



Cheyenne Regional  
Medical Center

# **Laramie County**

## Community Health Needs Assessment 2019-2021



# Laramie County

## Community Health Needs Assessment

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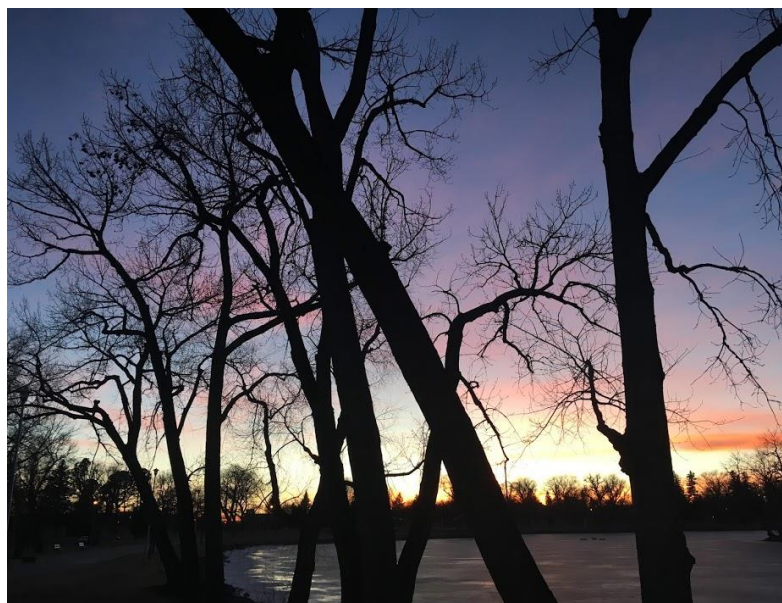
# What is a Needs Assessment?

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A community health needs assessment (CHNA) is a “systematic examination of the health status indicators for a given population that is used to identify key problems and assets in a community.” For this assessment we utilized the WHO (World Health Organization) definition of health: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” The goal of the CHNA is to identify strategies to address poor health outcomes through the development of targeted action plans. The action plans make suggestions regarding placement of community resources, with the intention of directing them where they are most needed and can be most effective.

Because of the increasing complexity of community conditions that result in health, a collaborative community approach that values input from a wide variety of partners is a critical component of a needs assessment. Similarly important is to take an approach grounded in the available data. By adopting a data-driven method, we can monitor our progress against metrics in addressing our identified needs.

A needs assessment is just the beginning of the journey to identify the most pressing needs in the community. But with the continued commitment of our partner organizations, we will use this information to guide our collective efforts to improve the health of all Laramie County residents. The Healthier Laramie County initiative uses the results of this needs assessment to develop a Community Health Improvement Plan. This plan guides the work of the action teams that are formed around each of the identified priorities.



# Selected Priority Areas

The Laramie County community selected five priority areas in the 2018 needs assessment process.



## Access to Care

Access to comprehensive, quality healthcare services is important for promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death and achieving health equity for all Laramie County residents.



## Housing and Income

Health starts in our homes and communities. Poor housing and lower income are associated with negative health outcomes, including chronic disease, injury and poor mental health.



## Education

Graduation from high school is a strong predictor of health. Greater levels of education are associated with improved levels of employment and income as well as decreased stress.



## Healthy Behaviors

Practicing health-related behaviors can prevent chronic disease. Four key health behaviors are not smoking, maintaining a normal body weight, being physically active and not drinking or drinking alcohol in moderation.



## Behavioral Health

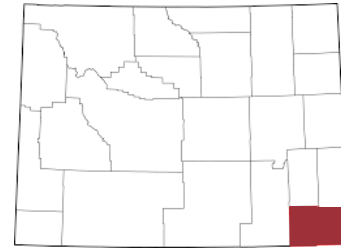
Prevention, early detection and treatment of behavioral health conditions can lead to improved physical and community health.

# Laramie County, Wyoming

## Demographics

**17<sup>th</sup>** healthiest out of Wyoming's 23 counties.

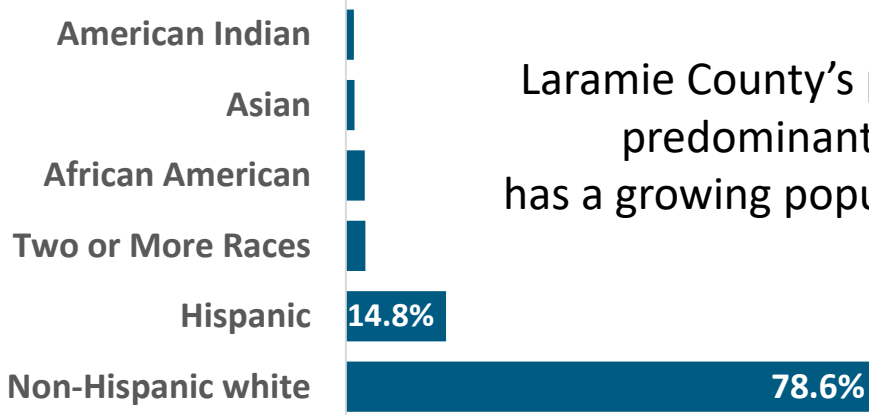
**Laramie County** has the largest population of any county in Wyoming with an estimated **98,976 residents** and 34.2 people per square mile.



23.4% of the population are under 18 years old



15.6% of the population are over 65 years old



Laramie County's population though still predominantly non-Hispanic white, has a growing population of Hispanic and non-white residents.

The **median household** income in Laramie county is

**\$62,879.**

This is higher than the U.S. level.

The average household size is 2.47 persons.

**1 in 10** Laramie County residents live **below** the federal poverty level.



# Access to Healthcare



Access to quality healthcare has a profound effect on every aspect of a person’s health. Regular and reliable access to health services can prevent disease and disability, lead to detection and treatment of illnesses and other health conditions, increase quality of life and reduce the likelihood of premature death.

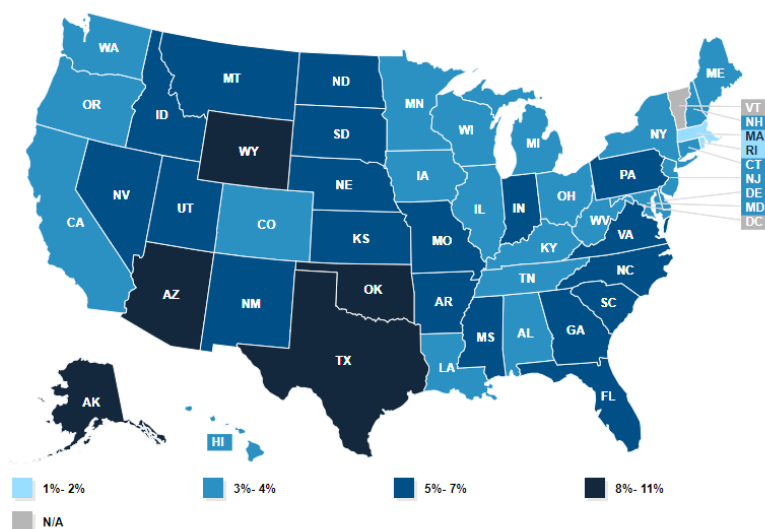


Only **3 in 4** adults in Laramie County have a **usual source** of healthcare.



Between 2013 and 2017, 85-87% of adults had health insurance.

Laramie County has areas of provider shortages in primary care, dental care, and mental health.



In 2017, **10%** of Wyoming kids were **uninsured**, the **third highest rate** in the nation. 6.2% of Laramie County kids were uninsured, **higher than the national rate of 5%**.

## Housing and Income

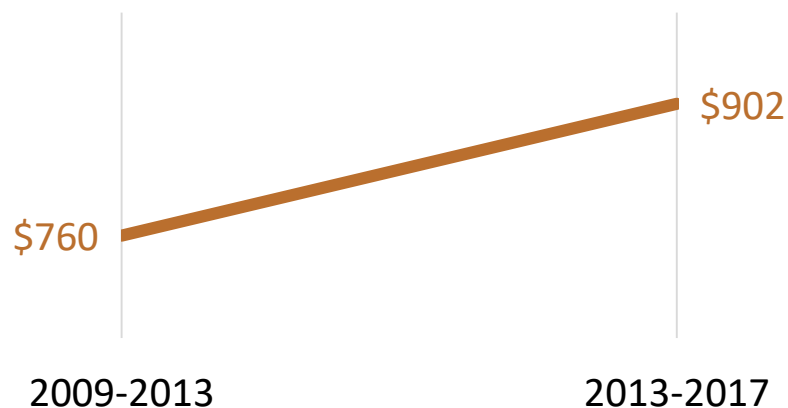


Housing and health are connected. Where and how people live can influence how healthy they are and how well they live. Housing is linked to opportunity, equity, safe community and education.

In the last five years, the number of households spending more than 30% of their **income on housing** has

 **10%**

Median household **rent** in Laramie County is **increasing**.



**31%** of Laramie County children live in single parent households.



The median home price in Laramie County is **\$202,800**.



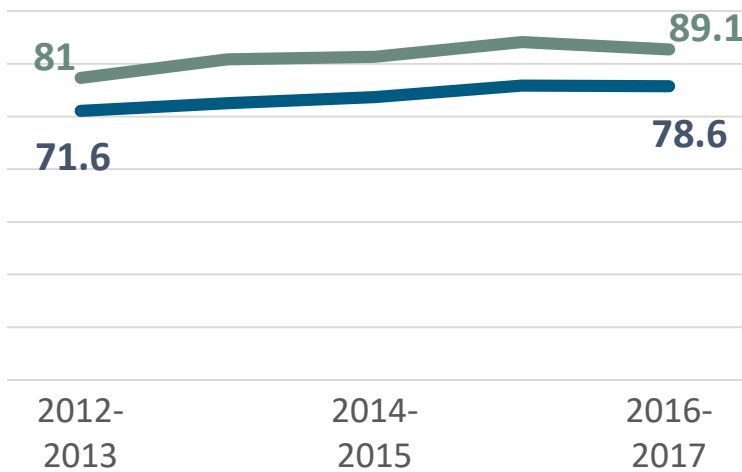
**1 in 10** low income residents have limited access to a grocery store.

# Education



Graduating from high school results in a lifetime of benefits. Benefits include increased life expectancy and lifetime earning ability. People with higher levels of education are more likely to engage in healthy behaviors, including physical activity, not smoking and receiving routine primary care visits.

Both **LCSD #1** and **LCSD #2** (Laramie County School District) have seen increased graduation rates over the last six years.

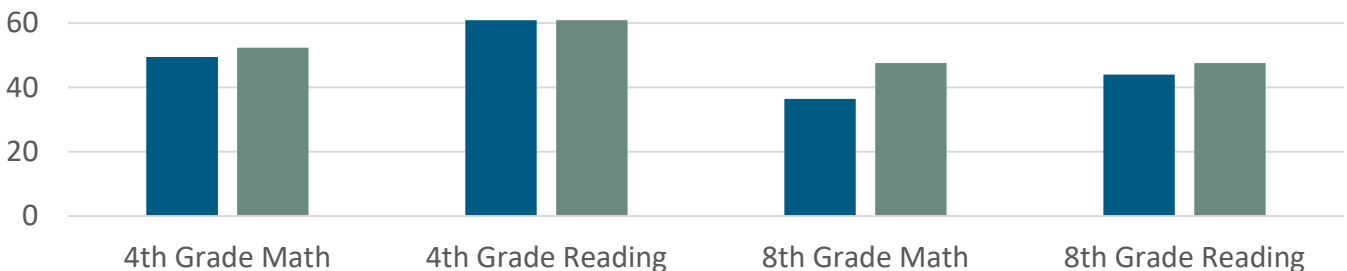


**4.8%** of **LCSD #1** students dropped out of high school.



Over **9 in 10** Laramie County residents have a **high school** degree.

Both **LCSD #1** and **LCSD #2** are **below the state average** for math and reading proficiency in 4<sup>th</sup> and 8<sup>th</sup> grades.





## Healthy Behaviors



Health behaviors, like tobacco and alcohol use, account for 40% of an individual's overall well-being. Many of these behaviors are learned early in life; helping change the environments in which people live can help make the healthy choice the easy choice.

Laramie County



United States



**21.7%** of Laramie County adults **use tobacco** compared to only 17% nationally.



**41%** of Laramie County high school students **vaped** in the last 30 days.



**1 in 4** students thought vaping every day involved **no health risk**.

**39%** of Laramie County high school students **used alcohol** in the last 30 days. **25%** of students who used alcohol obtained their last drink from their parents.



**48%** of all Cheyenne Police Department arrests in 2018 involved alcohol.

## Behavioral Health



Behavioral health is essential to an individual's mental well-being and their ability to function and be healthy in everyday life. Behavioral health includes stress, depression, anxiety, addiction, mood disorders, and other psychological concerns. As a community we see the impacts of behavioral health in our schools, places of worship, work places and homes.

**22%** of high school youth reported **using marijuana** in the last 30 days and **1/3** said that it was very **easy to access**.

*Between 2011 and 2016:*

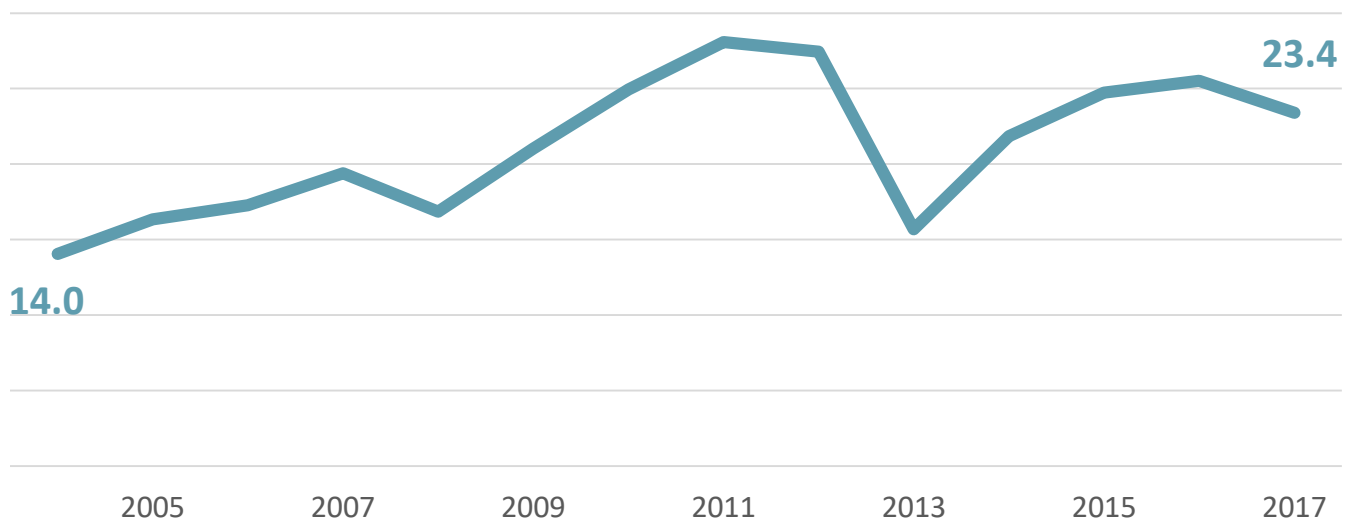


Heroin arrests  
Meth arrests  
Heroin hospital admissions  
Heroin deaths



**1 in 5** Laramie County adults report their doctor said they have a **depressive** disorder.

Laramie County's suicide rate is nearly **2X** the national rate and has almost doubled over the last 20 years.



## Senior Care



The population of Wyoming is getting older. As we age, we have different health, social, housing and transportation needs. Caring for older adults can be both time and monetarily intensive. However, meeting the needs of this population is critical to ensure a high quality of life for all Laramie County residents.

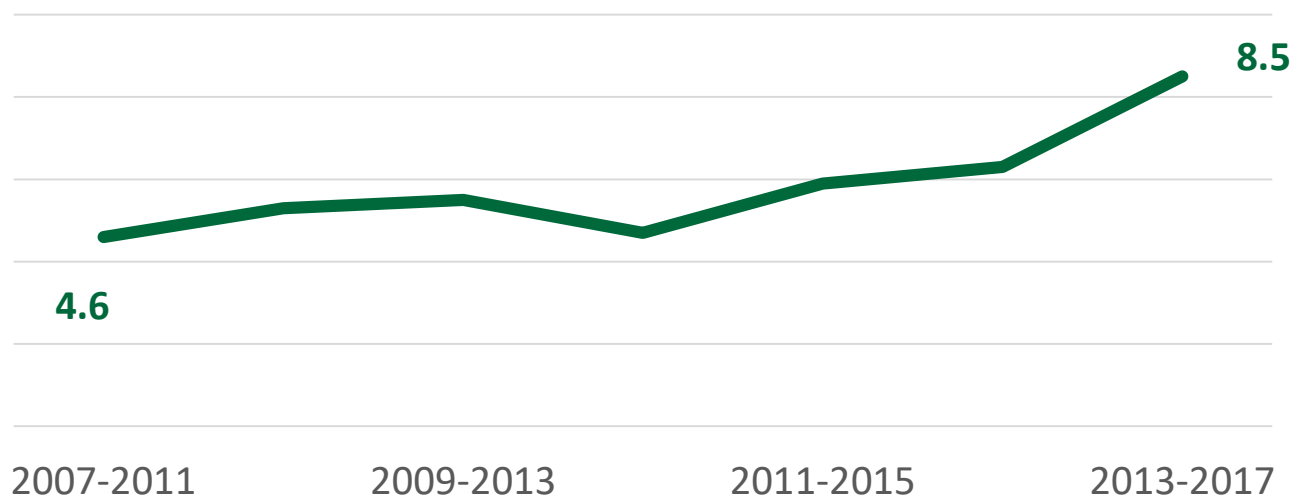
**#1** cause for injury-related morbidity and mortality among older adults is **falls**.

413 per 100,000 older adults in Laramie County were hospitalized for a fall-related injury.



Only **1 in 3** adults over 65 have received the **shingles vaccine**.

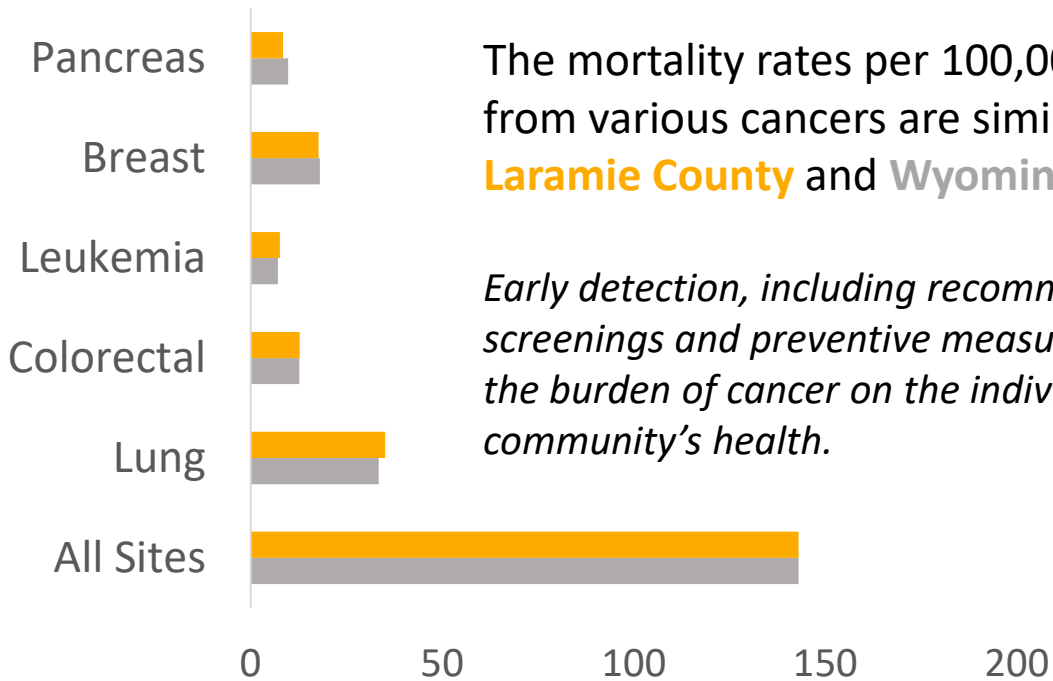
A **growing** percentage of older adults are **living below the poverty** level in Laramie County.



# Cancer

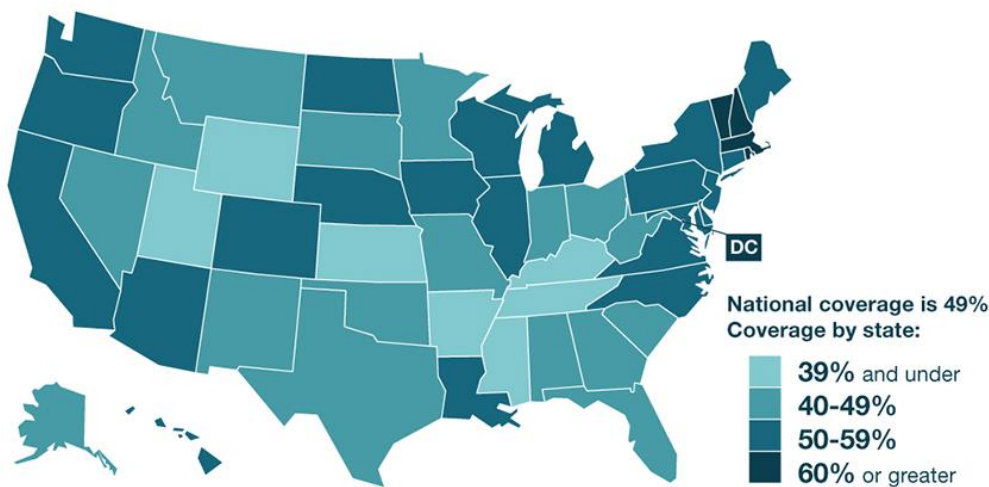


Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. Cancer is caused by both environmental and internal factors. Prevention efforts for cancer include avoiding exposure to cancer-causing agents such as tobacco, severe sun and excessive dietary fat, as well as vaccination against HPV (Human Papilloma Virus) and preventive screenings.



The mortality rates per 100,000 people from various cancers are similar between **Laramie County** and **Wyoming**.

*Early detection, including recommended screenings and preventive measures, can lessen the burden of cancer on the individual's and community's health.*



Wyoming ranks **49th** in adolescent **HPV vaccination rates** and only **24%** of Laramie County 13-17 year olds are **up to date** on the series.

Source: MMWR August 24, 2018

## Injury and Violence

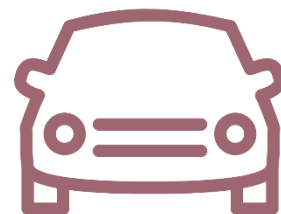


Injury is the leading cause of death among Wyomingites aged 1 to 44 years and the 4<sup>th</sup> overall cause of death. Injury and violence impact a community beyond the injured person and immediate health consequences. Permanent physical or mental disability and increased medical costs can have a lasting impact on the family, friends, employer, coworkers and community of an injured person.

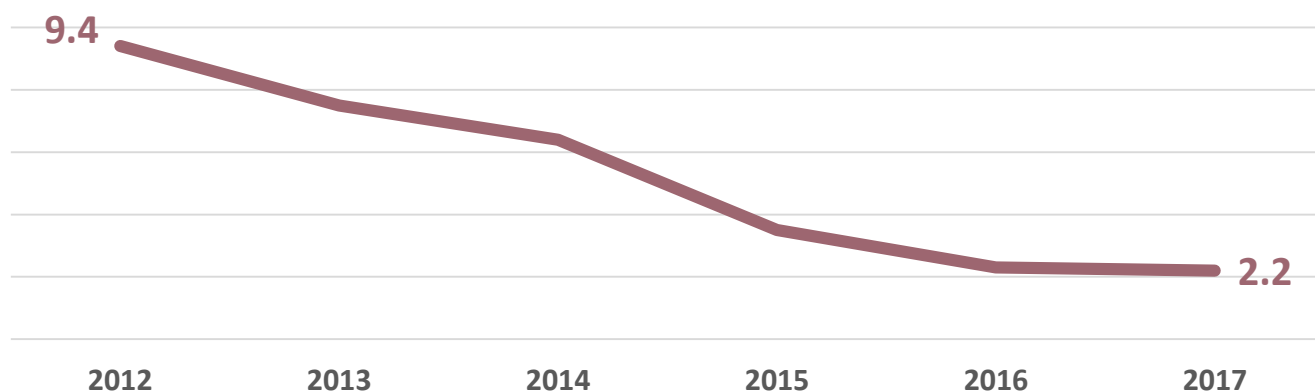
### The leading causes of unintentional injury mortality:

1. Motor vehicle crashes (MVCs)
2. Poisoning (including accidental overdose)
3. Falls

Though fatal MVCs have decreased in recent years, Laramie County still has a higher MVC fatality rate compared with the US.



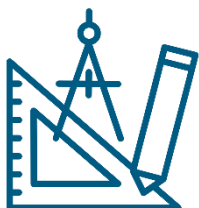
The rate of **domestic violence** incidents in Laramie County has reported by the Wyoming Attorney General has **fallen**.



# Needs Assessment Process and Data Sources

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To guide our community needs assessment, we utilized the Results-Based Accountability Framework and followed the steps outlined below.



## **Step 1: Establishing the assessment infrastructure**

Community organizations that have program and 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.



## **Step 2: Defining the purpose and scope**

The steering committee defined the scope of the assessment to include all zip codes within Laramie County. The goal of the needs assessment was to educate stakeholders on the health of Laramie County to gain buy-in and to drive action planning. Ultimately, the goal is to improve the health and well-being of Laramie County – where we live, learn, work and play.



## **Step 3: Collecting and Analyzing Data**

Data for the needs assessment was collected in eight categories identified by the steering committee and outlined in this report. We relied on county data available from sources such as County Health Rankings, the Census and Wyoming Health Matters.



## **Step 4: Selecting Priorities**

Data were presented over the course of several months to the Healthier Laramie County Community Partnership. After the presentation of data, partnership members were asked to identify (1) existing work, (2) partners addressing the issue and (3) areas of further data needs. In the final meeting, each member voted for their top three priority areas of focus.

# Needs Assessment Process and Data Sources



## Step 5: Documenting and Communicating Results

The Laramie County Community Health Needs Assessment is the compilation of the relevant findings of this work. The results of the needs assessment are communicated through the Healthier Laramie County Community Partnership, community stakeholder meetings via [www.wyominghealthmatters.org](http://www.wyominghealthmatters.org) and through this document.



## Step 6: Planning for Action and Monitoring Progress

The needs assessment has led to the formation of five action teams through the Healthier Laramie County Community Partnership. The action teams dive deeper into each of the identified priorities, find potential strategies for Laramie County and develop action plans to implement the top strategies. Visit the Healthier Laramie County Community Partnership website, <http://www.laramiecountypartnership.org>, to find out when the action teams meet and join us!

## National resources to guide our process.



[healthypeople.gov](http://healthypeople.gov)

The Healthy People organization is a program developed by the U.S. Department of Health and Human Services. It provides science-based, 10-year national objectives for improving the health of all Americans and strives to build a society in which all people live long, healthy lives.



[countyhealthrankings.org](http://countyhealthrankings.org)

The County Health Rankings & Roadmaps program helps communities create solutions that make it easier for people to be healthy in their own communities, focusing on specific factors that are known to affect health, such as education and income.

# Partnerships

A diverse partnership is necessary to assess our community’s needs and plan to address those needs. Laramie County organizations have a long history of working together. Those partnerships were formalized in 1997 under the umbrella of the Healthier Laramie County Community Partnership (LCCP). Today, the volunteer driven LCCP consists of nearly 65 partners, comprised of human service organizations, private-sector individuals, faith-based organizations, funders and local and state government representatives. All the partners are dedicated to serving vulnerable residents throughout the county as part of a comprehensive planning effort.

The LCCP partners have tackled a number of community issues that focus on families, prevention, education, health services and community initiatives that make it easier for Laramie County residents to be healthy. Over the last 20 years, Laramie County’s community needs were identified as a result of needs assessments conducted by LCCP. As a result, LCCP Action Teams were formed to create work plans that address the needs identified by these studies. The work teams have had an impact, but gaps remain. It is vital that this work continues by addressing the five priority areas identified through this needs assessment.



**Thank you to all of our partners.**



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