



REGIONAL  
MEDICAL  
CENTER



CONEJOS  
COUNTY  
HOSPITAL

## **Executive Summary**

# **Community Health Assessment**

**2012-2013**

*San Luis Valley Regional Medical Center  
and  
Conejos County Hospital and Clinics*

**Introduction.** The Lutheran Hospital Association of the SLV, dba the San Luis Valley Regional Medical Center (SLVRMC) and Conejos County Hospital and Clinics (CCH) have jointly performed their first community health assessment in the 2012/2013 fiscal year and will jointly implement the SLVRMC/CCH Community Health Assessment Plan to improve community health. SLVRMC has provided management services to CCH since 2005. The organizations have shared staff and resources for many years and have overlapping service areas. They are expected to integrate into one organization, San Luis Valley Health on July 1, 2013.

**Data.** State and local data was systematically pulled from the Colorado Department of Public Health and Environment (CDPHE) and from the County Health Rankings. Data from the Center for Disease Control and Prevention (CDC) and Healthy People 2020 was used for national data. The data was organized into three categories- mortality, incidence, and prevention/risk factor prevalence. Data was organized and presented in February 2013 during evening community meetings in Alamosa and in Conejos County. During these meetings, attending community members were given a time to share and prioritize the health issues that they see in the San Luis Valley. Findings from a previous Alamosa Public Health Planning Process also informed this report, which occurred in March 2012. An additional meeting with Public Health agencies in March 2013 was held to discuss strategies that would successfully address the identified priority areas. Suggestions made were integrated into the SLVRMC/CCH Community Health Assessment Plans.

Data indicates that the San Luis Valley (SLV) has an elevated mortality rate and a reduced life expectancy. Heart disease and cancer are the primary causes of mortality. There is an elevated rate of diabetes, which contributes to the elevated rate of heart disease. Additionally, the SLV has elevated rates of unintentional injuries, including death from motor vehicle accidents.

When examining the prevalence of disease, the San Luis Valley has an elevated rate of hospitalization due to heart disease and elevated rates of diabetes. The cancer incidence rate is lower than the state average which is lower than the national average. Although the rate of hospitalization with a diagnosed mental health issue is lower than the state average, the SLV experiences an elevated rate of suicide. The SLV also has an elevated rate of adults with dental issues which can contribute to diabetes and heart disease.

Residents of the SLV have elevated rates of several risk factors for chronic diseases. These risk factors include increased obesity, increased rate of diabetes, higher rates of hypertension, and slightly higher rates of tobacco use and high blood cholesterol levels. Additionally, cancer screening rates in the SLV are on average lower than state levels and certainly lower than the Healthy People 2020 goals. These are contributing factors to the high mortality rates noted in the SLV.

**Health Priorities in the San Luis Valley.** Health data indicates that heart disease, diabetes, and cancer are the major health issues in the San Luis Valley. The community agreed these were pressing health concerns but did not have further suggestions to help meet these health issues.

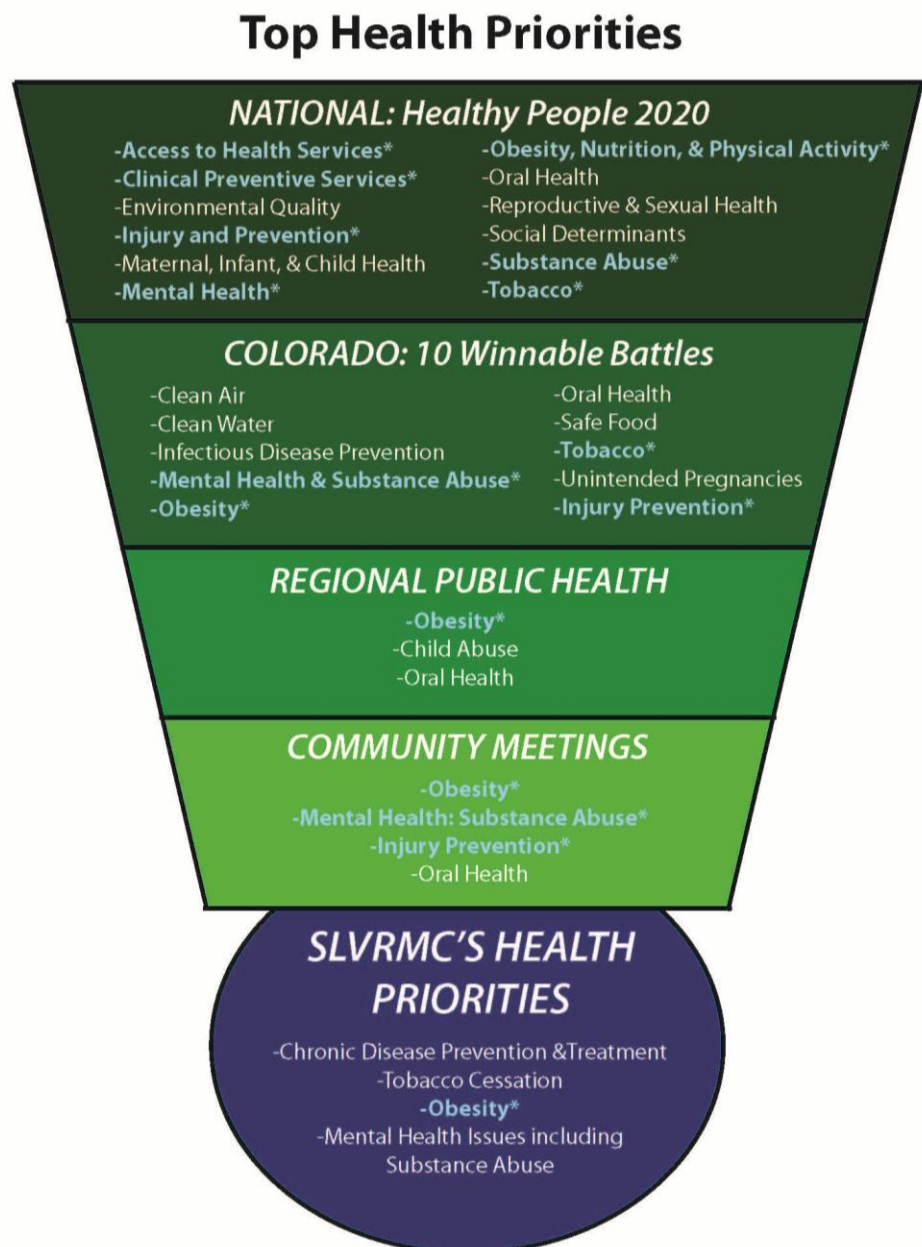
Data also indicates that obesity and low cancer screening rates contribute to disease morbidity and mortality. The community clearly identified obesity as the number one health issue with a particular concern for the increasing rates of childhood obesity.

From these two meetings the top health priorities in the San Luis Valley are:

- Chronic disease prevention and treatment
- Mental health issues including substance abuse
- Obesity
- Injury prevention

Figure 1. Top Health Priorities nationally, state-wide, and locally

As a provider of primary care and hospital services, SLVRMC and CCH’s Strategic Health Plan addresses the top three identified health issues as well as tobacco cessation as tobacco use is a significant risk factor for both heart disease and several cancers. Figure 1 indicates top health priorities that have been identified nationally, statewide, and locally and then those SLVRMC and CCH will address in the upcoming years.



**Strategic Plan.** Best Practices to address the identified health issues were established by reviewing the CDC Guide to Community Preventive Services Community Guide and reviewing the interventions and resources listed in the Healthy People.gov site. The following plan was then created for the upcoming years.

Figure 2. SLVRMC Community Health Assessment Plan

Health Priority	Current Strategies	Proposed Strategies
<b>Heart disease</b>	Blood pressure and lipid screening, behavioral health integration, aspirin guidelines	<ul style="list-style-type: none"> <li>• High Risk case manager to reduce risk factors for heart disease</li> <li>• CVD registry</li> </ul>
<b>Obesity</b>	PRO-Fit Lifestyle classes for adults and for families	<ul style="list-style-type: none"> <li>• Obesity registry in primary care clinics</li> <li>• PRO-Fit gardening and summer classes</li> <li>• Lifestyle Support Group</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• GetHealthySLV.org</li> <li>• Annual Stephanie L. Miner Walk/Run</li> <li>• SLVRMC Healthy Strides program (worksite wellness)</li> </ul>	Obesity registry with BMI care plans
<b>Tobacco Cessation</b>	<ul style="list-style-type: none"> <li>• Screening, Brief Intervention, and Referral to Treatment (SBIRT)</li> <li>• Identify all patients who use tobacco products at each clinic visit</li> <li>• Discharge education</li> <li>• Inpatient assessment and education</li> </ul>	<ul style="list-style-type: none"> <li>• Tobacco navigator and intensive counseling services</li> <li>• Prevention programs in high schools</li> </ul>
<b>Cancer</b>	<ul style="list-style-type: none"> <li>• Women’s Wellness Connection</li> <li>• The Carefree Colon Screening Program</li> <li>• SLVRMC Chemotherapy/Infusion Center</li> <li>• SLVRMC Cancer Support Group</li> <li>• Oncology navigation</li> </ul>	<ul style="list-style-type: none"> <li>• Client reminders for screenings</li> <li>• Expanded navigation program</li> </ul>
<b>Diabetes</b>	<ul style="list-style-type: none"> <li>• Diabetes Navigation to improve self-management skills and outcomes</li> <li>• Diabetes Education and Empowerment</li> </ul>	Implement text messaging program and e-newsletter program for people with diabetes to be more

	Program (DEEP) <ul style="list-style-type: none"> <li>• South Central Seniors' community Health Worker program</li> <li>• Diabetes registry</li> </ul>	active
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>• Counseling services</li> <li>• Screening, Brief Intervention, and Referral to Treatment (SBIRT) to identify those at risk for substance abuse</li> <li>• Support Groups- Grief, Cancer, Meditation Group, Pain Management Class, and Food Addictions</li> <li>• Organized a community-based group to address pain management</li> </ul>	Community Narcotics Committee to develop protocol and policies on how to address patients with narcotic addiction.

**Outcome.** SLVRMC will create and implement data collection using Excel and an evaluation system to provide feedback to staff as to their impact and effectiveness in improving community health. Data will be collected monthly and summarized quarterly.

**In summary,** SLVRMC and CCH have completed their community health assessment and developed strategies and an implementation plan with an accompanying budget to address health issues in the community we serve. As part of the 2013 Strategic Plan SLVRMC had previously identified four main strategies. Strategy Three, to be Providers of Choice for Healthcare, includes a tactic, Community Outreach that states SLVRMC will identify, understand and address health needs specific to Valley communities.

The Board of Trustees for CCH has approved the Community Health Assessment implementation plan and the budget on May 23, 2013 and the Board of Trustees at SLVRMC approved the implementation plan and budget on May 29, 2013. As of July 1, 2013 SLVRMC and CCH will integrate and operate under the new name, San Luis Valley Health. San Luis Valley Health will continue with the implementation of this Community Health Assessment Plan.