

2019 Community Health Needs Assessment

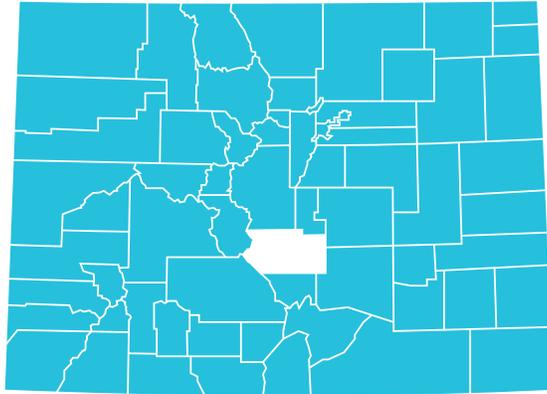
St. Thomas More Hospital



AT A GLANCE:

St. Thomas More Hospital

AREA SERVED: FREMONT COUNTY



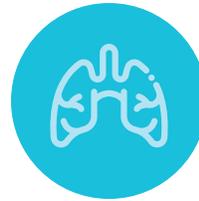
PRIORITIES:



Behavioral Health



Heart Disease



Lung Disease

PARTNERS:

Fremont County Department of Public Health and Environment, Fremont County Department of Human Services, Upper Arkansas Area Council of Governments, Fremont County Homeless Coalition, Southern Colorado Regional Emergency Medical and Trauma Advisory Council, Senior Resource Agency, Solvista Health, Health Solutions, Rocky Mountain Behavioral Health, Community Health Collaborative, Health Colorado, ValleyWide Community Health Center, Regional Health Connector, and Loves & Fishes Ministry of Fremont County.

2019 COMMUNITY HEALTH NEEDS ASSESSMENT

ST. THOMAS MORE HOSPITAL

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OUR MISSION, OUR VISION, AND OUR VALUES

Mission

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

Vision

Every community, every neighborhood, every life – whole and healthy.

Values

Compassion

Respect

Integrity

Spirituality

Stewardship

Imagination

Excellence



Executive Summary

The 2019 St. Thomas More CHNA is the third iteration of our process to strategically ignite whole person health in each community we touch. At Centura Health, we are a diverse community of caregivers connected and fueled by our individual passions and purposes to change the world around us. While individually inspired, we are collectively unified by our Centura Health mission. This process presents an opportunity for St. Thomas More to fulfill our commitment to our organizational mission to “extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.” Our goals for this assessment are to move health forward to build wholeness and flourishing communities. We continue to amplify meaningful collaboration between St. Thomas More, our local public health departments, community leaders, and partner organizations.

INPUT OF PUBLIC HEALTH AND COMMUNITY STAKEHOLDERS

St. Thomas More collaborated closely with Fremont County Department of Public Health and Environment to obtain input. Recently, the Fremont County Department of Public Health and Environment completed a Community Health Improvement Plan (CHIP) for Fremont County. The CHIP was used to understand the priority health needs for the county. The Fremont County Department of Public Health and Environment used quantitative and qualitative sources to develop the CHIP. This effort included the collection of data from the Colorado Department of Public Health and Environment regarding current indicators of health for Fremont County residents; a paper and electronic community survey of residents; and a community engagement event that solicited feedback from community members regarding their top health concerns for the county.

In addition to our collaboration with the Fremont County Department of Public Health and Environment, St. Thomas More received input from community-based organizations focused on health and social determinants of health regarding medically underserved, low-income and minority populations in the service area. St. Thomas More convened the Community Health Care Collaborative committee to serve as the 2019 CHNA subcommittee. The Community Health Care Collaborative meets monthly and is a long-standing forum for addressing community health needs in Fremont County that is well-attended by Fremont County’s key stakeholder groups. The Community Health Collaborative also served as the steering committee for the Fremont County Department of Public Health and Environment CHIP. Appendix B contains a list of public agencies and community organizations that collaborated with us in this process. We also provided multiple points of contact to receive public comment regarding the 2016 CHNA and implementation strategy. No public comments were received.

SERVICE AREA DEFINITION

To define St. Thomas More service area for the CHNA we followed a process focused on ensuring that the defined service area was inclusive of medically underserved, low-income and minority populations in the geographical areas from which the hospital draws its patients. We considered five factors:

- Opportunities to viably expand outreach of programs to medically underserved populations
- Inpatient admissions
- Coverage of the County by another Centura Health facility
- Opportunities for collaboration among facilities and with community-based organizations
- After considering the factors above, we compared the defined geographical service area of the 2016 CHNA to this one to ensure no disadvantaged populations included in the 2016 CHNA were excluded in the 2019 CHNA

PROCESS AND METHODS USED TO CONDUCT CHNA

QUANTITATIVE AND QUALITATIVE DATA COLLECTION:

We began the data collection process by selecting quantitative indicators for analysis. Community Commons, a population health indicator data platform, was utilized throughout the quantitative data collection process. This platform compiles data from the US Census, the Behavioral Risk Factor Surveillance System, the CDC, the National Vital Statistics System, and the American Community Survey, among others. Specific health indicator data were selected, including community demographic information, behavior and environmental health drivers and outcomes indicators, as well as coverage, quality, and access data. These indicators were selected because they most accurately describe the community in terms of its demographics, disparities, population, and distinct health needs. We engaged our community by presenting these quantitative data to inform the process of identifying and prioritizing significant health needs.

PRIORITIZATION PROCESS:

St. Thomas More created a CHNA subcommittee to review the qualitative and quantitative health data, and prioritize health needs in our communities. This subcommittee was made up of both hospital staff and community stakeholders including representatives from the local public health department. The subcommittee engaged in the following efforts to develop recommendations for Fremont County's top health needs:

- Conducted an environmental scan of Fremont County to determine health needs;
- Reviewed qualitative and quantitative data and provided insight; and
- Worked with community stakeholders to prioritize health needs using a nominal grouping technique.

The subcommittee then met several times to review data and discuss and identify the top community health needs based on the qualitative and quantitative data received. Key considerations in prioritizing CHNA health needs included:

The subcommittee ultimately reached consensus regarding the health needs that should be prioritized for the CHNA and provided their recommendations to St. Thomas More.

We then used the 'PEARL' test to determine the feasibility of addressing those needs. The questions we considered in the PEARL test included:

- **Propriety** - Is a program for the health problem suitable?
- **Economics** - Does it make economic sense to address the problem? Are there economic consequences if the problem is not carried out?
- **Acceptability** - Will a community accept the program? Is it wanted?
- **Resources** - Is funding available or potentially available for a program?
- **Legality** - Do current laws allow program activities to be implemented?

In addition to the PEARL test questions, we also considered Centura Health's Mission and Values when considering health needs to prioritize and engage. The final question we considered was whether our activities and strategies to address the health need align with our organizational mission to extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

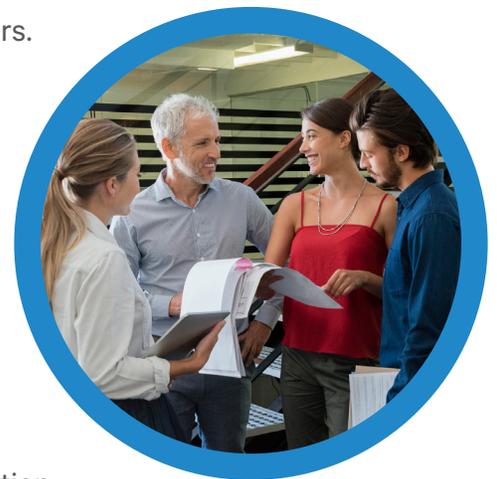
PRIORITIZED DESCRIPTION OF HEALTH NEEDS AND POTENTIAL RESOURCES

Prioritized Need: Behavioral Health

Fremont County, like the rest of the state of Colorado, has experienced significant increases in substance use and mental health conditions in the last few years. Community members reported substance use and mental health as their top two health concerns for the county. In 2017, 1,012 Coloradans died due to drug overdose, and 57% of those deaths involved an opioid. Fremont county has more than double the number of suicide hospitalizations (110) per 100,000 residents compared to the statewide average (52). Over 14% of new mothers in Fremont County report post-partum depressive symptoms, compared to 9.6% statewide.

Potential resources include:

- St. Thomas More's ALTO program. The program recently slashed prescription



writing in the hospital from 250 to 100 prescriptions per 1000 hospital visits.

- St. Thomas More's physicians group offers integrated physical and behavioral health using telemedicine to connect patients to behavioral health care.
- The community is partnering with ValleyWide, the local community health center, to bring a new primary clinic with integrated behavioral health care to downtown Cañon City.
- Post-partum screenings are conducted at St. Thomas More and patients with positive screens are referred to the Fremont County Department of Public Health and Environment to help access services.
- St. Thomas More is partnering with the maternal wellness program to conduct early childhood screenings.
- The hospital is also partnering with Solvista to provide mental health first aid training throughout Fremont County.

Prioritized Need: Heart Disease

In Fremont County, 5.1% of adults have heart disease, compared to 2.7% of adults in the state. Additionally, 34.4% of adults in our community have high blood pressure, higher than the 25.7% of adults in the state. We also have issues with high cholesterol, with 35.4% of adults having high cholesterol, compared to 31.9% of adults in the state. People in our community are dying from heart disease at a rate of 227.9 per 100,000, compared to 176.0 per 100,000 in the state. In Fremont County 22.8% of residents are obese compared to 20.2% statewide. Eighty percent of adults in Fremont County report eating less than 5 fruits and vegetables daily, compared to 75% statewide.

Potential Resources include:

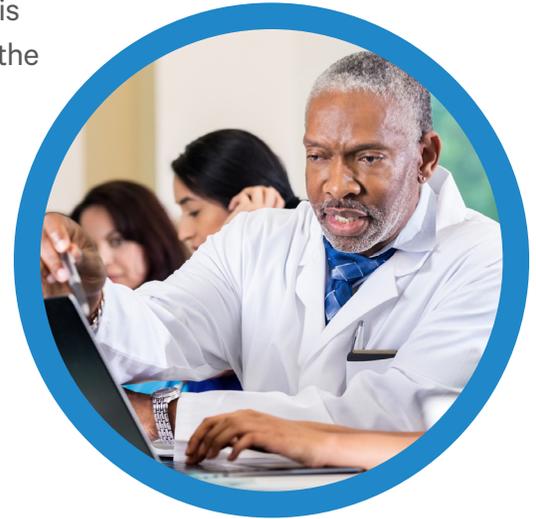
- St. Thomas More Inspire Running Club
- St. Thomas More nutrition education at major community events
- St. Thomas More support groups around weight loss
- St. Thomas More health management classes
- Riverwalk and the parks and recreation department referrals for patients to engage in exercise opportunities
- Riverwalk Fitness Stations
- Boys and Girls Club events
- Diabetes self-management program
- Development of built environments that will promote walking and decrease the burden of food deserts in the County
- Food pantries and healthy food initiatives

Prioritized Need: Lung Disease

According to the Fremont County Department of Public Health and Environment, the county has the highest rate of smokers in the state at 19.5%. The mortality rate for lung disease in our community is 65.6 per 100,000, higher than Colorado's rate of 46.8. This is likely due to the higher rates of smoking in our community. According to the Fremont County Department of Public Health and Environment, 37% of mothers use tobacco at time of pregnancy, 14.8% use tobacco during the pregnancy, and 50% go back to using tobacco after birth.

Potential Resources include:

- St. Thomas More Tobacco Cessation Department
- St. Thomas More tobacco cessation support groups
- St. Thomas More tobacco cessation education at local health fairs, schools and at the hospital
- Baby and Me Tobacco Free program
- Public health education campaign on the dangers of smoking and vaping
- 2nd Chance Program for youth caught using tobacco in schools
- Colorado Quitline
- Tobacco cessation specialist at Fremont County Department of Public Health and Environment
- St. Thomas More program to help local businesses become tobacco free campuses



EVALUATION OF ACTIONS TO ADDRESS 2016 SIGNIFICANT HEALTH NEEDS

Heart Disease

St. Thomas More sponsors a diabetes management program that includes education, a healthy breakfast and information about diabetes management techniques available to the community. Our Pamper Your Heart program educates community members about heart health, disease prevention and heart disease symptoms. Cardiologists come to Cañon City from the Colorado Springs Cardiology Group about twice per week to serve patients.

Lung Disease

St. Thomas More worked with the community to significantly decrease the rate of adult smokers in Fremont County, from 29.1% in 2016 to 19.5% in 2019. We offer support groups at the hospital for tobacco cessation

and education in the community. We partner with the public health department to identify new opportunities to provide tobacco cessation services to youth and pregnant populations.

Obesity/Overweight, Physical Activity and Nutrition

We provide nutrition education at major community events, sponsor weight loss/bariatric support groups, provide nutrition and diabetes counseling, and offer health management classes to the community. We partner with Cañon City Parks and Recreation and the public health department to promote healthy family activity and fitness at community events. We refer patients to private gyms and nutritionists in Fremont County.

Access to Care

The rate of uninsured adults in the county has dropped 5 percent to 14.1%, just lower than the Colorado statewide average of 14.4%. We redesigned our core services and facilities to create low-cost healthcare options, including urgent care and neighborhood health centers, closer to our patient's homes. We engage Community Health Advocates who work with uninsured individuals to enroll them into coverage and link them with providers.





Introduction

CENTURA HEALTH, ST. THOMAS MORE HOSPITAL, AND OUR COMMUNITY

Background

The 2019 St. Thomas More CHNA is the third iteration of our process to strategically ignite whole person health in each community we touch. At Centura Health, we are a diverse community of caregivers connected and fueled by our individual passions and purposes to change the world around us. While individually inspired, we are collectively unified by our Centura Health mission. Our goals for this assessment are to move health forward to build wholeness and flourishing communities. We continue to amplify meaningful collaboration between St. Thomas More, our local public health departments, community leaders, and partner organizations.

Our Goals

The CHNA process gave St. Thomas More the opportunity to work closely with our community to identify existing and emerging health needs, understand community assets and gaps, and to implement strategies to improve health. This approach continues to strengthen partnerships among St. Thomas More, the Fremont County Department of Public Health and Environment, community leaders, and stakeholders. Our goal is to build our organizational capacity in population health best practices and to better position St. Thomas More to provide sustainable, whole-person care to our patients and communities. The CHNA process provided valuable information to guide us in integrating our community health work with our strategic plans.

With this focus, we bring new dynamism to our historical legacy of addressing community needs. We are moving from the older model of simply caring for the sick to delivering and supporting the full spectrum of health, wellness and prevention resources the community depends upon in a world in which both acute and chronic health needs are prevalent and overwhelming. We specifically looked at factors that we know impact the social determinants of health. We recognize the important role that social factors such as housing, education, and employment play in affecting a wide range of health risks and outcomes and contributing to the disparities we see across race/ethnicity and geography. Health can be impacted by where we live, and we know that communities with unstable housing, high rates of poverty and crime, and substandard education have higher rates of morbidity and mortality. We looked at specific indicators that represent the social determinants of health in our prioritization process. Through the CHNA we sought to bring awareness to the importance of the social determinants and work to promote and create social and physical environments that promote health equity and improve population health.

We leveraged existing data resources, internal expertise, and the strength of our relationships with public agencies and community organizations to design a system-wide CHNA process. This CHNA process facilitated collaboration within our family of hospitals, helping us build a stronger system in which our hospitals benefit from powerful learning networks and relationships, rather than function as separate entities.





Our Services, History and Community

THE CORNERSTONE OF HEALTH CARE SERVICES IN FREMONT COUNTY.

Through health care services and community outreach, we are proud to have extended the healing ministry of Christ to the sick and injured in Fremont County for more than 75 years, a legacy we continue today. Caring for our community is a responsibility we take very seriously. The people who work in our hospital, long-term care facility, rehabilitation center, urgent care and physician group clinics are what makes us special. They are our family, friends, and neighbors who lend their expertise, hearts and talents to providing compassionate care when you need us most.

Distinctive Services

Nestled in the foothills of the Sangre de Cristo Mountains in Cañon City, St. Thomas More Hospital's rich history of providing comfort and healing began in 1938 when a halfdozen Benedictine nuns opened its doors. Today, the hospital plays a pivotal role in this rural community by providing emergency services, rehabilitation, joint replacement, surgical services, critical care, digital mammography and a birthing center to Fremont County residents, neighboring communities and the many visitors who flock to the area.

Noteworthy areas of care include:

Hospital Services

- Patient Safety Excellence Award
2017-2018
- Named among the top 10% in the Nation for Patient Safety 2017-2018

The Birth Center

- Five-Star Recipient for Vaginal Delivery 2015-2017

Cardiac Rehabilitation

- AACVPR Certified

Healthgrades Honors

St. Thomas More Hospital is a recipient of the Healthgrades 2018 Patient Safety Excellence Award™, a designation that recognizes superior performance of hospitals that have prevented the occurrence of serious, potentially avoidable complications for patients during hospital stays. St. Thomas More Hospital has received Five-Star Ratings from Healthgrades in hip fracture treatment, total knee replacement, and treatment of sepsis.

Patient & Community Resources

St. Thomas More Hospital offers community outreach, education and health screenings. Also offered is the Forensic Nurse Examiner (FNE) program, Chronic Disease Self-Management program and the Care Transitions hospital-to-home program. Support groups found at the hospital include classes for diabetes, tobacco cessation, weight loss and sleep health. Wellness classes are also offered, along with a membership to the hospital's fitness center.

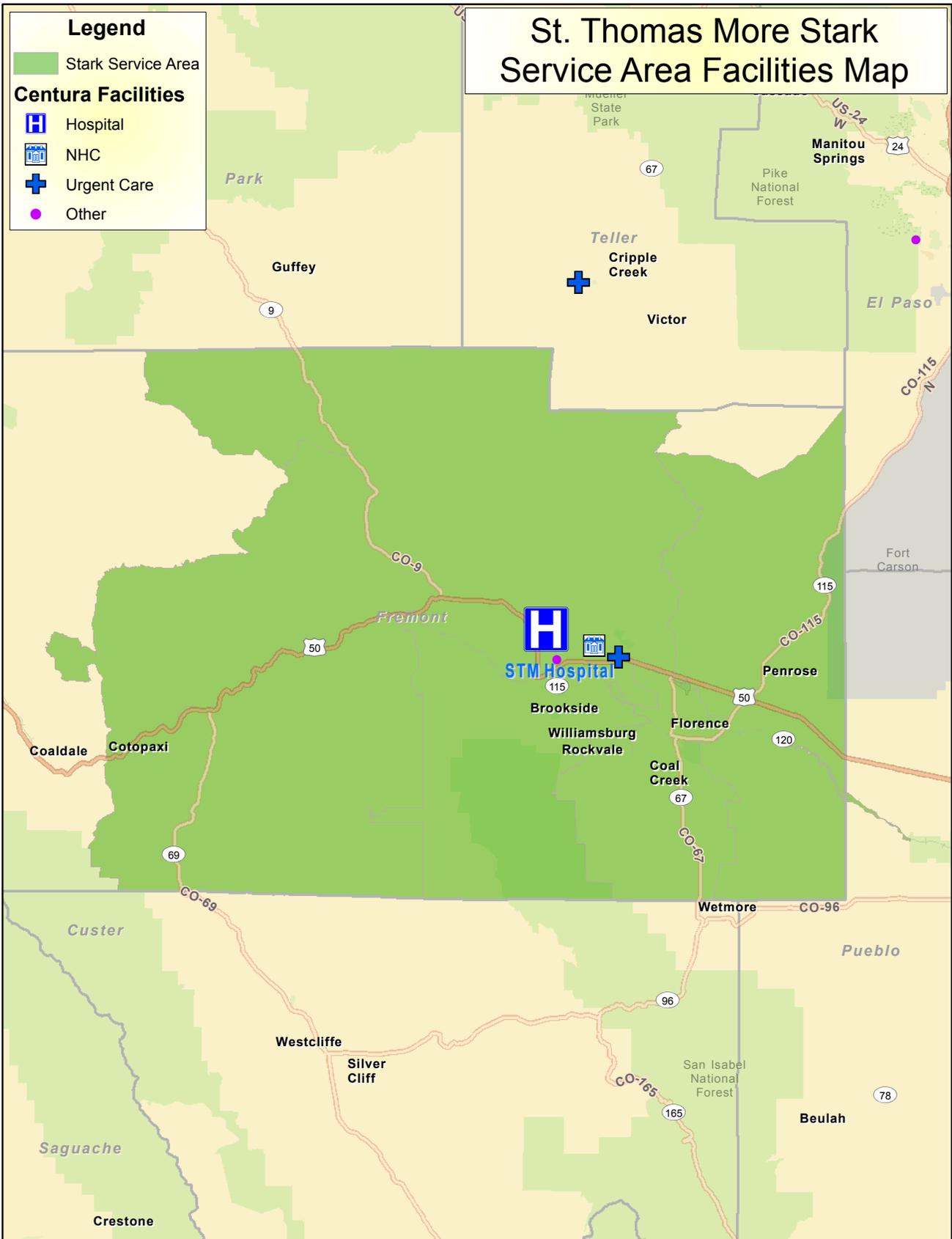
Commitment to Our Community

At Centura Health and St. Thomas More, we remain committed to advancing vibrant and flourishing communities. The CHNA helps fuel our caregivers to continuously engage with, understand, and contribute to whole person health in our shared neighborhoods. By focusing on behavioral health, heart disease and lung disease for the next 2 years, we are excited to continue to live out our Mission, Vision, and Values every day.

In fiscal year 2018, St. Thomas More provided over \$6,420,813 in total community benefit, including 21,849 patients receiving Medical Financial Assistance. Community services provided by St. Thomas More ranged from health and wellness education, diabetes management, sports physicals and screenings, injury prevention education, heart health and disease prevention education, and grief support.

In 2018 alone, St. Thomas More provided \$24,066 in services to 674 community members for wellness, health education and to promote awareness in health at local health fairs. We also offered the Forensic Nurse Examiner program, Chronic Disease Self-Management program and the Care Transitions hospital-to-home program. Support groups found at the hospital include classes for diabetes, tobacco cessation, weight loss and sleep health. Wellness classes are also offered, along with a membership to the hospital's fitness center.





OUR COMMUNITY

To understand the profile of St. Thomas More's community we analyzed the demographic and health indicator data of the population within the defined service area. The service area has a total population of 44,691. The demographic makeup of these communities is as follows:

Race: The population is 88.8% white, 4% black, 1.3% Asian, 1.7% Native American/Alaskan Native, 0.1% native Hawaiian/Pacific Islander, 1.9% some other race, and 2.2% multiple races.

Ethnicity: 13.7% are Hispanic of Latino.

Education Level: In our communities, 24.9% of the population has an Associate's Degree or higher. Colorado average is 44.7%.

Unemployment Rate: 6.2%, Colorado average is 4.0%.

Population with Limited English Proficiency: 1.9%, Colorado average is 6.7%.

High School Graduation Rate: 23.2%, Colorado average is 77.6%.

Population Living in Households with Income Below 200% of Federal Poverty level: 40.3%, Colorado average is 29.6%.



POPULATION DEMOGRAPHICS IN ST. THOMAS MORE HOSPITAL'S SERVICE AREA

Race



■ White 88.8%
 ■ Black 4%
 ■ Asian 1.3%
 ■ Native American/Alaska Native 1.7%
 ■ Native Hawaiian/Pacific Islander .1%
 ■ Other 1.9%
 ■ Multiple races 2.2%

Ethnicity



Associate's Degree or Higher



High School Graduation Rate



Limited English Proficiency

1.9%

St. Thomas More Service Area

6.7% CO

Unemployment Rate

6.2%

St. Thomas More Service Area

4.0% CO

Households Below 200% of Federal Poverty Level

40.3%

St. Thomas More Service Area

29.6% CO



Our Approach

INPUT OF PUBLIC HEALTH AND COMMUNITY STAKEHOLDERS

St. Thomas More and the Fremont County Department of Public Health and Environment share the same service area and are both charged with identifying and addressing community health needs for Fremont County. To avoid duplication of effort and align with existing community initiatives, St. Thomas More and Fremont County Department of Public Health and Environment collaborated closely to develop the 2018 Fremont County Department of Public Health and Environment Community Health Improvement Program (CHIP) and the 2019 St. Thomas More Community Health Needs Assessment (CHNA).

We convened the long-standing and well-attended Community Health Collaborative to serve as the Fremont County Department of Public Health and Environment CHIP steering committee as well as the St. Thomas More CHNA subcommittee. The CHNA subcommittee solicited and considered input from individuals and organizations representing the broad interest of our community to assess the needs of our county. Please see Appendix B for a list of subcommittee members. The subcommittee:

- Conducted an environmental scan of Fremont County to determine health needs;
- Reviewed qualitative and quantitative data and provided insight; and
- Worked with community stakeholders to prioritize health needs using a nominal grouping technique.

The Community Health Collaborative met monthly during the development and implementation of the CHIP for the Fremont County Department of Public Health and Environment. The Collaborative was convened again to develop the St. Thomas More CHNA and will meet monthly through the development and implementation of the CHNA implementation plan. After the CHNA work is complete, the Collaborative will continue to meet quarterly during performance periods to monitor progress and make modifications to the CHIP and CHNA as needed.

STAGE 1: SCANNING THE DATA LANDSCAPE

The CHNA was conducted through a collaborative partnership between St. Thomas More, the health departments of Fremont County Department of Public Health and Environment and community stakeholders. The CHNA subcommittee, which also serves as the Fremont County Department of Public Health and Environment Community Health Needs Assessment steering committee, analyzed health driver, health outcome and community input data within the defined service area. St. Thomas More's and the Fremont County Department of Public Health and Environment's main service area encompasses Fremont County.

The CHNA subcommittee used both quantitative and qualitative data to gain a full understanding of our community and specific health needs. We began the data collection process by selecting quantitative indicators for analysis. Community Commons, a website and data platform that houses population health indicator data, was utilized throughout the process. In this process, certain health indicator data were selected, including community and population demographic information, behavior and environmental health drivers and health outcomes indicators, as well as coverage, quality, and access data. These indicators were selected because they most accurately describe the community in terms of its demographics, disparities, population, and distinct health needs. These areas address the social determinants of health, quality of life, and healthy behaviors, all things that we know impact community health.

In addition, the subcommittee reviewed data collected for the development of the Fremont County Department of Public Health and Environment CHIP. Quantitative data included indicators of health for the communities and surrounding areas of Fremont County and was collected from the Colorado Department of Public Health and Environment and the U.S. Census. The Health Equity Model guided the data sourcing

process for the CHIP. This model demonstrates how the social determinants of health and health behaviors directly impact morbidity, mortality, and quality of life throughout the lifespan. The subcommittee also reviewed qualitative data collected from a community survey and community engagement event in which community members were asked to rank the county's top health needs.

STAGE 2: DELVING INTO THE DATA TO IDENTIFY SIGNIFICANT HEALTH NEEDS

After reviewing all the data collected by St. Thomas More and the Fremont County Department of Public Health and Environment, the CHNA subcommittee was able to confidently identify the top concerns represented across all of the sources of information. The subcommittee identified the most pressing needs in the community based on health indicators, health drivers, health outcomes and community input.

Our subcommittee defined a health need as a poor health outcome and its associated health driver, or a health driver associated with a poor health outcome where the outcome has not yet arisen as a need. To fit the definition of a health need, the need must be confirmed by more than one indicator and/or data source and must be analyzed according to its performance against the state benchmark of Healthy People 2020.

STAGE 3: PROCESS TO PRIORITIZE HEALTH NEEDS

We actively engaged our valued community members throughout the CHNA process and relied on input from residents and community organizations to help prioritize the health needs of the community. St. Thomas More partnered with the Fremont County Department of Public Health and Environment to engage in an environmental scan of the community, which included a community survey and community engagement event to hear directly from the community regarding the top health needs of the county. The environmental scan helped to inform the development of the CHIP and the CHNA. The subcommittee considered the community input as well as the quantitative data listed above and made recommendations to St. Thomas More regarding the health needs the hospital should prioritize in Fremont County.

Engaging our Community to Understand and Act

The Fremont County Department of Public Health and Environment conducted a survey and hosted a Community Health Event to collect input from the community regarding important health concerns and perceived strengths, weaknesses, gaps and assets of the county.



- The **Community Survey** was made available to residents in both paper and electronic form for three weeks. Seventy-four community residents responded to the survey. Substance use, obesity and mental health were top themes in survey responses.

Here are quotes taken directly from the survey:

“No push to end teen smoking (other healthy, engaging activities)”

“Healthy, active children and family activities”

“More activities for kids... better health care”

“Younger generations with very little to occupy their time (start smoking, drinking, etc.)”

- **The Community Health Event** was organized by the Colorado School of Public Health and held in Cañon City, Colorado. The event was attended by 84 residents and gave the community an active role in determining health priorities through a process known as Nominal Group Technique (NGT). NGT allowed participants to rank top community health needs, strengths and weaknesses in Fremont County.

According to the NGT, substance use, mental health and suicide ranked in the top three health concerns among community members. Homelessness, poor nutrition and low education levels were among the top social determinants of health identified through the NGT.

Members of the subcommittee then compared community feedback data with the quantitative data collected for the CHNA and CHIP processes. The subcommittee saw many areas of alignment between community feedback and the quantitative data. For example, community members identified tobacco cessation as a top health concern and the quantitative data indicated Fremont County has one of the highest tobacco use rates in the state at 19.5%. Fremont County also reports a higher rate of mothers using tobacco at the time of pregnancy than the Colorado average. Additionally, community members expressed alarm over increasing rates of suicide and substance use and mental health problems in the county. These issues were also reflected in the data the subcommittee reviewed, including a high rate of hospitalizations for suicide and a higher rate of mental health hospitalizations than the statewide average.

The subcommittee then met several times to review data, discuss and identify the top community health needs based on the qualitative and quantitative data received. Key considerations in prioritizing CHNA health needs included:

- The **Size of the Health Problem**—as compared to the Colorado benchmark
- The **Seriousness of the Health Problem**—on a scale from “very serious” to “not serious”

- **Alignment of the Problem and Potential Solutions** across the CHNA, the CHIP, community groups, and hospital and system strengths

The subcommittee ultimately reached consensus regarding the health needs that should be prioritized for the CHNA and provided their recommendations to St. Thomas More.

We then used the 'PEARL' test to determine the feasibility of addressing those needs. The questions we considered in the PEARL test included:

- **P**ropriety – Is a program for the health problem suitable?
- **E**conomics – Does it make economic sense to address the problem? Are there economic consequences if the problem is not carried out?
- **A**ceptability – Will a community accept the program? Is it wanted?
- **R**esources – Is funding available or potentially available for a program?
- **L**egality – Do current laws allow program activities to be implemented?

In addition to the PEARL test questions, we also considered Centura Health's Mission and Values when considering health needs to prioritize and address. The final question we considered was whether our activities and strategies to address the health need align with our organizational mission to extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

St. Thomas More identified three needs as priority areas that we have the ability to effectively impact. These include:

- Behavioral Health, including substance misuse and mental health
- Heart Disease
- Lung Disease



Health in Our Community

ST. THOMAS MORE HOSPITAL

IDENTIFIED HEALTH NEEDS

A community health need is defined as either:

- A poor health outcome and its associated health drivers
- A health driver associated with a poor health outcome, where the outcome itself has not yet arisen as a need

We used a specific set of criteria to identify the health needs in our communities. Specifically, we sought to ensure that the identified needs fit the above definition, and that the need was confirmed by more than one indicator and/or data source. Finally, we determined that the indicators related to the health need performed poorly against either the Colorado state average or the Healthy People 2020 benchmark. We considered



recommendations from the CHNA subcommittee, consisting of key hospital staff, the Fremont County Department of Public Health and Environment and community organizations, to help prioritize health needs.

The health needs identified in this CHNA included:

- Behavioral Health
- Heart Disease
- Lung Disease

PRIORITIZED HEALTH NEEDS

After careful consideration of the available quantitative and qualitative indicators and our Centura Health Mission, Vision, and Values, St. Thomas More identified behavioral health, heart disease and lung disease as priority focus areas.

At St. Thomas More, we are collectively unified by our Centura Health Mission: We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities. This Mission guides and inspires our shared desire to make a difference – one whole person and one healthy neighborhood at a time. We believe that our focus on behavioral health, heart disease and lung disease will have the greatest impact on our organizational commitment to whole person health.

PRIORITIZED NEED: BEHAVIORAL HEALTH

St. Thomas More prioritized behavioral health as the top community health need. Behavioral health encompasses mental health and substance use, excluding tobacco, which will be covered under the prioritized health need of lung disease. Although behavioral health was identified as a health need for Fremont County in the 2016 CHNA, St. Thomas More is elevating the health need to be a the top prioritized health need for the 2019 CHNA. Fremont County, like the rest of the state of Colorado, has experienced significant increases in substance use and mental health conditions in the last few years. During the CHIP, community members reported substance use and mental health as their top two health concerns for the county.

Substance Use Disorder

Tobacco use continues to be a top concern in Fremont County with 19.5% of the population using the substance, compared to the statewide average of 15.6%. Tobacco use has been prioritized as a health need for the county under the Lung Disease health need section of this report. County residents and community organizations have also identified opioids, meth and heroin as substances of concern in the county.

Opioid Use Disorder

Both nationally and in Colorado, opioid use disorder (OUD) has emerged as a significant public health

concern. While prescription opioids can help people manage their pain, they can also come with serious risks and potential complications. Prescription opioids should be prescribed and used carefully. These drugs are chemically like heroin and can increase the risk of addiction or overdose, even if taken as prescribed.

In 2017, 1,012 Coloradans died due to drug overdose, and 57 percent of those deaths involved an opioid. From 2016-2017, opioid-related overdose death rates increased by nine percent to 10.1 deaths per 100,000 residents. Stimulant-related overdose death rates rose to 5.3 deaths per 100,000 residents, representing a 49 percent increase. From 2013-2017, there were 12 prescription opioid-related overdose deaths in Fremont County. This translates to a rate of 5.1 deaths per 100,000 residents.

People suffering from an OUD often turn to heroin when opioids are no longer accessible. The data illustrates a growing heroin problem across the state. Between 2013-2017, Colorado's Heroin-Related Overdose deaths increased by 77 percent. In total there were 3.2 deaths per 100,000 residents from 2013-2017, Fremont County had 1.7-2.6 deaths per 100,000 residents, slightly below the statewide average.

The community is actively engaged in efforts to reduce opioid use and has made significant progress in decreasing rates of OUD in the county since 2016. The community credits efforts to educate providers about prescriptions, use of the prescription drug monitoring program and St. Thomas More's ALTO program which slashed prescription writing in the hospital from 250 to 100 prescriptions per 1000 hospital visits. The community also credits the Fremont County Department of Public Health and Environment public awareness campaign around the health impacts of opioid use. The county, however, warns of "compassion fatigue" among first responders, who may need some trauma informed care training to ensure they are connecting residents with the appropriate resources to address OUD.

Mental Health

St. Thomas More reports 2,883 mental health hospitalizations per 100,000 hospitalizations, compared to 2,833 mental health hospitalizations per 100,000 hospitalizations across Colorado. Fremont County has a slightly higher rate of suicide per 100,000 residents (21) than the Colorado average of 20 per 100,000 residents; however, the county has more than double the number of suicide hospitalizations (110) per 100,000 residents compared to the statewide average (52). Over 14% of new moms in Fremont County report post-partum depressive symptoms, compared to 9.6% statewide.

Fremont county is served by two main behavioral health providers: Solvista, the community mental health center and Rocky Mountain Behavioral Health. Solvista is actively working with the community to improve access to behavioral health care and engage in population health efforts to reduce the stigma of those services. St. Thomas More partners with both behavioral health providers to facilitate smooth transitions of care for patients with a behavioral health condition.

St. Thomas More's physicians group offers integrated physical and behavioral health; however, the county has an extreme shortage of psychologists and psychiatrists. The provider clinic uses telemedicine to connect patients to behavioral health care. The community is partnering with ValleyWide to bring a new primary clinic

to downtown Cañon City, which will have integrated physical and behavioral health care. Additionally, Solvista has embedded care coordinators in locations throughout the community to try to speed up the behavioral health referral process.

Post-partum screenings are conducted at St. Thomas More, and patients with positive screens are referred to the Fremont County Department of Public Health and Environment to help access services. St. Thomas More is partnering with the maternal wellness program to conduct early childhood screenings. The hospital is also partnering with Solvista to provide mental health first aid training throughout Fremont County.

PRIORITIZED NEED: HEART DISEASE

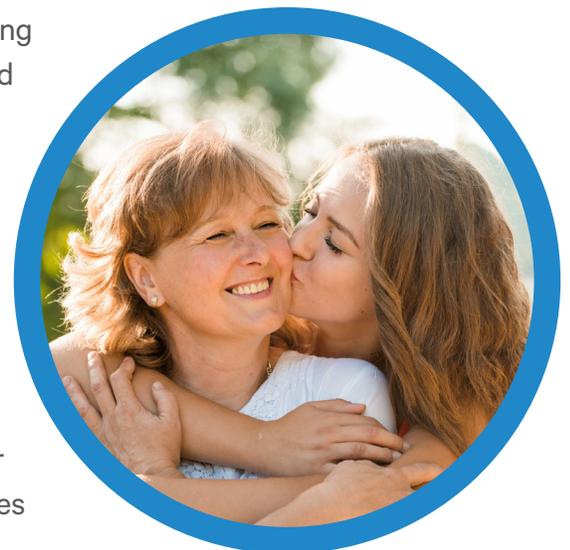
Heart disease is a priority for St. Thomas More because in Fremont County, 5.1% of adults have heart disease, compared to 2.7% of adults in Colorado. Additionally, 34.4% of adults in our community have high blood pressure, higher than the 25.7% of adults in the state. We also have issues with high cholesterol, with 35.4% of adults having high cholesterol, compared to 31.9% of adults in the state. People in our community are dying from heart disease at a rate of 227.9 per 100,000, compared to 176.0 per 100,000 in the state.

Heart disease was a prioritized health need for our 2016 CHNA. Preventing and treating heart disease is something that St. Thomas More strives to accomplish. We are working with our community on numerous efforts to prevent heart disease before it happens. One of our goals is to stem the rate of obesity in the community. We recognize that poor nutrition and inactivity leads to overweight and obese residents. In Fremont County 22.8% of residents are obese compared to 20.2% statewide. Eighty percent of adults in Fremont County report eating less than 5 fruits and vegetables daily, compared to 75% statewide.

Food insecurity and access to healthy foods were reported by community members as one of the top social determinants of health in the county. These issues impact heart health. Fremont county has higher rates of poverty than most other communities in the state with 56% of children living in the county are eligible for free or reduced-price lunch, compared to 42% statewide. Community groups reported that multiple schools in the county have 70-80% of their children that are eligible for free or reduced lunch.

Community organizations, including St. Thomas More, are collaborating on many initiatives to provide families with access to healthy food and opportunities to engage in physical activities to try to curb the rates of obesity which have led to the high rates of heart disease in the county. Cañon City and Florence both have food pantries and several healthy food initiatives. However, transportation is a barrier to access healthy foods with most of the community grocery stores located on the outskirts of town.

In Fremont County, 18.7% of residents are inactive, compared to 14.4% statewide. Although Fremont County is a tourist destination for its outdoor activities, local residents don't have the same opportunities



to engage in physical activity. The lack of municipal infrastructure prevents walking and biking and the County does not currently have a YMCA or recreation center.

At St. Thomas More Hospital we host the Inspire Running Club. We also provide nutrition education at major community events, sponsor weight loss/bariatric support groups, provide nutrition and diabetes counseling, and offer health management classes to the community. We encourage our patients who struggle with obesity, physical activity and nutrition to utilize the Riverwalk and the parks and recreation department for exercise opportunities. We partner with Cañon City Parks and Recreation to promote healthy family activity and fitness at community events, and sponsor the Riverwalk Fitness Stations. We also refer to private gyms and nutritionists in Fremont County, and encourage youth to participate in Boys and Girls Club events.

In 2018 alone, St. Thomas More provided \$24,066 to 674 community members at the 5 Health Fair in the form of health and wellness education and promotion. St. Thomas More also provided 72 community members in 2018 to help with diabetes management, education, healthy breakfast and diabetes management techniques to 72 community members in 2018. St. Thomas More's Pamper Your Heart program provided \$8,537 to 205 community members providing heart health and disease prevention education to reduce risk and to know signs and symptoms.

We are also partnering with the county on CHIP related efforts to decrease the number of Emergency Department visits for preventative health-related issues. This work focuses on social determinants in support of the development of built environments and other health-related factors to promote walking and decrease the burden of food deserts in the county.

PRIORITIZED NEED: LUNG DISEASE

The community also identified lung disease as a priority health need in Fremont County. According to the Fremont County Department of Public Health and Environment, the county has the highest rate of smokers in the state at 19.5%.

St. Thomas More prioritized lung disease as a top community need in the 2016 CHNA. Local providers and community organizations have significantly decreased the rate of adult smokers in Fremont County, from 29.1% in 2016 to 19.5% in 2019. However, Fremont County still has a tobacco problem. According to the Fremont County Department of Public Health and Environment, 37% of mothers use tobacco at time of pregnancy, 14.8% use tobacco during the pregnancy, and 50% go back to using tobacco after birth. The mortality rate for lung disease in our community is 65.6 per 100,000, higher than Colorado's rate of 46.8. This is likely due to the higher rates of smoking in our community.

We currently offer support groups at the hospital for tobacco cessation and provide tobacco cessation support and education at local health fairs and at schools. We are also partnering with the Fremont County Department of Public Health and Environment to increase community knowledge of resources available for tobacco cessation and to encourage people to engage in treatment. We are working together with the community to increase referral rates to tobacco cessation services, with an emphasis on youth and pregnant

women populations.

In recent years, the community has turned its attention to prevention efforts among youth population and pregnant women. Increased youth vaping was identified in community discussions as a top concern. The county has engaged in education campaigns with teachers and students but indicate that education is now needed for parents. Parents often give their children vape pens as presents as early as fourth grade. Many residents don't believe that vaping has health consequences.

The Fremont County Department of Public Health and Environment recently hired a tobacco cessation specialist to ramp up efforts around tobacco cessation, with a special focus on teen vaping in Fremont county. These efforts, which include high schools are beginning to adopt the 2nd Chance Program for tobacco cessation, which has proven effective within the criminal justice system. Youth caught with tobacco products have an opportunity to join the program rather than face punishment.

Community organizations are engaging in numerous efforts to try to curb the tobacco rates in the county. These efforts include the Baby and Me Tobacco Free program and partnerships with local providers for education and referrals to tobacco cessation programs. St. Thomas More has a department dedicated to tobacco cessation and provides education to children (and their parents) starting as early as elementary school.

St. Thomas More has become a tobacco free campus and has partnered with one local business to help them become tobacco free. Centura Health no longer hires tobacco users. We work with the community to educate them on the dangers of tobacco use, and we refer residents to our tobacco cessation programs and the Colorado Quitline.

IDENTIFIED HEALTH NEEDS NOT PRIORITIZED

IDENTIFIED HEALTH NEED NOT PRIORITIZED: END OF LIFE CARE

Fremont County has a large retiree population. The CHNA subcommittee discussed concerns with the lack of planning for end of life care for this population. The community feels that many seniors are “falling through the cracks” at the point in their life where long-term care is needed. St. Thomas More offers both advanced directives and living wills to patients; however, the community indicates that the bigger need is for retirees to begin planning for elder care. Community groups believe primary care providers need to educate their patients about planning for long term care, but the community is concerned that providers “don't want to give up on patients,” by encouraging them move to a facility or receive home health services.

Another concern is access to care. A frequent dual diagnosis in Fremont county is dementia with behavioral health. However, community organizations report that treatment for these patients is lacking. Cañon City only has one facility with a dementia unit.

For the 2019 CHNA, stakeholders did not identify end of life care as a prioritized health need because the quantitative data did not indicate that the need was as severe as the other community health needs that were

prioritized. Efforts, however, are under discussion to educate physicians and increase access to long term care in the community. St. Thomas More will remain part of those discussions and support community efforts to increase planning and access to end of life care. We will also remain a partner with our patients in documenting their living wills and advanced directives to support end of life care.

IDENTIFIED HEALTH NEED NOT PRIORITIZED: COLORADO'S LACK OF AFFORDABLE HOUSING

According to the Colorado Health Institute (CHI), affordable housing is a challenge for many Coloradans, regardless of age. But for people who are older, in poor health, or live on fixed incomes, affordable housing can be even less attainable. Beyond affordability concerns, homes must be physically accessible and safe. Residents should have access to critical community services like health clinics, and older adults should have housing options that include supportive services that facilitate aging in place.

In the last couple of years, the lack of affordable housing has become a top concern for the communities of Fremont County. Approximately 24% of adults aged 65 and older living in Fremont County are housing cost burdened. That means they devote more than 30 percent of their income each month to housing costs including utilities and property taxes. Community organizations report that only two low-income housing complexes are available to families in the county and both have long waitlists. Furthermore, the county's low-income housing for seniors and individuals with disabilities is scarce with long waitlists. Even when units in these low-income housing communities become available, CHI reports that only 1 in 3 people in Colorado who need a housing subsidy get one. For the lowest-income older adults, there simply aren't enough federal housing subsidies to meet the need.



IDENTIFIED HEALTH NEED NOT PRIORITIZED: HOMELESSNESS

According to the U.S. Department of Housing and Urban Development, Colorado's homeless population rose almost 4 percent since the last count in 2016, mirroring an increase nationally. Homelessness is an issue that affects a wide spectrum of people in Colorado—families, youth, veterans, single adults, children, people living with disabilities, among others. The most recent Colorado Statewide Homeless Person Count published estimated the number of people experiencing homelessness on a single night in the state at 16,203. In Fremont County, the community reports that the homeless rate in Cañon City recently decreased by 50% thanks to the new low-income housing complex in the county; however, there are homeless camping communities located in rural areas of the community, making it difficult to capture an accurate rate of homelessness in the county.

The county has one homeless shelter with 16-17 beds and a few churches have opened up their facilities to serve as warming shelters or a day program. Churches are not able to accommodate overnight stays due to liability. The St. Thomas More case manager team sits on the Fremont County Homeless Coalition and is actively engaged in finding affordable housing for residents and increasing the number of shelter beds in the county. ValleyWide has a mobile medical clinic that serves the homeless population and includes dentistry, behavioral health and triage for acute health conditions. St. Thomas More partners with the community – including Solvista which rents hotel beds to serve as respite beds – to identify opportunities for the safe discharge of homeless patients. However, Solvista can only help in situations where the patient has a comorbid behavioral health condition.

The CHNA subcommittee did not recommend that the housing need be prioritized due to the work already underway at the Fremont County Homelessness Coalition. We are active partners in the Coalition and working closely with the community to increase the number of affordable housing options for county residents and to increase the number of beds for those currently experiencing homelessness. Our case manager teams will also continue to partner with community organizations to work to address the social determinants of health for those experiencing housing instability or homelessness.

Community Resources Available to Address Identified Needs

End of Life Care

In regards to the end of life care community health need, the CHNA subcommittee discussed a potential education campaign with primary care providers around discussing end of life care with patients. According to the community, skilled nursing facilities and assisted living facilities are full in Fremont County; however, a new facility is planned to be built with all levels of care, including memory care, with the goal of allowing seniors to “age in place.” This new facility should help increase access to end of life care.

Affordable Housing & Homelessness

The Fremont County Homelessness Coalition is working to create new affordable housing units, increase the number of housing waivers available to the community and increase the number of beds available at homeless shelters. St. Thomas More is an active partner in the Coalition.



Conclusion

EVALUATION

Progress since our last CHNA

Prior areas of focus for the St. Thomas More 2016 and the actions and progress to date include the following:

2016 PRIORITIZED NEED 1: Heart Disease

St. Thomas More provides free cardiovascular education at community events and health fairs throughout the year. We offer a diabetes management program to the community that includes education, a healthy breakfast and diabetes management techniques. Our Pamper Your Heart program provides community members with heart health and disease prevention education to reduce risk and to know signs and symptoms. We are working to increase the amount of cardiology services at St. Thomas More and throughout Fremont County. Cardiologists come to Cañon City from the Colorado Springs Cardiology Group about twice a week, and we

are exploring making this a full-time position at St. Thomas More.

2016 PRIORITIZED NEED 2: Lung Disease

St. Thomas More worked with the community to significantly decrease the rate of adult smokers in Fremont County, from 29.1% in 2016 to 19.5% in 2019. St. Thomas More currently offers support groups at the hospital for tobacco cessation and provides tobacco cessation support and education at local health fairs and at schools. St. Thomas More has become a tobacco free campus and has partnered with local businesses to help them become tobacco free. We continue to partner closely with the Fremont County Department of Public Health and Environment to identify new opportunities to provide tobacco cessation services to youth and pregnant populations.

2016 PRIORITIZED NEED 3: Obesity/Overweight, Physical Activity and Nutrition

Since 2016, St. Thomas More has engaged in efforts to provide nutrition education at major community events, sponsor weight loss/bariatric support groups, provide nutrition and diabetes counseling, and offer health management classes to the community. We also host the Inspire Running Club. We partner with Cañon City Parks and Recreation and the Fremont County Department of Public Health and Environment to promote healthy family activity and fitness at community events and sponsor the Riverwalk Fitness Stations. We also refer to private gyms and nutritionists in Fremont County, and encourage youth to participate in Boys and Girls Club events.

2016 PRIORITIZED NEED 4: Access to Care

Access to care was a prioritized need in our 2016 CHNA and since that time the rate of uninsured adults in the county has dropped 5 percent to 14.1%, just lower than the Colorado statewide average of 14.4%. We have proactively redesigned our core services and facilities to create low-cost healthcare options, including urgent care and neighborhood health centers, closer to our patients' homes. Throughout the organization, we engage Community Health Advocates (CHA) who work with uninsured individuals or those without a primary care doctor to enroll them into coverage and link them with providers. We identify uninsured patients in our Emergency Departments, our community-based partner organizations, and at local events to engage them with CHAs to guide them through the insurance enrollment process and navigation to the appropriate source of care. Once they have received the coverage they need, our CHAs refer the patients to providers so they may begin to receive high quality and consistent medical care.

EVALUATING OUR IMPACT FOR THIS CHNA

To assess the impact of our efforts in our communities, we remain dedicated to consistently evaluating and measuring the effectiveness of our implementation plans and strategies. St. Thomas More will also track progress through the implementation strategy and community benefit reports.

IMPLEMENTATION STRATEGY

The CHNA allows St. Thomas More to measurably identify, target, and improve health needs in our communities. From this assessment, we will generate an Implementation Strategy to carry out strategies for the advancement of all individuals in our communities. The Implementation Strategy will be completed by November 15, 2019.

COMMUNITY BENEFIT REPORTS

Every fiscal year, we publish our annual community benefit report that details our communities by county, their demographics, the total community benefit that we provided, and the community benefit services and activities in which we engaged. These reports are an important way to visualize the work we do in our communities and to show the programs and services we offer along with the number of people reached through them. We will continue to use these reports to track our progress with the CHNA implementation strategy because they clearly demonstrate the number of people reached through our programs and services and the resources spent to achieve our goals.

FEEDBACK FROM PRIOR CHNAS

No feedback has been received regarding the 2016 CHNA.

COMMUNITY FEEDBACK

We welcome feedback to our assessment and implementation plan. Any feedback provided on our plan is documented and shared in future reports. For comments or questions, please contact either:

Kristi Olson, Chief Executive Officer
St. Thomas More Hospital
Email: KristiOlson@centura.org

Marco Vegas, Manager of Missions & Spiritual Care
St. Thomas More Hospital
Email: MarcoVegas@centura.org

THANK YOU AND RECOGNITION

Our Community Health Needs Assessment is as strong as the partnerships that created it. It is through these partnerships that we were able to ensure we were leveraging the assets in our communities, hearing the voices of those who are experiencing challenges with their health and social determinants of health and making a plan to which both the community and the hospital are committed. Thank you to the following people who committed their time, talent and testimony to this process.

Name**Organization**

Amie Adams
Chief Administrative Officer

Solvista Health

Amanda Apodoca
Smoking cessation Specialist

Fremont County Department of Public Health and Environment

Nancy Bartkowiak
RN Quality Trauma Specialist

St. Thomas More Hospital

Jason Chippeaux
Acting Chief Executive
Officer/RAE (Interim)

Health Colorado

Emma Davis
Director

Fremont County Department of Public Health and Environment

Terri Gerstmeyer
Ombudsman

Area Agency on Aging at Upper Arkansas Area Council of Governments

Dawn McWilliams
Directory of Quality/Case
Management

St. Thomas More Hospital

Jillian Maes
Marketing Advisor

St. Thomas More Hospital

Ray Moore/Ray Ulibarri
Executive Directors

Rocky Mountain Behavioral Health

Kristy Olson
Chief Executive Officer

St. Thomas More Hospital

Nikki Teigen
Wellness Specialist

St. Thomas More Hospital

Lyndsey Sykora
Director of Operations

Valley-Wide Health Systems

Deacon Marco Vegas
Manager of Mission and
Pastoral Care

St. Thomas More (STM)

APPENDIX A: DATA SOURCES

Fremont County Public Health Improvement Plan, 2019-2023

Fremont County Opioid Profile, Colorado Department of Public Health and Environment (CDPHE)

[Colorado Health institute, Housing Toolkit](#)

University of Colorado Denver, School of Public Affairs (2007) The Colorado Statewide Homeless Count

American Community Survey

Area Health Resource File/National Provider Identification file

Behavioral Risk Factor Surveillance System

Bureau of Labor Statistics

CDC & NCI

CDC Diabetes Interactive Atlas

CDC WONDER mortality data

CDPHE

CDPHE - VISION

CDPHE 2012-2014

CDPHE 2013-2015

CMS, National Provider Identification file

Community Commons

Dartmouth Atlas of Health Care

EDFacts

Environmental Public Health Tracking Network

Esri Demographics 2017

National Center for Health Statistics - Natality files

National HIV Surveillance System

APPENDIX B: LIST OF SUBCOMMITTEE MEMBERS

Organization	Name of Representative
Fremont County Department of Public Health & Environment	Emma Davis
Fremont County Department of Public Health & Environment	Amanda Apodaca
Upper Arkansas Area Council of Governments – Lead Ombudsman	Terri Gerstmeyer
Health Colorado (interim) RAE	Jason Chippeaux
Fremont County Department of Human Services	Stacie Kwitek-Russell
ValleyWide	Lindsey Sykora
Solvista	Brian Turner Amie Adams
Regional Health Connector	Mike Orrill
Upper Arkansas Area Council of Governments	Judy Lohnes
Loves & Fishes Ministry of Fremont County	DeeDee Clement
Department of Human Services	Kelly Broomfield Janelle Miller
Southern Colorado RETAC	Brandon Chambers Nancy Bartkowiak
Rocky Mountain Behavioral Health	Ray Moore Ted Ulibarri
St. Thomas More – CEO	Kristy Olson
St. Thomas More – Wellness	Nikki Teigen
St. Thomas More – Trauma	Nancy Bartkowiak
St. Thomas More – Admin	Kristi Swett
St. Thomas More – Marketing	Jillian Maes
St. Thomas More – Quality/Case management	Dawn McWilliams