

Vail Valley Medical Center

Community Health Needs Assessment

2013

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Contributors

The following individuals comprised the Vail Valley Medical Center (VVMC), Community Health Needs Assessment (CHNA) team. These individuals were chosen by VVMC leadership for their knowledge and expertise in healthcare and public health:

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Mike Sawatzki is a Certified Public Accountant with more than 35 years of business experience. He holds a Master's Degree in Business Administration and is a Fellow of the HealthCare Financial Management Association. Formerly, Mr. Sawatzki was a Regional Controller for a biotech company and Chief Financial Officer for both a computer mapping and a manufacturing company. For the past eight years, he has been the Assistant Chief of Finance for VVMC and served as the Project Manager on the project.

S. Jason Moore, PhD, PA

Dr. Moore serves as VVMC's epidemiologist while also practicing clinical medicine as a physician assistant in the specialties of general surgery, trauma, and critical care. He holds a PhD in Epidemiology/Public Health and is board certified by the National Commission on Certification of Physician Assistants (NCCPA) and the Board of Infection Control and Epidemiology (CIC). Jason is a fellow with the American Academy of Physician Assistants (AAPA), a member of the Society of Critical Care Medicine (SCCM), and holds NCCPA surgical certification. His research interests span multiple areas of trauma and critical care medicine while continually focusing on healthcare quality improvement. He served as a subject-matter expert and editor of the project.

Dana Knerl, RN, BSN, MPH

Dana Knerl graduated with a bachelor's of science in nursing from the University of Illinois, Urbana-Champaign in 2000. She has worked in various fields of nursing over the past 13 years including pediatrics, adult medical/surgical, substance abuse/mental health, international health, and trauma. In 2005, she received a master's in public health with a concentration in maternal and child health from Boston University. After working with Doctors Without Borders (Medecins San Frontières) in Uganda, she relocated to Colorado. Mrs. Knerl has been with VVMC for over five years, and for the past two years has served as the Trauma Program Coordinator. She served as a subject-matter expert and co-editor on the project.

Cheryl Lindstrom

Cheryl Lindstrom joined the VVMC Office of Development as its Grants and Research Manager in January 2011 after serving as an independent contractor writing and managing grants for Eagle Care Medical Clinic. Ms. Lindstrom is responsible for securing new and renewed grant funding for a variety of programs and initiatives throughout VVMC and its affiliate organizations. She has a multi-faceted background in journalism, public relations, marketing and communications. She has a bachelor's degree in anthropology from Colorado State University and served as a contributor and copy editor on the project.

Chelsea Selbig, MPH

Chelsea Selbig has been employed by VVMC since 2008, initially serving as the Patient Financial Services Coordinator. In 2012, Ms. Selbig transitioned to the Safety and Emergency Preparedness department and is focused on patient safety and hazardous materials compliance. She has a bachelor's degree in community health administration and a master's degree in public health from Michigan State University. She completed an observational study regarding clinical hand hygiene compliance in 2012, which yielded statistically significant results. Ms. Selbig has volunteered within the community at local elementary schools, annual health fair and mass vaccination clinics and served as contributor and a subject-matter expert on the project.

Tim Wise, MBA

Tim Wise joined the VVMC finance department as a Senior Financial Analyst in 2009 then transitioned to the role of Senior Business Projects Manager in 2012. Mr. Wise has held a variety of financial positions over the past 20 years in the Denver metro area at hospital systems, including Denver HCA Hospitals, Exempla Healthcare and University of Colorado Hospital. He also has experience as a Financial Analyst with Cigna Healthcare. He holds a Master's Degree in Business Administration, and he has been active volunteering in the local community as a PTA officer and coaching youth sports programs and served as a contributor and financial expert on the project.

Michael Holton

Michael Holton is the Director of Marketing for VVMC. Michael grew up in Poteau, Oklahoma, home of the "World's Tallest Hill" (Cavanal – 1,999 ft.). After graduating from the University of Kansas, Michael made the smartest moves of his life – he got married and moved to the mountains. Michael's background includes touring with his rock band, television production for PBS, marketing for Vail Resorts, and consulting for healthcare companies. Michael is also the Vice President of the Vail Valley Young Professionals Association and a council member on the Vail Valley Local Marketing District Advisory Council. He served as a contributor and marketing expert on the project.

Executive Summary

The Vail Valley Medical Center (VVMC) has conducted a Community Health Needs Assessment (CHNA) in accordance with the Patient Protection and Affordable Care Act of 2010. This act mandates tax-exempt hospitals to conduct a community health assessment and develop a community benefit plan every three years. This report is the first of its kind conducted by VVMC and represents the beginning of continued assessments which will be used to identify community health needs and the potential for incorporating these needs in the vision and mission of VVMC.

What follows is information extracted from primary and secondary data sources that was used to determine: the amount of community benefit currently provided by VVMC to Eagle County, potential gaps in services, and health needs that may warrant additional consideration in the future. In conducting the needs assessment, every attempt was made to direct special attention to determining the chronic disease needs and health issues faced by populations at risk.

A detailed description of the VVMC service area leads the report and is followed by: brief summaries of service locations and specializations, the methodology used in the data collection and analysis, the current state of health in Eagle County with both state and national comparisons, the identification of community health needs, the data analysis and prioritization process, and finally, the community health needs of the county as determined by this project. Although VVMC currently provides community benefits in excess of the national average for tax-exempt hospitals, this report provides examples of community health needs around which Vail Valley Medical Center will continue to build its vision of providing superior health services to the residents and guests of Eagle County.

The CHNA project began in August 2012 and was only possible through the combined efforts of VVMC professionals, administrators, the Eagle County Department of Public Health, and community stakeholders.

I. About Vail Valley Medical Center

Vail Valley Medical Center is a Joint Commission-accredited hospital and a designated Level III Trauma Center with 58 licensed beds. The medical staff consists of over 100 board-certified, fulltime and affiliated physicians and close to 900 employees serving Eagle County. This county is best known for the world-class resorts of Vail and Beaver Creek. Situated approximately 125 miles west of Denver in Colorado's Central Rocky Mountain region, VVMC's primary facility and in-patient services are located adjacent to Vail Mountain while ancillary operations can be found stretching roughly 40 miles to the west along the I-70 corridor. The umbrella of programs and services provided by VVMC encompass not only the traditional concept of care for the sick and injured, but also educational programs that enable the healthy to remain well.

The following mission and vision statements have been adopted by the leadership of VVMC:

Mission Statement

Vail Valley Medical Center will provide superior health services with compassion and exceptional outcomes.

Vision

Vail Valley Medical Center will continue its development as an independent, not-for-profit medical center, providing superior health services aligned to the needs of Eagle County residents and visitors, world-renowned orthopedic services, regional cancer services, and emergency services. VVMC will integrate and align service offerings with our physician partners to maximize:

- Flexibility and responsiveness to patient needs including preventive health services
- Excellence in specialized care supported by comprehensive research and education
- Continuous quality improvement through investment in technology, facilities and staff development

VVMC will provide these services in an environment that enables and supports trust and respect.

Vail Valley Medical Center Service Area

The primary campus for VVMC is located in the town of Vail, Colorado, at 181 W. Meadow Drive. Additional facilities can be found throughout the Vail Valley in the town of: Avon, Beaver Creek, Edwards, Eagle, and Gypsum. Eagle County is composed of the following towns, traveling east to west along the I-70 corridor:

- Vail
- Minturn
- Red Cliff

- Avon / Eagle-Vail / Beaver Creek
- Edwards
- Wolcott
- McCoy
- Bond
- Burns
- Eagle
- Gypsum
- El Jebel*
- Basalt*

* Basalt and El Jebel are towns located in the southwestern corner of Eagle County along Colorado Highway 82. Both towns are in a region typically referred to as the Roaring Fork Valley, and this includes the communities of; Aspen and Snowmass Village, Carbondale, and Glenwood Springs. Due to geographic proximity of both towns to Aspen Valley Hospital and Valley View Hospital, these towns were not analyzed in detail for the VVMC CHNA at this time. In addition, a portion of Basalt has been included in the catchment area of the community health needs assessment for Aspen Valley Hospital.

Please refer to Appendix A for a map of Eagle County.

History of Vail Valley Medical Center and Service Area

In conducting the CHNA, the service area was determined to be Eagle County, Colorado. Founded in 1883, Eagle County initially drew its economic support from agricultural operations and mining.¹ Today; it measures nearly 1,700 square miles, with over 80 percent federally owned mountainous terrain held by the U.S. Forest Service and the Bureau of Land Management.²

Agricultural operations gave way to the resort industry with the development of Vail Mountain which began in the late 1950s. Vail’s original development effort was spearheaded by members of the 10th Mountain Division, a special operations corps that had trained in skiing and mountaineering at nearby Camp Hale, situated approximately 25 miles south from what is now the town of Vail.

The origins of VVMC trace back to 1962, with the original medical clinic designed to serve residents and guests of the fledgling Vail Ski Resort that commenced operations in December of the same year. What began as a “bare-bones” facility staffed by healthcare professionals passionate about medicine and the outdoor lifestyle has grown exponentially in the intervening 50 years.

In 1960, prior to the opening of Vail Ski Resort and Vail Valley Medical Center, the population of Eagle County was 4,677 people.³ By 1970 it had grown by over 60 percent to nearly 7,500 people with the rise in the popularity of skiing in the Colorado Rockies.³ Healthcare for both residents and guests was an integral part of the growth and success of the region. In addition to the residents and guests to the region, VVMC serves patients from a surrounding 16,556-square-mile region.²

Determination of Community Served by Vail Valley Medical Center

The service area of VVMC is largely determined by local geography. The primary campus sits to the west of the summit of Vail Pass (elevation 10,662 feet) and within the town of Vail on the northern perimeter of the Vail ski resort. Mountainous terrain exists throughout Eagle County with the base elevation of the Town of Vail at 8,150 feet. The east-to-west distance of Eagle County, measured from its boundaries at the Vail Pass summit to the entrance of Glenwood Canyon along Interstate 70, is nearly 60 miles.

To this day travel within Eagle County remains challenging in the winter months, as snow and ice related events can significantly slow or restrict driving. It is not uncommon for portions of I-70 to be closed following moderate to severe weather events with associated motor vehicle accidents. There are extremely limited alternate routes along the course of I-70 in the event of its closure. For these reasons, VVMC serves primarily Eagle County residents and guests along with providing acute care services to travelers passing through the county. In 2011, 58 percent of patients seen at VVMC were from the resident Eagle County population.⁴

Services Provided by Vail Valley Medical Center

Specialists employed by VVMC provide: internal medicine, cardiology, neurology, obstetrics & gynecology, general surgery, radiology, pediatrics, trauma, critical care, anesthesia services, urology, ophthalmology, oncology, pain management, orthopedic surgery, plastic surgery, and sports medicine care to residents and guests of Eagle County. Corresponding with the growth of the Vail Valley, VVMC has expanded its services and reach to four additional campuses. The Shaw Regional Cancer Center opened in 2001, offering full-service medical and radiation oncology services to residents and draws patients from surrounding mountainous and rural areas. Adjacent to the Shaw Regional Cancer Center, on the Edwards' campus is Jack's Place, a cancer caring house where patients and their caregivers can stay during the course of their treatments.

The Edwards location also includes a primary care clinic, Eagle Care Medical Clinic, for uninsured and underinsured residents of Eagle County. In 2012, the Edwards campus was expanded to include a new ambulatory surgery center.

VVMC also operates two urgent care facilities in Avon and Gypsum effectively spreading coverage throughout the valley. Additionally, during the Beaver Creek Ski Resort season, Beaver Creek Medical Center functions as an extension of the VVMC Emergency Department providing acute-care services to residents and guests.

Vail Valley Medical Center Service Locations:

Vail

- Anesthesiology (Apollo MD)*
- Cardiac Care
- Childbirth
- Ear, Nose & Throat (Colorado Mountain Medical)*
- Emergent Care
- Family Medicine (Colorado Mountain Medical)*

- Gastroenterology
- Hospitalist Services
- Imaging
- Internal Medicine (Colorado Mountain Medical)*
- Laboratory
- OB/GYN (Colorado Mountain Medical)*
- Occupational Health
- Orthopedics & Sports Medicine
(The Steadman Clinic, Vail Summit Orthopedics)*
- Pediatric Hospitalist Service (Pediatrix)*
- Pharmacy
- Physical Therapy and Occupational Therapy
- Respiratory Care
- Sleep Studies
- Social Services
- SBIRT (Screening, Brief Intervention, and Referral for Treatment)
- General Surgery and Trauma Care
- Wound Care

Edwards

- Aesthetic & Reconstructive Surgery
- Breast Imaging
- Cancer Care
- Eagle Care Medical Clinic
- Ear, Nose & Throat (Colorado Mountain Medical)*
- Family Medicine (Colorado Mountain Medical)*
- Gastroenterology (Colorado Mountain Medical)*
- Internal Medicine (Colorado Mountain Medical)*
- OB/GYN (Colorado Mountain Medical)*
- Occupational Health
- Orthopedics & Sports Medicine
(The Steadman Clinic, Vail Summit Orthopedics)*
- Pediatrics (Colorado Mountain Medical)*
- Pharmacy
- Physical Therapy
- SBIRT (Screening, Brief Intervention, and Referral for Treatment)
- Surgery
- Urology

Avon

- Urgent Care
- Physical Therapy
- Occupational Health
- Traveler's Clinic

Beaver Creek

- Urgent & Emergency Care
- Physical Therapy

Eagle

- Cardiology
- Imaging
- Occupational Medicine
- Physical Therapy
- Surgical Consultation
- Wound Care

Gypsum

- Urgent Care
- Physical Therapy

*denotes services not owned by VVMC

Please refer to Appendix B for a map of VVMC service locations.

VVMC also provides community outreach programs, to advance and enhance the overall health and wellbeing for local residents. These include:

- *Friends of VVMC Lecture Series* – This quarterly lecture series features topics of current community interest such as: Cardiology, Vision, Nutrition, Orthopedics, Hormone Replacement Therapy, Patient Safety, and various other health issues. .
- *ThinkFirst* – This is an educational injury prevention program that focuses on behavior modification with the overall goal of reducing traumatic injuries throughout the population.
- *Survivorship Programs for Cancer Patients* – Through its Sprit of Survival program, Shaw Regional Cancer Center works with patients, family members, and caregivers to provide assistance in the area of counseling, nutrition, and fitness...
- *Community Cardiac Health Education* – VVMC collaborates with Starting Hearts, a local non-profit, to provide cardiac education and awareness of automated external defibrillator (AED) placements in Eagle County. It is also developing an integrative medicine program for cardiac patients to help them avoid developing more advanced heart disease through behavioral changes in nutrition, exercise and stress management.
- *Cardiac Rehabilitation and Coagulation Clinic* – VVMC offers cardiac rehabilitation for patients who have suffered or are at risk for a cardiac event. Additional services include monitoring for patients taking anticoagulants.
- *Women's Health Screening and Diagnostic Services* – These grant-funded programs provide breast and cervical screening and diagnostic services to eligible low-income women in an effort to reduce morbidity and mortality associated with breast and cervical cancer.
- *Medication Assistance Program* – Qualified patients of Eagle Care Medical Clinic, particularly those with chronic diseases that require routine medication, are provided assistance through a grant-funded program.
- *Youth Sports Initiative* – This program has brought together local healthcare providers to create and implement a concussion management program for youth participating in organized-sports-activities in Eagle County. Through the ThinkFirst VVMC chapter, a neurocognitive baseline IMPACT test is performed at no charge to

members of sports teams or clubs prior to the start of each sports season. These tests are used as one tool in the individualized “return to play” protocol in the event an athlete suffers a concussion.

- *9 Health Fair* – VVMC partners annually with 9 Health Fair, a 501(c) (3) non-profit organization, to provide free healthcare screenings for county residents.
- VVMC participates in local and regional community events through team sponsorships and providing information to community members regarding local services provided at VVMC or one of its affiliate locations.

II. The Community Health Needs Assessment

Introduction

The CHNA provides a detailed analysis of the current state of health in Eagle County. This information is compared to both local survey findings regarding perceived health needs among residents, as well as state and national benchmarks to help identify community health needs. This analysis assists in determining areas of community health importance and potential areas for either improvement to current practice or novel endeavors for the organization to address community health needs. This assessment used primary data collection coupled with secondary data analysis to identify and prioritize the health needs of Eagle County.

Methodology

Primary Data Collection

In conducting the CHNA for Eagle County, VVMC gathered data from a variety of sources. Primary data collection involved data from three different surveys conducted in Eagle County, including: 1.) VVMC Community Stakeholder Questionnaire, 2.) Eagle County Immigrant Survey, and 3.) the Eagle County Public Health Community Health Assessment Survey.

VVMC Community Stakeholder Questionnaire

This survey was carried out by the VVMC CHNA team in December 2012, and it involved emailing a survey to community stakeholders. Participants were asked to email their responses to the following questions back to the VVMC CHNA team:

1. What are the biggest healthcare issues or concerns facing the Eagle County community today?
2. What has been the impact of the economic decline on individuals and families in Eagle County?
3. What are the issues and/or barriers to obtaining healthcare in Eagle County (includes physical and behavioral health)?
4. Currently, does VVMC adequately address community health issues?

Check one:

- All of the time Most of the time Sometimes Never I don't know

5. In what ways could VVMC improve the overall health of the community?

In total, the survey was emailed to 74 respondents, with a response rate of 16.2 percent. Individuals surveyed included local healthcare providers, leaders of local public health agencies, leaders of local non-profit agencies, and other individuals that represent broad interests of the Eagle County community. Actual respondents to the survey included representation from the following agencies or organizations:

- the local ambulance district
- the local fire department

- the local police department
- a local primary care physician
- the local school district
- local mental health therapists
- directors of local non-profit agencies
- leaders of local churches

Eagle County Immigrant Survey

VVMC obtained permission to use survey results from the Eagle County Immigrant Survey conducted by Community Integration Services, Catholic Charities-Western Slope Regional Office, in June 2012. The purpose of this survey was to assess the ongoing needs of the Eagle County immigrant population including housing, safety, education, healthcare, and legal issues.

Eagle County Public Health Community Needs Assessment Survey

Eagle County Public Health conducted a Community Health Assessment Survey in May 2012 for the purpose of identifying the five most important health concerns in Eagle County. Respondents to this survey included a broad range of representatives from Eagle County.

Consultation with Eagle County Public Health

In the beginning of this process, the VVMC CHNA team became aware that Eagle County Public Health was also conducting a community needs assessment for Eagle County as a requirement of the Colorado Department of Public Health and Environment. Members of the VVMC CHNA team consulted with Jennifer Ludwig, Public Health Director on several occasions throughout the data collection process and received input and direction for conducting the CHNA. Additionally, some of the health needs for Eagle County identified by Eagle County Public Health mirror the health needs determined by VVMC.

Secondary Data Collection

VVMC conducted secondary data collection by compiling statistics from several different local, state, and national sources. U.S. Census Bureau data was used to demonstrate general population statistics comparing Eagle County to the State of Colorado. Colorado Department of Public Health and Environment (CDPHE) data was used to present Eagle County population demographics across a broad range of health indicators. The Healthy Kids Colorado Survey provided health behavior statistics in the adolescent population. Eagle County statistics were compared with the State of Colorado to demonstrate a frame of reference for these indicators. Lastly, the *HealthyPeople* 2020 initiative from the U.S. Department of Health and Human Services provides research-based, epidemiological data for benchmarking comparisons.

Prioritization

There are several techniques used by public health experts to prioritize healthcare concerns within a community. The goal of prioritization is to identify, categorize, quantify, and rank health issues within a defined population to be addressed either immediately or in the future. According to the Centers for Disease Control and Prevention's "Assessment Protocol for Excellence in Public Health" (APEXPH), prioritizing issues "assists an organization in identifying the issues on which it should focus its limited resources".⁵

After determining the top health problems from community health assessment data and input from our community stakeholders, VVMC used the *Hanlon Method for Prioritizing Health Problems* to establish the focus areas the organization may consider within the next three years. This method was chosen to allow for objective comparisons of health concerns and determine the feasibility of action plans. The Hanlon Method results in quantitative scores applicable to the health problems being analyzed allowing for stratification and ranking with the ability to prioritize issues for future assessments.⁶

Calculation of Priority Scores

Initial calculations were performed by quantifying the size, seriousness and effectiveness of current, validated interventions. The size of the health concern was defined in terms of the percentage of the population affected. The seriousness of the issue was defined by incidence rates, mortality, disability, and potential economic loss to the community. Lastly, the effectiveness of intervention was determined after reviewing the current medical literature and highlighting successful interventions in relation to realistic expectations of success among the target population in Eagle County. As a final step, the *PEARL (Propriety, Economic Feasibility, Acceptability, Resources, and Legality)* mnemonic was applied to the prioritized health issues to determine the feasibility of addressing the health needs.⁶ This final feasibility consideration addresses the potential for realistic implementation of action plans addressing the identified health needs. Specific considerations addressed include: consistency with the mission statement of the organization, the economic feasibility of addressing the health concern, the acceptability of the target population to intervention, the availability of sustainable resources to affect change, and all legal considerations involved with organizational action plans.

Study Limitations

In conducting the CHNA for Eagle County, VVMC recognizes there may be several limitations in data collection as well as information gaps impacting the organization's ability to accurately assess the needs of the community. In gathering information from community stakeholders, the VVMC CHNA team discovered the lack of a comprehensive, community-wide survey tool. Additionally, when analyzing data from various secondary sources, there are data, regarding Eagle County residents that were incomplete, incompatible, or inconsistent. There may also be incomplete representation of targeted populations, including the uninsured, low income persons, and minority groups due to the limited availability of relevant data. In analyzing community healthcare needs, research was lacking regarding the effectiveness of certain interventions as well as outcome measures. Finally, to date, there is not a validated, universally accepted community health prioritization method.

III. Eagle County Community Profile

The following data demonstrates the current state of health in Eagle County utilizing both state and national comparisons. Every attempt has been made to present the community health profiles of populations at risk.

Population

According to the U.S. Census Bureau, the population of Eagle County increased by over 25 percent between the years of 2000 to 2010 and subsequently decreased by 0.6 percent from 2010 to 2012. Recent data shows a current population of over 51,000 people. A consideration regarding Eagle County census data is the fact that during peak visitor season population figures can rise dramatically.

Total Population Statistics

	2000	2010	% change 2000 to 2010	2012	Percent change 2010 to 2012
Eagle County	41,659	52,197	25.3	51,874	-0.6%
Colorado	4,301,261	5,029,196	16.9	5,187,582	+3.1%

Source: U.S. Census Bureau. State and County Quickfacts. 2013.

Population by Age

Comparatively speaking, Eagle County has a younger population than the State of Colorado. The percentage of residents aged 20 to 44 is greater than the State of Colorado, while the state has a greater percentage of individuals ages 45 to 64 and 65 and older.

Percent of Population by Age, 2011

Age	Eagle County	Colorado
<1 year old	1.3%	1.3%
1 to 14 years old	19.7%	18.9%
15 to 19 years old	5.7%	6.8%
20 to 44 years old	41.4%	35.1%
45 to 64 years old	25.5%	26.6%
≥ 65 years old	6.4%	11.3%

Source: Colorado Department of Public Health and Environment. 2011.

Population by Gender

In Eagle County, there is a higher male to female ratio when compared with the State of Colorado.

Percent of Population by Gender, 2011

	Eagle County	Colorado
Male	53.1%	50.1%
Female	46.9%	49.9%

Source: Colorado Department of Public Health and Environment. 2011

Population by Race and Ethnicity

The population of Eagle County has a higher percentage of Hispanics and Latinos compared to the State of Colorado. Also, there are lower percentages of White non-Hispanics, Blacks, Asians, and American Indian and Alaska Natives compared to the entire State of Colorado. Much of the change in the cultural mix of Eagle County residents occurred over the past 20 years as result of a rapid expansion of resort properties and amenities. Workers flooded to the area to fill the many service sector jobs, including construction, housekeeping, maintenance, recreational operations, retail, restaurant and other resort operations which comprise over 57 percent of the local employment mix. According to the Pew Hispanic Center, there was a 232 percent growth in the Hispanic population in Eagle County between 1990 and 2000.⁷

Percent of Population by Race and Ethnicity, 2011

	Eagle County	Colorado
White	95.4%	88.3%
White Non-Hispanic	66.9%	69.77%
Hispanic or Latino	30.4%	20.9%
Black	1.0%	4.3%
Asian	1.1%	2.9%
American Indian and Alaska Native	1.2%	1.6%

Source: U.S. Census Bureau State and County QuickFacts. 2013.

Population by Language

The most commonly spoken languages in the VVMC service area are English and Spanish (combined 85.3 percent). When compared to the State of Colorado, English speakers represent a smaller percentage of the county while the Spanish-speaking population is over three times higher than the state as a whole.

Population by Spoken Language, 2007-2011

	Eagle County	Colorado
English	69.3	83.3
Spanish	16.4	5.2
French	0.1	0.1
Chinese	0.2	0.2
Japanese	0.2	0.1
Russian	0.1	0.2
Slavic Languages	0.1	0.0
Indic Languages	0.1	0.1

Source: Colorado Department of Public Health and Environment, 2011. Data on remaining languages currently not available for Eagle County.

Population by Education

The VVMC service area demonstrates an increased percentage of people without a high school diploma or equivalent along with an increased percentage of individuals who have completed an Associate's or Bachelor's degree when compared to the State of Colorado. The percentage of individuals who have earned a graduate or professional degree is comparable to the State of Colorado.

Educational Attainment, Percentages, 2007-2011

Total Population, 25 years and older	Eagle County	Colorado
9 th to 12 th grade, no diploma	11.9	9.6
High school graduate	18.6	22.9
Some college, no degree	16.7	22.6
Associate's or Bachelor's degree	40.6	31.2
Graduate or Professional degree	12.2	13.0

Source: Colorado Department of Public Health and Environment, Colorado, 2011. Data on remaining residents currently not available for Eagle County.

Population by Income

According to the U.S. Census Bureau, median household income takes into account the earnings of all individuals 15 years and older within a household. In Eagle County, the median household income is about 23 percent greater than the State of Colorado.

Median Household Income, 2013

	Eagle County	Colorado
Household Earnings	\$70,914	\$57,685

Source: U.S. Census Bureau *State and County QuickFacts*, 2013.

Population by Unemployment Rate

The unemployment rate is defined as the percentage of people in the labor force that are unemployed. In VVMC's service area, the unemployment rate is slightly lower than in the State of Colorado.

Unemployment Rates, 2013

	Eagle County	Colorado
Unemployment	5.6%	7.6%

Source U.S. Bureau of Labor Statistics, 2013.

Population by Poverty Level

An individual is considered to be in poverty when his or her income, or their family's income, is less than the family's threshold. The U.S. Census Bureau official definition of poverty uses income "before taxes and does not include capital gains or noncash benefits (such as public housing, Medicaid, and food stamps)."² Compared to the State of Colorado, Eagle County has a smaller percentage of individuals living below the poverty level.

Percent of Population below the Poverty Level, All Ages, 2011

	Eagle County	Colorado
Poverty	9.8%	13.4%

Source: Colorado Department of Public Health and Environment, 2011.

Birth Indicators

According to the Colorado Department of Public Health and Environment, the definition of *fertility rate* is the total number of live births per 1,000 women ages 15 to 44.⁸ In Eagle County, the fertility rate is greater than that of the State of Colorado. The *teen fertility rate* is defined as the total number of live births to women ages 15 to 17 years per 1,000 women.⁸ Compared to the State of Colorado, Eagle County has a lower rate of births to teenage mothers. In fact, the teen fertility rate has decreased by half from 2010 to 2011. When compared to *HealthyPeople 2020* benchmarks, Eagle County demonstrates a higher rate of low birth weight infants, a lower percentage of women who received adequate prenatal care, and an equivalent rate of infant mortality when compared to both the State of Colorado and national benchmarks.

The definition of *low birth weight* is an infant weight of less than 2,500 grams (5lb, 9oz) at birth.⁸ The percent of low birth weight children is calculated from the total number of live births. Eagle County has a higher percentage of low birth weight infants compared to the State of Colorado.

Adequacy of Prenatal Care is determined using the *Kotelbuck Adequacy of Prenatal Care Utilization Index* to determine if the initiation of prenatal care and services received was appropriate. In Eagle County, a higher percentage of women receive adequate prenatal care compared to the State of Colorado. Eagle County has a higher percentage of women who are breastfeeding at the time of discharge from the hospital than the State of Colorado.

The *Infant Mortality Rate* is the total number of infant deaths that occur in the first year of life per 1,000 live births.⁹ In VVMC's service area, the infant mortality rate is relatively similar to the State of Colorado. The goal of the U.S. Department of Health and Human Services *HealthyPeople 2020* campaign is a rate of 6.0 per 1000 live births for both the VVMC service area and the State of Colorado.

Eagle County Birth Indicators, 2011

Per 1,000 live births

	Eagle County	Colorado	<i>HealthyPeople 2020 Target</i>
Total number of births	662	65,052	n/a
Fertility rate	62.6	59.9	n/a
Teen fertility rate	12.7	14.0	n/a
Percent low birth weight	9.8	8.7	7.8
Percent of women who received adequate prenatal care	68.5	61.4	77.9
Percent births breastfeeding at discharge	92.5	90.9	81.9
Infant mortality	6.0	5.9	6.0

Source: a. Colorado Department of Public Health and Environment, 2011. b. U.S. Department of Health and Human Services, 2013. *HealthyPeople 2020*.

Leading Causes of Mortality and Morbidity

The three age-adjusted leading causes of death in the VVMC service area are cancer, heart disease, and Alzheimer's disease. The age-adjusted incidence rate for death due to cancer, heart disease, unintentional injury, stroke, suicide, liver disease, and perinatal conditions in the VVMC service area are below those of the State of Colorado. Overall, the death rate in Eagle County is about half that of the State of Colorado. When compared to *HealthyPeople* 2020 benchmarks, Eagle County is well below most listed rates with the noted exception of suicide.

Age-Adjusted Rate for Leading Causes of Death, 2009-2011

Per 100,000 Population

Cause of Death	Eagle County	Colorado	<i>HealthyPeople</i> 2020 Target
All Causes	378.3	687.7	-
Cancer	72.2	147.9	160.6
Heart Disease	70.1	133.3	100.8
Alzheimer's Disease	26.8	17.6	n/a
Unintentional Injury	24.1	44.7	36.0
Chronic Respiratory Disease	23.1	16.3	98.5
Stroke	21.0	35.4	33.8
Suicide	18.5	48.1	10.2
Diabetes	11.8	11.4	65.8
Chronic Liver Disease	9.0	30.6	n/a
Perinatal Conditions	4.5	13.4	n/a

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013.*HealthyPeople* 2020.

Cancer

In the VVMC service area rates of cancers of the prostate and melanoma exceed those of the State of Colorado, while the rates of breast, colon, and lung cancer are significantly lower than the state reported rates. When compared to *HealthyPeople 2020* benchmarks, Eagle County demonstrates an increased rate of all malignancies with the exception of lung cancer.

Age-Adjusted Cancer Prevalence Rate, 2006-2008
Per 100,000 Population

Invasive Cancer	Eagle County	Colorado	<i>HealthyPeople</i> 2020 Target
Invasive Cancer (all)	410.4	440.6	160.6
Female Breast (all ages)	116.4	123.0	20.6
Colon/Rectum	25.1	40.8	14.5
Lung/Bronchus	26.6	51.0	54.5
Melanoma	35.3	21.9	2.4
Prostate	175.6	160.7	21.2

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020*.

Heart Disease and Stroke

The overall prevalence rates for measured cardiovascular and cerebrovascular events in the VVMC service area are less than those in the State of Colorado. Although the percentage of adults (18+ years) living in the VVMC service area who have ever had a heart attack is less than the state reported percentage (1.7 vs. 3.0 percent), the percentage of those who have coronary heart disease or angina exceeds the state percentage (5.0 vs. 2.9 percent).

Morbidity from Heart Disease and Stroke, 2008-2010
Per 100,000 Population

Hospitalization Cause	Eagle County	Colorado
Heart Disease (all)	1,739.7	2,593.5
Acute Myocardial Infarction	107.0	186.5
Heart Failure	423.4	776.3
Stroke	210.6	271.2

Source: a. Colorado Department of Public Health and Environment.2011.

Unintentional Injury

In Eagle County, there is a higher rate of hospitalizations due to motor vehicle accidents compared to the State of Colorado. The rate of hospitalizations related to unintentional poisoning is more than three times lower in Eagle County compared to the State of Colorado.

Age-Adjusted Rate of Hospitalizations for Unintentional Injuries, 2009-2011
Per 100,000 Population

Hospitalizations	Eagle County	Colorado
Motor Vehicle Accidents	82.2	75.0
Poisoning	10.8	35.7

Source: Colorado Department of Public Health and Environment.2011.

Asthma

The percentage of adults who have been diagnosed with asthma in the VVMC service area is roughly consistent with the State of Colorado. Data for the VVMC service area are not available for individuals less than 18 years of age.

Percent of Adults with Asthma, 2008-2010

Asthma	Eagle County	Colorado
Adults (18+ years)	8.7	8.5

Source: Colorado Department of Public Health and Environment.2011.

Diabetes

The percentage of adults (18+ years) in the VVMC service area who currently have diabetes is less than half that of the State of Colorado, while the percentage of women who developed diabetes during pregnancy is slightly higher than the state percentage. Data for the VVMC service area are not available for individuals less than 18 years of age.

Percent of Adults with Diabetes, 2007-2009

Diabetes	Eagle County	Colorado
Adults (18+ years)	2.7	5.9
Women who developed diabetes during pregnancy	8.3	7.1

Source: Colorado Department of Public Health and Environment.2011.

Arthritis

The percentage of adults who have been diagnosed with arthritis in the VVMC service area is significantly lower than that of the State of Colorado. Data for the VVMC service area are not available for individuals less than 18 years of age.

Percent of Adults with Arthritis, 2007-2009

Arthritis	Eagle County	Colorado
Adults (18+ years)	9.4	23.9

Source: Colorado Department of Public Health and Environment.2011.

Health Behaviors

Preventive Practices

When it comes to preventive care, Eagle County has lower rates of influenza and pneumonia vaccination compared to the State of Colorado. Rates of cholesterol screening and colorectal cancer screening are also lower in Eagle County when compare to state reported rates. However, Eagle County rates of breast cancer screening through mammography exceed that of the State of Colorado. When compared to *HealthyPeople 2020* benchmarks, Eagle County demonstrates an equivalent or decreased rate of preventive practices.

Preventive Practices, 2008-2010

	Eagle County	Colorado	<i>HealthyPeople 2020 Target</i>
Adults ≥ 18 years who report having a flu shot in the past 12 months	38.3%	41.8%	80%
Adults ≥18 years who report ever having a pneumonia shot	9.6%	25.3%	n/a
Adults ≥18 years who report ever having cholesterol screening in the past five years	61.4%	74.9%	82.1%
Females ≥40 years who report having a mammogram in the past two years	81.7%	71.5%	81.1%
Adults ≥50 years who report having a colonoscopy in the past 10 years OR a sigmoidoscopy in the past five years OR fecal occult blood test in the last year	60.6%	63.6%	70.5%

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013. HealthyPeople 2020.

Overweight and Obesity

The Colorado Department of Public Health and Environment defines obesity as having a body mass index (BMI) of greater than or equal to 30, while overweight is defined as having a BMI of greater than or equal to 25. Eagle County demonstrates lower percentages of obese and overweight adults compared with the State of Colorado. When compared to *HealthyPeople 2020* benchmarks, Eagle County demonstrates a lower rate of obesity.

Percent of Obese and Overweight Adults (≥ 18 years), 2008-2010

	Eagle County	Colorado	<i>HealthyPeople 2020 Target</i>
Obesity	13.5	19.9	30.5
Overweight	42.2	56.2	n/a

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020*.

Physical Activity

The Colorado Department of Public Health and Environment defines being physically active as described as participating in 30 or more minutes of moderate activity per day on five or more days per week, or 20 or more minutes of vigorous activity per day on three or more days per week. Physical inactivity is defined as no physical activity during leisure time. Eagle County has a lower percent of physically active adults compared to the State of Colorado and a higher rate than the *HealthyPeople 2020* benchmarks. Compared with the State of Colorado, Eagle County has a similar rate of physically inactive adults and a lower rate than *HealthyPeople 2020* benchmarks.

Percent of Physically Active and Physically Inactive Adults, 2008-2010

	Eagle County	Colorado	<i>HealthyPeople 2020 Target</i>
Physically Active	51.7	55.9	31.3
Physically Inactive	18.5	18.3	32.6

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020*.

Communicable Diseases

In Eagle County, there is a slightly lower rate of tuberculosis compared to the State of Colorado and a slightly higher rate when compared to *HealthyPeople 2020* benchmarks. Rates of human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS) are lower than the state. Rates of some sexually transmitted infections (chlamydia and gonorrhea) are substantially lower when compared to the State of Colorado. Eagle County has a higher rate of new cases of Hepatitis B compared to the State of Colorado and a lower rate than *HealthyPeople 2020* benchmarks.

Communicable Diseases, 2009-2011

Rate of new cases per 100,000 population

	Eagle County	Colorado	<i>HealthyPeople 2020</i> Target
Tuberculosis	1.3	1.5	1.0
AIDS	3.2	5.0	13.0
HIV	2.6	5.2	-
Chlamydia	553.0	1,643.7	n/a
Gonorrhea	9.2	196.9	257
Hepatitis A	0.6	0.6	0.3
Hepatitis B	1.3	0.8	1.5

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020*.

Mental Health

According to the Colorado Department of Public Health and Environment, a higher percentage of adults in Eagle County report their general health as fair or poor compared to the State of Colorado. However, when asked about average number of poor mental health days in the past month, Eagle County residents reported fewer of these days compared with the State of Colorado. A higher percentage of Eagle County residents also reported adequate social supports systems compared with the State of Colorado.

In Eagle County, a higher percent of women report postpartum depression symptoms compared with the State of Colorado.

From the data presented below, Eagle County has lower rates of mental health hospitalizations and suicide hospitalizations compared with the State of Colorado. These numbers represent the number of residents of Eagle County who require hospitalization and not where the hospitalization occurred.

Adult Mental Health Indicators

	Eagle County	Colorado
Percent of adults who report their general health was fair or poor	15.8%	12.5%
In past 30 days, average number of days reported that mental health was not good	2.1	3.2
Percent of adults who usually or always get the emotional or social support they need	84.7%	82.8%
Percent of women reporting postpartum depression symptoms since the birth of their baby, 2009	13.5%	11.0%
Age-adjusted rate of mental health hospitalizations (per 100,000 population)	1599.3	2912.2
Age-adjusted rate of suicide hospitalizations (per 100,000 population)	23.1	57.6

Source: Colorado Department of Public Health and Environment. 2011.

In 2011, suicide was the fourth leading cause of death in the State of Colorado, whereas it was the seventh leading cause of death in Eagle County. However, the age-adjusted rates of suicide in Eagle County and the State of Colorado are similar. When compared to *HealthyPeople 2020* benchmarks the rate of suicide is higher than national goals.

Age-Adjusted Suicide Rates, 2011

Per 100,000 population

	Eagle County	Colorado	<i>HealthyPeople 2020</i> Target
Age-adjusted suicide rate	17.9	17.4	10.2

Source: a. Colorado Department of Public Health and Environment.2011. b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020*.

Alcohol Use

Binge drinking is defined as drinking five or more drinks per occasion for males and drinking four or more drinks per occasion for females.¹⁰ Eagle County has a higher prevalence of binge drinking compared to the State of Colorado and national benchmarks. The rates of binge drinking in adults and high school students (grades nine-12) are slightly higher in Eagle County as compared to the State of Colorado as well as *HealthyPeople 2020* benchmarks.

Percent of Residents Reporting Binge Drinking in the Past 30 Days

	Eagle County	Colorado	<i>HealthyPeople 2020</i> Target ^c
Adults (≥18 years) ^a	28.3%	15.9%	24.4%
High school students ^b	28.0%	22.0%	22.7%

Sources: a. Colorado Department of Public Health and Environment.2011. b. Eagle County's *Healthy Kids Colorado 2011-2012 Survey Result*. 2012. c. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020*.

Substance Use

In Eagle County, 40percent of high school students, grades nine through 12, reported using marijuana at least once. This is the same as in the State of Colorado. The percent of high school students who have used marijuana in the last 30 days is only slightly lower in Eagle County compared with the State of Colorado while being significantly higher than national benchmarks.

Percent of High School Students Using Marijuana.

	Eagle County	Colorado	HealthyPeople 2020 Target
Percent of high school students who report ever using marijuana	40%	40%	n/a
Percent of high school students who used marijuana in the past 30 days	21%	22%	6%

Source: a. *Eagle County's Healthy Kids Colorado 2011-2012 Survey Results.2012.* b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020.*

Smoking

In VVMC's service area, there is a lower prevalence of adults who smoke cigarettes compared to the State of Colorado as well as the *HealthyPeople 2020* benchmarks.

Percent of Cigarette Smokers, 2008-2010

	Eagle County	Colorado	HealthyPeople 2020 Target
Adults (≥18 years) who smoke cigarettes	9.9%	16.9%	12%

Source: a. *Colorado Department of Public Health and Environment.2011.* b. U.S. Department of Health and Human Services.2013.*HealthyPeople 2020.*

Access to Care

Early access to health services can help to promote quality of life, reduce health disparities and decrease overall healthcare costs.¹¹ Barriers to access include: cost, availability, and lack of insurance.¹¹ Lack of access affects the overall state of health and quality of life while decreasing life expectancy.¹¹ Compared to the State of Colorado, Eagle County has a higher percent of both uninsured children and adults.

Health Insurance Coverage, Percent of Uninsured-2010

	Eagle County	Colorado
Uninsured children (0-18 years old)	16.1	10.3
Uninsured adults (19-64 years old)	24.1	20.1

Source: *Colorado Health Institute Data Repository. 2010.*

IV. The Health Needs of Eagle County

The following list represents the prioritized ranking of the community health needs of Eagle County, Colorado by VVMC. This collection of needs is the product of primary and secondary data analysis coupled with a prioritization methodology and feasibility evaluation. Although every attempt was made to identify existing services in Eagle County, VVMC acknowledges there may be programs in existence that were not captured for this study. The listed needs do not necessarily represent areas that warrant immediate action. To the contrary, some are logistically prohibitive within the current climate of the county or the organization. The purpose of this assessment is to provide organizational leaders with the information needed when considering health issue action plans.

The results of all the data sources were analyzed for common themes, concerns, and trends. The VVMC CHNA team identified then prioritized the areas of concern regarding healthcare within Eagle County. The needs assessment process identified the following as the prioritized health needs of Eagle County:

1. Access to healthcare
2. Unintentional injury
3. Substance abuse
4. Cancer
5. Diabetes
6. Dental care
7. Heart disease
8. Communication and language barriers to healthcare
9. Mental health
10. Alzheimer's Disease

1. Access to Care

Access to high-quality healthcare is an essential component to reduce health disparities and promote quality of life across a population. Access to care has a significant influence on several factors affecting individuals, families, and communities, including overall health, well-being, quality of life, prevention of disease and disability, screening and treatment of illness, and prevention of premature death.¹¹ Through primary data collection in Eagle County multiple issues emerged related to access to care, including health insurance, affordable care, and transportation.

Lack of Health Insurance

A major obstacle in obtaining appropriate healthcare may be not having insurance or being underinsured. Being underinsured refers to those with health coverage that does not adequately protect them from high medical expenses.¹² In Colorado there are approximately 1.5 million uninsured and underinsured individuals with those between the ages of 19 to 34 comprising the fastest rising group of uninsured. Eagle County has a combined uninsured and underinsured rate of 25 percent of the population, with the high cost of health insurance cited as the primary reason for not carrying insurance.¹³

Reasons for Lack Health Insurance (State of Colorado)

Reasons	2009	2011
Cost of health insurance is too high	88.4%	84.6%
Employed family member depended upon for insurance was not offered or eligible for employer's coverage	41.0%	40.6%
Employed family member depended upon for health insurance lost job or changed employers	36.7%	39.3%
Do not know how to get health insurance	13.8%	17.3%
Lost eligibility for Medicaid or Child Health Plan Plus (CHP+)	18.9%	17.3%
Do not need health insurance	11.1%	13.5%
Have pre-existing medical condition and cannot obtain health insurance	14.2%	12.5%
Family member who had health insurance is no longer part of family	8.5%	8.4%

Source: Colorado Health Access Survey: Informing a Healthy Colorado. CHAS Issue Brief, March 2013. Colorado Health Institute for The Colorado Trust.

The following represents the payer-mix for VVMC, including all satellite operations and facilities for the 2012 fiscal year.

2012 Payer Mix at Vail Valley Medical Center

	Percentage
Medicare	14.4%
United Healthcare	12.0%
Self-Pay (No Insurance)	10.9%
Blue Cross	10.5%
Medicaid	9.1%
Vail Resorts	7.9%
Cigna	6.9%
Worker's Compensation	6.6%
Cofinity	5.5%
Commercial	3.6%
Great West Healthcare of Colorado	3.2%
Vail Valley Medical Center	3.1%
Rocky Mountain Health Plans	2.9%
Cover Colorado	0.9%
CHP+ Claims	0.7%
ChoiceCare	0.6%
Military	0.4%
Private Health Systems	0.3%
First Health	0.2%
Auto Insurance	0.2%
Multiplan	0.1%
Crime Victims	0.01%
GEHA	0.01%
Total	100.00%

Source: *Vail Valley Medical Center. Eagle County Resident Encounter, Fiscal Year 2012.*

Vail Valley Medical Center Resources

VVMC offers financial assistance to patients who have been medically treated within the past three months and meet income and residency requirements. Patients who qualify are given up to a 100 percent discount based on need. Those patients who were declined assistance often failed to meet the minimum requirements for consideration such as income or residency requirements, or they had not filed taxes in recent consecutive years.¹⁴

Additional financial considerations for patients include a 10 percent discount for any patient who does not have insurance coverage and is able to pay their medical bill in full within ninety days from the date of service with the option to enroll in a flexible payment plan for balances paid within a calendar year.¹⁵

For fiscal year 2011, VVMC reported \$3.3 million in subsidized health services, \$2.7 million in charity care and an additional \$5.9 million in financial assistance and in-kind contributions. The combined total of community-benefit measures in 2011 amounted to eight percent of the annual operating expenses of VVMC.¹⁴

Subsidized Health Services Provided by Vail Valley Medical Center

	Amount
Emergency and trauma services	\$ 1,164,000
Hospital outpatient services	\$ 1,517,000
Women's and children's services	\$ 74,000
Behavioral health services	\$ 459,000
Other services (palliative care, etc.)	\$ 97,000
Total	\$ 3,311,000

Source: *Vail Valley Medical Center Community Benefit Categories Worksheet. Fiscal Year 2011, Community Benefit Inventory.*

Affordable Care

The high cost of healthcare can deter individuals from seeking timely and appropriate care. In the United States, adults who do not have health insurance are seven times more likely to forego medical care because of cost.¹⁶ The following programs are available in Eagle County that address affordable care issues relating to access to healthcare:

Vail Valley Medical Center Resources

Eagle Care Medical Clinic

Eagle Care is a service of VVMC providing primary care services to individuals without commercial insurance. Government insurance (Medicaid, Medicare, Child Health Plan Plus

(CHP+)) is accepted. A sliding scale fee structure is available to all self-pay patients, with reductions of up to 70 percent. Patients are required to meet with a financial counselor to determine eligibility for the sliding scale as well as any grant-funded services prior to their first appointment and yearly thereafter.

Eagle County Public Health

The Eagle County Public Health Department offers several healthcare services to the residents of Eagle County. Financial assistance is given to prenatal patients, including women who are not legal residents of the United States, with services provided at Eagle Care Medical Clinic. Family planning counseling is also offered on a sliding scale, and many individuals qualify to receive these services free of charge. In addition, vaccinations are given free to uninsured minors while any person over the age of 18 is offered vaccinations at a fee. Finally, screening for tuberculosis is offered at a small fee with treatment coordination available as needed.

Eagle County Health and Human Services

Eagle County Health and Human Services provides application assistance to individuals who meet income and health requirements to obtain Colorado Medicaid (or Emergency Medicaid if applicable), CHP+, or Medicare.

Vail Valley Charitable Foundation

Annually, the Vail Valley Charitable Foundation (VVCF) awards grant funds for medical costs to qualified Eagle County residents who apply and outline their financial need.

Colorado Mountain Medical (CMM)

Colorado Mountain Medical is a primary care physician clinic, which accepts a variety of insurance plans including Medicaid for children up to age one.¹⁷ There are three CMM medical offices throughout Eagle County. CMM does not offer discounts or financial assistance to underinsured or uninsured patients.

Doctors-on-Call

Doctors-On-Call is a walk-in, primary care, physician clinic, which advertises its commitment to provide affordable care to uninsured and underinsured by accepting all forms of insurance, including Medicare and Medicaid, as well as meeting local market prices for comparable medical services. Doctors-On-Call offers a 20 percent discount for any patient who is uninsured and flexible payment plans for established patients.¹⁸

Mountain Family Health Center

Located in the town of Basalt, Mountain Family Health Center's mission is "to provide high quality healthcare in the communities we serve, with special consideration for the medically under-served and uninsured". This group accepts private insurance, Medicare, Medicaid, and sliding scale payments. The clinic in Basalt is open five days per week.¹⁹

Eagle Healthcare Center

Eagle Healthcare Center is a medical office building located in the town of Eagle. This facility maintains a collaborative relationship between VVMC and Valley View Hospital. Services provided by VVMC in this location include cardiac care, dermatology, occupational health services, physical therapy, surgical consultation, and wound care. Payments accepted fall under VVMC guidelines. Valley View Hospital offers the following primary and specialty care services at this location: family medicine, allergy medicine, cardiology, ear, nose, and throat, general surgery, obstetrics/gynecology, orthopedics, pediatrics, plastic surgery, and urology.²⁰ This division of the healthcare center accepts private insurance, Medicare, Medicaid, and sliding scale payment in accordance with Valley View Hospital protocols.

Primary Care Health Clinics

In the town of Basalt, there are over five primary care health clinics and primary care physician practices. The majority of these facilities accept self-payment and private insurance only.

Transportation

Lack of transportation may also prevent access to appropriate healthcare for some people. Currently, there is no available data regarding transportation needs for individuals seeking healthcare services within Eagle County. Outside of the towns of Vail and Avon, there is no free or discounted public transportation available for individuals under the age of 60.²¹

Vail Valley Medical Center Resources

VVMC does not currently offer transportation services for patients, with the exception of prescription medication delivery to a patient's home. VVMC provides shuttle service for its employees to/from its main campus in Vail during the winter months when parking restrictions and fees are enforced within the Town of Vail parking structures. Free *10-ride ECO* bus passes are also given to employees upon request.

Eagle County Transportation Services

The Eagle County public bus service (ECO) offers services along the I-70 and U.S. Highway 6 and 24 corridors in Eagle County for a small fee. Additional service is available to the town of Leadville, which sits approximately 40 miles to the south from Vail in Lake County and is a residential community for many Eagle County workers.

Eagle County and Alpine Area Agency on Aging provide free transportation for any Eagle County residents over 60 years of age, or for those with disabilities. Daily service extends from Basalt to Eagle and Minturn with other locations serviced by appointment.

The Town of Vail bus service operates within town limits for no charge. The Vail Transportation Center serves as a terminal for ancillary bus and shuttle services. There is a

stop at VVMC on the in-town bus, which operates every eight to 15 minutes, depending on time of day and season.

The town of Avon also provides public transportation services free of charge within its town limits.

2. Unintentional Injuries

In the United States, unintentional injury is the leading cause of death among individuals ages one to 44.²² Injuries are a leading cause of disability among both males and females throughout all age groups without regard to race, ethnicity, social, or economic status.²³ While contributing to increased morbidity and mortality in our population, injuries have mental, social, and financial impacts on individuals, families, and communities.²³ In Eagle County, unintentional injury is the fourth leading cause of death.²⁴

In 2012, the leading causes of hospitalization for unintentional injury among Eagle County residents were ski and snowboard injuries followed by falls, biking injuries, and motor vehicle accidents.²⁵ The majority of injury prevention efforts in Eagle County center around these leading causes. The following programs related to injury prevention are available in Eagle County:

ThinkFirst

ThinkFirst is a national foundation with a local chapter at VVMC. This program's goal is to provide education on how to protect oneself from injury with particular attention to preventing brain and spinal cord injuries. It is funded by VVMC along with grants provided by state, regional, and local entities and private donations.

The services provided by this program include offering injury prevention education to all Eagle County elementary, middle, and high schools, skier safety education, child passenger safety education and technical training, adult fall prevention education, and injury prevention education at local public events. In 2012, ThinkFirst – VVMC provided 946 ski and bike helmets to individuals in need and reached over 9,000 individuals with injury prevention education.²⁶

Research

Acknowledging the leading causes of hospitalization for unintentional injuries in Eagle County were the result of ski and snowboard injuries, VVMC conducts ongoing research studying the factors that contribute to recreational, alpine trauma. Findings are presented at medical conferences and in peer-reviewed journals.

Eagle County Emergency Medical Services (EMS) Prevention Committee

The mission of the Eagle County EMS Prevention Committee is to be a cooperative, interagency group that coordinates and facilitates a variety of prevention activities for the citizens and guests of Eagle County. The committee collaborates on various prevention activities ranging from car seat safety, seat belt safety, and drug and alcohol prevention for kids, distracted driving prevention, suicide prevention, and senior safety.²⁶

Gore Range DUI Taskforce

The Gore Range DUI (Driving Under the Influence) Taskforce is composed of law enforcement agencies in Eagle County. The taskforce is deployed at various times to

saturate different travel routes within the county with highly trained DUI officers. The taskforce takes a zero-tolerance approach to DUI enforcement for the ultimate goal of reducing alcohol related crashes.²⁷

3. *Substance Abuse*

The U.S. Department of Health and Human Services defines substance abuse as “a set of related conditions associated with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes.”¹⁰ It is a health issue that has tremendous impact on individuals, families, and communities. In the United States, about one in 15 individuals is affected by substance abuse.²⁸ Substance abuse may substantially increase the incidence of other public health problems including teenage pregnancy, HIV/AIDs, other sexually transmitted diseases, domestic violence, child abuse, motor vehicle crashes, physical violence, crime, and suicide.¹⁰ Not only do these issues impact physical health, but the financial, social, and emotional aspects of a community may be severely affected.

Eagle County’s rates of binge drinking are higher than that of the national benchmark.²⁹ There is lack of available data and statistics on substance abuse in Eagle County in relation to illicit drugs, such as cocaine and heroin, although recent studies point out the rate of prescription drug abuse is increasing throughout the state. In Colorado, more than 400 people die annually due to prescription drug abuse.³⁰ In the United States, the second leading cause of death within the category of unintentional injury was due to poisoning or drug overdose. Drugs, including opioid pain medication, cocaine, and heroin, were the top causes of death.³¹

Although there are several counseling centers and multiple private practice counselors who provide outpatient therapy related to substance abuse and addiction in Eagle County, few accept Medicare, Medicaid, have a sliding-scale fee structure, or provide charity care. This can lead to potential issues with access to care for individuals in Eagle County suffering with substance abuse. Inpatient substance abuse treatment currently does not exist in Eagle County. VVMC may admit patients for medical detoxification, but there are no services available to address ongoing psychosocial needs for these patients. Currently, the resources available in Eagle County for substance abuse include the following:

Screening, Brief Intervention and Referral to Treatment (SBIRT)

In 2008, VVMC was one of 12 medical facilities in Colorado to receive funding via a federal grant to implement and maintain the Screening, Brief Intervention and Referral to Treatment (SBIRT) program. The goal of the program is to identify patients who use alcohol and other drugs, with the goal of reducing and preventing related health consequences, disease, accidents, and injuries.³²

At VVMC, incoming patients are screened to determine their individual use of alcohol, tobacco and/or drugs. A brief intervention is offered to those whose consumption is considered excessive and carries the potential for dependence. If an individual is identified as high risk, he/she may be referred for outside treatment. In 2012, 1,614 patients screened positive for at-risk alcohol use and 917 patients screened positive for at-risk substance use.

Through universal screening, awareness is created to help educate patients on the potential negative health consequences of substance abuse. VVMC is in the process of making SBIRT a standard of care for all patients.

Colorado West Regional Mental Health

Colorado West Regional Mental Health (CWRMH) is a non-profit organization providing mental health and substance abuse services throughout 10 counties on the Western Slope of Colorado. Its mission is “to create access to quality mental health and substance abuse services, enhancing recovery and resilience in our communities”.³³ CWRMH accepts Medicare, Medicaid, private insurance, and self-pay on a sliding scale.

CWRMH offers a full range of programs including: adult and pediatric psychiatric services, group and individual therapy, crisis services, employee assistance programs, and substance abuse programs. VVMC has a collaborative relationship with CWRMH in regard to mental health and detoxification services. If a patient presents to the VVMC Emergency Department, CWRMH may provide social services in conjunction with the Town of Vail once the patient is medically cleared. These services are available 24 hours per day, seven days per week on an on-call basis.

Samaritan Counseling Center of the Rockies

The Samaritan Counseling Center of the Rockies “provides emotional healing, guidance, and support through professional spiritually-integrated counseling and education”.³⁴ This group offers addiction counseling services and accepts self-payment on a sliding scale and most private insurance.

Eagle River Youth Coalition

The Eagle River Youth Coalition (ERYC) is an organization whose mission is to identify and address youth and family needs through programs, policies, and strategic plans, ERYC collaborates with over 30 local entities in Eagle County and serves over 5,000 community members per year. The majority of services are free of charge to its clients.³⁵

The following services and programs are offered by ERYC:

Project Towards No Drug Abuse (TND) – In partnership with Eagle County Schools, ERYC supports this 12-session course for local high school students. Over 40 Battle Mountain High School and Eagle Valley High School health class students currently engage in this evidence-based drug and alcohol reduction, violence prevention, and safe driving curriculum each semester. TND addresses motivation factors, skills-building, and decision-making.

Healthy Kids Colorado Survey – ERYC coordinates administration of the biennial Healthy Kids Colorado Survey to local students in grades seven to 12. In 2011, over 2,300 students at 11 schools were surveyed on various behaviors, attitudes, and perceptions. Results, which include a multitude of alcohol and drug-related topics, are offered to the community to steer practices and help secure resources.

Positive Social Marketing – Positive results from the Healthy Kids Colorado Survey are incorporated into a marketing campaign designed to utilize peer pressure in a positive manner by aligning misperceptions with actual behavior. Currently, six local middle and high schools engage in the campaign, which includes a large emphasis on alcohol reduction.

Educational Forums – ERYC coordinates free educational events that indirectly and directly relate to alcohol and substance abuse, and are typically geared toward parents and youth-serving professionals. Events leverage local experts, including medical professionals, law enforcement partners, and others who educate community members on various topics. Past event topics have included marijuana’s impact on youth, brain development, and general substance abuse.

Parent Education – ERYC coordinates a range of parent education opportunities that directly and indirectly include substance use/abuse prevention and reduction components. Current opportunities include the free Dinner & Dialogue series and Active Parenting of Teens series.

Community Trainings – ERYC coordinates a range of training opportunities for community members to gain professional development and certifications. Future training topics may include addictions, counseling skills, motivational interviewing and pharmacology.

Project Sticker Shock – ERYC partners with local law enforcement entities and alcohol retailers for awareness campaigns around the dangers of purchasing and providing alcohol to minors. The campaigns occur during heavy underage drinking periods, including the Prom, Graduation, Fourth of July and school breaks.

Safety Campaigns – Similar to Project Sticker Shock, ERYC partners with local law enforcement agencies and event producers for safety messaging campaigns promoting youth prevention during public events that include alcohol and/or drug consumption.

Enforcement –Local Substance Abuse and Mental Health Administration (SAMHSA) Drug Free Communities grant, ERYC channels funds toward enforcement efforts that include: Driving Under the Influence (DUI), Minor In Possession (MIP), and compliance checks.

Collaborative support – ERYC supports a variety of direct-service providers through marketing, recruitment, referrals, and other capacity-building initiatives. These services include mentorship, recreation, and educational offerings.

Alcoholics and Narcotics Anonymous

Alcoholics Anonymous (AA) is a support group for men and women in alcohol recovery, with the goal of supporting individuals in their effort to achieve sobriety. There is no cost to AA members.³⁶ The town of Eagle holds a daily meeting, and Spanish-speaking meetings are held five days per week. Meetings are also available in the towns of Basalt, Edwards, Avon, Beaver Creek and Vail.

Narcotics Anonymous (NA) is a non-profit fellowship of men and women in recovery from narcotic abuse. They meet regularly to support each other with the goal of maintaining complete abstinence. There are meetings five days per week in Eagle-Vail, adjacent to the town of Avon. There are also Spanish-speaking meetings available. The town of Basalt holds a weekly NA meeting as well.³⁷

WayFinder

Wayfinder is a program whose goal is to serve as a single point of entry for the coordination and integration of care for adolescents between the ages of 10 to 18. This group performs comprehensive assessments for clients, develops individualized treatment plans, coordinates “wraparound” treatment services, performs long-term progress monitoring and provides evaluation. This program does not offer direct services, but rather works with existing service providers in Eagle County to ensure the delivery of integrated care, including substance and alcohol abuse services.³⁸

When there are no services available in Eagle County, Wayfinder documents the absence of these services and advocates at the local, state and national level to help close the gap. When necessary, this program may access services outside of Eagle County for clients in need.

The Family Room

This group has expertise in mental health and substance abuse services serving patients ranging from ages eight to 80.³⁹ Providers are able to offer hospital pre-discharge meetings as well as in-home therapy. The Family Room offers individual therapy, an eight-week intensive outpatient program for substance and alcohol abuse. There is also a Women’s Recovery Therapy Group. The Family Room may facilitate introduction to “Twelve Step Meetings”, as well as admission to higher levels of care, both inpatient and residential, by coordinating with a patient’s insurance plan or payor. It also provides hypnosis for tobacco cessation and to support any life changes a person may wish to undergo. In addition, The Family Room collaborates with primary care providers to coordinate “wraparound” services.

Alpine Springs Counseling

Alpine Springs Counseling has offices located in the towns of Eagle and Edwards and provides state-certified substance abuse treatment and education.⁴⁰ Services also include domestic violence treatment and other psychological services. Spanish-speaking counselors are available.

Private Practice Counselors

There are approximately 13 private practice counselors and psychotherapists throughout Eagle County who treat individuals with substance abuse issues. The majority of these practitioners accepts private insurance and self-pay for treatment.

4. Cancer

Cancer is the leading cause of death in both Eagle County and in Colorado. Not only is the mortality rate from cancer significant, but it is a disease that strongly affects quality of life with profound mental, emotional, social, and economic burdens. Despite the high rates of cancer throughout the population, morbidity and mortality may be reduced by; decreasing preventable risk factors, implementing primary prevention measures, and providing relevant screening practices.⁴¹

Eagle County rates of breast cancer screening (81.7 percent) are currently meeting the *HealthyPeople* 2020 target (81.1 percent).⁴¹ However, rates of colorectal screening in Eagle County (60.6 percent) are currently below *HealthyPeople* 2020 guidelines (70.5 percent).⁴¹ The Shaw Regional Cancer Center (SRCC) offers screening and prevention programs that are free to the general public, a portion of which are grant-funded and channeled through Eagle Care Medical Clinic, located on the same campus in Edwards. Both are divisions of VVMC

In addition to providing diagnostic and treatment services, SRCC also offers a variety of survivorship services focusing on nutrition, fitness and psychological support for patients and their caregivers. The services found at the SRCC are utilized by patients from Eagle County and the surrounding area. The following are current programs available in Eagle County related to cancer care:

Shaw Regional Cancer Center

- On-site Chemotherapy/ Infusion Care
- On-site Radiation Therapy
- On-site Breast Imaging and Diagnostics Center
- Cancer Counseling and Support
- Clinical Trials
- Disease-Specific Multidisciplinary Conferences
- Fitness and Wellness
- Home Care and Hospice
- Medical Library
- Nutrition and Dietary Consultation
- Pastoral Services
- Pet Partners
- Oncology Pharmacy / On-site regular pharmacy

- Physical Therapy and Rehabilitation
- Spirit of Survivorship Program
- Annual free skin cancer screenings
- Sun Safety Program – Skin cancer prevention education at local elementary schools
- Annual breast cancer prevention education
- Vail Health Magazine cancer prevention articles

In fiscal year 2012, SRCC treated over 400 new patients with more than 60 percent coming from Eagle County.

Jack's Place

Jack's Place is a Cancer Caring House located adjacent to SRCC and features 12 private guest rooms in a 10,825 square-foot lodge setting. Patients traveling to the SRCC for cancer treatment are able to stay at Jack's Place along with a family member and caregiver on a "pay-what-you-can" philosophy. In 2012, Jack's place served 230 patients. The following services are also offered to patients at Jack's Place:

- Yoga
- Pilates
- Tai Chi
- Massage
- Meditation
- Nutrition Classes
- Acupuncture
- Support Groups
- Look Good Feel Better, through American Cancer Society

Vail Breast Cancer Awareness Group

The Vail Breast Cancer Awareness Group strives to ease the financial and emotional burden endured by women in Eagle County who are battling breast cancer.⁴² Any woman living in Eagle County who is diagnosed with breast cancer is eligible for services provided by Vail Breast Cancer Awareness Group. The group offers the following services:

Day to Play Program – Every Eagle County resident diagnosed with breast cancer receives \$500 to use as she wants to help relieve the stress of cancer treatments. It can be used toward a spa day, to help pay medical bills, or to pay for child care.

Pink Lemonade Bubblegum Day to Play – Children of mothers who are undergoing treatment for breast cancer are eligible to receive a day to play.

The Gap Fund – Vail Breast Cancer Awareness Group granted \$50,000 in 2012 to the Sonnenalp Breast Diagnostic Imaging Center at the Shaw Regional Cancer Center to help women cover the cost of diagnostic breast imaging.

5. *Diabetes*

Diabetes mellitus, or simply diabetes, greatly affects quality of life and has a considerable economic burden on our population including increased risk of heart disease and stroke, kidney failure, lower limb amputations, and blindness.⁴³ Diabetes is the seventh leading cause of death in the United States, affecting over 25 million people.⁴⁴ In Eagle County, diabetes is the ninth leading cause of death.²⁴

With appropriate care, the complications of diabetes can be mitigated, however, a significant number of people in the United States with diabetes are undiagnosed.⁴³ Therefore, primary prevention and screening efforts for diabetes are essential. The following are programs available in Eagle County related to diabetes care:

Eagle Care Medical Clinic:

Eagle Care Medical Clinic (ECMC) provides primary care services to residents of Eagle County without commercial insurance and helps patients with the management and control of diabetes. There is an independent diabetic educator available at ECMC to assist in patient education needs.

Eagle County Paramedic Services Community Paramedic Program:

In 2010, Western Eagle County Ambulance District (WECAD) started the first community paramedic program in Colorado with the goal of being more proactive in helping medically vulnerable residents (e.g., the chronically ill, the elderly, and those with a recent hospital stay) maintain their health, while reducing healthcare costs. After receiving a referral from a licensed healthcare provider, a paramedic provides assessment and medical treatments within their scope of practice to patients in their homes.⁴⁵

6. *Dental Care in Eagle County*

The state of oral healthcare in Eagle County mirrors that of the State of Colorado as a whole. A study commissioned and conducted in 2011 by The Colorado Trust, a Denver-based non-profit that closely monitors health issues across the state, shows the lack of oral healthcare is a “persistent but silent epidemic” that is tied to other chronic health issues.⁴⁶

According to the study, dental care is tied directly to having dental insurance, and in 2011, 36.2 percent of those who live in Eagle and the four surrounding counties, did not visit a dental professional. Across the state as a whole, 36.6 percent of Coloradans did not visit a dental professional in 2011. Statewide, 39.9 percent of Coloradans lacked dental insurance in 2011, more than 2.5 times the state rate of those without health insurance (15.8 percent). For 98 percent of Americans, dental insurance is typically a separate policy from medical insurance.⁴⁶

Statewide statistics indicate 55 percent of Hispanic children in kindergarten in Colorado have had one or more dental caries, compared to 38 percent of Black and 31.9 percent of White children. With Hispanics comprising over half of all children enrolled in Eagle County public schools, oral health is of particular concern for this demographic segment of the school age population, particularly for those who lack dental insurance. According to the study, cost is the most commonly cited barrier to obtaining dental insurance, and subsequently dental care.⁴⁶ The following programs are available in Eagle County related to dental care:

Eagle Care Medical Clinic:

Eagle Care Medical Clinic (ECMC), which serves low-income, uninsured and underinsured residents of Eagle County, utilizes several strategies to close the gap for oral healthcare for its predominantly Hispanic patient population. For all children over the age of one who have not had a dental visit within the previous six months, ECMC provides a fluoride varnish to children as part of a well-child exam. ECMC follows “Cavity Free by Three” guidelines that focus on education of parents – starting as a component of prenatal care – on the importance of regular dental healthcare.

Eagle County Smiles:

For those without Medicaid or dental insurance and also without the financial means to pay for dental care on their own, local agencies turn to Eagle County Smiles, a consortium of dental professionals (approximately 18 of the 23 practices in Eagle County) and other healthcare professionals. Eagle County Smiles was formed in 2010, as a network designed to provide care to uninsured individuals in need, particularly with emergent conditions. Eagle County Smiles, a division of the Vail Valley Charitable Fund, connects “patient X” with “provider Y” as funding allows. The gatekeepers are composed of healthcare professionals in the public and private sector, Women Infants and Children (WIC) educators, and others interested in improving the oral health of the county’s underserved population.

Patients, particularly children, with Medicaid are referred to a provider in Glenwood Springs (All Kids Dental) with a Spanish-speaking staff while Eagle County Smiles raises funds to offset the costs of the dental visits.

7. *Heart Disease*

In the United States, heart disease is the leading cause of death among both men and women.⁴⁷ Heart disease is the second leading cause of death in Eagle County and in the State of Colorado.²⁴ In addition to the detrimental effects this prevalent disease has on health and quality of life, the economic burden is immense throughout the country.⁴⁸

There are several risk factors that contribute to heart disease, including obesity, high blood pressure, high cholesterol levels, cigarette smoking, diabetes, poor diet, and a lack of physical activity. Many of these risk factors may be controlled with proper prevention methods and intervention.⁴⁹ Primary prevention is essential for cardiac disease, and proper screening is important to treat and mitigate controllable risk factors. In addition, early recognition and treatment of a heart attack can improve patient outcomes and reduce mortality.⁴⁹ Post-heart attack-after care is crucial to help prevent a recurrence of cardiovascular emergencies.⁴⁹

The following programs are available in Eagle County related to cardiac disease:

VVMC Avanti Cardiology

Avanti Cardiology, a division of VVMC, is a practice providing heart and vascular care; comprehensive diagnostic testing; and medical management of coronary artery disease, hypertension, lipid disorders, arrhythmias, valvular heart disease, cardiomyopathies, and congestive heart failure. Additional services include pre-operative evaluation, anticoagulation services, as well as cardiac rehabilitation and comprehensive screening physicals for young athletes.

Starting Hearts

Starting Hearts is a local non-profit organization focused on preventing deaths due to Sudden Cardiac Arrest (SCA). This group offers free Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) classes in Eagle County.⁵⁰

8. Communication and Language Barriers

Eagle County's population is 66.9 percent White non-Hispanic and 30.4 percent Hispanic.² At VVMC locations, language barriers may be addressed by either bilingual staff to facilitate communication or by calling Aprendi translation service.

Aprendi Interpreting and Translation is the translation partner for VVMC and is available 24 hours a day, seven days a week, including holidays. Interpretation services are conducted in person, over the phone or through video interpreting. VVMC has on-site access to Spanish, French and Italian interpreters; access to other languages via phone or video conferencing is also available.

According to Mariana Mastandrea, Operations Manager and Lead Interpreter for Aprendi, Aprendi is the only local translation service in Eagle County.⁵¹ Aprendi works with 90 percent of the medical businesses in Eagle County, including VVMC, Vail-Summit Orthopedics, Colorado Mountain Medical, Doctors on Call and multiple physical therapy clinics.

Approximately 200 patients/families per month require translation services at VVMC. In total, Aprendi translated for 7,281 people in 2012, a 36 percent increase from 2011. About 99 percent of interpreting requests are for Spanish/English.

A small percentage of tourists that visit Eagle County need additional translation. In 2012, the language services requested included Turkish, Chinese, Russian and Sign Language. Aprendi successfully translated these cases for VVMC.

9. Mental Health

In the United States, 25 percent of adults have a mental illness, and mental health disorders contribute greatly to poor physical health and disability.^{52,53} The U.S. Department of Health and Human Services describes mental health as “essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society”.⁵² Mental disorders and illnesses may impair a person’s functioning by causing altered thoughts, mood, and behaviors.⁵² There are treatments available for some mental illnesses, including: major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD), and borderline personality disorder.⁵⁴ In addition, mental health disorders, like depression, can lead to suicide, which is the seventh leading cause of death in Eagle County.⁵⁵

In Eagle County there are several outpatient-only services located throughout the valley available for individuals with mental health disorders. The following mental health programs and services are available in Eagle County:

Vail Valley Medical Center Resources

While VVMC does not have a psychiatrist on staff, there are two licensed, clinical social workers present in the hospital Monday through Friday from 8:00 a.m. to 5:00 p.m. Any patient care provider may request a social work consultation for a patient. Common reasons for requesting a social work consult include patients with emotional or mental health problems or patients with suicidal ideation. In the hospital setting, social workers provide patients with counseling and referral for outside treatment.

Patients with mental health disorders who require inpatient treatment are admitted to VVMC for medical stabilization or while placement at an outside mental health facility is pending.

VVMC and Colorado West Regional Mental Health (CWRMH) have a collaborative relationship, and VVMC nurses or physicians may contact CWRMH to help with assessment, referral to outpatient treatment, or placement at an inpatient facility for patients in mental health crisis. CWRMH maintains a clinician on-call 24 hours per day, seven days per week. Please see below for more detail on Colorado West Regional Mental Health.

Alpine Springs Counseling

This organization offers a broad range of services related to mental health issues for teens, adults, senior citizens, postpartum depression, and gay and lesbian issues. There is a board-approved domestic violence education and treatment program as well as an anger management education and treatment program.

Alpine Springs Counseling has multiple offices in the VVMC service area with both English and Spanish-speaking counselors available. Of note, only self-payment is accepted.⁴⁰

Eagle Valley Counseling

Eagle Valley Counseling offers a mix of mental health services and substance abuse services, with the intention of educating individuals on how these two issues are related. Its office is located in Edwards, and this group accepts private health insurance and self-payment on a sliding scale.⁵⁶

Colorado West Regional Mental Health (CWRMH)

Therapy is available through CWRMH for individuals, couples, families, and groups. Other services related to mental health offered by CWRMH include treatment for stress, anxiety, relationship and parenting issues, depression, crisis management, postpartum depression, post-traumatic stress disorder, and other serious mental health issues. Offices are located in both Vail and Eagle, where both English and Spanish speaking counselors are available. CWRMH accepts self-payment, most private insurance, Medicaid, and Employee Assistance Program funding.⁵⁵

SpeakUp ReachOut

SpeakUp ReachOut is the Suicide Prevention Coalition of Eagle County whose goal is to reduce the number of suicides in Eagle County by providing “education, training and hope.” This group provides suicide prevention education and training programs to local schools and community organizations. Providers offer awareness programs and intervention and post-intervention resources to clients and their families. Support groups are also available. Offices are located in Avon, Edwards, and Eagle. All services provided by SpeakUp ReachOut are free of charge.⁵⁷

The Family Room

The Family Room offers services to help treat Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), as well as mood and thought disorders to residents of Eagle County. English and Spanish speaking counselors are available while self-payment, sliding scale payment, Medicare, Medicaid, and private insurance are accepted as forms of payment. The Family Room also provides services free of charge to qualified, indigent clients.

Aspen Behavioral Health

Aspen Behavioral Health is located in Avon. This group offers mental health services for children and adults. Self-payment is accepted.⁵⁸

Samaritan Counseling Center

The Samaritan Counseling Center is located in the town of Edwards and provides education, counseling and other mental health resources to both individuals and families of all ages. The counseling services offered include grief/end of life, spiritual, criminal justice, and post-traumatic stress disorder (PTSD). Self-payment on a sliding scale and most private insurance is accepted.³⁴

Private Practice Counselors

There are over 20 private practice counselors and psychotherapists throughout Eagle County who treat individuals with mental health issues. The majority of these practitioners accepts private insurance and self-pay for treatment.

10. Alzheimer's Disease

Alzheimer's disease is characterized by progressive dementia, which affects memory, decision making, language, motor function, recognition, and eventually performance of the activities of daily living.⁵⁹ Symptoms typically develop gradually and progress over time. Currently, there is no cure for Alzheimer's disease, though there are treatments available to help slow the progression of symptoms.⁶⁰

In the United States, Alzheimer's disease is the sixth leading cause of death, with over five million people afflicted.⁶⁰ Due to overall increase in the aging population, the prevalence of Alzheimer's disease is expected to more than double by the year 2050.⁵⁹ Not only does this disease significantly impact individuals and families, but the financial burden from Alzheimer's disease is tremendous. It is estimated that in 2013, this disease will cost the United States \$203 billion due to healthcare payments, long term care, and hospice care.⁶⁰

In Eagle County, Alzheimer's disease is the third leading cause of death.²⁴ Home health services are available in Eagle County, and currently a new senior care community is in the development process in the town of Eagle.⁶¹ The following services related to Alzheimer's disease are available in Eagle County:

Visiting Angels

Visiting Angels provides non-medical home care services to seniors living in Eagle County. This group has caregivers who are specially trained through a program sponsored by the Alzheimer's Foundation of America to work with clients with Alzheimer's disease. Caregivers will work with individuals and families to develop daily care plans, and a variety of services and daily schedules are available. This group accepts self-payment only, and has an office located in the town of Eagle.⁶²

HomeCare and Hospice of the Valley

HomeCare and Hospice of the Valley is a non-profit organization that provides home health services and hospice care to individuals suffering from various diseases, including Alzheimer's disease. Certified nursing aides or personal care assistants provide home visits to help clients with activities of daily living. This group is available 24 hours a day, seven days a week. Medicare, Medicaid, private insurance, and self-payment are all forms of payment accepted.⁶³

Castle Peak Senior Care Community

Currently, Eagle County is working in partnership with Augustana Care Corporation to assess the need for, plan, and build a continuum of care retirement community (CCRC) in Eagle County. The plan for this development is to provide independent living, assisted living, memory care, skilled nursing, wellness, and an adult day center. Memory care is directed toward individuals living with cognitive deficits. The expected date of completion for this facility is the end of 2014.

V. Conclusion

Creation of the Community Health Needs Assessment involved the critical appraisal of services provided by Vail Valley Medical Center, the health profile of Eagle County residents, and contemporary public health prioritization methods. The results of this assessment yield important findings related to the health needs of the community served by VVMC. Through this process, it became clear that some needs are currently part of the mission and vision of VVMC, while others are not yet addressed or, are not feasible within the constraints of the current political and economic healthcare climate of the county or the organization. Although VVMC currently provides community benefits in excess of recently published national averages for tax-exempt hospitals, this report will serve as a scaffold around which Vail Valley Medical Center will continue to build its vision of providing superior health services to the residents and guests of Eagle County.^{14, 64}

VI. Acknowledgements

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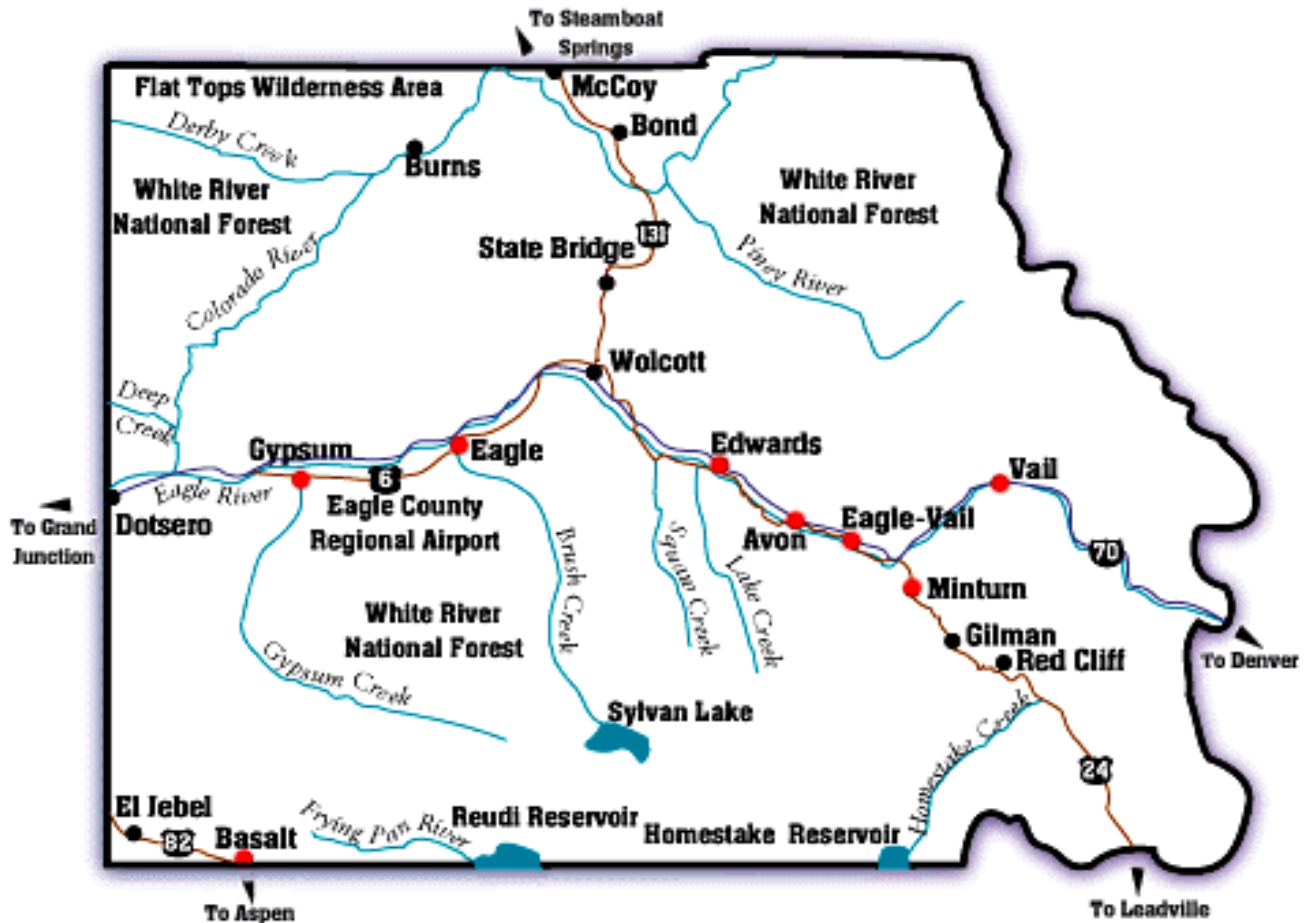
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Appendix A. Map of Eagle County



Appendix B. Vail Valley Medical Center Service Locations.

