



## A Message From the Director

Dear Community,

There are many actions individuals take to be healthy: exercise regularly, eat healthy foods, brush and floss teeth, go to the doctor and take needed medications, just for example. There are also actions we can take together to improve the health of our entire community. Summit County Public Health works every day to improve and protect the health of our public. But the responsibility for public health reaches far beyond the walls of the Health Department. Many organizations contribute to the health and well-being of our county. These include medical providers, schools, emergency responders, law enforcement, businesses, nonprofit organizations, employers, civic groups and elected officials. Together, we make up our community's public health system.

In 2017, Summit County Public Health convened members of our local public health system to participate in a 10-month-long Community Health Assessment and Improvement Planning process. A Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP) are customary practices of public health agencies and a national standard for all public health departments.

Measuring the health of Summit County is a large undertaking. Our process was a collaborative effort that included more than 30 organizations and stakeholders. The Community Health Assessment (CHA) is comprised of secondary data as well as robust community input collected via surveys and focus groups, providing critical insights into the community's health status, strengths and opportunities for the future. Not only does the assessment present objective data on the health status of Summit County residents, it also offers valuable insights into their views on our quality of life. Our approach ensured that the process resulted in a community-driven and -owned CHIP. Readers may review the 2017 CHA and 2018-2022 CHIP at the Summit County Public Health website: [www.SummitCountyCO.gov/PublicHealth](http://www.SummitCountyCO.gov/PublicHealth).

**From the assessment process, community leaders identified the following priorities to improve health, reduce disparities and advance health equity in the community:**

- Mental health, with a focus on families
- Substance abuse, with a focus on opioids
- Health equity and the determinants of health



Although many other health needs are important for Summit County, the prioritization of these three areas is supported by the data analysis, and they were relevant to the majority of community input. No one agency can tackle these complex issues alone, but the alignment of collective efforts by multiple partners toward common goals is a powerful tool. And Summit County has a long history of community partners collaborating successfully to address community-wide objectives. By focusing on closing gaps in opportunities and improving outcomes for vulnerable populations, we can create a healthier community that benefits everyone.

Respectfully submitted,

**Amy Wineland, RN, MSN, ND**

Director | Summit County Public Health Department



# DESTINATION: HEALTHY COMMUNITY



## HEALTH EQUITY & DETERMINANTS OF HEALTH



This graphic is for illustrative purposes only and does not realistically represent these community partners in any way.

# COMMUNITY HEALTH IMPROVEMENT PLAN



2018-2022

# SUMMIT COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN



Summit County has much to be proud of. We have many valuable resources that contribute to a better quality of life. Overall, our community is a safe and healthy place where residents can live and thrive. Although we scored well on many indicators of health, there is still opportunity for growth. We have a large collaborative of members dedicated to increasing our county's health, focusing on three priority areas: mental health for families; substance abuse, with a focus on opioids; and health equity and the determinants of health.

Our Community Health Improvement Plan (CHIP) provides a roadmap unique to Summit's needs that will achieve a healthier community by 2022. The Summit County Care Collaborative will review our progress. As we work toward our goals, the CHIP may be enhanced or amended to reflect changing needs. Readers may review the 2018 CHIP at the Summit County Public Health website: [www.SummitCountyCO.gov/PublicHealth](http://www.SummitCountyCO.gov/PublicHealth).

# PRIORITY MENTAL HEALTH FOR FAMILIES

## Why is this issue important in Summit County?

Mental health issues are very common, and the residents of Summit County want more attention focused on this issue, along with routine mental health screenings in the health care system. Anxiety and depression are linked to 69 percent of local suicides. Key health experts and providers see these conditions as the most common and impactful among their clients. There is a shortage of mental health providers in Summit County, but there is positive momentum toward addressing unmet needs. Multiple community partners are working to improve access to and coordination of care, and local voters recently approved a funding measure to bolster mental health and suicide prevention programs and services.

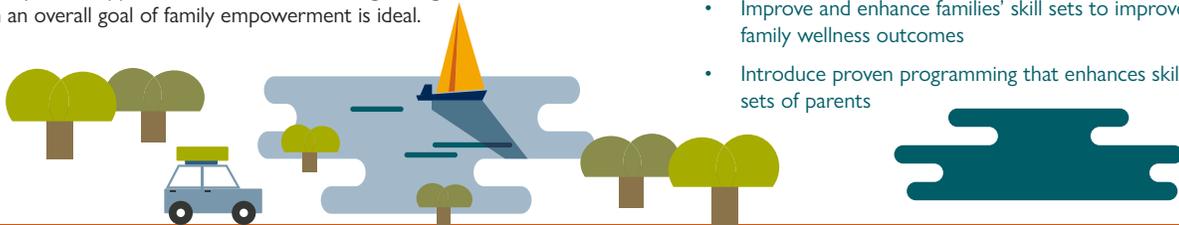
Mental health issues affect the individual as well as his or her family, emotionally, socially and financially. But we do know that mental health treatment is effective. A family-based approach that builds on existing strengths and fosters new skills with an overall goal of family empowerment is ideal.

**Mental health goal:** Enhance the range of available services and resources to address varying levels of behavioral health needs.

**Responsible agencies:** Summit Community Care Clinic, Building Hope, Mind Springs Health, Summit School District, FIRC, St. Anthony Summit Medical Center, Summit County Youth & Family Services, Summit County Public Health

## Steps to achieve this goal:

- Deepen our community's understanding and treatment of the unique needs of high-risk populations
- Establish an adolescent intensive outpatient therapy program
- Establish a half-day psychosocial rehab program
- Improve and enhance families' skill sets to improve family wellness outcomes
- Introduce proven programming that enhances skill sets of parents



# PRIORITY SUBSTANCE ABUSE FOCUSING ON OPIOID MISUSE AND ABUSE

## Why is this issue important in Summit County?

The Centers for Disease Control and Prevention (CDC) has classified prescription drug abuse as an epidemic. Nationally, drug overdoses have become the leading cause of death for those under age 50. Overdose deaths in Colorado are lower than the national average, but Colorado ranks second-worst for prescription drug misuse.

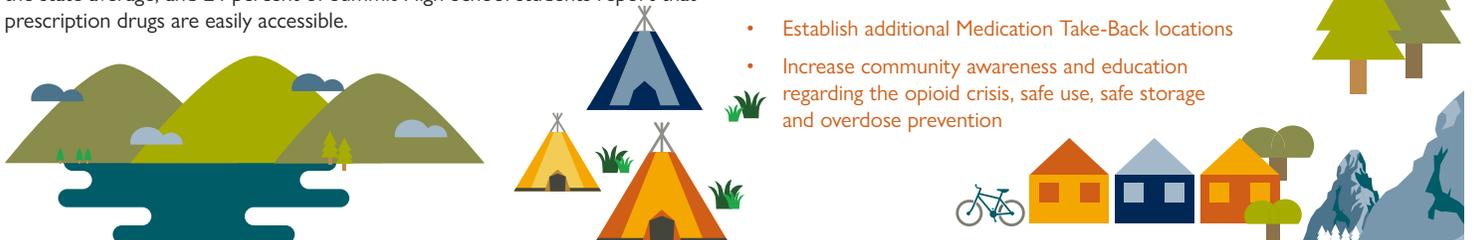
Local residents name opioids as the most pressing substance abuse issue in the county. In 2015, Summit County ranked 11th in the state in opioid deaths. After major depression, local providers see opioid misuse and abuse as the second-most-likely mental health issue to have catastrophic impacts on the individual. Long-acting opioids are prescribed more frequently in Summit County than the state average, and 24 percent of Summit High School students report that prescription drugs are easily accessible.

**Substance abuse prevention goal:** Increase community resources to support those struggling with opioid dependence, and limit the number of opioid prescriptions available for misuse and abuse.

**Responsible agencies:** Summit County Public Health, St. Anthony Summit Medical Center, Summit County Drug Take Back Task Force, Ebert Family Clinic

## Steps to achieve this goal:

- Provider/prescriber education on CDC guidelines, opioid alternatives, medication assisted treatment (MAT) and availability of Naloxone, a medication that rapidly reverses an opioid overdose
- Establish MAT site
- Establish additional Medication Take-Back locations
- Increase community awareness and education regarding the opioid crisis, safe use, safe storage and overdose prevention



# PRIORITY HEALTH EQUITY AND THE DETERMINANTS OF HEALTH

## Why is this issue important in Summit County?

The Social Determinants of Health (SDoH) are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. Health equity studies the causes of differences in the quality of health among communities. In Summit County, there are pockets of need where our residents may not have opportunities to attain their full potential. These populations experience increased health issues, affected by differences in SDoH such as race, ethnicity, education, employment, financial situation and housing.

Unfortunately, many of the households that are eligible for assistance in Summit County are not receiving it. There are a number of programs available locally that reduce financial stressors, thereby increasing recipients' quality of life and decreasing anxiety.

**Health equity goal:** Create a community-wide system of equity to address the needs of under-resourced populations.

**Responsible agencies:** Family and Intercultural Resource Center, Summit County Public Health, St. Anthony Summit Medical Center, Summit Community Care Clinic, Ebert Family Clinic

## Steps to achieve this goal:

- Deepen our community's understanding of the complex needs of under-resourced populations
- Improve community awareness of health equity and cultural responsiveness
- Increase community capacity to address the social determinants of health among community partners
- Increase utilization of existing community resources



# SUMMIT COUNTY PUBLIC HEALTH 2018

## BY THE NUMBERS



CHILD CARE CONSULTATIONS: **90**



CHILD CARE CONSULTATION HOURS: **86.25**



CAR SEAT INSPECTIONS: **19**

ENVIRONMENTAL HEALTH COMPLAINTS INVESTIGATED: **116**

RESTAURANT COMPLAINTS INVESTIGATED: **56**

TEMP. FOOD EVENTS PERMITTED: **40**

FOOD BORNE ILLNESS INVESTIGATIONS: **24**

RADON TEST KITS DISPENSED: **534**

PRIVATE WELLS TESTED: **66**

EARLY INTERVENTION PARTICIPANTS: **140**

RESTAURANT, CHILD CARE CENTER, & SCHOOL INSPECTIONS: **785**

TEMP. FOOD VENDORS PERMITTED: **164**

FAILING SEPTIC SYSTEMS REPAIRED: **18**

CHILD CARE INSPECTIONS: **68**



**64** SEPTIC SYSTEMS CONSTRUCTION PERMITS PROCESSED

**178** OPERATIONAL SEPTIC SYSTEMS INSPECTIONS

**210** SEPTIC SYSTEMS CONSTRUCTION INSPECTIONS

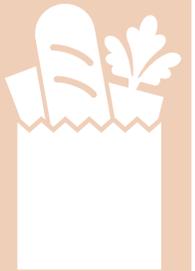


TOBACCO FREE BABY & ME COURSE: **21**

TOBACCO FREE BABY & ME COUNSELING SESSIONS: **81**

WIC APPTS: **1557**

WIC CLIENTS: **540**



COMMUNICABLE DISEASE INVESTIGATIONS: **88**

IMMUNIZATIONS ADMINISTERED: **1465**

IMMUNIZATIONS TO INDIVIDUALS: **937**



INTERMOUNTAIN NURSE-FAMILY PARTNERSHIP CLIENTS: **182**

INTERMOUNTAIN NURSE-FAMILY PARTNERSHIP VISITS: **2007**

CHILD VISION SCREENINGS: **198**



CHILD HEARING SCREENINGS: **154**



A partnership of High Country Conservation Center, the Family and Intercultural Resource Center and WIC.

In 2018, we distributed 526 pounds of locally grown, fresh produce to Summit County families and made 343 nutrition education contacts.

