

Community Health Improvement Department

PERIODIC REPORT OF PROGRAMS | 2014/2015

Our mission:

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

Our vision:

Community Health Improvement fosters optimal health and wellness.



WE IMPROVE LIVES.

UCHealth's Community Health Improvement department in northern Colorado works to foster health in the communities served by Poudre Valley Hospital (PVH) and Medical Center of the Rockies (MCR). Vital to this effort are the strong collaborations that we share with our community partners.

Our contribution to the health, quality of life and the environment in our communities has always been a key measure of our success. Our Community Health team has improved lives for over 20 years. Our programs are client- or community-centered and address community needs through evidence-informed methods and best practices for health promotion, health protection, preventive services, chronic disease management, safety, 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: uchealth.org/Pages/Services/Community-Health.aspx

During the 2014-2015 fiscal year, our Community Health programs brought services and education to over 75,000 individuals in our community.



Law Enforcement

Nonprofit

Clinical

Government

Faith Community

Business

Educational Institutions

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Improving Lives by Promoting Health Equity



According to the US 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 healthcare services is important for the achievement of health equity and for increasing the quality of life for everyone.

UCHealth makes a difference

The **Vida Sana** coalition was created to promote health equity for 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. These solutions include changes to neighborhood, worksite, and school policies, inclusive community planning to influence changes to the built environment, and neighborhood promotoras who facilitate access to appropriate resources and engage residents in the coalition efforts.



2014-2015 Program achievements

- » Fitness passes issued by Vida Sana were used to access a local recreation center over 32,000 times by approximately 1,200 community members.
- » Neighborhood promotoras served Hispanic/Latino residents from eight low-income communities by providing home visits, assessing needs, and providing 667 referrals to educational, preventive, and interventional programming and resources. (Nearly half of these referrals were followed through by community members!)
- » 97% of a sample of community members reported that their level of physical activity has increased as a result of participating in the Vida Sana program.
- » 92% of a sample of community members reported that the Vida Sana program helped them to improve their eating habits.

The Medicaid Accountable Care Collaborative (MACC) provides moderately intensive community-based care coordination services to Medicaid and Medicare/Medicaid dual-eligible patients. 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 patients who have poorly managed chronic conditions (such as diabetes, chronic obstructive pulmonary disease, heart disease, hypertension, asthma, etc.) and/or complex behavioral healthcare needs. Additionally, the team is able to reach out to patients who exhibit high or inappropriate utilization of healthcare system resources such as the emergency department by offering support and ensuring the patient is established with a primary care medical home.

2014-2015 Program achievements

- » The MACC program received approximately 400 referrals between July 1, 2014 and June 30, 2015.
- » Of the 400+ referrals received, approximately 280 clients were directly engaged in and supported by program services, which are focused on medical and behavioral health-related care coordination, along with community resource brokerage and connection.
- » The MACC program provides education and support to program clients with a goal of increasing their self-efficacy, knowledge, and confidence to manage their medical and behavioral healthcare needs to the best of their ability.

MACC client comments:

"I am very happy with the [MACC] program and my care coordinator. I would not know how to get the help I need without her. I hope to be in the program for a long time: I have medical issues as well as physical issues, and it is a big help to have someone to go to."

"[My care coordinator is] able to talk; meets me where convenient for me to get to; learning many community resources together that are not on the list she already had; refers me to specific people that work on whatever the problem is, especially if she doesn't know she finds out the answer."

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 are eligible for Medicaid, thus the program is well integrated into the Fort Collins Family Medicine Center (FMC), Salud Family Clinic, and other local clinics serving pediatric patients.

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 healthcare 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.

2014-2015 Program achievements

- » Healthy Harbors served 331 children and their families during 2014-2015. 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 healthcare through the establishment of a 'medical home' for the child. Clients report a very high level of satisfaction with the support they receive from Healthy Harbors.
- » 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.

Parent comment:

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

"This is an invaluable program [for] navigating the system especially with a special needs child."

Improving Lives by Promoting Maternal and Newborn Health



Pregnancy and childbirth have a huge impact on the physical, mental, emotional, and socioeconomic health of women and their families. Childbirth education builds skills to cope with stressors, increases confidence before labor, and decreases fear of the unknown.

Exclusive breastfeeding for the first six months is an objective of Healthy People 2020. Evidence supports that breastfeeding provides health benefits for both mothers and children: maternal milk provides the optimal nutrition for term infants, and promotes growth, development, and protection from infection in premature babies. Breastfeeding mothers are able to recover more quickly from childbirth and have reduced rates of breast and ovarian cancer later in life.

UCHealth makes a difference

Family Education classes help parents prepare for childbirth and breastfeeding as they begin their parenting journey. Hospital preview tours help families become familiar with and comfortable in the hospital setting. Classes are available in Fort Collins, Loveland and Greeley.

2014-2015 Program achievements

- » 236 couples attended childbirth classes. 100% reported they learned skills to prevent preterm labor and 91% agreed that the knowledge they gained prepared them for their birth experience.
- » Of 86 moms who attended breastfeeding classes, 99% reported they learned the basics of breastfeeding.
- » Hospital preview tours were provided to over 770 families.
- » Happiest Toddler on the Block parenting classes were offered to the community to help parents increase their knowledge and parenting skills during the challenging developmental toddler years. Over 65 families attended this educational evening seminar. 100% of families stated they would use the parenting information and share what they learned with others.

Parent comments:

"Awesome class. We liked the techniques for dealing with contractions, breathing, labor stations and use of movement. The instructor was kind, gentle and provided the information needed."

"I like the communication techniques taught; my hubby was really great at supporting me. We both learned how to communicate going through the process of labor. Class was really good!"

"The class relieved my anxiety and relaxed me about having my baby."

"Awesome presenter and awesome presentation!" (Happiest Toddler on the Block)

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 breastfeeding classes at local clinics serving low-income patients.

2014-2015 Program achievements

- » The Nurse Home Visit program offered lactation support and newborn assessments to Medicaid-eligible postpartum mothers during over 800 home visits.
- » Of all mothers eligible for the program, approximately two-thirds chose to receive a home visit.
- » In addition to the home visits, these nurses had approximately 1,700 other encounters to ensure all eligible mothers were able to access the resources they needed. During these other encounters in the hospital or by phone, the nurses helped mothers enroll their babies for Medicaid, access other community resources such as WIC, or consult with their care providers.
- » The Nurse Home Visit program provided prenatal breastfeeding preparation classes to 132 low-income mothers.
- » 80 mothers were supported through provision of electric breast pumps that were loaned to them through the Nurse Home Visit program to help them breastfeed in spite of other obstacles. 89% of these mothers had babies in the Neonatal Intensive Care Unit.

Parent comment:

“Not only did [my nurse] come to my family’s rescue when we needed it most but she also returned my phone calls on her days off. She was invaluable to my family’s survival during my transition into motherhood and I honestly don’t know how my family would have made it through without her. I just thought you should know that [this RN] takes her job to heart and she is truly an asset to PVH and the Fort Collins community.”



Improving Lives by Supporting Early Childhood Development



Strong parenting practices are largely protective against childhood illness and accidents, teenage pregnancy, truancy, behavioral disruptions, and substance misuse, and lifelong unemployment, crime, and mental illness. In addition, positive parenting helps promote physical, social, and psychological health and development in children.

Parenting education is especially important at the beginning of the child's life. 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% of a child's intellect, personality, and social skills are developed by the third birthday.

UCHealth makes a difference

Statewide, the **Bright by Three** initiative promotes the healthy growth and development of children during the first three years of life. In 2014-2015, the UCHealth-sponsored program at PVH and MCR educated parents by providing current, research-based information related to early brain development and establishing positive health and safety habits.

2014-2015 Program achievements

- » 1,352 families were served by Bright by Three.
- » 97% of families reported they have a better understanding of their infant's developmental needs.
- » 94% of families reported they learned something new about the language and social development of their one-year-old.
- » 96% of families reported they will use the parenting materials they received.

Parent comments:

"Thank you for the program. I use the materials all the time and they have been very helpful."

"Fantastic program! I really like the material."

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. "Raising Healthy Children" is one of the key focus areas of the Larimer County Community Health Improvement Plan.

UCHealth makes 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.

2014-2015 Program achievements

- » Overall, HKC programming reached over 20,000 kids and their families.
- » HKC staff regularly participates on all local school district wellness advisory boards, doing ongoing work to develop and implement district wellness policies, form school wellness teams, and provide schools with best practice technical assistance.
- » Fifty school-based walkathon fundraisers raised \$450,000. Of this, a large portion (\$95,000) will support health and wellness in the school setting.
- » Over 15,000 students and staff from 81 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.
 - » 98% of school wellness coordinators reported that the 5210 Schools on the Move Challenge had a positive impact on their school wellness efforts.
 - » The chart below shows improvement in student health behaviors following the 2015 Challenge:

Proportion of students who improved health behaviors after participating in the 5210 Schools on the Move Challenge



- » Health education is an important part of learning healthy behaviors for life. Healthy Kids Club® staff provided a series of eight standards-based health lessons to 55 kindergarten classrooms.
 - » Following HKC health education, about half of parents say their children eat more fruits and vegetables, consume fewer sugary foods and drinks, and ask for healthy food options.
- » BstrongBfit is an eight-week program for elementary school girls that focuses on nutrition education, building positive self-esteem, and increasing physical activity. During the 2014-2015 school year, BstrongBfit was offered at ten elementary schools and one recreation center, with a total of 179 participants.
 - » At the end of the program, 64% of girls were considered to be in the “Healthy Fitness Zone” for running a timed mile – a 6% increase from the beginning of the program.
- » 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.
 - » 99% of parents reported that the Healthy Kids Run Series had a positive impact on their children’s health and health habits.
 - » 91% of parents reported that their children were more active as a result of participating in the Healthy Kids Run 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 591 families who participated in the program in 2014.

Parent comments:

“Thank you - Thank you for backing me up in a big way. My son 'ate up' your information and now truly wants to stay away from unhealthy foods.”

“The Healthy Kids Run Series was a wonderful idea, program. Struggling as an unemployed single mom, these races gave my son and I an opportunity to participate ‘at no cost’ in these race events.”

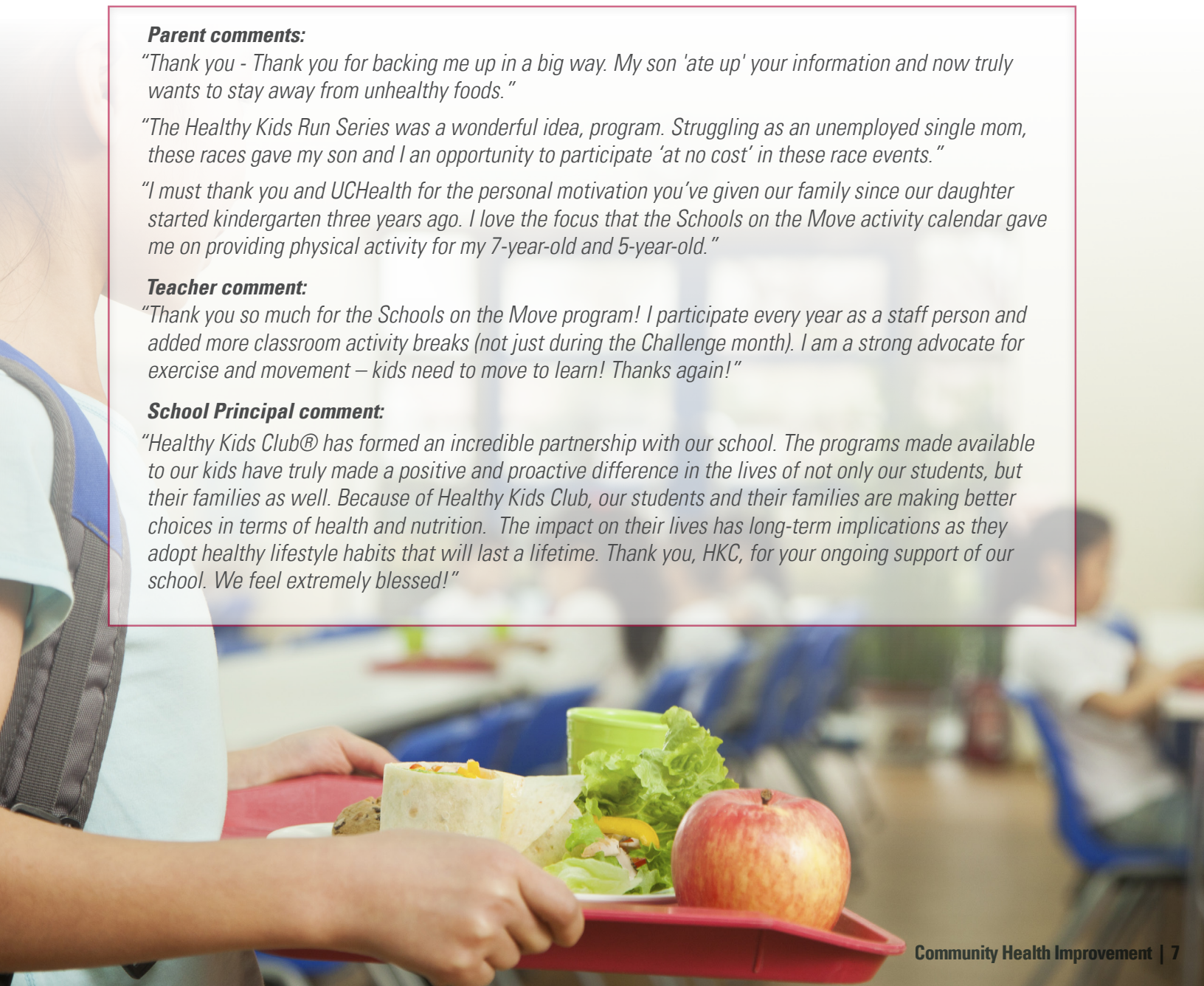
“I must thank you and UCHHealth for the personal motivation you’ve given our family since our daughter started kindergarten three years ago. I love the focus that the Schools on the Move activity calendar gave me on providing physical activity for my 7-year-old and 5-year-old.”

Teacher comment:

“Thank you so much for the Schools on the Move program! I participate every year as a staff person and added more classroom activity breaks (not just during the Challenge month). I am a strong advocate for exercise and movement – kids need to move to learn! Thanks again!”

School Principal comment:

“Healthy Kids Club® has formed an incredible partnership with our school. The programs made available to our kids have truly made a positive and proactive difference in the lives of not only our students, but their families as well. Because of Healthy Kids Club, our students and their families are making better choices in terms of health and nutrition. The impact on their lives has long-term implications as they adopt healthy lifestyle habits that will last a lifetime. Thank you, HKC, for your ongoing support of our school. We feel extremely blessed!”



Improving Lives by Preventing Cardiovascular Disease in Youth



Teacher Comment:

"The students were engaged and learning great information that mattered to them. I really appreciate how interactive and hands-on it was. The screening gave them the chance to apply what they learned to their own personal health. It empowers them because they get the chance to look at their numbers and their health."

According to 23 years of local research provided by Healthy Hearts combined with national health surveys, risk factors for cardiovascular disease are on the rise in children. These risk factors include conditions like obesity, high blood pressure, high cholesterol and Type 2 diabetes.

UHealth makes a difference

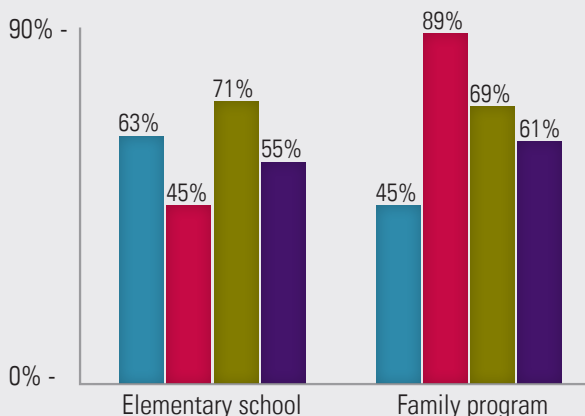
Healthy Hearts is a heart health education and risk factor screening program offered to youth in northern Colorado schools. Healthy Hearts has traditionally served students in 4th and 5th grades and in high school. Beginning in 2014, Healthy Hearts piloted a middle school program in five schools from three school districts.

2014-2015 Program achievements

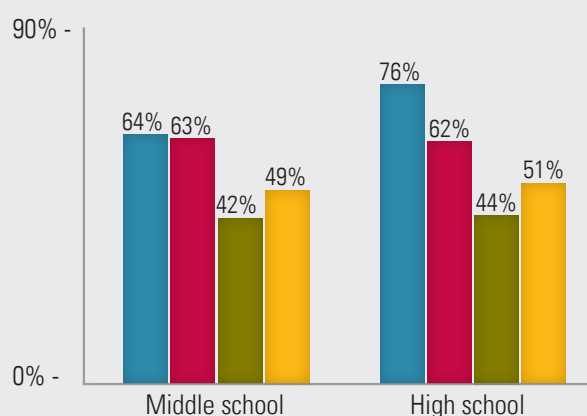
- » Over 5,500 elementary, middle, and high school students within five northern Colorado school districts received Healthy Hearts education.
- » Over 3,500 students participated in the on-site cholesterol and blood pressure screenings and were able to discuss their results with a health professional at their school. 96% of students improved their knowledge about heart health following the program, and 58% improved their skills in reading food labels.
- » 22% had borderline/high cholesterol
- » 24% overweight/obese
- » The charts below show the percent of students and families that improved health behaviors after the Healthy Hearts program.

- More fruits and veggies
- Read more food labels
- More exercise
- Fewer sugary drinks
- Cut back/quit smoking

Percentage that improved health behaviors



Percentage that improved health behaviors



Healthy Hearts for Healthy Families is an innovative 6-week program that educates the entire family together in fun and interactive class sessions. The 6 month data collected has demonstrated that educating a whole family together significantly improves health outcomes including cholesterol, glucose, blood pressure, and BMI which can reduce heart disease.

- » 25 families participated in the no-cost Healthy Hearts for Healthy Families program during 2014-2015.
- » 97% of participants felt the program benefited their family and 90% would recommend the program to a friend.
- » To date over 800 pounds have been lost from the 101 families that have participated.

Parent comment:

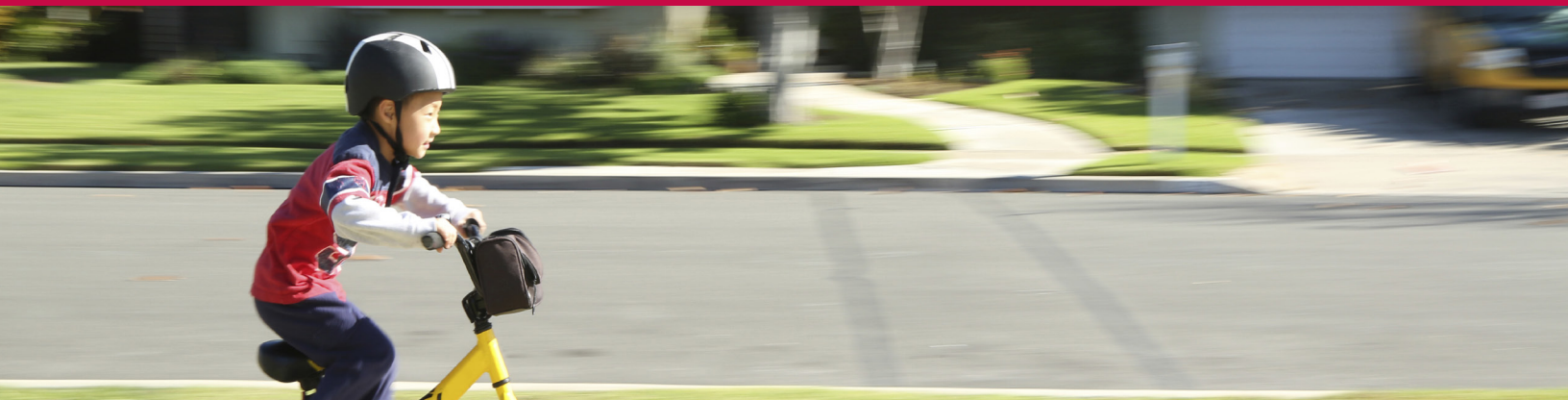
"This was an amazing learning experience, was so helpful to start a new path and make positive changes for my health. I lost 10 pounds in 4 weeks and completely changed my way of life for the better. It was an eye-opener to learn what I was putting into my body. The classes were fun and engaging and were an excellent starting point to turn what I learned into healthy habits for me and my family. Thank you!"

Parent comment:

"It is programs like these that help us parents educate ourselves and our children about healthy living. This class has empowered my daughter and myself to make healthy decisions. I have noticed that my daughter now begins to take ownership for her meals and physical activity. Additionally, she is constantly teaching the rest of our family (aunts/uncles and grandparents) about what she has learned. To see her excited and motivated motivates me to continue our journey to a healthier more active lifestyle."



Improving Lives by Preventing Unintentional Injuries in Youth



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

UCHealth makes 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.

Strap and Snap teaches third-grade elementary students in Larimer County about the importance of wearing a helmet. Helmets prevent serious injuries, decreasing the risk of brain injury by 88% and head injuries by 85%.

2014-2015 Program achievements

- » The school-based Strap and Snap bicycle safety education program provided training to over 3,100 elementary students in northern Colorado.
 - » After receiving Strap and Snap education, students across all classrooms showed a significant improvement in their knowledge about protecting their brains and following traffic rules while riding their bicycles.
- » Safe Kids partners provide helmet fit stations at various locations throughout Larimer County. An estimated 328 child and adult 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, our **Community Car Seat Education and Distribution Program** staff works with community partners to promote optimal car seat use among low-income families.

2014-2015 Program achievements

- » The Community Car Seat Education and Distribution Program distributed 243 car seats to low-income Larimer County families.
- » The hospital-based Car Seat Fit Station provided over 1,000 car seat consultations to parents of newborns prior to hospital discharge.
- » Over 95% of parents demonstrated a 'hands-on' ability to safely restrain their newborn in a car seat.

Parent comment:

"The instructor did a great job of explaining why we should do certain things like keep our baby rear facing until the max weight/height, or not using a mirror on the car seat. All of our questions were answered and it re-affirmed our choice of hospitals to have our baby."

"The day after the [Strap & Snap] presentation, kids were talking about the conversations they had the night of the presentation with their parents and older siblings."

"Strap and Snap really reiterated why wearing a helmet is so essential, especially to an age group of kids that are quickly becoming 'too cool' for helmets and trying to imitate siblings and role models."

Improving Lives by Empowering Communities to Promote Health



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 and 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 – are most effective in combating obesity.

UCHealth makes a difference

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

2014-2015 Program achievements

- » CanDo Loveland hosted three coalition meetings with attendance of more than 80 agency representatives and community members over the course of the year.
- » Loveland, with guidance and technical assistance from CanDo, was one of two communities that were selected to participate in an Urban Land Institute building healthy places workshop. The project area was selected due to its inaccessibility to walking and biking in a major corridor where many vulnerable populations access community services.
- » CanDo and the Loveland coalition have continued involvement in the City of Loveland's Comprehensive Plan update, advocating for inclusion of health, mobility, and environmental considerations.
 - » CanDo has worked to educate the community on health in the built environment through designing outreach materials and implementing tools to better understand the needs of Loveland residents. For example, 110 users contributed to one mapping tool, generating 59 maps to show how they moved around Loveland. The maps were instrumental to the visioning stage of the Comprehensive Plan, and were utilized by Loveland City Council and planning staff to influence the plan.
- » CanDo serves on the board of the Northern Colorado Food Cluster (NCFC). The NCFC works to create a healthy community with a resilient local food system by promoting local food production, distribution, and consumption.
- » 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. The group provided educational materials to city councilors and helped move several items to the top of the budgeting list, including \$1 million in bicycle and pedestrian upgrades and \$2 million in park upgrades.

Comment from Karl Barton, City of Loveland Senior Planner:

"CanDo staff has helped educate Loveland's leaders understand the important link between health and the built environment. We have buy in around this topic now. Plus, CanDo has helped raise Loveland residents' expectation about what a city should provide. The desire in the community has increased for amenities like more bicycle infrastructure, parks and recreation facilities."

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% 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 makes a difference

Community Conditioning exercise classes provide community members a low-cost option to engage in an individualized physical activity program while under the supervision of certified exercise specialists. Cardiac Rehabilitation department staff 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.

2014-2015 Program achievements

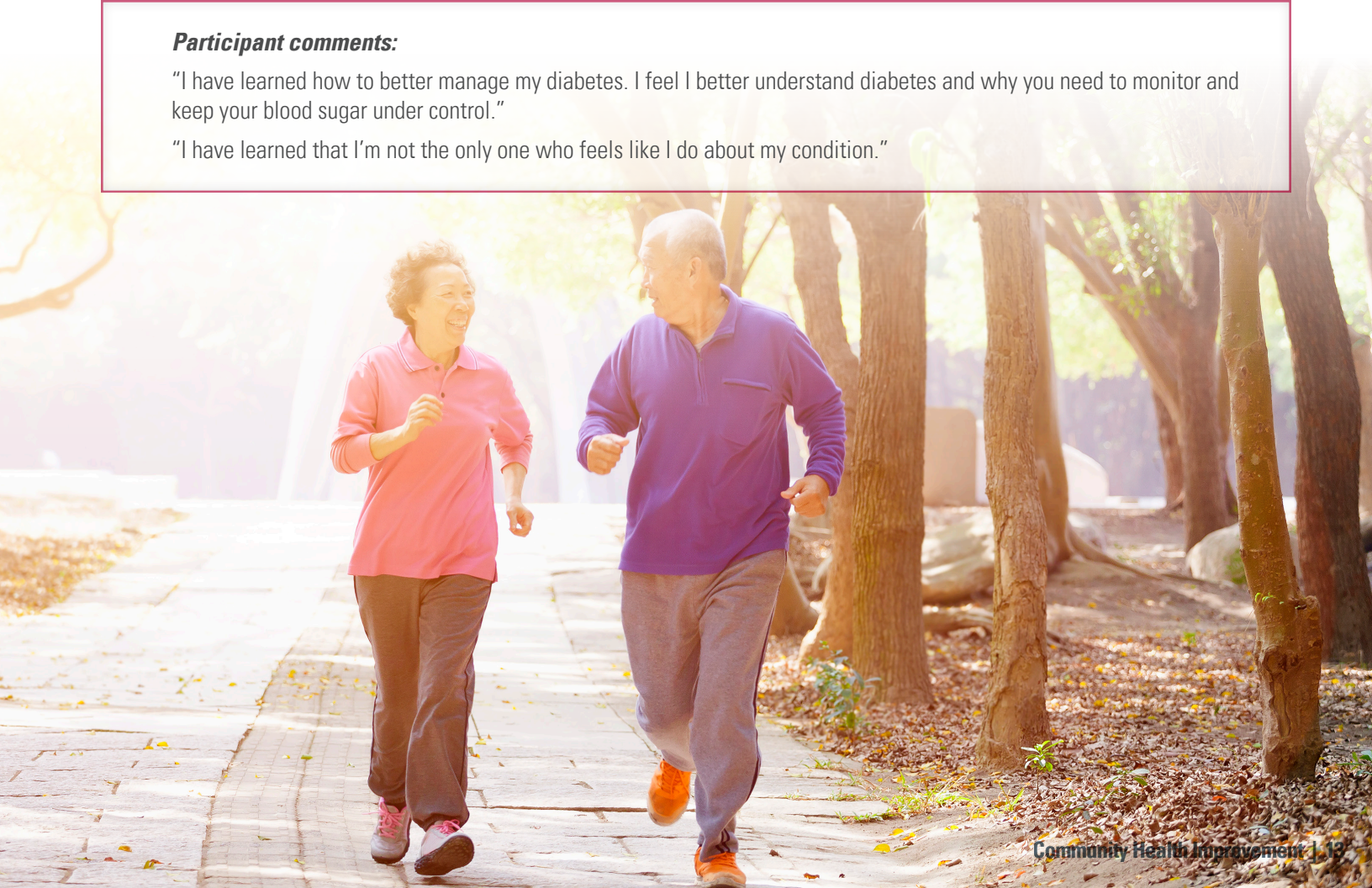
- » **Enhance Wellness** is a nationally recognized, evidence-based community program. Participants receive pre- and post-program health assessments administered by a community health nurse, individualized guidance and peer support.
- » 73% of participants who had high blood pressure at the beginning of the program had significantly reduced their blood pressure by the end of the program.
- » 58% of participants who were considered to be at risk for poor health resulting from an unhealthy diet at the beginning of the program showed an improvement in their “nutritional risk score” by the end of the program.

- » **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 and caregivers are connected to community resources to provide additional support and assistance.
 - » Heart Failure University attendance has greatly increased during 2015, with an overall attendance in this class series surpassing 300 participants.
 - » 100% 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 to manage diabetes and prevent related complications. Classes include monthly pre-diabetes topics to help prevent progression to diabetes, and gestational diabetes education.
 - » 200 individuals attended an 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.
- » **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.
- » **Living Well Self-Management** classes teach patients skills to set goals and solve problems related to chronic conditions. These six-week classes are accessible to all populations regardless of income or location, and are offered free of charge throughout Fort Collins and Loveland.
 - » Six months following the end of the program, 65% of Living Well Self-Management participants had increased confidence in managing their chronic disease compared to the beginning of the program.

Participant comments:

"I have learned how to better manage my diabetes. I feel I better understand diabetes and why you need to monitor and keep your blood sugar under control."

"I have learned that I'm not the only one who feels like I do about my condition."



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 disease, memory loss 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 makes 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. As of December 2014, over 22,000 individuals have become Aspen Club members. On average, about 1,500 participants take advantage of overall services each month.

Programs and services are designed to increase independence, improve quality of life, and increase knowledge and use of preventive healthcare services. Offerings include free or low-cost screenings in community settings, Medicare counseling and education, general health and wellness education, exercise and fitness classes, and connections to UCHealth physicians and services.

2013-2014 Program achievements

- » **Stepping On** is an evidence-based program designed to decrease the risk of falling among older adults by teaching prevention practices, home modifications, and strengthening exercises to help older adults maintain their independence.
 - » 73% of Stepping On participants made three or more changes recommended by the program to reduce their risk of falling.
 - » 75% of Stepping On participants demonstrated a significant increase in mobility over the course of the program.
- » **Tai Chi for Fall Prevention** is a new fitness class offered by the Aspen Club. Many studies have shown Tai Chi to be an effective approach for preventing falls among older adults because it helps to improve balance, confidence and muscular strength.
 - » Following eight weeks of attending classes, all participants either maintained or increased the number of seconds they could stand on one foot.
 - » Participants reported increased confidence in being able to get up after a fall, protecting themselves if they fell, and becoming steadier on their feet.





» **The Conversation Project** presentations encourage individuals to discuss their end of life decisions before there is a crisis. The program helps to normalize the topic of death and emphasizes the importance for people of all ages to inform their loved ones of their preferences.

» After attending the presentation, 83% of individuals indicated they planned to use the Conversation Project Starter Kit in the next 60 days.

» **Memory Fitness** is a 6-week evidence-informed program developed to improve vitality and mental and physical fitness, as well as lower stress levels.

» By the end of the program, 65% of participants demonstrated improvement in subjective memory and 75% demonstrated improvement in objective memory.

» Following the program, 77% of participants reported lower levels of stress.

» Nearly half of unpaid family caregivers report high emotional stress, and many also experience financial strain when finding affordable care is difficult. **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% of caregivers reported good emotional health (compared to 36% before the class).



- » The **Strong Women Strong Bones** program is a 12-week evidence-based strength training program developed by Tufts University. It offers participants a safe and effective way to improve strength, muscular endurance, and bone health.
 - » Participants gained flexibility, strength, muscular endurance, balance, and agility following the program.
 - » Following the class, 91% of participants reported they felt stronger, and 100% indicated they would implement the lessons they had learned.
- » Several Aspen Club programs provide free and low-cost **community-based health screening** opportunities for older adults. Participants are presented with their results and encouraged to schedule an appointment with their physician if follow-up is needed.
 - » Nearly 5,000 individuals participated in Aspen Club health screening opportunities including low-cost blood tests, bone density screenings and bone health education, skin cancer screenings, and blood pressure checks.
 - » Over 300 individuals received skin cancer screenings. Of these, more than 50% were found to have either skin cancer or a pre-cancerous skin condition.
- » **Medicare Counseling and Assistance Programs** empower individuals to understand and fully utilize their Medicare benefits.
 - » Nearly 5,000 community members received education or consultation.
 - » Individuals who received help comparing their prescription drug plans collectively saved over \$405,000 by making changes recommended by their counselors.

Participant comments:

"I appreciate the diversity of the programs offered through the Aspen Club. I appreciate the low cost blood tests and classes from learning about taxes to fitness to end-of-life. I'm also part of the Strong Women/Strong Bones class and I have seen improvements in my strength, balance, and maintaining bone density."

"The best thing about the Aspen Club is getting out with others, feeling good, learning that we are all getting older – and are all in the same boat – and that there are incredible resources available to us. The Aspen Club confirms what I need to know if I want to be in good health for my future aging years."

"Dear Aspen Club friends: How can we thank you? Your support and flexibility in sending an employee to help us with Medicare in Estes Park has been awesome. We are the luckiest people – to have your support, expertise and commitment to our programming and our community."

"This class gave us an uplifting feeling that we are not alone in our problems."

"My wife and I are eating more healthfully and enjoying it. The memory exercises are helping me plan to remember."



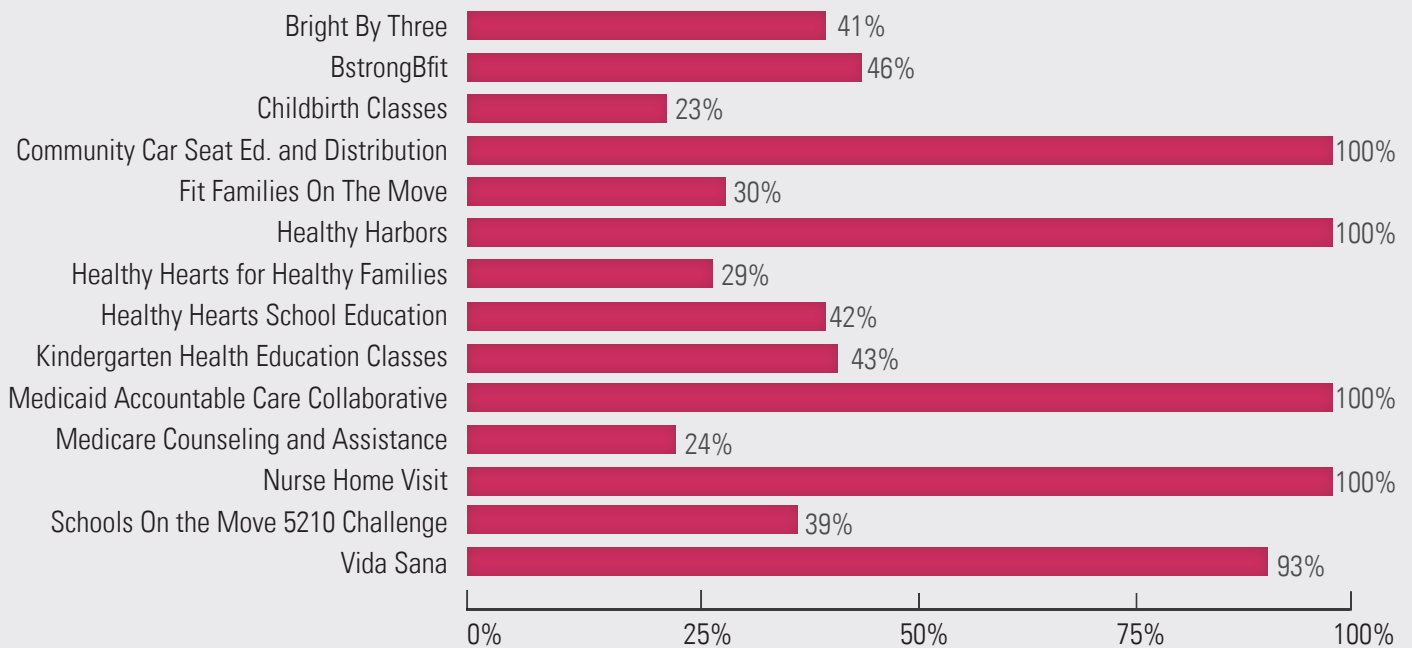
Fostering Optimal Health and Wellness



UCHealth Community Health programs prioritize health strategies targeted to underserved and vulnerable populations.

The chart below indicates the percentage of UCHealth program participants who are 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 By Three	✓	✓	✓	✓		✓	
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	✓	✓	✓	✓	✓	✓	✓