

Prowers County Public Health Improvement Plan



2023-2027



Prowers County Public Health & Environment
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Letter from the Director

Prowers County Public Health & Environment

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November 22, 2024

To those who live in Prowers County:

On behalf of Prowers County Public Health & Environment (PCPHE) we are pleased to share with you the Prowers County Public Health Improvement Plan (PHIP).

This PHIP is part of an ongoing cycle to include assessment of community health needs. This plan is made through partnerships with local, regional and state public health, hospitals and healthcare providers as well as community members.

Our focus areas for this cycle are to provide information to help improve access to care for medial, mental health, dental and substance use as well as focusing on health awareness initiatives around nutrition, physical activity, mental health and cancer prevention and screening.

We greatly appreciate your support of local pubic health and the health of our communities!

Please reach out to Courtney Neuhold with questions at cneuhold@prowerscounty.net

Sincerely,



Meagan L Hillman PA-C, MBA
Director Prowers County Public Health & Environment

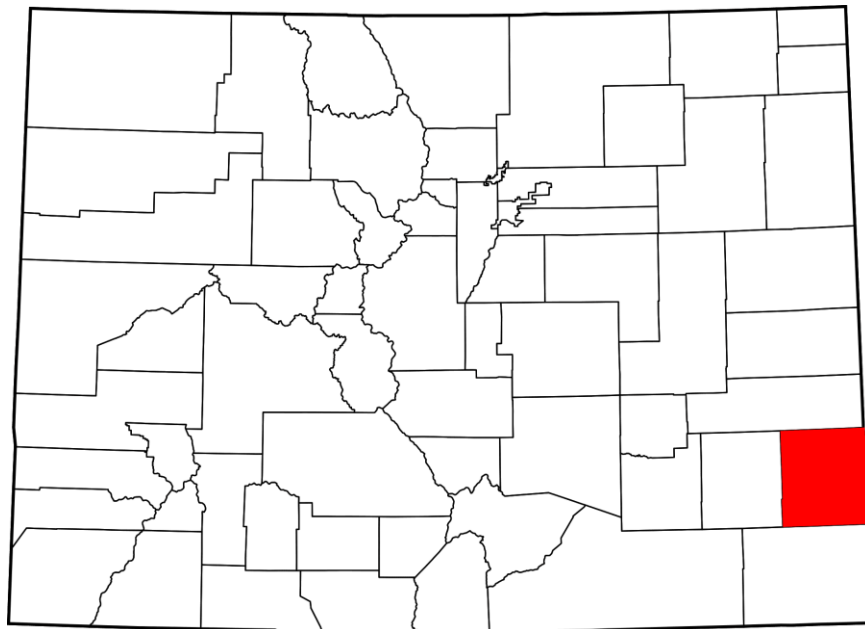
Acknowledgements

Prowers County Public Health & Environment would like to express our thanks to the following organizations for their support in creating Prowers County Public Health Improvement Plan.



Prowers County: Community Profile

Prowers County is one of sixty-four counties in the state of Colorado. It is bordered by Kiowa County to the north, Bent County to the west, Baca County to the south, and the Kansas counties of Greeley, Hamilton, and Stanton to the east.



The county is home to several notable cities, towns, and settlements, including Lamar (the county seat), Granada, Holly, Bristol, Wiley, and Hartman. Prowers County has a population of approximately 11,961 residents and covers a total land area of 1,638.4 square miles, resulting in a population density of roughly 7.3 people per square mile.

Over the past decade, the county's population has declined, decreasing by 4.7% from 12,551 in 2010 to its current level. The decline is even more significant when compared to the 2000 population of 14,483, marking a 17.4% decrease since the turn of the millennium. However, despite these fluctuations, Prowers County has maintained a relatively stable population over the past 110 years (1910–2020), ranging from a low of 9,520 in 1910 to a peak of 14,836 in 1950.

Race / Ethnicity

	Prowers	Colorado
White	67.1%	69.9%
Black	0.9%	4.2%
Asian & Pacific Islander	0.3%	3.8%
Other	31.6%	22.1%
Hispanic*	39.6%	22.4%

Age

	Prowers	Colorado
0 – 17	24.2%	22.4%
18 – 44	32.8%	37.1%
45 – 64	22.7%	24.6%
65 +	19.9%	15.9%

Education

	Prowers	Colorado
Some High School or Less	16.6%	7.0%
High School Diploma / GED	30.2%	20.6%
Some College / Associate's	34.6%	26.9%
Bachelor's Degree or Greater	18.7%	45.6%

Source: Syntellis, ESRI (2023)

Community Health Characteristics

This section highlights health status indicators, outcomes, and relevant data of the health needs in Prowers County. The data is supplemented with benchmark comparisons to the state data.

Mental Health

Mental health issues were the #1 community-identified health priority with 93% of respondents rating it as a moderate or major issue in the community. Additionally, when asked to describe their household over the past year, 34% of community survey respondents said that having a lot of anxiety or stress is a major issue, while 19% said that experiencing depression is a major issue in their household.

While it's difficult to measure the true rate of mental illness in the community, the following data points give insight into the health priority:

	Prowers	Colorado
Suicide Mortality Rate per 100,000 (2021)	17.6	22.8
Poor Mental Health Days past 30 days (2021)	5.3	4.8
Population per 1 Mental Health Provider (2023)	359:1	219:1

Drug, Substance, and Alcohol Use

Drug/Substance abuse include the use of alcohol, prescription and non-prescription drugs, smoking and tobacco use, and e-smoking across all age groups were all identified as top issues in the community survey.

The counties in the Southeast Colorado Region all have lower rates of excessive drinking and alcohol-impaired driving deaths compared to the state, alternatively, each county has significantly higher rates of adults smoking than the state's average.

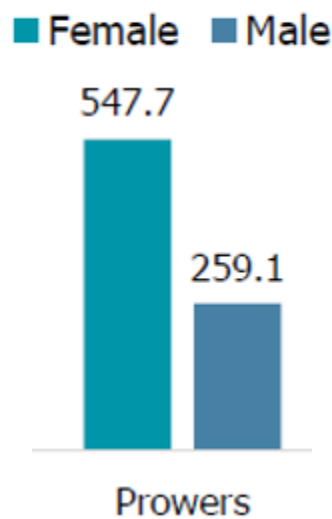
	Prowers	Colorado
Drug-Related Overdose Deaths per 100,000 (2020-2022)	25.1	29.6
Excessive Drinking (2021)	18%	21%
Alcohol-Impaired Driving Deaths (2017-2021)	25%	35%
Adult Smoking (2021)	19%	12%

Cancer

Cancer was identified as a top community health issue with 88% of survey respondents rating it as a moderate or major issue. Cancer is the leading cause of death in Prowers County. (CDC Final Deaths).

The Southeast Colorado Region has higher cancer mortality rates than the state of Colorado overall. In Prowers County, women have a higher incidence of cancer than men.

Rates of Medicare enrollees (women 65+) who have received a mammogram in the past year have remained stable over the past decade. Among Medicare enrollees (men 65+) Prowers, Baca, Bent and Kiowa Counties all have lower prostate cancer screenings rates in the past year compared to the state.



Age-Adjusted Cancer Incidence by Sex (per 100,000)

	Prowers	Colorado
Cancer Incidence Rate Age-Adjusted per 100,000 (2021)	414.8	375.9
Cancer Mortality Rate per 100,000 (2021)	195.0	126.5

Diabetes

Diabetes was identified as a moderate or major community issue by 79% of survey respondents, down from 84% of respondents in the 2016 & 2021 community surveys. Prowers County has higher rates of diabetes mortality compared to Colorado (CDC Final Deaths).

Prowers County has a lower prevalence of diabetes than the state of Colorado by 6.2%. In the Medicare population, Prowers County has a higher prevalence of diabetes compared to the State, though rates have remained stable.

	Prowers	Colorado
Diabetes Mortality Rate per 100,000 (2021)	29.4	19.0
Diabetes Prevalence (2017-2022)	6.2%	8.1%

Obesity and Unhealthy Eating

In the Southeast Colorado Region, adults have a higher rate of obesity than in Colorado on average. Additionally, this region sees higher rates of physical inactivity than the state, since they also see lower rates of access to exercise opportunities (proximity to parks or recreation facilities).

21% of community survey respondents said that adults being overweight or obese is a major issue in their household while 4% said that children being overweight or obese is a major issue.

	Prowers	Colorado
Adult Obesity (2021)	29%	25%
Limited Access to Healthy Foods (2019)	13%	5%
Physical Inactivity (2021)	23%	17%
Access to Exercise Opportunities (2023)	67%	90%

Cardiovascular Health

In the community survey, 73% of respondents rated heart disease as a moderate or major issue in the community, down from 77% and 75% in 2021 and 2016 respectively. Heart disease is the 2nd leading cause of death in Prowers County (CDC Final Deaths).

Prowers County has significantly higher rates of adults with high blood pressure than the state. When evaluating cardiovascular health outcomes, it is important to evaluate health disparities in the community, as racial and ethnic minority groups are more likely to die of heart disease than their white counterparts (CDC).

	Prowers	Colorado
Heart Disease Mortality Rate per 100,000 (2021)	170.0	135.1
High Cholesterol – Adults Aged 20+ (2017-2021)	32.0%	32.0%
High Blood Pressure – Adults (2017-2021)	35.3%	26.0%
Heart Attack – Adults (2017-2021)	6.1%	3.5%
Coronary Heart Disease – Adults (2017-2021)	1.9%	2.8%
Stroke – Adults (2017-2021)	2.2%	2.5%

Planning Process

Colorado Public Health Act of 2008

The Colorado Health Act (Senate Bill 08-194) of 2008 was passed to ensure that quality public health services are available to all persons in Colorado. The goal of this act is to increase access to public health services and improve health outcomes in Colorado. This act requires assessments to be used for identification of system-wide capacity limitations, development of five-year public health improvement plans based on results from the assessment, and engagement of the local communities to improve health outcomes (CDPHE, 2008).

Prowers County Public Health & Environment's partnerships

The healthcare organizations in the Southeast Colorado Region including Prowers Medical Center, Prowers County Public Health and Environment, Valley-Wide Health Systems, and High Plains Community Health Center performed a Community Health Needs Assessment (CHNA) together in partnership with Ovation Healthcare to determine the health needs of the local community.

In order to identify key health priorities for Prowers County, data was gathered from multiple well-respected secondary sources to build an accurate picture of the current community and its health needs. A broad community survey was performed to review and provide feedback on the prior CHNA and to support the determination of the Significant Health Needs of the community in 2024.

Key Priorities Identified

Access to Care

Solutions and Strategies for Achieving Outcomes

Access to Mental Health

- Provide the public with information on mental health and awareness efforts in the county and reduce stigma
- Promote mental health services for those in need and raise visibility to services
- Distribute information that support mental health services and from service providers in the county.

Access to Medical Care

- Partner with local organizations to provide education and awareness about medical health resources
- Promote screening opportunities to educate community around prevention measures.
- Meet with area providers to help bridge the gaps

Access to Dental Care

- Enhance Community Outreach: Partner with local organizations to provide education and awareness about dental health resources

Access to Substance Use Resources

- Provide information and education on substance use
- Increase awareness to treatment services
- Promote community-based resources that support prevention for youth and adults and strengthen protective factors

Key Priorities Identified

Health Awareness Initiatives

Solutions and Strategies for Achieving Outcomes

Sharing health education about nutrition, physical activity, mental health & cancer.

Promoting Healthier Food Choices

- Provide education to learn about healthy eating options.
- Promote food pantries, WIC and SNAP.
- Education about increasing availability of fruits and vegetables by residents creating gardens.

Promoting Physical Activity

- Promote physical activities in the county for all ages.
- Share benefits of physical activity and how to add to daily life.
- Community campaign that involves walking challenges.

Increase Awareness and Treatment Services for Mental Health

- Provide the public with information on mental health and awareness efforts in the county.
- Promote mental health services for those in need.
- Distribute information that support mental health services and from service providers in the county.

Cancer Awareness Months

- Educate the public regarding specific forms of cancer and the factors that cause it.
- Promote early diagnosis by partnering with local health care agencies to promote current ongoing efforts for screenings.
- Distribute monthly cancer awareness information.