Improving Access to High Quality Health Services

The National Prevention Strategy recognizes that access to comprehensive, quality health care services is important for the achievement of health equity and increasing the quality of a healthy life for everyone.

How are we making a difference?

The Medicaid Accountable Care Collaborative served 120 eligible adults with complex medical needs.

The Healthy Hearts program served approximately 85 children with special healthcare needs enrolled in Medicaid.

25 percent of families enrolled in Childbirth education and 65 percent of clients completing labor techniques classes were enrolled in Medicaid, CHP.

500 Medicaid eligible families received post partum home visits.

51 percent of families served by Bright Beginnings were enrolled in Medicaid, CHP, or had been removed from their biological family.

Healthy Kids Care targets programming to schools with high percent of students receiving government-subsidized free or reduced lunch meals.

The Community Care Evaluation and Distribution Program distributed 402 car seats to low-income Larimer County families, 30 percent were Spanish-speaking only.

The Healthier Communities Coalition presented healthy lifestyle presentations and educational materials for approximately 275 Spanish-speaking only clients.

The Name is Life program referred over 300 clients with high risk factors to their primary care provider for a medication review and/or new treatment plan.

The Aspen Club offered free or reduced lunch meals.

35 percent of clients completing labor techniques classes who are not receiving the recommended amount of calcium and/or vitamin D intake.

1.06 million initiative and programs.

University of Colorado Health (UCHealth) North demonstrates community health leadership by providing and participating in a broad range of community health initiatives and programs.

Our Community Health Department activities are client and community-centered and meet community needs through evidence-based best practices for health promotion, health protection, preventive services, chronic disease management, safety and injury prevention.

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Hearty Hearts Healthy 12-week program, developed by Tufts University, has shown to be effective in encouraging participants to improve their health.

• Average weight loss is 3.2 lbs.
• Average increase in loss and vegetable intake per participant is 4 cups savings per day.
• Average increase of moderate-to-vigorous activity per participant is 20 minutes per week.
• Mean of 0.29 percent program improvement in ability to prevent or detect falls.

20% - Over $430,000 in cumulative savings on premiums was achieved for clients during the open-enrollment period for Medicare Prescription Drug Plans.

The Strong Woman Healthy Hearts 12-week program, developed by Tufts University, has shown to be effective in encouraging participants to improve their health.

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- Bone Density Screening to 829 participants; approximately 40 percent referred for physician follow-up.
- Less cost brain anatomy analysis to over 2,100 clients.
- Colon cancer screening to 73 participants.
- Medicare Counseling and Assistance Programs empower individuals to understand and take advantage of their Medicare benefits.
- In 2012, over 2,000 community members received education or counseling.
- Approximately 90 percent of the clients served qualify for a low-income subsidy.
- Over $430,000 in cumulative savings on premiums was achieved for clients during the open-enrollment period for Medicare Prescription Drug Plans.

2012 participant questionnaire: Percentage of class participants who made a lifestyle change from SEBP participation.

How are we making a difference?

Bright Beginnings

- Physical activity outside home.

- Knowledge of prevention.

- Diabetes prevention.

- Tobacco use.

- Drug or Alcohol abuse.
Health issue: Supporting early childhood development
Research on a number of adult health and medical conditions points to early childhood development as having lasting effects on health and well-being.

How are we making a difference?
The UteHealth expansion project Bright Beginnings works to achieve this by providing early intervention and specialized services to support healthy brain development and the establishment of positive health and safety habits.

• 1,300 Larimer County families were served by Bright Beginnings in 2012.
• 100 percent of families served by the project indicated an increased sense of self-esteem and self-worth.
• 61 percent of families reported gaining new knowledge related to parenting their child.

Health issue: Increasing physical activity in children and youth
Obesity and other health problems are on the rise for young people due to early development of adult health behaviors, which cause heart disease, type 2 diabetes, stroke, some types of cancer and other chronic diseases.

In Larimer County, childhood obesity is increasing faster than in any other state bar none, according to the Colorado Department of Public Health and Environment.

How are we making a difference?
Healthy Kids Club® was designed with young people in mind.

• In 2012, Healthy Kids Club® served 22,000+ children and teens in 26 Larimer County schools and served more than 270,000 with $41,000 designated to support health and wellness initiatives.

• The Schools on the Move Challenge supports increased physical activity and improved nutrition and awards funding for school-based wellness initiatives. In 2012, 3,000+ students and 274 staff from 24 school districts participated.

Health issue: Preventing unintentional injuries in youth
In Larimer County, motor vehicle crashes, falls and bicycle-related injuries are the top three causes of injury and hospitalizations for children under age 14.

According to the Colorado Department of Transportation, 9,889 students and 1,318 staff from 74 elementary schools participated in the 2012 school safety education program with goals of promoting a healthy lifestyle aimed at families and among their peers.

• 3 month follow-up 74 percent of parents surveyed agreed that their daughter was more active during the summer months; 450 families and among their peers.
• 98 percent of program participants were able to identify the correct methods of child restraint.
• 60 percent of families had special needs children; specifically designed for children with special health care needs.
• The Hospital Based Car Seat Fit Station provided over 1,000 car seat consultations to parents of newborns prior to hospital discharge.

Health issue: Cardiovascular disease prevention in youth
National health surveys reveal that a significant number of our youth develop conditions such as obesity, high blood pressure, high cholesterol and type 2 diabetes, all of which are risk factors that contribute to the development of cardiovascular disease.

How are we making a difference?
The Healthy Hearts Club® for a heart health, risk factor screening and education program offered to elementary and high school aged youth in Larimer County.

• In 2012, Healthy Hearts Club® served 1,400 northern Colorado elementary students.

Healthy Hearts Club® Impact Survey
• 2011-2012
• 1,400 northern Colorado elementary students

Health issue: Unwinding the risk for heart disease and stroke (adult programs)
Heart disease is the leading cause of death in the United States. In 2012, 807,000 Americans died of heart disease.

How are we making a difference?
The Cardiovascular Rehabilitation Community program, the Nurse’s in pharmacists convenient access and Healthy Hearts Club® screenings provide an opportunity for adults to make lifestyle changes that may lower their risk of developing cardiovascular disease.

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Health issue: Lowering the risk for heart disease and stroke (adult programs)
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Health issue: Impoving access to community services
In Larimer County services are needed, families, and youth are often fragmented and difficult to engage. As a result, sustainable community collaboration may not result in appropriate and accessible services in timely, comprehensive or family-centered manner.

• Caring & Sharing is a monthly networking event that improves communications and partnering among service providers in Larimer County.
• The “Transition” is a database providing current and accurate statistics in a variety of categories including the health and well-being of Larimer County’s youth.
• Bicycle & Pedestrian Education Coalition (BPEC) works to reduce the number of motor vehicle, bicycle and pedestrian crashes and promote a healthy, active lifestyle for all Larimer County residents.
• In 2012, Bicycle Ambassador Program in Fort Collins and Loveland was launched.
• The Community Organic Awareness Program (COAP) features programs and services in our community for children, youth and families.

Health issue: Defeating the obesity epidemic
Being overweight or obese is an issue that impacts the health and well-being of Larimer County. About 50 percent of adults and 25 percent of kids are overweight or obese.

How are we making a difference?
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