

Community Health Improvement

PERIODIC REPORT OF PROGRAMS | 2013/2014



Community Health Improvement Mission:

We improve lives through relevant, integrated strategies and proven methods that impact health and wellness.

Community Health Improvement Vision:

Community Health Improvement fosters optimal health and wellness.



UCHealth

WE IMPROVE LIVES.

The Community Health Improvement Department in University of Colorado Health's northern region (UCHealth) is committed to optimizing the health of the communities served by Poudre Valley Hospital (PVH) and Medical Center of the Rockies (MCR). Vital to this effort are the strong collaborations we share with our community partners.

Our contribution to the health, quality of life and environment in our communities has always been a key measure of our success. Our Community Health team has been improving lives in our region for over 20 years. Our programs are client or community-centered and meet community needs through evidence-informed methods and best practices for health promotion, health protection, preventive services, chronic disease management, injury prevention and improved access to high quality health care.

The pages that follow describe the many ways that our community health programs and services improve lives. Further information can be found on our webpage: <https://www.uchealth.org/Pages/Services/Community-Health.aspx>



Law Enforcement

Clinical

Non-Profit

Government

Business

Educational Institutions

Contents:

Improving Lives by Promoting Health Equity	1
Improving Lives by Promoting Maternal and Newborn Health	3
Improving Lives by Supporting Early Childhood Development	4
Improving Lives by Increasing Active Living in Children and Youth	5
Improving Lives by Preventing Cardiovascular Disease in Youth	7
Improving Lives by Preventing Unintentional Injuries in Youth	9
Improving Lives by Empowering Communities to Promote Health	10
Improving Lives by Empowering Individuals to Manage Chronic Disease	11
Improving Lives by Promoting Healthy Aging	13
Fostering Optimal Health and Wellness	15
Alignment of Programs with National Prevention Strategy Objectives	16

Improving Lives by Promoting Health Equity



According to the U.S. Department of Health and Human Services' Healthy People 2020 initiative, health equity is the "attainment of the highest level of health for all people." Improving social, economic and environmental factors influencing vulnerable populations will help increase their opportunities to make healthy decisions.

In addition, the Surgeon General's National Prevention Strategy recognizes that access to comprehensive, quality health care services is important for the achievement of health equity and for increasing the quality of life for everyone.

UCHealth is making a difference

The **Vida Sana coalition** was created to address health disparities among Hispanic/Latino and low-income residents of north Fort Collins. The coalition of over 200 community members identifies the risk factors that contribute to health disparities and creates community-based solutions to increase healthy eating and active living. Neighborhood promotoras facilitate access to appropriate resources and engage residents in neighborhood improvement advocacy efforts.



2013-2014 Program Achievements

- » Fitness passes issued by Vida Sana were used to access a local recreation center over 21,000 times by approximately 1,500 community members.
- » Neighborhood *promotoras* served nearly 2,000 Hispanic/Latino residents from eight low-income communities by providing home visits, assessing needs, and connecting residents to community services and events.
- » Vida Sana hosted neighborhood events throughout the year. One event in a Fort Collins mobile home park allowed over 200 residents the opportunity to connect with local health organizations.

The Medicaid Accountable Care Collaborative (MACC) provides moderately intensive community-based care coordination services to Medicaid patients with complex health care needs. This program and its interdisciplinary staff are based out of UCHealth's Community Health Improvement Department. The MACC program was developed and implemented as a result of the statewide Accountable Care Collaborative initiative that began in 2011.

The MACC program focuses on Medicaid patients who have poorly-managed chronic conditions (such as diabetes, chronic obstructive pulmonary disease, heart disease, high blood pressure, asthma, etc.) and/or complex behavioral health care needs. Additionally, the team is able to target outreach to patients who exhibit high or inappropriate utilization of health care system resources, such as the emergency department, to offer support and ensure the patient is established with a primary care medical home.

2013-2014 Program Achievements

- » The MACC program served nearly 200 adults and children during this time period. Program clients participated in an initial comprehensive assessment, followed by the development of an individualized care plan that prioritized the client's current goals and addressed barriers to accessing care.
- » The MACC team facilitated over 285 referrals to local community resources based on the needs of each client or family, including connections to medical specialists, dental services, behavioral health services, housing, transportation, medical equipment and other relevant community-based programs.

Healthy Harbors is a medical care coordination program for at-risk children, and is a collaborative effort between UCHealth's Community Health Improvement Department and the Larimer County Department of Human Services. Most of these youth receive Medicaid benefits, thus the program is well integrated into the Fort Collins Family Medicine Center (FMC), Salud Family Clinic and various other local health care providers.

The overarching goal of Healthy Harbors is to improve the often-fragmented delivery of medical, dental and mental health services to children with complex or special health care needs. Children who become enrolled in the Healthy Harbors program may be living in a formal foster care setting, a kinship care placement, or considered at risk of being removed from their biological parents due to child welfare concerns.

2013-2014 Program Achievements

- » Healthy Harbors enrolled approximately 150 children and their families during 2013-2014. Referrals to Healthy Harbors come from a variety of sources, including primary care providers, the Department of Human Services, Poudre Valley Hospital's Neonatal Intensive Care Unit and other community partners. The program ensures access to timely, comprehensive medical and behavioral health care through the establishment of a 'medical home' for the child.
- » A recent program evaluation found that Healthy Harbors' clients had greater compliance with well-child appointments as well as fewer visits to local emergency departments when compared to a similar group of children who were not enrolled in the program.
- » When asked about Healthy Harbors program benefits, 78 percent of caregivers whose children were enrolled in Healthy Harbors reported that the program always improved their communication with the child's medical providers.

Parent Comment:

"[Healthy Harbors] is a true help: they truly advocate for the children (get into appointments, help us understand the process, give resources in the community). Should be in every county, state, and the whole country."

The **Poudre Valley Hospital Community Paramedic Program** delivers a variety of services to patients in their homes. Since 2010, they have given flu vaccines to over 200 individuals and continue the relationship by checking blood pressures, performing home safety inspections, reconciling medications and providing educational classes to groups upon request.

Improving Lives by Promoting Maternal and Newborn Health



Childbirth education builds skills to cope with stressors, increases confidence before labor and decreases fear of the unknown. Additionally, evidence supports that breast-feeding provides health benefits for both mothers and children.

UCHealth is making a difference

Family Education classes discuss childbirth, breast-feeding and parenting. Hospital preview tours help families become familiar and comfortable in the hospital setting. Classes are available in Fort Collins, Loveland and Greeley.

During 2013, parenting classes were offered to the community to help parents increase their knowledge and parenting skills during the challenging developmental years of teens and toddlers.

2013-2014 Program Achievements

- » 244 couples attended childbirth classes. 94 percent reported they learned skills to prevent preterm labor.
- » Of 46 moms who attended breast-feeding classes, 97 percent reported they learned the basics of breast-feeding.
- » Hospital preview tours were provided to over 750 families.

Parent Comments:

"We feel more relaxed about labor and delivery. We are better informed on options, medications, and how to cope. We learned so much and are confident going through the labor process!"

The **Postpartum Nurse Home Visit Program** helps Medicaid-eligible families with the transition to parenthood after childbirth. This transitional support includes lactation education, newborn assessments, care coordination and connections to community resources. The program nurses also provide prenatal breast-feeding classes at local clinics serving low-income patients.

2013-2014 Program Achievements

- » The Nurse Home Visit Program offered lactation support and newborn assessments to Medicaid-eligible postpartum mothers during 744 home visits.
- » 92 percent of clients surveyed reported learning two or more facts about feeding their infant.
- » The Nurse Home Visit program provided prenatal breast-feeding preparation classes to over 150 low-income mothers.

Improving Lives by Supporting Early Childhood Development



During the first three years, children grow and develop more dramatically than during any other stage of life. Healthy development during these years impacts lifelong learning: 85 percent of a child's intellect, personality and social skills are developed by the third birthday.

UCHealth is making a difference

Statewide, the **Bright by Three** (formerly Bright Beginnings) initiative promotes the healthy growth and development of children during the first three years of life.

In 2013-2014, the UCHealth-sponsored program in Larimer County educated parents by providing current, research-based information related to early brain development and establishing positive health and safety habits.

2013-2014 Program Achievements

- » 2,379 families were served by Bright by Three.
- » 96 percent of families reported they have a better understanding of their infant's developmental needs.
- » 92 percent of families reported they learned something new about the language and social development of their one-year-old.
- » 100 percent of families reported learning something new about the emotional and social development of their two-year-old.
- » The Nurse Home Visit program provided prenatal breast-feeding preparation classes to over 150 low-income mothers.

Parent Comments:

"I am very happy and thankful for the program. It helps structure and encourage learning."

"I am finding the materials very useful (and my daughter loves the picture books)."

Improving Lives by Increasing Active Living in Children and Youth



Obese youth are at higher risk for early development of adult health problems such as heart disease, type 2 diabetes, stroke, some types of cancer and osteoarthritis.

In Larimer County, about one in four children ages 2-14 are overweight or obese, and only one in three meet the minimum recommendation for weekly physical activity.

UCHealth is making a difference

Healthy Kids Club® (HKC) partners with schools to increase opportunities for youth to participate in physical activity, health education, and good nutrition practices. The program improves lives by collaborating on policy and environmental change and by offering programs that encourage physical activity and healthy habits for a lifetime.



2013-2014 Program Achievements

- » Forty-four school-based walkathon fundraisers raised more than \$370,000. Of this, a large portion (\$80,000) will support health and wellness in the school setting.
- » 12,143 students and staff from 84 elementary schools participated in the Schools on the Move 5210 Challenge.
- » During the Challenge month, students and staff track health habits with the daily goals of eating five or more fruits and vegetables, spending two hours or less on screen time, getting at least one hour of physical activity and drinking zero sugary beverages. Schools with the highest percentage of participants are awarded prize money for PE equipment or school wellness initiatives. Following the 2014 challenge, 37 percent of students reported increased physical activity and 40 percent reported that they ate more fruits and vegetables.

- » Health education is an important part of learning healthy behaviors for life. Healthy Kids Club® staff provided standards-based health education to 55 kindergarten classrooms. Following HKC health education, over half of parents say their children eat more fruits and vegetables and consume fewer sugary foods and drinks.
- » BstrongBfit is a running club for elementary school girls that focuses on nutrition education, building positive self-esteem and increasing physical activity. 100 percent of parents surveyed agreed or strongly agreed that after participating in BstrongBfit, their daughters had learned more about healthy habits.
- » The Healthy Kids Run Series offers youth ages 5-12 the opportunity to participate in eight different one-mile free fun runs. Over 1,500 youth participated in the series.
- » Fit Families on the Move is a program designed to keep families active during the summer months. Registered families receive a calendar and pass for over 100 free/low-cost summer activities. There were 589 families who participated in the program in 2013.

Student Comment: "I look forward to it every year. I do 5210 all year long!"



Improving Lives by Preventing Cardiovascular Disease in Youth



National health surveys reveal that a significant number of youth are developing conditions such as obesity, high blood pressure, high cholesterol, and Type 2 diabetes – all of which are risk factors that contribute to the development of cardiovascular disease.



UCHealth is making a difference

Healthy Hearts is a heart health education and risk factor screening program offered to elementary and high school youth in northern Colorado schools.

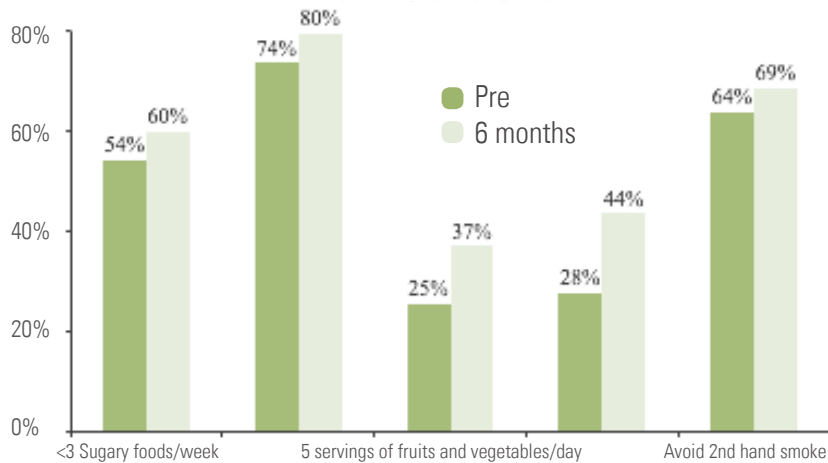
Healthy Hearts for Healthy Families identifies elementary school-aged children who have risk factors for heart disease, and works with the entire family to promote healthy behavior changes. As all family members participate together in fun and interactive class sessions, they gain knowledge and motivation to reduce their risk for cardiovascular disease.

2013-2014 Program Achievements

- » 3,100 elementary and high school students within five northern Colorado school districts received Healthy Hearts education.
- » Over 1,600 students participated in screenings for heart disease risk factors.
- » Post-program Healthy Hearts surveys revealed sustained positive changes in lifestyle behaviors among fourth and fifth graders, as demonstrated below:

Healthy Hearts 4th and 5th Grade

Percentage of Elementary Students Achieving Ideal Behaviors 2013-2014



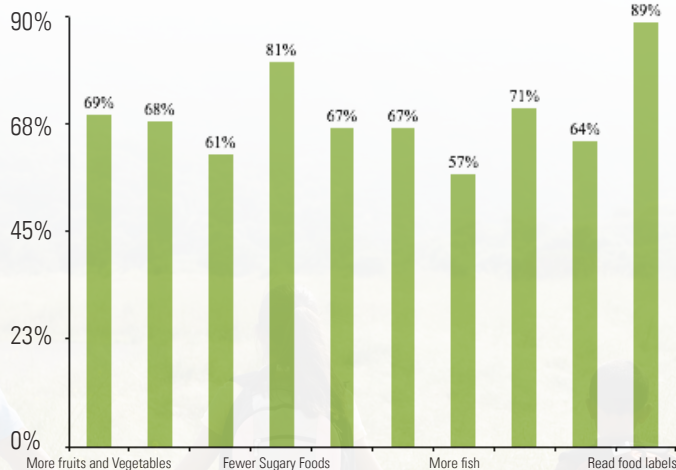
Teacher Comment:

"We look at Healthy Hearts as an integral part of our science education. It is an excellent, informative program. The kids love it and learn healthy lifestyle choices."

- » Seventy-five families participated in the no-cost Healthy Hearts for Healthy Families program during 2013-2014.
- » Six months after the end of the program, participants had lost a total 588 pounds and reported continued changes in behavior and measurable health outcomes.

Healthy Hearts for Healthy Families

Percentage of Families Who Improved in Health Behaviors



Parent Comment:

"[Healthy Hearts] has opened my eyes, and made ALL of my family more aware of what we need to do to live healthier, happier lifestyles. It was the best use of our time the past six weeks. Having the entire family participate is a big reason for its success in my family... Just wish I had been exposed to this many years ago."

Improving Lives by Preventing Unintentional Injuries in Youth



In Larimer County, the top causes of injury and hospitalization for children below age 14 are motor vehicle crashes, falls and bicycle-related injuries.

UCHealth is making a difference

The **UCHealth Child Passenger Safety** team and its community partners use the National Highway Traffic Safety Administration's curriculum to provide education and training to community members.

The **Safe Kids Coalition** works to keep Larimer County children safe by providing education and resources related to motor vehicle child passenger safety as well as bicycle and pedestrian safety.

2013-2014 Program Achievements

- » The school-based Strap & Snap bicycle safety education program provided training to over 2,300 elementary students in northern Colorado.
- » Safe Kids partners distribute and fit bicycle helmets countywide at various helmet fit stations. An estimated 385 helmets were distributed and fitted throughout the year.
- » UCHealth supports an innovative hospital-based Car Seat Fit Station that provides hands-on training to parents and family members of newborns prior to hospital discharge. In addition, Community Car Seat Education and Distribution Program staff work with our community partners to promote optimal car seat use among low-income families.

2013-2014 Program Achievements

- » The Community Car Seat Education and Distribution Program distributed 436 car seats to low-income Larimer County families.
- » 97 percent of program participants correctly identified properly installed car seats after the training.
- » The hospital-based Car Seat Fit Station provided nearly 1,000 car seat consultations to parents of newborns prior to hospital discharge.
- » 99 percent of parents demonstrated a 'hands-on' ability to safely restrain their newborn in a car seat.

Parent Comments:

"An awesome program! The additional instruction provided by the [car seat] technician cannot be found in any guide book. A program like this helps to save lives!"

"The technician was very knowledgeable and professional. She made us feel part of the process and confident in using our seat."

Improving Lives by Empowering Communities to Promote Health



Comment from Kristin Kirkpatrick, former CanDo policy adviser and community healthplanner:

"CanDo has been able to help Fort Collins and Loveland leaders, including many companies, to understand that health begins where we live, work and play. We've been able to take a polarizing topic—health—and shift the perception that it's not just a health system's job, but everyone's job."

Overweight and obesity are health issues that increase the risk for development of chronic diseases and premature death. In Larimer County, about half of adults and one in four children (ages 2-14) are either overweight or obese.

Community-based initiatives improve health at a systemic level by cultivating optimal food environments, built environments, school and worksite wellness cultures. According to the Centers for Disease Control and Prevention, efforts that focus on policy and environmental change – making healthy choices in nutrition and physical activity available and affordable – will likely prove most effective in combating obesity.

UCHealth is making a difference

CanDo is a communitywide coalition working to reduce and prevent obesity by increasing physical activity and healthy eating opportunities. CanDo staff works with schools, worksites, health care settings, government agencies, and community organizations within Fort Collins and Loveland to advocate for programs, environments and policies that support healthy lifestyles.

2013-2014 Program Achievements

- » CanDo co-facilitated the **Partnership for Healthy Youth**, leading to the creation of a Colorado Health Resource Guide assisting local schools in their work toward integrating health education and wellness programming within the school environment.
- » CanDo is actively involved in the **Northern Colorado Food Cluster (NCFC)** steering committee. The NCFC works to create a healthy community with a resilient local food system by promoting local food production, distribution, and consumption.
 - » During 2014, CanDo staff met regularly with local politicians, advocating for passage of HB-1119 – the Colorado Charitable Crop Donation Act.
- » The **Built Environment Work Group** – comprised of City of Fort Collins planning staff, CanDo staff, and community residents – works to advocate for environments and policies that support physical activity and access to healthy foods.
- » Over several years, local youth used innovative communication tools (PhotoVoice) to promote an increased understanding of the relationship between the built environment and healthy eating or physical activity. CanDo staff supported these youth in advocating for physical improvements to promote pedestrian safety on their routes to school.
- » In Loveland, CanDo staff educated residents and municipal stakeholders about the importance of health in the built environment, encouraging them to advocate for prioritization and inclusion of a health focus and related outcomes in the update to the City of Loveland's comprehensive plan for policy development.
- » CanDo staff and coalition members provided technical assistance for numerous other built environment-related plans and projects, such as the Loveland Bike and Pedestrian Plan, the Harmony Road Enhanced Travel Corridor Technical Advisory Committee and the Urban Agriculture Land Use Code Core Team.

Improving Lives by Empowering Individuals to Manage Chronic Disease



According to the Centers for Disease Control and Prevention, chronic diseases and conditions such as heart disease, stroke, cancer, diabetes, obesity and arthritis are among the most common, costly and preventable of all health problems. Chronic diseases are the leading cause of death and disability in the United States. Nationwide, about half of all adults have one or more chronic health conditions, and about 25 percent of adults have two or more.

In Colorado, asthma is one of the most common chronic diseases. Despite this, very few Colorado adults with chronic asthma report ever having taken a class to learn how to manage their asthma.

Diabetes is the seventh leading cause of death in the United States. It is a major cause of heart disease and stroke, yet few people receive effective preventive care.

UCHealth is making a difference

Cardiac Rehabilitation Community Conditioning classes provide community members a low-cost option to engage in an individualized physical activity program while under the supervision of Certified Exercise Specialists. Staff members ensure that participants follow recommended guidelines to allow for normal responses to exercise, and provide encouragement to promote positive lifestyle habits.



Our evidence-based **Chronic Disease Self-Management** classes employ motivational interviewing with lifestyle skills development to manage chronic disease symptoms, chronic pain, or specific conditions including diabetes, asthma and heart failure. The classes also provide a non-clinical venue for participants to talk to health professionals and interact with others who have similar health issues.

2013-2014 Program Achievements

- » **Enhance Wellness** is a nationally recognized, evidence-based community program. Participants receive pre- and post-program health assessments administered by a community health nurse, individualized guidance and peer support.
 - » Two-thirds of participants achieved increased feelings of self-efficacy toward managing their chronic disease.
 - » 33 percent of participants were able to decrease the number of medications used regularly.

- » **Heart Failure University** is a series of classes led by a multidisciplinary team of cardiovascular experts. Participants have the opportunity to speak with heart experts about any questions or concerns they have regarding their care. Patients are connected to community resources to provide additional support and assistance.
 - » 100 percent of participants attending Heart Failure University classes within 60 days of their hospital stay have avoided hospital readmission.
- » The **Center for Diabetes** at Poudre Valley Hospital (Fort Collins), Medical Center of the Rockies (Loveland) and Greeley Medical Center offers programs to help children and adults learn the skills to manage diabetes and prevent related complications. Classes include a monthly pre-diabetes class to help prevent progression to diabetes and gestational diabetes education.
 - » Nearly 200 individuals attended our annual Community Diabetes Update to receive the most current, expert and relevant information about diabetes.
- » **The Nurse Is In** program offers no-cost blood pressure screenings provided by community health nurses in various community settings. Following these screenings, participants receive education to help them make lifestyle changes that may lower their risk of developing cardiovascular disease.
 - » 826 community members participated in screenings offered by this program.
- » **Taming the Tiger** is an asthma education program utilizing the National Asthma Education and Prevention Guidelines developed by the National Heart Lung and Blood Institute (NHLBI). The interactive, small-group program assists participants in understanding the disease, controlling their symptoms and using the NHLBI Asthma Action Plan.
 - » One year after completing the Taming the Tiger class, participants reported they missed 87 percent fewer days of work or school due to asthma.
 - » During the year following completion of the Taming the Tiger class, only two participants used the emergency room for asthma treatment, compared with 18 visits by six participants before taking the class.
 - » One year after completing the Taming the Tiger class, participants reported reduced difficulty doing light and heavy chores and were less likely to avoid exercise.
- » **Living Well Self-Management** classes teach patients skills to set goals and solve problems related to chronic conditions. These classes are accessible to all populations regardless of income or location, as there is no charge to attend and offered throughout Fort Collins and Loveland.
 - » Among Living Well Self-Management participants, 65 percent had increased their confidence in managing their chronic disease by the end of the program.



Improving Lives by Promoting Healthy Aging



The population of older adults in the United States is expected to nearly double between 2012 and 2050. Older adults often have complex health conditions and require professional expertise and services that meet their individual needs. There are also certain health concerns that disproportionately affect the aging population such as falls, chronic diseases and behavioral health issues.

Positive lifestyle behaviors including participation in physical activity, self-management of chronic diseases and use of preventive health services are known to improve physical and emotional health outcomes in older adults.

UCHealth is making a difference

Aspen Club/Senior Services programs promote the development and maintenance of physical, mental and social well-being for adults ages 50 and above.

Programs and services are designed to increase independence, improve quality of life, and increase knowledge and use of preventive health care services.

2013-2014 Program Achievements

- » **Matter of Balance** is a program shown to reduce the fear of falling – an important risk factor for falls.
 - » Following the class, all participants reported that they made changes to their environment, felt more comfortable increasing their activity and felt sure they could protect themselves if they fell.



Participant Comment:

"I have increased my exercise and am using a positive approach to other preventative measures as well."

- » **Powerful Tools for Caregivers** is an evidence-based class designed to improve caregivers' communication skills, self-care and use of community resources. The program is also known to reduce negative emotions in caregivers such as guilt, depression and anger.
 - » After the class, 78 percent of participants reported good emotional health (compared to 28 percent before the class).
 - » Caregivers also improved in feeling good about their role – after the class, 89 percent reported feeling good about the care they gave, compared to 55 percent before.



Caregiver Comment:

"It made me see what I was feeling was common/normal and gave me the tools to cope."

"My coping skills, confidence, and self-esteem have greatly increased. I am much more able to redirect and avoid emotional tension... our time together is much improved and more loving."

- » The **Strong Women Strong Bones** program is an evidence-based strength training program developed by Tufts University. It offers participants a safe and effective way to improve strength, muscular endurance, bone health and blood sugar.
- » Participants gained flexibility, strength, muscular endurance and agility following the program.
- » Several Aspen Club programs provide **community-based screening** opportunities for older adults.
- » Over 600 individuals participated in bone density screenings.
- » Over 3,600 individuals participated in low-cost blood tests.
- » Nearly 650 individuals received blood pressure checks.
- » **Medicare Counseling and Assistance Programs** empower individuals to understand and fully utilize their Medicare benefits.
- » Over 3,100 community members received education or consultation.

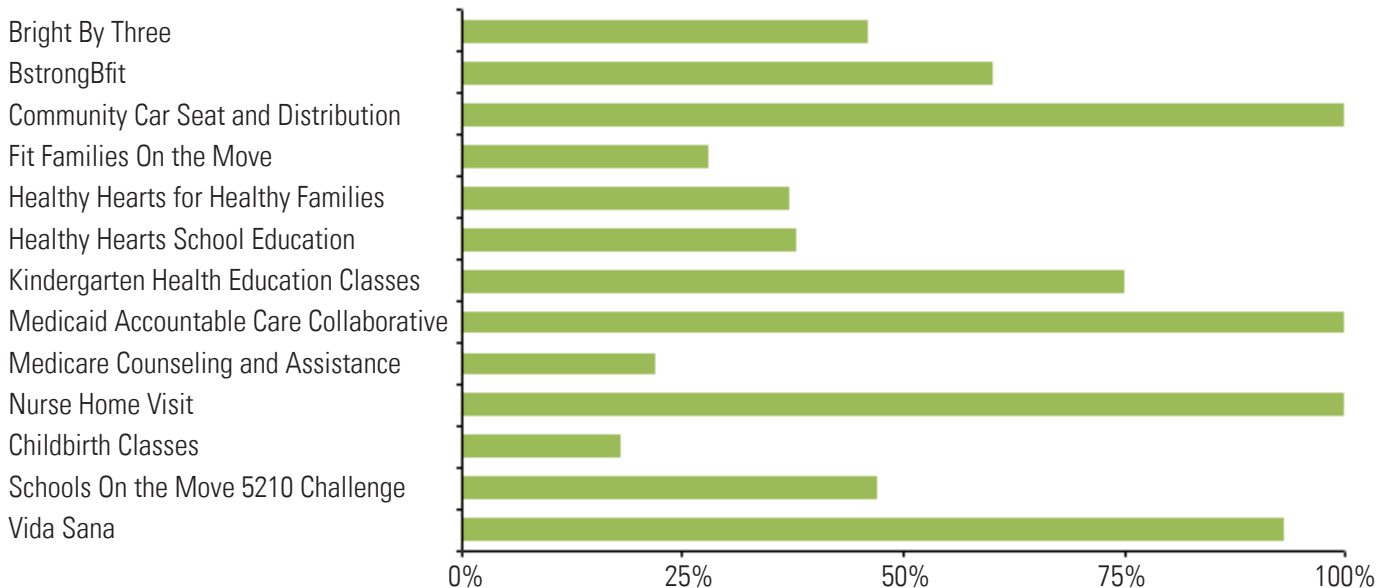


Fostering Optimal Health and Wellness



UCHealth Community Health programs prioritize health strategies targeted to underserved and vulnerable populations. The chart below indicates the percentage of UCHealth program participants considered to have low-income status (at least one in five participants in each program).

Participation in UCHealth Programs by Individuals with Limited Resources



Alignment of UCHealth Community Health Programs with National Prevention Strategy Objectives

	Healthy eating	Active living	Reproductive and sexual health	Mental and emotional well-being	Injury and violence free living	Tobacco free living	Drug and alcohol abuse prevention
Aspen Club	✓	✓		✓	✓	✓	✓
Bright Beginnings	✓	✓	✓	✓		✓	
Center for Diabetes	✓	✓		✓		✓	✓
CanDo	✓	✓		✓	✓		
Community Paramedics	✓	✓		✓	✓	✓	✓
Enhance Wellness	✓	✓		✓		✓	✓
Family Education	✓	✓	✓	✓		✓	✓
Healthy Harbors Care Coordination	✓	✓	✓	✓		✓	✓
Healthy Hearts	✓	✓		✓		✓	
Healthy Kids Club	✓	✓		✓		✓	
Heart Failure University	✓	✓		✓		✓	✓
Medicaid Accountable Care Collaborative	✓	✓	✓	✓		✓	✓
Nurse Home Visit	✓	✓	✓	✓	✓	✓	✓
Safe Kids		✓		✓	✓		
Taming the Tiger	✓	✓		✓		✓	✓
Vida Sana	✓	✓	✓	✓	✓	✓	✓