Implementation Strategy:
Addressing Identified Community Health Needs

Medical Center of the Rockies
Poudre Valley Hospital

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Executive Summary

The passage of the Patient Protection and Affordable Care Act (PPACA) in 2010 added specific requirements for tax-exempt hospitals in relation to how they assess community need, plan community benefit services, provide and publicize financial assistance, and bill for services. Under the PPACA and the newly codified tax code Section 501(r), hospitals are now being asked to not only prove their community service through the provision of emergency and charity services, but to prove it in other ways.

The information within this report has been prepared with the primary goal of meeting the implementation strategy component of the new reporting mandates for hospitals resulting from the PPACA. The contents and format of this report follow the guidance provided by the Internal Revenue Service within its Notice of Proposed Rulemaking (NPRM) issued in April 2013.

The first required component, completion of a Community Health Needs Assessment was presented to and approved by the Board of Directors of UCHealth’s northern Colorado hospitals during their meeting in May 2013. The report is available online at: pvhs.org/community

Implementation Strategy Development

The UCHealth Implementation Strategy for the Medical Center of the Rockies (MCR) and Poudre Valley Hospital (PVH) is based on the findings and health issue priorities established for community-wide action by the Larimer and Weld County Community Health Needs Assessment’s processes.

In addition, a review of each hospital’s existing clinical services, community-based initiatives and existing or planned partnerships provided a framework within which we could describe UCHealth resources allocated to address not only the priority health issues, but other identified health issues that exist within the communities we serve. Thus, although extensive, this report is not intended to contain an all-inclusive list of UCHealth services and programs available to our patients and community residents.
**Defined Community**

For purposes of conducting the CHNA, Medical Center of the Rockies and Poudre Valley Hospital’s community was defined as all of Larimer County and, at this time, the northwestern portion of the neighboring Weld County. UCHealth, as an organization, is relatively new to Weld County, though many existing providers have joined our system in the past few years. In 2010, clinical outpatient services as well as selected community health promotion initiatives were provided in Weld County. Continued expansion, within the scope of available resources, is anticipated.

**Directed Resources**

As stipulated in the NPRM, the following hospital-specific matrices provide summaries that clearly identify the hospital facility’s particular role in taking the actions described in the implementation strategy as well as programs and resources the hospital plans to commit.

Additionally, the matrices reflect a three-pronged approach to apply resources that will address identified community health needs. These resources include clinical services, community-based programming and relevant sponsorships. Detailed action plans are described in Part II of this report. These action plans and directed resources were approved by the hospital’s board of directors during their Aug. 28, 2013 meeting.
Hospital-Specific Directed Resources

Larimer County Identified Health Needs

MEDICAL CENTER OF THE ROCKIES MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.

POUDRE VALLEY HOSPITAL MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.
At-a-Glance Hospital-Specific Directed Resources – Larimer County Identified Health Needs

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<tr>
<th>Medical Center of the Rockies 2013/2014</th>
<th>Priority Issue</th>
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## At-a-Glance Hospital-Specific Directed Resources – Larimer County Identified Health Needs

### Poudre Valley Hospital 2013/2014

Directed Resources aligned with identified health needs in Larimer County

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<td>Adult binge-drinking</td>
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### Clinical and Community-based

- Accountable Care Collaboration (MACC)
- Aspen Club fitness programs
- Bariatric Center of the Rockies
- Behavioral counseling services (inpatient)
- Bicycle & Pedestrian Education
- Bright Beginnings
- Cardiopulmonary conditioning programs
- Certified lactation counseling
- Childbirth education
- Children’s Therapy Services
- Chronic Disease Self Management
- Coalition for Activity and Nutrition to Defeat Obesity
- Community Car Seat Education
- Community Case Managers
- Community Paramedic program
- Family Medicine Center – Lifestyle Medicine services
- Family Medicine Center – Behavioral Health services
- Healthy Harbors care coordination
- Healthy Hearts Club
- Healthy Kids Club
- Mountain Crest Behavioral Healthcare Ctr.
- Poudre Valley Medical Fitness
- Neonatal Intensive Care Unit
- Poudre Valley Prenatal program
- Powerful Tools for Caregivers
- Women & Family /Pediatric Unit

### Sponsorships
Hospital-Specific Directed Resources

Larimer County Limited-Resource Populations

MEDICAL CENTER OF THE ROCKIES MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.

POUDRE VALLEY HOSPITAL MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.
**At-a-Glance Hospital-Specific Directed Resources – Larimer County Identified Health Needs – Limited Resource Populations**

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<th>Medical Center of the Rockies available resources serving health issues of limited-resource populations in Larimer County.</th>
<th>Asthma</th>
<th>Heart Disease, Hypertension or Stroke</th>
<th>Diabetes</th>
<th>Depression, Mental Health problems</th>
<th>Obesity</th>
<th>Oral Health Needs</th>
<th>Drug or alcohol dependence</th>
<th>Increased Latina teen pregnancy rate</th>
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In addition to identifying health issues for the general population within our target communities, the IRS Schedule H, Part V, Section B, line 1(f) requires that “primary and chronic disease needs and other health issues of uninsured (U) or low-income (LI) persons and minority groups (M)” be described within the hospital facility’s community health needs assessment. To satisfy this requirement, stratified data was reviewed (available from responses to the 2010 Community Health Survey administered by the Health District of Northern Colorado) and hospital-specific services are described below.
At-a-Glance Hospital-Specific Directed Resources – Larimer County Identified Health Needs – Limited Resource Populations

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<tr>
<th></th>
<th>Asthma</th>
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Hospital-Specific Directed Resources

Weld County Identified Health Needs

MEDICAL CENTER OF THE ROCKIES MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.

POUDRE VALLEY HOSPITAL MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.
### At-a-Glance Hospital-Specific Directed Resources – Weld County Identified Health Needs

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<th>Medical Center of the Rockies</th>
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<tr>
<td>Family Medicine Center</td>
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<tr>
<td>Healthy Hearts Club</td>
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<tr>
<td>Healthy Kids Club</td>
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<tr>
<td>Mountain Crest Behavioral Healthcare Center</td>
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<tr>
<td>Neonatal Intensive Care Unit</td>
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<tr>
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<td>Women &amp; Family /Pediatric Unit</td>
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<td>Sponsorships</td>
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</tbody>
</table>
| | | | | | | Not addressed by UCHealth
This issue is addressed by the initiative ‘Drive Smart Weld County’
Not addressed by UCHealth
Title X clinics within the Weld County Department of Health and Environment address this issue
Hospital-Specific Directed Resources

Weld County Limited-Resource Populations

MEDICAL CENTER OF THE ROCKIES MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.

POUDRE VALLEY HOSPITAL MATRIX OF CLINICAL SERVICES, COMMUNITY PROGRAMS AND SPONSORSHIPS.
At-a-Glance Hospital-Specific Directed Resources – Weld County Identified Health Needs
Limited Resource Populations

<table>
<thead>
<tr>
<th>Medical Center of the Rockies – available resources serving health issues of limited-resource populations in Weld County</th>
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<th>Heart Disease, Hypertension or Stroke (U,LI)</th>
<th>Diabetes (U,LI)</th>
<th>Depression, Mental Health problems (U,LI)</th>
<th>Obesity (U,M,LI)</th>
<th>Oral Health Needs (U,LI)</th>
<th>Drug or alcohol dependence, tobacco use (U,LI,M)</th>
<th>Higher rate of Latina teen pregnancy (M)</th>
<th>Higher rate of Hispanic/Latino teens who binge-drink (M)</th>
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<tbody>
<tr>
<td>Bariatric Center of the Rockies</td>
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<td>Cardiopulmonary Services (clinical and rehabilitation services)</td>
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<td>Behavioral counseling services (inpatient)</td>
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<td>Center for Diabetes Education</td>
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<td>Community Health Nurse Blood Pressure screenings</td>
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<td>Greeley Medical Clinic</td>
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<td>Greeley Emergency and Surgery Center</td>
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<td>Neurosciences Center</td>
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<td>Post-partum home visit</td>
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</table>

In addition to identifying health issues for the general population within our target communities, the IRS Schedule H, Part V, Section B, line 1(f) requires that “primary and chronic disease needs and other health issues of uninsured (U) or low-income (LI) persons and minority groups (M)” be described within the hospital facility’s community health needs assessment. To satisfy this requirement, stratified data - available from responses to the Weld County 2010 Community Health Survey was reviewed.
# At-a-Glance Hospital-Specific Directed Resources – Weld County Identified Health Needs

## Limited Resource Populations

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</table>
Obtaining Community Comment

The proposed IRS rule requires that a hospital facility establish an ongoing feedback mechanism to consider written comments received on its most recently adopted implementation strategy. This feedback mechanism will be established through our website. In addition, comments generated through community meetings and representative sample surveys will be compiled for consideration.

Conclusion and Next Steps

UCHealth clinical services in northern Colorado, Community Health Improvement programs and targeted sponsorships are aligned with the identified health issues affecting our communities. These services and programs are continuously monitored for performance and quality with ongoing improvements to facilitate their success.

Implementation strategy activities will continue to emphasize partnering with listed community providers that are also actively addressing the health issues described. This synergistic approach takes advantage of proven expertise and can be used to expand or refine successful programs.

The following section of this report provides detailed descriptions of the resources noted in Part I. Anticipated health impacts, evaluation measures and existing or planned partnerships are also described. A report describing progress toward these measures will be submitted annually to the Internal Revenue Service as part of the filing of Form 990.
Implementation Strategy:
Addressing Identified Community Health Needs

Medical Center of the Rockies
Poudre Valley Hospital

Part II - Response to Schedule H, IRS Form 990
Defined Community

For purposes of conducting the CHNA, Medical Center of the Rockies and Poudre Valley Hospital’s community was defined as all of Larimer County and, at this time, the northwestern portion of the neighboring Weld County. UCHealth, as an organization, is relatively new to Weld County, though many existing providers have joined our system in the past few years. In 2010, clinical outpatient services as well as selected community health promotion initiatives were provided in Weld County. Continued expansion, within the scope of available resources, is anticipated.

Community Health Needs Assessment / Development of Implementation Strategy

During 2011/2012 a multi-agency collaborative, facilitated by the Weld County Department of Public Health & Environment, conducted a Community Health Needs Assessment (CHNA) of Weld County. During 2012/2013, a similar, multi-agency process occurred in Larimer County, facilitated by the Larimer County Department of Health & Environment.

The Community Health Needs Assessment for UCHealth’s northern Colorado hospitals and corresponding implementation strategies have been structured to meet all requirements of the PPACA. As stipulated, the UCHealth CHNA report (for northern Colorado) was detailed with hospital-specific information, approved by the UCHealth Board of Directors and made widely available to the public prior to June 30, 2013. The report can be viewed or downloaded through the link: pvhs.org/community

The implementation strategy developed for both hospitals serving the UCHealth northern region is based on the findings and health issue priorities established for community-wide action by the Larimer and Weld County Community Health Needs Assessment’s processes. In addition, a review of each hospital’s existing clinical services, community-based initiatives and sponsorship allocations provided a framework from which any gaps in services or additional programming needs could be determined.

The following report describes the clinical services, community-based programming and other UCHealth resources allocated for fiscal year 2013/2014 and targeted to address the significant health needs identified for the communities served by both Medical Center of the Rockies and Poudre Valley Hospital. This implementation strategy was reviewed and approved by the board of directors of UCHealth’s northern Colorado hospitals during their meeting held on Aug. 28, 2013.
Larimer County
2012/2013 Community Health Needs Assessment Findings

UCHEALTH'S DIRECTED RESOURCES AND ACTION PLAN ADDRESSING IDENTIFIED NEEDS IN NORTHERN COLORADO
## Identified Health Issues – Prioritized for community-wide effort within Larimer County

<table>
<thead>
<tr>
<th>Health Issue – significance</th>
<th>CHNA Indicator value / Benchmark</th>
<th>Action Plan – UCHealth resources directed to address health issue in fiscal year 2013/2014</th>
<th>Anticipated health impacts - evaluation metrics</th>
<th>Existing or planned collaborations to address issue ($=sponsorship)</th>
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<tbody>
<tr>
<td><strong>PRIORITY ISSUE</strong></td>
<td></td>
<td></td>
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<tr>
<td>Mental and emotional well-being (adults)</td>
<td>Too high - Not met</td>
<td>- Improved access to behavioral health services for limited resource populations</td>
<td>- Improved emotional well-being reported by caregivers completing evidence-based training program</td>
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<td></td>
<td>- Increased use of appropriate healthcare resources</td>
<td>- Improved rating of self-efficacy in relation to chronic disease self-management skills</td>
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<td>- Increased care coordination for special-needs youth through improved access to needed services</td>
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<td></td>
<td></td>
<td>- Expansion of crisis intervention services to include prevention and awareness training to staff within schools, primary care physician offices, long-term care facilities, etc.</td>
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</table>

### Mental and emotional well-being (adults)

Mental and emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Maintaining positive mental and emotional health may reduce health behaviors associated with chronic disease, such as physical inactivity, smoking, excessive alcohol use, and insufficient sleep.

- The number of prescription drug overdose deaths has increased steadily in Larimer County since 2002, from 19 in 2002 to 57 in 2011

#### Undesirable increasing trend

- Larimer County suicide rate = 15/100,000 (2007-2011 data)
- National goal for suicide rate = 10.2 per 100,000

#### Existing:

- The Community Mental Health and Substance Abuse Partnership / Health District of Northern Larimer County
- Touchstone Health Partners (formerly the Larimer Center for Mental Health) – $300,000
- Larimer county Office on Aging
- State Consortium for Older Adult Wellness / Colorado Department of Public Health and Environment

#### Planned:

- County-wide task force to develop initiatives for the Community Health Improvement Plan – led by the Larimer County Department of Health & Environment
- Health Care Sector Partnership of Northern Colorado-Behavioral Health Committee (legislation review/advocacy)

#### Action Plan – UCHealth resources directed to address health issue in fiscal year 2013/2014

- Family Medicine Center – Behavioral Medicine services
- Hospital-based counseling services provided by Licensed Clinical Social Workers
- A Medicaid Accountable Care Collaborative, supported in part by UCHealth, provides community-based mental health care-coordination services to clients living in the Fort Collins service area (PVH only)
- Healthy Harbors provides community-based care coordination services to families, children and youth with special healthcare needs
- UCHealth’s Mountain Crest Behavioral Healthcare Center offers mental health assessments and treatment programs on an inpatient and outpatient basis. In addition:
  - A Mobile Crisis Assessment Team provides community-wide crisis intervention.
  - Wrap-around facilitators provide home-based evaluations and individualized coping skills to families and teens.
  - A residential adolescent treatment facility provides treatment as well as preparation for adulthood.
  - Aspen Club/Senior Services provides community-based emotional health self-management training to caregivers
- Chronic Disease Self-Management Program assists persons with chronic disease to increase self-efficacy related to disease management

#### Anticipated health impacts - evaluation metrics

- Improved access to behavioral health services for limited resource populations
- Increased use of appropriate healthcare resources
- Increased care coordination for special-needs youth through improved access to needed services
- Expansion of crisis intervention services to include prevention and awareness training to staff within schools, primary care physician offices, long-term care facilities, etc.
- Improved emotional well-being reported by caregivers completing evidence-based training program
- Improved rating of self-efficacy in relation to chronic disease self-management skills
### Identified Health Issues – Prioritized for community-wide effort within Larimer County

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<tr>
<td><strong>PRIORITY ISSUE</strong></td>
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<tr>
<td>Raising Healthy Children</td>
<td></td>
<td>- Poudre Valley Prenatal program at the Fort Collins Family Medicine Center - maternity care for low-income women in northern Larimer County</td>
<td>- access to health services and timely prenatal care for under- and uninsured women</td>
<td>Early Childhood Council of Larimer County</td>
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<tr>
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<td>- The Neonatal Intensive Care Unit at PVH manages critically ill newborns; the Pediatrics Plus Unit provides medical care to children from birth to age 18; Children's Therapy Services treat children with developmental needs</td>
<td>- nurse navigator services provided to parents of newborns with high-risk health needs</td>
<td>Fort Collins / Loveland Police Departments</td>
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<td>- Special Care Nursery at MCR provides specialized care to late pre-term infants, 12-bed pediatric unit</td>
<td>- responding to needs for pediatric hospital services, MCR will be opening a 12-bed pediatric unit in Fall 2013.</td>
<td>Larimer County Department of Health &amp; Environment- Health Care Program for Children with Special Needs, Nurse Family Partnership Program</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Certified Baby-Friendly Hospitals</td>
<td>- increase skills to improve infant feeding techniques</td>
<td>Larimer County Food Bank ($) – supporting youth nutrition initiatives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Post-partum nurse home visits for lactation support and physical exam of the newborn</td>
<td>- increase knowledge/use of skills to prevent pre-term labor</td>
<td>Northeast Colorado Regional EMS/Trauma Advisory Council</td>
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<td>- Childbirth and breastfeeding education</td>
<td>- gain positive parenting skills</td>
<td>Park, Poudre and Thompson School Districts</td>
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<td></td>
<td></td>
<td>- Bright Beginnings program supports early child development / parenting education</td>
<td>- reduce physical and/or social barriers to healthy eating, physical activity opportunities</td>
<td>Larimer County Partners Inc – Partners Mentoring Youth ($)</td>
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<tr>
<td></td>
<td></td>
<td>- Coalition for Activity and Nutrition to Defeat Obesity(CanDo) – UCHealth supported community coalition focusing on obesity prevention strategies</td>
<td>- acquisition of skills related to proper car seat installation / child restraint techniques</td>
<td>Poudre, Thompson Valley Fire Authority</td>
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<td></td>
<td>- The Community Car Seat Education and Distribution Program-provides no-cost car seats to qualified Larimer County families</td>
<td>- improved coordination of medical services for special needs children</td>
<td>Safe Kids Larimer County</td>
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<td>- Healthier Communities Coalition – connecting youth service providers for improved coordination</td>
<td>Knowledge gain related to healthy diet/physical activity</td>
<td>Salud Family Health Center – Fort Collins – Centering Program</td>
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<td>- Healthy Harbors – comprehensive care coordination services for children with special health care needs</td>
<td>-increased physical activity, adoption of healthy diets in youth</td>
<td>Team Fort Collins ($)</td>
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<td>- Healthy Hearts Club™ – free heart health screening &amp; education to school-age youth</td>
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<td></td>
<td>- Healthy Kids Club – elementary school and community-based health and fitness programs</td>
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</table>

**Positive influences in childhood bring health benefits that last a lifetime for the individual and benefit the entire community.**

Programs and policies directed at children can address multiple health risks simultaneously and reduce poor health outcomes linked to social circumstances.

**The body and brain of a child are greatly affected during development, from prenatal exposures, to infancy and early childhood experiences, to educational enrichment from parents and schools, to the physical and emotional transformations during adolescence.**

**Low birthweight rate = too high, national goal not met**

- Smoking during pregnancy:
  - In 2011, 8.4% of Larimer County mothers giving birth reported smoking during pregnancy, compared to 7.4% for CO.
  - National goal = 1.4%

**Smoking during pregnancy = too high; national goal not met**
### Other (non-priority) Identified Health Issues within Larimer County

<table>
<thead>
<tr>
<th>Health Issue - significance</th>
<th>CHNA Indicator value / Benchmark</th>
<th>Action Plan – UCH health resources directed to address health issue in fiscal year 2013/2014</th>
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<td><strong>Overweight or obesity in adults:</strong>&lt;br&gt;Preventable, diet-related diseases include heart disease, high blood pressure, diabetes, some cancers, and osteoporosis.</td>
<td>- 32% of adults are overweight and 15% are obese&lt;br&gt;- Greater number of adults residing in southern Larimer County are overweight or obese.&lt;br&gt;Benchmark = although national targets are met, there has been an undesirable increased trend in overweight and obesity rates in Larimer County.</td>
<td>- Bariatric Center of the Rockies&lt;br&gt;- Family Medicine Center - Lifestyle medicine&lt;br&gt;- CanDo Obesity prevention coalition, supported in part by UCH, promotes worksite programs, community gardens, also has Loveland-based coalition (focusses efforts in southern Larimer County)&lt;br&gt;- Adult Cardiac Conditioning Programs&lt;br&gt;- Poudre Valley Medical Fitness&lt;br&gt;- Senior Services / Aspen Club – offers various fitness programs for older adults; evidence-based interventions addressing diet and exercise for weight management</td>
<td>- Increase in awareness of weight-management techniques&lt;br&gt;- An increase in the number of worksites offering wellness programs&lt;br&gt;- Increased fruit and vegetable intake among residents reached by a community garden&lt;br&gt;- Increased options for physical activity programs&lt;br&gt;- Increase in older adult participation in physical activity; improved nutrition and exercise habits attained by class participants</td>
<td>Vida Sana - coalition addressing health disparities among the Hispanic/Latino and low-income population in North Fort Collins</td>
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<td><strong>Active transportation to work/school:</strong>&lt;br&gt;Physical activity aids in weight management; decreases risk of early death from heart disease, stroke, high blood pressure, diabetes, and certain cancers.</td>
<td>- 7.1% of workers in Larimer County commuted to work by biking, walking or public transportation, compared with 7.3% statewide.&lt;br&gt;Benchmark / National goal = 20% - Too low = not met</td>
<td>- Bicycle and Pedestrian Education Coalition – facilitated by UCH-supported Healthier Communities Coalition&lt;br&gt;- CanDo – support for worksite activity programs such as Bike to Work Day</td>
<td>- Increase the number of bicycle riders and pedestrians in the community&lt;br&gt;- Increase in the number of worksites offering activity programs</td>
<td>City of Fort Collins&lt;br&gt;Safe Routes to Schools&lt;br&gt;City of Loveland&lt;br&gt;Colorado State University</td>
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## Other (non-priority) Identified Health Issues within Larimer County

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<td><strong>Increase in food insecurity</strong>&lt;br&gt;Food insecurity is defined as uncertain future food availability or insufficient food required for health.</td>
<td>14% of Larimer County households experienced food insecurity, compared with 15.5% statewide. Benchmark / National goal = 6% of households Too high = not met</td>
<td>- CanDo – produce from community gardens donated to local food banks&lt;br&gt;- Bright Beginning program and/or post-partum home visit may include referral to Women Infant Child nutrition resources&lt;br&gt;- Community Case Managers, Medicaid Accountable Care services, Community Paramedic Program and Healthy Harbors services include resolution of food insecurity issues for limited resource/vulnerable populations</td>
<td>An increase in the availability of healthy food for persons with limited resources.&lt;br&gt;An increase in use of available county resources addressing the provision of an adequate food supply</td>
<td>Larimer County Food Bank ($) – (supports adult and youth nutrition initiatives)&lt;br&gt;City of Fort Collins, Gardens at Spring Creek&lt;br&gt;City of Loveland&lt;br&gt;High Plains Environmental Center</td>
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<td><strong>Adult binge-drinking</strong>&lt;br&gt;Some health effects of binge-drinking behavior include alcohol poisoning, increased risk for unintentional injury, liver disease, stroke, or neurological damage.</td>
<td>Percent of Larimer County adults reporting &quot;binge drinking&quot; in last 30 days - 26% (2010 data), compared to 16% statewide (2009 data). Benchmark/National goal = 24.3% Too high = not met</td>
<td>- UCHealth’s Mountain Crest Behavioral Health staff works to obtain Involuntary Commitment (IC) to alcohol-treatment facility for homeless alcoholics, possible pilot expansion partnering with Health District of Northern Colorado in 2013.&lt;br&gt;- Community Case Managers, Medicaid Accountable Care services and the Community Paramedic Program monitor client health-risk behavior</td>
<td>Anticipated outcomes from IC’s include a decrease in use of ambulance services, Emergency Department (ED) visits, and hospital admissions (PVH &amp; MCR tracking only).&lt;br&gt;Data is gathered from hospital admission data, ambulance services and ED tracking reports (PVH &amp; MCR data only)</td>
<td>Team Fort Collins ($) - a community agency providing alcohol and drug prevention services in northern Larimer County</td>
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<td><strong>Reliable health data for school-age youth</strong>&lt;br&gt;Data gap</td>
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<td>1) Community-wide effort through the Partnership for Healthy Youth coalition&lt;br&gt;2) Health District of Northern Larimer County is seeking funding for additional sampling of parents of children – age 11 years.</td>
<td>Administration of Youth Risk Behavior Survey in Larimer County schools.&lt;br&gt;Collection of health data for children of respondents to Community Health Survey.</td>
<td>Poudre, Thompson &amp; Park school districts; Larimer County Department of Health &amp; Environment; Health District of Northern Larimer County</td>
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*University of Colorado Health*
Weld County
2012/2013 Community Health Needs Assessment Findings

UCHEALTH'S DIRECTED RESOURCES AND ACTION PLAN ADDRESSING IDENTIFIED NEEDS IN NORTHERN COLORADO
## Identified health issues – Weld County

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| Mental health and substance abuse | 27% of adults in Weld said their mental health was not good 1 – 7 of the last 30 days and 14% said their mental health was not good for 1 week or more. (Weld 2010 Community Health Survey) | Greeley Emergency and Surgery Center  
- Behavioral Health Crisis Team  
- Mountain Crest Behavioral Healthcare Center offers mental health assessments and treatment programs on an inpatient and outpatient basis for Weld County residents  
In addition Mountain Crest provides:  
- On-site psychiatrist in Windsor & Greeley medical practices  
- A Mobile Crisis Assessment Team provides community-wide crisis intervention  
- Wrap-around facilitators provide home-based evaluations and individualized coping skills to families and teens  
- A residential adolescent treatment facility provides treatment as well as preparation for adulthood. | - increased access to emergency care related to substance abuse or mental health conditions  
- increased care coordination resulting from on-site behavioral health services in primary care physician offices  
- expansion of crisis intervention services to include prevention and awareness training to staff within schools, primary care physician offices, long-term care facilities, etc. | Planned:  
Health Care Sector Partnership of Northern Colorado-Behavioral Health Committee (legislative review/advocacy)  
Existing:  
Greeley Transitional House ($)  
Life Care Center of Greeley ($)  
North Range Behavioral Health ($)  
United Way of Weld County ($) |
| 28% of Weld County high school students binge drink (2007 Youth Risk Behavior Survey) | National goal for high-school senior binge-drinking = 22.7% | Too high -not met |

**Mental and emotional well-being is essential to overall health.** Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Maintaining positive mental and emotional health may reduce health behaviors associated with chronic disease, such as physical inactivity, smoking, excessive alcohol use, and insufficient sleep.

- Mental and emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities. Maintaining positive mental and emotional health may reduce health behaviors associated with chronic disease, such as physical inactivity, smoking, excessive alcohol use, and insufficient sleep.
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| Nutrition, physical activity and obesity | Weld County resident fruit and vegetable consumption and physical activity levels are below state averages. Weld County’s obesity rate is 25% - significantly higher than the state rate of 19% | - Bariatric Center of the Rockies  
- Cardiopulmonary Conditioning Programs  
- Poudre Valley Medical Fitness Center located in Weld County provides medically supervised health and fitness programs for adults  
- Healthy Hearts Club – heart health education/screening for youth  
- Healthy Kids Club – provides school and community-based nutrition and fitness activities/education for elementary school-aged youth  
- Windsor Medical Clinic Fit Family Initiative- primary care practice-based obesity prevention initiative | - access to clinical services  
- Increased number of residents obtaining sufficient physical activity  
- Increased knowledge related to a heart healthy diet and exercise.  
- Increased physical activity, adoption of healthy diets in youth  
- decreased BMI in youth; improved dietary and physical activity behaviors | Weld County school districts  
University of Northern Colorado  
Weld County Department of Public Health & Environment - Healthy Weld 2020 initiative  
Weld County Food Bank ($) |
| Infant Health | Infant mortality is associated with maternal health, quality and access to care, socioeconomic conditions, and public health practices | Weld County’s infant mortality rate: 6.3 (deaths) per 1,000 live births  
National Goal = 4.5/1,000  
Too High - Not Met  
- Poudre Valley Prenatal program at the Fort Collins Family Medicine Center - maternity care for low-income women in northern Larimer County  
- Greeley Medical Clinic – pediatric care  
- The Neonatal Intensive Care Unit at PVH manages critically ill newborns; the Pediatrics Unit provides medical care to children from birth to age 18  
- Post-partum nurse home visit (Medicaid clients)  
- Post-partum discharge training (mobile application)  
- Special Care Nursery at MCR provides specialized care to late pre-term infants  
- New 12-bed pediatric unit at MCR | - access to health services and timely prenatal care for under- and uninsured women  
- nurse navigator provides care coordination services to parents of newborns with high-risk needs  
- increase skills to improve infant feeding techniques  
- In response to needs for pediatric hospital services, MCR will be opening a 12-bed pediatric unit during the Fall 2013 | United Way of Weld County ($)  
Weld County Food Bank ($)  
Weld County Department of Health and Environment |
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| **Motor vehicle safety for teens** | 12% of Weld County students say they rarely/never wear a seatbelt when riding in a car. (2007 YRBS) This indicates that 88% are using seatbelts. (too low) | *Not addressed by UCHealth at this time*  
- Drive Smart Weld County – a non-profit community coalition has dedicated resources and action plans to address this issue | N/A | N/A |
| **Teen pregnancy** | 76% of teen pregnancies were unintended  
8% of Weld teen infants were born at a low birth weight (National goal=7.8% too high) | *Not addressed by UCHealth at this time*  
- The Weld County Department of Public Health & Environment provides reproductive health services for teens through a Title X clinic. | N/A | N/A |
| **Tobacco use** | From 2005 to 2007, smoking rates significantly increased among white, non-Hispanic youth - from 12% to 18% | Primary county resources provided by the Tobacco Free Weld County Coalition  
Healthy Hearts Club – youth heart health education, including tobacco-use initiation prevention | Decrease in % of youth who use tobacco | Weld County School districts |
Clinical resources available to meet other community healthcare needs

The Larimer County CHNA listed the four leading causes of death in Larimer County as cancer, heart disease, cerebrovascular diseases and unintentional injuries.

In Weld County, the top four leading causes of death measured during 2007-2009 included cancer, heart disease, chronic lower respiratory diseases and unintentional injuries.
Services aligned with the leading causes of mortality for Larimer and Weld counties include:

**Cancer Services**: providing a team approach to cancer care gives our patients benefit from expert cancer treatment teams with specialties in medical oncology, surgery, radiation therapy, radiology, pathology, nursing and navigation.

**Cardiac Services**: The medical team includes over 20 cardiologists and several cardiovascular surgeons. A wide range of clinical support services are provided for our patients including nutrition, psychological counseling, research and rehabilitation programs.

**Respiratory care and pulmonary rehabilitation**: Our licensed, certified respiratory therapists work with patients to test for and treat a variety of pulmonary conditions, including the special needs of children. PVH offers a pulmonary rehab program, including help with smoking cessation.

**Cerebrovascular Diseases**: The Regional Neurosciences Center provides diagnosis and treatment of brain and spine disorders, including the treatment of stroke, Parkinson's disease and multiple sclerosis.

**Trauma Services**: Trauma Center of the Rockies is the Level II trauma center located at Medical Center of the Rockies. Expert trauma surgeons and other physicians, nurses, case managers, and technologists dedicated to trauma care stand ready 24 hours a day to provide our region's top care for the critically injured. Poudre Valley Hospital is verified as a Level III center. The center provides initial patient evaluation and stabilization, including surgical intervention, for the severely injured. An Injury Prevention Coordinator works with community partners to implement initiatives that identify and eliminate unsafe behaviors, conditions and environments.

**Regional Orthopedic Center**: The center provides complete care for bone, joint, tendon and nerve problems. The PVH Community Paramedic program provides monthly blood pressure readings to Fort Collins community members who are homebound. The paramedics also assess the home for safety related to fall prevention and ensure that smoke and carbon monoxide detectors are functioning properly.

**Community Case Managers**: This program helps at-risk families and individuals who don't have resources themselves, are chronically or terminally ill, and are not eligible for other in-home services. Community Case Management is a free service provided by UCHealth to qualified clients living in several communities within both Larimer and Weld Counties.
Evaluation Plan Narrative

Evaluation metrics described in the tables above are tracked routinely and reported periodically. Customer satisfaction scores for all clinical services are evaluated utilizing Avatar Software products and compared to a benchmark that is unique to each department or service area. Quarterly reports reflect progress toward goal achievement. Action plans are developed as indicated to resolve any outcomes that do not achieve the minimum benchmark value.

Community-based program outcomes are reviewed quarterly and reported annually. Program descriptions, evaluation metrics and outcomes can be reviewed online at: pvhs.org/community

Obtaining Community Comment

The proposed IRS rule requires that a hospital facility establish an ongoing feedback mechanism to consider written comments received on its most recently adopted implementation strategy. This feedback mechanism will be established through our website. In addition, comments generated through community meetings and representative sample surveys will be compiled for consideration.

Conclusion and Next Steps

UCHealth’s clinical services, community health improvement programs and targeted sponsorships are aligned with the identified health issues affecting the communities we serve. As described above, these services and programs are continuously monitored for performance and quality with ongoing improvements to facilitate their success.

Implementation strategy activities will continue to emphasize partnering with listed community providers that are also actively addressing the health issues described. This synergistic approach takes advantage of proven expertise and can be used to expand or refine successful programs.

In compliance with the revised federal reporting requirements, a report describing progress toward the anticipated health outcomes resulting from this implementation strategy will be submitted annually to the Internal Revenue Service as part of the filing of Form 990.