

**2013/2014 Implementation Strategy Progress Report:
Response to Schedule H, Form 990**

**Medical Center of the Rockies
Poudre Valley Hospital**



Executive Summary

Community Health Needs Assessment/Development of Implementation Strategy

The Community Health Needs Assessments (CHNAs) for University of Colorado Health's (UCHealth) northern Colorado hospitals and corresponding Implementation Strategies (IS) have been structured to meet all requirements of the Patient Protection and Affordable Care Act. As stipulated in the Act, the UCHealth CHNA and IS reports (combined for Medical Center of the Rockies and Poudre Valley Hospital) were detailed with hospital-specific information, approved by the UCHealth Board of Directors, and made widely available to the public. These reports may be viewed or downloaded through the link: <https://www.uchealth.org/Pages/About-UCHealth/Community-Health-Needs-Assessment.aspx>

2013/2014 Progress Reporting

In compliance with the requirement to produce an annual progress report to align with the filing of Form 990 for each non-profit hospital, the following matrices describe progress toward anticipated health impacts occurring during the fiscal year July 1, 2013-June 30, 2014. Updated health status indicators, if available, are also presented.

Both Medical Center of the Rockies (MCR) and Poudre Valley Hospital (PVH) provide services to residents of two counties in northern Colorado: Larimer County and Weld County. This report describes progress made toward priority health issues as well as other significant health issues identified within both counties. Additionally, notation is included designating services that are provided uniquely at either PVH or MCR. If not noted, this indicates that the service(s) described is/are provided by both hospital facilities.

Collaboration with Community Partners

Many of the programs and activities described herein have been implemented in collaboration with varied community providers and partners that are also actively addressing the significant health issues identified within both Larimer and Weld counties. Partnerships exist with local school districts, state and county public health departments, law enforcement and public safety agencies, and many local non-profit organizations representing vulnerable populations and/or persons with limited resources.

In addition to collaborative efforts, UCHealth provides cash donations to qualifying organizations that document activities intended to improve the community's health. A list of these organizations and amounts donated is included as part of the filing of IRS Form 990.

Progress Summary Snapshot: Key:  = positive result;  = undesirable result

In Larimer County:

- Health Issue – Mental and Emotional Well-being
 -  Suicide rate has continued to rise
 -  Deaths from prescription overdose are decreasing
 -  Capacity increase in UHealth-sponsored medical/behavioral health care coordination teams

- Health Issue – Raising Healthy Children
 -  Low birth weight rate has improved to meet national goal
 -  Rate of smoking during pregnancy has significantly decreased
 -  Capacity increase in UHealth-sponsored postpartum nurse home visit/newborn assessment

In Weld County:

- Health Issue – Mental Health and Substance Abuse
 -  Crisis intervention services continue in operation at Greeley Emergency Center in Weld County
 -  Co-location of primary care and behavioral health services improve care coordination in two Weld County clinics
 -  High-school student binge-drinking behavior has improved to meet national goal

- Health Issue – Physical Activity, Nutrition and Obesity
 -  UHealth partnership with ‘Thriving Weld County’ initiative works toward a collective impact on this health issue
 -  UHealth-supported school-based programming has achieved improved activity and dietary behaviors in youth

Matrix Key

Health Issue-Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
Explains the importance of addressing the health topic	Describes some data values used within the community health needs assessment and comparison values	Outlines directed resources intended to address/improve community health status in relation to the specified health issue	Describes how the resources in Action Plan column will assist in positively impacting community health	Indicators showing progress toward improved health status during FY 2013/14

Larimer County

**2012/13 Community Health Needs Assessment Findings
&
UCHealth's Directed Resources and Action Plan
Addressing Identified Needs In
Northern Colorado**

2013/2014 Progress Scorecard

Identified Health Issues – Prioritized for Community-wide Effort within Larimer County

Health Issue – Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<p>PRIORITY ISSUE</p> <p><u>Mental and Emotional Well Being (adults)</u></p> <p>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.</p> <p>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.</p>	<p>A) Larimer County suicide rate = 15/100,000 (2007-2011 data)</p> <p>National goal for suicide rate = 10.2 per 100,000</p> <p> Too high—goal not met</p> <p>2013 Update</p> <p> Suicide rate = 17.5/100,000</p> <hr/> <p>B) The number of prescription drug overdose deaths has increased steadily in Larimer County since 2002, from 19 in 2002 to 57 in 2011</p> <p> Undesirable trend</p> <p>2013 Update</p> <p> Deaths from prescription overdose = 43 (decreasing trend)</p>	<ol style="list-style-type: none"> 1) Family Medicine Center (FMC) – Behavioral Medicine services 2) Medicaid Accountable Care Collaborative (MACC), supported in part by UCHealth, provides community-based mental health care-coordination services to clients living in the Fort Collins service area (<u>PVH only</u>) 3) Healthy Harbors provides community-based care coordination services to families and youth with special healthcare needs 4) UCHealth’s Mountain Crest Behavioral Healthcare Center offers mental health assessments and treatment programs on an inpatient and outpatient basis. In addition: <ul style="list-style-type: none"> • 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. 5) Aspen Club/Senior Services- provides community-based emotional health self-management training to caregivers 6) Chronic Disease Self-Management Program (CDSMP) assists persons with chronic disease to ↑ self-efficacy toward managing disease 	<ol style="list-style-type: none"> 1) Improved access to behavioral health services for limited resource populations 2) Increased use of appropriate healthcare resources 3) Increased care coordination for special-needs youth through improved access to services 4) Expansion of crisis intervention services to include prevention and awareness training to staff within schools, primary care physician offices, long-term care facilities, etc. 5) Improved emotional well-being reported by caregivers 6) Improved rating of self-efficacy in managing disease 	<ol style="list-style-type: none"> 1) Clients receive improved access due to streamlined screening afforded by social worker attending initial appointment (new service) 2) MACC clients have shown a decrease in inappropriate Emergency Department visits, hospital readmissions, and use of imaging services (PVH) 3) Healthy Harbors has increased staffing by 50%, increasing care coordination 4) Prevention and awareness training provided through co-location of behavioral health counselors within five primary care clinics 5) Participants reported a 34% increase in emotional well-being 6) Two-thirds of CDSMP participants reported improved self-efficacy in managing their chronic disease post program <p>Indicator Updates:</p> <p>A) Suicide rate-worsening </p> <p>B) Rx overdose deaths ↓ </p>

Health Issue - Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<p>PRIORITY ISSUE</p> <p><u>Raising Healthy Children</u></p> <p>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.</p> <p>Positive influences in childhood bring health benefits that last a lifetime for the individual and benefit the entire community.</p> <p>Programs and policies directed at children can address multiple health risks simultaneously and reduce poor health outcomes linked to social circumstances.</p>	<p>A) During 2011, the prevalence of low birth weight (LBW) babies (8.4%) in Larimer County did not meet national targets (7.8%). In addition, there has been an upward trend in the rate of LBW babies in Larimer County since 2008.</p> <p> 2011-low birth weight rate too high; national goal not met</p> <p>2013 Update</p> <p> 2013 LBW rate = 7.2%</p> <p>Larimer County indicator now below national target of 7.8%; goal met</p> <hr/> <p>B) In 2011, 8.4% of Larimer County mothers giving birth reported smoking during pregnancy. National goal = 1.4%</p> <p> 2011 - smoking during pregnancy rate too high; national goal not met</p> <p> 2013- smoking during pregnancy rate = 5.7%</p>	<ol style="list-style-type: none"> 1) Poudre Valley Prenatal (PVP) program at the Fort Collins Family Medicine Center-maternity care for low-income women in northern Larimer County 2) The Neonatal Intensive Care Unit (NICU) 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. Special Care Nursery at MCR provides specialized care to late pre-term infants; 12-bed pediatric unit to be opened in Fall 2013 3) Post-partum nurse home visits for lactation support and physical exam of the newborn 4) Childbirth and breastfeeding education 5) Bright Beginnings program supports early child development / parenting education 6) Coalition for Activity and Nutrition to Defeat Obesity (CanDo) – UCHealth supported community coalition focusing on obesity prevention strategies 7) Community Car Seat Education and Distribution Program provides no-cost car seats to qualified Larimer County families 8) Healthy Harbors – comprehensive care coordination services for children with special healthcare needs 9) Healthy Hearts™ – free heart health screening and education to school-age youth 10) Healthy Kids Club – elementary school and community-based health and fitness programs 	<ol style="list-style-type: none"> 1) Access to health services and timely prenatal care for under and uninsured women 2a) Nurse navigator services provided to parents of high-risk newborns 2b) Pediatric unit opening will increase service capacity (MCR) 3) Increase skills to improve infant feeding techniques 4) Increase knowledge/use of skills to prevent pre-term labor 5) Gain positive parenting skills 6) Reduce economic, physical and/or social barriers to healthy eating, physical activity opportunities 7) Acquisition of skills related to proper car seat installation / child restraint techniques 8) Improved coordination of medical services for youth 9) Knowledge gain related to healthy diet/physical activity 10) Increased physical activity, and adoption of healthy diets in youth 	<ol style="list-style-type: none"> 1) Clients served by PVP program ↑ by 9% from 2012 2a) NICU, nurse navigator services continue; outpatient Pediatric Care Coordinator added to MACC team (PVH) 2b) Pediatric unit open (MCR) 3) RN home visits ↑ by 30% 4) 94% of participants reported ↑ knowledge 5) Bright Beginnings program services ↑ by 70% from 2012 6) CanDo distributed 26,000 free fitness center passes to low-income residents 7) Proper skills demonstrated by 98% of car seat recipients 8) Healthy Harbors program increased capacity by 50% 9) Over 3,100 youth served by Healthy Hearts program 10) 32% of participants ↑ activity levels; 34% ↑ healthy diet choices <hr/> <p>Indicator Updates: </p> <p>A) LBW rate–national goal met</p> <p>B) Smoking during pregnancy rate significantly reduced</p>

Other (non-priority) Identified Health Issues within Larimer County

Health Issue - Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<p><u>Overweight or Obesity in Adults:</u></p> <p>Preventable, diet-related diseases include heart disease, high blood pressure, diabetes, some cancers, and osteoporosis.</p>	<p>A) 32% of adults are overweight and 15% are obese</p> <p>Note: adults residing in southern Larimer County have higher rates of overweight or obesity.</p> <p>National Benchmark = 30.5% obese adults</p> <p> Although national target is met, there has been an undesirable increasing trend in overweight and obesity rates in Larimer County.</p>	<p>1) Family Medicine Center- Lifestyle Medicine</p> <p>2) CanDo-obesity prevention coalition, supported in part by UCHealth, promotes worksite programs, community gardens, also has Loveland-based coalition (focuses efforts in southern Larimer County - see note)</p> <p>3) Adult Community Conditioning Programs offered at discounted rate</p> <p>4) Senior Services / Aspen Club—offers various fitness programs for older adults; evidence-based interventions addressing diet and exercise for weight management</p>	<p>1) Increase awareness of weight management techniques</p> <p>2a) Increase in the number of worksites offering wellness programs</p> <p>2b) Increase fruit and vegetable intake among clients served by community gardens</p> <p>3) increase community options for low cost physical activity programs</p> <p>4) Increase in older adult participation in physical activity; improved nutrition and exercise habits attained by class participants</p>	<p>1) Lifestyle Medicine Clinic provides free services to limited resource clients</p> <p>2a) Worksite wellness network developing online toolkit/resource</p> <p>2b) Gardens sustained by municipality (Fort Collins)</p> <p>3) Physical activity options remain available</p> <p>4) (PVH) Senior fitness program (Strong Women, Strong Bones) participants demonstrated increased strength and endurance</p> <hr/> <p>Updated indicator data not yet available</p>
<p><u>Active transportation to work/school:</u></p> <p>Physical activity aids in weight management; ↓ risk of early death from heart disease, stroke, high blood pressure, diabetes, and certain cancers.</p>	<p>A) 7.1% of workers in Larimer County commuted to work by biking, walking or public transportation, compared with 7.3% statewide.</p> <p>National benchmark = 20%</p> <p> Too low; goal not met</p>	<p>1) Bicycle and Pedestrian Education Coalition; facilitated by UCHealth-supported Healthier Communities Coalition</p> <p>2) CanDo – support for worksite activity programs such as Bike to Work Day</p>	<p>1) Increase number of bicycle riders and pedestrians in the community</p> <p>2) Increase the number of worksites offering activity programs</p>	<p>1) Coalition outreach sustained during 2013/14</p> <p>2) Worksite wellness network developing online toolkit allowing for widespread use of guidelines at worksites</p> <hr/> <p>Updated indicator data not yet available</p>

Health Issue – Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<p><u>Increase in food insecurity</u></p> <p>Food insecurity is defined as uncertain future food availability or insufficient food required for health.</p>	<p>A) 14% of Larimer County households experienced food insecurity, compared with 15.5% statewide.</p> <p>National benchmark = 6% of households</p> <p> Too high; goal not met</p>	<p>1) CanDo –produce from community gardens donated to local food banks</p> <p>2) Bright Beginnings program and/or post-partum home visit may include referral to Women Infant Child (WIC) nutrition resources.</p> <p>3) Community Case Managers, Medicaid Accountable Care services, Community Paramedic Program, and Healthy Harbors services may include resolution of food insecurity issues for limited resource and/or vulnerable populations through community referrals</p>	<p>1) Increase in availability of healthy food for persons with limited resources</p> <p>2 & 3) Increase in use of available county resources addressing the provision of an adequate food supply</p>	<p>1) UCHealth sponsorship to Larimer County Food Bank and financial match to Farmers Market SNAP participants</p> <p>2 & 3) WIC referrals continue; newly formed (2013/2014) Northern Colorado Food Cluster improves healthy food access for residents</p> <hr/> <p>Updated indicator data not yet available</p>
<p><u>Adult binge-drinking</u></p> <p>Some health effects of binge-drinking behavior include alcohol poisoning, increased risk for unintentional injury, liver disease, stroke, or neurological damage.</p>	<p>A) Percent of Larimer County adults reporting “binge drinking” in last 30 days - 26% (2010 data), compared to 16% statewide (2009 data).</p> <p>Benchmark/National goal = 24.3%</p> <p> Too high; goal not met</p>	<p>1) UCHealth’s Mountain Crest Behavioral Health Care Center staff work to obtain involuntary commitment (IC) to alcohol-treatment facility for homeless alcoholics; possible pilot expansion partnering with Health District of Northern Colorado in 2013</p> <p>2) Community Case Managers, Medicaid Accountable Care services, and the Community Paramedic Program monitor client health risk behaviors</p>	<p>1) Decrease in use of ambulance services, Emergency Department (ED) visits, and hospital admissions (PVH and MCR tracking only)</p> <p>Data gathered from hospital admission data, ambulance services and ED tracking reports (PVH and MCR only)</p>	<p>1) Eight of nine involuntary commitment efforts occurring during 2014 reduced utilization of ED services (PVH)</p> <hr/> <p>Updated indicator data not yet available</p>
<p><u>Reliable health data for school-age youth</u></p>	<p>Data gap identified due to insufficient sample size within existing data sources</p>	<p>1) Community-wide effort to advocate for data collection through the Partnership for Healthy Youth coalition</p> <p>2) Health District of Northern Larimer County is seeking funding for additional sampling of parents of children < age 11 years</p>	<p>1) Administration of Healthy Kids Colorado Survey in local schools</p> <p>2) Collection of health data for children of respondents to Health District Survey</p>	<p>1 and 2) Both surveys administered in 2014; data analysis reports provided to community stakeholders</p> <p>Results will be utilized within the 2016 Community Health Needs Assessment process</p>

Weld County

2012 Community Health Needs Assessment Findings & UCHealth's Directed Resources and Action Plan Addressing Identified Needs In Northern Colorado

2013/2014 Progress Scorecard

Identified Health Issues – Weld County

Health Issue - Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<p>PRIORITY ISSUE</p> <p><u>Mental health and substance abuse</u></p> <p>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.</p> <p>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.</p>	<p>A) 27% of adults in Weld County said their mental health was not good 1 – 7 of the last 30 days; 14% said their mental health was not good for 1 week or more (2010 data)</p> <hr/> <p>B) 28% of Weld County high school students binge drink (2007 data)</p> <p>National goal for high-school senior binge-drinking = 22.7%</p> <p> Too high; goal not met</p> <p><u>2012 Data Update:</u></p> <p> 22.5% youth report binge drinking behavior</p>	<p>1) Greeley Emergency and Surgery Center Behavioral Health Crisis Team</p> <p>2) Mountain Crest Behavioral Healthcare Center offers mental health assessments and treatment programs on an inpatient and/or outpatient basis for Weld County residents</p> <p>In addition Mountain Crest provides:</p> <ul style="list-style-type: none"> - On-site psychiatrist in Windsor and Greeley medical practices - 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. 	<p>1) Increase access to emergency care related to substance abuse or mental health conditions</p> <p>2a) Increase care coordination resulting from onsite behavioral health services in primary care physician offices</p> <p>2b) Expansion of crisis intervention services to include prevention and awareness training to staff within schools, primary care physician offices, long-term care facilities, etc.</p>	<p>1) Services sustained during 2013/14</p> <p>2a) Two Weld County clinics maintain behavioral health service within the clinic</p> <p>2b) Awareness training for physicians occurs on as-needed basis</p> <hr/> <p>Indicator Updates:</p> <p>A) Updated indicator data not yet available</p> <p>B) National goal for high-school senior binge-drinking was met (2012 data) </p>

Health Issue - Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<p>PRIORITY ISSUE</p> <p><u>Nutrition, physical activity and obesity</u></p> <p>Preventable, diet-related diseases include heart disease, high blood pressure, diabetes, some cancers, and osteoporosis.</p>	<p>A) 18% of Weld County residents report low levels of physical activity compared to 15% in Colorado</p> <p>B) Weld County's obesity rate of 25% is significantly higher than the state rate of 19%</p> <p>National Benchmark = 30.5% obese adults</p> <p> Though national benchmark for obesity has been met, Weld County obesity rates have been rising; goal not met</p>	<ol style="list-style-type: none"> 1) Bariatric Center of the Rockies 2) Low cost Community Conditioning programs 3) Poudre Valley Medical Fitness Center located in Weld County provides medically supervised health and fitness programs for adults 4) Healthy Hearts Club – heart health education and screening targeted to youth 5) Healthy Kids Club – provides school and community-based nutrition and fitness activities/education for elementary school-aged youth 	<ol style="list-style-type: none"> 1) access to clinical services 2 and 3) Increase number of residents obtaining sufficient physical activity 4) Increase knowledge related to a heart healthy diet and exercise 5) Increase physical activity and adoption of healthy diets in youth 	<ol style="list-style-type: none"> 1, 2 and 3) Programs and services sustained during 2013/14 4) Educational program provided to 330 youth during 2013/14; ~200 youth participated in heart health screening 5) Parents of children receiving programming report children are more physically active (57%), eat more fruits and vegetables (50%), and consume fewer sugary food/beverages (54%) <hr/> <p>Indicator update not yet available</p>
<p><u>Infant Health</u></p> <p>Infant mortality is associated with maternal health, quality and access to care, socioeconomic conditions, and public health practices.</p>	<p>A) Weld County's infant mortality rate = 6.3 (deaths) per 1,000 live births (2010 data)</p> <p>National Goal=4.5/1,000</p> <p> Too high; goal not met</p> <p> 2013 rate = 4.9%; goal nearly met</p>	<ol style="list-style-type: none"> 1) Poudre Valley Prenatal program at the Fort Collins Family Medicine Center-maternity care for low-income women in northern Larimer County 2) Greeley Medical Clinic – pediatric care 3) Neonatal Intensive Care Unit at PVH manages critically ill newborns; Pediatrics Unit provides medical care to children from birth to age 18 (PVH) 4) Postpartum nurse home visit (Medicaid clients) 5) Special Care Nursery at MCR provides specialized care to late pre-term infants; new 12-bed pediatric unit at MCR 	<ol style="list-style-type: none"> 1 and 2) Access to health services and timely prenatal care for clients with limited-resources 3) Nurse navigator provides care coordination services to parents of newborns with high-risk needs 4) Increase skills to improve infant feeding techniques 5) In response to needs for pediatric hospital services, MCR opened a 12-bed pediatric unit 	<ol style="list-style-type: none"> 1, 2 and 3) All listed services sustained during 2013/14 4) Postpartum nurse home visits increased services by ~ 50% 5) Pediatric unit opened <hr/> <p>Indicator Update: </p> <p>A) 2013 rate = 4.9%; goal nearly met</p>

Health Issue – Significance	CHNA Indicator Values/Comparison Benchmarks	Action Plan/UCHealth Resources Directed to Address Health Issue in Fiscal Year 2013/2014	Anticipated Health Impacts	2013/2014 Progress Scorecard
<u>Motor vehicle safety for teens</u>	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.	<i>Not addressed by UCHealth at this time</i> - Drive Smart Weld County – a non-profit community coalition has dedicated resources and action plans to address this issue	N/A	N/A
<u>Teen pregnancy</u> May result in delays in initiating prenatal care, reduced likelihood of breastfeeding, poor maternal mental health	A) 76% of teen pregnancies were unintended B) 8% of Weld teen infants were born at a low birth weight National goal=7.8%; goal not met	<i>Not addressed by UCHealth at this time</i> The Weld County Department of Public Health & Environment provides reproductive health services for teens through a Title X clinic.	N/A	N/A
<u>Tobacco use</u> Tobacco use is the single most preventable cause of death and disease in the United States	From 2005 to 2007, smoking rates significantly increased among white, non-Hispanic youth - from 12% to 18%	1) Primary county resources provided by the Tobacco Free Weld County Coalition 2) Healthy Hearts (UCHealth supported program) provides heart health education, including tobacco-use initiation prevention targeted to youth	1 and 2) Decrease in % of youth who use tobacco	Indicator Update:  Youth smoking rate decreased from 19% in 2010 to 17% in 2012