



# Community Health Needs Assessment

## Focus Group Summary

As part of the Las Animas Huerfano Counties District Health Department's 2025-2030 Public Health Improvement Plan, focus groups were held to identify health priorities for youth and aging community members across the bi-county region. Community members in Las Animas and Huerfano Counties were invited to participate in two focus groups held in Trinidad and Gardner. Five residents attended the focus group in Trinidad and eight residents attended the focus group in Gardner.

The focus groups followed a nominal group technique, a multi-step process that begins with clarifying the aim of the focus group. For the first prompt, participants were asked to independently brainstorm ideas about community health priorities for youth. After all the ideas were recorded as a group, they were discussed to ensure mutual understanding and categorized into themes. Finally, each participant was given three stickers and asked to vote on their top priorities. These stickers could be placed on one theme, or spread between different themes, allowing participants to reflect their priorities. This process was then repeated to identify community health priorities for aging adults within the bi-county region.

### Key Health Priorities Identified for Youth

- **Access to health care:** mental, oral, and physical health; sexual health education and access to birth control; and prevention of drugs and alcohol use and substance use disorder.
- **Safety:** children and youth being safe at home, school, and online.
- **Social determinants of health:** increased educational and employment opportunities, affordable housing, financial literacy, and access to affordable healthy foods and nutrition education.
- **Engagement:** developing a youth center that would provide space for art, music, dancing, and sports to keep children engaged.

### Key Health Priorities Identified for Aging Adults

- **Access to healthcare:** specialized geriatric provider, mental healthcare, assistance navigating resources and paperwork, and expanded access to care, including satellite, home healthcare, reliable ambulance services, and a reliable helipad.
- **Engagement:** creating a place to socialize to promote aging residents staying social, preventing isolation, and improving access to community resources.
- **Transportation:** improve reliable, safe transportation to medical appointments (including after hours), the pharmacy, grocery store, church, and community sites.

### Next Steps

The focus groups provided an opportunity for community members to share their lived experiences and provide insight into health priorities for youth and aging adults in Las Animas and Huerfano Counties. The key health priorities identified for youth and aging adults in the bi-county region will be incorporated into the 2025- 2030 Public Health Improvement Plan.