Testimonials

Here's what our participants are saying about our programs.

Car Seat Education

97% *of participants identified properly installed car seats after the training.*

"An awesome program! The additional instruction provided by the (car seat) technician cannot be found in any guide book. A program like this helps to save lives!"

Bright Beginnings

96% *of families reported improved understanding of their infant's developmental needs.*

"Thank the whole team at Bright Beginnings. They've really put work into putting together some useful materials and classes. I'm definitely going to refer my new parent friends to the program."

Heart Failure University

100% *of participants attending Heart Failure classes within 60 days of their hospital stay have avoided readmission.*

"The information on sodium was very concise and thorough."

Powerful Tools for Caregivers

Powerful Tools for Caregivers participants reported a ***45%*** *improvement in their emotional health.*

"My coping skills, confidence and self-esteem have increased greatly. I am much more able to redirect and avoid emotional tension."

Heart Health Education

3,100 *elementary and high-school students within five northern Colorado school districts received Healthy Hearts education; over* ***1,600*** *students participated in heart disease risk factor screening.*

"We look at Healthy Hearts as an integral part of our science education. It is an excellent, informative program. The kids love it and learn healthy life style choices."

National Prevention Strategy Objectives

Alignment of Community Health Programs and Services with NPSO	Healthy Eating	Active Living	Reproductive and Sexual Health	Mental and Emotional Well being	Tobacco-Free Living	Drug and Alcohol Abuse Prevention
Aspen Club	✓	✓		✓	✓	✓
Bright Beginnings	✓	✓	✓	✓	✓	
Center for Diabetes	✓	✓		✓	✓	✓
Coalition for Activity and Nutrition to Defeat Obesity	✓	✓		✓		
Community Paramedics	✓	✓		✓	✓	✓
Enhance Wellness	✓	✓		✓	✓	✓
Family Education	✓	✓	✓	✓	✓	✓
Healthy Harbors Care Coordination	✓	✓	✓	✓	✓	✓
Healthy Hearts Club	✓	✓		✓	✓	
Healthy Kids Club	✓	✓		✓	✓	
Heart Failure University	✓	✓		✓	✓	✓
Medicaid Accountable Care Collaborative	✓	✓	✓	✓	✓	✓
Nurse Home Visit	✓	✓	✓	✓	✓	✓
Safe Kids		✓		✓		
Vida Sana	✓	✓	✓	✓	✓	✓

Community Health Improvement

PERIODIC REPORT OF PROGRAMS | 2013/2014

Community Health Improvement Mission:
We improve lives through relevant, integrated strategies and proven methods that impact health and wellness.

Community Health Improvement Vision:
Community Health Improvement fosters optimal health and wellness.

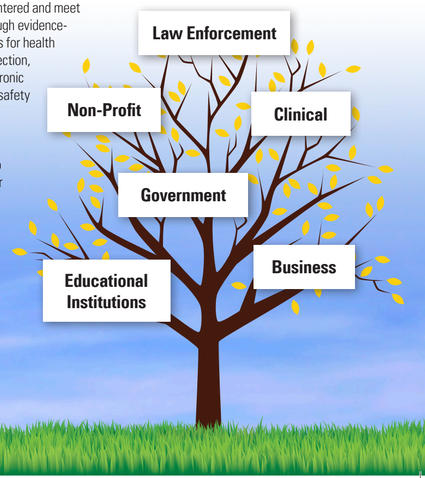
UNIVERSITY of COLORADO HEALTH

WE IMPROVE LIVES.

The Community Health Improvement department within University of Colorado Health's northern region shares a commitment to optimize the health of the communities we are privileged to serve. Vital to this effort are the strong collaborations we enjoy with our community partners.

Our contribution to the quality of life and the environment in our communities has always been a key measure of our success. Our Community Health educators have been keeping our region healthy for more than 20 years. All programs are client-centered and meet community needs through evidence-informed best practices for health promotion, health protection, preventive services, chronic disease management, safety and injury prevention.

The pages that follow provide a snapshot into the many ways that our community-based programs and services improve lives. Additional information can be found at uchealth.org.



Our programs raising healthy children.

In **childbirth education,** 94% of class participants learned skills to help prevent pre-term labor.

Getting a healthy start

Our **RN postpartum home visit program** served 744 low-income mothers, offering lactation support and newborn screening.

Raising healthy children is a Larimer County community-wide goal prioritized upon completion of the 2013 Community Health Needs Assessment.

Injury prevention and safety

Over 2,300 northern Colorado 3rd graders received **bicycle safety classroom education**; 385 free bicycle helmets were distributed.

Physical activity and nutrition

In the **Schools on the Move Challenge,** 68% of students reported increased physical activity and 34% ate more fruits and veggies.

Mental and emotional well-being

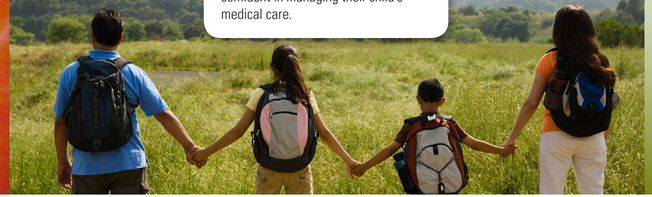
identified as a high priority health issue in both Larimer and Weld Counties

Our programs

Two thirds of participants in the *Enhance Wellness* program achieved increased feelings of self-efficacy in managing their chronic disease.

Powerful Tools for Caregivers participants reported a **34% increase** in "feeling good about their caregiving role" after completing the class.

Of *Healthy Harbors* care coordination services recipients, **75%** became more confident in managing their child's medical care.



Our programs fostering optimal health and wellness.

Active community environment

CanDo's Healthy Eating and Active Living (HEAL)
Community-based initiatives focus on optimal food environments, built environments, school and worksite wellness cultures.

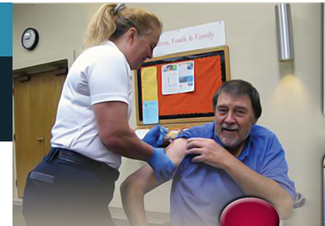
Healthy Kids Club's run series
Over 1,500 youth participated in fun runs and walks held throughout the school year.

Chronic disease prevention and management

The Center for Diabetes
We provide community-based classes to educate individuals about pre-diabetes, Type II diabetes and gestational diabetes.

Living Well in Larimer County
This is a series of health promotion, health maintenance and chronic disease self-management programs for older adults.

Enhance Wellness
In this evidence-based program, 56 percent of participants reported decreased blood pressure post program, while 33 percent were able to decrease the number of medications used regularly.



Community paramedics deliver a variety of services to home-bound community members.

Senior services staff and volunteers provide education and guidance to Medicare eligible individuals.

Achieving health equity and improving access to care

Neighborhood promotoras (community health workers) help limited-resource Hispanic/Latino families access and use preventative health services.

Medicaid Accountable Care Collaborative team uses a patient-centered care model to provide community based care coordination services for complex health issues.