averages. In 2010, 61% of Lake County students used condoms, compared to 63% statewide. Likewise, 22% used birth control pills, which matches the state average. (Note: This data is not a perfect comparison, as the state survey asks only kids who were sexually active in the last three months if they used a birth control at last intercourse, and the local survey asks all who have ever been sexually active if they used birth control during their last intercourse.)

Prenatal care is a key component for healthy pregnancy and delivery. Children born to mothers without prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.³² In 2010, 33.7% of births in Lake County

THE ISSUE AT A GLANCE

IN 2010, LAKE COUNTY HAD THE 17TH HIGHEST INCIDENCE RATE OF CHLAMYDIA IN THE STATE. BY CONTRAST, NEARBY CHAFFEE COUNTY WAS 57TH.

LAKE COUNTY HAD THE STATE'S 7TH HIGHEST AVERAGE THREE-YEAR TEEN PREGNANCY RATE FROM 2006-2008.

FROM 1997-2010, 44.8% OF BIRTHS IN LAKE COUNTY WERE UNINTENDED.

BETWEEN 2003-2010, THE RATE OF MOTHERS WHO DID NOT RECEIVE PRENATAL CARE UNTIL AFTER THE FIRST TRIMESTER (OR NOT AT ALL) IS 1.5 TIMES THE STATE RATE.

³⁰ *Linking Teen Pregnancy Prevention to Other Critical Social Issues*. Retrieved September 10, 2012 from The National Campaign to Prevent Teen and Unplanned Pregnancy web site: www.thenationalcampaign.org/why-it-matters/pdf/introduction.pdf

³¹ *Unintended Pregnancy*. Retrieved April 18, 2012 from the Colorado Department of Public Health and Environment web site: www.cdphe.state.co.us/hs/winnable.html

³² *Prenatal Care Fact Sheet*. Retrieved September 10, 2012 from the U.S. Department of Health and Human Services web site: www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.cfm

were to mothers who did not receive prenatal care until later than the first trimester or none at all, compared to a state average of 21.0%.³³

Chlamydia is the sexually transmitted disease of most concern in Lake County: In 2010, Lake County had the 17th-highest incidence rate of chlamydia in the state. Chlamydia is the most commonly-reported STD in the United States and one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease, and chronic pelvic pain.³⁴

STEPS WE ARE TAKING

- WIC and the Nurse-Family Partnership encourage family planning and prenatal care.
- Rocky Mountain Family Practice offers prenatal care.
- LCPHA offers family planning services and provides sex education to teens in Probation and Diversion.
- Full Circle addresses teen pregnancy prevention.
- RMFP and LCPHA routinely test for chlamydia.
- The Lake County School District has a comprehensive sexual education curriculum.

CRITICAL GAPS

- Local high school and college students are not receiving adequate chlamydia education.
- Providers should explore barriers to service for prenatal care.
- Our community needs to provide more information to pregnant women about sliding-scale family planning services.
- Implementation of the Lake County School District sexual education curriculum could be improved.
- Women on emergency Medicaid have few options for prenatal care. There is a clinic in Summit County, but transportation is often an issue.
- Residents may need more prenatal care education.

DISPARITIES: UNINTENDED PREGNANCY

WOMEN ARE MORE LIKELY TO EXPERIENCE AN UNINTENDED PREGNANCY IF THEY:

- ARE UNDER THE AGE OF 25;
- HAVE A HIGH SCHOOL EDUCATION OR LESS;
- ARE UNMARRIED;
- ARE AFRICAN-AMERICAN OR HISPANIC/LATINA;
- HAVE A YEARLY INCOME LESS THAN \$24,000;
- QUALIFY FOR MEDICAID FOR PRENATAL CARE AND DELIVERY

Source: Guttmacher Institute, *State Reproductive Health Profile: Colorado*.

DISPARITIES: PRENATAL CARE

MOTHERS ARE LESS LIKELY TO RECEIVE ADEQUATE PRENATAL CARE IF THEY ARE LOW-INCOME, ADOLESCENT, HISPANIC, LESS EDUCATED, UNMARRIED, OR HAVE HAD PREVIOUS BIRTHS.

Source: CDC, *From Data to Action: Public Health Surveillance for Woman, Infants, and Children*.

³³ *Lake County Births and Deaths*. Retrieved April 5, 2012 from the Colorado Department of Public Health and Environment, Health Statistic Section web site: www.chd.dphe.state.co.us/topics.aspx?q=Mortality_Data

³⁴ *County Health Rankings*. Retrieved Sept. 10, 2012 from: www.countyhealthrankings.org/colorado/denver/45

HEALTH INDICATOR 4 – SAFETY ISSUES

Key community safety issues in Lake County include motor vehicle operation, seat belt use, work-related injuries, outdoor recreation injuries and wildfires.

Due to the high number of long-distance commuters in Lake County, plus the very nature of mountain weather and driving, residents face elevated risks on the roads. From 2007-2009, Lake County had an estimated 153.61 motor vehicle accident injuries per 100,000 residents compared to the state rate of 88.69.³⁵ There were at least 13 motor vehicle deaths in Lake County from 2003-2010, with at least four falling within the age range of 15-24.³⁶ Seatbelt use in rural areas lags substantially behind urban areas.³⁷ In a 2010 survey, when asked how often they wear a seatbelt when riding in a car driven by somebody else, 16% of Lake County High School students “never” or “rarely” wore their seatbelt, compared to 7.6% statewide.³⁸ In a local seatbelt check conducted at the high school by Lake County Build a Generation, Full Circle and SADD students in May of 2012, 78% of adult drivers and 76% of teen drivers were observed using seatbelts.³⁹

THE ISSUE AT A GLANCE

SEAT BELT USE

IN 2010, 16% OF LAKE COUNTY HIGH SCHOOL STUDENTS NEVER OR RARELY WORE THEIR SEATBELT, COMPARED TO 7.6% STATEWIDE.

MOTOR VEHICLE ACCIDENTS

FROM 2007-2009, WE HAD A RATE OF 153 MOTOR VEHICLE INJURIES PER 100,000, COMPARED TO THE STATE RATE OF 88.69 PER 100,000.

Regarding worker safety, from 2007-2009 there were 36 nonfatal lost-time workers' compensation claims in Lake County, affecting 17.5% of the workforce.⁴⁰ In the same time period, there were 33 work-related hospitalizations in the county, roughly five times the state rate. This very high rate may be related to the estimate that almost a third (28.9%) of Lake County workers served in the construction industry from 2006-2010.⁴¹

³⁵ Colorado Department of Public Health and Environment. Spreadsheets received from the Health Statistics Section, April 23, 2012.

³⁶ *Lake County Births and Deaths*. Retrieved April 5, 2012 from the Colorado Department of Public Health and Environment, Health Statistic Section web site: www.chd.dphe.state.co.us/topics.aspx?q=Mortality_Data

³⁷ *Research Update: Seat Belt Use Increases in Rural Areas with Primary Seat Belt Enforcement Laws*. Retrieved September 9, 2012 from the Center for Disease Control and Prevention web site: www.cdc.gov/Motorvehiclesafety/seatbelts/seatbelt_use_rural.html

³⁸ *2010 Healthy Kids Colorado Survey: Results for Lake County*. Retrieved September 11, 2012 from the Lake County Build a Generation web site: http://lcbag.org/wp-content/uploads/2011/03/LCBAG_RA_2010.pdf

³⁹ Lake County Build a Generation seatbelt check. Unpublished data.

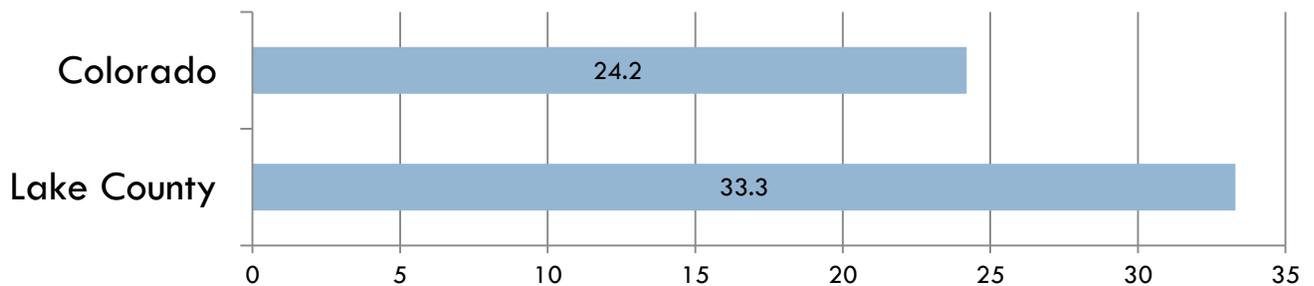
⁴⁰ *Economic News Release: Workplace Injury and Illness Survey, 2010*. Retrieved April 26, 2012 from the Bureau of Labor Statistics web site: www.bls.gov/news.release/osh.nr0.htm

⁴¹ Colorado Department of Public Health and Environment. Spreadsheets received from the Health Statistics Section, April 23, 2012.

Because of Lake County’s access to the outdoors, outdoor recreation injuries are fairly common. In 2011 in Lake County, according to the Lake County Office of Emergency Management, there were 21 search and rescue missions. Of these, there were two incidents with climbers, nine with hikers, one with a snowmobiler, one with a bicyclist, two with off-highway vehicles and three with hut skiers.

While Lake County has been lucky to avoid life and property loss due to wildfires in recent years, the 2012 Lake County Hazard Identification and Risk Assessment gives the risk of wildfires a “high” probability of occurring. Snowstorms was the only other hazard to receive such a rating.

Figure 10: Mean Travel Time to Work (Minutes), Workers Age 16+, 2006-2010
 Source: US Census Bureau, *state & county QuickFacts*



STEPS WE ARE TAKING

- LCBAG, Full Circle, LCSD and the police and sheriff’s departments do seat belt checks at the high school and middle school twice per year.
- The Regional Emergency Medical and Trauma Advisory Council conducted a high school seat belt challenge this year.
- There are bicycle helmet giveaways at health fairs.
- The Lake County Fire Department conducts car seat checks.
- Full Circle of Lake County facilitates a DUI prevention program that includes safe driving for high school youth at risk of motor vehicle accidents and DUI.
- Colorado Mountain College offers Alive at 25 driving classes for teens.

DISPARITIES: VEHICLE ACCIDENTS

TEEN DRIVERS AND DRIVERS OVER THE AGE OF 65 EXPERIENCE A HIGHER RATE OF VEHICLE ACCIDENTS.

Source: Colorado Department of Public Health and Environment, *Colorado’s 10 Winnable Battles: Motor Vehicle Safety*.

CRITICAL GAPS

- Seat belt use among youth and adults remains unacceptably low.
- Helmet use among youth and adult cyclists must be increased.
- There is a lack of driver education on “sharing the road.”
- Lake County does not have a comprehensive driver’s education program for teenagers, or a winter driving course for adults.

HEALTH INDICATOR 5 – PEDIATRIC DENTAL

Dental health is a key indicator for the overall health and well-being of infants and children. For example, one recent study found that children with poor oral health were 2.3 times more likely to report poor school performance.⁴² Diabetes, cardiovascular disease and cancer are among the adult outcomes linked to poor childhood dental health.⁴³

In Lake County, rates of dental caries among preschool students suggest that many children do not have healthy eating or teeth-brushing habits. In the 2011-12 school year, 41% of Lake County's Head Start children needed follow-up dental care after being examined.⁴⁴ A broader examination of 112 Lake County preschool children in 2011-12 found 87% had evidence of dental decay.⁴⁵

Statewide trends also suggest elevated concern for Lake County. For example, 40% of Lake County residents are Hispanic (compared to 21% statewide)⁴⁶, and almost a third of Hispanic children in Colorado have untreated cavities and/or decay.⁴⁷ Income is also a significant predictor of oral health status. Dental problems affect children from low-income families almost twelve times as much as children in higher-income families.⁴⁸

While states are required to offer comprehensive dental services to children on Medicaid, Lake County does not have a pediatric dentist who participates in the program.⁴⁹ For low-income families, lack of preventative care could raise long-term dental costs by as much as 40%.⁵⁰

THE ISSUE AT A GLANCE

IN LAKE COUNTY, 49% OF ADULTS WERE ESTIMATED TO HAVE LOST TEETH DUE TO DECAY/DISEASE (39.5% STATEWIDE).

87% OF LOCAL PRESCHOOLERS SHOW EVIDENCE OF DENTAL DECAY.

FLUORIDE IS NOT ADDED TO PARKVILLE WATER.

⁴² "Children's School Performance: Impact of General and Oral Health." Blumenshine et al., *Journal of Public Health Dentistry*, 2008 Spring; 68 (2): 82-7. Retrieved 9/6/12 from: www.ncbi.nlm.nih.gov/pubmed/18221320

⁴³ *Oral Health in Colorado*. Retrieved September 9, 2012 from the CDPHE Prevention Services Division web site: www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON/1251618791263

⁴⁴ Head Start of Lake County. Unpublished data.

⁴⁵ Rocky Mountain Family Practice. Unpublished data.

⁴⁶ *U.S. Census Lake County Quick Facts*. Retrieved September 12, 2012 from <http://quickfacts.census.gov/qfd/states/08/08065.html>

⁴⁷ *Colorado's 10 Winnable Battles: Oral Health*. Retrieved April 18, 2012 from the Colorado Department of Public Health and Environment web site: www.cdphe.state.co.us/hs/winnable.html

⁴⁸ *Children's Dental Health Needs and School-Based Services: A Fact Sheet*. Retrieved April 20, 2012 from The Center for Health Care in Schools web site: www.ct.gov/dph/lib/dph/fahealth/adlocents_and_school/pdf/appendix_e_f_oral_health.pdf

⁴⁹ Leadville Dental participates in the Medicaid program, but Dr. Shamberger does not see patients younger than five years of age. He notes that Medicaid reimbursement does not even cover overhead. Email to Katie Baldassar, May 29, 2012.

Finally, the CDPHE describes community-wide water fluoridation as “the most cost-effective preventive measure for reducing dental decay.”⁵¹ Although 74.6% of the state’s population has fluoride in their water, Lake County residents do not.

STEPS WE ARE TAKING

- Leadville Dental accepts Medicaid for children over age five.
- RMFP has a “Cavity Free by Three” program for children on Medicaid (and others, at a cost).
- Dr. Jones offers low-cost extractions on certain days.
- Melissa Villareal accepts Medicaid for cleanings and screenings.
- Dr. Slack takes CHP+, but is in Leadville only two days a week.

CRITICAL GAPS

- Lake County has no local pediatric dentist who accepts Medicaid for children under five.
- Not all local medical providers participate in the “Cavity Free by 3” program.
- Uninsured/underinsured families need improved access to preventative care.
- It is hard for many of our families to schedule dental appointments in advance.
- School checks are done in the fall and the available follow-up appointments are often after the ski resorts open, making it more difficult for working parents.
- Even on CHP+ a basic filling can cost \$60-70.
- Lake County does not have fluoridated water.

DISPARITIES: DENTAL HEALTH

CHILDREN FROM LOW-INCOME FAMILIES ARE ALMOST 12 TIMES MORE LIKELY TO HAVE DENTAL HEALTH ISSUES.

THE FREQUENCY OF DENTAL VISITS INCREASES WITH EDUCATION LEVEL.

WHITE, NON-HISPANICS ARE MORE LIKELY TO HAVE VISITED A DENTIST RECENTLY THAN HISPANICS.

ALMOST A THIRD OF HISPANIC CHILDREN IN COLORADO HAVE UNTREATED TOOTH DECAY.

Sources: The Center for Health Care in Schools: *Children’s Dental Health Needs and School-Based Services: A Fact Sheet*; CDPHE Oral Health Program (2005): *The Impact of Oral Disease on the Health of Coloradans*; and CDPHE, *Colorado’s 10 Winnable Battles: Oral Health*.

⁵⁰ *Oral Health in Colorado*. Retrieved September 9, 2012 from the Colorado Department of Public Health and Environment Prevention Services Division web site: www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON/1251618791263

⁵¹ *The Impact of Oral Disease on the Health of Coloradans, 2005*. Retrieved April 20, 2012 from the Colorado Department of Public Health and Environment, Oral Health Program web site: <http://www.cdphe.state.co.us/pp/oralhealth/impact.pdf>

HEALTH INDICATOR 6 – HEALTHY EATING & ACTIVE LIVING

Childhood obesity rates are a key indicator of a community's overall health and lifestyle habits. Overweight children have an increased risk of developing high cholesterol, hypertension, respiratory ailments, orthopedic problems, depression and Type 2 diabetes.⁵²

According to County Health Rankings, fully 70.6% of adults in Lake County are overweight or obese, substantially above the state average (56.2%),⁵³ Moreover, other factors suggest that Lake County is at risk for this rate to worsen. The CDC has found that low-income children are more likely to be obese, as are children from families in which the head of household does not have a college degree. In 2011, the Colorado Health Foundation Report Card found that Hispanic children in Colorado are three time more likely to be obese than white children.⁵⁴ Due to the high numbers of Lake County children from low-income families, its growing Hispanic population, and the number of residents without college degrees, obesity could become a growing issue.

The activity levels of Lake County youth are also of concern. The CDC recommends that children engage in physical activity for 60 minutes each day. In 2010 only 14% of Lake County middle and high school students said that they had done so in the previous week.⁵⁵

Breastfeeding has been shown to decrease the chances of a child becoming overweight, and the decrease becomes more pronounced the longer the mother breastfeeds.⁵⁶ In Lake County, from 2001-

THE ISSUE AT A GLANCE

OF THE 68 CHILDREN IN HEAD START DURING THE 2011 SCHOOL YEAR, SIX WERE OBESE AND FOUR WERE OVERWEIGHT.

IN 2010, 22% OF LOCAL TEENS DESCRIBED THEMSELVES AS OVERWEIGHT.

IN 2010, 18% OF LOCAL HIGH SCHOOL STUDENTS ENGAGED IN VIGOROUS PHYSICAL ACTIVITY FOR AN HOUR A DAY, COMPARED TO 47% STATEWIDE.

80% OF LAKE COUNTY MOTHERS INITIATE BREASTFEEDING COMPARED TO 90% STATEWIDE.

⁵² *Childhood Obesity*. Retrieved September 7, 2012 from the US Department of Health and Human Services, Assistant Secretary for Planning and Evaluation web site: http://aspe.hhs.gov/health/reports/child_obesity/

⁵³ Colorado Health and Environmental Data. CDPHE. Accessed at <http://www.chd.dphe.state.co.us/Default.aspx>.

⁵⁴ *The Colorado Health Report Card*. Retrieved April 19, 2012 from the Colorado Health Foundation web site: www.coloradohealthreportcard.org/reportcard/2011/default.aspx

⁵⁵ *2010 Healthy Kids Colorado Survey: Results for Lake County*. Retrieved September 11, 2012 from the Lake County Build a Generation web site: http://lcbag.org/wp-content/uploads/2011/03/LCBAG_RA_2010.pdf

⁵⁶ Arenz, S. et al. and Owen, C.G. et al. as cited by Division of Nutrition and Physical Activity (2007). *Research to Practice Series No. 4: Does breastfeeding reduce the risk of pediatric overweight?* Atlanta: CDC. Retrieved April 20, 2012 from: www.cdc.gov/nccdphp/dnpa/nutrition/pdf/breastfeeding_r2p.pdf

2010, breastfeeding was initiated with 80.4% of newborns in Lake County compared to the state rate of 90.4%.⁵⁷ Among WIC participants, between 2008-2010, 54.8% of newborns were breastfed, compared to 75.3% statewide; 41.2% were breastfed for at least six months (27.5% statewide); and 40.1% were breastfed for at least 12 months (16% statewide).⁵⁸ This data suggests that, although Lake County WIC participants have a relatively low rate of babies that have ever been breastfed, those that are breastfed are breastfed for a long amount of time. Because the prevalence of breastfeeding is higher among non-Hispanic whites than Hispanics in Colorado,⁵⁹ and because breastfeeding generally increases with income level and age of mother,⁶⁰ breastfeeding education and coaching is a pertinent issue in Lake County.

STEPS WE ARE TAKING

- The group Parents Active within Schools is working to provide healthier school lunches, promote nutrition, develop safe walking routes to school, and improve school playgrounds.
- The Lake County Recreation Department maintains recreational facilities in the County and provides programs for youth and adults.
- Full Circle provides outdoor activities for youth in 4th-12th grades. It also addresses body image issues with adolescent girls in its programs.

⁵⁷ *Lake County Maternal and Child Health Data Set 2011*. Retrieved April 23, 2012 from the Pregnancy Risk Assessment Monitoring Systems, Colorado Department of Public Health and Environment web site: www.chd.dphe.state.co.us/topics.aspx?q=Maternal_Child_Health_Data

⁵⁸ *Ibid.*

⁵⁹ *Colorado's 10 Winnable Battles: Obesity*. Retrieved April 18, 2012 from the Colorado Department of Public Health and Environment web site: www.cdphe.state.co.us/hs/winnable.html

⁶⁰ *Racial and Ethnic Differences in Breastfeeding Initiation and Duration, by State – National Immunization Survey, United States, 2004-2008*. Retrieved April 20, 2012 from the Centers for Disease Control and Prevention web site: www.cdc.gov/mmwr/preview/mmwrhtml/mm5911a2.htm

DISPARITIES: OBESITY

HISPANIC CHILDREN ARE THREE TIMES AS LIKELY TO BE OBESE AS WHITE, NON-HISPANIC CHILDREN.

A 2009 NATIONAL STUDY FOUND THAT ALMOST ONE THIRD OF LOW-INCOME CHILDREN AGES 2-4 WERE OVERWEIGHT OR OBESE, AND ONE SEVENTH OBESE.

Sources: The Colorado Health Foundation, *Colorado Health Report Card*; Pediatric Nutrition Surveillance System, *Obesity among Low-Income Preschool Children*.

DISPARITIES: BREAST FEEDING

THE PREVALENCE OF BREASTFEEDING IS HIGHER AMONG NON-HISPANIC WHITES THAN HISPANICS IN MOST WESTERN STATES, INCLUDING COLORADO. THE PREVALENCE OF BREASTFEEDING GENERALLY INCREASES WITH INCOME LEVEL AND AGE OF MOTHER.

Sources: CDPHE, *Colorado's 10 Winnable Battles: Obesity*; CDC, *Racial and Ethnic Differences in Breastfeeding Initiation and Duration, by State – National Immunization Survey, United States, 2004-2008*.

- Colorado Mountain College opens its recreational facilities and classes to the public.
- WIC, the Nurse-Family Partnership, and hospitals with obstetrics in Lake and Summit Counties all encourage breastfeeding and offer lactation consultants.
- The new Leadville Farmer's Market provides access to local, organic produce.
- LCPHA offers cooking classes and nutritional counseling.

CRITICAL GAPS

- The Lake County School District can continue to work on providing more activity and access to healthy foods for students.
- Not all local health care professionals have adopted Colorado Adult and Childhood Obesity Guidelines to provide healthy lifestyle advice to their patients.
- Lake County lacks a master plan for bike paths, sidewalks and convenient linkages to parks, schools, grocery stores and community gathering places. In particular, the active transportation infrastructure between outlying trailer parks/low-income housing projects and our city core, grocery store and schools is poor.
- Lake County does not have a lactation specialist.
- The Lake County Middle School and West Park Elementary School lack good playgrounds that encourage active play.
- Lake County residents have limited access to local, fresh food and community gardening opportunities.

HEALTH INDICATOR 7 – TRANSPORTATION

Transportation poses formidable challenges for residents of rural communities. According to the nonprofit coalition Transportation for America, 1.6 million rural households do not have access to a vehicle, and households in the lowest 20% income bracket spend 42% of their annual income on transportation. High fuel costs affect rural residents more acutely, as they drive on average 17% more than urban residents. From a health standpoint, lack of transportation reduces access to medical programs and services. Of particular note is that 58% of highway fatalities occur on rural roads.⁶¹

In Lake County, transportation is a particularly key issue given the large percentage of adults who commute out of county—over high mountain passes—for work. The vast majority of these workers drive personal vehicles, resulting in degraded air quality, high fuel costs for families, and the negative social impacts of parents being gone for so many hours on work days. Although public transportation is available to Eagle and Summit Counties, routes are limited and usage is mixed.

For children, transportation in Lake County has shown recent improvement. The 21st Century Learning Center now provides afterschool activity buses to help students with transportation home from after-school activities and sports (for a small fee). In addition, youth-serving organizations such as Head Start, Full Circle and Upward Bound also provide transportation for participants. However, transportation to such enrichment opportunities as internships, CMC dual enrollment classes, and programs and recreation facilities still remains a barrier for many youth—particularly those who live in the trailer parks on the outskirts of Leadville. Students eligible for Colorado Preschool Program financial assistance also lack transportation, limiting access to education for those who most need it. Even for those children who reside within the city core, there is a lack of safe walking and biking routes to schools, recreation facilities, and other community amenities.

For Lake County seniors, transportation is a vital concern. There is no public bus service within Lake County, and out-of-county buses typically depart early in the morning and return in the evening. As a result, many seniors are isolated from shopping, community services and health care facilities.

THE ISSUE AT A GLANCE

IN LAKE COUNTY FROM 2006-2010, IT IS ESTIMATED THAT 81.9% OF PEOPLE DROVE TO WORK, 1.7% TOOK PUBLIC TRANSPORTATION, 12.3% WALKED, 1.4% USED OTHER MEANS AND 2.7% WORKED FROM HOME.

86.4% OF THOSE WHO TOOK THE YOUTH MASTER PLAN SURVEY AGREED OR STRONGLY AGREED THAT THEIR FAMILY TRAVELS SAFELY AND EASILY WHERE THEY NEED TO GO.

ANECDOTALLY, MANY PARENTS WHO LIVE WITHIN THE LCSD WALK ZONE EXPRESS CONCERN ABOUT THEIR CHILD'S ROUTE TO SCHOOL.

⁶¹ *Rural America and Small Town Transportation Fact Sheet*. Retrieved September 9, 2012 from the Transportation for America web site: http://t4america.org/policybriefs/t4_policybrief_rural.pdf

STEPS WE ARE TAKING

- The Senior Center provides transportation to go shopping and when possible, to medical appointments.
- Lake County School District provides transportation to school for all K-12 students outside the walk zone.
- 21st Century, Full Circle and Upward Bound provide transportation to all students who attend their programs. 21st Century also allows athletes to ride its buses for a small fee.
- Head Start provides transportation to its program.

CRITICAL GAPS

- There is a need for more transportation for seniors, especially to provide access to health services.
- Transportation is a barrier for many students who want to attend CMC dual enrollment classes or work at internships.
- There is no transportation to preschool for children who qualify for Colorado Preschool Program funding; we also have no transportation for summer preschool programming.
- Some youth who live within the Lake County School District “walk zone” lack safe routes to school.
- Our community lacks safe routes into the city core from low-income communities, including Eagle’s Nest and outlying trailer parks.

HEALTH INDICATOR 8 – SUBSTANCE ABUSE AND MENTAL HEALTH

Key behavioral health issues in Lake County include substance abuse, anxiety or depression, domestic violence and bullying.

Substance abuse encompasses both illegal and legal drugs (such as prescription drugs or alcohol), and contributes to a number of individual and public health issues, including cardiovascular conditions, pregnancy complications, teen pregnancy, HIV/AIDS, sexually transmitted diseases, domestic violence, child abuse, vehicle crashes, homicide and suicide.⁶² Substance abuse is preventable and prevention efforts are more cost-effective than treatment.

Youth who drink alcohol are at greater risk for teenage pregnancies, poor grades, and physical or sexual assault.⁶³ Preventing substance use at an early age is particularly important. Research indicates that substances can have a particularly detrimental effect on the developing adolescent brain and may create changes that make an individual more susceptible to substance abuse as an adult.⁶⁴

While Lake County lacks county-level data on substance abuse, high DUI rates suggest a high rate of alcohol abuse. In 2010, the DUI arrest rate in Lake County was 10.5 per 1,000—roughly twice the state rate of 5.3.⁶⁵ Among youth, 30-day alcohol use has been on a slight decline in the last ten years in Lake County, but remained stubbornly above the national average for 8th and 10th grades.⁶⁶ Marijuana is the second-most used drug by local youth, according to the Healthy Kids Colorado Survey. Moreover, recent policy changes at the state level legalizing marijuana for both medical and recreational use will continue to make marijuana more accessible for youth and may have an impact on youth use going forward.

Depression is a chronic problem that can also have serious effects on the relationship between people experiencing depression and their family and friends. Properly identifying, addressing, and treating depression is of great importance in Colorado, which consistently ranks in the top ten states in terms of suicide rate.⁶⁷ Access to effective mental health

THE ISSUE AT A GLANCE

SUBSTANCE ABUSE

IN 2010, THE ADULT DUI ARREST RATE IN LAKE COUNTY WAS ROUGHLY TWICE THE STATE RATE.

DEPRESSION

IN 2010, 30% OF STUDENTS IN 6-12TH GRADES HAD EXPERIENCED ANXIETY OR DEPRESSION IN THE LAST YEAR.

DOMESTIC VIOLENCE

SINCE 2000, DOMESTIC VIOLENCE FILINGS HAVE BEEN TWICE THE STATE RATE.

BULLYING

IN 2010, 45% OF STUDENTS IN 6-12TH GRADES INDICATED THEY HAD BEEN BULLIED ON SCHOOL PROPERTY IN THE LAST YEAR.

⁶² Healthy People 2020, United States Department of Health and Human Service. (2012) Healthypeople.gov. Accessed at: <http://www.healthypeople.gov/2020/lhi/substanceabuse.aspx>

⁶³ Centers for Disease Control and Prevention. Underage Drinking Fact Sheet. Accessed at: <http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

⁶⁴ DeWit, David J., Adlaf, Edward M., Offord, David R., Ogborne, Alan C. (May 1, 2000). "Age at First Alcohol Use: A Risk Factor for the Development of Alcohol Disorders. *American Journal of Psychiatry* 2000: 157: 754-750.

⁶⁵ Colorado Bureau of Investigation. 2010 Crime in Colorado Report.

⁶⁶ 2010 Healthy Kids Colorado Survey. Lake County School District data.

⁶⁷ "Depression and Suicide," Colorado's 10 Winnable Battles. Accessed at: <http://www.colorado.gov/cs/Satellite/CDPHE-Main/CBON/1251628821910>

care and connectedness are major protective factors against depression and suicide.⁶⁸ A sampling of the Lake County population (the 4,374 patients at Rocky Mountain Family Practice between November 2, 2010 and November 2, 2012) indicates that about 5.94% of Lake County residents are receiving treatment for anxiety or depression. Data from the 2010 Healthy Kids Colorado Survey indicated that 30% of students between 6th-12th grades in Lake County have suffered from anxiety or depression in the last year.

Domestic violence is a pattern of coercive, controlling behaviour that can include physical abuse, emotional or psychological abuse, sexual abuse or financial abuse (using money and financial tools to exert control).⁶⁹ Since 2000, the domestic violence filings rate in Lake County has been higher than the state, by at least two times in most years.⁷⁰ In 2009, The Advocates of Lake County received 191 clients: 146 of those were for domestic violence, eight for child sexual abuse, three for assault, three for child abuse, and one for a child witnessing domestic violence. There were 277 dependents associated with the total number of clients. In 65% of the cases, the abuser abused alcohol and in 16% of the cases, the abuser abused drugs. In 75% of cases, the abuser abused drugs, alcohol, or both.⁷¹ Research has shown a relationship between exposure to inter-parental violence and bullying,⁷² and such a link may be in existence in Lake County. In the 2010 Healthy Kids Colorado Survey, 45% of students between 6th and 12th grades indicated that they had been bullied or harassed on school property in the last year.

STEPS WE ARE TAKING

- West Central Mental Health Center provides mental health services to clients in English and Spanish.
- The Advocates of Lake County offer domestic violence services to victims.

⁶⁸ Suicide Prevention Resource Center & Rodgers, P. (2011). *Understanding Risk and Protective Factors for Suicide: A Primer for Preventing Suicide*. Newton, MA: Education Development Center, Inc.

⁶⁹ National Network to End Domestic Violence. Accessed at: <http://www.nnedv.org/resources/stats/faqaboutdv.html>

⁷⁰ Colorado Judicial Branch, as reported by ASPIRE.

⁷¹ Advocates of Lake County, data provided to Lake County Build a Generation.

⁷² Baldry, Anna C. (2003.) "Bullying in Schools and Exposure to Domestic Violence." *Child Abuse and Neglect* 27.

Accessed at:

[http://dare2.ubvu.vu.nl/bitstream/handle/1871/18174/Baldry_Child%20Abuse%20%26%20Neglect_27\(7\)_2003_u.pdf?sequence=2](http://dare2.ubvu.vu.nl/bitstream/handle/1871/18174/Baldry_Child%20Abuse%20%26%20Neglect_27(7)_2003_u.pdf?sequence=2)

DISPARITIES: SUBSTANCE ABUSE

IN COLORADO, SUBSTANCE ABUSE IS HIGHER AMONG CERTAIN GROUPS THAN OTHERS.

- GENDER: MEN ARE MORE LIKELY TO BINGE DRINK THAN WOMEN.
- AGE: BINGE DRINKING IS MORE COMMON AMONG YOUNGER GROUPS AND DECREASES AS PEOPLE GET OLDER.
- RACE AND ETHNICITY: HISPANICS AND WHITES ARE MORE LIKELY TO BINGE DRINK THAN BLACKS.
- INCOME: THOSE WITH HIGHER INCOMES ARE MORE LIKELY TO BINGE DRINK THAN THOSE WITH LOWER INCOMES.

Source: CDPHE, *Colorado's 10 Winnable Battles: Substance Abuse*

- The School District employs Positive Behavioral Interventions and Supports, as well as several different curriculums at different schools, to address bullying.
- West Central Mental Health has recently begun offering substance abuse treatment services.
- Alpine Counseling offers court-ordered substance abuse counseling to youth and adults.
- Dr. Haynes and Dr. McFadden offer counseling services.
- A county-wide, collaborative effort developed a Youth Master Plan to better address the needs to support healthy youth and families.
- Lake County has very active Alcoholics Anonymous and Narcotics Anonymous groups.
- The Leadville Community Church offers Celebrate Recovery, a 12-step program helping people recover from a variety of “hurts, habits, and hang-ups.”
- Full Circle facilitates parent education classes specifically designed to teach parents about preventing alcohol, tobacco and other drug use with their children.
- Full Circle facilitates a mentoring program to match youth coming from at-risk environments with pro-social adults, specifically to prevent substance use and abuse.
- Full Circle facilitates the Students Against Destructive Decisions to reduce substance use at Lake County High School.
- Full Circle facilitates six sections of Girls Circle and Boys Council each year (evidence based prevention program) and specifically presents information on alcohol, tobacco and other drug use prevention.
- The 21st Century Community Learning Center offers a variety of direct service prevention programs designed to give students access to pro-social activities and prevent behavioral health issues in youth.

DISPARITIES: SUICIDE

IN COLORADO, SUICIDE IS HIGHER AMONG CERTAIN GROUPS.

- GENDER: MEN ARE MORE LIKELY TO DIE BY SUICIDE THAN WOMEN.
- SEXUAL ORIENTATION: INDIVIDUALS WHO IDENTIFY AS LESBIAN, GAY, BISEXUAL OR TRANSGENDERED ARE AT HIGHER RISK FOR DEPRESSION AND SUICIDE.
- RACE: WHITE, NON- HISPANIC COLORADANS DIE BY SUICIDE AT A HIGHER RATE THAN ANY OTHER RACE.
- AGE: OLDER ADULTS ARE AT AN INCREASED RISK FOR SUICIDE.

Source: CDPHE, *Colorado's 10 Winnable Battles: Mental Health*

CRITICAL GAPS

- Because of barriers, residents suffering from mental health or substance abuse do not always receive treatment in a timely fashion.
- Students in the Lake County School District report high rates of bullying.
- Domestic violence rates in Lake County remain high.
- Lake County lacks a local substance abuse treatment center and access to treatment providers is limited.
- Youth alcohol and marijuana use remains high.
- Not all medical providers question youth about marijuana use.

III. Capacity Assessment

The capacity of Lake County agencies to work on each of Lake County’s seven health indicators was measured with two surveys. One survey was administered in person at the end of a Public Health Stakeholder Group meeting. It asked participants to discuss, in general, how their agencies might be able to address health issues in Lake County. A second survey was distributed online and asked each agency specifically about its capacity on each of the eight Lake County health indicators.

CAPACITY: ACCESS TO CARE	
City of Leadville	Could provide public information.
Lake County School District	<p>Could provide education to students and parents.</p> <p>Could provide a place for meetings, events, activities.</p> <p>Could provide direct services to students (e.g., mobile dental clinics).</p> <p>Could examine the possibility of school-based clinics.</p>
Lake County Public Health	<p>Provides/could provide counseling for blood lead, family planning, safe food, nutrition, immunizations and disease management, health screenings, Medicaid programs, and emergency response.</p> <p>Could provide staff and support for Medicaid information/training.</p> <p>Provides/could provide health education, outreach talks, visiting in schools.</p> <p>Provides/could provide blood lead screening to reduce lead exposure in children and adults.</p> <p>Provides/could provide policy and advocacy work.</p> <p>Provides/could provide capital/financial resources.</p> <p>Provides/could provide support for the Senior Center efforts to increase access to care.</p>
Rocky Mountain Family Practice	<p>Could provide direct services.</p> <p>Could provide health education.</p>
St. Vincent Hospital	<p>Could provide direct services.</p> <p>Could provide health education.</p> <p>Could provide policy/advocacy work.</p> <p>Could provide capital/financial resources.</p>

Lake County Office of Emergency Management	<p>Already working on increasing speed of EMS response.</p>
West Central Mental Health	<p>Provides/could provide mental health direct services.</p> <p>Could provide public education.</p> <p>Could provide policy/advocacy.</p> <p>An important focus for future growth at West Central Mental Health Center is improving and increasing integration of core health services (mental health, medical health and holistic health) to serve Lake County residents with increased access to quality care.</p>
WIC	<p>Could provide client referrals to doctors, dentists, etc.</p>
Lake County Human Services	<p>Provides/could provide information on community resources and also make referrals to community agencies for mental health, substance abuse treatment, and health care needs.</p> <p>Could provide meeting space.</p> <p>Provides/could provide assistance in accessing Medicaid resources.</p> <p>Provides/could provide clients with transportation to medical appointments.</p> <p>Could provide training to community-based organizations on how to assist people in applying for benefits online.</p> <p>Could provide more education about available health benefits.</p>
St. George Episcopal Church	<p>Could provide distribution of educational materials.</p> <p>Could provide space to meet and offer education.</p>
Full Circle of Lake County	<p>Provides/could provide prevention programs including obesity prevention, violence prevention and substance abuse prevention.</p>
Cloud City Medical	<p>Could provide direct services (esp. screening services at 9Health Fair and Rocky Mountain Family Practice Health Fair).</p> <p>Could provide health education (esp. on website).</p> <p>Could provide policy/advocacy (at hospital board meetings).</p> <p>Could provide capital/financial resources.</p> <p>Could provide consultation.</p>
Leadville Lions Club	<p>Provides/could provide scholarships for children's vision exams and glasses.</p>

CAPACITY: ENVIRONMENTAL HEALTH

City of Leadville	Provides/could provide public information.
Lake County School District	Provides/could provide information to families. Provides/could provide space for meetings. Provides/could provide education in the schools.
Lake County Public Health	Provides/could provide Health Education to the public—about radon gas, blood lead, well testing. Provides/could provide health education to the public and food establishments about food safety. Provides/could provide direct services—screening for blood lead, well testing, food safety inspections. Provides/could provide policy/advocacy work. Provides/could provide capital/financial resources.
Rocky Mountain Family Practice	Provides/could provide direct services. Provides/could provide health education.
Lake County Building Department	Provides/could provide health education on radon and asbestos hazards.
St. Vincent Hospital	Provides/could provide capital/financial resources.
Lake County Human Services	As part of Energy Outreach program, could provide education about radon testing/heating source safety.
St. George Episcopal Church	Could provide distribution of educational materials and space to meet and offer education.
Full Circle of Lake County	Provides/could provide prevention programs (obesity, violence, substance abuse prevention).
Lake County Recreation Department	Offers/could offer active programs for all ages. Could host informational discussions with partners.

CAPACITY: SEXUAL HEALTH

Lake County School District	Provides/could provide sexual education curriculum.
Lake County Public Health	Provides/could provide health education talks in school and public. Provides/could provide screening for STDs. Provides/could provide family planning services. Provides/could provide well women screenings and consultations. Provides/could provide referrals to NFP. Provides/could provide policy/advocacy work.
St. Vincent Hospital	Could provide capital/financial resources. Could provide policy/advocacy work. Could provide direct services. Could provide health education.
West Central Mental Health	Provides/could provide mental health services.
WIC	Could give out pamphlets on birth control.
Lake County Human Services	As part of medical assistance programs (Medicaid), staff could educate clients on access to health care. Already assists pregnant women in accessing emergency Medicaid.
St. George Episcopal Church	Could distribute educational material and offer space to meet and offer education.
Full Circle of Lake County	Provides/could provide teen pregnancy prevention information to students. Provides/could provide information to parents on how to communicate with children about sex.

CAPACITY: SAFETY ISSUES

City of Leadville	Could provide policy and advocacy work.
Lake County School District	Could provide education specific to kids and families. Could provide space for meetings. Could provide safety education in the schools.
LC Public Health	Will provide staff, time, and financial support.

Rocky Mountain Family Practice	Could provide health education on this topic.
St. Vincent Hospital	<p>Could provide health education on this topic.</p> <p>Could provide direct services.</p> <p>Could provide policy/advocacy work.</p> <p>Could provide financial assistance.</p> <p>SVH Ambulances Services Manager, Jeanne Power is active in the area of community safety.</p>
Lake County Office of Emergency Management	Could provide hazards education such as Hazard Identification and Risk Assessment (HIRA) and Hazard Vulnerability Assessment (HVA).
West Central Mental Health	Could provide direct services.
Lake County Human Services	Could pass on information to clients regarding safety issues impacting youth and adults.
St. George Episcopal Church	<p>Could distribute educational materials.</p> <p>Could offer space to meet.</p>
Full Circle of Lake County	<p>Provides/could provide collaboration on Red Ribbon Week, and Seat Belt Checks.</p> <p>Provides/could provide an effective DUI prevention program and SADD.</p>
Lake County Recreation Dept	Could partner with schools to present youth health fairs, “bike rodeos,” etc.
Cloud City Medical	Could provide health education—particularly by attending health fairs.

CAPACITY: PEDIATRIC DENTAL

Lake County School District	<p>Could provide dental screening and education in school.</p> <p>Provides/could provide space and students. With parent permission, services could be provided during the school day, saving parents from having to take off work to ensure students receive the services they need.</p>
Lake County Public Health	<p>LCPHA refers clients to Rocky Mountain Family Practice fluoride program (Cavity Free by Three).</p> <p>Provides/could provide grant money for dental assistance.</p>

	<p>Provides/could provide policy/advocacy work.</p> <p>Could provide direct services.</p> <p>Could provide health education.</p> <p>Could provide financial resources.</p>
Rocky Mountain Family Practice	<p>Could provide health education.</p> <p>Could provide direct services.</p>
St. Vincent Hospital	<p>Could provide health education—physicians can communicate with patients.</p>
WIC	<p>Could provide clients with information about dentists (both in town and out of town).</p>
Lake County Human Services	<p>Could collaborate with other agencies to bring more dental resources to our community.</p>
St. George Episcopal Church	<p>Could distribute educational materials.</p> <p>Could offer space to meet and provide education.</p>
Full Circle of Lake County	<p>Could refer clients.</p>

CAPACITY: HEALTHY EATING AND ACTIVE LIVING

Lake County School District	<p>Could provide space for events.</p> <p>Could help link families and children to mobile health services.</p> <p>Could provide health education.</p> <p>Could provide direct services to students/families.</p> <p>Could provide workplace wellness programs for employees.</p>
Lake County Public Health	<p>Provides/could provide health screenings, education, and outreach.</p> <p>Provides/could provide individual nutrition counseling.</p> <p>Provides/could provide nutrition classes.</p> <p>Provides/could provide policy/advocacy work.</p> <p>Provides/could provide capital/financial resources.</p>
Rocky Mtn. Family Practice	<p>Provides/could provide direct services.</p> <p>Provides/could provide health education.</p>

St. Vincent Hospital	Provides/could provide health education. Provides/could provide policy/advocacy work. Provides/could provide capital/financial services.
West Central Mental Health	Provides/could provide direct mental health services. Could provide public education. Could provide policy/advocacy.
WIC	Could give out pamphlets.
Lake County Human Services	As part of Food Assistance Program, could offer classes on good nutrition/stretching a budget to include healthier food choices.
St. George Episcopal Church	Could distribute educational materials. Could offer space to meet and provide education.

CAPACITY: TRANSPORTATION

City of Leadville	Could provide possible funding.
Lake County School District	Could provide direct transportation services.
Lake County Public Health	Could assist with development of safe environment through Environmental Health education. Could provide policy/advocacy work.
Lake County Office of Emergency Management	Could help with evacuation for disasters.
WIC	Could provide info about local taxi service with clients.
Lake County Human Services	Could connect people with community transportation resources in our community and at times may have some funding to help pay for this on an individual basis.
St. George Episcopal Church	Could distribute flyers and information.
Full Circle of Lake County	Provides/could provide transportation to all programs.
Lake County Recreation Dept.	Could work on providing transportation to and from programs for youth and seniors.

CAPACITY: SUBSTANCE ABUSE AND MENTAL HEALTH

Lake County Build a Generation	Could work on obtaining funding to implement Screening, Brief Intervention and Referral to Treatment in Lake County. Could apply for funding for a community-wide effort to address bullying.
West Central Mental Health	Could work on improving the link between clients' physical and mental health by ensuring that mental health clients have a primary care provider.
Lake County Public Health	Could create an ad hoc committee to look at barriers to receiving mental health services in Lake County.

V. Improvement Plan

Health Indicator	Measure	2014 Target	2016 Target	Tool
1. Access to Care	The percent of residents who are insured.	Increase the percent of residents who are insured by 5%, from 82.2% to 86.31%	Increase the percentage of insured residents by 10%, from 82.2% to 90.4%.	Colorado Health Access Survey (regional data)
	The number of primary care sites in Lake County; the percentage of people who have a usual source of care.	Increase from one primary care office with a sliding scale to two; provide a general care clinic at Public Health once a week.	Increase the percentage of residents who say they have a usual source of care by 10%, from 58.3% to 64.1%.	Colorado Health Access Survey (regional data)
2. Healthy Eating and Active Living	The percentage of adults who are overweight or obese.	Lake County will provide at least five new HEAL opportunities for residents.	Decrease the percentage of adults who are overweight or obese by 10%, from 70.6% to 63.54%.	Colorado Behavioral Risk Factor Surveillance System
	West Central Mental Health clients' physical health score on the Colorado Client Assessment Record test.	West Central Mental Health clients' CCAR score for physical health will increase from initial assessment to annual treatment review or discharge CCAR.	West Central Mental Health clients' CCAR scores for physical health will increase from initial assessment to annual treatment review or discharge CCAR.	West Central Mental Health Colorado Client Assessment Record data
3. Environmental Health	Number of high school and middle school students who engage in physical activity for at least 60 minutes per day.	Lake County students will have at least three new HEAL opportunities.	The percentage of high school and middle school youth who engage in physical activity for at least 60 minutes per day will increase by 20% from 14% to 16.8%.	Healthy Kids Colorado Survey
	The number of critical and non-critical violations found at retail establishments.	LCPHA will establish a food safety task force, establish monthly contact with food retail outlets, and publish inspection results on its website. Lake County Consumer Protection Program will meet the 9 Voluntary National Food Regulatory Program Standards.	Reduce the number of critical violations found at retail establishments by 20%, from 95 to 76 and reduce non-critical violations by 20% from 56 to 45.	Lake County Public Health Agency data
	The number of issues for which Lake County Public Health offers testing and education.	LCPHA will add well testing and radon testing programs.	Increase the number of homes that have a radon test by 25%, from 128 in a four-year period to 160; Increase the number of families who have their well tested annually through LCPHA from 0 to 50.	Hazardous Materials and Waste Management Division, Colorado Department of Public Health & Environment

	Lake County Public Health Agency blood lead tests	LCPHA will provide annual lead testing fair; eight lead talks annually; increased outreach about its testing program; education about lead in Halloween candy/face paint.	Increase the percentage of Lake County children six and under who receive blood lead tests by 25%, from 49% to 61%.	Lake County Public Health data and U.S. Census data
4. Sexual Health	The percentage of residents accessing Family Planning Services.	LCPHA will create and distribute an outreach flyer, bathroom stall flyer and information for partner agencies to distribute.	Increase the percentage of residents accessing Family Planning services by 10%, from 4.8% to 5.04%.	Lake County Public Health Agency data
	Implementation of district sexual education curriculum; teen pregnancy rate.	LCPHA and LCSD will work to create consistent delivery of district sexual education curriculum from 7 th -12 th grades.	Decrease teen pregnancy rates by 10% from 40 per 1,000 to 36 per 1,000.	LCSD data; CDPHE Health Statistics and Vital Records
	Chlamydia rates	LCPHA will develop and distribute a Chlamydia flyer, implement “before play” into all outreach, and will begin providing Chlamydia education at CMC orientations.	Decrease Chlamydia rates by 5%, from 287 per 100,000 to 272 per 100,000.	2010 Colorado Sexually Transmitted Infections Report
5. Safety	Increase in education about mitigating common Lake County hazards.	Health agencies will distribute printed materials and media to help residents and tourists better understand Lake County’s hazards and how to mitigate them.	Lake County Office of Emergency Management will partner with the United States Forest Service to improve safety signage at major trailheads.	N/A
	The annual number of wildland fire mitigation projects in Lake County.	Increase the annual number of wildland fire projects in Lake County from one to six.	Continue to keep the life and property costs of wildland fires to zero.	Lake County Office of Emergency Management data
6. Pediatric Dental	The percentage of Head Start youth who need follow-up dental care.	Expand school-based programs that provide dental screenings, fluoride paint and sealants; bring a part-time pediatric dentist to town.	Decrease the percentage of Head Start youth who need follow-up dental care by 10%, from 41% to 36.9%.	Lake County Head Start Community Assessment
	The percentage of Head Start youth who need follow-up dental care.	Lake County Public Health will increase education about Cavity Free by Three and finding a dental home by age one. Lake County will have a part-time pediatric dental provider.	Decrease the percentage of Head Start youth who need follow-up dental care by 10%, from 41% to 36.9%.	Lake County Head Start Community Assessment

7. Transportation	The number of opportunities for families to access health care transportation.	Lake County will create a health care transportation program.	At least 50 individuals annually will receive needed transportation to medical appointments.	LCPHA data
	Safe routes to school and the city core.	Lake County Agencies will have instituted improvements in transportation to schools and recreation opportunities.	Lake County will have improved active transportation infrastructure to the city core from outlying trailer parks.	N/A
8. Substance Abuse and Mental Health	Adult DUI arrests.	The majority of health providers in Lake County will do Screening and Brief Intervention and Referral to Treatment with clients.	The Lake County DUI rate will fall 25% from 10.5 in 1,000 to 7.9 per 1,000.	Colorado Bureau of Investigation, Crime in Colorado report
	Rate of mental health hospitalizations.	Lake County Public Health will bring together an ad hoc committee to discuss barriers to mental health in Lake County.	The rate of Lake County residents hospitalized for mental health disorders will fall 10% from 2841 per 100,000 to 2556 per 100,000.	Colorado Health and Hospital Association data (ICD-9-CM codes for Lake County residents)
	Percentage of West Central Mental Health clients who have a primary care provider.	The percent of West Central Mental Health clients assigned to a primary care provider in the county will increase by 10%, from 73% to 80.3%	The percent of West Central Mental Health clients assigned to a primary care provider in the county will increase 25%, from 73% to 91.25%.	West Central Mental Health Center and Primary Care Clinic data
	Percentage of Lake County Middle and High Schools who have been bullied or harassed in the last year.	Lake County will have a community-wide, anti-bullying campaign.	Decrease the percentage of Lake County Middle and High School students who have been bullied in the last year by 20%, from 45% to 36%.	Healthy Kids Colorado Survey

FIVE YEAR PLAN

1. Access to Care

Goal #1: Increase the percent of residents who are insured by 10% over the next three years.

Benchmark: Increase the percent of residents who are insured by 5%, from 82.2% to 86.31%

Outcome: Increase the percentage of residents who are insured by 10%, from 82.2% to 90.4%.

- By 2013, the Lake County Public Health Agency will increase Medicaid enrollment outreach, and begin presenting information about Medicaid enrollment each month at a rotating site.
- By August of 2013, the Lake County Public Health Agency will create an information packet about Medicaid options to distribute to all health care providers and to community members.
- By 2014, Lake County Human Services will train staff at community agencies to help clients apply for Medicaid online.
- By 2013, St. Vincent General Hospital will begin checking patients' Medicaid eligibility at registration.
- By the second quarter of 2013, St. Vincent General Hospital will begin providing information about Medicaid eligibility on its website.

Goal #2: Increase the number of available and affordable care sites in Lake County.

Benchmark: Increase from one primary care office with a sliding scale to two; provide a general care clinic at Public Health once a week.

Outcome: Increase the percentage of residents who say they have a usual source of care by 10%, from 58.3% to 64.1%.

- By 2013, St. Vincent General Hospital and Leadville Medical Clinic will create a sliding scale.
- By 2015, Lake County Public Health, in partnership with Rocky Mountain Family Practice, will offer a general care clinic once a week.
- By 2015, Lake County Public Health will design and finance a Woman's Health Fair to be held once a year.

2. Healthy Eating and Active Living

Goal #1: Increase programs, activities and other opportunities for residents to access healthy eating and active living.

Benchmark: Lake County will provide at least five new opportunities for residents to engage in HEAL.

Outcome: Decrease the percentage of adults who are overweight or obese by 10%, from 70.6% to 63.54%.

- By 2013, St. Vincent General Hospital will partner with other local agencies to ensure the sustainability of Get the Lead Out or a similar wellness challenge.
- By 2013, Lake County Public Health will expand its current program to offer cooking and nutrition classes once per month.
- By 2013, Lake County Public Health will provide a weight control/discussion class once per week with a weigh-in for members.
- By 2013, St. Vincent General Hospital will promote diabetes awareness.
- By 2013, St. Vincent General Hospital will work to educate its physicians about the dietician who works with Connie Gable, in order to encourage referrals.
- By 2014, Lake County Public Health will offer free blood pressure checks to the public.
- By 2015, the Lake County Recreation Department will have investigated barriers to building a Recreation Center.
- By 2015, Lake County Public Health will develop/distribute breastfeeding information.
- By 2015, Lake County Build a Generation will work to increase access to healthy food for Lake County residents, especially those who are acculturating or of low socioeconomic status.
- By 2015, Lake County Build a Generation will work to increase the existence of workplace wellness programs in Lake County.
- By 2015, Lake County Build a Generation will work to shift social norms around active living, especially among Lake County residents who are acculturating or of low economic status.

Goal #2: Increase nutritional and wellness counseling with mental health clients

Benchmark & Outcome Measure: Clients at West Central Mental Health will see their CCAR score for physical health increase from initial assessment to annual treatment review or discharge CCAR.

- By 2013, West Central Mental Health will develop a packet of healthy eating and active living tips to provide to clients.
- By 2013, West Central Mental Health will train its mental health professionals on healthy eating and active living tips they can incorporate into therapy.
- By 2013, West Central Mental Health psychiatric providers will begin including healthy eating and active living recommendations into their discussions with clients about psychiatric interventions, as appropriate.
- By 2014, West Central Mental Health will promote and take part in healthy eating and active living educational opportunities for mental health clients and the community at large.

Goal #3: Increase students' access to healthy eating and active living.

Benchmark: Lake County students will have at least three new HEAL opportunities.

Outcome: The percentage of high school and middle school youth who engage in physical activity for at least 60 minutes per day will increase by 20% from 14% to 16.8%.

- By 2014, Lake County School District will update and implement a new wellness policy.
- By 2014, the Lake County School District will offer BMI screenings for grades five, seven, and nine.
- By 2015, Lake County School District will increase the amount of physical activity students have during the day.
- By 2015, Lake County School District, in partnership with Panther PAWS and Lake County Build a Generation will increase the health of student lunches, within federal guidelines.
- By 2016, Lake County Build a Generation, in partnership with the Lake County Recreation Department and Parents Active Within Schools, will obtain the resources to update the Lake County Middle School and West Park playgrounds.
- By 2016, Lake County Build a Generation, in partnership with the school district, City of Leadville, and Board of County Commissioners, will apply for CDOT funds to improve safe routes to school.

3. Environmental Health

Goal #1: Decrease the number of critical violations at retail food establishments by 20%. Decrease the number of non-critical violations at retail food establishments by 20%.

Benchmark: LCPHA will establish a food safety task force; establish monthly contact with food retail outlets; and publish food inspection results on its website. Lake County Consumer Protection Program will meet the nine Voluntary National Food Regulatory Program Standards

Outcome: Reduce the number of critical violations found at retail establishments by 20%, from 95 to 76 and reduce non-critical violations by 20% from 56 to 45.

- By 2013, the Lake County Public Health Inspector will establish monthly communication/educational visits with retail food establishments to improve proactive food safety.
- By 2013, Lake County Public Health will develop/distribute safe food handling instructions.
- By 2014, the Lake County Public Health Inspector will develop a quarterly Food Safety Task Force comprised of representatives from Lake County Public Health, retail food establishment owners, and other stakeholders, in order to discuss key food safety issues.
- By 2014, the Lake County Public Health Agency website will publish the results of all retail food inspections on its website.
- By 2016, Lake County Public Health Agency will provide better food safety to the community by ensuring that the Lake County Consumer Protection Program meets the nine Voluntary National Food Regulatory Program Standards.

Goal #2: Increase community information and resources around key environmental health issues in Lake County.

Benchmark: LCPHA will add well testing and radon testing programs.

Outcome: Increase the number of homes that have a radon test by 25%, from 128 in a four-year period to 160; Increase the number of families who have their well tested annually through LCPHA from 0 to 50.

- By June of 2013, Lake County Public Health Agency will update its website to provide education about environmental health issues, including air and water quality, soil contamination, illegal dumping and burning, radon gas, lead, septic systems/Individual Sewage Disposal Systems, consumer protection program, and retail food establishments.
- By 2014, Lake County Public Health agency will develop education flyers about well testing and radon gas exposure. Recreation Department, Human Services, and the Lake County Building Department will help distribute such information.
- By 2014, Lake County Public Health will implement radon gas testing and well testing programs at Lake County Public Health and provide kits to residents.
- By 2014, Lake County Public Health will provide public information via flyers and/or classes at least once every six months on food safety and safe cooking in the home.
- By 2014, Lake County Public Health will provide public information and presentations at least once every six months on the topic of Healthy Homes.

Goal #3: Increase the number of children ages 1-3 who receive blood lead testing by 10%. Increase the number of children ages 3-6 who receive blood lead testing by 15%.

Benchmark: LCPHA will provide an annual lead testing fair for consumer products; give eight lead education power points annually; increase outreach about its testing program; provide education about lead in Halloween candy and face paint.

Outcome: Increase the number of children who receive blood lead tests by 25%, from 49% to 61%.

- By 2013, Lake County Public Health will provide education about lead in Halloween candy and paint.
- By 2013, Lake County Public Health will provide eight PowerPoint presentations annually about blood lead to schools, real estate agencies, and community organizations.
- By 2014, Lake County Public Health will provide additional education about its blood lead testing program in schools, day care centers, the library, churches, and recreation facilities.
- By 2014, Lake County Public Health will hold an annual Blood Lead Testing Fair to test consumer products.

4. Sexual Health

Goal #1: Increase the number of Lake County residents who access Lake County Public Health Family Planning services by 5%.

Benchmark: LCPHA will create and distribute an outreach flyer, bathroom stall insert and information for partner agencies to distribute.

Outcome: Increase the percentage of residents accessing Family Planning services by 10%, from 4.8% to 5.04%.

- By 2014, Lake County Public Health Agency will work with bar owners and St. Vincent General Hospital to put information about its services on bathroom stall doors.
- By 2014, Lake County Public Health Agency will post flyers about its services at local mobile home parks, Colorado Mountain College, and Lake County Recreation facilities, among others.
- By 2014, Lake County Public Health Agency will contact partner agencies in the community to update them on provided and planned services at public health.

Goal #2: Improve the implementation of the current sexual education curriculum at the Lake County School District.

Benchmark: LCPHA and LCSD will work create consistent delivery of district sexual education curriculum from 7th-12th grades.

Outcome: Decrease teen pregnancy rates by 10% from 40 per 1,000 to 36 per 1,000.

- By 2013, Lake County Public Health Agency and the Lake County School District (school nurse and other relevant parties) will partner to work on improving implementation of the sexual education curriculum.
- By 2013, Lake County Public Health Agency will begin presenting at least one lesson each year on contraceptive choices at the Lake County High School.

Goal #3: Decrease the chlamydia rate in Lake County by 5%.

Benchmark: LCPHA will develop and distribute a Chlamydia flyer, will implement “before play” into all outreach, and will begin providing Chlamydia education at CMC orientations.

Outcome: Decrease Chlamydia rates by 5%, from 287 per 100,000 to 272 per 100,000.

- By 2013, Lake County Public Health will develop a flyer to educate the public about chlamydia and distribute it at community locations, including bars, the bowling alley, mobile home communities, and Recreation Department facilities.
- By 2014, St. Vincent General Hospital will produce and provide chlamydia information cards for hospital and clinic bathrooms.
- By 2014, Lake County Public Health will increase referrals for Chlamydia testing.
- By 2014, Lake County Public Health will work on instituting “before play” into all outreach.
- By 2014, Lake County Public Health will attend the Colorado Mountain College orientation to educate students about its sexual health services.

5. Safety

Goal #1: Provide more information to residents or tourists about hazards in Lake County and how to mitigate them.

Benchmark: Health agencies will distribute printed materials to help residents and tourists better understand Lake County's hazards and how to mitigate them.

Outcome: Lake County Office of Emergency Management will partner with the United States Forest Service to improve safety signage at major trailheads.

- By 2013, The Lake County Office of Emergency Management will publish statistics and information about common Lake County safety issues in local recreation guides.
- By 2013, St. Vincent General Hospital will host "Save a Life Saturday" annually to provide safety tips, emergency information and life-saving techniques. Lake County Recreation Department will provide assistance with this goal.
- By 2014, St. Vincent General Hospital staff will write newspaper articles about winter driving and backcountry safety.
- By 2014, St. Vincent General Hospital will give away bike and multi-sport helmets at health fairs in order to educate the community about the importance of helmet use.
- By 2014, St. Vincent General Hospital will distribute high-altitude and backcountry preparedness bookmarks to sporting goods stores. It will also provide such information on the St. Vincent General Hospital website and on television displays at the hospital.
- By 2015, Lake County Public Health will develop printed educational materials with tips for mitigating the risks of high-altitude outdoor adventures.
- By 2016, the Lake County Office of Emergency Management, in partnership with the United States Forest Service, will work to improve safety signage at major trailheads.

Goal #2: Create changes in programs or policies that will make Lake County a safer place to live or travel.

Benchmark: Increase the annual wildland fire projects in Lake County from one to six.

Outcome: Continue to keep the life and property costs of wildland fires to zero.

- By 2017, the Lake County Office of Emergency Management will work with Lake County to make changes to the land use or civil codes that will reduce hazards in Lake County.
- By 2016, the Lake County Office of Emergency Management will seek the resources to provide six wildfire mitigation projects annually in Lake County.

6. Pediatric Dental

Goal #1: Increase school-based dental prevention

Benchmark: Expand school-based programs that provide dental screenings, fluoride paint and sealants; bring a part-time pediatric dentist to town.

Outcome: Decrease the percentage of Head Start youth who need follow-up dental care by 10%, from 41% to 36.9%.

- By 2014, the Lake County School District will partner with the Summit Care Clinic to conduct dental screenings and fluoride paint for grades 5, 7, and 9.
- By 2014, the Lake County School District will partner with the Summit Care Clinic to conduct dental screenings, provide fluoride paint, and educate students about dental hygiene at West Park.
- By 2016, the Lake County School District will partner with the Summit Care Clinic to apply dental sealant to all 2nd-grade students' teeth.

Goal #2: Increase access to, and awareness of, pediatric dental care in Lake County

Benchmark: Lake County Public Health will increase education about Cavity Free by Three and finding a dental home by age one. Lake County will have a part-time pediatric dental provider.

Outcome: Decrease the percentage of Head Start youth who need follow-up dental care by 10%, from 41% to 36.9%.

- By 2013, Lake County Public Health will work to improve parent education around finding a dental home by age one and will work to expand awareness of the Cavity Free by Three program offered by Rocky Mountain Family Practice.
- By 2014, Leadville Dental will work to bring a part-time pediatric dental provider to Lake County.

7. Transportation

Goal #1: Provide safe routes to school and the city core.

Benchmark: Lake County Agencies will have instituted improvements in transportation to schools and recreation opportunities.

Outcome: LC BAG will have improved routes to the city core from outlying trailer parks.

- By 2014, the Lake County Recreation Department will work to have a school bus drop kids at the pool from Pitts and West Park.
- By 2015, the Lake County Recreation Department will help organize “walking school buses” to offer Lake County students and parents a supervised area to drop kids off in the morning to walk to school in a group setting.
- By 2016, Lake County Build a Generation will work with Panther Parents Active Within Schools to assess and improve routes to school.
- By 2016, Lake County Build a Generation will work to assess routes into the city core from outlying trailer parks and work to build safe walking and biking trails that would connect up with the Mineral Belt Trail.

Goal #2: Increase options for those who need transportation to health care appointments.

Benchmark: Lake County will create a health care transportation program.

Outcome: At least 50 individuals annually will receive needed transportation to medical appointments.

- By 2015, Lake County Public Health will work with St. Vincent General Hospital to create and fund a van service for health appointments.

8. Mental Health and Substance Abuse

Goal #1: Decrease substance abuse.

Benchmark: The majority of health care agencies in Lake County will begin using Screening, Brief Intervention, and Referral to Treatment (SBIRT).

Outcome: The percentage of residents arrested for DUIs will fall 10% from 6.46 per 1,000 to 5.82 per 1,000.

1. Lake County Build a Generation will fund the institution of a Screening, Brief Intervention, and Referral to Treatment program in Lake County.

Goal #2: Increase access to mental health care.

Benchmark: Lake County Public Health will bring together an ad hoc committee to discuss barriers to mental health in Lake County.

Outcome: The rate of Lake County residents hospitalized for mental health disorders will fall 10% from 2841 per 100,000 to 2556 per 100,000.

- By 2013, Lake County Public Health will convene a stakeholder group to discuss increasing access to mental health care.

Goal #3: Increase the percentage of West Central Mental Health clients who are enrolled with a primary care provider.

Benchmark: The percentage of mental health clients assigned to a primary care provider will increase by 10%

Outcome: The percentage of mental health clients assigned to a primary care provider will increase by 25%.

- West Central Mental Health Center will identify clients who are not assigned to a Primary Care Physician and will work with those clients to get them associated with one of the options in the county. Clinicians and administrative staff will encourage primary care affiliation.
- On a regular basis, West Central Mental Health Center and the Primary Care Clinic(s) will meet to identify mutual clients and coordinate care.
- Authorizations to Release Information will be signed by clients in order for both mental health and primary care to communicate, as appropriate, on behalf of the client's benefit.
- West Central Mental Health and Primary Care Clinics will work together in the community to be seen as a "team" approach to health and wellness.

Goal #4: Reduce bullying in the Lake County School District.

Benchmark: Lake County will have a community-wide, anti-bullying campaign.

Outcome: Decrease the percentage of Lake County Middle and High School students who have been bullied in the last year by 20%, from 45% to 36%.

- Lake County Build a Generation, in partnership with the other agencies that participated in the Lake County Youth Master Plan, will work to create and fund a community-wide, anti-bullying campaign.