

SLV Community Health Assessment



2018



SLVPHP

8900 A Independence Way

Alamosa CO 81101

SLV Public Health Partnership **MISSION:**
Collaborate to develop and sustain public
health systems to improve health
outcomes throughout the San Luis Valley.

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Public Health Contacts

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Community Health Assessment

Thank you to everyone who participated in the Community Health Assessment process. Colorado's local public health agencies complete a Community Health Assessment every five years. The goal of this process is to look at the state of health in our area. The information we gathered over the past 18 months will help us develop a strong Public Health Improvement Plan to guide our work for the next five years.

We are working to build "Health Equity" where everyone has the opportunity to attain their highest level of health. We are addressing this issue by reaching out to people we don't always hear from, and understanding and removing barriers for those who need it most.

Questions or Comments? Contact:

San Luis Valley Public Health Partnership
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Note about Data Sources

All data sources have limitations. We chose those used in this booklet because they are from reliable sources which are publicly available and likely to continue to be available over time so we can measure change.

We are not responsible for any errors or omissions contained herein, nor for the use of this information.

Thank you to the Colorado Department of Public Health and Environment (CDPHE) and the Office of Planning, Partnerships and Improvement for the funds to print this publication.

What You Can Do

Reduce Chronic Disease

- Take your medicines as prescribed.
- Maintain a healthy weight.
- When possible, breast milk is best.
- Avoid tobacco and substance use.
- Eat a healthy diet.
- Take a walk.

Get a Check-up!

See your primary care provider every year for a check-up and get screened for diabetes, high cholesterol, heart disease, breast and cervical cancer, colon and rectal cancer, and prostate cancer. Early diagnosis and treatment can help you live longer and feel better.

Sleep Well

Getting enough quality sleep is essential for physical, mental and emotional health. Seven hours or more of sleep are recommended for adults. A consistent bedtime and a quiet, dark bedroom can improve sleep quality. Exercising regularly and avoiding caffeine and alcohol can also help.

Remove electronic devices from your bedroom. Even very low levels of blue and artificial white light have been shown to disrupt natural body rhythms. Negative health effects may include increased breast cancer and worsening conditions including obesity, diabetes, depression and mood disorders, and reproductive problems.

Get a flu shot every year.

What does a local Public Health Department do?

Public Health Services include:

Promote and encourage healthy behaviors, prevent epidemics and the spread of disease, protect against environmental hazards, prevent injuries, respond to disasters, assist communities in recovery, and assure the quality and accessibility of health-related services.



Chronic Disease

Chronic Diseases are the leading cause of death and disability in the San Luis Valley, Colorado and the United States. They are also largely preventable.



38.5%

Adults in the SLV with 2 or more chronic disease diagnoses.



Heart attack hospitalization rates are 40% higher in the SLV than in Colorado.



Environmental exposures to radon and arsenic increase risk for chronic disease.



Diabetes rates in some counties are 3 times the state rate.



15% of children have poor teeth conditions, and 45% of adults have lost teeth due to decay.



For 20-29 year-olds in the SLV, the breastfeeding rate is only 61% compared to 92% across the state.

Only 37% of women receive dental care during pregnancy, and only about half receive adequate prenatal care.

9% of mothers in the SLV report smoking tobacco during their last trimester.

50% more children in the SLV live in homes with tobacco smoke than in Colorado overall.

Data Sources: BRFSS, CO Health and Hospital Association, PRAMS

Demographics and Economics



In 2014, the estimated population of the San Luis Valley was 46,132. The population is expected to grow at an average annual rate of 1.5%, similar to Colorado overall.



Over 40% of the population in the San Luis Valley is Hispanic - up to 60% in some communities, compared to 17% in Colorado overall.



In 5% of SLV households, there aren't any adults who speak English. This compares with 3% in Colorado overall.



The San Luis Valley has a larger proportion of the population **over 65 years old** than Colorado overall.



There are approximately 3,500 **veterans** living in the San Luis Valley which is in line with the Colorado average.



Nearly 20% of San Luis Valley residents are living with a **disability**, which is double the Colorado rate.



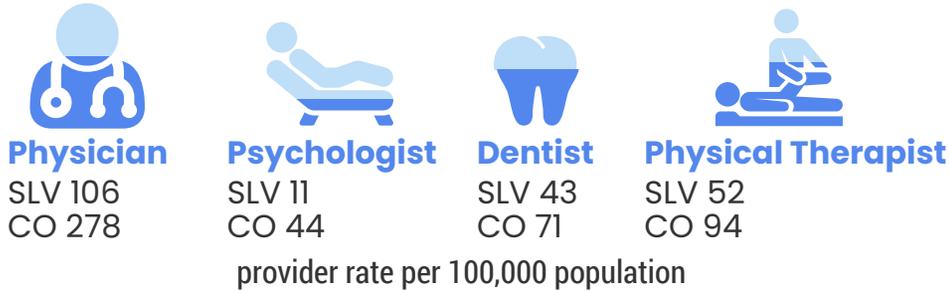
The median income in the San Luis Valley is far below Colorado and the United States. 23% of all residents and 30% of children in the San Luis Valley **live below the poverty level**.

Data Sources: CO Demography Office, BRFSS, American Communities Survey

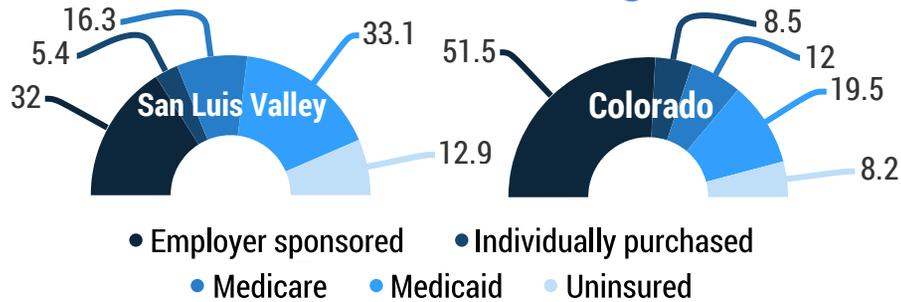
Health Access

Healthcare Workforce

The SLV has fewer healthcare providers than in Colorado overall. For example:



Insurance Coverage



Barriers to Care

Affordability

30%

Do not feel secure paying for healthcare needs.



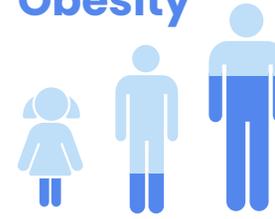
18% don't fill prescriptions due to cost.

Transportation



Twice as many people in the SLV report transportation access and distance as barriers to care compared to Colorado overall.

Obesity



Overweight and obesity rates increase through the lifespan in the San Luis Valley. While rates of obesity in children and adolescents are low compared to the state, by adulthood **60% of adults are overweight or obese** in the San Luis Valley.



Children in the San Luis Valley consume **sugar sweetened beverages** at a higher rate than in Colorado overall.

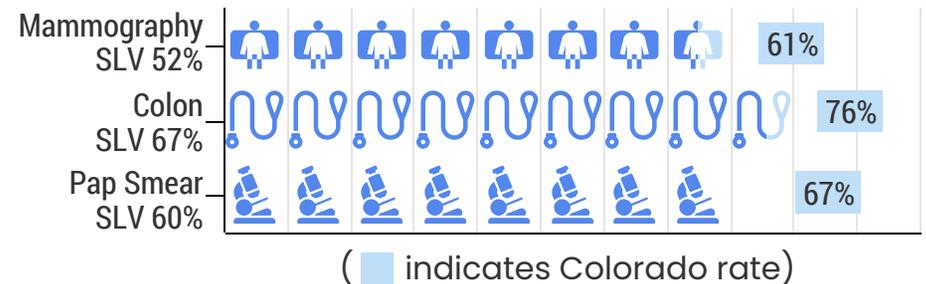
Adults in the San Luis Valley consume **fewer fruits and veggies** than in Colorado overall.



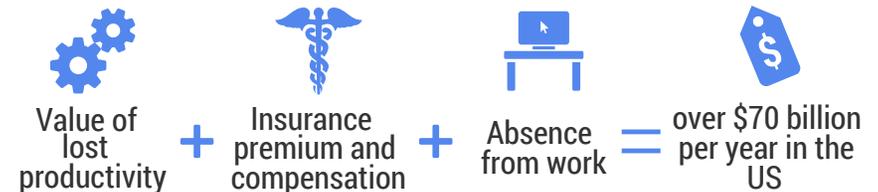
More colorful food on your plate is more nutritious.

Cancer Screening Rates

Screening rates for most cancers are lower in the San Luis Valley than in Colorado overall.



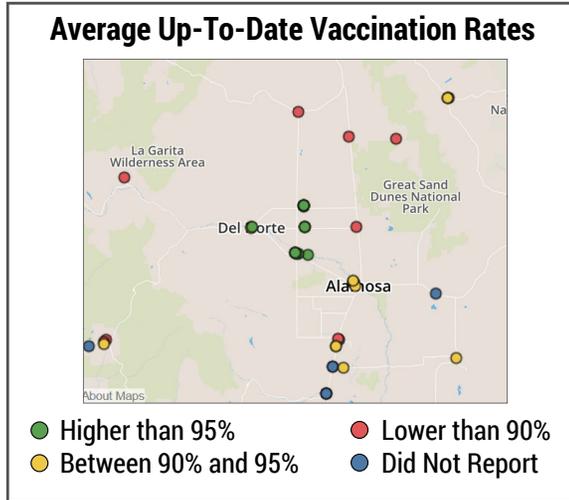
Medical expenses are only a portion of the cost of chronic disease.



Data Sources: CHAS, CO DORA, CHI

Communicable Mental Health

Many schools in the San Luis Valley report **low student vaccination rates**. Several school districts have extremely low rates of required vaccinations.



www.cohealthdata.dphe.state.co.us/Data/Details/1



The San Luis Valley has **low rates of flu vaccination** among adults and the elderly, resulting in high hospitalization rates during flu season. Additionally, **low pneumonia vaccination rates** increase the severity of the disease in the elderly.

Sexually transmitted infections are on the rise in Colorado and the San Luis Valley. Chlamydia and Gonorrhea rates in some SLV communities are higher than the state rate.

SLV teenagers are more likely to have sexual intercourse and less likely to use a method of pregnancy prevention than Colorado overall.



Data Sources: CDE, CDPHE, HKCS

Local Resources

SLV Behavioral Health Group

<http://www.slvbhg.org>
24 HOUR CRISIS HOTLINE (719) 589-3671

Let's Talk - Colorado Crisis Services

<http://letstalkco.org>
<http://coloradocrisiservices.org>
24 HOUR CRISIS HOTLINE (844) 493-TALK (8255)
or Text "TALK" to 38255



To help a friend or family member, be honest and direct with your questions and concerns. Then listen.



Drug Poisoning Deaths in Colorado

Since 2001, **drug poisoning deaths are increasing** throughout Colorado.

Heroin deaths increased 891%

Prescription opioid deaths increased 154%

Cocaine deaths increased 10%

Methamphetamine deaths increased 791%

Children need most of their vaccinations before they are two years old.

Most preventative vaccinations are covered by Medicaid and other insurance.

Increase your joy, love and gratitude.

Forgive yourself and others often.

Behavioral and Disease



Residents of the San Luis Valley report more days per month when **poor mental health prevented normal activity** than in Colorado overall.

Only 60% of new mothers report that a healthcare worker talked to them about **depressive symptoms during and after pregnancy**.



While children and teens in the San Luis Valley are more likely to be active than others in Colorado, by adulthood many San Luis Valley residents are not getting the **recommended amount of exercise**.

San Luis Valley youth are more likely to use tobacco, marijuana, and alcohol before age 13 than their peers in the rest of Colorado.



19.1% of high schoolers in the SLV report being bullied at school, and 12% report online harassment in the last year.



Tuberculosis is a leading cause of death worldwide. Rates of active tuberculosis disease in the San Luis Valley are **nearly twice the rates targeted** as part of elimination goals in the United States.



Contact with livestock and wildlife put San Luis Valley residents at higher risk of some animal-related (zoonotic) diseases than the rest of the state.



Hantavirus Pulmonary Syndrome occurs at **21 times the rate of Colorado overall** in the San Luis Valley.



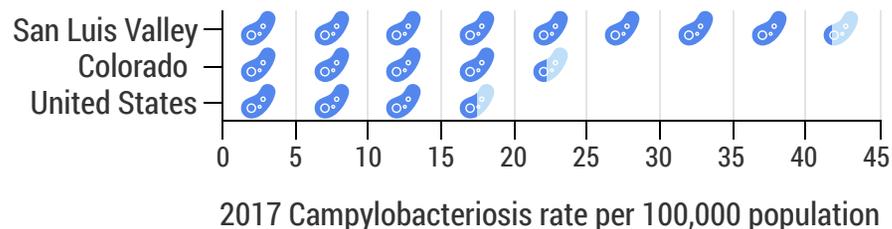
Every year, bats in the San Luis Valley test positive for **rabies**. Pet vaccination rates are low in the SLV.



Other animal-related diseases of concern in the San Luis Valley are mosquito and tick-borne diseases, novel influenza viruses, tularemia, and plague.



Food and water-borne illness are common in the San Luis Valley. **Cryptosporidiosis rates in the San Luis Valley are 5 times the state and national rates**. Many residents are exposed to untreated drinking water through private wells, untreated public water systems, and natural bodies of water.



Data Sources: BRFSS, PRAMS, HKCS, CO Child Health Survey

Go outside and play.

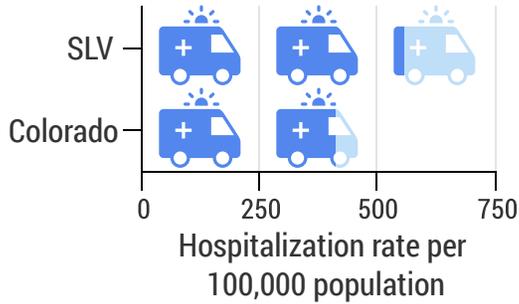
Get some sun but don't burn.

Put consistent limits on children's screen time.

Wash your hands with soap and warm water for 20 seconds. Rinse thoroughly.

Injury

Unintentional Injury



Occupational injury hospitalizations occur at **twice the state rate** in the SLV.



Up to 78% of the **elderly report falling** in the last 3 months.



Accidents are significant contributors to **premature deaths** in the San Luis Valley.



On and off-road **motor vehicle-related injuries** are major contributors to hospitalization and mortality rates.



73% of adults report always using a seat belt. 78% of parents report using appropriate child restraints.



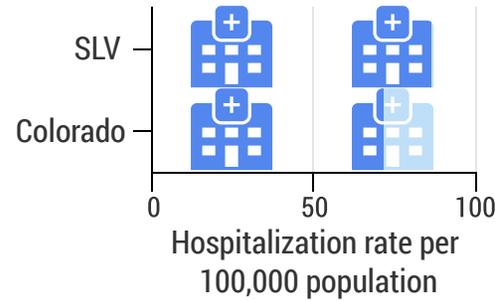
Adults in the SLV report driving while drunk at **twice the state rate** and 10% of high school students report driving while drinking.

Data Sources: BRFSS, CO Hospital Association, CDPHE

Don't drive when impaired.
Use seatbelts and the right car seat for your child.
Helmets save lives.

Suicide and Abuse

Intentional Injury



Twice as many intentional injury hospitalizations in the SLV are due to firearms than in Colorado overall.



Over 40% of reported completed suicides involved people who had current depression and 17% who had antidepressants present at the time of death.

Abuse

- **Child maltreatment** rates in the San Luis Valley are **double the state rate**.
- **Elder abuse rates** in the San Luis Valley are **higher** in some counties.
- After suicide, **assault is the leading cause of intentional injury** hospitalization.



Be kind to yourself and others.
Thank a veteran for your freedom.
Read to children.