



Las Animas | Huerfano Counties
DISTRICT HEALTH DEPARTMENT

Public Health Improvement Plan

2019 to 2024

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Background

Introduction

The Las Animas Huerfano Counties District Health Department (LAHCDHD) is pleased to share the 2019-2024 Public Health Improvement Plan. This plan coalesced based on findings from the 2018 Community Health Assessment¹, past and current work associated with the 2013-2018 LAHCDHD Public Health Improvement Plan², a Public Health System Transformation Needs Assessment³ and emerging opportunities. The priorities in this plan serve as points of mobilization for public health, community partners and residents to drive the action and direction for change. Collectively, we can better address the issues facing our communities and counties.

This plan contains information and data on assets, resources, demographics, health status and risk factors, which led to prioritizing two areas: Behavioral Health and Healthy Eating & Active Living. Goals, objectives and strategies were developed for each priority area to inform collaborative efforts at local and county levels, in addition to alignment with state level priorities.

Assets + Resources

LAHCDHD Needs Assessment

As part of Colorado's Public Health System Transformation Needs Assessment, LAHCDHD completed a self assessment on a variety of functions, capabilities and resources related to Core Public Health Services. LAHCDHD scored higher than the Colorado Department of Public Health and Environment (CDPHE) when it came to foundational capabilities such as Assessment and Planning (8.9 compared to 8.3 at CDPHE) and Chronic Disease, Injury Prevention and Behavioral Health Promotion (10 compared to 7.6). LAHCDHD also indicated strengths when it came to partnerships; maternal, child, adolescent and family health; access and linkage to health care; and communicable disease prevention and control. An area of growth and opportunity, as indicated by the assessment, relates to health equity and social determinants of health (4.0 compared to 6.3 at CDPHE; and a median LPHA score of 6).³

Outdoor Recreation

- Las Animas County is recognized for beautiful outdoor spaces, including Trinidad Lake State Park. These resources provide healthy recreational opportunities for residents as well as draw tourists, and their dollars, from the Front Range and beyond.
- The Trinidad Outdoor Club builds community while promoting healthy lifestyle options, including wilderness yoga, cross-country skiing, and group dog-walking.
- Trinidad's Community Center provides opportunities for both youth and adult fitness and water sports.

1 Community Health Assessment Las Animas County and Huerfano County: On the Frontier of Health , 2018

2 Public Health Improvement Plan Las Animas Huerfano Counties District Health Department, 2013

3 Colorado Public Health System Transformation Core Public Health Services Needs Assessment Report, 2019

Background

Outdoor Recreation (cont.)

- Huerfano County is also known for its outdoor spaces, including close proximity to the Great Sand Dunes National Park and the 14,000 foot peaks in the Sangre de Cristo Mountain Range. Within the county lies more than 20 public hiking trails, multiple fishing spots, campsites, and challenging cycling routes. More than two thirds of surveyed community members identified with having “safe outdoor space.”¹
- The Cuchara Mountain Park project is transforming the site of a former ski resort into a space for year-round activities.
- Lathrop State Park is located 3 miles west of Walsenburg. The state purchased the property in 1962 and opened Colorado's first state park here later that same year. It is named after Harold Lathrop, the first director of state parks.
- A new state park near Trinidad at Fishers Peak will open January 2021. At 19,000 acres, it will be the second largest state park in Colorado.
- Adventure course and park at the Las Animas County Fairgrounds supported by KaBoom and the Colorado Health Foundation

Medical Community

- Mt. San Rafael Hospital has a heliport which creates more options for healthcare in emergencies.
- Spanish Peaks Regional Medical Center and Mt. San Rafael Hospital providers perform routine surgeries and have a 24/7 Emergency Department, reducing the time to provide potentially life-saving care for area residents.
- Spanish Peaks is participating in the Colorado Opioid Solution: Clinicians United to Resolve the Epidemic (CO's CURE) Hospital Medicine Pilot to test the efficacy of new opioid prescribing guidelines that emphasize the use of alternatives to opioids (ALTOs) as the first-line treatment for painful conditions in the inpatient setting.
- Mental health and substance abuse treatment services are available in Trinidad and Walsenburg through Health Solutions' Rural Services team. Substance abuse services, including intensive outpatient and medically-assisted treatments, are available through Crossroads' Turning Points, Inc.
- A large majority (approximately 90%) of people in Las Animas and Huerfano Counties have health insurance.²

1 Community Health Assessment Las Animas County and Huerfano County: On the Frontier of Health , 2018

2 Behavioral Risk Factor Surveillance System, 2016-2018

3 United States Census Bureau, American Community Survey, 2014-2018

Background

Accolades

- Executive Director was appointed to the Governor's Behavioral Health Task Force.
- Las Animas and Huerfano counties have strong farmers markets that support resident's health.
- Huerfano County's high school graduation rate is higher than the state of Colorado as a whole.³
- NACCHO Model Practice award 2017 for collaboration of various community partners addressing chronic disease prevention and management
- Kresge Foundation's Emerging Leaders in Public Health in 2018 to 2019

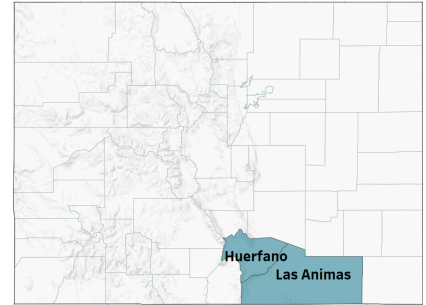
Funding Awards

- More than \$63,700 from the Colorado Department of Public Health and Environment to establish a Diabetes and Hypertension Learning Collaborative and to improve hypertension and diabetes diagnosis and control.
- \$200,000 awarded to Mt. San Rafael Hospital from the Colorado Health Foundation to support diabetes prevention and management in the region.
- \$1,650,000 to support diabetes and cardiovascular disease prevention and management efforts from the Cancer, Cardiovascular and Pulmonary Disease grants program.
- More than \$400,000 to support medication assisted treatment (MAT) for patients with Opioid Use Disorder from the Colorado Consortium for Prescription Drug Abuse Prevention and the University of Colorado- College of Nursing.
- \$44,167 for Worksite Wellness initiatives related to diabetes and hypertension from the Colorado Department of Public Health and Environment

Background

Demographics

Las Animas and Huerfano Counties are located in Southern Colorado. Both counties are designated as frontier counties due to low population density. Sparsely populated areas such as these tend to be isolated from resources, including services needed to optimize health. Both counties are served by a single public health department, Las Animas Huerfano Counties District Health Department, but the counties vary in some important ways.

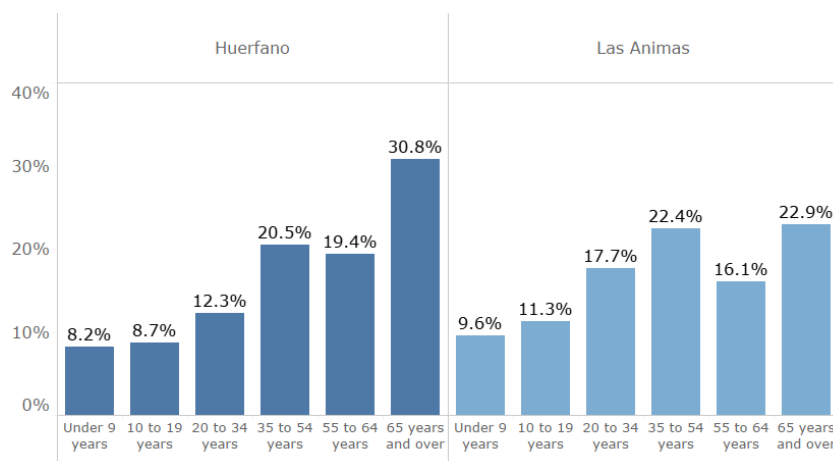


Population

Huerfano County has fewer people, but is more densely populated than Las Animas County. In 2018, the population of Huerfano County was estimated to be 6,889. By contrast, the population of Las Animas County was estimated to be 14,503 in the same year. Las Animas County is the largest county in Colorado by area, covering 4,775 square miles, leading to an average of just 3 people per square mile.

Age Distribution

The population of Huerfano County is older than the average population in Las Animas County. **About half of the population of Huerfano County is over the age of 55, compared to 39% of Las Animas.** This has potentially negative implications for the size of the workforce available in Huerfano County. Also, the prevalence of chronic disease is typically greater in older populations, impacting the level of healthcare needs.



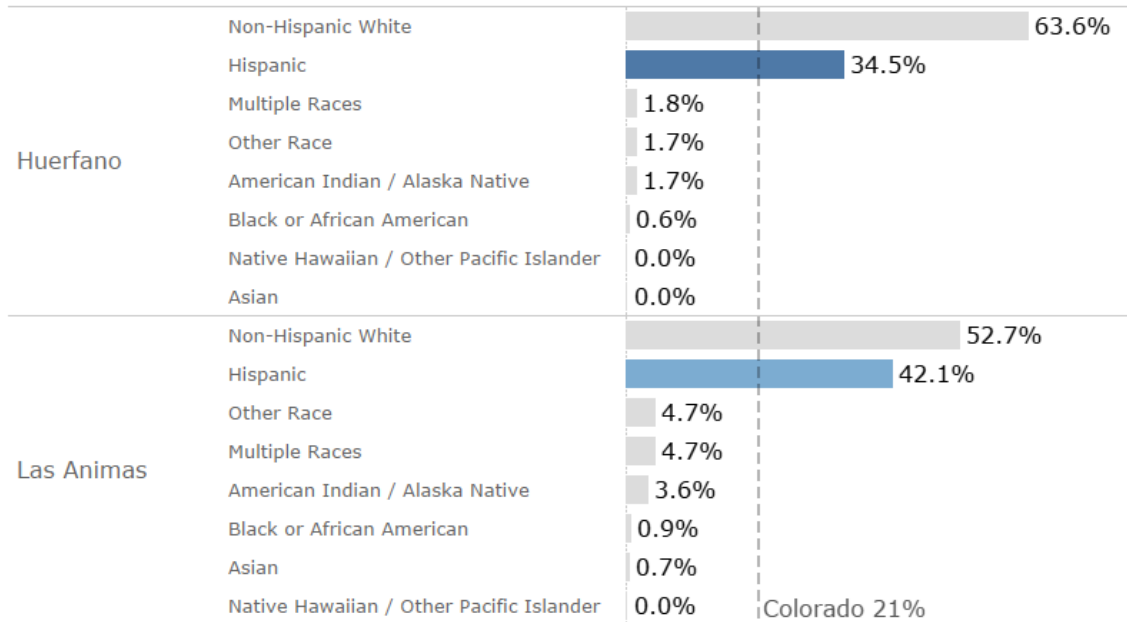
Source: United States Census Bureau, American Community Survey, 2014-2018

Background

Demographics (cont.)

Race/ Ethnicity

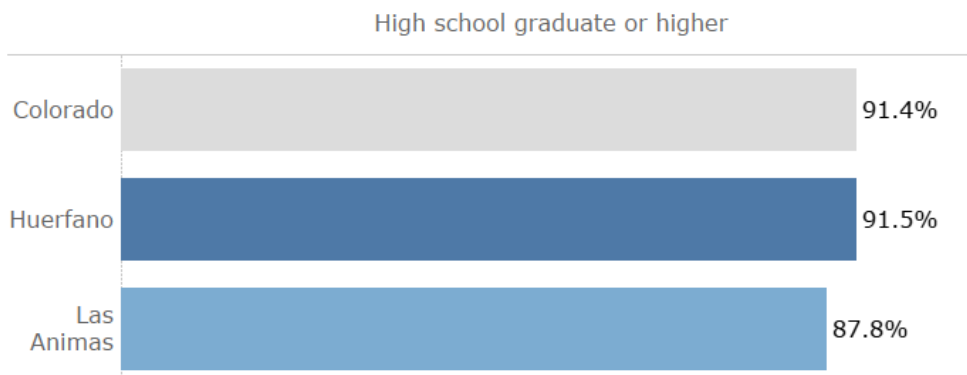
Over 95% of the residents in both counties are either Non-Hispanic White or Hispanic. **Both Counties have a relatively high proportion of Hispanic residents compared to the state (21%).** Other minority groups make up very small parts of the general population.



Source: United States Census Bureau, American Community Survey, 2014-2018

Education

Huerfano and Las Animas Counties have similar educational attainment to Colorado. Ninety-one percent of adults in Colorado have completed at least high school while the same is true for 91.5% of adults in Huerfano County and 87.8% of adults in Las Animas county.



Source: United States Census Bureau, American Community Survey, 2014-2018

Background

Demographics (cont.)

Income and Employment

When looking at the overall economy of an area, income is an important driving factor. **The median household income for Huerfano and Las Animas Counties is well below the state of Colorado.**

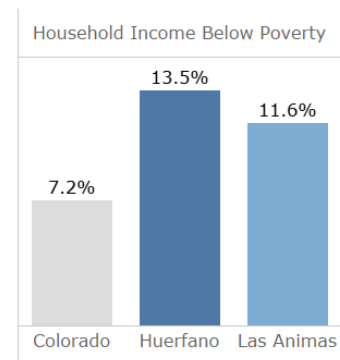
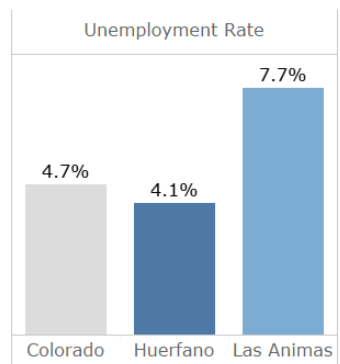
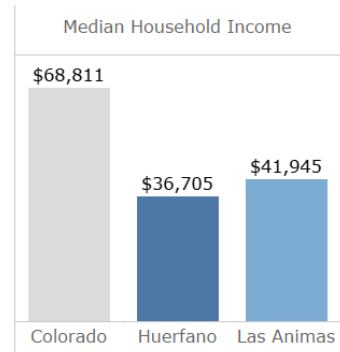
Colorado has consistently maintained an unemployment rate below the country's overall average. In the Summer of 2017, the state saw a record low of 2.6%. **Recent unemployment rates show that Huerfano County is close to Colorado's while Las Animas County has higher unemployment than Colorado.**

Lower wages and higher unemployment can create economic hardships for families and communities. According to U.S. Census data, **residents in Huerfano and Las Animas counties are living in poverty almost twice as often as the State of Colorado, on average.**

Housing

Unsurprisingly, lower employment and lower income compared to the state creates challenges in regards to housing costs. Across Colorado, housing costs, availability and quality are commonly of high concern. Among housing unit owners with a mortgage, 31.9% in Las Animas and 39.6% in Huerfano, have costs totaling 35% or more of household income. This is contrasted by 21.5% as Colorado's statewide average. ¹

Renters are also facing challenges in spending more than 35% of household income on rent. In Las Animas County, based on a survey of approximately 800 residents, 84% indicate housing affordability as a major or moderate issue. Huerfano County, stemming from survey results of approximately 235 residents, indicated housing as a major community issue affecting health, following job availability and income. ²



Source: United States Census Bureau, American Community Survey, 2014-2018

1 American Community Survey, 2012-2016

2 Community Health Assessment Las Animas County and Huerfano County: On the Frontier of Health, 2018

Background

Demographics (cont.)

Access to Healthcare

A person is more likely to access needed care if he or she has health insurance coverage, including Medicaid. Both Huerfano and Las Animas Counties exceed the state average (92%) for Medicaid enrollment of eligible individuals, at 96% and 93% respectively.¹

Other factors, like ability to afford copays, transportation or availability of providers, also play a role in accessing health care for those with coverage. Medicaid members in Las Animas and Huerfano Counties were more likely to not fill a prescription due to cost in the last year (19%) compared to commercially insured individuals (12%). While commercially insured had longer average wait times to see a specialty provider (29.7 days) compared to Medicaid members (20.7 days). Specific to mental health, 9.7% of Medicaid members did not get needed mental health care compared to commercial members at 6.6%.¹ Both Huerfano and Las Animas Counties are federally designated Mental Health - Health Professional Shortage Areas (HPSAs).²

1 Colorado Health Institute - Medicaid and Commercial Access to Care Index, 2019

2 Colorado Department of Public Health & Environment

Background

Health Status + Risk Factors

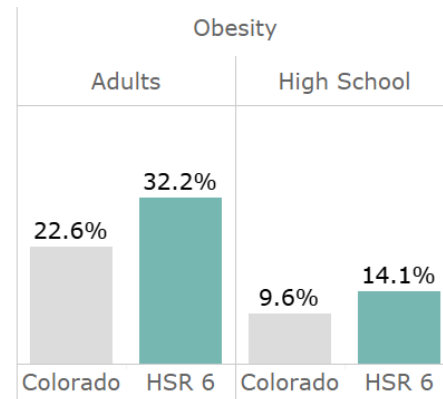
Las Animas and Huerfano Counties are part of Health Statistics Region (HSR) 6. **HSR 6 has a higher percentage of both adults and high schoolers who are obese compared to that of the state.**

The prevalence of many chronic conditions varies by demographic factors (e.g., age, sex, race, ethnicity, income and education levels, sexual orientation, and geography). Certain populations bear more chronic disease burden than others. For example, based on statewide data, more than half of older adults (53%) have been diagnosed with high blood pressure.¹

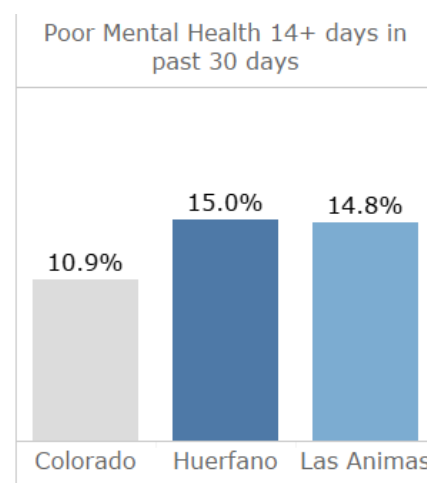
Differences also exist by race and ethnicity in behaviors, such as dietary habits, physical activity and tobacco use. Such behaviors play a role in the development of obesity and other chronic conditions. Based on statewide data, 34.5% of Hispanic adults report consuming one or more sugary drinks per day compared with 22.9% of non-Hispanic, White adults.¹

Access to healthcare plays a critical role in the prevention and treatment of chronic conditions, yet it varies by race and ethnicity according to statewide data. Barriers to accessing care are reflected among Hispanic adults 65 years of age and older who have lower prevalence of being up to date on core clinical preventive services (33.1%) than White adults 65 years of age and older (43.5%).¹

In Colorado, 10.9% of the adult population indicated poor mental health during 14 or more days of the past 30 days, with Las Animas County at 14.8% and Huerfano County at 15.0%. Associations exist between mental health conditions, risky behaviors (e.g., alcohol and tobacco use), and chronic diseases. Diagnoses of depression and diabetes, for example, should be treated in tandem for individuals to improve their mental health and manage their health condition. A healthy mental state contributes to overall health and wellness, and in extreme cases, poor mental health can lead to suicide.



Sources: Behavioral Risk Factor Surveillance System, 2016-2018 & Healthy Kids Colorado Survey, 2017

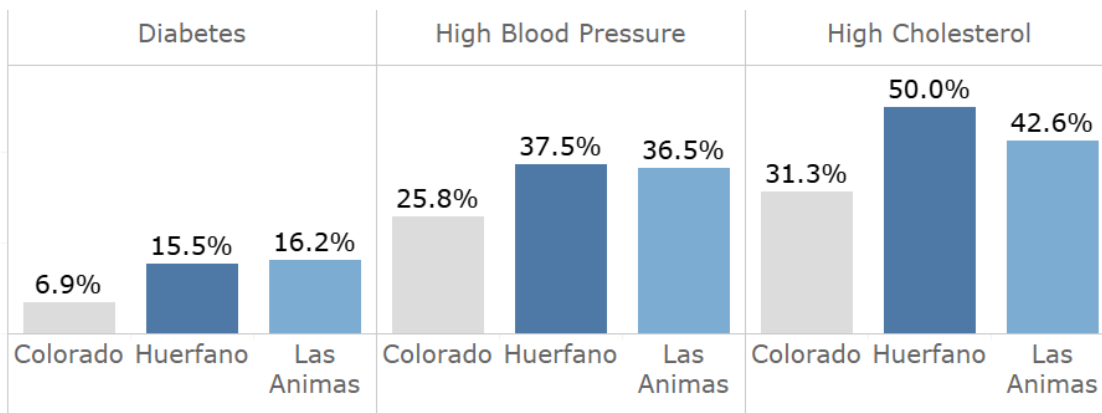


Source: Behavioral Risk Factor Surveillance System, 2016-2018

Background

Health Status + Risk Factors (cont.)

An older population, lack of providers and poor health behaviors contribute to **both counties having a higher prevalence of diabetes, high blood pressure, and high cholesterol in their adult populations than the State of Colorado on average.** All three of these chronic diseases pose serious health risks to those diagnosed with them and are associated with heightened health care costs and an increased risk of medical complications and/or death.



Sources: Behavioral Risk Factor Surveillance System, 2015-2017 & Behavioral Risk Factor Surveillance System, 2015 & 2017

Background

Issue Prioritization

The Las Animas Huerfano Counties District Health Department relied heavily on the information gathered and synthesized for the 2018 Community Health Assessment (CHA) to guide county health issue prioritization. Additionally, the LAHCDHD sought to continue the work under its previous Public Health Improvement Plan (PHIP, 2013 - 2018) as more progress can be made related to Substance Use Prevention and Obesity. The CHA describes how community members were engaged to provide qualitative data in order to develop a more complete picture of the strengths and opportunities within Las Animas and Huerfano Counties. That qualitative data, in combination with quantitative data, informed a list of major health issues and factors influencing health.

The five major themes for both counties stemming from the 2018 CHA are below. Items with an * are priorities from the last PHIP.

1. Access to & Affordability and Utilization of Healthcare
2. Substance Use / Abuse*
3. Elderly Services
4. Nutrition & Access to Healthy Food
5. Obesity*

Recommendations for addressing these issues were included in the CHA. This Public Health Improvement Plan incorporates recommendations across all five themes, but focuses specifically on the following two topics:

1. Behavioral Health/Substance Use
2. Healthy Eating & Active Living

Alignment with Statewide Priorities

The Las Animas Huerfano Counties District Health Department public health improvement plan was developed with knowledge of, and alignment with, other statewide public health priorities. These include 1) the current governor's (Jared Polis) priorities, including health, specifically saving money on healthcare; 2) the state level Public Health Improvement Plan from the Colorado Department of Public Health and Environment, which includes priorities on behavioral health, root causes of health (including housing), and climate; and 3) the current priorities of the Colorado Department of Public Health and Environment, including suicide prevention and healthy eating active living.

Las Animas-Huerfano Counties Public Health Improvement Plan 2019 to 2024

Behavioral Health/Substance Use

Goal 1: Improve knowledge and perceptions about alcohol and e-cigarette use among youth

Goal 2: Reduce the use and misuse of alcohol and tobacco among adults

Goal 3: Reduce the abuse of and addiction to opioids among adults

Goal 4: Reduce the rates of suicide

Healthy Eating & Active Living

Goal 1: Increase physical activity

Goal 2: Increase access to healthy foods

Goal 3: Increase consumption of healthy foods

Goal 4: Increase participation in lifestyle change programs

Partnership

Successful implementation of this plan requires collaboration and strategic use of resources from a variety of different community partners across various sectors. The plan outlines recommended strategies to achieve these priority goals. Suggested partners are noted next to each strategy using icons. Each strategy itself may need multiple partners to contribute, but a partner in a specific sector may be best suited to take the lead on implementation of the strategy.



Multiple Partners



Education



Government



Healthcare



Employers

Behavioral Health/Substance Use

Goal 1: Improve knowledge and perceptions about alcohol and e-cigarette use among youth

Alcohol



Implement and evaluate marketing campaign with messaging to change perceptions of alcohol use



Develop/Enhance partnerships with youth to promote leadership and positive impact among peer groups



Include alcohol use prevention in school-based instructional programs e.g. LifeSkills Training

E-cigarettes



Implement and evaluate marketing campaign with messaging to change beliefs about the harms of vaping



Develop/Enhance partnerships with youth to promote leadership and positive impact among peer groups



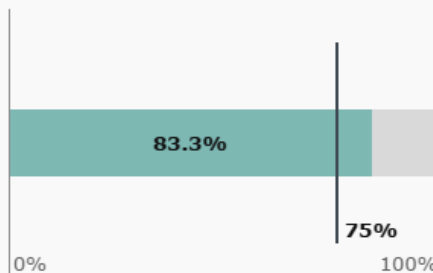
Include harms of vaping in school-based instructional programs



Ensure comprehensive substance use/smoking policies at schools prohibit the use of electronic vapor products on campus

Objective 1:

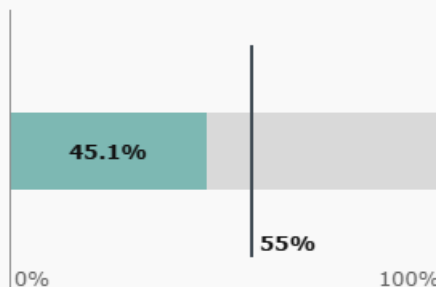
Decrease the percentage of high schoolers who think the typical student drank in the past 30 days in **Health Region 6** from **83.3%** to **75%**



Source: Healthy Kids Colorado Survey, 2017

Objective 2:

Increase the percentage of high schoolers who think there is a risk of harm from daily use of electronic vapor products in **Health Region 6** from **45.1%** to **55%**



Source: Healthy Kids Colorado Survey, 2017

Behavioral Health/Substance Use

Goal 2: Reduce the use and misuse of alcohol and tobacco among adults

Alcohol



Implement Screening, Brief Intervention, and Referral to Treatment (SBIRT) screening at health systems



Expand addiction treatment resources



Partner with bars/restaurants to promote alternative transportation options



Partner with criminal justice to identify and refer individuals to addiction treatment/behavioral health

Tobacco



Implement/Expand and evaluate QuitLine mass media marketing



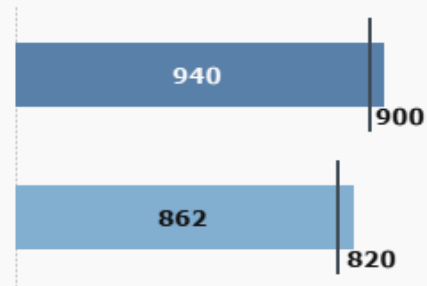
Expand and promote tobacco cessation services including Baby and Me Tobacco Free



Implement quality improvement initiatives with healthcare systems to assess tobacco use and increase referrals to cessation services using Ask, Advise, Refer (2As & R)

Objective 1:

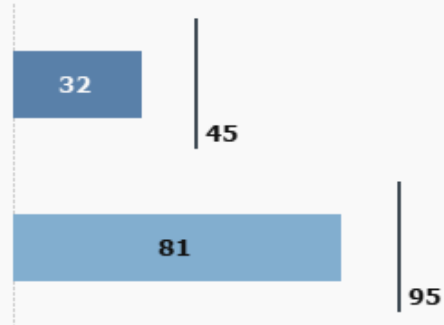
Decrease the rate of DUI case filings in **Huerfano County** from **940** per 100,000 to **900** per 100,000 and in **Las Animas County** from **862** per 100,000 to **820** per 100,000



Source: Colorado Division of Criminal Justice, 2017

Objective 2:

Increase QuitLine enrollment in **Huerfano County** from **32** to **45** and in **Las Animas County** from **81** to **95**



Source: National Jewish Health - Colorado QuitLine, 2019

Behavioral Health/Substance Use

Goal 3: Reduce the abuse of and addiction to opioids among adults

Prescriptions



Expand Alternatives to Opioids (ALTO) program to all healthcare systems in the region



Increase/Ensure utilization of prescription drug monitoring program among providers and pharmacists

Recovery/Treatment



Increase the number of behavioral healthcare providers



Increase the number of Medication Assisted Treatment (MAT) waived providers



Improve data reporting capacity at health systems to better monitor the current burden and need as well as track improvements in outcomes



Ensure all first responders carry naloxone and receive training for its use



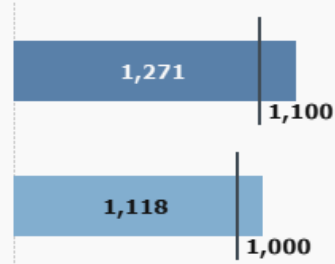
Strengthen partnerships with neighboring communities to increase options for addiction/treatment services, which may include telehealth



Implement media campaigns to reduce stigma and promote available resources

Objective 1:

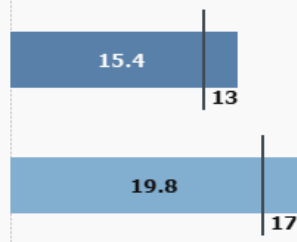
Decrease opioid prescription fill rate in **Huerfano County** from **1,271** per 1,000 to **1,100** per 1,000 and in **Las Animas County** from **1,118** per 1,000 to **1,000** per 1,000



Source: Prescription Drug Monitoring Program, Colorado Department of Regulatory Agencies, 2017

Objective 2:

Decrease opioid related mortality rates in **Huerfano County** from **15.4** per 100,000 to **13** per 100,000 and in **Las Animas County** from **19.8** per 100,000 to **17** per 100,000



Source: Colorado Department of Public Health & Environment, 2013-2017

Behavioral Health/Substance Use

Goal 4: Reduce the rates of suicide

Adult Suicide



Implement a media campaign, like Colorado's Man Therapy, to de-stigmatize use of mental health services



Increase the number of behavioral healthcare providers



Implement quality improvement initiatives with healthcare systems to improve collaborative care for the management of depressive disorders



Implement Zero Suicide at local hospitals



Promote/expand home-based services for older adults



Partner with community organizations to increase opportunities for connectedness and community engagement

Suicide Ideation among Youth



Utilize OSCAR screenings in schools to identify and refer students to appropriate services



Implement universal school-based programs that teach students emotional self-awareness and control, self-esteem, conflict resolution and team work



Use pediatric screening for depression in healthcare systems



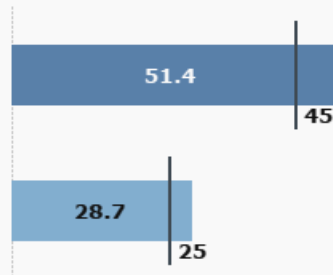
Offer and promote person to person interventions to improve caregivers' parenting skills



Partner with youth and community organizations to increase opportunities for engagement and connection

Objective 1:

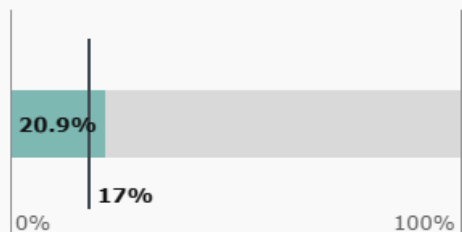
Decrease adult suicide rates in **Huerfano County** from **51.4** per 100,000 to **45** per 100,000 and in **Las Animas County** from **28.7** per 100,000 to **25** per 100,000



Source: Colorado Violent Death Reporting System, 2015-2017

Objective 2:

Decrease the percentage of high schoolers who seriously considered suicide in **Health Region 6** from **20.9%** to **17%**



Source: Healthy Kids Colorado Survey, 2017

Healthy Eating & Active Living

Goal 1: Increase Physical Activity

Physical Activity



Improve the built environment to make it more conducive to physical activity, such as creating or improving safe walking and biking trails, providing access to existing exercise facilities, or creating outdoor exercise parks



Implement a community campaign to increase physical activity using multiple modes and messages



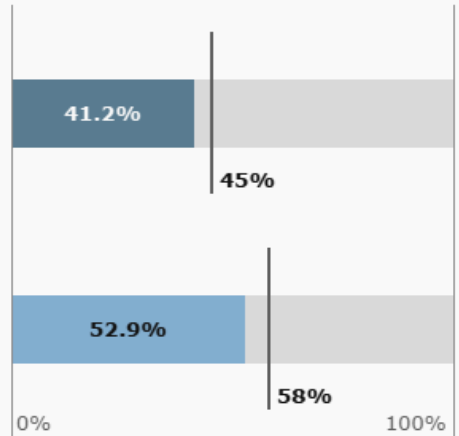
Cultivate social supports to build, strengthen and maintain networks and relationships that support positive behavior change to increase physical activity



Partner with HealthLinks to support worksite interventions

Objective 1:

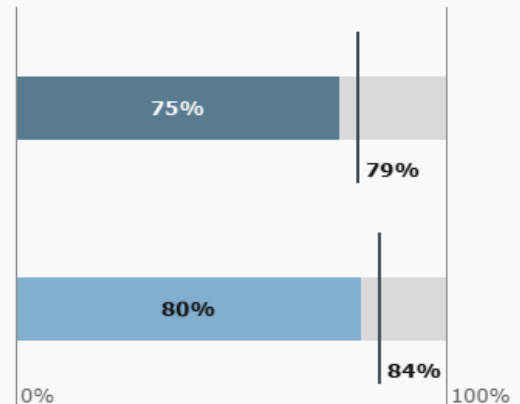
Increase percentage of adults who met physical activity guidelines in **Huerfano County** from **41.2%** to **45%** and in **Las Animas County** from **52.9%** to **58%**



Source: Behavioral Risk Factor Surveillance System, 2015 & 2017

Objective 2:

Increase percentage of population with access to locations for physical activity in **Huerfano County** from **75%** to **79%** and in **Las Animas County** from **80%** to **84%**



Source: Behavioral Risk Factor Surveillance System, 2018

Healthy Eating & Active Living

Goal 2: Increase Access to Healthy Foods

WIC Enrollment



Conduct outreach to healthcare professionals to increase awareness about the WIC program, participant benefits and how and when to refer.



Collaborate with referral agencies to improve identification of eligible WIC participants (i.e. Health First Colorado, hospitals, family physicians).



Retain WIC participants ages 2-4 through innovative outreach and messaging.

Breastfeeding



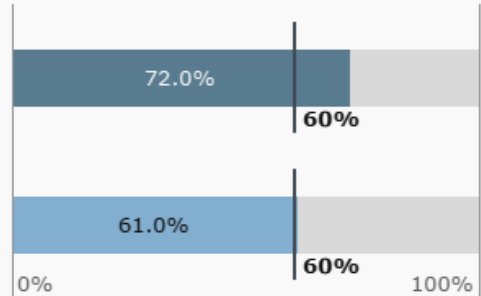
Increase healthcare professionals' awareness of WIC related breastfeeding supportive services and resources.



Implement lactation accommodation policies at workplaces, libraries, and/or public events.

Objective 1:

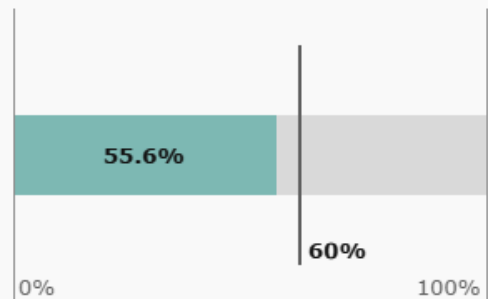
Maintain percentage of WIC eligible who are enrolled in **Huerfano County** and **Las Animas County** at **60%**



Source: WIC Administrative Data, 2017

Objective 2:

Increase the percentage of women who recently gave birth who are breastfeeding at 9 weeks in **Health Region 6** from **55.6%** to **60%**



Source: Pregnancy Risk Assessment Monitoring System (PRAMS), 2015-2017

Healthy Eating & Active Living

Goal 2: Increase Access to Healthy Foods (continued)

SNAP Enrollment



Partner with the Department of Human Services to increase awareness among healthcare professionals about Supplemental Nutrition Assistance Program (SNAP) benefits and where to refer



Increase collaboration between counties to identify and implement best practices, such as extended office hours, investing in outreach or using collaborative workflow management systems



Promote SNAP as a tool for well-being and economic growth for individuals and families

Farmers Markets & Community Gardens



Offer Double Up Food Bucks at farmers markets to SNAP recipients



Support schools in establishing school gardens and/or farm-to-school programs



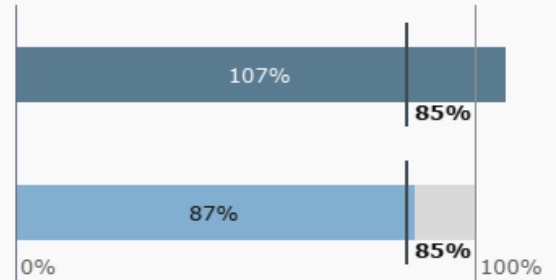
Explore financing/subsidies for food retailers, cooperative grocery stores, farmers markets and community-supported agriculture



Identify and apply for funding opportunities to finance improved food access or food systems

Objective 3:

Maintain percentage of SNAP eligible who are enrolled in **Huerfano County** and **Las Animas County** at **85%**



Source: Hunger Free Colorado, 2013-2017

Objective 4:

Increase the number of Farmer's Markets and Community Gardens in **Huerfano & Las Animas Counties** from **7** to **9**



Source: Las Animas Huerfano Counties District Health Department, 2019

Healthy Eating & Active Living

Goal 3: Increase Consumption of Healthy Foods

Eating Healthy Foods



Partner with South Central Council of Governments AAA to align and leverage their nutrition, health promotion and screening services among adults ages 60+



Partner with Pueblo County to explore development of a local healthy food and beverage initiative to address offerings, product placement, and signage at grocery stores, corner stores, vending machines, or places of interest



Promote food service guidelines at worksites with onsite cafeterias or vending



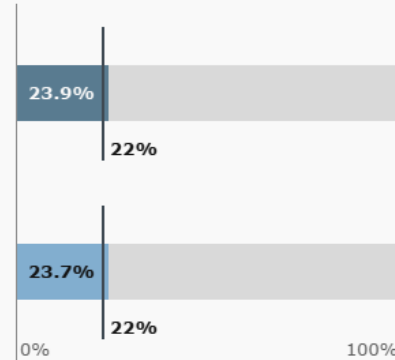
Partner with schools to assess, using Smart Source data, and improve healthy food and beverage policies and environments



Support a healthy food environment by engaging health systems to participate in the Colorado Healthy Hospital Compact

Objective 1:

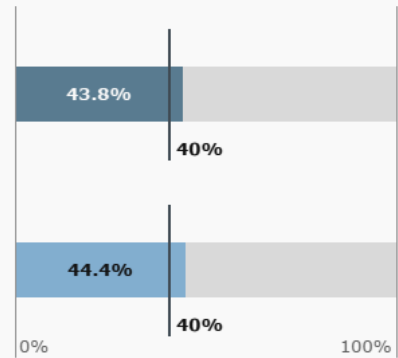
Decrease percentage of adults who consume less than 1 serving of vegetables per day in **Huerfano County** from **23.9%** to **22%** and in **Las Animas County** from **23.7%** to **22%**



Source: Behavioral Risk Factor Surveillance System, 2015 & 2017

Objective 2:

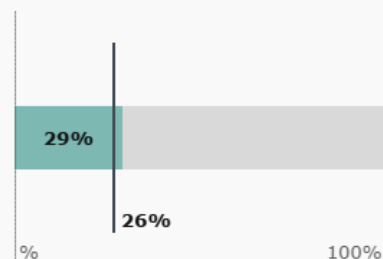
Decrease percentage of adults who consume less than 1 serving of fruit per day in **Huerfano County** from **43.8%** to **40%** and in **Las Animas County** from **44.4%** to **40%**



Source: Behavioral Risk Factor Surveillance System, 2015 & 2017

Objective 3:

Decrease the percentage of 1 to 14 year olds who consume less than 1 serving of fruit per day in **Health Region 6** from **29%** to **26%**



Source: Colorado Child Health Survey, 2015-2017

Healthy Eating & Active Living

Goal 3: Increase Consumption of Healthy Foods (continued)

Eating Healthy Foods



Explore offering SNAP-Ed or Cooking Matters classes



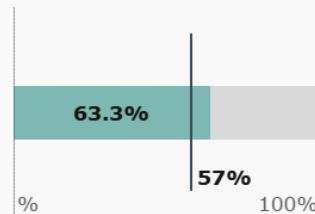
Increase awareness on the importance of choosing a healthy drink



Educate restaurant owners on the value of offering healthy drink options to kids to reduce consumption of sugar sweetened beverages

Objective 4:

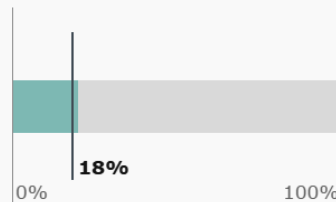
Decrease the percentage of high schoolers who consume less than 1 serving of fruit per day in **Health Region 6** from **63.3%** to **57%**



Source: Healthy Kids Colorado Survey, 2017

Objective 5:

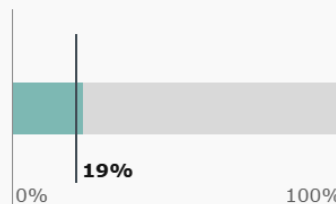
Decrease the percentage of 1 to 14 year olds who consume more than 1 sugary beverage per day in **Health Region 6** from **19.9%** to **18%**



Source: Colorado Child Health Survey, 2015-2017

Objective 6:

Decrease the percentage of high schoolers who consume more than 1 sugary beverage per day in **Health Region 6** from **21.3%** to **19%**



Source: Healthy Kids Colorado Survey, 2017

Healthy Eating & Active Living

Goal 4: Increase Participation in Lifestyle Change Programs

Lifestyle Change Programs



Conduct community screenings using OSCAR, and refer individuals to lifestyle change or management programs as appropriate



Promote existing lifestyle change and management programs in the community



Support employers to use an economic assessment tool and pilot classes towards obtaining health plan benefit coverage for the National DPP lifestyle change program



Provide training to healthcare professionals about the value, availability and process to refer to lifestyle change or management programs



Maintain and optimize referral networks, including use of team based care, to expand touch points and referral opportunities for individuals



Use phone-based options to expand the reach of lifestyle change or management programs

Objective 1:

Increase number of individuals enrolled in National Diabetes Prevention Program in **Huerfano & Las Animas Counties** from **22** to **44**



Source: Las Animas Huerfano Counties District Health Department, 2019

Objective 2:

Increase number of individuals enrolled in Diabetes Self Management Education and Support in **Huerfano & Las Animas Counties** from **114** to **228**



Source: Las Animas Huerfano Counties District Health Department, 2019