Community Health Improvement Plan
2013 - 2016
INTRODUCTION

Over the years, through partnerships with numerous organizations, Healthier Laramie County has implemented a bold agenda to improve health outcomes for Laramie County. In the past, the Healthier Laramie County Action Teams have addressed a number of community issues such as building strong families, prevention, education, and health care access that make it easier for individuals to find the services they need.

For example, today our community has a Centralized Pharmacy that serves as a short-term bridge to ensure underserved patients can access the prescription medications they need. In 2012, the Laramie County Centralized Pharmacy dispensed donated and prescription assistance medication to 2,983 patients (25,340 prescriptions) with an equivalent retail value of nearly $3.5 million. The pharmacy also completed 2,186 low-income assistance applications to pharmaceutical companies ($1,169,522 equivalent retail value).

Wyoming 2-1-1 was launched in our community in 2010. Wyoming 2-1-1 is a free, confidential health and human services information and referral system that started in Southwest Wyoming and then expanded statewide. Callers receive non-emergency referrals for basic needs, physical and mental health services, financial counseling and resources, support for families and children, support for community crisis and disaster recovery.

GoalConnect is a secure, web-based care coordination tool now in place to help Healthier Laramie County partners better help their patients and clients navigate what can sometimes be a confusing health and social services system.

In 2012, Healthier Laramie County in partnership with the City of Cheyenne installed a new fitness course along the Greater Cheyenne Greenway in south Cheyenne.

Beginning with a stakeholder meeting in June 2012, Healthier Laramie County kicked off a collaborative planning process of more than 100 county partners to focus the County’s attention on the 2013-2016 community health improvement plan.

Utilizing the 2012 updated comprehensive community needs assessment (www.WyomingHealthMatters.org) to guide the effort over the next three years, five health and well-being priority areas have emerged:

- Healthy Adults with Healthy Behaviors
- Healthy Youth
- Strong Families
- Supportive Physical Environment
- Accessible Care

This report provides a summary of Laramie County’s Community Health Improvement Plan. We invite you to find an area that sparks your interest and join our partnership.
HEALTHY ADULTS WITH HEALTHY BEHAVIORS

The health of an individual can be measured by how long they live and the quality of those years. People who improve their lifestyle may gain an extra decade of life they might otherwise miss.

BEST PRACTICES

Preventing Heart Disease in Women
• Don’t smoke or use tobacco
• Exercise for 30 minutes on most days
• Eat a heart-healthy diet
• Get regular health screenings
• Maintain a healthy weight
Source: National Institutes of Health; American Heart Association; Mayo Clinic

Healthy Adults With Healthy Behaviors
• Have a positive outlook
• Move naturally
• Eat wisely
• Connect with others
Source: National Institutes of Health; Blue Zones State Vitality Projects (D. Buettner); Live Well Colorado

MULTI-PARTNER INTERVENTIONS

Generations of Health: Promoting Awareness of Healthy Behaviors
• Engage women of all generations in behavior change and educate on risk factors associated with heart disease
• Promote awareness of basic health indicators
• Train faith community nurses for grassroots health impacts
• Assist participants in setting realistic and achievable goals

Healthier Laramie County Lives Well
• Engage leaders/develop six month plans focused on prevention and reduction of obesity
• Lay institutional and individual groundwork for 12 months
• Transform the community for 12 - 18 months
• Build sustainability for 18 - 36 months

NEEDS ASSESSMENT INDICATORS

8% of Adults Have Diabetes

What’s Really Killing Us?

1 in 4 Adults in Laramie County is Obese

Source: Wyoming Behavioral Risk Factor Surveillance System; WY Department of Health
ACCESSIBLE CARE

Access to health services has a profound effect on every aspect of a person’s health. Clinical preventive services offer tremendous opportunity to save years of life and help people live better during those years. There are many regular check-ups and screenings that can not only detect health issues early, but save lives.

NEEDS ASSESSMENT INDICATORS

36.5% Adults Have Never Had a Colon Screening (50+)

| LARAMIE COUNTY | 36.5% |
| WYOMING | 39.5% |
| UNITED STATES | 37.8% |


18.3% Adults Have Not Had a Pap Smear in the Last 3 Years (18+)

| LARAMIE COUNTY | 23.2% |
| WYOMING | 17% |
| UNITED STATES | 18% |


1 in 4 Adults Have No Regular Doctor

| LARAMIE COUNTY | 25.7% |
| WYOMING | 24% |
| UNITED STATES | 22.6% |

Source: American Community Survey, United States Census Bureau.

BEST PRACTICES

Accessible Care

- Strengthen provision of primary, preventive, mental health, and dental care for the underserved
- Expand access to patient-centered, medical homes to foster continuous and team-based healing relationships with primary care providers.
- Navigate uninsured consumers to the official source to find, compare and enroll in affordable healthcare coverage

MULTI-PARTNER INTERVENTIONS

Community Health Teams

Serve as multi-disciplinary team extenders to help Patient Centered Medical Homes with patient self-management support; coordinate transitions of care, and provide enhanced access to community-based services to address a range of issues. For example: anxiety, depression, alcohol abuse, health education, patient engagement, and non-medical social support.

Source: Institute for Healthcare Improvement; National Institutes of Health.
STRONG FAMILIES

We see the patterns of poverty played out in the lives of hundreds of families in Laramie County. Stopping the cycle of poverty, social isolation, poor health and victimization will result in long-term savings for every level of government and result in a better community for all.

NEEDS ASSESSMENT INDICATORS

15% of Infants are Born to Mothers with Less than 12 Years of Education

LARAMIE COUNTY 15%
WYOMING 16%
UNITED STATES 22%

Source: Annie E Casey Foundation—KIDS Count

BEST PRACTICES

Support and Engagement
Support young children’s healthy development through partnerships between families and health care providers.

Parents engaging with their child, the services and programs they receive, and the larger systems and policies that govern those services.

Source: National Academy of Health Policy; National Parent Leadership Institute; Connecticut Commission on Children

MULTI-PARTNER INTERVENTIONS

Change for Children -- Parent Leadership Training Institute (PTLI)

• Parents supporting early child health and development
• Parents effectively engaging with their children
• Parents shaping services
• Parents shaping policies and systems

Strengthening Families

• Improve family relationships, parenting skills, and youth’s social and life skills
HEALTHY YOUTH

Improving the well-being of children is an important goal. Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities and the health care system.

MULTI-PARTNER INTERVENTIONS

Coordinated School Health and Wellness Model of Young People

Engage early care and education providers and the Laramie County School Districts to improve pre-kindergarten readiness and create and sustain an environment and policy change to support healthy eating and physical activity.

Teen Suicide Prevention Awareness Campaign

Engage health care providers, law enforcement, schools, mental health, faith based organizations, and other community partners in providing “gatekeeper” suicide risk alertness training to reduce suicidal behaviors.

BEST PRACTICES

Health Knowledge and Behaviors

- Increase health knowledge, attitudes and skills
- Increase positive health behaviors and health outcomes
- Improve education outcomes and social outcomes

Source: Centers for Disease Control and Prevention Coordinated School Health and Wellness; Journal of the American Academy of Pediatrics

Teen Suicide

Enhance effective messaging and outreach designed to raise awareness, reduce stigma and increase life-saving measures.

Source: Wyoming Department of Health, Public Health Division

NEEDS ASSESSMENT INDICATORS

Childhood Obesity

- 2006-2009: Wyoming 33%, U.S. 14.4%
- Kids age 2-5 receiving WIC benefits: Wyoming 23%, U.S. 27.8%

Teen Suicide

Enhance effective messaging and outreach designed to raise awareness, reduce stigma and increase life-saving measures.

Source: Wyoming Department of Health, Public Health Division

Source: Vital Statistics, Compiled by Community and Public Health Division

Wyoming’s Teen Suicide Rate is Double the National Rate

305 Students Did Not Graduate High School in Laramie County
SUPPORTIVE PHYSICAL ENVIRONMENT

The built environment refers to human-made (versus natural) resources and infrastructure designed to support human activity. This includes buildings, roads, parks, restaurants, grocery stores and other amenities. The characteristics of the built environment can affect the health of residents in multiple ways. For example, access to healthy food, recreation facilities and safe neighborhoods can reduce adverse health outcomes associated with poor diet, lack of exercise and obesity.

BEST PRACTICES

Promote Physical Activity

Promotion of physical activity through built environment and policies that create opportunities to travel either walking or biking.

Source: America Walks; Center for Disease Control and Prevention; US Department of Health and Human Services Healthy People

MULTI-PARTNER INTERVENTIONS

Healthier Laramie County Lives Well

- Engage leaders/develop plans focused on prevention and reduction of obesity
- Lay institutional and individual groundwork
- Transform the community
- Build sustainability

SUPPORTIVE PHYSICAL ENVIRONMENT

The built environment refers to human-made (versus natural) resources and infrastructure designed to support human activity. This includes buildings, roads, parks, restaurants, grocery stores and other amenities. The characteristics of the built environment can affect the health of residents in multiple ways. For example, access to healthy food, recreation facilities and safe neighborhoods can reduce adverse health outcomes associated with poor diet, lack of exercise and obesity.

NEEDS ASSESSMENT INDICATORS

Households within a Quarter Mile of a Transit Stop

<table>
<thead>
<tr>
<th>Source</th>
<th>Cheyenne</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheyenne</td>
<td>59%</td>
<td>49%</td>
</tr>
</tbody>
</table>

Households within a Quarter Mile of a Bike Trail

<table>
<thead>
<tr>
<th>Source</th>
<th>Cheyenne</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheyenne</td>
<td>42%</td>
<td>59%</td>
</tr>
</tbody>
</table>

Grocery Store and Farmer’s Market Density

<table>
<thead>
<tr>
<th>Source</th>
<th>Laramie County</th>
<th>Wyoming</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laramie County</td>
<td>6%</td>
<td>12%</td>
<td></td>
</tr>
</tbody>
</table>

Source: City of Cheyenne GIS Office and Bureau of Transportation Statistics

Source: Food Environment Atlas, U.S. Department of Agriculture

Source: City of Cheyenne Parks and Recreation Office and Bureau of Transportation Statistics
Laramie County is significantly more rural than the other counties nationwide that are considered by the census bureau to be similar.

### POPULATION OF LARAMIE COUNTY: 91,738
### POPULATION DENSITY: 33 PEOPLE PER SQUARE MILE

#### Laramie County Population by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;16 years</td>
<td>17.3%</td>
</tr>
<tr>
<td>16-64 years</td>
<td>63%</td>
</tr>
<tr>
<td>65+ years</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

Source: American Community Survey, United States Census Bureau.

#### Family Income

Wyoming has the Largest Wage Gap Between Men and Women in the Nation

27% of households in Wyoming are run by a single female, yet women consistently earn less than men. This is due to a complex set of factors. Wyoming women participate in the labor force at high rates. While our industrial economies have helped the state weather the recession, they provide jobs primarily held by men. This leaves women in job sectors that don’t pay as well.

#### The Homeless

**Homeless Count: 2013**

- Homeless People in Laramie County: 495
- Homeless Children: 142
- Households With Dependent Children: 95
- Households Without Dependent Children: 9

**Homeless Subpopulation**

- Severely Mentally Ill: 81
- Chronic Substance Abuse: 94
- Victims of Domestic Violence: 42

Source: Healthier Laramie County Strong Families Action Team 2013 Homeless Point-In-Time Count.
**BEST PRACTICES**

- **Preventing Heart Disease in Women**
  - Don’t smoke or use tobacco
  - Exercise for 30 minutes on most days
  - Eat a heart-healthy diet
  - Maintain a healthy weight
  - Get regular health screenings

- **Healthier Laramie County Lives Well**
  - Promote awareness of healthy behaviors
  - Promote awareness of basic health indicators
  - Train faith community nurses for grassroots health impacts
  - Assist participants in setting realistic & achievable goals

- **Generations of Health, Promote Awareness of Healthy Behaviors**
  - Engage women of all generations in behavior change and educate on risk factors associated with heart disease
  - Promote awareness of basic health indicators
  - Train faith community nurses for grassroots health impacts
  - Assist participants in setting realistic & achievable goals

- **Community Health Teams**
  - Serve as multi-disciplinary team to help Patient Centered Medical Homes with patient self-management support, coordinate transitions of care, and provide enhanced access to community-based services to address a range of issues (e.g. anxiety, depression, alcohol, health education, patient engagement, and non-medical abuse social support)

- **Teen Suicide Prevention Awareness Campaign**
  - Engage health care providers, law enforcement, schools, mental health, faith based organizations, and other community partners in providing "gatekeeper" suicide risk alertness training to reduce suicidal behaviors

- **Promote Physical Activity**
  - Promote physical activity through built environments & policies that create opportunities to move naturally. Positive Outlook

- **City of Cheyenne Metropolitan Planning Organization**
  - Engage leaders to develop plan (6 months) focused on prevention and reduction of obesity
  - Lay Institutional and Individual Groundwork (12 months)
  - Transform the Community (12-18 months)
  - Build Sustainability (18-36 months)

**ACCESSIBLE CARE**

- **Access Startup provision of primary, preventive, mental health, and dental care for the underserved**

**STRENGTH FAMILIES**

- **Strong Families**
  - Supporting young children’s healthy development through partnerships between families and healthcare providers
  - Parenting programs that support healthy parent-child interactions

**HEALTHY YOUTH**

- **Healthy Youth**
  - Increase knowledge, attitudes and skills of young people
  - Increase positive health behaviors and health outcomes
  - Improve education outcomes and social outcomes

**PROGRESS MEASURES**

- **Generations of Health**
  - % level of engagement of participants
  - % level of participants receiving satisfactory information & increased knowledge of heart disease & behavior change
  - % of nurses adequately trained

- **Healthy Laramie County Lives Well**
  - # of participant goals attained (Wellness Planner)
  - # of families participating in programs

- **Coordinated School Health and Wellness Model**
  - # of Early Childcare Providers participating in classes to improve rigor of their programs
  - % improvement in pre-kindergarten screening scores
  - % of families provided with nutrition awareness
  - % increase in physical activity, fruits & vegetables consumed

- **Teen Suicide Prevention Awareness Campaign**
  - # of curriculum agreements signed
  - # of students, teachers, and youth groups trained
  - # of Cheyenne Regional Physician Groups’ members trained
  - # of participants receiving information and increased knowledge of suicide risk behaviors, and effective methods for dealing with suicidal thoughts

- **Healthier Laramie County Lives Well**
  - # of employees participating in physical activity through built environments & policies that create opportunities to move naturally. Positive Outlook

- **City of Cheyenne Regional Medical Center (P, F) **
  - Cheyenne Regional Physician Group
  - Wyoming Tribune Eagle (T)
  - Business Leaders (T)
  - United Way (F)

- **Wyoming Department of Transportation**
  - Peak Wellness Center
  - Cheyenne Regional Medical Center (P, F)
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Tobacco Control Counselors
  - Cheyenne Regional Physicians Group
  - Wyoming Department of Health, Family Services and Workforce Services

- **Wyoming Tribune Eagle (T)**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Cheyenne Health & Wellness Center**
  - Cheyenne Health & Wellness Center Dietitians
  - Social Service Agencies
  - Tobacco Control Counselors
  - Cheyenne Regional Physicians Group
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Department of Health**
  - Tobacco Cessation Counselors
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Cheyenne/Laramie County Public Health Department**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Tribune Eagle (T)**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Department of Health**
  - Tobacco Cessation Counselors
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Cheyenne/Laramie County Public Health Department**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Tribune Eagle (T)**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Department of Health**
  - Tobacco Cessation Counselors
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Cheyenne/Laramie County Public Health Department**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Tribune Eagle (T)**
  - Peak Wellness Center
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)

- **Wyoming Department of Health**
  - Tobacco Cessation Counselors
  - Cheyenne Health & Wellness Center
  - Social Service Agencies
  - Wyoming Department of Health, Family Services and Workforce Services
  - Cheyenne Regional Medical Center (F, P)
  - United Way (F)
Step 1: Establishing the Assessment Infrastructure
Community organizations that had program or funding requirements to assess the health of the county were recruited to serve on a needs assessment steering committee. Their representatives actively participated in the identification, collection and evaluation of data that would meet collective needs, thereby reducing duplicative effort.

Step 2: Defining the Purpose and Scope
The steering committee defined the scope of the assessment to be Laramie County – all zip codes. The purpose of the needs assessment was to educate stakeholders and residents about the current status of the county and to drive action planning to improve the health and well-being of Laramie County – where we Live, Learn, Work & Play.

Step 3: Collecting and Analyzing Data
For purposes of data collection, metrics were chosen consistent with the categories used by County Health Rankings and Healthy People 2020. It was determined that the extensive number of secondary data sources that exist would suffice for telling the Laramie County story. For each metric collected a scope of Laramie County and timeline of 2008 was required (more recent information was preferred). All collected metrics were systematically organized and through this process “gaps” in existing data were identified to guide future development.

Step 4: Selecting Priorities
To organize the data and suggest the county’s priorities, the steering committee evaluated available data according to the size/prevalence of the problem, significance of the problem, and the ability of the community to intervene effectively.

Step 5: Documenting and Communicating Results
This Comprehensive Community Needs Assessment (CCNA) is the summary of the steering committee findings. It is available in hard copy or electronically on www.wyominghealthmatters.org.

Step 6: Planning for Action and Monitoring Progress
The goal of the CCNA is to provide data that will drive the development of “Talk to Action” plans. Community members were asked to volunteer to serve on action teams to dig deeper into each issue. This community health improvement plan was developed and will be implemented for 2013-2016. The needs assessment information will be a living document, and any observable changes in our community will be continuously documented on www.wyominghealthmatters.org.

THE PROCESS
Healthier Laramie County pursued a six step process to identify the most pressing needs in the community to improve the well-being of Laramie County, where we live, learn, work, and play.
CONTACT
Laramie County Community Partnership
307.635.5100
laramiecountypartnership.org